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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

AUGUST 2026

NEWSLETTER

Kia ora koutou

We have had a busy month with coffee groups and mid-winter lunch. We are also into another round of fundraising, big thank you to Colin and Jo for their efforts fundraising for the first time in Te Puke – \$140.00 in 2 hours, obviously gifted pair!

All fundraiser efforts are appreciated, thanks for your time and commitment.

BLOG

One of our members has started a blog reflecting on her experiences accessing treatment and understanding following concussion. It's a raw and honest account, and I commend her for her courage in sharing – click on the link below to read, I look forward to your feedback. <https://gees.blog/>

Speak Up, Join In

Imagine you were lost in the bush with two friends. One was panicking and shouting and blaming you for the predicament – “How could you allow us to get lost, oh no!, I knew this would happen, why can't you ever get things right??”

The other friend was calm and spoke gently – “Its okay, everything will work out, lets do this together, I know we’ve got this”.

Which friend would you prefer to have with you?
Probably the second one, the one who was calm and gentle, who didn’t blame, but who was supportive and confident and who helped you feel calm and able.

Be Kind
= to =
Yourself

Now, how about you become the second friend to yourself. Watch how you speak to yourself – are you kind and supportive, or are you prone to being harsh and judgemental when the chips are down? We are all guilty of negative thoughts about ourselves, particularly when we feel we haven’t done enough or been enough. Instead of falling into these feelings that we already know don’t serve us well, step aside and respond with kindness towards yourself.

EVENT	RESPONSE 1	RESPONSE 2
Lost your keys	Idiot!! not again!!	Its okay, take a breath
Burnt the toast	Can’t I do anything?!	Its only toast, try again
Late to appointment	I bet they hate me	They understand, smile
Fatigued	I’m so sick of this	I’ve come so far, go me!

Get the idea?! Be aware of your thoughts and responses and try to make the positive and supportive reaction either your first thought or a very close second. It’s a habit so may take time, but being your own greatest support is priceless.

Mid-Winter Lunch held 23 July 2026



Our annual Mid-Winter lunch at Club Mount Maunganui was enjoyed by 26 of our lovely members and friends. During the lunch we also took the opportunity thank and acknowledge former Committee members, Sue Rutherford, Pauline Taylor and Lockie Martin.

Hello from our New President



Our new President Ashleigh Anderson thanking our former President Sue Rutherford at the Mid-Winter Lunch

Kia ora koutou,

My name is Ashleigh Anderson and if you weren't aware, I am now the new President for Headway.

Before I get into a little introduction of myself, I'd just like to thank Sue Rutherford, our former President, who was with Headway for 8.5 years. Pauline Taylor, our former Vice-President who was with Headway for 18 years and Lockie Martin, fundraiser and former committee member, who has been on the committee for a couple of years on and off. Their dedication and commitment to Headway and to the committee have been admirable and I wish them well in their future.

Besides myself stepping in to the President's position, we also have two new Committee members, John Skelton, Vice-President, and Diane Hurdsfield, who I'm sure you all will know. For the next few newsletters we will have each committee member do an introduction of themselves, so you can get to know us a little more.

As for me, I have worked in the field for over 10 years, mostly working with those with a traumatic brain injury under an ACC contract. I am a registered Social Worker and currently working in adult education, where brain injury is one of our areas. I have lived in Tauranga for over 8 years now, originally from Auckland, dare I

say it haha. I definitely call Tauranga home and love it down here, so you're stuck with me.

You may have seen me at some education sessions, lunches and AGMs, as I've been with Headway for about 4-5 years now. You may have also seen and/or meet my greatest achievement in life so far, which is my daughter Olive.

I'm really looking forward to this new journey of being President and hope to make it to some more social events and groups when I am able.

Thank you for reading and for your ongoing support of Headway, we could not do this without you.

Hope to see you in the near future,

Ashleigh :)

HEADWAY BRAIN INJURY ASSN BOP INC

Annual General Meeting 2026

Thursday 24 September 2026

10.45 am for start at 11.00 am

Club Mount Maunganui

45 Kawaka Street Mount Maunganui 3116

Lunch at 12 noon

The AGM will be held in the Boardroom with lunch after in the Restaurant

(order and pay at the main bar)

A quorum of twelve financial members is required to hold Annual General Meeting so please attend if you can.

DATES TO PUT ON YOUR FRIDGE

FRIDAY 7 AUG – Katikati Coffee Group, 10.00am Digital hub next to the library.
All welcome

FRIDAY 14 & 28 AUG – 10.00 am Senior Citz Hall, Maitland Street, Greerton.
All welcome

NOTICEBOARD

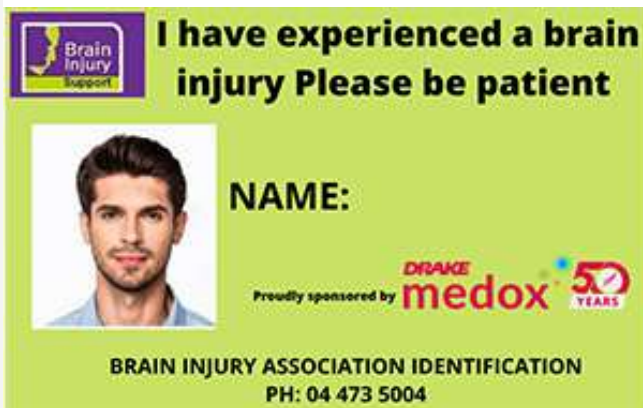
Mt New World \$15.00 Voucher June 2026

The lucky winner was **Masina Blennerhassett**
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, G. Gardner, J. Simpson,
D. Hurdsfield, J. Skelton

PERSONNEL

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



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