

August 2023

Headway

Hull + East Riding



the brain injury association

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



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/headwayhero
/headwayhumber



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@headwayhero
@headwayhumber



Thanks for everyone who attended our summer BBQ. The sun was shining and a great time was had by all.



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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



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Lowgate, Hull
01482 323697

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

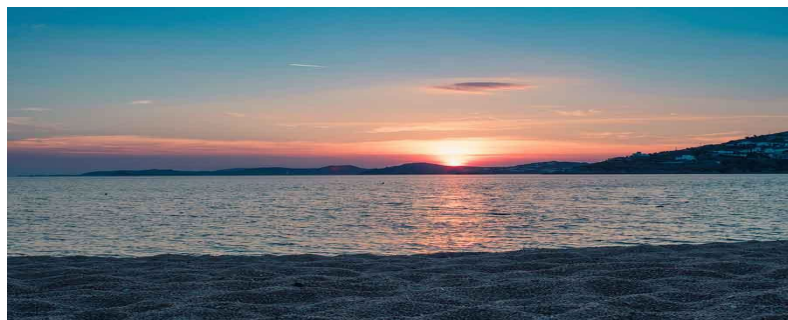
Great news! The new course of 8 online Mindful Yoga Sessions are due to begin on **Tuesday, 12th September 2023 at 12.15pm for 8 weeks.** Each Session will last for half an hour.



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.



The group is really friendly, relaxed and welcoming.



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!!!***

Each Tuesday at 12.15 – 12.45 for 8 weeks starting on the 12th September to 31st October 2023.

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

Headway concerned about rail ticket office closures

Headway has raised concerns about a proposal to close hundreds of ticket offices in train stations across England. The plan to close the majority of ticket offices, was announced by train operators in early July, and following a survey canvassing the views of brain injury survivors, Headway submitted a written response as part of the consultation process.



The response highlighted the reliance that many brain injury survivors have on public transport, and the huge difficulties many would face without the support of ticket office staff at train stations.

Headway strongly suggested that train operators should reconsider their proposals to close ticket offices and reflect on the needs of brain injury survivors and other disabled people in accessing train travel.

Sarah Russell, Senior Policy and Public Affairs Manager at Headway said: “The presence of staff at rail stations is vital to ensure that they are accessible to all.

“Many brain injury survivors would find train travel very difficult or impossible if ticket offices were to close. We would undoubtedly see a rise in social isolation amongst brain injury survivors if these closures went ahead.”

Headway’s consultation response was informed by a survey asking brain injury survivors and their families and carers how the planned closure of ticket offices would affect them.

Over 78% of brain injury survivors said they either could not or would not be sure how to purchase a ticket for travel if ticket offices were to close.

Some comments received from the survey included:

“I would be unable to travel if these ticket offices closed!”

“I get confused and my injury makes it difficult for me to follow instructions.”

“It will isolate me, reduce opportunities for me, and limit my quality of life, plus make transport generally more expensive. It would have a negative impact on the quality of life for me and many others.”

“I would suffer from intense anxiety about buying the right ticket and working the ticket machine.”

“I know many others who need the support of the ticket office workers, if nothing else but to help with reservations, actual purchases, explaining the many restrictions on each ticket, and arranging assistance too.”

“It will make stations less safe for vulnerable people.”

Headway response highlights:

- The effects of brain injury can last a lifetime, are immensely varied and are not always visible.
- For brain injury survivors, buying train tickets online or through a ticket machine can be extremely daunting and for some people, impossible.
- Issues relating to executive dysfunction, mobility, visual impairment, and anxiety all contribute to difficulties when using ticket machines on platforms or booking online, or explaining why they don't have a ticket when boarding a train (if unable to purchase before travel).
- Talking to a member of staff in a ticket office is essential for many brain injury survivors to explain the journey they want to make and to receive support to understand the best way to go about it. It is not possible to get this support from a ticket machine.
- Many brain injury survivors cannot drive and rely on trains to be able to get around – for both essential and social journeys. The complex and inter-related needs of brain injury mean that access to a staffed ticket office is a necessity for many survivors to be able to travel by train.





[What triggers anger after brain injury?](#)

Difficulties with managing anger are a common effect of brain injury. In order to manage anger, it is important to be able to identify what is causing it. In some instances, there is an external cause or trigger, and removing this can help to reduce or remove the survivor's anger.

We asked our online community what their greatest triggers for frustration and anger were after brain injury. Here, we share some of the top triggers reported by brain injury survivors as well as offering a few tips on how to cope with them.

[Top tips for coping with triggers](#)

[Discuss](#)

Discuss your triggers with family, friends and colleagues so that they are also aware of the situations in which you may start to feel angry.

[Withdraw](#)

Remove yourself from the situation that is causing you to feel angry, for instance leaving the room or ending a conversation. If you are with someone, explain that you are leaving because you need time to calm down and will return when you feel better.

Modify your environment

Being uncomfortable with the environment can cause irritation, which can gradually build up to anger. Examples include feeling too hot or too cold, loud noises, bright lights, being in a crowded place or being stuck in traffic. If possible, try to modify the environment to help with calming yourself down.

Get enough sleep

Try to have a regular sleep routine so that you are getting enough sleep every night. Being tired can make people feel irritable, which can turn into anger if you get too tired through the day.

Manage alcohol intake

Drinking alcohol after brain injury is discouraged because it can affect a survivor more than it did before their injury. They may be more likely to get into fights or feel angry at the impact of their injury under the influence of alcohol. For further information and advice on managing alcohol intake after brain injury, download the factsheet *Alcohol after brain injury* below.

Avoid information overload

Some people find that their anger can be triggered by things they read on the news or on social media. Limit the amount of time you spend online or watching the news and try to be selective about what information you view. Try to avoid getting into arguments online as they may cause unnecessary frustration.





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, 16 th August 6.00pm – 8.00pm	Coffee Meeting
Friday 1 st September 1.00pm – 3.00pm	Coffee Meeting
Wednesday 20 th September 6.00pm – 8.00pm	Coffee Meeting
Friday, 6 th October 1.00pm – 3.00pm	Coffee Meeting
Wednesday, 18 th October 6.00pm – 8.00pm	Coffee Meeting

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.