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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

FEBRUARY 2026

NEWSLETTER

Welcome back everyone, hoping you all had a lovely Christmas and New Year, its February now, so back to business! I hope at least some of you followed the benefits of getting out into nature from our December newsletter, and that you are enjoying the out-doors in some way – or maybe even sitting every morning and enjoying the view outside, so good for the soul! Nothing to look at? Plant something outside the window and watch it grow when you're enjoying your morning cuppa.

Our Management Committee resumes 10th February with continuing goals, and enthusiasm for 2026, on the best ways we can help our Brain Injured in the Bay of Plenty.

Laughter is the best medicine!

We have all heard this phrase at some time or another, but how about we spend some time acting as if this is true, and treat laughter like it is medicine:

Benefits of laughter

- Triggers the release of endorphins, the body's natural feel-good chemicals
- Improves circulation and pain tolerance
- Helps reduce stress and depression
- Boosts mood and resilience
- Like mindfulness, laughter brings you into the present

How To Trigger Laughter

- Watch or listen to your favourite comedy for at least 30 minutes a day
- Limit exposure to distressing news items
- Be mindful of your exposure to negative social media
- Seek out laughter – recall funny instances from the past
- Fake it till you make it – fake laugh every day in the shower, you will still feel better!

Don't believe me?? I dare you to try!!

Best funny story or joke or Limerick (Cleanish) emailed to me this month wins a $15 New World voucher… you can do it!

Email liaison.headwaybop@brain-injury.org.nz

How are you getting on out there?

First things first – have you got your Brain-injury I.D card? Its there to bring out of your pocket or wallet when you are out and get an attack of panic or that feeling of being overwhelmed. Hand it to the person you are trying to engage with and let the card do the talking.

Triggers to being overwhelmed	Possible Solutions
Noise and bright lights	Wear sunglasses and/or noise cancelling headphones
Too busy/overcrowded	

	Shop at times that are quiet – after rush hour and not on a Tuesday.
Terrible short term memory	Take a written list of things you need. Stick a list of shopping on the fridge – add to it as needed. Cross items off as you shop.
Feeling of panic in crowds	Take a friend or family member with you. Keep visits brief.
Visiting a large car park	Take a photo on your phone of where you have parked with a notable land mark included – delete it once you've returned.
Busy Supermarket	Give yourself time to adjust once you get there – is there a café just out front where you can sit for a while before entering? New World Mount Maunganui has a café at the entrance to the supermarket upstairs
Breath	Deep breath in, hold for 3 seconds, exhale slowly out of your mouth. Repeat.

Christmas Gift Wrapping at Bayfair

A BIG thank you to all our wonderful volunteers for helping with this on the 18th December 2025. We collected $385.80.

HEADWAY BRAIN INJURY ASSOCIATION
B.O.P. INCORPORATED

DISABILITY LAW EDUCATION SESSION

Focusing on Accommodation (MSD), Advocacy & General Disability Issues

Presented by

Rachael Wiltshire, National Education Officer,
Aotearoa Disability Law

17 February 2026 - 10am

Heron Room, Arataki Community Centre

Zambuk Way, Mount Maunganui 3116

REFRESHMENTS PROVIDED

If anyone has specific questions, please send them in and we will pass them on to Rachael prior to the session. This is a **FREE** session and **everyone is welcome**

PLEASE RSVP BY 13 FEB 2026

to Diane Hurdsfield

liaison.headwaybop@brain-injury.org.nz | 07 572 4547

Feel like a chat??

Call Diane and make a time to meet at the office: 027 926 1881

CONDOLENCES

Our sincere condolences to Gill Gardner, our wonderful Services Coordinator, and her family. Sadly Gill's Mum passed away on Christmas Day 2025.

All our thoughts are with you Gill.

USEFUL LINKS

How your Brain can be Trained like a muscle

https://www.rnz.co.nz/life/wellbeing/how-your-brain-can-be-trained-like-a-muscle

NOTICEBOARD

Mt New World $15.00 Voucher December 2025

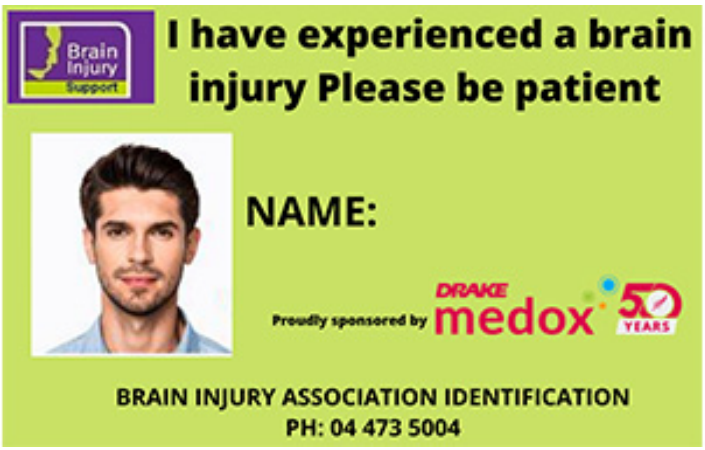
The lucky winner was Diane Skelton

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

17 Feb 2026 - FREE DISABILITY LAW EDUCATION SESSION - 10am
Accommodation (MSD), Advocacy & General Disability Issues
Presented by Rachael Wiltshire, Aotearoa Disability Law
Heron Room, Arataki Community Centre, Zambuk Way, Mount Maunganui 3116
Refreshments provided and all welcome.

Please watch out for email reminders to coffee groups during the next month, as we need to confirm dates with venues.

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

FRIDAY MORNING COFFEE GROUP – 10am
At Greerton Senior Citz Hall, Maitland Street, Tauranga. Gold coin donation, includes morning tea. ALL WELCOME

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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