

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



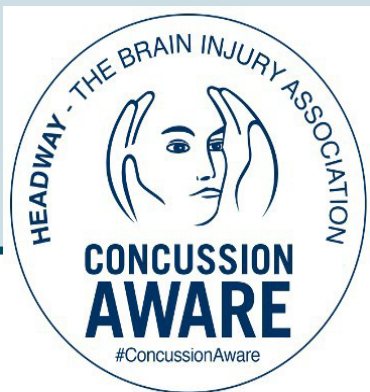
Facebook:
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Headway are holding further card making sessions on 17th April 6.00pm - 8.0pm and on 3rd May 1.00pm - 3.00pm.

We would love for you to come and socialise with us and have some fun crafting at the same time.



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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



HATS FOR HEADWAY DAY



the brain injury association

Friday 17th May

Take on the 3 Hat Challenge!

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



#HatsForHeadway

#3HatChallenge

Win a luxurious Fortnum & Mason Hamper

2023 winner Tara!

Help improve life after brain injury
headway.org.uk/hats-for-headway



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
8th 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**

A big Thank you to the Local Community Officer who came in to chat with our local members to give guidance on a variety of topics like online fraud, safety and provided a Q&A.

He will also be visiting in the future to provide further talks.

Here are some pictures from the recent meeting.



If you have any thoughts or questions you would like the Community Officer to discuss with us at one of our meetings please let us know.



[Headway - the brain injury association](#)

URGENT APPEAL | Headway's Emergency Fund is at risk

The Headway Emergency Fund provides one-off grants to help families across the UK who are struggling to cope with the sudden financial implications of brain injury

Everyday Headway receives desperate pleas for help from families across the UK who are struggling to cope with the sudden financial implications of brain injury.

Before receiving financial support from the Emergency Fund, we have received reports of family members sleeping in cars outside of hospitals as they can't afford the fuel to travel back and forth from home, or hospital accommodation costs. Many others don't even have that option and face the devastation of not being able to be by their loved ones' bedside.

Since 2023 Headway has seen a rapid increase in applications to the Emergency Fund and has already distributed over £26,000 of grants to families in 2024. This far exceeds the funds Headway has to support families at this critical time.

Based on current demand for our support, we are projecting a funding shortfall of £60,000 in 2024. If we cannot raise these funds, we will have to make some difficult and heart-breaking decisions.

Imagine being unable to afford to be by the hospital beside of someone you love? Whether you are a short-term supporter or long-term partner, please consider helping Headway to provide this service to families when they need it most.

A brain injury can happen to anyone, at any time, and we need your support now more than ever to help us on our mission to improve life after brain injury.

In 2011, Headway launched the Emergency Fund, a grant fund which individuals and families can apply to for help with travel and accommodation costs when they are facing financial hardship because of a brain injury.

The cost of living crisis has resulted in more and more people living closer to the bread line. Rising inflation, along with greater awareness of, and an increase in demand for our services means that Headway is struggling to meet the demand of those applying to the fund.

So Headway are desperately calling on our valued corporate supporters to help.

If you can help, please go to our Just Giving page: www.justgiving.com/campaign/headway-emergency-fund-urgent-appeal



**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.

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

Effects of brain injury

Anxiety after brain injury (2023) - information on what anxiety is, how brain injury can cause anxiety, tips for coping, getting professional support and anxiety in carers

Balance issues and dizziness after brain injury (2023) - information on the human balance system, types of balance issues after brain injury, treatment and tips for coping

Coma and reduced awareness states (2011) - information on levels of coma, recovery from coma, post-traumatic amnesia, vegetative state, minimally conscious state and locked-in syndrome

Coma stimulation: suggested activities (2011) - information on coma stimulation programmes

Continence problems after brain injury (2019) - information on types of continence problems after brain injury, initial care, assessment, treatment, professional support and tips for coping

Coping with communication problems after brain injury* (2017) - information on what communication is, types of communication problems after brain injury, rehabilitation and communication aids

Coping with hemiplegia and hemiparesis (2013) - information on one-sided weakness (hemiparesis) or one-sided paralysis (hemiplegia) after brain injury and tips for coping

Coping with memory problems - practical strategies (2009) - tips for coping with memory problems after brain injury

Depression after brain injury (2022) - information on what depression is, how brain injury can cause depression, identifying depression, getting professional support, medication and tips for coping

Difficulties with decision making after brain injury (2018) - information on what decision making skills are, how decision making can be affected by brain injury and tips for coping

Spring Word Search

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

APRIL

BEEES

BIRDS

BLOOM

BLOSSOM

BUTTERFLY

DAFFODILS

EGGS

FLOWERS

GREEN

GROWING

HATCH

MARCH

MAY

RAIN

ROBINS

SPRING

SPROUTING

SUNSHINE

TULIP





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, 17 th April 6.00pm – 8.00pm	Card Making
Friday, 3 rd May 1.00pm – 3.00pm	Card Making
Wednesday, 15 th May 6.00pm – 8.00pm	Coffee Meeting and Hat Making
Friday, 7 th June 1.00pm – 3.00pm	Coffee and Police Talk on Security
Wednesday, 19 th June	Summer BBQ

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.