



Headway Hull + East Riding News

Improving life after brain injury

What's your New Years resolution?

National Free Helpline
0808 800 2244



@headwayhero
@headwayhumber



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Inside this issue:

Volunteers needed	1
Celebrations	2
Radio 4	
Radio Humber	3
Ahead view	
Diary Dates	4

Your support is always very welcome, but we need new people to agree to take action as committee members.

We are still looking for volunteers to support us, and that may be you if you were willing to take on small tasks like—this News Sheet each month, attending committee meetings each month to support tasks and action assignments or basic administration, or even just joining one of our meetings to chat to members.

Help may be needed with activities such as art and crafts, hobbies, and computer skills. The possibilities are endless!

Talk to us about what you can do and I'm sure we will be most pleased to give you the chance to add your efforts to support those who sometimes need help.

Over the next year, Headway Head office are looking to establish accredited training in all areas of support and action.

This will give all those involved a chance to gain formal recognition for their actions in a durable and portable format, give focused strategic professional support, and undoubtedly enhance your other interests and career development. So if you want to be in place and ready to take advantage of these developments while supporting an internationally recognised charity, then please come along and talk to us.

Our objectives are:

To increase awareness and understanding of brain injury and its consequences

To initiate activities and campaigns which will reduce the incidence of brain injury

To provide information and support for people with brain injuries, their relatives, carers and concerned professional people

To promote improved approaches to brain injury screening, acute care, assessment, rehabilitation and community reintegration

To assist people with brain injuries to return to community living, including access to appropriate accommodation, social outlets and productive activity

**citizens
advice**

Christmas lunches and mince pie events.

The Christmas spirit flowed warm and wide through December, starting with a magnificent Mince Pie fund raising event led by Lesley Saunders from her home on the 10th of December, which raised a fabulous £149.00.

An extraordinary amount I'm sure you will agree.



Then on Wednesday the 11th of December we attended the Christmas Lunch kindly supported by Julie at Muttley's.

Lastly, and to finally seal the fate for all our diets, there was the annual Christmas lunch, which we had this year at Wingfield Farm which is a Farmhouse Inn .



Katie Morris, Press Officer for Headway Nationally shares:

As you may already know, Dr William Stewart and Samantha Ainsworth spoke on BBC Radio 4's Woman's Hour this morning (7th of January 2020) about the consequences of concussion and post-concussion syndrome.

Samantha was diagnosed with post-concussion syndrome following a skiing accident in the French Alps in 2018. Samantha bravely shared her experiences on the show and spoke about the help she received from Headway following her injury.

Be sure to check out the [Headway](https://www.headway.org.uk/) National site for the latest media interest.

Castle Hill Ward 29 Fun and Open day:

Keep watching our news sheets and web page for the date of the Ward 29 Fun and Open day this year in early June.

Radio Humberside at the Danish Church Friday the 29th of November.

The Danish Church had Radio Humberside call in on Friday the 29th of November and our very own Lesley Saunders was able to attend. She reports:

“Met Helen and Phil from Radio Humberside at the Danish Church. Did quite a long live interview with Phil. Said how much we liked meeting at the Danish Church and how welcoming the Danish Community have been. Mentioned our coffee meets there on first Friday afternoon each month, evening meet on the third Wednesday evening.

Said upcoming meetings will include visits from our colleague and friend at CAB, an Occupational Therapist and Paul Schofield talking about Hull plus cake decorating (and eating) before Easter.

Got our contact telephone number

broadcast. Mentioned the website.

Spoke about the ID Cards, Headway

Factsheets and ‘e’ booklets.

Said we support people with brain injury, their families and carers.

Got in a mention about my coffee morning on 10 December.

Phil was enthusiastic and interested.

He said perhaps we could do a longer programme about Headway.

I said, YES, any time.”



LESLEY SAUNDERS

Lesley (Seen here with James Cracknell, Vice President of Headway)

What is coming in 2020

As we start a new year, I am pleased to say that so much stands ahead for us.

We have scheduled guests due to attend which include:

Citizens Advice,

Occupational Therapist,

Mr Schofield (Local celebrity speaker)

The AGM in March

Race Night,

Tombola's,

Hat's for Headway events,

The Way Ahead National Conference,

The release of the first part publication of the local leaflets 'Brain Injury' A practical advice booklet aimed to help brain injury survivors, their families and friends to better understand its affects

Plus trips and social events as yet to be agreed.

Pictured here is Clarissa from SJP Law, who has been instrumental in drafting the local booklet, and is also the treasurer for our branch.





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.

Grimsby Evening Meeting 07/01/2020 @ 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 3rd of January @ 1:00 pm - 3:00 pm @ The Danish Church, Hull East Yorkshire. HU1 2PN

Wednesday the 8th of January (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 15th of January @ The Danish Church, Hull. East Yorkshire.
HU1 2PN

Evening Meeting (Third Wednesday of the Month)

6: 30pm till 8:30 pm

Guest presenter.

** **

Look ahead to Other dates for your diary for February

Grimsby Evening Meeting and AGM: 04/02/2020 - 5:30 pm - 7:30 pm
Freshney Green Primary Care Centre, Grimsby North East Lincolnshire

Hull Coffee Afternoon: 07/02/2020 -1:00 pm - 2:30 pm
The Danish Church, Hull East Yorkshire (First Friday in the Month)
(Now followed by Committee meeting)

Muttley's Lunch: 12/02/2020 12:00 pm - 3:00 pm
Muttley's Bar, Hull
(Second Wednesday in the Month)

Wednesday 19th of February Evening Meeting

(6:30pm - 8:30 pm)

The Danish Church, Hull
East Yorkshire



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.

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