



# Headway

## Hull + East Riding News

Improving life after brain injury

### A promise of spring

National Free Helpline  
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#### Spring is the season when nature bursts back into life.

If you are lucky enough to not be isolated indoors, then make the most of any good spring weather and enjoy the sight, sound and colour of spring.

Bird song reaches a peak during spring

As warmer temperatures begin to take hold, it's time for our hibernating animals to come out of their winter sleep. See if you can spot a hedgehog.

Days are longer, and now that the clocks have changed the evenings are brighter too.

There are so many wildflowers that deserve your attention coming into bloom at this time of year. See how many different ones and their colours you can find both in your garden and beyond.

The first bumblebees and butterflies venture forth.

Mad March hares perform. What other wildlife can you spot.

Blossom is arguably one of most iconic heralds of spring.

It's not for everyone, but frog and toad spawn is as much a reason to love spring as bluebells and cuckoos are.

Nature is at its busiest in spring, with millions of migrant birds returning to our shores for the summer to breed. Share what you spot.

Take a walk in the countryside either as the sun comes up and starts to warm the air or last thing in the evening as the sun begins to go down.

If you cannot get out:

Spend time with the windows open to let in fresh air.

Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.

You may be able to buy seeds, flowers or plants online for delivery, to grow and keep indoors.

Whatever you do, share it with others via social media, or the phone.

citizens  
advice

## HealthUnlocked

HealthUnlocked is a specialist online community tailored for people with a brain injury, their families and carers. This is a safe online environment to talk about all aspects of life with a brain injury. You can use HealthUnlocked Forum-Headway-Brain Injury on Facebook to:

**Discuss:** In the discussion forum, you can post a new question, reply to someone else's question query or just read through the forum to find information that may help you.

**Share:** Use the community's blogging area to share your experiences of brain injury, and support others by commenting on their blogs.

**Engage:** Help keep the community active by taking part in our polls, reading Headway's blogs and commenting on other posts.

**Here's the link** <https://healthunlocked.com/headway>

### Keep your mind active by starting a discussion group.

Headway has a series of 'Top tips' which can provide a great basis for running discussion in forum sessions. I have listed below a selection of topics. Join our Facebook pages to say what interests you, and we can then set up discussion groups to share views.

[Top tips for coping with stress after brain injury](#)

[Top tips for managing relationships after brain injury](#)

[Top tips for getting back into work](#)

[Top tips to help with planning problems after brain injury](#)

[Top exercises to help with balance problems after brain injury](#)

[Top tips for carers to care for themselves](#)

[Top tips for coping with loss of taste and smell after brain injury](#)

[Top tips to create a home activity programme after brain injury](#)

[Top ways to identify executive dysfunction](#)

[Top tips for coping with sex after brain injury](#)

[Top tips for coping with fatigue after brain injury](#)

[Top tips to manage a lack of insight after brain injury](#)

[Top tips for managing memory problems after brain injury](#)

[Top tips for managing visual problems after brain injury](#)

(These hyperlink to fact sheets)

### **Facebook**

Facebook is one of the most popular ways to connect with others and is used by us to connect with you. You can also use Facebook to video call others, either on a one-to-one or group basis. More guidance on using Facebook video call is available [here](#). Where you will find guidance on Video calling

Join us at: [/headwayhumber](#)