



the brain injury association

# Headway

## Hull + East Riding News

Improving life after brain injury

National Free Helpline

0808 800 2244



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01430 430720  
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## Mental health and brain injury

Headway UK has published 2 new factsheets entitled 'Mental health and brain injury' and 'Lack of insight after brain injury'. They compliment the newly-revised Mental Capacity: support decision making after brain injury. The new publications follow the publishing of research that suggests having a brain injury can almost double the likelihood of developing a mental health condition. Author of the study, Michael Parsonage from the Centre for Mental Health, said: "There is a wealth of research dating back many years that has identified an association between brain injury and mental illness. Although these are separate conditions, research has shown that having a brain injury can increase the chance of developing a mental health condition. This can, in turn, result in a range of other problems in areas such as employment, functioning in society and relationships."

**NEWSFLASH!****NEWSFLASH!****NEWSFLASH!****NEWSFLASH!**

Headway UK has made all its information booklets available for free online. The award-winning booklets are incredibly detailed, written by specialists and cover a huge array of topics. You can access them here:

<https://www.headway.org.uk/about-brain-injury/individuals/>

## Recent goings on...

We had a great training event on insight and psychological adjustment on October 13th, thanks to Ed Arnoll, Headway UK's national trainer. We periodically run free training events, so please make sure you keep checking our newsletter and 'like' us on facebook so you can be the first to find out about them!

Our members also enjoyed a lovely day of cycling in East Park, which has become a well-loved favourite activity among a number of our members. The facility at East Park has a wide range of cycles available—from regular bikes, trikes, sit-cycles and a whole host of other options that can get anyone out and enjoying the park—even those in wheelchairs with no ability to cycle! Let us know if you're interested in joining us next time (probably when the weather starts to get better again!) and keep an eye out on our newsletter and facebook page too.

## Coletta & Tyson fundraiser



In August, we raised a fantastic £274 at Coletta & Tyson nurseries with a tombola and cake stall. Many thanks to the volunteers who gave their time on the day, to all those who baked and gave prizes, and to Coletta & Tyson for their support.

The money we raise through fundraising events such as these helps us to run our branch, to publish this newsletter for hundreds of families and professionals across our region, and to provide vital support whenever it is needed.

If you are interested in helping us raise funds or continue the work that we do by donating prizes, your time or your ideas, please get in touch with us as we'd love to hear from you.

Here are a few pictures of the people who very kindly donated prizes to us for the tombola and did some baking for us—they are holding up certificates which acknowledge their contribution to our fundraising.

We also have to say a HUGE thank you to Sue and John, who collected so many of the prizes for us and did a wonderful job of putting up posters and raising awareness of Headway and the work that we do.





Thank you!



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hull + east riding

### About us

Headway HERO is your local branch of Headway, a national charity that provides information and support for brain injured people, their families and carers.

Headway—the brain injury association is a Registered Charity No 1025852 and a company limited by guarantee. Registered in England No. 2346893.

### improving life after brain injury

## Headway HERO Diary

### Wednesday 19 October 2016

Monthly Meeting 7pm to 9pm. At HANA (Humber All Nations Alliance)  
44 Portland Street, Hull HU2 8JX. Members committee meeting at 6:30pm.

### Friday 4 November 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

### Wednesday 16 October 2016

Monthly Meeting 7pm to 9pm. At HANA (Humber All Nations Alliance)  
44 Portland Street, Hull HU2 8JX. Members committee meeting at 6:30pm.

### Friday 2 December 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

### Wednesday 7 December 2016

Christmas meal at Red Sails, 2 Beacon Way, Hull, HU3 4AE. Arrive from 7pm  
for a 7:30pm start. Please let Lesley know if you're coming.

## Please 'like' our facebook page!



Facebook is a great way to stay in touch with friends and local groups and businesses that interest you. Our facebook page has had a facelift recently, and you'll find posts about brain injury, our events, national headway services and other local events of interest.

If you struggle to remember dates of our meetings and events, you can respond to an 'event' on facebook which will help to remind you that you have somewhere to be. They also have all the venue and time information on there too, so you can access them from a computer or smartphone wherever you are, even if you don't have your newsletter to hand.

Also, every time you 'like' or 'share' something that we post, it helps us to raise awareness about brain injury, Headway and the work that we do.

<https://www.facebook.com/HeadwayHERO>

## 'Tis the season...

The shops are full of Christmas goodies already, so naturally our thoughts are turning festive too! At our monthly meeting in November we'll be having a Christmas craft session. No need to bring anything, just come and have a go.

We're holding our Christmas get-together at the Red Sails, Hull on 7 December. Arrive at 7 for 7:30pm start. Their excellent carvery will be available, and you can enjoy 2 courses for: £12.49, or 3 courses for £14.99. View the menu online here: <https://christmas.marstons.co.uk/assets/master/menus/MilestoneCarveryFestive1499.pdf> If you would like to attend, please let our secretary Lesley Saunders know by email so that we can reserve enough places and pre-order your food: [headwayhull@gmail.com](mailto:headwayhull@gmail.com)