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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

MAY 2026

NEWSLETTER

Kia ora Koutou

Last month we talked about recovery from head injuries – how to think about pacing and planning, building resilience and managing symptoms. This is just one piece of the puzzle, recovery is not just one magic bullet, its a lot of little things mixed with bigger things that slowly put us back together to our best selves.

Another of the important pieces is nutrition. What are you feeding your body? After injury, your brain needs good nutrition to repair, rebuild, and nourish itself. Recovering from a brain injury can feel all consuming, symptoms are always lurking, ready to bounce and send you back under the bed covers. How on earth are you supposed to be able to plan a meal when the stove becomes a dangerous place, a place you walk away from without thinking and the next thing you know, everything has burned and ruined.

Nursing your brain with small steps

Shopping for success:

Foods/Drinks That Fail Your Recovering Brain

Coffee – limit to 2 per day

Energy drinks – full of sugar that drive short highs and long lows

Fizzy drinks and sweetened drinks – coke, lemonade etc

Alcohol – increases the load on your brain

Processed foods – deli meats, instant noodles, sweetened cereals, cakes, biscuits, processed meats, ice-cream, sweets and chocolate.



Foods That Nourish Your Recovering Brain

Fresh fruit and vegetables – buy season produce, at the moment, apples are delicious and affordable. Look out for new season oranges and mandarins.



Frozen vegetables – still packed with goodness, use what you need and keep the rest frozen for next time.

Fresh meat – red meat is expensive, chicken is more affordable and a good option

Wholemeal bread – Try different brands and choose one you like.

Eggs – fried, scrambled, poached – any way is a good way

Fish – frozen prawns, filets of fish – cook what you want and keep the rest frozen.

Greek yoghurt – full of protein, eat for breakfast with fruit or use to make a smoothie.

Baked beans – Buy a can or 2, a good meal any time of the day, put an egg on top for extra goodness.

When you think about meals, keep it simple

Step one:

Buy a cooked chicken and a bag of ready made salad.

Step two:

Have some of the chicken and salad for your first meal, put the rest in the fridge.

Step three:

Make a chicken sandwich for your next meal. Add some salad and enjoy.

Step four:

Make a toastie with chicken and cheese or add whatever else you like. Make sure by day 3 the chicken is finished and throw the carcass away in the bin.



Step five:

Celebrate!! You just had 3 days of healthy food for a reasonable cost.

Lets share – send me any recipes or shopping ideas that have worked for you, it may be a great help for someone else.

Thank You to our Wonderful Volunteers

Thank you to our wonderful volunteers who assisted at Mount NW, Papamoa Plaza and Katikati Woolworths in March and April for the Headway fundraiser and awareness appeal. So far we have collected \$1045.95, with two more collections to take place at Gate Pa New World and Bethlehem Woolworths. We really appreciate all your support.

EFTPOS Machine for Fundraising

Headway now has it's own EFTPOS machine, which we'll be using for future fundraisers to help increase collection totals. As fewer people carry cash, having an EFTPOS option has become essential.



Farewell & Thank You to Matthew Binden

We would like to thank Matthew for his contribution to our Committee over the last 18 months. Matthew recently completed his university studies in Tauranga and has now moved to Hamilton. Due to this move he has resigned from the Headway Committee. We wish him all the very best for a happy and successful future.

Upcoming Mid-Winter Christmas Lunch

We are starting to plan our mid-winter Christmas lunch and welcome any suggestions on how you would like to celebrate it.

Stay tuned for date and further updates.

Feel like a chat??

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

BRAIN INJURY MYTHS & FACTS

Brain injury recovery stops after two years.

Myth! Recovery can continue for many years. With consistent therapy, learning, and support, progress is always possible.

You can tell if someone has a brain injury by looking at them.

Myth! Brain injuries are often invisible. Fatigue, sensory overload, or memory challenges are not always outwardly noticeable.

Every brain injury is different.

Fact! No two brain injuries or recoveries are the same. Everyone's journey is unique and deserves respect and understanding.

You can fully prevent brain injury.

Myth! While some risks can be reduced (like wearing helmets and seatbelts), accidents and medical conditions can still cause brain injury.

NOTICEBOARD

Mt New World \$15.00 Voucher April 2026

The lucky winner was **Robyn White**

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!



I have experienced a brain injury Please be patient



NAME:

Proudly sponsored by **DRAKE medox** 50 YEARS

BRAIN INJURY ASSOCIATION IDENTIFICATION
PH: 04 473 5004

I may have -

Cognitive difficulties - e.g. difficulty with thinking clearly, maintaining concentration, tiredness, solving problems, planning and completing a project, short-term memory problems

Physical problems - e.g. reduced balance, slower reflexes, headaches and reduced stamina

Sensory difficulties - e.g. impaired sight, smell, hearing, and taste
Difficulty with expressing oneself or understanding others

Personality changes - e.g. irritability, intolerance, depression, anxiety, socially inappropriate behaviour, mood swings.

Difficulty in learning and remembering new information

Proudly sponsored by **DRAKE medox** 50 YEARS

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

Coffee Groups in Tauranga this month:

- **Friday 8th and Friday 22nd May** - 10.00 am Senior Citz Hall, Maitland Street, Greerton.
- **Friday 5th June** - Katikati Coffee Group, 1.30pm Digital hub next to the library.

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 Centrepont, Endeavour, Legacy Trust.

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

COMMITTEE

S. Rutherford, P. Taylor, J. Simpson
A. Anderson, G. Gardner, M. Bindon,
L. Martin

PERSONNEL

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



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