



Headway  
the brain injury association

# Headway

## Hull + East Riding News

Improving life after brain injury



### Steps to Safety

#### STEP 1: Prevent:

- Keep your distance – always follow the latest social distance guidance
- Wear a covering over your nose and mouth in shops, on public transport and anywhere you feel too close to another person who is not part of your “bubble”.
- Wash your hands - thoroughly washing your hands with soap for at least 20 seconds remains the best personal hygiene precaution

National Free Helpline

0808 800 2244



twitter:



facebook:

/headwayhero  
/headwaynumber



web:

headwayhero.org.uk



email:

hey@headwaynumber



local phone:  
07395571398

#### STEP 2. Notice:

- Be aware of COVID-19 symptoms – so you can recognise ASAP if you or someone close to you has them: high temperature; new, continuous cough; loss or change to sense of smell or taste

#### STEP 3: Act:

- Get tested – If there is any hint of the symptoms in your household, make sure the person with the symptoms is tested ASAP
- Stay home – Do the right thing if you and your household need to self-isolate: - whether one of you has symptoms and you are waiting for the results - whether one of you has tested positive - or whether one of you has been in contact with someone who has tested positive.

### Community response hub to change opening hours

Launched in March by East Riding of Yorkshire Council, working alongside the HEY Smile Foundation and local voluntary and community groups in a response to the COVID-19 pandemic, the aim of the community response hub was to provide an additional avenue of support for those people across the East Riding who did not have a network of family, friends, neighbours or carers to call upon if they needed help or support. Around 13,500 people have called but as the number of requests for help fall so the hours the hub is open are being reduced.

**Anyone needing support or help can still contact the community hub on (01482) 393919 between 9am and 5pm Monday to Fridays.**

An online referral for help can also be made via the website – <https://emergency.eastriding.gov.uk/community-hubs>

citizens  
advice

#### HULL & EAST RIDING CITIZENS ADVICE

Telephone: 01482 226859 for specialist debt advice.

All other calls should be made to 03444 111 444 or email [e-advice@hull-east-ridingcab.org.uk](mailto:e-advice@hull-east-ridingcab.org.uk)





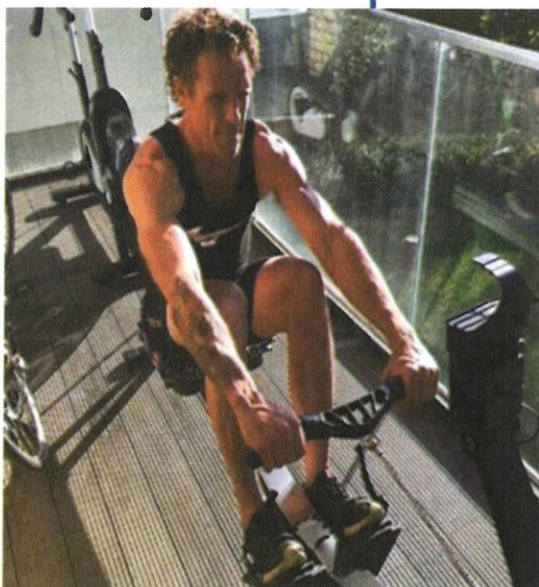
the brain injury association  
hull + east riding

#### 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

### ZOOM SOCIAL MEET 1pm on Wednesday 29 July.

If you would like to join the social please contact Clarissa for the login details. Sorry, you'll have to provide your own refreshments! But Clarissa is planning to organise a quiz. (I think you'll all contribute to the chat too!)

**Local Telephone: 07395 571398** or email [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

**We are trying to contact all our members individually but have noticed some of our contact details are out of date, some telephone numbers are invalid and some post has been returned to sender.**

**Have your contact details changed, if so, please let us know.**

**If you still want to receive the Newsletters and keep in touch with us, especially when we are able to re-start our meetings and events, please contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk) or John by telephone on phone **07395 571398** so that we can amend your contact details.**

**You can change your consent at any time by contacting one of the committee members using the above details.**

The **National helpline** will remain open to anyone who requires support or information about brain injury. The team cannot answer medical questions about the virus and won't be able to offer advice on any symptoms related to it, but they can offer reassurance and a friendly voice.

Contact the helpline by calling 0808 800 2244 or emailing [helpline@headway.org.uk](mailto:helpline@headway.org.uk)

**Headway HealthUnlocked**, is a community for anyone affected by brain injury. It provides you with a chance to connect and share with people who understand brain injury and its effects in a friendly, safe and mutually supportive environment.

### Headway's Vice President James Cracknell has claimed the British record for rowing a marathon indoors in his charity challenge.

On Saturday 13<sup>th</sup> June, James took to his rowing machine to cover 26.2 miles, all to raise money for Headway – the brain injury association.

The Olympic gold medallist set a new record of 2 hours 30 minutes and 37 seconds and raised an incredible £9,737 along the way.

In a post on Twitter, James said: "I want to give a heartfelt thanks for people's support of Headway & me yesterday. Setting and achieving a goal & the support I've had has given my self-confidence a lift after coping with divorce, family and work over the last 2 months. Thank you."

For Newsletter issues please contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk). If you have any pictures or notices that you feel would be suitable for use in the Newsletter then please send them.

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