



the brain injury association

# Headway

## Hull + East Riding News



Improving life after brain injury

### VACCINE ROLL OUT BRINGS NEW HOPE

Sitting in the warm with a cup of tea and the final slice of Christmas cake looking out on a windy, cold day, we were counting our blessings when it dawned on us that shielding has meant that many people haven't had colds or needed antibiotics this winter.

We couldn't hold our usual Mince Pie Coffee Morning in December but are very grateful for the donation of £20 we received. Thank you!

**Huge congratulations to member Chris who spent most of 2020 creating Christmas decorations. She has now donated £250 to the Rehabilitation Ward 29 at Castle Hill Hospital. Great Job Chris! She intends to donate future sale proceeds to Headway.**

It has been lovely receiving letters and cards from friends and relatives. No matter where they are in the world they have all done their best to follow advice, keep safe, consider other people and keep their distance. Hearing from them rather than via the media really brought home to us that this pandemic is being experienced world wide.

We are taking up the invitation to receive the vaccine as soon as it is offered to us but in the meantime, it's become habit to make sure we have a mask and hand sanitiser with us when we leave the house.

National Free Helpline

0808 800 2244



twitter:

@headwayhero  
@headwayhumber

facebook:

/headwayhero  
/headwayhumber

web:

headwayhero.org.uk



email:

hey@headwayhumber



local phone:

07395571398



**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

**City Health Care Partnership CIC** - an independent 'for better profit' and co-owned Community Interest Company responsible for providing local health and care services. Registered in England No: [06273905](tel:06273905) has contacted us about the following programme:

## **E M P O W E R** **CHRONIC DISEASE SELF-MANAGEMENT**

### **Improving the Lives of People with Long-Term Conditions**

#### **What is it?**

Empower is a research-based **FREE** self-management programme that helps you to cope with your long-term health conditions.

The programme provides you with a range of lifestyle techniques to help you take control of your condition increase your confidence and improve your quality of life.

#### **Who can Take Part?**

Anyone with one or more long-term health conditions. This programme is suitable for a wide range of conditions, including but not limited to: Fibromyalgia, diabetes, arthritis, chronic pain, COPD, IBS

Anyone aged 18+

Anyone who lives, works, or is registered with a GP within the Hull boundary

#### **What Topics Does the Programme Cover?**

Dealing with your pain and fatigue

Coping with the negative emotions associated with your condition, including anger and depression

The benefits of healthy eating and exercise

Learning to set achievable health-related goals

Communicating with your family, friends and healthcare professionals about your condition

#### **How will it benefit you?**

By attending the 6 week programme you can:

learn new skills to manage your health condition

meet new people and share similar experiences

Improve your quality of life

#### **What are the Course Details?**

The programme runs on one day a week for six weeks + first week introduction

The sessions last for 2.5 hours, and are delivered in different locations across the city—currently via internet

The sessions are delivered by Tutors. Tutors are volunteers who have experience or knowledge of long-term health conditions.

The next course starts on Tuesday 16 March 6pm—8.30pm      OR

Thursday 18 March 10am—12.30pm

We have Referral Forms so if you are interested, please get in touch via

John on 07395 571398 or email us at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

OR telephone CHCP CIC on 01482 344057 to enrol over the phone.

**We have only recently received this information but would urge you to take part in the survey as it is a rare opportunity to influence the development of the National Strategy.**

**FROM : EAST RIDING OF YORKSHIRE CLINICAL COMMISSIONING GROUP**

### **National Disability Survey**

The Disability Unit at the Cabinet Office is developing a National Strategy for Disabled People. Publication is planned for Spring 2021.

To help the Government with understanding the barriers that disabled people face and how to improve the lives of disabled people, we need to hear about your views and know more about your experiences.

[The UK disability survey](#) asks about your life experiences, either as a disabled person, a carer, or parent, or as someone who has an interest in disability issues.

**The survey will be open until 23 April 2021. Responses received before 13 February 2021 will inform the development of the National Strategy for Disabled People, while those received after this date will be used to inform its delivery**

### **How to fill in the survey**

The survey is available:

[online via Citizen Space](#), with British Sign Language videos (note this page will be live on Friday 15 January)

- in Braille
- in Easy Read format
- in Welsh

You can either fill in your responses online, or email your responses to [ducitizenspace@cabinetoffice.gov.uk](mailto:ducitizenspace@cabinetoffice.gov.uk).

### **What if I am unable to fill in the survey and want to share my views another way?**

We have made it easy for you to tell us that a parent, carer or any other person is supporting you. There is a box to let us know that someone is supporting you with filling in the form.

If you are unable to complete this survey but would like to contribute your views on the National Strategy, please submit a statement of no more than 250 words to [ducitizenspace@cabinetoffice.gov.uk](mailto:ducitizenspace@cabinetoffice.gov.uk).

**UNFORTUNATELY, THERE DOESN'T APPEAR TO BE ANY WAY PEOPLE WITHOUT INTERNET ACCESS CAN TAKE PART. THIS IS SOMETHING WE HAVE HIGHLIGHTED IN OUR RESPONSE TO THE SURVEY.**

### **WASH HANDS**

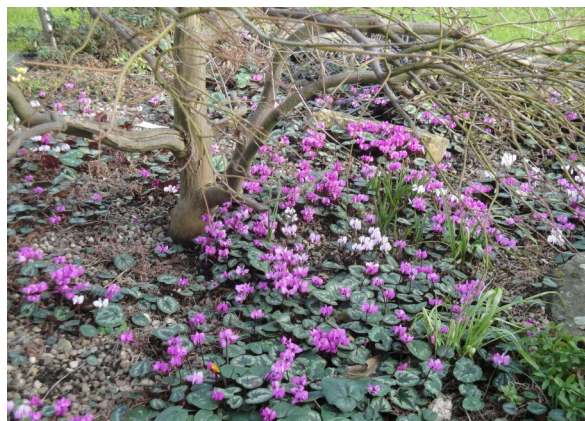
Keep washing your hands regularly

### **COVER FACE**

Wear a face covering in enclosed spaces

### **MAKE SPACE**

Stay at least 2 metres apart—or 1 metre with a face covering or other precautions





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

**Friday 5 March** Meet us for a chat! Via Zoom meeting at 2pm. Contact Clarissa at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk) for an invitation. Click on the link:  
**Join Zoom Meeting**

[https://us04web.zoom.us/j/8184565459?](https://us04web.zoom.us/j/8184565459?pwd=WXRqUHIYRHFLVElvVXQ0SGwrdjRMZz09)

[pwd=WXRqUHIYRHFLVElvVXQ0SGwrdjRMZz09](https://us04web.zoom.us/j/8184565459?pwd=WXRqUHIYRHFLVElvVXQ0SGwrdjRMZz09)

Meeting ID: 818 456 5459

Passcode: 1234

**We hold these social meetings every month - future dates will be:**

Friday 5 March 2pm

Friday 9 April , 2pm

Friday 7 May, 2pm

Friday 4 June, 2pm

Friday 2 July, 2pm

Friday 6 August , 2pm

Not familiar with Zoom? You do need internet access such as a smart phone or tablet with camera and microphone so that you can take part but if you have one of these just click on the link at 2pm on 5 March. You will enter a "waiting room" and Clarissa will admit you to the meeting so you can see, hear and chat with other members.

**Look out for Headway Keeping in Touch**—lots of suggestions to aid sleep and relaxation. So sorry this is only available by email.



L	A	C	E	H	K	I	N	D	N	E	S	S	C
K	L	A	I	X	L	O	V	E	R	S	W	P	H
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O	E	S	H	Z	C	U	P	I	D	H	T	K	O
W	I	V	A	L	E	N	T	I	N	E	H	H	L
E	H	V	P	Q	G	K	H	U	G	S	E	E	A
R	E	D	P	C	L	C	A	N	D	Y	A	A	T
S	O	W	Y	F	R	I	E	N	D	S	R	R	E
F	E	B	R	U	A	R	Y	I	V	A	T	T	B

LOVERS

RED

LACE

KINDNESS

HAPPY

HEART

HUGS

ROMANCE

FEBRUARY

CUPID

SWEETHEART

PINK

LOVE

FLOWERS

CARDS

VALENTINE

CHOCOLATE

FRIENDS

FORGET-ME-NOT

CANDY