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

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www.braininjurybop.org.nz

OCTOBER 2026

NEWSLETTER



October – Have A Go Month!

As you all know, it's very easy to sit on the couch and withdraw from life, especially during the winter months, and especially when you are struggling with symptoms of fatigue, head pain, brain fog and all the other challenging impacts of brain injury.

As you munch through a packet of chocolate biscuits in one sitting, you tell yourself it's ok to rest and relax once in a while. When you wake up in the morning, at first, it feels like a relief to know you have no chores or tasks to get through, but by 2pm it feels more like your isolation and lack of purpose is more of a negative. It's a lonely feeling, and that's no surprise.

As humans, one of our basic needs is to connect with others and feel we belong in our communities. The trouble is, getting out there is not easy. When you're feeling rough or fragile, it's a very brave act to venture out and try to connect on your own, but remember, we can adapt, we can get stronger.

Start by taking small steps. Go for a walk and smile and greet people passing. Strike up a short conversation with a neighbour over the fence, or look at some of

the suggested activities below, if one appeals, call and have a chat with whoever answers and let them know you will be attending the next meeting/event. Make a note of the time you plan to go and leave it on the fridge to remind yourself.

Three brave ladies from our Tauranga group took up the challenge early and went to line dancing for the first time last week. Talking about it afterwards brought up many positives – the group was welcoming, it was fun, and many of the exercises one woman had from her physio were achieved without being noticed!

October Challenge

The challenge this month is to simply “Have a Go”. I have some activities listed below, but you can add to the list and let me know what you did during this month to get yourself moving and connecting and so feeding your precious brain with positive and enjoyable experiences. This list is for everyone – carers, partners, and friends. Share it and motivate each other.

Knitting Groups

Knitting is making a come-back, think about it as perfect brain exercise!



- Mount library: Wednesdays 2pm and Saturdays 9am
- Greerton library: Tuesdays 12.30pm – 2pm in the meeting room.
- Papamoa library: Mondays 9am learn to knit, Tuesday 10am – 12pm, Wednesday 1pm – 2pm.

Line Dancing – perfect cognitive and physical balance

Beginner's – Tuesday 10am – 11am Wesley Methodist Church hall, 13th Ave. \$7pp

Archery Tauranga – cognitive/physical

“Have a Go” session, \$35pp. Graham Park, Tauranga. Register online for 3rd October sessions.



Tauranga Radio Sailing Club – cognitive/ social

Ph Graham 021 170 2672 or Mike 07 575 0062.

- Lake Taurikura (The Lakes, Pyes Pa). Mondays and Thursdays 1pm. Lake View Quay bus stop. Casual beginner, friendly sailing.
- Wednesdays and Saturdays 1pm at the Landing Jetty, Scoria Close. You do not have to own a boat to visit!!
- Papamoa Ponds Sailing Group: Sail most days 1pm, Island Pond, just off Santa Monica Drive. Monday, Wednesday and Fridays 1pm, Palm Beach Boulevard.



Sailability

Have you ever tried sailing? Have a look on-line, google Sailability Tauranga for more information. Don't worry, you will be fully supervised! Register on-line for a trial session.

Walking Groups

There are so many walking groups in our city – go online to find one that suits you.

Google walking groups

Tauranga for more information.

Check the notice boards at your local library for more groups and activities, join your local gym – have a go!!



Meet Committee Member, Gill Gardner



A Little About Me – Gill Gardner

I have been involved with Headway Brain Injury Association Bay of Plenty for the past 10 years as the Funding Coordinator, and more recently I have also had the pleasure of joining the Headway Committee.

My involvement with Headway came through my other role with the Western Bay of Plenty Disability Support Trust, where I have been the Coordinator for the past 20 years. Headway is a forum member of the Trust, so the two roles have naturally complemented each other over the years. Working with both organisations has given me a wonderful opportunity to connect with people across the disability sector and to better understand the challenges faced by disabled people and their families.

Being part of the Headway team has been one of the most rewarding roles I have had since arriving in New Zealand. I have really enjoyed getting to know our members, supporting the organisation behind the scenes and seeing the difference Headway makes in the lives of people living with brain injury and their whānau. I am very proud to be part of the Committee as well and to be able to contribute in a different way.

On a more personal note, I originally come from England. Although I was born in Blackpool, Lancashire, I grew up in the beautiful little coastal village of West Mersea, just outside Colchester in Essex. I still have family in the UK, but after many years here I am very proud to call New Zealand home.

I have two daughters, both of whom are married. One is an Occupational Therapist and the other is a primary school teacher, I am also a very proud grandmother to two beautiful granddaughters, with a grandson due to arrive in November — so there is lots to look forward to!

And, of course, I can't forget Frankie, my miniature Labradoodle, who I was lucky enough to rehome. She has certainly become a much-loved member of the family and keeps me on my toes!

I feel very fortunate to have spent so many years working alongside people and organisations in our local disability community. I look forward to continuing my involvement with Headway and being part of the wonderful team that works so hard to support people affected by brain injury.

Gill Gardner

VOLUNTEERS WANTED for Headway's Christmas Wrapping Fundraiser!



Headway is looking for volunteers to join us for our fun and festive Christmas wrapping fundraiser at Bayfair Shopping Centre.

You don't need to be an expert gift wrapper — just bring your enthusiasm and a willingness to be part of a great team! It's a lovely way to get into the Christmas spirit, meet people and help raise much-needed funds for Headway Brain Injury Association Bay of Plenty.

Shoppers are always in great spirits at this time of year, and our Christmas wrapping table is always a lot of fun. Come along, join the team, have some fun and help make a difference for people living with brain injury in our community.

If you can spare a few hours, we would love to hear from you!

Date: Tuesday 22 December 2026

Time: 9 am to 3pm

(two hourly slots for volunteers 9am to 11 am – 11am to 1pm – 1pm to 3pm)

Please contact Gill – email gill.headway.assoc@gmail.com or

Tel/Text 021 333 900

GROUPS – ALL WELCOME

You are all invited to attend our groups, see below for this months dates:

FRIDAY 2 OCT – Katikati Coffee Group, 10.15am Digital hub next to the library.

Tauranga Group changes – Due to moving soon to the Kollektive, and also the start of better weather, our fortnightly get togethers will be held at Bethlehem Palmers Garden World. It will be a chance to be social and enjoy the outdoor setting, but if its colder, there's an indoor space as well.

Dates for Palmers Bethlehem

FRIDAY 9 & 23 OCT – from 10am at the café – first to arrive, please grab a table and keep an eye out for others.

NOTICEBOARD

Mt New World \$15.00 Voucher Sept 2026

The lucky winner was **Jordyn Skye**

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!



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.

SUBS & DONATIONS

MEMBERSHIP SUBS ARE NOW DUE

1 July 2026 – 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

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

PERSONNEL

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



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