



the brain injury association



# HEADWAY Hull + East Riding

National FREE Helpline

0808 800 2244

Happy Easter

Local phone:  
017395 571398

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

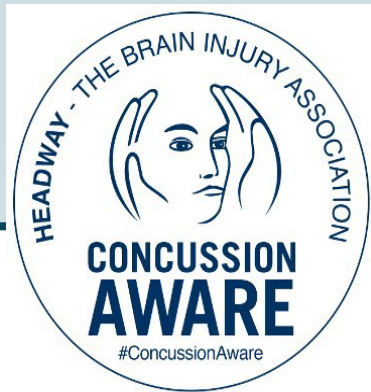
Web:  
[headwayhumber.org.uk](http://headwayhumber.org.uk)

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

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



At our Coffee Meeting 20<sup>th</sup> March 2024, we had some fun having hotdogs (thanks to Dawn) and decorating Easter Eggs. Here are some pictures of the night:



**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

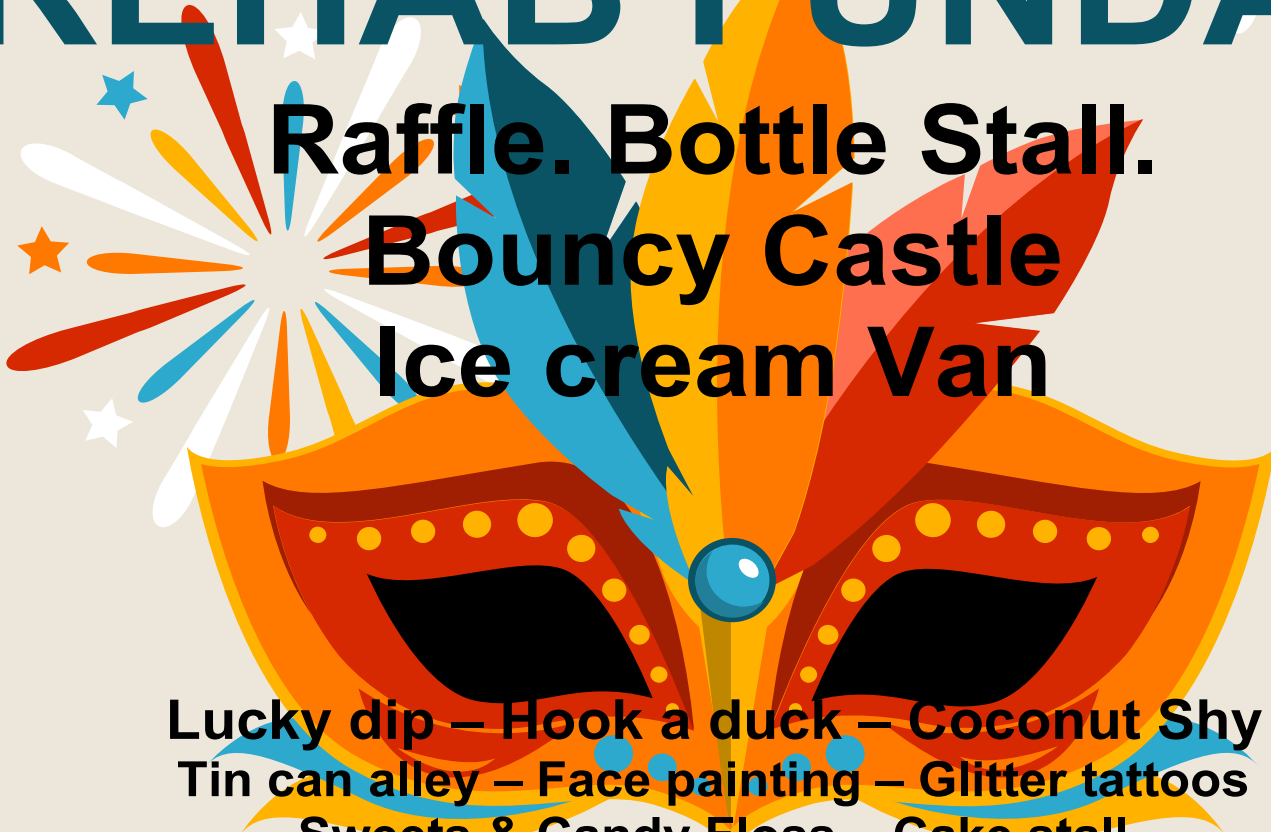
With Special Thanks to Williamsons Solicitors  
for sponsoring the production, printing and  
posting of this Newsletter .



# WARD 1 COMPLEX REHAB FUNDAY



**Raffle. Bottle Stall.  
Bouncy Castle  
Ice cream Van**



**Lucky dip – Hook a duck – Coconut Shy  
Tin can alley – Face painting – Glitter tattoos  
Sweets & Candy Floss – Cake stall**

**LIVE MUSIC \* REFRESHMENTS \* KIDS CORNER  
FAIRGROUND GAMES**

**ALL WELCOME \* PARKING ON SITE**

**Saturday  
8<sup>th</sup> June  
2024**

**1PM -  
4PM**

**CASTLE  
HILL  
HOSPITAL**

**ALL FUNDS RAISED ARE FOR PATIENT SPECIALIST EQUIPMENT**

**Ward 1 – Complex Rehab , Entrance 2 ,  
Castle Hill Hospital. HU16 5JQ**

## Can you help with your local Headway?

Are you passionate about creating positive change? Do you want to contribute your time and skills to a meaningful cause?

Look no further!

Headway are seeking dedicated volunteers to join our charity and help us make a difference.

If you feel you can help by dedicating your time, please contact us at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)



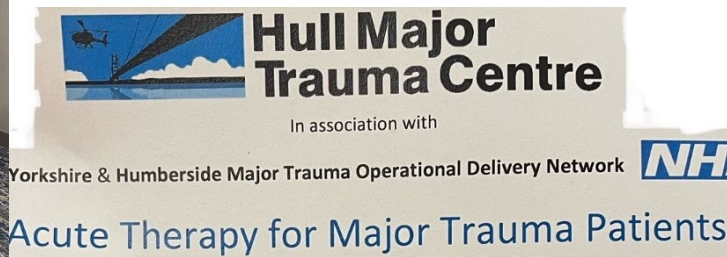
## Can you help fundraise in support of Headway?

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!



Wayne, Dawn and Andrew attended the Hull Major Trauma Centre to provide information on the services Headway offers locally, regionally and nationally. We thank the Hull Major Trauma Centre for the kind invitation to a very well organised conference.



**Headway - the brain injury association publications list**  
**Guidance for Headway groups and branches**

Headway are able to provide a number of publications freely available to download from Headway UK's website at [www.headway.org.uk/information-library](http://www.headway.org.uk/information-library).

Publications marked with \* are also available in printed booklet format at a discounted price for Headway groups and branches.

### **Guidance for Headway groups and branches purchasing booklets**

Printed booklets cost £3.50 per booklet to the general public. Headway groups and branches can purchase printed booklets at a discounted price of £1 per booklet plus postage. A complete set of one copy of each printed booklet (Headway's 'definitive guide') are priced at £45 and this is available for groups and branches at the discounted rate of £15.

You can place orders for booklets and definitive guides online ([Publications \(headway.org.uk\)](http://Publications(headway.org.uk))). Please add your chosen items to your shopping cart and when you checkout select the "I have a gift voucher or promo code" and add the code **HWGB**.

Each month we will provide a short list of the available booklets that may be beneficial to you.

## **About brain injury - Publications**

**About the brain** (2023) - brief information on brain structure and function

**Carbon monoxide poisoning** (2018) - information on how carbon monoxide poisoning can cause brain injury, effects of carbon monoxide poisoning and preventative measures to take

**Concussion in sport** (2023) - information on how concussion can occur through sport, effects of concussion and treatment of concussion

**Concussion in the workplace** (2023) - information on how concussion can occur through work, effects of concussion and treatment of concussion

**Hospital treatment and early recovery after brain injury\*** (2016) - information on early stages of treatment for traumatic brain injury and advice for partners/relatives/friends on how to cope

**Hypoxic brain injury** (2018) - information on how hypoxic brain injury can occur, effects of hypoxic brain injury and treatment of hypoxic brain injury

**Management of acquired brain injury - a guide for GPs** (2013) - information for GPs to assist with diagnosis, offering advice and providing referrals for brain injury

**Management of acquired brain injury - a guide for ward nurses** (2014) - information for ward nurses to assist with treating and supporting brain injury survivors

**Mild brain injury - a guide for GPs** (2013) - information for GPs to assist with diagnosis, offering advice and providing referrals following mild brain injury (concussion)

**Mild head injury and concussion\*** (2020) - information on mild brain injury (concussion), diagnosis, treatment and tips for coping

**Mild head injury discharge advice** (2021) - advice on steps to follow after being discharged from hospital with a mild head injury (concussion)

**Rehabilitation after brain injury\*** (2010) - information on accessing rehabilitation after brain injury and types of therapy delivered through rehabilitation

**Waiting for rehabilitation after brain injury** (2017) - information on strategies to use while waiting to receive rehabilitation after brain injury

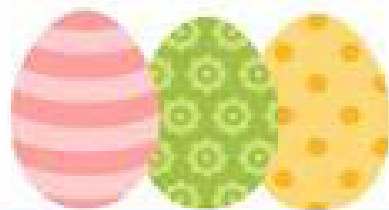
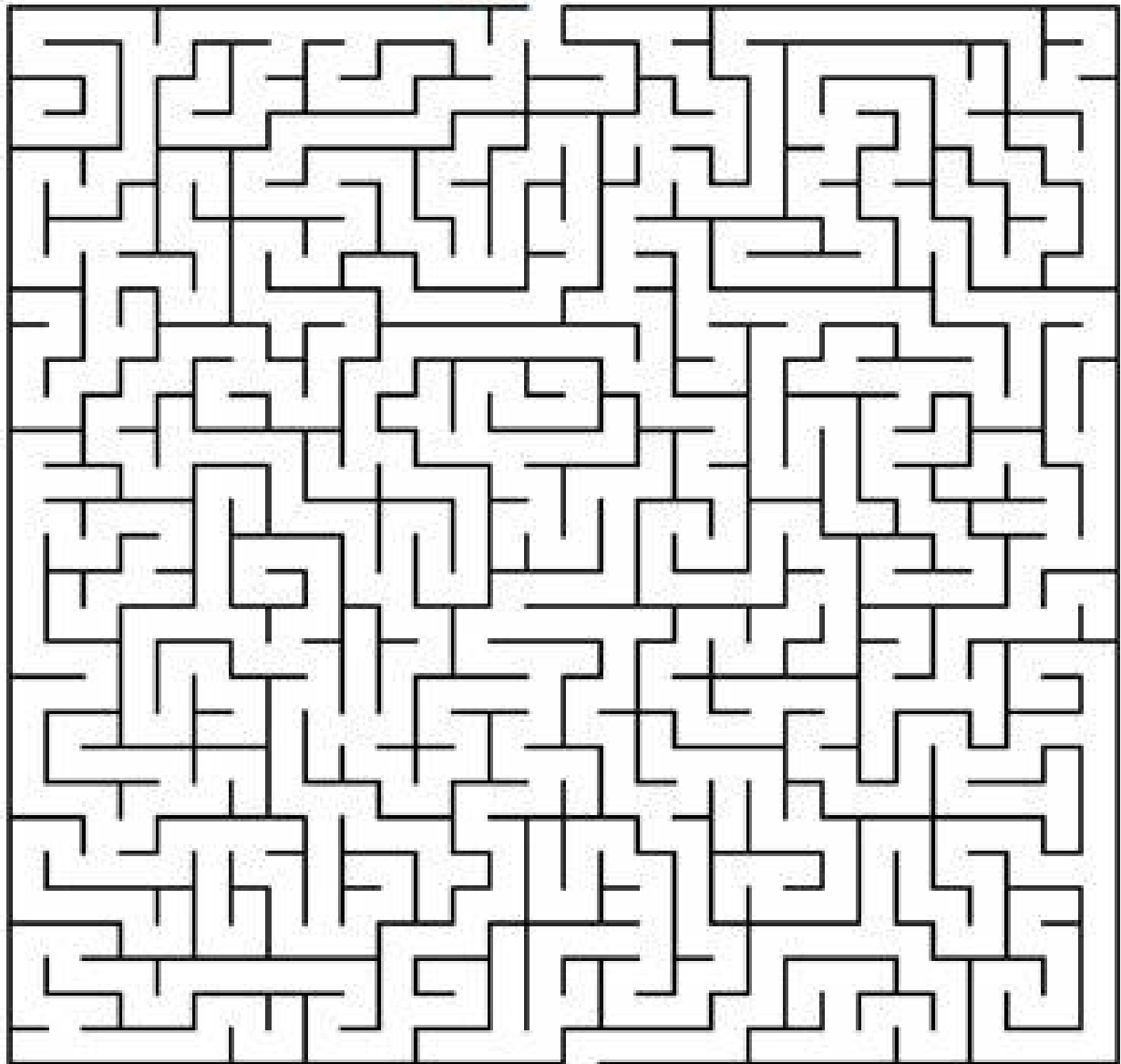
# Thank you Dawn

Dawn recently attended a local fayre to sell a variety of cards made by our members.



# Easter Egg Maze

Help the chick get through the maze and find the Easter eggs.





# Easter Word Search



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

- CHICK
- LAMB
- EASTER EGG
- EGG HUNT
- SPRING
- EGG SHELL
- DUCKLING
- BASKET

- FLOWERS
- CHOCOLATE
- CROSS
- HOT CROISSANT BUNS
- CELEBRATE
- CHICKEN
- SUNNY
- JESSE







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**

Friday, 5<sup>th</sup> April 1.00pm – 3.00pm

**Coffee Morning/Police Talk** 🧑‍🎓

Wednesday, 17<sup>th</sup> April 6.00pm – 8.00pm

**Card Making**

Friday, 3<sup>rd</sup> May 1.00pm – 3.00pm

**Card Making**

Wednesday, 15<sup>th</sup> May 6.00pm – 8.00pm

**Play your cards right and other fun games**

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.