



# Headway

## Hull + East Riding News

Improving life after brain injury

## Summer Meal out

National Free Helpline  
0808 800 2244



@headwayhero  
@headwayhumber



/headwayhero  
/headwayhumber



web:  
headwayhumber.org.uk



email:  
hey@headwayhumber.org.uk



Local Phone:  
07395571398

Our annual summer meal was held in August as usual but this year was at the Wingfield Farm eatery near the Humber bridge, where most people went for a traditional carvery.

Very well attended this year with 15 people able to join us, despite holidays meaning that quite a few others were unable to.

These purely social events are an important feature of our schedule, allowing people to chat and relax with friends.

I think the best challenge of the evening was when Alan decided to get the biggest pudding he could find. Boy did he succeed, and yes finish.



Looking ahead now to our Christmas meal, we will be deciding at our September main meeting, where we plan to seek a booking. So watch the news sheet.

Always friendly and often filled with laughter.

A great chance to relax with friends.

### Inside this issue:

Summer meal	1
Fund Raising Gift Aid Volunteers	2
Blue Badge extended	3
Diary Dates	4

citizens  
advice

## Fund raising in August

Our main fund raising event this summer for our own working funds, was held on Friday the 16th of August at the St Stephens main branch of Tesco's.

Sited on the exit walkway behind the tills meant that we had to be mindful of people who just wanted to go about their business, but the footfall was undoubtedly big. After a long day, we raised £297.00 and although that is down on last years summer funding events, it remains a highly commendable and very welcome boost to funds. A big well done to the fundraising team who endured such a long day for the benefit of many.

Even running a small branch headed by volunteers takes a lot of cash. If you would like to help with funding, but have been unable to attend one of our events, then please consider using the Gift Aid link which we have now set up.

## Making a Gift Aid donation or payment to Headway Hull & East Riding

To make a Gift Aid donation to Hull and East Riding, please click on the link. When you make your donation, please ensure the first line of the text says

“This donation is for Headway Hull & East Riding”, or similar.

<https://uk.virginmoneygiving.com/HeadwayHullandEastRiding>

Thank you for helping.

## Volunteering

We are entirely reliant on volunteers to run our services and promote understanding and awareness of brain injury.

Can you help us to organise and run events?  
Help to collect prizes and other donations from local businesses?

Are you a professional who can help us to shape the services that we offer and raise awareness?  
If you can help, please get in touch. We would love to see you at our September evening meeting on the 18th of September.

Many hands make light work.



# Blue Badge parking scheme extended to include hidden disabilities

From 30 August 2019, people with hidden disabilities in England will be eligible to access the Blue Badge parking scheme - something which may greatly benefit brain injury survivors experiencing less visible effects of their injury.



The changes, which already apply in Scotland and Wales, come into effect following an eight week consultation and form part of a governmental drive for greater parity between physical and non-physical disabilities.

Findings of the consultation showed that people with hidden disabilities, such as mental health problems or learning difficulties, often face similar travel challenges to those with physical impairments.

Speaking at the time about the expanded scheme, Transport Secretary Chris Grayling said:

“As a society we don’t do enough for people with hidden disabilities. I hope this change to Blue Badge guidance will make a real difference to people’s lives.”

Blue badge holders can park in designated spaces (usually closer to their destination) and can park on single or double yellow lines for up to three hours.

The new criteria extends eligibility to people who:

- cannot undertake a journey without there being a risk of serious harm to their health or safety or that of any other person;
- cannot undertake a journey without it causing them very considerable psychological distress;
- have very considerable difficulty when walking (both the physical act and experience of walking)

The updated eligibility criteria will now encompass some of the hidden effects of a brain injury - for example, when brain injury-related fatigue makes walking long distances difficult or when cognitive or psychological effects make seeking a parking space overwhelming.

How to apply:

A Blue Badge costs up to £10 in England and £20 in Scotland. It’s free in Wales.

To apply you will need the following documentation:

- proof of identity (such as a passport or driving licence)
- proof of address (such as a utility bill less than 12 months old)
- proof of benefits (if you get any)
- your National Insurance number

[Check your eligibility and apply for a Blue Badge here.](#)



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.

**Grimsby Evening Meeting** 03/09/2019 @ 5:30 pm - 7:30 pm  
Freshney Green Primary Care Centre, Grimsby North East Lincolnshire

**Coffee Afternoon Hull & East Riding (First Friday in the Month)**  
Friday the 6th of September @ 1:00 pm - 3:00 pm @ The Danish Church, Hull East Yorkshire

**Wednesday the 11th of September (12:00—3:00 pm) (Second Wednesday in the Month)**

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

Muttley's Bar, 50 Holderness Rd, Hull. HU9 1ED.  
A chance to meet up, chat and to share things. Talk to friends and have a laugh.



**Wednesday 18th of September Evening Meeting (Third Wednesday of the Month)**

**6: 30pm - 8:30 pm (18:30—20:30)**

The Danish Church,  
104 Osborne Street, Hull, HU1 2PN  
This month includes creative work, and we are please to have Sandra Scarth from Citizens Advice joining us to chat to members.

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

**Grimsby Evening Meeting:** 01/10/2019 - 5:30 pm - 7:30 pm  
Freshney Green Primary Care Centre, Grimsby North East Lincolnshire

**Hull Coffee Afternoon:** 04/10/2019 -1:00 pm - 3:00 pm  
The Danish Church, Hull East Yorkshire (First Friday in the Month)

**Muttley's Lunch:** 09/10/2019 12:00 pm - 3:00 pm  
Muttley's Bar, Hull (Second Wednesday in the Month)

**Wednesday 16th of October Evening Meeting (Third Wed of the Month)**

**6: 30pm - 8:30 pm (18:30/20:30)**

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

### **23rd October 2019.**

Major event at the KCOM Stadium:  
Raising the Barriers. All Day KCOM Stadium, Hull.  
Aimed at professionals in care and health sectors.

<http://www.headwayhumber.org.uk/2019/08/25/raising-the-barriers/>



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.

*Any images must be royalty free and shared with the permission of the subjects.*