



the brain injury association

Headway Hull + East Riding News

National FREE Helpline

0808 800 2244

Improving life after brain injury

“Pigs might fly?”

Well, the ones M&S Beverley donated to us certainly did!

These limited edition, adorable, cuddly, furry, pink pigs were given to us only a couple of weeks ago and they have simply flown off to new homes.

Just one is still waiting but is currently joined by several other super prizes in a Raffle at Profile Hair Salon in Howden.



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So grateful for these opportunities to raise funds. Thank you.

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



LATERAL FLOW TESTING KITS & FACE MASKS

Around the same time we were asked to support keeping our communities safe this autumn/winter particularly now many of us are returning to leisure and social activities, back to school and returning to workplaces.

The request was for trusted community voices and groups to promote the use of rapid Lateral Flow Tests (LFTs) by becoming a distributor for LFT kits for home use.

We replied that we would be happy to pass on kits to members so that you can test regularly.

Thanks to Humber LFT Project Team we now have a supply of both LFT test kits and face masks which will be available at meetings. Of course, there is no compulsion for anyone to use these but ..

DID YOU KNOW? Around 1 in 3 people with COVID-19 do not have any symptoms so it is important that everyone (aged 11 and over), tests regularly using a LFT as it might be the only way to know you have the virus, It is also recommended that LFTs are taken before attending any events to help protect those around us. LFTs are to be used only where there are no symptoms present and as a precaution.

So ... we would like to encourage everyone to test regularly and self-isolate if you test positive. This will help prevent the virus from spreading. We want to keep each other safe.

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

WASH HANDS

Keep washing your hands regularly

COVER FACE

Wear a face covering in enclosed spaces

MAKE SPACE

Headway backs the ABI Bill

Headway is giving its full support to proposed legislation on acquired brain injury (ABI) being brought by Headway Parliamentary Champion, Chris Bryant MP.

The Private Members' Bill which covers England and Wales, will have its second reading in the House of Commons on 3rd December 2021. The Bill aims to commit the government to prepare and publish a strategy document designed to meet the needs of people living with ABI.

Headway Chief Executive, Peter McCabe, said: "We are encouraging anyone affected by brain injury to pledge their support. If you are passionate about improving life after brain injury, [please contact your MP](#), tell them about your brain injury journey, what services you would like to see improved and ask them to back this Bill.

More information on the Headway website www.headway.org.uk

Headway News Bitesize October 2021

We know, from the feedback we receive from University of Hull Psychology Students, just how powerful each person's own brain injury storey can be. Please don't let this opportunity to really make a difference pass by.



Christmas is coming ...

Headway Christmas card packs are now on sale on the national website.

CRAFT MARKET

Saturday 6 November 10—3pm

Come and say hullo to us at **Cottingham Civic Hall**. Chris has taken a stall at the Bulgaria Relief Charity Craft Fair to sell her beautiful Christmas table decorations. She has spent the last two years making them. Last year she donated £250 to the new Complex Rehabilitation Ward at Castle Hill Hospital and this year the profits from the sale of the decorations will come to us.

DANISH CHRISTMAS MARKET

Saturday 27 November 11—7pm

at the **Danish Seamens Church, Osborne Street, Hull**.

This year for ONE DAY ONLY!



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

All meetings at The Danish Seaman's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated.

Friday 5 November 1.00—3.00pm	Social Coffee Meet
Saturday 6 November 10.00-3.00pm	Craft Fair at Cottingham Civic Hall
Wednesday 17 November 6.30—8.30pm	Christmas Themed Meet
Saturday 27 November 11.00—7.00pm	Danish Christmas Fair
Friday 3 December 1.00—3.00pm	Social Coffee Meet
Wednesday 15 December 6.30—8.30pm	AGM & Xmas Party Refreshments
Friday 7 January 2022 1.00—3.00pm	Social Coffee Meet
Wednesday 19 January 6.30-8.30pm	Guest to be announced
Thursday 27 January 1.30-4.30pm	University of Hull with Psychology students
Friday 4 February 1.00—3.00pm	Social Coffee Meet
Wednesday 16 February 6.30—8.30pm	Guest to be announced

During these meets we can decide what we would like to do in the future. For example: we have decided we would prefer to have Christmas themed refreshments at The Danish Seamen's Church at our December evening meet (rather than go out for a meal).

We'll have some hard copies of the autumn issue of Headway News available at the get-togethers.

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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