



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

ACTION FOR

BRAIN INJURY WEEK 2023

15-21 MAY

Action for Brain Injury (ABI) Week runs to enable awareness and understanding of brain injury. This will improve the lives of ABI survivors through enhanced support and better social interactions.

By giving ABI survivors a better platform, we are empowering an often disadvantaged group, allowing them to be heard.

Raising awareness of Headway is beneficial for the health of the charity, it means more people use the service and support them too.

Theme: Every 90 seconds

Every 90 seconds someone in the UK is admitted to Hospital with an acquired brain injury.



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: **01482 226859** for specialist
debt advice.

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



In summary:

Step1 – We capture attention using the 90 second statistic

In the time it has taken you to brush your teeth, another person in the UK has been admitted to Hospital with an acquired brain injury.

Step 2 – We build a connection by referring to the main causes of ABI:

This could be because of stroke, tumour, meningitis, a fall, assault, road traffic accident or another cause.

Step 3 – We build awareness by referring to the work of Headway:

A brain injury can have a devastating and life-long effect on survivors and their families. Headway are here to support them to re-build their lives.

Step 4 – We invite support through an action:

How will you spend the next 90 second? You can support Headway.

By raising awareness of the scale of ABI through the every 90 second statistic we are providing a platform to highlight the vital importance of Headway services and support long-term funding efforts.

Headway would like you to share your videos of brain injury survivors explaining how their brain injury has affected them.

These videos are not just limited to brain injury survivors – carers and family members could also appear in the video answering the same question.

Each video should last 90 seconds. Headway will supply start and end frames, and we will use the hashtags #Every90Seconds #ABIWeek

SINCE  1959

LISTENING BOOKS

Listening Books provide a **free or subsidised audiobook lending service** for anyone with a mental health condition, disability, learning difficulty, or illness who finds that it affects their ability to read, or hold books in the usual way. Listening Books currently have a number of **free memberships available for people living in Hull and East Riding of Yorkshire** who might benefit from joining our service, but would find our usual membership fees a barrier.

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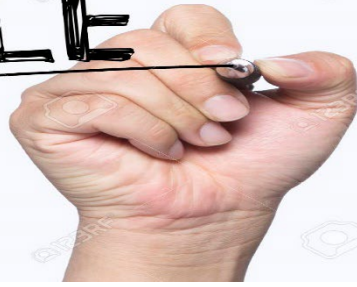
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PUZZLE



BREAKFAST FOODS

Use the pictures as clues and do this crossword. Match the words with the pictures.

				1	W						
				2	H						
				3	A						
				4	T						
5					A						
6					D						
7					E						
8					L						
				9	I						
				10	C						
11					I						
					O						
				12							
				13	U						
				14	S						
				15	B						
				16	R						
				17	E						
				18	A						
				19	K						
				20	F						
				21	A						
				22	S						
				23	T						

St. Patrick's Day

Word Search Puzzle

G M Q M J E P O J Z H K H C
Y R C E L E B R A T E G W D
V J E P O T P H N K O Z E T
J D U E A X I O G L C F P P
I V N V N I P R O V O F A A
M A G I C U E S L Z I X Y T
G E A N F A O E D R N U X R
O K M A R C H S W X S D E I
O L E P R E C H A U N V S C
D D X K R Q A O C H O F H K
L N Y F S Y P E N L J S J F
U M V Q J Y T N C S U Y J J
C R D V W A G I R E L A N D
K P B Q H N R A I N B O W U

POT

CLOVER

CELEBRATE

HORSESHOE

PIPE

MARCH

GOOD LUCK

GOLD

LEPRECHAUN

HAT

COINS

RAINBOW

PATRICK

MAGIC

GREEN

IRELAND





ANSWERS

St. Patrick's Day
Word Search Puzzle

G	M	Q	M	J	E	P	O	J	Z	H	K	H	C
Y	R	C	E	L	E	B	R	A	T	E	G	W	D
V	J	E	P	O	T	P	H	N	K	O	Z	E	T
J	D	U	E	A	X	I	O	G	L	C	F	P	P
I	V	N	V	N	I	P	R	O	V	O	F	A	A
M	A	G	I	C	U	E	S	L	Z	X	Y	T	
G	E	A	N	F	A	O	E	D	R	N	U	X	R
O	K	M	A	R	C	H	S	W	X	S	D	E	I
O	L	E	P	R	E	C	H	A	U	N	V	S	C
D	D	X	K	R	Q	A	O	C	H	O	F	H	K
L	N	Y	F	S	Y	P	E	N	L	J	S	J	F
U	M	V	Q	J	Y	T	N	C	S	U	Y	J	J
C	R	D	V	W	A	G	I	R	E	L	A	N	D
K	P	B	Q	H	N	R	A	I	N	B	O	W	U

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND

Skip to My Lou

BREAKFAST FOODS

Use the pictures as clues and do this crossword. Match the words with the pictures.

1 W A F F L E
2 H O N E Y
3 J A M
4 T E A
5 S A U S A G E S
6 B R E A D
7 C O F F E E
8 C E R E A L S
9 J U I C E
10 B A C O N
11 S A N D W I C H
12 D O U G H N U T
13 B U T T E R
14 M U S H R O O M S
15 B I S C U I T S
16 C R O I S S A N T
17 E G G S
18 P A N C A K E
19 M I L K
20 F R U I T
21 H A M
22 C H E E S E
23 T O A S T

ISLCollective.com

Wednesday 19th April

Please join us on the 19th April's meeting where Sam from Flex Health will be giving a talk about Flex Health and what they do. Sam will provide some exercises and give demonstrations on those exercises which you can then practice at your own leisure.



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 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
Friday, 1 st May 1.00pm – 3.00pm	Coffee Meeting
Wednesday, 17 th May 6.00pm – 8.00pm	CANCELLED DUE TO BRAIN INJURY WEEK

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.