



the brain injury association

# Headway

## Hull + East Riding News

### Improving life after brain injury

We had begun to carry out risk assessments with a view to re-starting meetings but as yet the advice from both the Government and Headway UK is that face-to-face events and activities for vulnerable adults cannot take place at this time so we will continue with Newsletters, Zoom meets, Headway Keeping in Touch emails and “catch-up” phone calls—see back page.



### Morrisons

You don't have to have a computer to order your groceries!

### FREE DOORSTEP DELIVERY SERVICE

Morrisons recognise that not everyone has access to a computer or is happy with paying online so they introduced this **new service for vulnerable and elderly people** which they intend to continue after the current COVID-19 pandemic.

Make a list of what groceries you need then Phone 0345 611 611, select option 5 and place your order before 4pm for next day delivery. A friendly local driver will deliver your grocery order to your doorstep and you can pay using your bank card: contactless or chip and pin (depending on the amount).

If there is any item you decide you don't want the driver will take it back.

**This service is available across our county.**

National Free Helpline

0808 800 2244



twitter:



facebook:

/headwayhero  
/headwaynumber



web:

headwayhero.org.uk



email:

hey@headwaynumber



local phone:  
07395571398

**citizens  
advice**

Another local shop providing a service in these troubled times ...

A member reports that he needed to replace his Tablet but neither PC World nor the EE shop were able to offer a tech. service to transfer data to the new Tablet. However, for a small reasonable charge, Adams Phone Shop staff quickly transferred the data across .

### 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

Adams Phone Shop

Buy, Sell & Repair
   
01482 229955

GET YOUR PHONE

# FIXED!

TODAY!

Buy with Confidence!

01482 229955

Express Screen Repair

LAPTOP REPAIRS

- ✂ BROKEN GLASS AND LCD'S
- ✂ BATTERY REPLACEMENT AND CHARGING PORT
- ✂ CAMERA AND HOME BUTTON REPLACEMENT
- ✂ WATER DAMAGE

We buy used & broken smart phones

259 HOLDERNESS ROAD  
HULL  
HUS 8TD  
 adams.phone.shop@gmail.com  
 www.adamsphonestop.co.uk

**ADAM'S PHONE SHOP**

Lesley went to Peru last week and is visiting Australia this week ....



A market in Peru

Well, she's looking through all her photos and remembering some brilliant holidays.

How are you spending your time? We would love to hear from you.

Ocean Road, Australia

Koala watching me watching you!



## Fund Raising for Headway

On Sunday 20 September Lesley, her 7 year old grandson, and daughter will be taking part in Howden Rotary Club 's 22nd annual sponsored bike ride setting off from Laxton Village. Hall They are cycling in memory of Lesley's husband, Brian, who died after sustaining a brain injury, If you would like to sponsor their effort to raise funds for Headway please donate via Virgin Money Giving. Just click on the link: [https://](https://uk.virginmoneygiving.com/LesleySaunders13)

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Or, you could send a donation to Headway Hull + East Riding c/o 5 Parliament Street, Hull, HU1 2AZ.

The Rotary Club have generously offered to donate an extra £10 to every cyclist who raises £40—making it up to £50!

We think fund raising will be more difficult in future so if you can make a donation— however little, it will help us to continue sending out the Newsletters etc.



HOWDEN  
ROTARY

FREE  
ENTRY  
ALL WELCOME

CHARITY  
FAMILY

MEDALS  
FOR ALL  
OF THE  
CHILDREN

**BIKE RIDE**

Collect sponsorship for a charity of your choice or support one of our local charities.

SUNDAY 20 SEPTEMBER 2020 START @ 1PM - 2PM

AT THE VICTORY HALL LAXTON DN14 7TW

REFRESHMENTS AVAILABLE (subject to Covid Controls)

5,7,13 OR 20 MILE ROUTES (maps provided)

Please Pre-Register via email ([rlongthorp@longthorp.com](mailto:rlongthorp@longthorp.com)) to help us be Covid Compliant



Contact Richard Longthorp - [rlongthorp@longthorp.com](mailto:rlongthorp@longthorp.com)  
to register and receive a map and sponsorship form

## THE HIDDEN DISABILITIES 'SUNFLOWER SCHEME' can help identify you as a person with a hidden disability.

Not all disabilities are visible, some are not immediately obvious such as asthma, chronic pain, dementia, anxiety, visual/hearing impairment. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to identify, acknowledge, or understand the challenges you face.

Wearing the Hidden Disabilities Sunflower, discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time. Since its launch in 2016, it has now been adopted globally by major airports and venues in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations.

More information on this scheme can be found on [join@hiddendisabilitiesstore.com](mailto:join@hiddendisabilitiesstore.com)

## FEELING ANXIOUS ABOUT FACE COVERINGS?

As the pandemic progresses and face coverings become mandatory in more and more public places, there is growing anxiety around wearing a face covering.

Here are some helpful tips:

- Get comfortable with your mask - practice wearing it around the house, increase the time you wear it at first.
- Consider the style of mask - some are more tight-fitting than others, while others expand around the face and sit flush at the sides.
- Breathe slowly - try to focus on other things and 'forget' that you are wearing the mask; if you focus on it then you will feel its effect more.

Although face coverings are now mandatory in all shops large and small, on all forms of public transport, in all medical settings such as hospitals and GP practices, in places of worship, and in leisure facilities such as museums, galleries and cinemas - but do remember that, if you have a legitimate reason, you are exempt from wearing one.

The Government has released official face mask exemption cards for those not required to cover up.

Cut out the card and place it in a plastic cover to protect it from wear and tear. Carry it with you to show, if necessary, when you do venture out. If you are able to get it laminated, so much the better.

We have added the local Headway contact number and produced some laminated cards with a hole so that they can be attached to your clothing. If you would like one of these then please use the local email address or phone number so that we can send one to you.





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**

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.

*Any images must be royalty free and shared with the permission of the subjects.*

## Headway HERO Diary

### ZOOM SOCIAL MEET 1pm on Wednesday . 23 September, 2020

If you would like to join the social please contact Clarissa for the login details.

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

**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 FREE 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 News Magazine—Summer 2020 is now available to read on the Headway UK website.**

If you become a “Friend of Headway” you'll be given a wealth of information about brain injury, a logo pin badge, Headway wristband and the latest edition of Headway News. Throughout the year you will also benefit from quarterly editions of the magazine plus a monthly e-news bulletin and access to a free or discounted Will writing service.

**We are trying have a catch-up chat with all our families and have reached many of you which has been great BUT where we haven't been able to have a conversation, we have left messages, some of which have not been replied to and are still finding that some phone numbers are no longer available, some emails are not getting delivered and some letters are coming back “not at this address”.**

### **Have your contact details changed?**

**If you still want to receive the Newsletters and keep in touch — especially once we are able to re-start coffee meets and events, PLEASE CONTACT LESLEY at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk) or phone on 07395 571398 so that we can amend the contact details for you. You can change your consent at any time.**

**If we haven't managed to speak to you by the end of September we will understand that you no longer wish to receive local Headway information and will remove you from the database.**