



July/August 2018

Headway

Hull + East Riding News

Improving life after brain injury

Important news about how we contact you

National Free Helpline
0808 800 2244



twitter:
@headwayhero



facebook:
/headwayhero



web:
headwayhero.org.uk



email:
Headwayhull
@gmail.com



As many of you will know, the law on how data is stored and used has recently changed. This includes the way that charities and businesses can contact people.

As a branch, we have been working hard to make sure that we comply with the new requirements, and we sent an email to all our members just before the law changed to confirm that we were keeping their data safe, and there was nothing else that they needed to do.

Keeping members and contacts updated with our newsletter is at the very heart of what we do because it helps us to:



- Publicise events and fundraisers which keep our branch going
- Provide support to those people whose lives have been touched by brain injury
- Improve communication and understanding with professionals who provide services in our community, and
- Raise awareness of the effects of brain injury so that if they can't be prevented, they can be understood.

Unfortunately a formal consent slip was then sent out with our May newsletter which asked our members and contacts to provide specific consent in order to keep receiving the newsletter. This was sent out in error and should be ignored - we apologise for any inconvenience or confusion that this has caused. Thank you to those who returned the forms – a small number of people asked to be taken off the list, and we have already actioned this.

We are committed to keeping our existing members updated with relevant news and upcoming events, and we will keep sending you our newsletter. If at any time you don't want to hear from us, please give us a call or get in touch.

Inside this issue:

How we use your information	1
NEW: Drop-in clinics	2
Cycling Success	3
Ward 29 Open Day	3
Afternoon Tea for Three	4
Diary	4

**citizens
advice**

Important news about how we contact you

Continued...

We will also be making some improvements over the coming months to our website and emails so that you are more in control of the news that we send to you and to make it easier to unsubscribe.



Headway UK are producing updated privacy policies for all groups and branches – this is a significant task, so we hope you will bear with us. The new policy will be available online and we will update everyone in the newsletter. In the meantime, please note that Headway never passes your details to any third party for their marketing purposes.

If you have any questions or are unsure about anything, please do not hesitate to contact us or come along to our weekly meetings to find out more.

Thank you for reading,

Headway Hull & East Riding Committee



How we can help: drop-in clinics

We have started a new feature in our weekly meetings: the drop-in clinic. The purpose of the drop-in is for you to come and chat to us about any help you might need. This can be accommodation, benefits, care or other things you might need advice about.

The service will be run by our committee members who will use their experience and expertise to try and offer help over a broad range of topics. If we can't help, we'll try and recommend someone that can.



The drop-ins will run during our weekly Wednesday coffee meetings and our monthly Friday meet ups. There is no need to make an appointment, please just pop in and see if we can help. Your time at the drop-in is not limited and you can talk to us about more than one issue you might like help with; and there will always be a designated space to ensure your conversation is confidential.

If you have any questions about the new service, please contact us or drop-in at the next meeting.

Cycling Success!



We all had a great time cycling in East Park. It was great to see members and their families spending some time outdoors with us, so a big thank you to all of our members who attended and made the day such an enjoyable one. Here are some pictures!



If you enjoyed your cycling and want to try again, or if you missed out and want to try it for yourself you can sign up to East Riding Local Offer Activities. A membership costs just £1 for the year and cycling sessions are £4.20 per rider (carer's go free!). You can find more information here: <http://www.eastridinglocaloffer.org.uk/leisure/activities/?entryid124=619274&p=5>

If you are interested in signing up for a membership, please ask us about the membership form at our next meet up.

Ward 29 Open Day

We'd like to say a big thank you to everyone that came along to the Ward 29 Open Day. Our Headway members worked hard on the day to provide tombola prizes, cakes, drinks and sweets! Thank you to Sue and John for running the tombola, Clarissa for running the "Headway Café", Lesley for encouraging people to attend the stand and of course, all our members who donated prizes, helped on the day and came to donate to Ward 29. Any donation big or small makes a difference which meant that our huge effort raised £347 which was presented by cheque to Ward 29 on the day.



But it wasn't just Headway that were fundraising for Ward 29. In total, the open day raised nearly £900 which has meant that the staff can purchase some patient clothing to stock the wardrobes. This will really help patients on the ward as some of them have very little when they arrive. The staff also plan to purchase some mini-fridges to enable the patients to enjoy treats such as jelly, mousses and custard pots! This will be a great addition to the TV on wheels that was bought last year. Now patients can enjoy games and access the internet as well as have a tasty treat.



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

citizens
advice

Headway HERO Diary

Friday 7th September 2018 1—3pm

Drop in for a coffee and a chat at our monthly coffee meeting at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 19th September 2018 6—8.15pm

Join us for our evening get together at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Friday 5th October 2018 1—3pm

Drop in for a coffee and a chat at our monthly coffee meeting at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 17th October 2018 6—8.15pm

Join us for our evening get together at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Friday 2nd November 2018 1—3pm

Drop in for a coffee and a chat at our monthly coffee meeting at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 21st November 2018 6—8.15pm

Join us for our evening get together at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Sunday 25th November 2018

Come along to our Tombola at Coletta & Tyson Garden Centre! If you would like to donate any raffle prizes, please let us know. Look out for more information in the October newsletter.

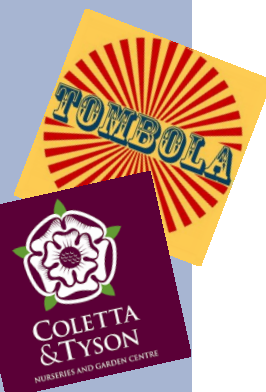
Friday 7th December 2018 1—3pm

Drop in for a coffee and a chat at our monthly coffee meeting at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 19th December 2018

Make sure you come along to our Christmas meal at the Goodfellowship Inn, Cottingham Road, Hull, HU5 4AT. Last year's meal was fantastic so look out for more information on how to book your place.

Headway Scunthorpe would like to welcome HERO members to attend their events, if you would like further information contact them directly on 07715212792 or at headwaynorthlincs@outlook.com



Watch this space!

Exciting news about our new website will be revealed very soon!