



the brain injury association

Headway

Hull + East Riding News

Improving life after brain injury

Hurrah!

We are planning to re-commence face-to-face meetings!!!

All being well, we will meet at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN on **Wednesday, July 21st 6.30 - 8.30pm.**

More information on the back page Diary

National Free Helpline
0808 800 2244



twitter:

@headwayhero
@headwayhumber



facebook:

/headwayhero
/headwayhumber



web:

headwayhero.org.uk



email:

hey@headwayhumber.org.uk



local phone:
07395571398



**citizens
advice**

Sue Kyle

So many of you wanted to share memories of Sue and pass on your condolences to John that we set up an "In Memory Tribute" on the national Headway website. You can post a short tribute and/or make a donation to Headway by clicking the following link:

<https://www.headwayinmemory.org.uk/tribute/susan-sue-kyle/>

If you would like to make a donation, in memory of Sue, to Headway Hull + East Riding then please send a cheque to Headway Hull + East Riding c/o 5 Parliament Street, Hull, HU1 2AZ, or **wait** until we re-commence meetings and simply bring it along.

John is overwhelmed by the lovely cards and wonderful memories of Sue. Sue would be absolutely blown away at the amounts raised for both Headway UK and Headway Hull + East Riding. She was never aware of the effect her kindness had on people she met

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

HOW TO MANAGE ISOLATION

AFTER BRAIN INJURY

Top tips for communicating



1

Try to explain the impact

Tell your friends, family and colleagues how your brain injury and isolation makes you feel, and how they can support you. Use Headway's information to help.

Find new ways to socialise

Try online chats via Zoom if you can't leave home, a walk with a friend in a quiet park if you struggle with noise, or a catch-up in a familiar location if you have difficulty with planning routes.

2

3

Join online communities

Join online groups of like-minded people, such as the Headway HealthUnlocked forum to help you share experiences and thoughts with others who understand.

Contact your local Headway

Find out how they can support you and your loved ones, whether it's through their outreach teams, in a day centre or via remote meetings.

4

5

Try new ways of communicating

If you are no longer comfortable with or able to talk on the telephone, why not send an email or write a letter to a friend instead?

Reach out to people

If you are thinking of someone and missing them, reach out to them. It might be that they miss you too, so send them a quick message to say hello.

6

7

Use the Brain Injury ID Card

The Headway Brain Injury Identity Card helps explain the effects of your brain injury and get the support you need.

How to manage isolation after brain injury

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

Remember that different things will work for different people, so don't be afraid to experiment!

Try a few of the tips, adjust them to suit you and keep track of your feelings to help build your plan for managing isolation.

Find things to do

- If you are isolated at home, make a list of things you want to do and the goals you want to reach, big or small, to give your days structure and purpose.
- Get outside if you can - fresh air is good for mental health, and small day-to-day interactions such as saying hello to people who pass by can help you to feel less isolated.
- Consider volunteering, which can be very rewarding, allowing you to develop skills while meeting people who share your interests.

Focus on the little things

- Try to take time out to appreciate small things, especially in nature, such as watching the clouds in the sky.
- Remember that recovery after brain injury takes time and any improvements, even if they are small, are worth celebrating.
- Try mindfulness - a technique that allows you to focus on how you are feeling in the present moment rather than being distracted by things around you or unhelpful thoughts.

Seek professional support

If your isolation is causing you to experience negative emotions such as depression or anxiety, talk to your GP. They may be able to refer you to specialist services such as counselling, psychotherapy, cognitive behavioural therapy (CBT) or a neuropsychologist.

You can also contact the Headway helpline on 0808 800 2244 or helpline@headway.org.uk to talk through your feelings and get guidance on further support if you need it.

Above all, remember that things can and do improve...

While brain injury can cause many difficult changes in your life, it is important to remember that things can improve over time and that you will gradually come to adjust to things.

It can help to remember that even if you are feeling isolated now, things can improve over time and you may form friendships and good memories even in your 'new' life with brain injury.

We hope that this information offers some useful tips for coping with isolation after brain injury. Browse the links on the Headway website to find out more about our [A life of lockdown?](#) campaign and the issue of isolation.

Thank you to all of the brain injury survivors who contributed to this factsheet by sharing their experiences of isolation after brain injury.

Come and join us at a local Headway meeting.



A huge **THANKYOU** to Andy, Debbie, Carole, David and John who participated in the afternoon Teams meeting with Psychology students at the University of Hull. It isn't always easy to talk about what life was like before brain injury and how this has changed both you and your future. The students really appreciate hearing individual stories and we hope that this experience will help them in their future careers. (We hope they choose neuropsychology)



It's still a good idea to take care of yourself, especially if you are now going out after many months in isolation.

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

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 11 June 1.00pm ZOOM Social meet [Join Zoom Meeting](#)

<https://zoom.us/j/5161668296?pwd=allI5REF1RlFpTXZlR2o0dk1kZnFWdz09>
Meeting ID: 516 166 8296 Passcode: 09kpKB

Friday 2 July 1.00pm ZOOM Social meet. To join, click on above ;link

We meet again ... All being well, we will meet at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN on **Wednesday, July 21st 6.30 - 8.30pm.**

We will put in place single use seat covers on socially distanced chairs and supply hand gel. However, **PLEASE BRING YOUR OWN FACE MASK OR VISOR** to wear indoors.

You can bring your own refreshments if you prefer but we will provide tea/coffee and individually wrapped biscuits. We can organise bingo and a quiz.

Friday 6 August 1.00—3.00pm, Danish Seamen's Church. Social Coffee meet.

Wednesday 18 August 6.30—8.30pm. Danish Seamen's Church. Social meet. Sandra Scarth from CAB is coming to talk to us.

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

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