

# Headway Hull + East Riding News

Improving life after brain injury



National Free Helpline 0808 800 2244



#### twitter:

@headwayhero @headwayhumber



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hey@headwayhumber.org.uk



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Sorry, the planned re-start of face to face meetings in July will have to be delayed. Although many people having had two vaccinations, the scientists advise that this will not necessarily prevent anyone catching COVID-19 but should substantially reduce the severity of symptoms. We do not want to risk adding to the number of people testing positive so have decided we will aim at the re-start in September.

In the meantime, we will continue producing the Newsletters, Zoom meetings, "Keeping in Touch" and Webinars.

Don't forget you can always use the dedicated mobile phone number if you would like to have a chat.



John Kyle sends a heartfelt THANK YOU. Your donations in memory of Sue have raised around £1,550 (including Gift Aid) for Headway UK and over £700 for Headway Hull + East Riding.

We haven't been able to run any fund raising events recently so this cash injection will be a huge help to us and similarly, Headway UK has not been able to benefit from their usual fund raising programme which helps them to provide all the services to us. So ... a huge THANK YOU from us too.

### **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

We are delighted to say that the feedback from the Trainees completing their Doctorate in clinical psychology at University of Hull is very positive and appreciative of the personal stories related by our members. In their words ...

"I enjoyed listening to the stories from the experts by experience with acquired/traumatic brain injury—their journeys so far and goals/aspirations for the future were inspirational."

"Really great mixture of presentation and discussion with experts by experience. I liked how visual the slides were."

"A really great workshop, thank you! I loved hearing from experts by experience and about the work you are doing in the local community. I will remember Headway and some of the resources you suggested if I have a neuropsych placement!"

Thanks to our members for sharing their stories. We will be doing this again!

## Food Riddles Quiz

into jam and jelly

All the answers to these riddles are things we eat

1	This animal gives us meat on which you some times dine It gives us tasty bacon and its sometimes known as swine	
2	I am a fruit whose name sounds As though there may be two of me In a Christmas song there is A partridge in this kind of tree	
3	I can be red or green I get grown on a vine I'm dried to make raisins or squeezed to help make wine	
4.	I'm sometimes decorated using paint or with a pen I can be eaten scrambled and I get laid by a hen	
5.	Rabbits like to eat me when I grow in a field This orange vegetable tastes best when it's peeled	
6.	I'm sometimes made of sugar and sometimes of oatmeal chocolate chip ones taste good You might find that you squeal	
7.	I'm red and have seeds And I'm also round sliced up in salads Is where I can be found	
8.	In a bowl you use a spoon On a cone you give a lick This frozen daily dessert Many flavours you can pic	
9	You can eat its wings Its breast and its legs Plus when its alive You can eat its eggs	
10	There are many types of this food wild, white and brown to name a few before it ever reached your plate a paddy field is where it grew	
11	I can be fried boiled and mashed roasted and baked scalloped and mashed	
12	You might make this at Christmas So that you can stuff your face A cake, icing and candy An edible dwelling place	
13	If you go to a movie You have to get some of this And then add butter and salt For a taste that's simply bliss	
14	I'm sometimes in a breakfast cereal In a box of bran flakes I'm sprinkled I am a grape that has been dried out which means that I am small and wrinkled	
15	Cod, carp, herring and salmon flounder, trout and anchovies sole, red snapper and tuna what types of creatures are these?	
16	You'll eat this fruit with turkey to help fill up your belly It sometimes comes as a sauce and sometimes its a jelly	
17	I'm something that is sticky I'm something that is sweet I'm made by more than one bee I'm something that you eat	
18	This thing comes as a small grain But its not sugar or sand Its often used when cooking So that food does'nt taste bland	
19	This is a type of small fruit Which is smaller than your hand Fuzzy outside, green inside Often comes from New Zealand	
20	I'm a fruit that's red That's often used in a smoothie I'm bought in a punnet And made	Page 2

Answers 1 Pig 2 Pear 3 Grape 4 Egg 5 Carrot 6 Cookie 7 Tomato 8 Ice Cream 9 Chicken 10 Rice 11 Potato 12 Gingerbread House 13 Popcorn 14 Raisin 15 Fish 16 Cranberry 17 Honey 18 Salt 19 Kiwifruit 20 Strawberry

The Summer edition of Headway News is now available to download on the Headway UK website., Lesley has some printed copies if anyone would like one to read.





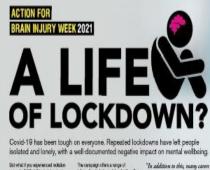
Reach out to help out!







to help you cope with and overcome the challenges of isolation, suggested by brain injury survivors and experts in the field.

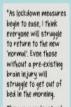


"Unfortunately for brain injury survisors like me, isolation is very common and is often long term due to the ongoing effects of the topury and a lack of understanding in how to support them."



when the head and head of the often leading to their own socia and rappers networks drifting

10 Call our nurse-led freephone helpline 0808 800 2244



They may understand more of what those of us with a brain injury go through each and every day. My advice is to empathise with others and be grateful for the small things!"



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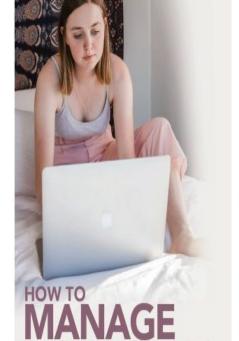
The lockdowns have seen tough on us all, but having a krain injury can leave you feeling like this a lot of the time. If one things and transfer all our experiences it is a last you never have what someone is going through, so please be compassionally and the compassional and understanding.

Tonnecting with nature is a great way to feel less isolated. On my daily walk. I often stop just to listen to hird song and practice masfulness, living in the moment and assrecisting and appreciating the things I have around me,"



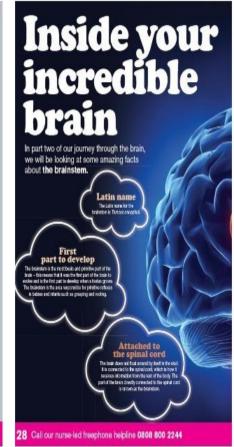
www.headway.org.uk

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16 Call our nurse-led freephone helpline 0808 800 2244







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.

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**

PLEASE NOTE CHANGE OF DATE ...

Friday 9 July 1.00pm ZOOM Social meet. Join Zoom Meeting

https://zoom.us/j/5161668296?pwd=all5REF1RIFpTXZIR2o0dk1kZnFWdz09 Meeting ID: 516 166 8296 Passcode: 09kpKB

Friday 6 August 1.00pm ZOOM Social meet. Join Zoom Meeting

https://zoom.us/j/5161668296?pwd=alI5REF1RIFpTXZIR2o0dk1kZnFWdz09 Meeting ID: 516 166 8296 Passcode: 09kpKB

We are in touch with East Park Cycling and will organise an afternoon there just as soon as we can safely do so.

#### For more information on how to use zoom: see below

You can access zoom via mobile phone, ipad, tablet, computer and laptop so long as you have an internet connection. See attached Zoom Instruction document or click the blue hyper-link below for an **Easy Guide** to using Zoom, Face Time, etc Oct 2020

https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/

If you have any difficulty logging on please call or text the main Headway Hull mobile number: 07395571398 or alternatively email us at: hey@headwayhumber and we will do our best to talk you through it.

If you are not able to communicate on Zoom but would like a support call do let us know and we will arrange for one of the committee to contact you.

#### Your Privacy and GDPR

Thank you for sharing your email and contact details with Headway Hull + East Riding. We use your information to keep in touch and will not pass it on to any third parties. It will be used only to share news of the group activities and between the committee members and yourself. Your information is kept safe and is password protected on our group list and your paper form with your contact details is also kept safe. If you have any questions or concerns please get in touch with us.

#### **Best Wishes**

# **Headway Hull + East Riding Committee**

Follow Headway Hull + East Riding on: twitter: @headwayhero @headwayhumber facebook

**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