



the brain injury association

Headway

Hull + East Riding News

Improving life after brain injury



National Free Helpline

0808 800 2244



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local phone:

07395571398

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.



**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

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

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 doesn't 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 into jam and jelly	

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.

ACTION FOR BRAIN INJURY WEEK

A LIFE OF LOCKDOWN?

Reach out to help out!



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How to manage isolation
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DWP to recognise Brain Injury ID Card
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ACTION FOR BRAIN INJURY WEEK 2021

A LIFE OF LOCKDOWN?

Covid-19 has been tough on everyone. Repeated lockdowns have left people isolated and lonely, with a well-documented negative impact on mental wellbeing.

Did what if you experienced isolation every day? What if brain injury had robbed you of the confidence to engage with society, within the family, friends and colleagues you relied on for support and help?

This is the reality for many brain injury survivors and their loved ones. People like Rebecca Mitchell, who sustained a stroke at the age of 47 which left her with ongoing cognitive issues and chronic fatigue.

"Throughout the Covid-19 pandemic, there has been a lot of awareness raised about the negative effects of isolation and the damage it can do to a person's mental health and wellbeing," said Mitchell.

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

Our A life of lockdown? campaign, which was launched during this year's Action for Brain Injury Week, aims to give a voice to those affected by brain injury and raise awareness of the often-overlooked impact of brain injury, with the simple message of 'Reach out to help out'.

The campaign offers a range of information to help explain why the often invisible effects of brain injury can lead to isolation, while offering simple guides and tips to help brain injury survivors overcome these feelings - encouraging friends, family and colleagues to offer support wherever they can.

Headway Chief Executive Peter McCulloch said: "The Covid-19 pandemic has brought the effects of isolation into sharper focus, but it is in times that brain injury survivors and their loved ones can focus on a daily basis as a result of their condition."

"The complex effects of a brain injury can cause profound changes to a survivor's personality, emotional control and behaviour, as well as their cognitive ability, causing significant barriers to them fully engaging with society."



"In addition to this, many carers and close family members can feel isolated as the pressures of caring make it more difficult for them to communicate or interact with friends and family, often leading to their own social and support networks drifting away."

"Through services like our local groups and branches, the UKwide helpline, social networking information and the Brain Injury ID Card, Headway is committed to providing people with the support they need to live lives that are as full and independent as possible."

"Through the A life of lockdown? campaign, we hope to champion the cause of those affected by brain injury at a time when awareness of isolation has never been greater, calling for people to understand the effects of brain injury and reach out to help out."

Because of its very nature, the true extent of isolation among the brain injury community is unknown but it is an issue that is commonly encountered by those who turn to Headway for help in a world of our online communities. We hope that they had experienced isolation as a result of their brain injury.

10 Call our nurse-led freephone helpline 0808 800 2244

"As lockdown measures begin to ease, I think everyone will struggle to return to the new 'normal'. Even those without a pre-existing brain injury will struggle to get out of bed in the morning. 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!"

Elizabeth Wilson



"The friends I had prior to my brain injury have all but disappeared now, so I have very little contact with anyone except my staff and customers. But I have no real desire to get into a settled relationship, so for me the Covid-19 lockdown is like any other day."

"I feel blessed to be alive and to have made it through, and I'm determined to live the life I've been gifted with. Maybe being left to my own devices was a blessing in disguise, and the right people are yet to surface?"

David Miller

"The lockdowns have been tough on us all, but having a brain injury can leave you feeling like this a lot of the time. If one thing can be taken from all our experiences it is that you never know what someone is going through, so please be compassionate and understanding."

"Connecting with nature is a great way to feel less isolated. On my daily walks I often stop just to listen to birds sing and practice mindfulness, living in the moment and appreciating the things I have around me."

Melanie Cornell



www.headway.org.uk

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HOW TO MANAGE ISOLATION

We've put together a list of top tips to help you cope with and overcome the challenges of isolation, suggested by brain injury survivors and experts in the field.

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HATS FOR HEADWAY DAY

Judging the best hat competition gets more difficult every year - how do we choose one standout entry from so many wonderful, creative and often wacky hats?

But we must choose a winner, and this year the prize goes to Headway Coventry and Warwickshire member and former Headway Achiever of the Year, Nat Puri.

WINNER!

It couldn't be Headway's Nat Puri, who was inspired by her time in the garden during lockdown. She said:

"My hat is called 'Shielded by Nature' because I feel I have been shielded by the nature in my garden."

"I have painted the mouse because there's a little mouse I've seen. I made the blue bits by needle felting and made the hat."

Nat was a Puri in the Puri to help her keep in touch with friends and family even when they can't meet face to face.

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Inside your incredible brain

In part two of our journey through the brain, we will be looking at some amazing facts about the brainstem.

Latin name
The Latin name for the brainstem is *Truncus encephali*.

First part to develop
The brainstem is the first basic and primitive part of the brain - this means that it was the first part of the brain to evolve and is the first part to develop when a foetus grows. The brainstem is the area responsible for primitive reflexes in babies and infants such as grasping and rooting.

Attached to the spinal cord
The brainstem is the part of the brain that is connected to the spinal cord, which is how it receives information from the rest of the body. The part of the brain directly connected to the spinal cord is called the brainstem.

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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

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=all5REF1RIFpTXZIR2o0dk1kZnFWdz09>
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

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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