



the brain injury association

Headway

Hull + East Riding

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



twitter:
@headwayhero
@headwayhumber

Pen -y—ghent



MISSION COMPLETED

John, Adam and Tom battled through rain and wind to conquer the Yorkshire Three Peaks (never again!).

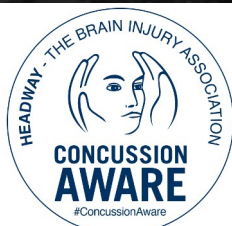
Thank you to everyone who sent encouraging messages and donated to Headway in memory of Sue Kyle.

A big thank you to Tom who joined John and Adam at the last minute after Kylie hurt her foot on a training walk and Charlie had work commitments.

Ingleborough



Whernside



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

Background story:

Lesley writes In July 1997 we celebrated the graduation of our youngest daughter, Catherine and just one week later my husband, Brian, sustained diffuse brain damage. A moment's inattention as he crossed the road resulted in his head impacting with the wing mirror of a passing large van.

The initial relief that he had survived the accident was replaced by awareness of how ignorant we were.

So many of you will know how it feels to spend hours by a hospital bed not knowing whether to let him rest or try to stimulate him and if so, how best to go about it.

There were many stressful incidents during his time in hospital but I know from talking to you and your families that you too have your own memories of times you would prefer to forget. However, I did find it particularly distressing and shocking when I was told that medically Brian did not need to be in hospital any longer BUT, at that time, there was no residential rehabilitation service available anywhere near. Sadly, only a short time after this, in February 1998, Brian died, still in hospital. The Inquest took place 15 months later.

Whilst Brian was in hospital I had joined Headway as a life member. After his death I learned that Leonard Cheshire had plans to establish a dedicated ABI Rehabilitation Centre in Goole Hospital. I became a volunteer helping to raise over £380,000 and was so happy when the service opened. It is now run by North Lincolnshire Hospitals Trust.

I was keen that families should benefit from the services and information Headway already produced and helped start Headway Hull + East Riding. As you know, we have regular get togethers, some just social but some with speakers, we publish this Newsletter sending it out to many families, supporters and health professionals across the county. From 2006 onwards a number of members have spend an afternoon with the psychology students at University of Hull giving them an idea of what life was like before ABI and how it has impacted on life since. We have held a number of one-day seminars and been able to call up-on wonderful speakers. We tap into Headway services, including the free clinically led helpline, brilliant range of fact sheets and booklets, the I.D. cards, Headway News quarterly magazine, free webinars, etc. ...

I am particularly proud to be involved with the Approved Provider Accreditation Scheme which The Department of Health asked Headway to set up. To date there are 60 ABI Rehabilitation services accredited under the scheme, which is open to residential care settings. This includes NHS and independent hospitals, neuro-rehabilitation units, residential and nursing homes and respite facilities, specialising in acquired brain injury (ABI). We want everyone to have access to services to enable them to achieve the best quality of life.

Over the years members and friends of Headway Hull + East Riding has held many fund raising events and our daughters have helped too. Amongst other things Catherine, along with 3 friends, donned pink boiler suits, pink wigs and masks to become "Pigs in Wigs", driving a suitably decorated old VW from Paris to Krakow, Alison completed a skydive, Alison, son Austin and I took part in a sponsored bike ride organised by our local Rotary Club.

All of the above is leading up to the fact that this July marked 25 years since Brian's accident. Alison and Catherine, will be running the London Marathon for Headway in his memory and in memory of our friend Sue Kyle.

I am so proud of them. Their training is going well, despite the hot weather. If you would like to post encouragement and/or make a donation please use the following link:

<https://www.justgiving.com/fundraising/alisonandcath>

LONDON MARATHON 2 OCTOBER 2022

We'll be cheering on all the runners but especially those running for Headway and most especially, Alison and Catherine!



Watched by a slightly snooty looking giraffe Cath and Alison took a brief break during a recent training run together.

The giraffe is INSIDE the enclosure!

We are delighted to advertise

Headway Lincolnshire's one-day conference:

MAKING THE INVISIBLE, VISIBLE

18th October 2022, The Epic Centre, Lincolnshire Showground, LN2 2NA

"This conference will highlight brain injury and its effects to the wider community. We will hear innovative perspectives from specialists across a variety of sectors"

Hear from expert Keynote speakers on topics such as concussion in sport, brain injury and the criminal justice system, the one punch campaign, decision making after brain injury, relationships, music therapy role in rehabilitation, a family's journey and more, as well as brain injury survivors

providing essential CPD/APIIL accredited learning

The poster features a blue and green color scheme. At the top left is a close-up of a microphone. In the top right corner is the Headway Lincolnshire logo. The main title '2022 BRAIN INJURY CONFERENCE: MAKING THE INVISIBLE, VISIBLE' is prominently displayed in the center. Below the title, the location 'Lincolnshire Showground, Lincoln LN2 2NA' is listed. To the right, it says 'Join us and over 200 delegates at Lincolnshire's only brain injury conference of 2022.' and 'Lunch and refreshments provided.' A contact email 'info@headwaylincolnshire.org.uk' is provided in a dark blue box. At the bottom, there are logos for sponsors: premex+, medilaw, RINGROSE LAW, and ROYTHORNES solicitors. A small icon of a head with a brain is also present.

We are sad that member Christine Craik has lost her battle with cancer. Her funeral will take place at Chanterlands Avenue Crematorium, small chapel, at 11am on 10 August. We send our love and condolences to Alan and family.



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

Friday 5 August 1.00—3.00pm Social Coffee Meet

Wednesday 17 August 6.30—8.30pm Social Plus

Friday 2 September 1.00—3pm Social Coffee Meet

Wednesday 21 September 6.30—8.30pm Social Plus

Sunday 2 October London Marathon

Friday 7 October 1.00—3.00pm Social Coffee Meet

Tuesday 18 October 8.45—5.00pm Lincs. Conference

Wednesday 19 October 6.30—8.30pm Social Plus



Headway Hull + East Riding Needs You!

Could you make a pot of tea to share? Spend time talking with members? Help with publicity? Help with fund raising? Help run social events? Help signpost to local services? Produce the Newsletter?

We would love to hear from you. Just phone the local mobile number or email.

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

Follow Headway Hull + East Riding on:

twitter: [@headwayhero](https://twitter.com/headwayhero) [@headwayhumber](https://twitter.com/headwayhumber)

facebook: [/headwayhero](https://facebook.com/headwayhero) [/headwayhumber](https://facebook.com/headwayhumber)