



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](https://www.facebook.com/headwayhero)
[/headwayhumber](https://www.facebook.com/headwayhumber)



Twitter:
[@headwayhero](https://twitter.com/headwayhero)
[@headwayhumber](https://twitter.com/headwayhumber)

Can you help fundraise in support of Headway?

We are passionate about improving life after brain injury, but we can only do this with the help of our supporters.

Charitable giving should always be about choice. It's about trust and respect and knowing that the values and principles of our supporters are reflected by the charity they choose to support.

We are proud of the principles we work to and believe in. We hope our supporters share these values and feel able to help us to continue to support people affected by brain injury across the UK.

Running challenge? Coffee morning? Cake sale?

Quiz night? If you've got your own event idea, [download a Headway fundraising pack](#) to get started!



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 .

If you would like to fundraise for Headway by either completing a challenge already set up by Headway, or you would like to organise your own event, please visit www.headway.org.uk/get-involved for further details.

There are a number of events both local and across the country, including 5k runs to marathons, skydives, trial trek, three peaks challenge, to name but a few. If you or someone you know would like to take part in fundraising, you can head to www.headwayuk.wufoo.com/forms/download-your-headway-fundraising-pack/ to register your interest and obtain your fundraising pack.



Linbee Dog Rehoming

**Pollington Craft Fair
and
Coffee Morning**

Saturday February 10th | 10am - 1pm

Pollington Village Hall

Cakes, Hot Drinks, Hot Food, Tombola, Raffle
and new Craft Stalls



Follow us on Facebook:
@friends of linbee dog rehoming

Putting the 'I' in identity after brain injury

Who are you? What makes you, you?

What is your identity?

Identity is defined in the Collins dictionary as, quite simply: "Who you are." Longer and more detailed definitions do of course exist, but generally identity is defined as your sense of self that exists with certain characteristics that are unique to you.



For many brain injury survivors, there is often a clear distinction and difference between who 'they' were before their injury and after. Reports of feeling like 'a new person' are incredibly common, with various aspects of identity being changed after brain injury. A change in one's sense of identity after brain injury can unfortunately be incredibly difficult to adjust to and accept, especially in the early days of injury.

Tips for coping with identity change:

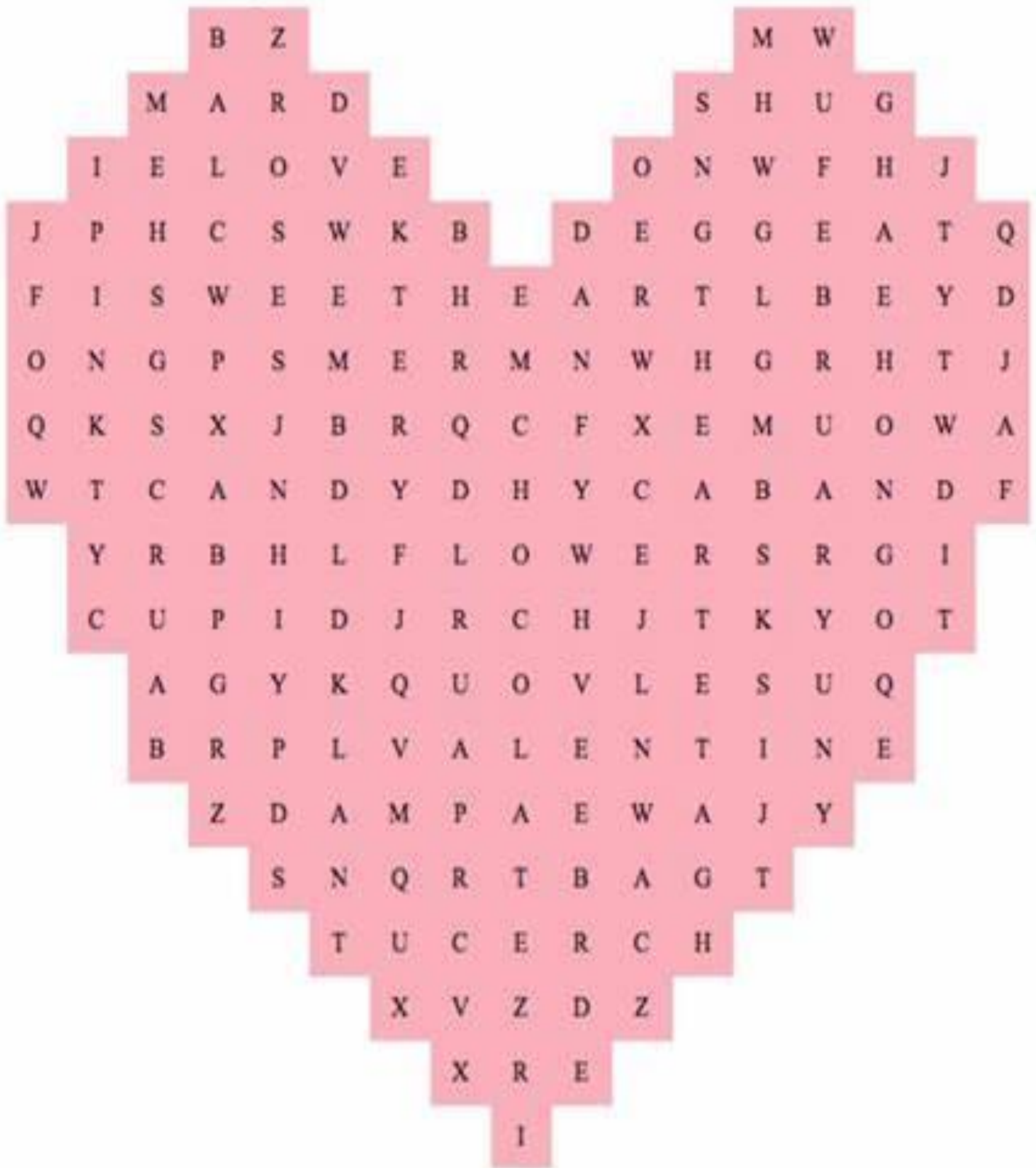
- Getting Support from others
- Finding Things to do
- Keeping things in perspective

For more tips, see the Headway factsheet on the following link:

<https://www.headway.org.uk/media/11248/identity-after-brain-injury-factsheet.pdf>



Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET



COMPETITION TIME

As you will be aware, we arrange coffee meetings at the Danish Church on the first Friday (1pm – 3pm) and third Wednesday (6pm – 9pm) of every month but it is more than simply a coffee meeting. We have food, drinks, activities and games on each occasion.

We, at HERO, wanted to change the name of our meetings to better describe what we do. Not everyone drinks coffee, not everyone likes meetings but in order to describe our gatherings, we would like your suggestions on the new name for our Coffee Meetings.

You can either email your suggestions to hey@headwayhumber.org.uk or text your answer to 07395571398.

There will be a prize for the name that is picked by the committee...good luck to all.



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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, 21st February 6.00pm – 8.00pm

Coffee Morning & Carolyn's birthday 🎂

Friday, 1st March 1.00pm – 3.00pm

Coffee Morning & Easter Games

Wednesday 20th March 6.00pm – 8.00pm

Coffee Morning & Easter Egg Decorating

Friday, 5th April 1.00pm – 3.00pm

Coffee Morning/Police Talk 🚔

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.