



Headway Hull + East Riding News

Improving life after brain injury



There are so many people to thank ...

- Howden Rotarians, for organising the bike ride event
 - Everyone who generously sponsored Lesley, Alison and Austin
 - Alison and Austin for putting up with Lesley's slow cycling
- With Gift Aid, and the £30 donation from Howden Rotary Club,

we raised a fantastic **£525.56**

National Free Helpline
0808 800 2244



twitter:



facebook:

/headwayhero
/headwaynumber



web:

headwayhero.org.uk



email:

hey@headwaynumber



local phone:
07395571398



This money will enable us to continue offering our members, new and old, support and guidance after brain injury as well as providing our monthly Newsletter. We know that many our members do not have internet access and rely on receiving a paper copy though the post.



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

KEEP HULL
COVID-19 SAFE



TAKE: CARE



Follow the latest advice



TAKE: NOTICE

Look out for symptoms



TAKE: ACTION

Got symptoms? Get tested

THE IMPACT OF MEMORY PROBLEMS ON PEOPLE WITH BRAIN INJURY

DUE TO MEMORY PROBLEMS:



struggle to recall personal memories



feel personal relationships have been affected



experience a negative impact on their life



4 in 5

self-esteem is worse as a result of their memory loss



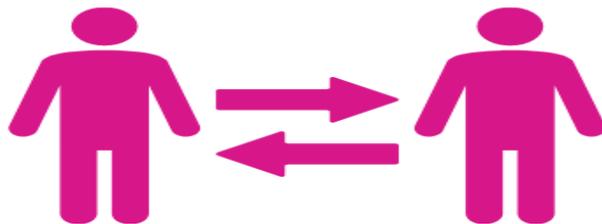
4 in 5

employment negatively impacted by memory loss

"My relationship with friends and family changed forever as a result of memory loss"

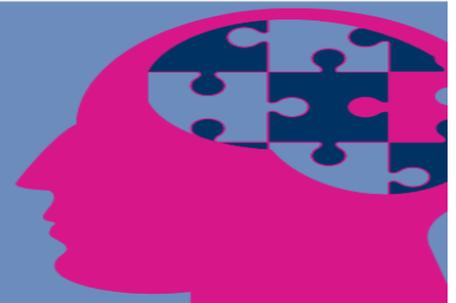


feel unfairly judged or treated



say people do not understand memory problems

Frustrating
Frightening
Confusing
Devastating
Challenging
Debilitating
Lonely
Embarrassing
Hard
Lost
Scary
Upsetting



HEADWAY.ORG.UK/MEMORY-LOSS
#MEMORYLOSS #ABIWEEK

Action for Brain Injury Week 2020

28 September – 4 October

The impact of memory loss on people with brain injury

The full report is available to read on the national Headway website but we thought you might like to read a snippet here. The campaign was launched in January 2020 and the survey was completed by 2,150 people.

What would you like other people to say or do in order to support you with your memory problems?

“I value my independence, I like to do things myself but, sometimes I need support. I don't want you to do it for me, I want you to show me.” – Anonymous

“To be patient, to try not to give me too much information in one go, and to appreciate that I may not remember things that we talked about. To be understanding if they have to repeat things more than once.” – Cerys Willoughby

“Realise that I'm not faking and that the struggle is real.” – Anonymous

“Just to understand that it's something I can't help. I don't forget things deliberately. It makes me feel so low, upset and sometimes quite scared when I forget big important things that nobody else understands how that can happen. I just wish they'd reassure me rather than get angry and upset with me.” – Anonymous

Positive findings include 52% of participants who feel optimistic about their future despite their memory problems.



Watch on Headway UK website:

Animation: [Memory loss after brain injury](#)

Video: [“My memories had been erased”: Dad-of-two supports national memory loss campaign](#)

Fact Sheet: Coping with memory problems: practical strategies

Is available to read online or, if you need a paper version, please phone the free helpline 0808 800 22 44 and they will post a copy to you.

HEADWAY UK says

“Get involved: We need YOU!”

You can get involved with our campaign by sharing our infographics, images and videos on your social media using the hashtags #MemoryLoss #ABIWeek. The more people share, the more we'll increase understanding of memory loss after brain injury!

Here are some things you can share:

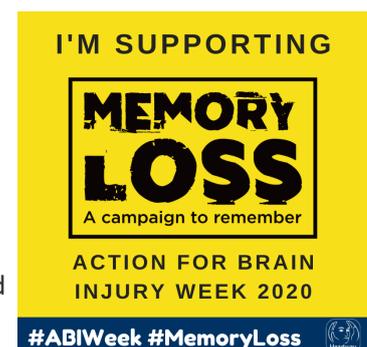
View our animation on [YouTube](#)

Download our [memory loss survey infographic](#)

Download the ['I'm supporting' campaign logo](#)

Set [this image](#) as your profile pic on Facebook, Twitter or Instagram

Head to our [Facebook](#), [Twitter](#) or [Instagram](#) channels and get commenting and sharing!





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.

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 October, 2020

Chat, catch-up AND a Quiz

Click on this link to join in :

<https://us04web.zoom.us/j/8184565459?pwd=WXRqUHIYRHFLVEIvVXQ0SGwrdjRMZz09> .

You will be in a “waiting room” until Clarissa invites you to enter.

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.

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 to have a catch-up chat with all our members and have reached many of you over the past few weeks. BUT where we haven't been able to have a conversation, we have left messages, some of which have not been replied to. We have also found that some phone numbers are no longer available, some email addresses are invalid and some letters are returned to sender.

Have your contact details changed?

If you still want to receive the monthly Newsletters and keep in touch, especially once we are able to re-start coffee meets and events, PLEASE CONTACT phone John on 07395 571398 or email us at hey@headwayhumber.org.uk or so that we can update your details. You can remove your details at anytime.

To ensure we are continuing to comply with GDPR data retention, if we haven't managed to speak to you and you don't contact us by the end of October 2020, we will assume that you no longer wish to receive local Headway information and will remove you from our database.