



the brain injury associati

# HEADWAY

## Hull + East Riding

National FREE Helpline



0800 800 2244



local phone:  
07395 571398



email:



[hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)



web:  
[headwayhumber.org.uk](http://headwayhumber.org.uk)

facebook:  
[/headwayhero](https://www.facebook.com/headwayhero)  
[/headwayhumber](https://www.facebook.com/headwayhumber)

twitter:  
[@headwayhero](https://twitter.com/headwayhero)  
[@headwayhumber](https://twitter.com/headwayhumber)

<https://www.justgiving.com/page/headway-hull-and-east-riding>



**HULL & EAST RIDING  
CITIZENS ADVICE**

**Tel: 01482 226859 for specialist  
debt advice.**

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

## Support us



We rely entirely on volunteers and fundraising. Can you make a donation? Help us raise money? Are you looking for volunteering opportunities? Get in touch!

### Fundraising

As we don't receive money from local health or council services, we are reliant on kind donations from the public and local businesses, and fundraising. Perhaps you could do a sponsored event? Run a marathon, jump out of a plane, shave your head... you can do all sorts of things to raise money for us. We can provide sponsorship forms and publicity, so please get in touch in advance so that we can help!

## **Donations**

We welcome all donations, however small.

We are always humbled by the generosity of our members and local businesses. We run a number of tombolas and raffles during the year and are reliant on donations to make these work. As a result we're always on the lookout for prizes – if you have any unwanted presents or new items that you could donate, they would be very well received. These can be dropped off at Williamsons Solicitors, 45 Lowgate, Hull, HU1 1EN.

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

To make a donation to Headway Hull and East Riding, please click on the link below.

When you make your donation, please try and include the gift aid option as Headway Hull & East Riding will receive 25% more at no cost to you. You should also verify that the donation is your own money and you are not receiving anything in return for this donation.

<https://www.justgiving.com/page/headway-hull-and-east-riding>

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, get in touch.

## Ruben's Voice 2025

Ruben's Voice was set up by Ruben's Mum, when Ruben sadly lost his battle with himself and tragically decided to end his own life, at the age of 18. His family set up 'Ruben's Voice' to show anyone feeling less than OK how much help is available and that it's absolutely fine to accept the help offered. They hope to normalise talking about how we are feeling, to break the stigma surrounding mental health problems and raise awareness of the devastation caused by suicide

**The family have organised Ruben's Voice 2025 on Saturday 16th August 2025 at Ruben's Voice wellbeing Hub, Draper's Lane in Hedon, to raise awareness of suicide and the help available to anyone struggling with their mental health.**

**The family wanted to invite you to come along to promote what Headway do. There's plenty of space for a stall if you want to raise awareness or you can bring an activity to fundraise too if you want to (we have lots of tombola and sweets stalls already so a different activity would be great!).**

**They have a few 5-10 minutes slots between music performances for inspirational speakers.**

**They have had around 2000 people attending throughout the day for the last couple of years so they are hoping for a similar turnout this year, especially if the weather is kind!!**

# **What do Clinical Psychologists consider to be the potential barriers for those with Traumatic Brain Injuries accessing rehabilitation services? A thematic Analysis**

## **DClinPsy Thesis Project**

### **Do you have lived experience of Traumatic Brain Injury?**

I am looking for people to take part in a Patient and Public Involvement (PPI) focus group. This focus group would be to inform research interviewing Clinical Psychologists on the potential barriers that people with Traumatic Brain Injury (TBI) face when trying to access Neurorehabilitation services. Your opinion is vital to our research, and your involvement would help inform this study by shaping the interview questions the Clinical Psychologists will be asked.

We hope this research will help us better understand the potential barriers individuals with TBI face and possible solution to overcome this. We hope this will be helpful for tailoring services to enable more people to successfully access support.

### **What will the Focus Group Involve?**

You will be invited to take part in an online focus group lasting up to 90 minutes to help develop the interview questions. You will be asked about the wording of the questions included on the interview schedule as well as any questions not included which you feel are important and relevant to include.

**You will receive a £10 voucher as compensation for your time.**

### **Who can take part?**

**You will be eligible to take part if:**

- You have experienced a Traumatic Brain Injury.
  - over 18 years old
  - Live in the UK
  - Are fluent in English

For the purpose of this Focus Group, Traumatic Brain Injury has been defined as a blow or jolt to the head or body that has resulted in a brain injury.

People who have a brain injury resulting from stroke, brain haemorrhage, encephalitis, tumour, carbon monoxide poisoning, hydrocephalus or meningitis will not be included in this study at this time.

### **How can I find out more?**

Please get in touch by email if you have any questions and/or are interested in participating and further information will be provided.

Participant recruitment will close once the required number of participants has been reached. If you raise interest after this point, the research team will contact you to thank you for your interest and will explain that we are no longer recruiting.

### **Contact Details**

Giulia Tomassoni (Trainee Clinical Psychologist): [gtomassoni2@sheffield.ac.uk](mailto:gtomassoni2@sheffield.ac.uk)

**The project has been ethically approved by the School of Psychology, University of Sheffield [reference number: 067445]. This means that it has been agreed that the project is safe to be conducted.**



**URGENT  
APPEAL  
2025**

**There's still time to make your donation and help ensure more brain injury survivors can access the support they need, for as long as they need it.**

With someone being admitted to a UK hospital with a brain injury every 90 seconds, the need for specialist, compassionate support has never been more vital.

Here at Headway UK, I'm privileged work alongside a team absolutely committed to ensuring those affected by brain injury get access to the support they need.

Our [services](#) provide an invaluable lifeline, offering support for [survivors like Eli](#), loved ones, carers and professionals, for all stages of brain injury.

If you've already made a donation to our Urgent Appeal – **thank you, so very much**. By supporting Headway UK, you are ensuring those affected by brain injury get access to the support they need.

And if you've yet to [make your donation](#), there's still time. **Being able to rely on expert help – like the services we offer here at Headway UK – has never been more needed**. But raising the money to keep our services running has also never been harder, so every penny really does make a difference.

**Your gift today will help ensure more brain injury survivors, and their loved ones, can face tomorrow safe in the knowledge that the dedicated support they depend on is there – when they need it, for as long as they need it.**

On behalf of everyone here at Headway UK, thank you.



On Wednesday, Luke Griggs Chief Executive of Headway, had the honour of launching our new report, [When funding fails](#), at a parliamentary reception hosted by Sir John Hayes MP, Chair of the All-Party Parliamentary Group on Acquired Brain Injury.

See what Luke has to say about the funding fails: report launched in parliament

I outlined the funding pressures on community brain injury services provided by local Headway charities as well as the impact on survivors and families, calling for urgent action from the government to address chronic underfunding, delays in assessments, and issues with a general lack of understanding of brain injury among commissioners.

The event was very well attended, and I was delighted to see several colleagues from local Headway charities and branches, alongside campaigners from other charities, NHS professionals, and parliamentarians at the event.

We also heard from Dr Alyson Norman and Dr Hope Kent who introduced their powerful report that quantifies the cost to the UK economy of brain injury at an incredible, yet conservative, £43 billion!

Moving testimony was provided by four young people who are living with brain injury and are supported by N-ABLES, which was set up to identify ways to support all education professionals in gaining a minimum level of awareness and understanding of brain injury.

## **ABI Strategy update**

Sir John Hayes also provided a positive update relating to the government's long-awaited ABI Strategy.

Ashley Dalton MP, Parliamentary Under-Secretary of State for Public Health and Prevention, will be meeting with Sir John Hayes and the APPG in September to discuss progress with the strategy, now referred to as the ABI action plan.

This follows a letter from Minister Dalton to Sir John, in which the government confirmed: "We intend to develop an acquired brain injury (ABI) Action or Delivery Plan, with input from NHS England and other Government departments, to be published in autumn 2025. The 10-Year Health Plan will provide the overarching plan for the future of the National Health Service, and a subsequent ABI Plan would then focus on specific actions and deliverables for ABI against the backdrop of the 10-Year Health Plan."

## **Back-bench debate**

A further piece of positive news is that the APPG has secured a 90-minute back-bench debate on brain injury. Such debates provide an excellent opportunity to raise awareness within parliament and hold the government to account on the actions required.

Ahead of the debate, which is likely to take place in September, we will be asking all local Headway charities and branches to write to their constituent MPs to ask them to not only attend the debate, but also to speak at it.

This is a great opportunity for your MP(s) to highlight the urgent need for sustainable funding solutions to be identified without any further delay.



With over 100+ exhibitors, this event provides access to equipment, products, support, advice, information on services and much more. Running alongside the exhibition there is always a full programme of free CPD accredited seminars on a range of topics delivered by renowned experts in the field of disability and additional needs. We also have a range of interactive activities such as wheelchair skills training, adapted gaming area, fun zone, soft play and the Connection Hub, where you can connect with other families and access support from the charity Contact.

Kidz to Adultz Middle is more than just an exhibition; we're a community of all ages with disabilities and additional needs and those who care for them. Our goal is to create an inclusive and supportive environment to discover the latest products and services, gain insights from industry experts and make lasting connections .

## Where is Kidz to Adultz North?

ACC Liverpool, Port of Liverpool, Kings Dock st, L3 4FP

Wednesday 3rd December 2025

9:30am to 4pm



### General admission

All members of the public can attend this exhibition free of charge once registered

[REGISTER FOR FREE](#)



### Exhibitor admission

To exhibit at this event just register and complete your exhibition requirements

[BOOK A STAND](#)

## **Join us at Kidz to Adultz North – the unmissable exhibition at our brand-new venue, ACC Liverpool!**

This year's event is bigger, better, and more accessible than ever before. Kidz to Adultz North is a free exhibition dedicated to children and young people with disabilities and additional needs, their families, carers, and the professionals who support them.

Explore a huge range of exhibitors showcasing the latest products, equipment, and services designed to support independence and improve quality of life. It's a fantastic opportunity to meet suppliers face-to-face, ask questions, and try things out in person.

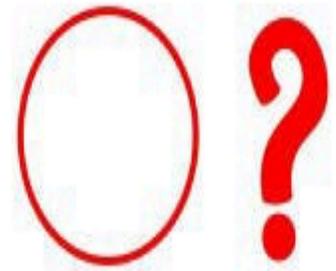
Free CPD seminars will also run throughout the day, covering key topics for healthcare professionals, carers, and families – from education and mental health to mobility and transition planning.

Plus, there's plenty for young people and families to enjoy! Don't miss our Soft Play Area – the perfect place to take a break and have some fun.

Admission is completely free, so come along and discover what's new, connect with like-minded people, and leave feeling informed and inspired.

Be part of the biggest Kidz to Adultz North yet – now at ACC Liverpool.

We can't wait to welcome you!



**FIND 10  
DIFFERENCES**



# 8 DELICIOUS SUMMER MOCKTAILS



## VIRGIN MOJITO

10 fresh mint leaves  
1/2 lime, cut into 4 wedges  
1 tablespoon sugar  
1 cup ice cubes  
1/2 cup club soda



## CUCUMBER MINT COOLER

1/2 cucumber, sliced  
8 fresh mint leaves  
1 tablespoon honey  
1 cup sparkling water



## STRAWBERRY LEMONADE

1/2 cup fresh strawberries,  
hulled and sliced  
1/4 cup lemon juice  
2 tablespoons simple syrup  
1 cup cold water



## SPARKLING BERRY LEMONADE

1/2 cup mixed berries  
(blueberries, raspberries)  
1/4 cup lemon juice  
2 tablespoons agave syrup  
1 cup sparkling water



## PEACH ICED TEA

1 peach, sliced  
1 cup brewed black tea,  
chilled  
2 tablespoons honey



## BLUEBERRY BASIL LEMONADE

1/2 cup fresh blueberries  
4 basil leaves  
1/4 cup lemon juice  
2 tablespoons simple syrup  
1 cup cold water



## CITRUS SPARKLER

1/2 cup orange juice  
1/4 cup lemon juice  
1 tablespoon honey  
1 cup sparkling water



## VIRGIN MARY

1 1/2 cups tomato juice  
1 tablespoon lemon juice  
1 teaspoon Worcestershire  
sauce  
1/2 teaspoon hot sauce  
Pinch of celery salt



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](mailto: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

### Headway Hangouts

**Our Headway Hangouts will be held at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated**

Friday, 1<sup>st</sup> August  
1.00pm – 3.00pm **Headway Hangout**

Wednesday, 20<sup>th</sup> August  
6.00pm – 8.00pm **Headway Hangout**

Friday, 5<sup>th</sup> September  
1.00pm – 3.00pm **Headway Hangout**

Wednesday, 17<sup>th</sup> September  
6.00pm – 8.00pm **Headway Hangout**

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:**

twitter: @headwayhero @headwayhumber  
facebook: /headwayhero /headwayhumber

We are grateful to Williamsons Solicitors, who have sponsored the printing and postage of this Newsletter.