



Headway
the brain injury association

Headway

Hull + East Riding News

National FREE Helpline

0808 800 2244

Improving life after brain injury

Happy
New
Year

Well, we did manage to meet up for a few get-togethers last year but, in the interests of keeping safe before families met over Christmas, the AGM and Christmas Buffet planned for December have been held over.

The 19 January get-together 6.30—8.30pm at the Danish Seamen's Church WILL GO AHEAD. Only a veto from the Government or Headway Head Office will stop us.

We would ask you to carry out a Lateral Flow Test before attending. Please do not come if your test shows positive or you feel unwell. To protect us all we will ensure that social distancing can take place and supply both masks and hand sanitiser. We ask you to wear a mask when moving around.

Breaking News ... there will be some additional refreshments available so ...

Please let John know if you are able to come so that we can get the catering planned (07395 571398).

We have a supply of face masks if you need some.



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



twitter:
@headwayhero
@headwayhumber



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

University of Hull— Clinical Psychology Doctorate Programme .

We have just checked back and discovered that the first afternoon spent with psychology students at the University took place as long ago as 2006. We must have spoken with several hundred potential neuropsychologists over the years and hopefully whetted their appetite to specialise in Acquired Brain Injury Rehabilitation.

Thursday 27 January 1.30—4.30pm is earmarked for the next afternoon meet. This take place remotely via Teams. We will contact you direct if you have agreed to share your experiences.

Some of you will have met Maddy Hurd at Headway meets and already agreed to take part in her research. Maddy has promised to give us some feedback once her research project has been completed.

Please read the following, and if it rings a bell with you and you are willing to get involved, contact Maddy direct on the email address at the bottom.

Research Opportunity

Hi, I'm Maddy a Trainee Clinical Psychologist at the University of Hull and I'm currently looking for people to take part in my research about the impact on emotions after a brain injury. The research is important because after a brain injury it can be difficult to understand what other people are thinking and feeling. Professionals do not usually help with this therefore the research aims to identify what further help is needed. If you would like to take part you will be asked to complete a few tasks where you will:

- Watch short videos of people and pick what emotion they are feeling
- Hear two words and say how they are similar
- Choose the missing piece for some visual puzzles
- Use a key to match shapes with the correct number
- Read aloud some unusual words
- Answer questions based on your current mood

Due to coronavirus this research will take place online over video call. If you are interested in taking part or if you have any further questions please contact me using this email address

m.f.hurd-2018@hull.ac.uk

Huge Thanks to everyone who shares their experiences with the students either at the University or through research projects. Nothing will change if we don't help raise awareness.

Headway Lincolnshire are offering a wonderful opportunity to any of our Headway Members to join them on Thursday mornings at their "Together from Home Zoom Social" starting at 11am to 11.45am

Headway Lincolnshire's 'Together From Home' project aims to bring together brain injury survivors and carers, **online**, to help improve mental and physical wellbeing. They organise online activities, e.g. coffee and chat, laughter yoga, art therapy, music therapy, seated exercise, bingo, craft sessions, local interest talks, book discussions, etc. that people can join in from the comfort of their own home.

The January sessions are learning the history of Sea Shanties and learning a few of the songs, which sounds light hearted and fun and will give you time to relax and unwind.

Please see login details below, it is the same login each week:

Together from Home Zoom
11am-11.45am
Zoom Meeting ID: **825 2430 6046**
Passcode: **HWL123**



Zoom
'Together from Home'
Weekly online activities for people affected by Brain Injury

Further Information
07546592526
info@headwaylincolnshire.org.uk

www.headwaylincolnshire.org.uk



MARKS & SPENCER, BEVERLEY for donating the limited edition pink, soft and cuddly PERCY PIGS.

PROFILE HAIR SALON, HOWDEN for selling the tickets
and

ALL THE CUSTOMERS who bought them

RAFFLE PRIZE WINNERS

PETE DIBNAH - limited edition "PERCY PIG"

JOHN KYLE - Champagne

SUE SPIVEY - Gin

EVA DAYES - Irish Cream

JAN KEASEY - Sansevieria Plant





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

Wednesday 19 January 6.30-8.30pm SOCIAL (see front page)

Thursday 27 January 1.30-4.30pm University of Hull with Psychology Students via Teams

Friday 4 February 1.00—3.00pm Social Coffee Meet

Wednesday 16 February 6.30—8.30pm Guest to be announced

We are very excited to let you know that we have been offered another free **Mindful Yoga course**, half an hour a week for 6 weeks and delivered by Umbrella Yoga CIC.

Come and join Yoga Teacher, Laura, in a gentle Yoga Session to help connect us to the moment.

The sessions will include gentle stretching, breathing techniques and a short meditation. The sessions will be accessible to all with chair based options available.

There are limited places available and you need to book, ideally for the full six sessions, but we will understand if you are poorly. Places will be given on a first come, first served basis. Everyone who books on the sessions will need to fill in a brief on-line health questionnaire before the first session, I can support you with this. If you would like any more information please ring me on **07951517625**

The dates and times of the course are as follows:

Wednesday 19th January to 23rd Feb Wednesday 12.30 - 1.00 O'clock (6 weeks)

Once you have let me know you would like to book a place, I will send you the brief health questionnaire and Zoom access details each week.

Looking forward to hearing from you, don't leave it too late and miss a place.

Best Wishes

Diane Derbyshire

Network Support Co-ordinator

diane.derbyshire@headway.org.uk

Mob 07951517625

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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