



## **Headway News – October Update**

Kia ora,

It's been a busy, but inspiring, few months here at Headway. We're excited to share what we've been up to and the new programming you can expect for the rest of 2025.

From award-winning storytelling to fresh connection groups and exciting regional growth, we've been focused on our mission; reducing the impact and incidence of concussion and brain injury through education, information, and connections.

As we continue to grow, one thing remains clear; we could not do this alone, and neither can those impacted by concussion or brain injury. We are so grateful to all our partners and collaborators who are as passionate about brain health as we are. Together we are making a real difference. Thank you!



# Are you concerned about your Brain Health after Sport?

We need your voice!

Complete the survey in the link below



COMPLETE SURVEY

## Brain Health after Sport: Survey

In partnership with Dementia Northern, and our research partners at the University of Auckland and AUT, we are working to create information and support pathways for those concerned about their brain health after contact sports.

We have released a short (10-12 minute) survey to inform the development of this support. We ask for those that have been involved in contact sports and are concerned about brain health, to complete the survey and ensure their voices are heard.

**Please share this [survey link](#) widely with your community** and help us shape information and support pathways. A socials tile and poster is attached.

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**Growing Connection – NEW Connect Groups Available**

# HEADWAY CONNECT GROUPS

**Takapuna** 2nd Tuesday of the month

**Manurewa** 2nd Thursday of the month

**Howick** 1st & 3rd Wednesday of the month

**New Lynn** 2nd & 4th Thursday of the month

**Ponsonby** 1st Wednesday of the month

**Hobsonville Point** 1st Tuesday of the month



Connect Groups are informal, peer-led gatherings held in cafes and community venues throughout Auckland. They are designed specifically for individuals living independently in the community after experiencing a concussion or brain injury.

These groups provide a relaxed, welcoming environment where participants:

- **Share the highs and lows of life after brain injury.**
- **Meet others who understand**
- **Encourage and support each other**

If you're interested in joining a Connect Group and would like details about locations and meeting times, please email us.

EMAIL US

## New Zealand Herald Op Ed

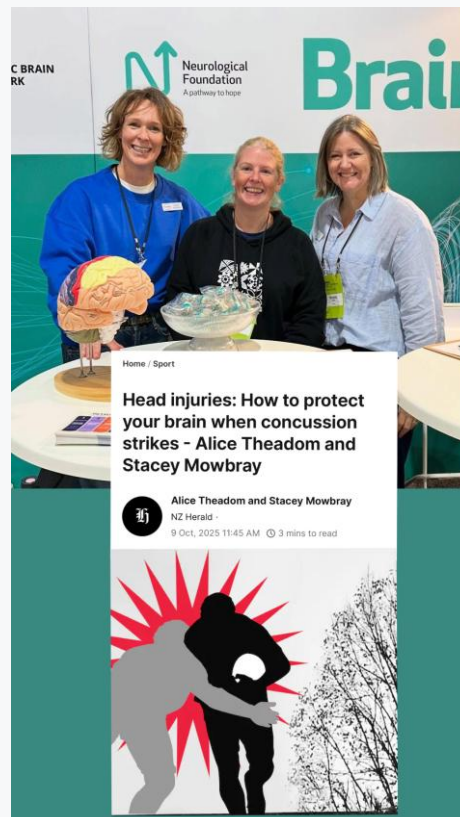
In collaboration with AUT Professor, Alice Theadom, our CEO, Stacey Mowbray, wrote a Herald opinion piece to educate people about "concussion devices" and diagnosis.

Last month, the Herald published claims around a device that "could diagnose concussion in under two minutes." It promised an easy solve for an otherwise complex problem.

Here at Headway, we were disappointed to see these marketing claims being presented as fact. As of right now, the only way to diagnose a concussion in NZ is through a healthcare provider.

Recognise, remove, refer to a healthcare provider. The right early response makes all the difference.

If you haven't had a chance to read it, you can check it out here.



READ ARTICLE

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## Northland to join the Headway Whānau

As of November 1, Headway will deliver information, advice, and support into the Northland region. The Northland Brain Injury Association is ceasing operations, reflecting the challenging environment for charities right now. We thank Northland BIA for all their contributions to the brain injury community over many years.

We're looking forward to delivering impactful and sustainable support for those impacted by concussion and brain injury in Northland. If you'd like more information, reach out to us.

[MORE INFORMATION](#)

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## NEW: Online Module for Managing Fatigue

Join us for our online module Managing Fatigue after Concussion, Brain Injury or Brain Tumour. This will be a 45-minute interactive session offered on Zoom on November 6 at 10am.

The session will share resources and research around managing fatigue as well as create an opportunity for you to share your tips and advice from lived experience.



We look forward sharing insights together and developing the tools we need to better manage fatigue.

[REGISTER HERE TODAY](#)

## Diary of a Head Injury Wins Big at Best Awards

Diary of a Head Injury follows the story of Nick Worthington. Nick had a life altering brain injury in 2019, and this short documentary beautifully articulates his experience while recovering from this invisible injury.

Diary of a Head Injury picked up 4 golds plus the coveted Purple Pin for Motion & Design/Animation.

We're so grateful to Assembly and The Tuesday Club for creating this genius depiction of brain injury and continuing to spark conversations about concussion. Congrats to all involved!

WARNING - contains coarse language and flashing lights that may affect viewers who are light sensitive or have epilepsy.



WATCH HERE

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## December AGM

Join us for our AGM on **Tuesday 2 December, 6–8pm at Ponsonby Community Centre**. It's a great opportunity to connect, reflect, and hear what's ahead for Headway. All are welcome to attend, and light refreshments will be provided. Please email [shona@headway.org.nz](mailto:shona@headway.org.nz) to register your attendance.

*Please note: All are welcome, but membership is required to present/vote.*

And as always, if you're struggling, we're here to help with information, advice and support. Reach out to us at [info@headway.org.nz](mailto:info@headway.org.nz) or (09) 520 4807

## Follow us

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