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"E mahi tahi ana ki nga oranga pai ake"
Working together to better lives

07 572 4547 | 027 926 1881 | liaison.headwaybop@brain-injury.org.nz
www.braininjurybop.org.nz

JULY 2026

NEWSLETTER

Kia ora koutou

I hope you are all keeping warm and dry now that winter has started to kick in. I hope you will be able to join us at the mid-winter lunch – Thursday 23rd July at Club Mount Maunganui. Please email Jan at admin.headwaybop@brain-injury.org.nz to book your place at the table. We have had a few changes to our committee over the past 2 weeks, so this will be your opportunity to meet the new members.

Fundraising

We are looking for more people to help with fundraising three times during the year outside different supermarkets plus Christmas wrapping at Bayfair. Shifts may be 2 hours or as long as you can manage. Two people sit at the table to chat to people and offer brochures to members of the public who stop by to see what the fundraising is for and hopefully make a donation! We take cash donations but also have an EFTPOS machine which is easy to use (meaning I can use it!). If you have any time to spare, please speak to Gill at our mid-winter lunch, or phone Diane on 027 926 1881.



Speak up, Join In

Our coffee groups are slowly growing with new people joining both groups in Tauranga and Katikati. It's so good to see new people coming on board because it means word is getting out there that we are here, ready to help, share, and engage with people who need our service. You never know what gems may come up when people start speaking – Judith from Katikati made me change my anti-social ways this month. Judith spoke about a morning she had where she went out and spoke with 3 strangers while she was out walking. All 3 had a story or something interesting to say. I resolved to follow Judith's lead and smile more when I'm out, take off the busy "Don't Disturb Me" look I'm sure I wear – it worked! Yesterday, without reminding myself, I got smiles returned from 3 people and I felt my happy gauge take an upwards swing are you ready to take up the challenge?!

Community Group

I first came into contact with the Community Liaison Health Networking Group (CLHNG) about a year ago. It had been going through changes and at that time had about 5 community groups represented. The meetings were at 5 o'clock in the afternoon and I remember the first meeting I attended because the weather was terrible – it was tipping down and I lost my umbrella somewhere by the front door. I remember driving home through the rain thinking it was a horrible time to be out! CHLNG has since grown to 45 members. The chairperson of the group is Robyn Patterson, a retired community magistrate. As you can imagine, she keeps the meetings running to time and keeps us all on our toes!

Speaking for Headway

One contact I met through the group was Pritika Nand, the Patient Centred Experience & Engagement Lead – Health Quality Safety Service at Tauranga Hospital. Pritika told us all about the hospitals monthly "Grand Round" where doctors get together for 2 hours to network and share. Last month was the first time in some years that community groups were invited to attend and present information about what they do. Headway presented alongside Naomi Gardiner from Ngati Ranginui. It felt a bit pressured because we knew the success of our presentations would dictate whether other groups would be welcomed after us. Nerves were not helped when I realised we also had an on-line audience, but it was a privilege to speak to doctors on your behalf and to bring up some of the challenges you all face that more awareness among the medical profession could help mitigate.

There is a pdf of the PowerPoint presentation ["Our Brain – The Crown Jewel of the Human Body"](#) on our website, so take a look and send me some feedback so I can keep improving on how and what we present.

As a result of this presentation, the hospital asked for 20 of the A3 posters Jan created for community notice boards, highlighting the symptoms of concussion – next time you are up there, see if you can see any on the walls.



JOIN US FOR
Mid-Winter
"MEET YOUR COMMITTEE"
Lunch
Thursday 23 July 2026 - 12 noon
at Club Mount Maunganui
45 Kawaka Street, Mt Maunganui
There will be a specials menu with prices around \$14.
Both the venue and the food are excellent and there
is plenty of parking available.
All welcome
PLEASE RSVP BY RETURN EMAIL BEFORE 21 JULY 2026

NOTICEBOARD

Mt New World \$15.00 Voucher June 2026

The lucky winner was **Allan Dale**

Big thanks to owner Alan Rudkin for supporting Headway.

Brain Injury ID Card

Our Brain Injury ID cards help explain your condition in situations where others may not understand. Carry one for a discreet way to communicate your needs and ensure better support.

This card is free thanks to Drake Meddox!



I have experienced a brain injury Please be patient



NAME:

Proudly sponsored by **DRAKE medox** 50 YEARS

BRAIN INJURY ASSOCIATION IDENTIFICATION
PH: 04 473 5004

I may have -

Cognitive difficulties - e.g. difficulty with thinking clearly, maintaining concentration, tiredness, solving problems, planning and completing a project, short-term memory problems
Physical problems - e.g. reduced balance, slower reflexes, headaches and reduced stamina
Sensory difficulties - e.g. impaired sight, smell, hearing, and taste
Difficulty with expressing oneself or understanding others
Personality changes - e.g. irritability, intolerance, depression, anxiety, socially inappropriate behaviour, mood swings.
Difficulty in learning and remembering new information

Proudly sponsored by **DRAKE medox** 50 YEARS

HOW TO APPLY

If you would like a card please contact
Diane at liaison.headwaybop@brain-injury.org.nz

HAVE YOUR CONTACT DETAILS CHANGED?

Please let us know if your address, email or phone number have changed by emailing admin.headwaybop@brain-injury.org.nz with your new details.

DATES TO PUT ON YOUR FRIDGE

FRIDAY 3 JULY – Katikati Coffee Group, 10.30am Digital hub next to the library.
All welcome

FRIDAY 17 & 31 JULY – 10.00 am Senior Citz Hall, Maitland Street, Greerton.
All welcome

MID-WINTER & MEET YOUR COMMITTEE LUNCH

23 July 2026 – 12 noon at the Club Mount Maunganui

45 Kawaka St, Mt Maunganui

All welcome. More details will be sent out soon.

Please RSVP to Jan at admin.headwaybop@brain-injury.org.nz by 14 July 2026.



SUBS & DONATIONS

MEMBERSHIP SUBS ARE NOW DUE

1 July 20256 – 30 June 2027

Headway bank account number: 03-0445-0195410-00

Please include your name as reference.

**THE MORE FINANCIAL MEMBERS WE HAVE, THE MORE GRANTS WE RECEIVE FROM
FUNDING TRUSTS, AND THE MORE WE CAN DO. SO IF YOU ARE NOT ALREADY A MEMBER,
WHY NOT JOIN TODAY!**

To become a member of Headway BOP please complete the form below and send back to admin.headwaybop@brain-injury.org.nz or mail to 53 Fraser St, Tauranga 3112.

Name/s

Address

Phone

Email/s

Subscription: Individual \$5 or \$10 Family (please circle one)

I consent to the collection and retention of the above information by Headway Brain Injury Assn BOP Inc for purpose of membership records in accordance with the Privacy Act 2020.

Signed: Date:

**Headway gratefully accepts donations direct to our
Account 030445 0195410 00**

Contact Headway office on 07 572 4547 or Gill 021 333 900 or click below to donate via our Give a Little page.

DONATE

Headway acknowledges support and funding assistance from Lottery Grants, COGS, Lion Foundation, NZ Community Trust, Pub Charity, WBOP Disability Support Trust, Mt RSA, and Ministry of Health. Lions Papamoa, Lions Greerton, Lions Harbour City, Lions Katikati, Tauranga Rotary Trust; Good OP Shop Presbyterian, TECT, St George Centrepont, Endeavour, Legacy Trust.

Thank you to the many retailers allowing donation boxes on their counters.

COMMITTEE

PERSONNEL

A. Anderson, G. Gardner, J. Simpson,
D. Hurdsfield, J. Skelton

Liaison Officer - Diane Hurdsfield
Services Coordinator - Gill Gardner
Admin Officer - Jan Simpson



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