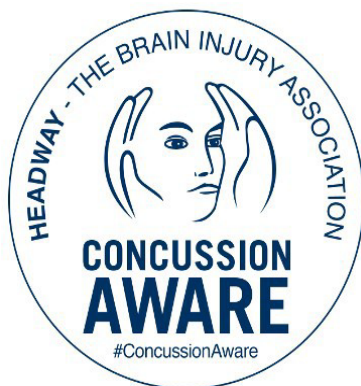




the brain injury association

National FREE Helpline

0808 800 2244

local phone:
07395 571398email:
hey@headwayhumber.org.ukweb:
headwayhumber.org.ukfacebook:
/headwayhero
/headwayhumbertwitter:
@headwayhero
@headwayhumber

HULL & EAST RIDING CITIZENS ADVICE

Tel: 01482 226859 for specialist
debt advice.

All other calls should be made
to 03444 111 444 or email

Headway

Hull + East Riding

Headway's charity shops urgently need your help



Our Charity shops have issued an urgent appeal for donations as they are struggling to fill their shelves. If you are a business or a local group who would like to donate items to support Headway's charity shops. Headway's Director of Fundraising said "We have seen a 10% decline in donations across Headway's charity shops in the last 6 months, which we believe could be as a result of the cost-of-living crisis. 10% is a massive drop in donations, and the impact on our shops is huge. We are also seeing a 6% increase in customers coming through our doors, so we are urgently need help to keep up with that demand".

If you're a business or a local group who'd like to donate items to support Headway's charity shops, please email [Jen Murgatroyd](mailto:dof@headway.org.uk) (dof@headway.org.uk).

ASDA

Following on from previous Newsletter, Debbie Morgan and Wayne Walker attended Asda to provide information on various coping tools for people suffering from an Acquired Brain Injury. At the same time, people put change in the collection box and we raised £33.96.

Thank you to Asda ☺



Launch of revised factsheet for executive dysfunction after brain injury

Executive dysfunction is a term that not many people are familiar with, but one that commonly affects brain injury survivors. It can interfere with many aspects of life including activities of daily living, relationships, managing finances and working.



We have revised our [Executive dysfunction after brain injury](#) factsheet to explain this all-too-common effect of brain injury and to provide guidance on how to cope with it.

The factsheet includes self- coping tips as well as directing to professional forms of support. It also explains how our [Brain Injury Identity Card](#) can help survivors who experience difficulties in social situations due to their executive dysfunction.

With expert input from Professor Jonathan Evans, Professor of Clinical Neuropsychology, we hope that this factsheet helps brain injury survivors with executive dysfunction to cope with this challenging effect of brain injury.

Family Holiday Cottage, 40 Potter Hill, Pickering, YO18

We hope some of Headway members will take up this offer and have a lovely holiday in this beautiful part of the country.

We are again able to make available a Family Holiday Cottage in Pickering on a self-catering basis. Many Headway families have used the cottage in the past few years and they were all very pleased with it.

The cottage is for use by families who would not usually get a holiday because of low income or other reasons.



Headway families may book the cottage from Saturday to Saturday during the spring, summer and early autumn. Bookings run from 4.00pm on the first Saturday to 11.00am on the second Saturday. We ask that only families with school age children book the cottage during the school holiday periods.

Pickering is a small town about 20 miles north of York and 18 miles west of Scarborough. There are bus connections to both York and Scarborough. There is a train to Malton which is just 8 miles away. Pickering has a castle, a steam railway, a swimming pool with a flume, museum, trout farm, lots of shops and cafes, woods children can play in, a stream they can paddle in and the lovely North York Moors and forests are just 6 miles away. There is no night life other than pubs and one cinema. The cottage, in the oldest part of Pickering, is just 300 yards from the shops and the steam railway and 100 yards from a picnic area next to a stream.

For parties up to 6 people, there is a small charge of just £50 to cover the cost of the cleaning and laundry. For 6-8 people the charge is £60. There is no charge for gas or electricity. For weeks in the periods 1 – 31 March and 1 – 30 November there will be an extra £10 fuel supplement.

If you would like to consider booking this Cottage, please get in touch with Headway for the relevant booking form.





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 Wayne 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

Wednesday, 15 th February 6.00 – 8.00pm	Coffee Meeting Hot dogs & Play your Cards Right
Friday 3 rd March 1.00 – 3.00pm	Coffee Meeting Soup & Quiz
Wednesday, 15 th March 6.00 – 8.00pm	Coffee Meeting Corn-Beef Hash Bingo
Friday 7 th April 1.00 – 3.00pm	CANCELLED DUE TO BANK HOLIDAY
Wednesday, 19 th April 6.00 – 8.00pm	Coffee Meeting Talk with Sam from Flex Health

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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facebook: /headwayhero /headwayhumber

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