

# Headway

## Hull + East Riding



the brain injury association

National FREE Helpline

0808 800 2244



local phone:  
07395 571398



email:  
[hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)



web:  
[headwayhumber.org.uk](http://headwayhumber.org.uk)



facebook:  
/headwayhero  
/headwayhumber



twitter:  
@headwayhero  
@headwayhumber

## Fancy a game of Bowling?



**HULL & EAST RIDING  
CITIZENS ADVICE**

Tel: 01482 226859 for specialist  
debt advice.

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

Come and join  
us for a game  
of bowling on  
Monday, 22<sup>nd</sup>  
May at 6.00pm  
at Princess  
Quay  
Superbowl  
Bowling



**EVERY**

**90**

**SECONDS**

**ACTION FOR  
BRAIN INJURY**

**WEEK 2023**

**15-21 MAY**

Action for Brain Injury Week (ABI Week) 2023 (15th to 21st May) focuses on a powerful statistic: every 90 seconds, someone in the UK is admitted to hospital with a brain injury. Strokes, falls, road traffic collisions, assaults, brain tumours, meningitis... these are just a few examples of brain injury causes.

It only takes a few seconds for a life to be completely knocked off course.

Brain injuries can have devastating, life-long effects on anyone, including you and your loved ones.

Headway is here to support everyone affected by a brain injury, and those caring for them. Through the support of a network of local groups and branches, our free helpline and comprehensive online resources, we rebuild lives – second by second, step by step, day by day.

Take a second to find out more and, if you can, please get involved – by donating, volunteering, or simply raising awareness of our services – because every 90 seconds, someone like you needs our help.



To find out more  
head to  
[www.headway.org.uk](http://www.headway.org.uk)



# HATS FOR HEADWAY DAY

FRIDAY 19<sup>TH</sup> MAY

Take on the 3 Hat Challenge!

1. Share a selfie in your favourite hat
2. Donate £3
3. Nominate 3 friends!

#3HatChallenge #HatsForHeadway

Help improve life after brain injury  
[headway.org.uk/hats-for-headway](http://headway.org.uk/hats-for-headway)

Donate here:

Email:  
[hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

Or send cheques to HERO,  
C/O Williamsons Solicitors,  
Lowgate. Hull, HU1 1EN





An inclusive digital magazine created with our community in mind.

Spring is finally upon us and new signs of life begin to flourish and the team at Kidz to Adultz are excited to announce the rebirth of their quarterly magazine.

In this edition they uncover new ways to adapt, save money and maintain a healthy well-being.

This months magazine includes cost-effective tips on cooking:

Household energy bills  
in 2023

And much more



To read more on the Kidz to Adultz and read their quarterly magazines head to

[www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk)



# Participants Needed for Research

## Female Survivors of Intimate Partner Violence Experiences of Head Trauma and Help



Are you a female survivor of intimate partner violence?

Have you ever experienced an injury to the head, face, or neck?

Are you 18 years old or over?

### We would like to invite you to take part in our study

The aim of this research is to understand the stories of survivors who have experienced head trauma from intimate partner violence. We are also interested in survivors' experience of seeking help and if there were any challenges or things that helped if survivors sought help.

You will receive compensation for taking part in this study.

For more information or to take part, please contact Hannah Hambury Young:  
[hh587@exeter.ac.uk](mailto:hh587@exeter.ac.uk)

Research Supervised by: Louise Gates and Dr Cordet Smart



University  
of Exeter



This study has been approved by The University of Exeter Ethics Committee





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](mailto: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, 17<sup>th</sup> May 6.00pm – 8.00pm

**CANCELLED DUE TO BRAIN INJURY WEEK**

Monday, 22<sup>nd</sup> May 6.00pm

Bowling at Princess Quay

Friday, 2<sup>nd</sup> June 10.00am

Colletta & Tyson Garden Centre

Friday, 2<sup>nd</sup> June 1.00pm – 3.00pm

Danish Church planting flowers

Wednesday, 21<sup>st</sup> June 6.00pm – 8.00pm

BBQ

Monday, 26<sup>th</sup> June 6.00pm

Motion Rehab  
80 - 86 Pickering Road,  
Hull

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:**

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facebook: /headwayhero /headwayhumber

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