

Headway Hull + East Riding News

Improving life after brain injury

Funds, Discussions, and things to do

National Free Helpline
0808 800 2244



@headwayhero
@headwayhumber



/headwayhero
/headwayhumber



web:
headwayhumber.org.uk



email:
hey@headwayhumber.org.uk



Local Phone:
07395571398

Inside this issue:

Fund raising success	1
Beauty, sexual health and domestic violence. Discussion and link	2
Climbing Out – To Try is to Succeed	
Kidz to Adulz.	3
BMA Awards for Headway Booklets	
Diary Dates	4

Fund raising thank you.

It's always a pleasure to say "Thank you" to our friends who help us raise funds. Without it we would be hard pressed to continue to be as active as we are.

Many volunteer groups have a limited program because of two main factors: Volunteers to help to make it happen, and the funds to enable it to happen.

So it is a very genuine pleasure to recognise those who have helped to support what we do.

The fund raiser held in Tesco store, St Stevens raised £297.00



Not forgetting the members who worked all day on the day to make this happen.

Alexandra Ellis, Booker Wholesale, Dee Bee Wholesale, Elsie Moody, Hancocks, Macro, Morrisons, Tesco.

Thank you to everybody.

citizens advice

Disability friendly beauty brands

Many people with disabilities still want to look good when they go out, but can struggle with regular beauty items. Gripping a regular mascara brush can be almost impossible if you have limited dexterity, and getting eyeliner where you want it very difficult if you have unsteady hands.

Vogue has recently published an article showcasing disability-friendly beauty brands, with easy-grip handles, or removable handles that can be applied to regular products. See the [article](#) for more, including links to the products.

Disabled people still left out of conversations around sexual health and domestic violence

Two You Tubers are raising awareness of the lack of disabled access to conversations about sexual health, with a lack of effort made to include women with disabilities in cervical smears, access to contraceptives and bodily autonomy around their sexuality.

See the [Metro](#) for an article, and also visit [You Tube](#) for their blog.

The Guardian has published an [article](#) around one woman's experiences as a disabled person escaping domestic abuse, how the shelter is ill-equipped to accommodate her mobility needs, despite the fact that one in two disabled women are likely to experience abuse in their lives.

Climbing Out – To Try is to Succeed

Have you heard about Kelda Wood, Founder of the Climbing out charity. She set up the charity after she sustained a serious leg injury. She also became the first para rower to solo row the Atlantic to raise awareness and funds for the charity.

For those of you that don't know, the charity provides fully funded 5 day residential outdoor activity programmes for young people aged 16-30 who have experienced serious illness, illness or trauma. Next year the charity is also looking to fund programmes for 12-18 years olds and over 30"s.

The programmes aim to help those attending develop confidence and self belief and offers long term friendship, support and development beyond the course., which I think many of the people we work with would benefit from.

There is more information about the charity at www.climbingout.org.uk - apparently they are not always able to fill all their programmes - I'm sure we could help them out!

The 4th edition of Kidz to Adultz Magazine

The 4th edition is now live online. The 44 pages are packed with interesting articles:

- Olly Murs and Brainwave
- Charles Dickens Charity Link
- 24 Hour Posture Care
- £18M Centre opens
- Employing Personal Assistants
- Bedtime Worry-Free for summer
- From School to Award Winner
- 70 Years of Life-Changing Work

Take a look via this web link here: https://issuu.com/disabledliving/docs/kidz_to_adultz_magazine_4th_issue?fr=xKAE9_zU1NQ

(Sorry but we cannot reproduce as a hard copy for you)

More BMA Awards honours for Headway publications

In a ceremony held on the 10th of September at BMA House, London, Headway's new resources which help people to understand and manage the effects of alcohol consumption after brain injury received the coveted awards.

Our factsheet 'Alcohol after brain injury' received a Highly Commended Award, with judges praising its evidenced-based approach and commenting that: "It is empathetic and understanding of the role alcohol plays in our culture, as well as the role it may play in survivors' adjustment to life post-rehabilitation."

A further Highly Commended Award went to Alcohol after brain injury: Tips for families, friends and carers. Judges described the factsheet as "good and well-linked with a friendly tone", and were particularly impressed that it is "written using information from affected patients and edited by credible clinical professionals."

Finally, our factsheet Brain injury: A guide for parents, which aims to help parents cope with the devastating and frightening experience of a child sustaining a brain injury, was Commended by the judges.

The BMA's highly-respected Patient Information Awards began in 1997 to encourage excellence in the production and dissemination of accessible, well-designed and clinically balanced patient information. This year's accolades bring our total to an impressive 29 awards since Headway resources were first entered in 2009.

Headway's Director of Communications, Cat Maddy, said:

"We are hugely proud to have yet again received recognition from the BMA for the quality of our publications.

"The awards from such a highly-respected organisation are a huge achievement, and we will continue to expand our range of publications to help more people who are living with the complex and often-devastating effects of brain injury."



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**

**citizens
advice**

Headway HERO Diary.

Grimsby Evening Meeting 01/10/2019 @ 5:30 pm - 7:30 pm

Freshney Green Primary Care Centre, Grimsby North East Lincolnshire

Coffee Afternoon Hull & East Riding (First Friday in the Month)

Friday the 4th of October @ 1:00 pm - 3:00 pm @ The Danish Church, Hull East Yorkshire

Wednesday the 9th of October (12:00—3:00 pm)

(Second Wednesday in the Month)

Muttley's Headway meet up

Muttley's Bar, 50 Holderness Rd, Hull. HU9 1ED.

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



Wednesday 16th of October

Evening Meeting (Third Wednesday of the Month)

6: 30pm - 8:30 pm (18:30—20:30)

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

23rd October 2019: Major event at the KCOM Stadium: Raising the Barriers. All Day KCOM Stadium, Hull.

Aimed at professionals in care and health sectors. * Almost completely full now.

Look ahead to Other dates for your diary for September

Grimsby Evening Meeting: 05/11/2019 - 5:30 pm - 7:30 pm

Freshney Green Primary Care Centre, Grimsby North East Lincolnshire

Hull Coffee Afternoon: 01/11/2019 -1:00 pm - 3:00 pm

The Danish Church, Hull East Yorkshire (First Friday in the Month)

Muttley's Lunch: 13/11/2019 12:00 pm - 3:00 pm

Muttley's Bar, Hull (Second Wednesday in the Month)

Wednesday 20th of November

Evening Meeting (Third Wed of the Month)

6: 30pm - 8:30 pm (18:30/20:30)

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

And Further ahead....

Our Christmas meal has been booked at the Wingfield Farm for the

18th of December from 19:00 till 21:00 (nominal). I'm pleased to be able to share that we have secured a private function room, so it will be fine to let your hair down. (Even bald people like me...)



For news sheet issues please contact Martin at: hey@headwayhumber.org.uk

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.