



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



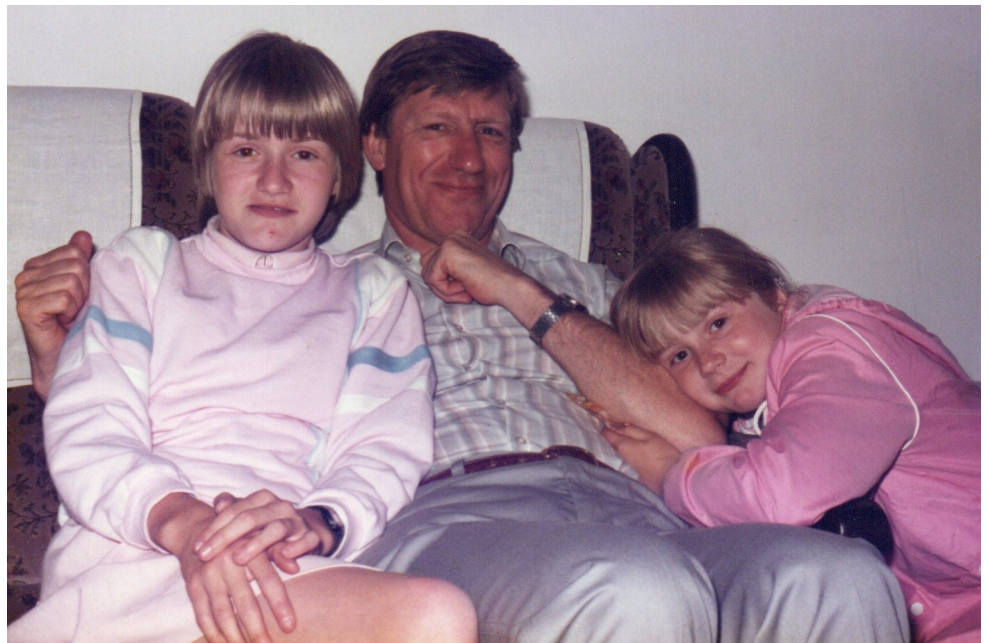
twitter:
@headwayhero
@headwayhumber

Alison and Catherine asked that we thank everyone who has sponsored their London Marathon run for Headway. Delighted to say sponsorship stands at £2,900 BUT they still need another £800 to reach their target (exceeding this would be a bonus). At the weekend they both achieved their training runs of around the 18-19mile mark—Alison with knee strapping and Catherine with some ankle problems. Fingers crossed they can make it all the way. Their determination to do this for their dad and Sue tells me they will but, if you meant to sponsor them and haven't done so yet, please do it now to give them that extra boost. They are really grateful for your support.

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

LONDON MARATHON 2 OCTOBER 2022

Picture of Alison, Brian and Catherine (around 40 years ago)



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



Using hospital admissions statistics, Headway has compiled a dataset on all acquired brain injury (ABI) related hospital admissions in the UK. These include non-superficial head injuries, strokes, brain tumours, encephalitis, and a variety of additional conditions.

There were 356,699 UK admissions to hospital with acquired brain injury in 2019-20. This is a 12% increase since 2005-6.



ADMISSIONS PER DAY

977 All ABIs

433 Head injuries

376 Strokes

There were approximately 977 ABI admissions per day to UK hospitals in 2019-20 – or one every 90 seconds.



In 2019-20, there were 137,403 admissions for stroke. This is a 14% increase since 2005-6.

You can view or download the full data sets in the related resources section on Headway UK website.

Headway UK not only provides research such as the above, but supports all branches and groups with a huge range of services and ensures we abide by Headway national standards.

Locally we can assist with the completion of the Headway ID Card application form, booking the holiday cottage, supply copies of the Fact Sheets and booklets etc. etc. ...

Sandra from CAB will join us for our Social Coffee Meet either this coming Friday, 2nd September. If circumstances prevent her coming then she will come to the 7 October Social Coffee Meet.

Wayne, John and Andy have all tried to contact Hull City Council to book sessions on the specially adapted bikes in East Park but have not been able to speak to anyone. Very disappointing.

Carolyn is looking at arranging a bowling session.

What about a trip to the Pantomime?

Naturally we'll be booking a meal together before Christmas.

We have already agreed to spend an afternoon with the Clinical Psychology Doctorate students, Faculty of Health Sciences at the University of Hull early in 2023.

Any other ideas for social outings/activities? Please tell us.



Can you ever have enough cream?

Dave getting ready to enjoy a huge éclair after a carvery meal at Wingfield Farm last Wednesday evening.

The rest of us looked on enviously—we were too full to eat a pudding! Next time maybe ...

This meal was arranged at short notice so wasn't in last month's Newsletter—it's always a good idea to keep an eye on Face Book and our local website for up-to-date information.

John, Adam and Tom say a big thank you to everyone who sponsored them on their Yorkshire Three Peaks challenge. A total of £740 was raised for Headway in memory of our dear friend Sue Kyle. THANK YOU!

Message from Diane Derbyshire, our Network Support Coordinator for Headway UK:

Hi Everyone,

We are very pleased to let you know that we have secured funding to enable us to run another on-line **Mindful Yoga course**, starting at 12 noon on the 13th of September. Each session will last half an hour.

The sessions will be delivered by Yoga Teacher Laura from Umbrella Yoga CIC, the Yoga Sessions will help connect us to the moment. There will be gentle stretching, breathing techniques and a short meditation. The sessions will be accessible to all with chair-based options available.

There are **limited places**, and you need to book, ideally for the full eight sessions, but we will understand if you are poorly or have an appointment. Places will be given on a first come, first served basis.

Once you have let me know you would like to book a place, I will send you the brief health questionnaire which needs to be completed before you can access the yoga sessions. I am happy to support you to complete the health questionnaire over the phone..

The dates and times of the course are as follows:

Tuesday 13th September to Tuesday 1st November 12.00 noon – 12.30

If you would like more information or have a chat about the yoga sessions before you book on, please don't hesitate to contact me by email: diane.derbyshire@headway.org.uk or call me on 07951517625

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

Best Wishes,

Diane

Diane Derbyshire
Network Support Coordinator for Headway UK.

Mobile:07951517625

diane.derbyshire@headway.org.uk



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 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

Friday 4 November 1.00-3pm Social Coffee Meet

Wednesday 16 November 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.

If you decide you no longer wish to receive the Newsletter by post, please let us know by phoning the local mobile number on the front page. Also, if you now have an email address and would like to be kept up-to-date with online sessions such as the Yoga, Webinars etc., please let us know so we can amend our records.

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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We are grateful to Williamsons, Solicitors, who have sponsored the printing and postage of this Newsletter.