



# Headway Hull + East Riding News

Improving life after brain injury

## March is the Annual General Meeting month.

National Free Helpline  
**0808 800 2244**



@headwayhero  
@headwayhumber



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### Headway Hull and East Riding AGM

This years AGM is on Wednesday the 20th of March at the Danish Church, 104 Osborne Street, Hull, HU1 2PN.

The format will be the standard reports from our current Chair and Treasurer, plus consideration of elected posts for the year ahead. We will also be looking for new volunteers to support the work of the committee.

That may be on an as and when basis or more regularly, to help with specific occasional tasks or to hold a permanent position. We really want as many people to be involved as possible, in as far as you feel able, so please think about what you would like to help with.

#### Agenda:

Confirm the Minutes of the 2018 AGM.  
Report to Members—Chairman, Treasurer  
Election/Confirmation of Officers: Chairman, Treasurer  
Election/Confirmation of Committee Members and other posts.  
Forum to discuss plans for the year ahead, and agree the ambitions for the 2019 / 2020 year.

A special thank you to our Chair Rebecca Hill formerly Dixon who is stepping down having given incredible service since 2014. Our thanks also to Jessica Gower who is also stepping down, for her support and work over a similar period.

#### Election/confirmation of Officers

Chairman	Treasurer	Assist Treasurer
Webmaster	Facebook editor	Vice Chairman
Secretary	Members social support officer (official Phone)	
Committee Members		

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**citizens  
advice**



**Hull children's adventure society have a number of weeks available for their cottage at 'Family Holiday Cottage, 40 Potter Hill, Pickering YO18 8AD.'**

The cottage has 3 bedrooms with 4 single beds and 2 double bunks (Adult size).

It sleeps a maximum of 8 people, and bedding is provided.

There is a bathroom both upstairs and downstairs and the fully equipped kitchen is on a self catering basis.

The dining table has 6 chairs, and there is a TV with a DVD player.

WIFI is available, as is a snooker table, giant connect 4, and other various toys to help to keep the family amused.

The cottage is central heated throughout with an electric fire in the living room.

On-Street parking is available nearby.

Availability is good outside of the peak summer period and can be readily seen by visiting the website — <https://hcas.website>, or by asking a committee member to check for you.

Applications for holiday rent are done via a special form built for Headway, and is available to all members.

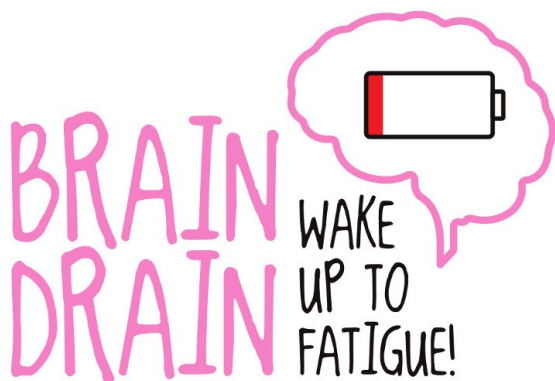
There are good bus links to nearby Whitby and Scarborough if you do not have a car, and plenty of cafes and take aways nearby if you fancy a break from cooking.

Other places to visit are PICKERING CASTLE, NORTH YORKSHIRE MOORS RAILWAY, YORKSHIRE MOORS / FOREST WALKS, and a nearby swimming pool. Not far is the BECK ISLE MUSEUM (TOWN HISTORY), SUPERMARKETS, and a TROUT FARM.

Bookings are from SATURDAY(4PM)-SATURDAY(10AM); 7 DAYS, and for HEADWAY you will need a completed certificate from the chair or treasurer to confirm membership.

Charges are just £50 (1-4 PEOPLE) AND £60 (5-8 PEOPLE) PER ONE-WEEK BOOKING MAXIMUM 8 PEOPLE PER BOOKING, SORRY NO DOGS.

## Brain Drain: Wake up to fatigue!



**ACTION FOR BRAIN INJURY WEEK 2019**

20-26 MAY

### Action for Brain Injury Week 2019 20th - 26th May

Fatigue – or excessive tiredness – is one of the most commonly experienced effects of brain injury. Indeed, it is the most commonly cited effect of brain injury reported by the 11,000 callers to our helpline each year.

Our brains control everything we do, think and feel. They are the control centre that dictates our actions and reactions, and the pace at which they happen. They are our batteries, recharged with sleep and rest.

But after brain injury, these batteries drain far more quickly and therefore need recharging on a much more regular basis – often every few hours.

Added to this, sleep problems as a result of brain injury can make it more difficult to recharge and combat fatigue.

Fatigue can affect one's recovery process and daily life. But as with many of the hidden effects of brain injury, 'pathological fatigue' can be widely misunderstood – not just by those around us, but even by the individuals themselves.

Through our *Brain Drain* campaign, we aim to give a voice to those affected, helping to raise awareness and break the stigma of brain injury-related fatigue.

Keep an eye on our website and social media channels for more details of how you can get involved, or sign up to our [Headway News – Bitesize](#) email newsletter for more news on this campaign and all the other work we're doing to improve life after brain injury.



**Headway's Justice Project wins global award!** Fri 22 Feb 2019

We are excited to announce that Headway's Justice Project and Brain Injury Identity Card has won a Zero Project Award 2019 for Innovative Practice, at a global disability conference in Vienna, Austria.



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



## Headway HERO Diary



### **Friday the 1st of March (1:00 — 3:00 pm)** **Hull Coffee Meeting**

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

### **Wednesday the 13th of March (12:00—3:00 pm)**

#### **Muttley's Headway meet up**

Muttley's Bar, Hull. HU9 1ED.

A chance to meet up, chat and to share things. Talk to friends and have a laugh.

### **Wednesday 20th of March**

#### **Our annual AGM with full reports and a forum for the plans ahead in 2019 / 2020**

#### **Evening Meeting 6:00 pm - 8:15 pm**

The Danish Church, 104 Osborne Street, Hull, HU1 2PN

### **Look ahead to Other dates for your diary:**

#### **Friday the 5th of April (1:00 — 3:00 pm) Hull Coffee Meeting** **(First Friday in the month)**

#### **Wednesday the 10th of April (12:00—3:00 pm) Muttley's meet up** **(Second Wednesday in Month)**

#### **Wednesday 17th of April Hull Evening Meeting** **(Third Wednesday in Month)**

Action for Brain Injury Week – 20th to the 26th of May 2019. Including “Hats for Headway” on Friday the 24th of May 2019

The Way Ahead Conference – (Friday 5 July - Sunday 7 July for 2019)

Race Night — Early Summer special event.



(confirmation of dates and venues each month. Watch our web pages for the latest updates)

*Special thanks to both the Danish Seamans Church and to Muttley's for their continued support.*

For news sheet issues please contact Martin at [fraggle57@live.com](mailto:fraggle57@live.com). If you have any pictures or notices that you feel would be suitable for use in this news sheet, then please send them to Martin. *Any images must be royalty free and shared with the permission of the subjects.*