



the brain injury association

Headway Hull + East Riding

National FREE Helpline

0808 800 2244



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07395 571398



email:
hey@headwayhumber.org.uk



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/headwayhero
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Improving life after brain injury

Here's some of our cake decorating efforts ...
snapped seconds before they got eaten!



We're looking forward to the Mad Hatter's Tea Party 6.30pm at The Danish Church on Wednesday 18 May.

If you are able to come please let John know on the mobile phone or email so we can make sure we have plenty of food available.

If you have made a HAT FOR HEADWAY please wear it but if you haven't, don't worry, we'd still like your company;



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

Action for Brain Injury Week Monday 16 to Sunday 22 May

Thanks to Stef Harvey, client of Headway Hertfordshire, for this brilliant poem.

What did you not see?

When you scowled at me on the bus, what did you see?
A person clearly undeserving of the seats for disability?
That I should stand? Or sit at the back? That others are more needing?
That I must come from arrogant stock, bad manners and bad breeding?

If I could, I would. You don't understand,
Being needing of accessibility wasn't in my life plan.
Was it a particular sort of disabled - how do you want me to look?
All my limbs amputated, a crash helmet, and eating my colouring book?

What you are failing to judge me on is the hidden me.
You won't be able to spot my symptoms of brain injury.
That you are challenging me now is why I prefer to stay home,
Than deal with the public as well as my brain injury syndrome.

When I awake to a new day with its challenges ahead,
I want to fall back asleep, delay waking, stay hidden in my bed.
Depression is the first thing I must conquer and be strong,
Paint on a face that shows the world nothing is wrong.

I must follow my lists of how each day should begin.
You can't tell but my brain has faulty executive processing.
Without my lists I have forgotten toileting, eating even dressing,
When to leave the house and other actions equally pressing.

And things often go wrong with my deportment and balance,
My judgement of proximity is not one of my talents.
I am as likely to walk into a door frame as the gap in the middle,
Or not notice a trip hazard and go down like a skittle.

I see people I know, walk past and forget I need to acknowledge them,
I interrupt or walk away in the middle of conversations.
I get easily angry and impatient, I offend and confuse,
Cry or laugh at odd times and unintentionally amuse.

The attention I give is often a small fraction,
Because of my painfully high levels of distraction.
I used to hold an audience with my quick-witted repartee,
I used to present intellectual challenges with my academic degree.

But now in company when I open my mouth to speak,
People shuffle uncomfortably, fidget and their faces turn bleak.
They don't want to comment and I feel I need to explain,
The problem is not them, it is me and this stupid brain.

"Oh" they say, but I "look normal" or "gosh, we can't tell",
That they "had no idea" I had a brain injury and that I'm "doing so well".
This non-complement fails to acknowledge my struggle, my difficulties to survive,
And that most moments each day are a struggle to thrive.

I know that you can't tell the effort I'm making,
That I seem like everyone else, that you can't tell I am faking.
I use technology and gadgets and widgets to cope,
And the assistance of charities and support groups to give me hope.

I consider the day when it is over and mark myself out of ten,
And know in the morning I'll have to do it all again.
This exhausting treadmill feels like a criminal punishment assignment,
The isolation I experience is like solitary confinement.

I disembark with when the driver prompts me, and I say thank you and wave,
I breathe through anxiety: "I am ok, I will continue to be brave."
Fellow passenger please remember that it matters what you say and do,
And that one day, any day, this could happen to you.

Looking forward to seeing the results of the Headway Survey “See The Hidden Me”



Friday 20 May 2022

Once a year at the end of Action for Brain Injury (ABI) Week, supporters come together to help improve life after brain injury, by donning their wackiest hats. All you have to do to get involved is wear your hat with pride, donate to Headway and post a picture on social media using the hashtag [#HatsForHeadway](#) to show your support. Every silly hat equals more funding towards vital support for those affected by brain injury.

To make a quick, easy donation of £5, £10 or £20:

Text HFHW5 to 70085

Text HFHW10 to 70085

Text HFHW20 to 70085

Chance to win a Fortnum and Mason Hamper— the “best hat photo” shared to social media using [#HatsForHeadway](#).

The “best group photo” shared using [#HatsForHeadway](#) gets a free full page advert in the next edition of Headway News. We’d love you to be in this area!!!

**OFFICIAL OPENING
COMPLEX REHAB**

• Saturday 11th June •

• 1pm – 4pm •
ALL WELCOME

• Castle Hill Hospital •
Entrance 2, Cottingham, East
Yorkshire HU16 5JQ

FREE PARKING • WARD 1

Kids Corner with Bouncy Castle, Face Painting, Raffle, Live Music, Craft Stalls, Headway, P.A.U.L & Wishh Charity will be attending, Lots of Stalls including a Plant & a Cake Stall, Tombola, Refreshments, Outdoor Games including Jenga and much more



Come and join us there—we’ll be running the HEADWAY CAFÉ— hot and cold drinks and CAKE! Brain Injury information etc. will also be available.

We are presenting two sets of Headway Booklets to the Ward. Many of these have won BMA awards.



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 Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated

ABI Week Monday 16—Sunday 22 May—includes "Hats for Headway"

Wednesday 18 May 6.30—8.30pm

Mad Hatters Tea Party

Queen's Platinum Jubilee Bank Holiday Thurs. 2nd—Sunday 5th June

Friday 10 June 1.00—3.00pm

Social BBQ

Open Day at the Complex Rehab. Ward, Castle Hill Hospital -

Saturday 11 June—1.00—4.00pm We're running the Headway Café

Wednesday 15 June 6.30—8.30pm

Social Plus

THREE PEAKS CHALLENGE

25TH AND 26TH JULY

In Memory of Susan Kyle

Reminder that the funding page has now been set up on the Headway website.

Go to www.headway.org.uk, scroll down the home page to the "In Memory" square and click on the arrow. "Find a tribute:" enter "Susan Kyle" to read tributes, add your own and donate if you wish to sponsor John, Adam, Kylie and Charlie's effort to raise money for Headway in memory of Sue.

Good luck to them all!

(Hope they'll still be smiling when they finish)



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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