



# Headway

## Hull + East Riding News

Improving life after brain injury

## Q&A with Citizen's Advice

National Free Helpline  
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We had a great evening on Wednesday 19 June 2019 at the Danish Seamen's Church. Our guest speaker, Sandra Scarth, was on hand to answer any questions raised by members of the group.

It was also great to see some new faces at the meeting, we hope you all enjoyed your evening and join us at future events.

Sandra provided a wealth of information about the services the CA (Citizen's Advice) offer, details of the funding programmes and schemes that are currently available and may benefit our members as well as providing the details of her weekly outreach sessions.

We utilised the break out room for private discussions to ensure each of our members felt safe and secure discussing their issues. The CA are on hand to help you with a variety of issues such as, assistance with benefits enquiries, debt issues, tenancy and employment queries. Please do not be shy or afraid to ask for help. We are all here to help.

Sandra has kindly agreed to attend, as a follow up, our next meeting on 17 July 2019 should anyone have any additional queries or paperwork for her to review.



We give a huge Thank You to Sandra for giving up her spare time to come along and support our group.

Please do not hesitate to contact a committee member should you have any queries or wish to book an appointment with Sandra direct. By way of a reminder, her outreach sessions are held at - Hull Royal Infirmary on a Monday and a Thursday, and at the Castle Hill Hospital every Tuesday.

citizens  
advice

## Sunflower lanyards take off for passengers with hidden disabilities.

The sunflower lanyard scheme aims to make navigating through the airport easier for people with hidden disabilities.

Often the most stressful part of a holiday is the journey. The airport environment can leave people feeling rushed, stressed and anxious. The combination of crowds, noise, navigation and making sure you're in the right place at the right time can be overwhelming.

Brain injury survivors may face additional challenges due to the hidden effects of their brain injury. Symptoms such as fatigue, memory problems, communication difficulties and impaired cognitive ability can make navigating through the airport particularly stressful.

Asking for assistance may also be more difficult, and brain injury survivors may be reluctant to explain their symptoms to airport staff out of fear of being misunderstood or unfairly judged.

Dr Clare Mills, Headway's Public Affairs Manager, said: "Headway is delighted that the sunflower lanyard scheme is being rolled out across the UK's airports and with other organisations.

"Passengers who have a hidden condition or disability, including acquired brain injury, can use a sunflower lanyard to indicate to staff that they may require additional assistance.

The use of a sunflower lanyard may also permit access to priority lanes through security, however you should check with your departure airport to confirm exactly what assistance you are entitled to.

A spokesperson for Gatwick Airport says: "If you are wearing the lanyard, staff should recognise it and understand that you have a hidden disability and that you may need a little extra help or time. However, they will not know what your particular disability is, or what challenges and issues you may face."

The process for allocating sunflower lanyards varies between airports but they can often be collected from passenger information desks. However, to ensure you get one for your journey it is advisable to inform customer services at the airport you are travelling from prior to your trip.



Manchester Airport also provides a 'Sunflower Room' to aid 'Special Assistance Guests'. Passengers can use the room to break away from the noise, bright lights and crowds of the main departure lounge.

Unfortunately the sunflower lanyards are currently only recognised within the UK. If you require assistance at your destination airport you should contact your airline or travel company for advice.

### **Beyond the airport**

Following the success of the scheme throughout UK airports, sunflower lanyards are beginning to be recognised by other transport providers, and even supermarkets.

In April 2019 London North Eastern Railway (LNER) became the first train company to [introduce sunflower lanyards](#) for passengers with a hidden disability. LNER even provide 'Sunflower Ambassadors' on their service who are trained on how best to help customers with hidden disabilities.

Sainsbury's is the first supermarket to test the initiative and, following a successful trial, has rolled it out to several of its stores across the UK. In these stores customers can collect a lanyard for free and keep it to wear whenever they go into the store.

[Find out more and see if your local store is participating by clicking here.](#)

### **Holidaying after brain injury**

If you would like information and advice regarding holidaying after brain injury, including how to manage the effects of your brain injury, visit [Safe Travels! Your holiday tips](#).

# Driving after brain injury

Although we may take it for granted, driving is a very complex activity requiring a number of cognitive and physical skills, as well as the ability to co-ordinate these. Any of these skills may be impaired after a brain injury.

## Can I drive after brain injury?

Fortunately, many people who have sustained a brain injury retain most of their previous driving abilities, and are able to return to driving soon afterwards. However, there are legal requirements which must be adhered to.

It is sensible to take precautions such as having a driving assessment, even if you feel that your driving skills remain intact. It should be remembered that a car is a potentially lethal weapon: many people with a brain injury were themselves injured in a road traffic collision.

It can be relatively straightforward to make adaptations to a vehicle in order to compensate for physical disabilities. However, the less obvious effects of brain injury – on thinking, memory, judgement, decision making and emotions – can be more difficult to overcome.

Ultimately, the decision on whether someone is safe to drive lies with the licensing authorities. This booklet explains the processes involved in reporting a medical condition and provides advice on minimising cognitive and physical impairments.

## What are the legal requirements for driving after brain injury?

If you drive and have had a brain injury, you must inform the licensing authorities. This applies to any 'notifiable' condition which could affect your ability to drive and failure to inform the authorities could result in a fine of up to £1000. It would also mean that your licence is not valid and that you would be uninsured in the event of an accident.

As a general rule, the medical standards state that after a traumatic brain injury drivers with an ordinary car or motorcycle (Group 1) licence should cease driving for 6 to 12 months, depending on factors such as post-traumatic amnesia, seizures, and clinical recovery. Other forms of acquired brain injury have slightly different rules, but if there are lasting impairments which affect driving ability then the licence is likely to be removed for a period.

However, because every brain injury is different, each case is considered on an individual basis.

Further information on the legal requirements, rules for professional drivers and how to inform the authorities is contained in the Headway booklet [Driving after brain injury \(PDF\)](#).

## Support with driving after brain injury

As your driving ability can change after a brain injury, you may need support to get back on the road.

If you are receiving the higher rate mobility component of Disability Living Allowance or the enhanced rate moving around component of [Personal Independence Payment](#), you may be able to get a car through Motability. They also have a list of accredited suppliers who can make adaptations to your car if you find it hard to operate because of a physical disability.

You might need to get an assessment before getting back on the road, to see if you are fit to drive and/or to get advice on adaptations you might need. For more information, contact [Driving Mobility](#).



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.

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## Headway HERO Diary



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

Our best wishes to those who have been able to attend

### **Friday the 5th of July (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 10th of July (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.

The annual Ward 29 Fundraiser on **Sunday the 14 July 2019**. Please come along and help raise funds for this wonderful nursing team. All funds raised will be passed to the ward. No costs will be taken out by us.

### **Wednesday 17th of July**

#### **Very special quest to talk about the Liverpool Fab Four @ the Evening Meeting**

**6:30 pm - 8:30 pm**

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

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

Muttley's Lunch. 14th of August 2019. @ 12:00 pm - 3:00 pm  
Muttley's Bar, Hull.



Evening Meeting 21st of August 2019 @ 7:00pm—9:00pm.

August meeting to be in the form of an evening meal at the Windfield Farm, Boothferry Road Hessle HU13 0JL as the Danish Seamans church will not be available.

For news sheet issues please contact Martin 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 this news sheet, then please send them to Martin.

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