

# Headway Sefton Newsletter



## MEET OUR NEW MASCOT!

We all develop coping mechanisms to help us through our various challenges. We adapt, relearn and rethink. Embracing support and opportunities is often the hardest task. I am lucky; I found Headway and Equine Therapy at **Shy Lowen Horse and Pony Sanctuary**.



Horses are like mirrors. They reflect your emotions and help you to understand how you appear to others and how to deal with your feelings. They don't judge and have no hidden agenda. One such horse is Amazonia aka Nia.

She is a 16hh (5ft 4) Lusitania mare born in 2005 in Portugal. She is missing her left eye. We believe this is a birth defect and she relies on other horses and people to support and protect her on her blind side. She is quirky, clumsy and her back legs have a mind of their own. This makes her movements unpredictable and her gait unusual. Nia has been assessed by a physiotherapist and a vet and physically she is in perfect health. However, like us, she is a bit Neurologically challenged. Messages from her brain don't reach her limbs directly so she can look clumsy. She is gentle and sweet and will spend the rest of her life at Shy Lowen Horse and Pony Sanctuary where her special needs will be cared for and she will be loved for her uniqueness and not dismissed because of them.

Sounds a bit like Headway Sefton.

**By Jane Whittaker**

### K.I.T Updates

K.I.T is growing. Find out more about David's hard work developing essential support for people in Sefton. Pg 2

### Seriously?

*Brain Injury etiquette.* What not to say to folks who have a brain injury! Our group have given examples of statements that cause anger and frustration Pg 6

### More about Nia!

Find out more about Equine Therapy, and how horses can help with recovery Pg 3

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#### BRAINY MOVIES

EMMA GETS GRUMPY WITH A FILM THAT MAKES THE **WRONG** IMPACT!

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#### FUNDRAISING

RAISING MONEY AT THE HEADWAY SEFTON GROUP

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#### WHAT'S COMING UP?

DATES FOR YOUR DIARY





**Our Headway Sefton K.I.T (Keep In Touch) Group meetings are every Wednesday from 10am-12pm.**

Please Note: There will be not be a meeting on the same Wednesday as the main meeting.

If you are interested in coming or finding out more about the group, then call **Cath Johnson on 07736774496**. You can also find us on Facebook by searching Headway Sefton K.I.T Group (Keep In Touch).

Headway Sefton's K.I.T Group (Keep In Touch) is a social group that we've created outside of the main groups' monthly meeting. Our aim is to improve the social life of the group and to improve the lives of brain injury survivors.

Within the group, we aim to do various activities. These will be chosen by the group.

For our users, we aim to increase confidence, motivation, and improve communication skills. Where possible, we hope to increase users' independence.

The group is designed for brain injury survivors, and our volunteers are passionate about helping them to rebuild their lives. Volunteers, Carers, Support Workers and Therapists are encouraged to accompany the survivor. They are crucial for the survivors as part of their ongoing care and/or rehabilitation.

The reason we have decided that the group is for brain injury survivors, and not a general social group, is that our aim is to improve the lives of brain injury survivors. We have a good understanding of the challenges faced in their daily lives.

We share an understanding of learning to accept and cope with the "new" me. Users have felt the complete loss of confidence, the self-doubt and becoming withdrawn from their friends (and that's just naming 3 things!). We feel that the K.I.T Group can work together to get as much back in life as they possibly can. Even if they can't, they are going to enjoy the "new" me!

Due to feedback from our members in the Southport area being unable to make our Wednesday meetings, tested the water with a couple of meet-ups in a cafe in Southport town centre. The first meeting was on the 10th January and we had a brilliant turn out with 8 members attending. The second meeting was less well attended, but that was mainly due to illnesses and poor weather conditions. The meetings have been on Thursdays between 11am-1pm.

This is still a trial run and future meetings will be planned as required. Remember this is your group and will only happen if you want it to. If you are interested in getting involved, please speak to David Jenkins who will add you to his contact list or call **Cath Johnson on 07736774496**.

This is not a separate or different K.I.T Group, it's just an extra session to help people who live in the Southport area. The group is a starting point for people who have brain injuries to build a better social life. You are more than welcome to attend meetings, no matter where you live.

By David Jenkins



**Just to let you know Cath has had a bit of a mix up with her phone! PLEASE TEXT YOUR NAME TO 07736774496 SO SHE CAN REINSTATE THE GROUP TEXT REMINDERS**

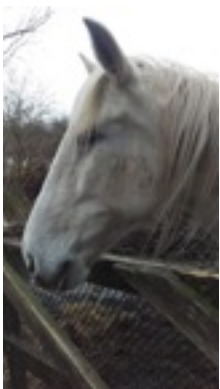
## SHY LOWEN HORSE AND PONY SANCTUARY

Shy Lowen was originally set up in 1992 as a sanctuary for abandoned and abused horses.

As the sanctuary developed they introduced **Therapy and Education sessions**. Most of their income comes from the therapeutic work they do with disadvantaged young people.

As they grow, they are becoming increasingly able to expand the reach their core values. As well as supporting a team of young volunteers, they also provide therapy facilities for schools and groups such as Tom Harrison House, a residential programme for ex-servicemen.

They consistently support people who find benefit from equine assisted learning and therapy. This work is run through their sister organisation, Silent Whispers. Take some time to chat to Jane Whittaker when you see her next. Her enthusiasm for Shy Lowen, and Amazonia is contagious.



**“She has an ephemeral quality that makes you believe she knows your very soul. She is like a big muddy white stress ball”**

Jane Whittaker

Shy Lowen are also keen to promote ethical riding, without force or pain; so it's good to know that our Nia is in a safe home.

**Bernadette Langfield**, founder of Shy Lowen, will be talking to our group at the April drop in with opportunities for our members to attend Equine Therapy sessions.



**For more information contact:**

**Phone: 07960 230548**

**Email: [shylowen@aol.com](mailto:shylowen@aol.com)**

**Sanctuary address:  
Buckley Hill Lane  
Liverpool L29 1YB**

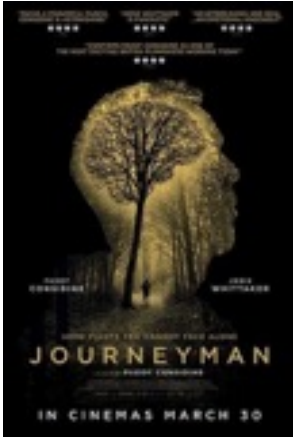
**[www.shylowen.com](http://www.shylowen.com)**

We are chuffed to announce that Jane Whittaker will be demonstrating her amazing journalism skills to interview group members and write articles for the newsletter. Jane has a very interesting life story, and is always willing to listen to yours.



# Film Review

## The Journeyman (2017)



**Director:** Paddy Considine  
**Screenplay:** Paddy Considine  
**Producer:** Diarmid Scrimshaw  
**Nominations:** British Independent Film Award for Best Actor

Boxer Matty Burton suffers a serious head injury during a fight, which has an impact on his marriage, his family and his whole life over time.

### Contains spoilers and very critical review

I love Paddy Considine. He's an underrated actor and seems like a generally lovely bloke. I loved him until I watched this film. It went from "this is ok" to "are you messing?" to "SERIOUSLY?" whilst elbowing the cushion on my sofa. I continued to watch for the sake of this review alone, as entertainment wasn't something I could exhume from this hatchet job.

The start was the usual sports movie build up, endearing the audience to the main character. A decent family man. Dr Who (Jodie Whittaker) is his Mrs, along with a bonny new baby. They also throw in a mean boxing opposition character, The Future, played by Anthony Welsh.

It's quite a real filming style, similar to Ken Loach's docudrama production. It's clear straight away that it will be laced with method improv and furrowed brows. The realism is helpful though. It helps an audience relate to Matty as he's warm northerner, full on working class hero. Matty's coming to the end

of his career. He is the long term middleweight champion of the world. He's up against a young, hard faced lad with a nasty mouth and way too much swagger.

The fight is filmed in slow motion each time the opponent's fist hits Matty's head. This portrayed the concept of concussion building up slowly through each round. Matty wins the fight and returns home bruised but happy.

The follow up scenes where difficult to watch. Matty passes out cringing in pain as he hits the floor. It was followed soon after with him leaving hospital with a very sparse and unsupportive discharge with no help in his transition home.

The scenes of him settling back into his home life are hushed with a dull soundtrack working as low clock chime demonstrating how long and arduous recovery can be. This is topped by the ordinary sounds of a house with people in, no real dialogue or conversation.

This is where the film goes wayward. Matty is portrayed as a man with veery little mental capacity, unaware of his surroundings and the basics of domestic life. He talks like the Matt Lucas playing Andrew Pipkin in Little Britain. "Yeah, I know" "Don't like it"

**If a man is so severely brain injured at such an early stage of recovery;** why's it ok for his Mrs to have sex with him on the couch while he looks at the wall disconnected an oblivious to the act? I think it would have been much better to use the opportunity to show how relationships can blur during this stage of recovery. It could have shown the reality of a partner trying to get used to the role as a carer. Many people often state that sex and intimacy is challenged as their role can be parental at times. This is vulnerable adult safeguarding territory for me. Poorly researched stuff.

The film becomes very traumatic to view and there are a number of shocking events that demonstrate some of the more dangerous behaviour that may develop for a person with a frontal lobe injury. This covers aggression, lack of empathy and no sense of physical boundaries. This is the point when it is very clear that Matty definitely does *not* have full mental capacity and he should have received more intensive treatment at hospital, possibly in a speciality rehab.

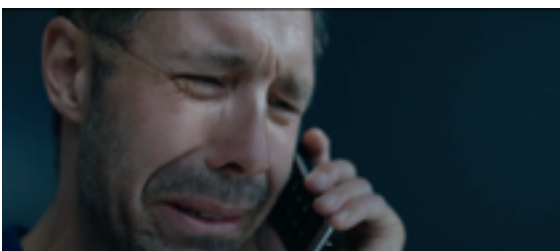
**The film just becomes almost** unwatchable from that point. Simple things like keeping a small part of his head shaved to expose the scars most of the way through the film, when most of us with cranial stitches either shave the whole lot or grow it back, rather than have a weird picture frame for it.



The film displays another shocking event where the safety of Matty's baby is put at risk as he has been left unsupervised with her. He's already demonstrated some violent behaviour earlier in the film, but Dr Who thinks it's sound to leave him alone with a man who has severe challenges around safe behaviour. When she finds her baby, thankfully unharmed, she decides to grab the littlun and abandon Matty leaving him flying solo. The bloke needs a support worker; minimum.

Matty becomes lost and wanders the streets with his winning belt draped across his shoulder. I think it's supposed to be a poignant symbol... anyway; he throws himself into the river and luckily doesn't drown. He's taken back into hospital and finally gets the treatment he needs. Friends (who dropped him like a bag of soiled nappies easier in the film) are suddenly interested and help their version of Rocky to rise again in his own special way. Throughout this time, wifey stays away as everyone else put the hard slog in on her behalf.

The rest of the film demonstrates Matty trying to push himself to recovery so his wife will come back and love him again. Are we supposed to get all exited for his Balboa style cry of "*Adrien*" at the end of the film? I do not judge a person from walking away from a challenge they are not prepared for, but baby girl left him at risk so my empathy runs dry for her right there at that point.



The film wanders towards the heart warming sunshine and butterflies moment when his wife calls him.

She is unquestioned, without judgment put upon her. Matty's grateful for her attention. She spills some broken biscuit "poor me" words and lures the lad with a future that might never happen.

"I love you so much" - at this point I was screw faced with flared nostrils giving full on daggers to his abandoner. I cried, big angry tears as she sat wistfully on a window ledge, while his friends carried out the work she promised him in sickness and in health. *Is it awful that I wanted her to fall out of the window at that point?*



Then, there it is. The "*love lifts us up where we belong*" moment. He's in the middle of an awards night where all around are

celebrating his recovery. Then she walks in and they start to dance in a romantic sway while all their friends stare at them compliant and seemingly happy that she's showed up now he's better. Let me say, as a friend; I would have swilled her with a glass of free Prosecco.

Then his brain injury falls off. The baby is barely 9 months in the final scenes, marking about 6 months passing since the start of the film. At this point Matty is a perfectly audible communicator with a barely there slur. He was rocking "*Sloth loves Chunk*" tone five minute ago, then all of a sudden he's full on clear as a whistle. He can also tie shoe laces. He's a big boy now. It's barely six months since having his head bashed and he's back as a boxing coach and comfortably normal again. What a relief, a long term brain injury would have been so disappointing for his wife and the clueless viewers.

I think this can only be viewed by people whose lives have not been affected by brain injury. The fabulous carers and family members I meet at Headway Sefton would be fuming at Jodie Whittaker's character. I assure you that us awesome folks with ABI/TBI would have very little positive feedback for Mr Considine efforts as a writer. I don't think he bothered researching this with any people who have brain injuries. If he did research with some BI homies, then he should have bothered listening to them.

**By Emma Seaman**

# The "what not to say" guide to talking to people who have a brain injury!



Thank You to all the group members who shared their examples with us. It's helpful to know that we've all had experiences where other people can be misinformed and let's face it, a bit thick!

# Support For Carers

Sometimes friends and family members are overlooked as carers, they may not know that the title relates to the support they give to a loved one.

## What is a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

## What support is available for carers?

Carers are entitled to get a carer's assessment to look at what local authority can provide to assist them in their role. This could be respite, advice or support groups. This is the same in all boroughs.

When Sefton Carers Centre carry out a Carer's Assessment they look at the different ways that your caring role affects your life. They look at how you can carry on doing the things that are important to you and enable you to feel that you still have quality of life. The assessment covers the impact of your caring role, how you feeling about caring, your physical, mental and emotional health and how caring may affect your ability to access, work, leisure, education, wider family and relationships.

As a carer your physical, mental and emotional wellbeing is at the heart of this assessment, demonstrating the impact & need for services. If you decline an assessment you will still be able to access information and advice, including what in-house services they can offer as well as any other support and help from local organisations that may benefit you in your caring role.

If you would like to complete a Carer's Assessment or get some advice and information. please contact the Carers Support Team on 0151 288 6060 (Monday to Friday, 9am – 4.30pm)



### FREE COURSES FOR CARERS

COURSE TITLE	DAY	TIME	START	WEEKS	VENUE
Relax & Revive	Monday	9.30am-10.30pm	14/01/19	5	Sefton Carers Centre
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1.00pm-2.30pm	07/01/19	1	Sefton Carers Waterloo
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1.00pm-2.30pm	04/02/19	1	Sefton Carers Waterloo
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1.00pm-2.30pm	04/03/19	1	Sefton Carers Waterloo
Tax, Care, Wills, Protection of family and assets, Lasting Powers of Attorney	Monday	1.00pm-2.30pm	01/04/19	1	Sefton Carers Waterloo
CRISP 2 Carer Information and Support Programme (must have attended CRISP 1)	Monday	10.30am-1.00pm	14/01/19	3	Sefton Carers Centre
German For Beginners Workshop	Monday	1.00pm-4.00pm	21/01/19	1	Sefton Carers Centre
Viking History & Culture Workshop	Monday	1.00pm-4.00pm	18/02/19	1	Sefton Carers Centre
Healthy Cooking	Wednesday	2.00pm-3.30pm	18/01/19	4	May Logan
Pilates	Wednesday	9.30am-10.30am	18/01/19	5	Sefton Carers Centre
Mosaic Making	Wednesday	1.00pm-3.00pm	18/01/19	5	Sefton Carers Centre
Mindful Meditation	Thursday	10.30am-11.30am	17/01/19	5	Sefton Carers Centre
Yoga Nidra	Thursday	1.00pm-2.00pm	17/01/19	5	Sefton Carers Centre
Slim to Trim	Friday	10.00am-11.30am	01/03/19	5	Sefton Carers Centre
Yoga	Friday	12.00pm-1.00pm	18/01/19	5	Sefton Carers Centre
 The Life Rooms Southport for Service Users and Carers					
Feeling Better Through Comedy	Monday	10.00am	07/01/19	4	Life rooms Southport
Yoga	Tuesday	10.00am	8/01/19	4	Life rooms Southport
Confidence & Assertiveness	Tuesday	2.00pm	15/01/19	2	Life rooms Southport
Chill Out Colouring	Wednesday	1.30pm	09/01/19	4	Life rooms Southport
Men & Mental Health	Thursday	2.00pm	10/01/19	2	Life rooms Southport

## FUNDRAISING NEWS By Heather Dixon

### General Funding

£62.08 Raised this month

£1212.02 Raised in total

81 Total supporters

### Manchester Half Marathon - Help Christina change the world!

Andrew's support worker is doing the Manchester half marathon to raise funds for Headway Sefton

"I am running a half marathon for the Brian injury charity (Headway) as I recently became a support worker for someone with a brain injury and have seen the personal and financial impact it has on survivors and their families. Headway is such an amazing charity who help to support brain injury survivors and their families and I would love to raise as much as I can."

Make a donation now - [uk.virginmoneygiving.com](http://uk.virginmoneygiving.com) and type in Christina Wallington

### Successful Grants

**Tesco** 'We are pleased to let you know that following the Tesco Bags of Help vote in your local Tesco stores, your project came third and has been chosen by Tesco Customers to receive an award of £1,000.00.'

**Pebbles Grants** 'I am pleased to inform you that your application on behalf of Headway Sefton has been approved and that the trustees have recommended a grant of £750.00'. This grant is to go towards the cost of the Lake District break.

## THE WRIGHT WAY \* WELFARE BENEFITS NEWS

OCTOBER 2018

Universal Credit and Severe Disability Premium, an introduction of a gateway condition into claiming Universal Credit came into force on 16th January; preventing claimants with the severe disability premium on their legacy benefit from making a claim. This is great news for potential transitional claimants who might have been considered as one of the 10,000 to be chosen to migrate over on to Universal Credit, meaning that if you or those who have a joint claim and either one of you are in receipt of the Severe Disability Premium, you won't be able to move from your existing benefit over to Universal Credit. This will ensure your benefits remain the same for the duration of your current entitlement. If anyone needs this explaining to them in more detail. Please do not hesitate to seek out Angela Wright at our next members meeting.

**Angela Wright Welfare Benefits Adviser for and on behalf of Adroit Financial Planning Ltd**







The first time we met I knew right then  
That one day I would marry you and forget any other men,  
I fell truly madly deeply in love  
I felt like an angel had been sent from above  
We married and it was the best day of my life  
To finally after 9 yrs to become your wife  
Then one day I lost you; the man I married had gone away  
But now I've learned to love a new man who is here to stay  
He's my hero so strong and committed  
he pushes himself to his limits Everyday  
I know if you wasn't built this way  
I would have lost you all together that fateful day  
I love you more than yesterday but less than tomorrow

Violets are blue  
Gingers are red  
If it wasn't for my flipping wife  
I would be dead

Roses are red, violets are blue  
and I love you .....  
I've not got an imaginative cell  
in my brain 😂😂

Roses are red,  
violets are blue,  
you're still a DIVVY  
but I love you

Sometimes kids have to act like my parents  
and as my fella you're burdened with that too  
I'm lucky I married a lad so respectful  
and that our kids have that role model too



## Group Meetings 2019

11am - 1pm on the 2<sup>nd</sup> Wednesday of every month

### Wednesday 13th March

11<sup>th</sup> - 17<sup>th</sup> March is BRAIN AWARENESS WEEK

**NOTE:** Mark will be attending for talking therapy

### Wednesday 10<sup>th</sup> April

April is STRESS AWARENESS MONTH

**NOTE:** It's spring baskets time!

### Wednesday 8<sup>th</sup> May

May has National Epilepsy week from 18 - 24<sup>th</sup> May

### Wednesday 12th June

June celebrates National Picnic Week from 11 - 19<sup>th</sup> June

### Wednesday 9th July

No pressure, but it's WORLD CHOCOLATE DAY on 7th July!!

### Wednesday 13th August

International LEFT HANDERS DAY



## Tell us Your Story:

You can email Emma Seasman at [vbc@swanwomenscentre.org](mailto:vbc@swanwomenscentre.org) to let us know your story; or simply chat to her or Jane Whittaker at the next group!

- Name:
- Why do you come to Headway Sefton meetings?
- How is your life affected by brain injury?
- Are there any tips you could give to anyone new to their experience of brain injury?
- What positive things have come from your experience of Brain Injury?
- What would people in a similar situation to yourself get from attending Headway Sefton monthly meetings and/or K.I.T.?

Sharing your story can help folks new to brain injury to find comfort and learn new coping skills



## Easyfundraising

Easy fundraising is free to use, all you have to do is register with them and use their link to shop at thousands of internet retailers. A percentage of each spend goes straight into Headway's Sefton's account. That might make you feel a bit less guilty about your latest shopping spree. It was for charitable reasons after all!

Got to the website below to find out how to register.

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

## Headway Sefton is Sponsored by

