



the brain injury association

# Headway

## Hull + East Riding News

### Improving life after brain injury



**First some good news ...** Our Treasurer, Clarissa, and her family have, despite all the restrictions of lockdown, managed to sell their house. and move ...

**Now the sad news ...** the move is to another county!



**National FREE Helpline**

**0808 800 2244**

We are keeping the door open and hoping they will move back but in the meantime we wish them every success and happiness.



A bouquet of flowers was the best we could arrange at short notice and doesn't seem much to say a huge **THANKYOU** for all the time and effort she has put into helping run the branch.

Once they have settled in we hope she will find some time to get involved with a local branch of Headway again. Our loss will be their gain.



local phone:  
07395 571398



email:  
hey@headwayhumber.org.uk



web:  
headwayhumber.org.uk



facebook:  
/headwayhero  
/headwayhumber



twitter:  
@headwayhero  
@headwayhumber



**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

## TRUE OR FALSE?

1	The Atlantic Ocean is the biggest ocean on Earth	
2	There are 26 letters in the English Alphabet	
3	The study of plants is known as botany	
4	The human body has four lungs	
5	Sharks are mammals	
6	Venus is the closest planet to the Sun	
7	Things fall when you drop them because of gravity	
8	Mount Kilimanjaro is the tallest mountain in the world	
9	Alexander Graham Bell invented the telephone	
10	Your maternal grandfather is your mother's father	
11	The Olympic Games began in Greece	
12	There are 6 colours in a rainbow	
13	Herbivores eat meat	
14	Acorns come from Oak Trees	
15	There are 26 letters in the English Alphabet	
16	A baby goat is called a kid	
17	Henry VIII had 6 wives	
18	The horse is the fastest land animal	
19	There are 30 days in June	
20	The Titanic sank in 1942	

Answers on next page

**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

Answers: 1: False (Pacific) 2: True 3: True 4: False (2) 5: False (fish) 6: False (Mercury)  
7: True 8: False (Mount Everest) 9: True 10: True 11: True 12: False (7) 13: False  
14: True 15: False (Ireland) 16: True 17: True 18: False (Cheetah) 19: True



## Brain injury survivors' experiences of lockdown – preliminary study results

Tue 18 May 2021

Preliminary results from University of Sunderland study shed light on loneliness experiences after brain injury.

**Dr Stephen Dunne is a researcher at the University of Sunderland who has been investigating the experiences of loneliness after brain injury and how brain injury survivors have experienced life in lockdown.**

*"The pandemic has created a greater awareness of what isolation can feel like, where those without a brain injury have a snapshot of what life post-brain injury is like. However, the concern remains that as society begins to open up more, brain injury survivors and their carers will be forgotten again and left behind. There needs to be a continuation of the community spirit seen throughout the pandemic to ensure that vulnerable and socially isolated friends and neighbours are not forgotten in the race to return to normality.*

*"This project will continue to explore these pertinent issues as lockdown eases."*

This project is currently ongoing and if you have had a brain injury and would like to share your experiences then please get in touch with Dr Stephen Dunne at [stephen.dunne@sunderland.ac.uk](mailto:stephen.dunne@sunderland.ac.uk).

## Thanks to “Together for Goole”

, on Saturday 24 July we were able to have a stall in the Goole shopping precinct. We raised awareness of national Headway services as well as what we do at Headway Hull + East Riding.

The finding of a 500lb unexploded bomb at a new housing estate did result in road closures and deadlock on some other roads which affected the number of people able to get into Goole. However we did meet and talk with a number of new members.





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 13 August 1.00pm**

**ZOOM Social meet. [Join Zoom Meeting](#)**

<https://zoom.us/j/5161668296?pwd=all5REF1RIFpTXZIR2o0dk1kZnFWdz09>

**Meeting ID: 516 166 8296**

**Passcode: 09kpKB**

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

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**Hope you are enjoying the Olympic Games coming from Tokyo.**

**We are looking forward to the Paralympic Games which run from 24 August—5 September**

#### **More information on how to use zoom:**

You can access zoom via mobile phone, ipad, tablet, computer and laptop so long as you have an internet connection. Click the blue hyperlink 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](mailto: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 one of us will 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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