

# Headway

## Hull + East Riding News

Improving life after brain injury

**COLD OUTSIDE BUT ALWAYS A WARM WELCOME**

**@ headway HERO's**

National Free Helpline  
**0808 800 2244**

### Funding support from true local hero's

Sue and John Kyle had the pleasure of sharing our thanks to key local businesses, who have given generously to the prize lists for the tombola which we ran at Coletta & Tyson Garden Centre at the end of last year.



@headwayhero  
@headwayhumber



/headwayhero  
/headwayhumber



**web:**  
headwayhumber.org.uk



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hey@headwayhumber.org.uk



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07395571398



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**citizens  
advice**

## **Rosie Garrett research support ask**

SOME OF YOU WILL REMEMBER MEETING Rosie at our main meeting before Christmas. Rosie is a year 2 student studying MSc Occupational Therapy and is undertaking a piece of research as a part of her studies.

It would be of great help if anybody could consider supporting her along the lines outlined below in her brief:

### **Research project opportunity**

Hi, my name is Rosie and I am an Occupational Therapy student from Hull. I would like to invite you to take part in my study which is investigating what patients did in their spare time on a neuro-rehabilitation ward. I am conducting a research project based on the experiences of adults with brain injuries who had inpatient neuro-rehabilitation, looking in particular at how spare time and leisure were used on the ward. By spare time, this means time periods where you were not doing self-care activities such as washing, dressing, eating, sleeping etc. and when you were not having therapy sessions. By leisure, this means activities that are of interest to you, unrelated to work or other responsibilities, and that you can do in your spare time e.g. reading, watching TV, craft activities. This study is an opportunity for you to share your experiences of spare time and leisure during your inpatient stay for neuro-rehabilitation, and your feedback could help improve the future experiences of patients.

To be eligible to participate, you must meet the following criteria:

- Be aged 18 to 65
- Have received inpatient neuro-rehabilitation for a brain injury
- Fluent in English (written and spoken)

Unfortunately, if you do not meet all of these criteria points you will not be eligible to participate.

You will be interviewed, along with a loved one or carer who was present in your life when you were having your inpatient neurorehabilitation. The study asks for a second person present to help support the information you give us, or they may be able to provide additional information that you have forgotten. All participants and locations will be anonymised and the interviews should take no more than an hour. Please note you will not be paid for taking part in this research, however your travel costs can be reimbursed with proof of journey e.g. a bus ticket and refreshments will be provided by myself free of charge.

I have chosen this area of research because there is very little pre-existing research that focuses on the opinions of those with acquired brain injuries, yet there is so much to be gained from your feedback that may help wards and services develop and improve for future patients. It is also a good opportunity to reflect on not only your journey from being an inpatient in recovery to being discharged home, but also to talk about your hobbies and interests.

For more information or to volunteer, please contact [rosie.garrett@student.shu.ac.uk](mailto:rosie.garrett@student.shu.ac.uk) at any time, though please note the data collection for this project is likely to end around Easter time. I hope to hear from you soon.



The Muttley's meet up is now from 12:00 until 3:00 pm each month with a full cooked meal for £4.00.

So as well as enjoying good company, you can enjoy a hearty meal to boot.

# HEADWAY

The Brain Injury Association

Hull & East Riding Headway  
Meet the 2nd Wednesday of every Month at  
Muttleys Bar  
A Warm Welcome awaits you  
12pm - 3pm

Telephone Julie for more information on 07958 249139

BINGO

Lunch Available

£4.00

BAR OPEN

FREE ENTRY

Meet New Friends

RAFFLE

[www.headwayhero.org.uk](http://www.headwayhero.org.uk)

Your Local Branch of the National Charity "Headway".  
Providing information and support for brain injured  
people, their families and carers



the brain injury association  
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



### **Friday the 1st of February (1:00 — 3:00 pm)** **Hull Coffee Meeting**

Drop in for a coffee and a chat at our monthly informal coffee gathering at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

### **Wednesday the 13th of February (12:00—3:00 pm)**

#### **Muttley's Headway meet up**

Muttley's Bar, Hull. HU9 1ED.

A chance to meet up, chat and to share things. Talk to friends and have a laugh.



### **Wednesday 20th of February**

#### **Our Main Evening Meeting 6:00 pm - 8:15 pm**

The Danish Church, 104 Osborne Street, Hull, HU1 2PN

### **Look ahead to Other dates for your diary:**

#### **Friday the 1st of March (1:00 — 3:00 pm) Hull Coffee Meeting**

#### **Wednesday the 13th of March (12:00—3:00 pm) Muttley's meet up**

#### **Wednesday 20th of March Hull Evening Meeting & AGM**

8th February University of Hull – afternoon with psychology students

Action for Brain Injury Week – 20th to the 26th of May 2019. Including “Hats for Headway” on Friday the 24th of May 2019

The Way Ahead Conference – (Friday 5 July - Sunday 7 July for 2019)

Race Night — Early Summer special event.



(confirmation of dates and venues each month. Watch our web pages for the latest updates)

*Special thanks to both the Danish Seamen's Church and to Muttley's for their continued support.*

For news sheet issues please contact Martin at [fraggle57@live.com](mailto:fraggle57@live.com). If you have any pictures or notices that you feel would be suitable for use in this news sheet, then please send them to Martin. *Any images must be royalty free and shared with the permission of the subjects.*