



the brain injury association

April 2023

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



C1 Complex Rehabilitation Fun Day Entrance 2, Castle Hill Hospital

Saturday 1st July 2023 1pm till 4pm



HULL & EAST RIDING CITIZENS ADVICE

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

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



WILLIAMSONS
SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

With Special Thanks to Williamsons Solicitors
for sponsoring the production, printing and
posting of this Newsletter.



TUG OF WAR

Tombola

Face Painting

Kids Corner

Jenga

Connect 4

Cake Stall

Refreshments

Auction

Bottle Stall

Pizza

Van

Ice Cream Van

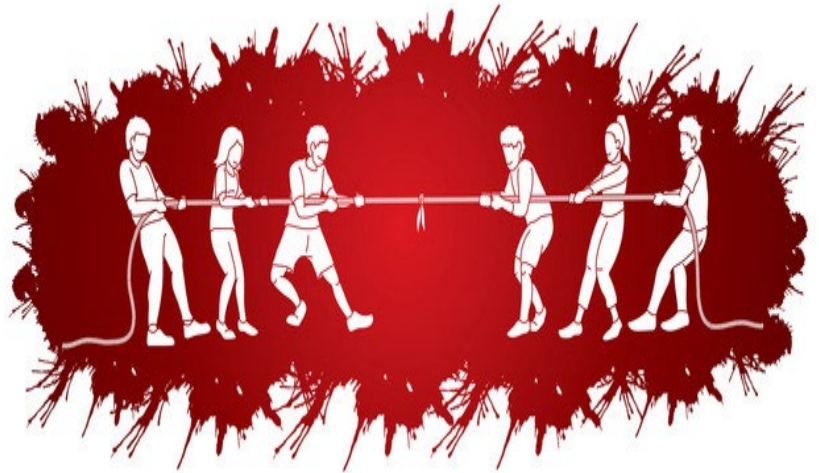
Live Music

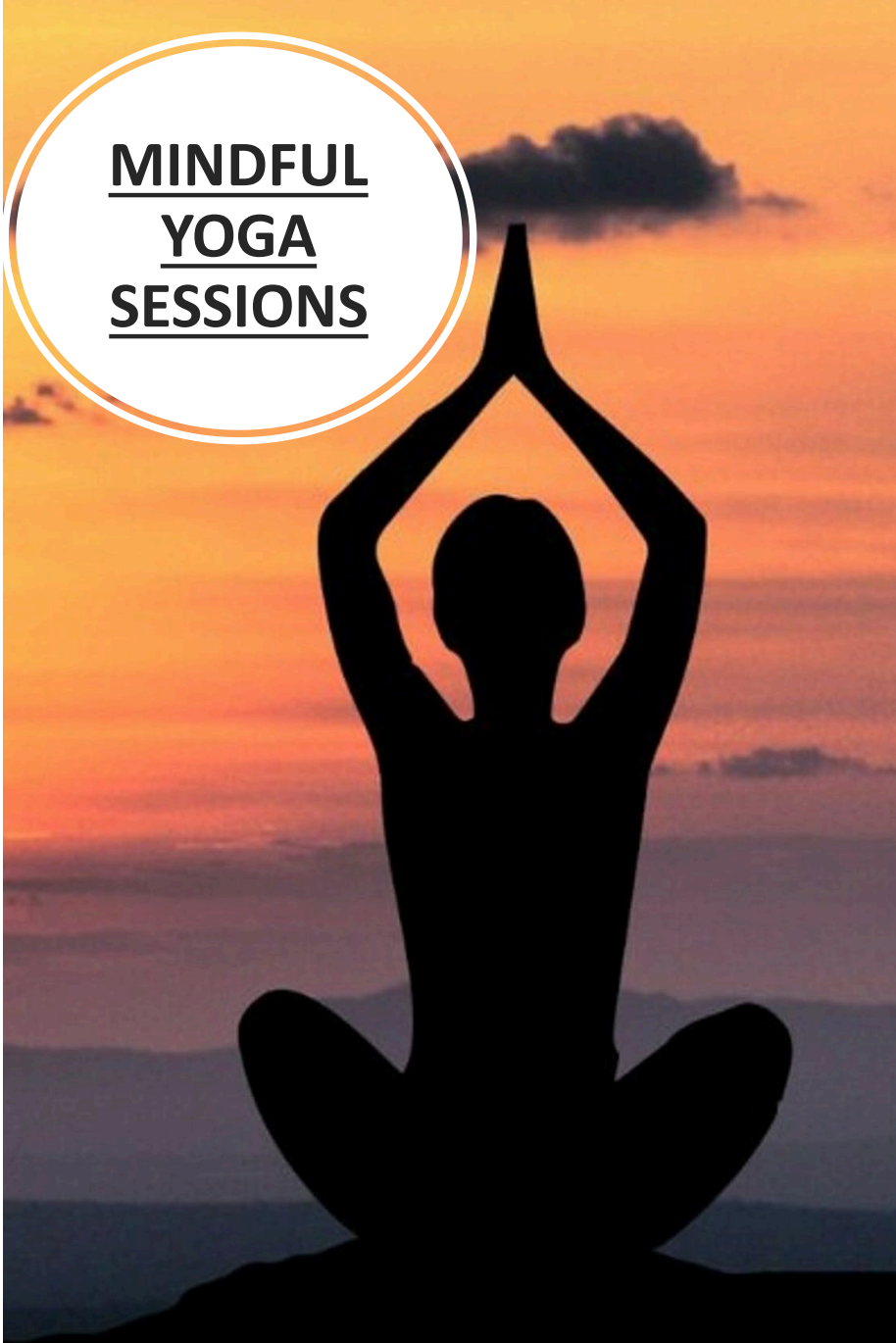
Raffle

Bouncy Castle

Lucky Dip

...plus many more Stalls



A silhouette of a person in a yoga pose, specifically the Bhujangasana (Cobra) pose, with arms raised and hands joined at the tips above the head. The person is sitting on the ground with knees bent and feet flat on the floor. The background is a sunset or sunrise sky with orange and yellow hues and some clouds. In the top left corner, there is a white circle with an orange border containing the text 'MINDFUL YOGA SESSIONS' in bold, black, underlined capital letters.

MINDFUL YOGA SESSIONS

Great news! The new run of 8 online Mindful Yoga Sessions is due to begin on **Tuesday, 25th April at 12.15pm**. Each Session will last for half an hour.

The sessions will be delivered by Yoga Teacher Laura from Umbrella Yoga CIC, who 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. So don't miss out! we have had such amazing feedback from people who have previously attended the course, they have told us that they ***"feel energised" after the sessions whilst feeling "chilled and relaxed", "it's the highlight of my week", "it has helped me sleep better", "I feel more positive after the class" and so on!!!***

Everyone who books the sessions will need to fill in a brief on-line health questionnaire before the first session, we can support you with this. If you would like any more information, please ring Diane Derbyshire on 07951517625 or email at diane.derbyshire@headway.org.uk



Network Learning Exchange

Network Learning Exchange

Online learning and sharing
for Headway groups and
branches.

I am pleased to announce the launch of a new initiative aimed at bringing together the Headway groups and branches to share best practice from within the network and from external experts.

The Network Learning Exchange consists of a series of webinars, workshops and discussion groups, all delivered online, that are focused on topics of interest and relevance.

This [webpage](http://www.headway.org.uk/about-brain-injury/professionals/training/network-learning-exchange/) (www.headway.org.uk/about-brain-injury/professionals/training/network-learning-exchange/) lists all the events currently planned, though more will be added throughout the year. Please browse the topics and book your place via the links on the page.

The first session was on Thursday 9th March when Charlotte Wickens, Policy Advisor for The Kings Fund, and gave an introduction to integrated care systems – what are they and how we can engage with them.

We have many more sessions on different topics, including fundraising, social care, digital marketing, safeguarding, working with commissioners and many more.

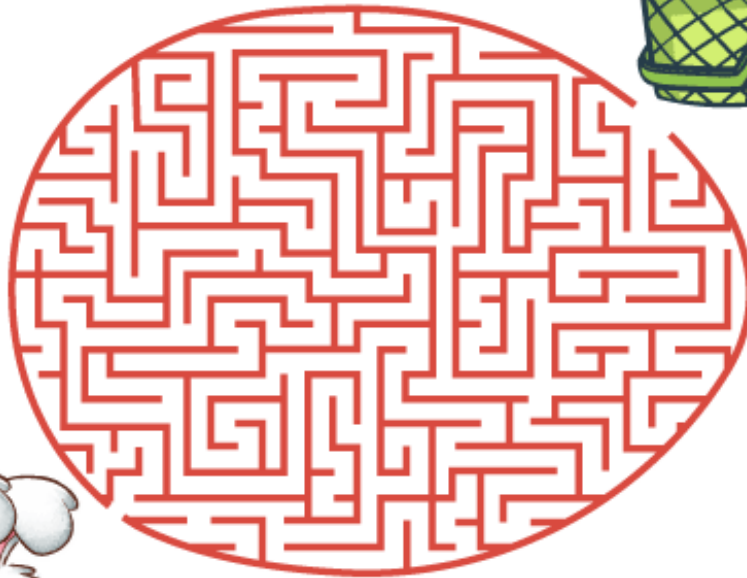
Full details can be found on the Network Learning Exchange [webpage](http://www.headway.org.uk/about-brain-injury/professionals/training/network-learning-exchange/). (www.headway.org.uk/about-brain-injury/professionals/training/network-learning-exchange/)

I hope you and your colleagues will be able to join us for what I'm sure will be valuable sessions, please do share this email and spread the word amongst your group and branch colleagues.



Osmo

Easter Mazes





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

Friday 7th April 1.00 – 3.00pm

CANCELLED DUE TO BANK HOLIDAY

Wednesday, 19th April 6.00 – 8.00pm

Coffee Meeting
Talk with Sam from Flex Health

Friday, 5th May 1.00 – 3.00pm

AGM

Wednesday, 17th May 6.00pm – 8.00pm

CANCELLED DUE TO BRAIN INJURY WEEK

Monday, 22nd May 6.00pm

Bowling at Princess Quay

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

Follow Headway Hull + East Riding on:

twitter: @headwayhero @headwayhumber
facebook: /headwayhero /headwayhumber

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