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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

DECEMBER 2025

Just a reminder about our 🎄 Christmas Lunch, 🎄 and for those that can't be there, wishing everyone a very happy and peaceful Christmas.

President Sue, the Headway Committee, and Staff

We are looking forward to 2026 and trust everyone has a Happy New Year.

JOIN US AT THE

Headway BOP Christmas Lunch

Wednesday 3rd December at 11-45am
at Club Mount Maunganui
45-47 Kawaka St, Mt Maunganui

There will be a blackboard menu – prices around $14.

Please also bring a wrapped gift worth no more that $5.
(You don't have to spend money – make or write something)
It's a Secret Santa, so giving and receiving will be random.

Please come and enjoy the time with all of us!

RSVP by return email before the end of November

NEWSLETTER

"The human brain has 100 billion neurons, each neuron connected to 10,000 other neurons. Sitting on your shoulders is the most complicated object in the known universe"

US theoretical physicist Michio Kaku

Making The Most Of Summer Time

So, now that we know how amazing we are, how mind-blowing amazing we are, let's think about what we can do to look after our wellbeing in the coming months.

Is stress getting to you? Do you find you are quick to react in anger or frustration? If you are, you are not alone. Our lovely Headway member, Jordyn, has shared a technique you may use to calm yourself before reacting:

- Close your eyes
- Put your hand on your stomach
- Take a deep breathe in and hold for 3 seconds
- Release slowly.
- Repeat 3 times

When you do feel stressed and overwhelmed, don't try to deal with situations. Walk away and take a nap. Jordyn says to think about it as a power nap. Take 2 a day if you need to. Never underestimate the power of a good nap!

Times are always changing, in fact, change is the one thing we may all count on. Progress brings many benefits but also exposes us to many negatives that we can aim to mitigate. With the rise of industrialisation and rapid urbanisation around the world, humans have disconnected from nature. At the same time, medications and pharmaceuticals have made us look away from nature as a tonic to wellbeing.

Forest Bathing is a concept first introduced in Japan as a way to balance peoples wellbeing after the 1980's tech boom, which caused a rise in the deterioration of mental health.

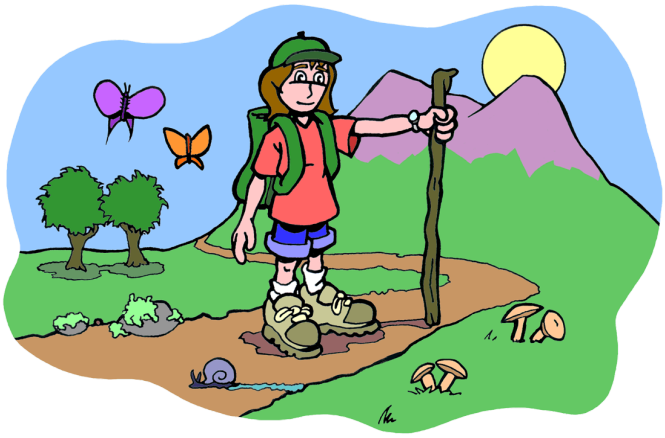
What is forest bathing?

- Slow and mindful walks in bush or nature, fully dressed in case you're wondering
- Be present – no rumination, no outside intrusive thoughts. You don't have to do anything but be there for the sheer pleasure of it.
- Notice smells, light, texture
- 2 to 3 hours every month

Benefits

- Reduction of stress hormones
- Lowered heart rate
- Lowered blood pressure

- Improved sleep
- In the longer term, reduction in depression and anxiety



Several studies have shown that the closer we are to nature, the happier we are, even photos of nature bring benefits – better attention spans, less anxiety and increased clarity. Even if you are house bound, you can reap the benefits of nature by looking at pictures of nature, either online or pictures on your wall. One study carried out by a team of scientists in Spain examined whether there was a difference in the cognitive development of primary aged school children who saw natural scenes on a daily basis. The quality of natural green space the children encountered in their every day lives was measured using satellite imagery. Their findings showed that regardless of socio-economic factors or family background, the greater the amount of green space the children encountered in their every day lives, the better their progress in working memory and attentiveness.

Ideas for the coming months

- Start small, notice the nature around you already – create a routine of morning coffee by the window.
- Invite nature inside – pot plants, pictures/artwork, smells/fragrances
- Connect with your senses – get away from screens and notice smells, sounds, bond with nature.
- Garden planting and harvesting even on a small scale brings benefits of a reduction in fatigue and sensory overload. What's the view out your window? Do you have room to plant flowers or tomatoes in a pot?

Local Parks and Walkways

- Yatton Park in Greerton
- Kulim Park Otumoetai
- Fergusson Park Matua
- Mount Beach and Pilot Bay boardwalk
- Walk up or around the Mount – call Diane to join our walking groups
- Tauranga Rose Gardens off Cliff Road

- Daisy Hardwick walkway, Waikareao Estuary – great for biking and dog walking.
- Papamoa hills walk

Remember, taking a drive and enjoying the scenery can make all the difference!

Christmas Gift Wrapping Fundraiser

We are once again **seeking volunteers** for our Christmas gift wrapping fundraiser on Thursday 18 December 2025 at Bayfair - slots available 9 am to 11 am, 11 am to 1 pm and 1 pm to 3 pm.
Join us for some fun volunteering at this awesome fundraiser event.
Please let Gill know if you are able to volunteer:
email: gill.headway.assoc@gmail.com or tel 021 333 900

March Education Awareness Session

This session will have valuable information for all, and the focus will be, Knocks to the Head, and Concussion. Details coming in the new year.

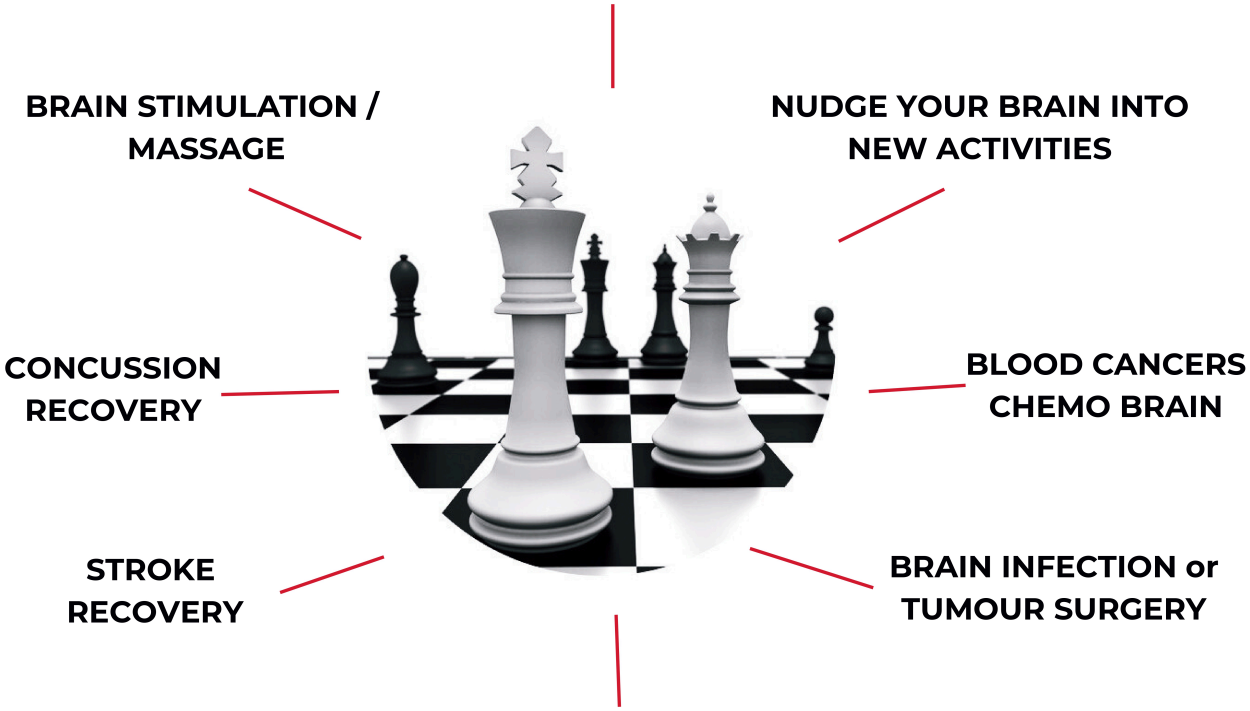
Feel like a chat??
Call Diane and make a time to meet at the office: 027 926 1881

USEFUL LINKS

ACC explains plan to remove thousands from weekly compensation
https://www.rnz.co.nz/national/programmes/ninetonoon

NOTICEBOARD

BRAIN THERAPY via CHESS



PAPAMOA LIBRARY WEDNESDAYS 9:30 - 12:30

Mt New World $15.00 Voucher September 2025

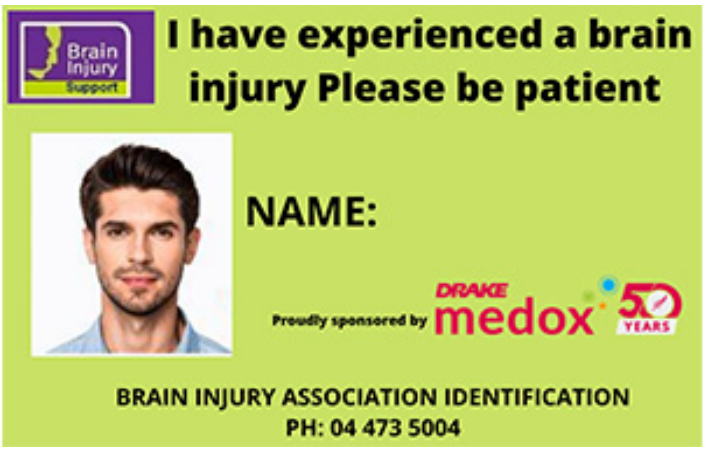
The lucky winner was Peter Riley

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.

DATES TO PUT ON YOUR FRIDGE

Wed 3rd December - CHRISTMAS LUNCH - 11.45am
At Club Mount Maunganui
Please RSVP to Jan by return email

Fri 5th December - KATIKATI SUPPORT GROUP- 1.00pm
Meets first Friday of each month at the Digital Hub next to Katikati Library.
ALL WELCOME

19th December - FRIDAY MORNING COFFEE GROUP – 10am
At our new venue Greerton Senior Citz Hall, Maitland Street, Tauranga. Gold coin donation, includes morning tea. ALL WELCOME

Headway Office Closed
Wednesday December 24th until Monday 5th January 2026
I hope you all enjoy a peaceful and happy Christmas and New Year. It's a crazy and chaotic time here with all our festive visitors, but still, try to find

places and spaces that bring you peace and restore your sense of wellbeing – early morning walks may be best! Eat well, get some exercise, connect with others and get enough sleep. Lets look forward to the up-coming year together.

— DIANE —

SUBS & DONATIONS

MEMBERSHIP SUBS

1 July 2025 - 30 June 2026

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 Centrepoint, Endeavour, Legacy Trust.

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

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