

# HEADWAY Hull + East Riding



National FREE Helpline

 **808 800 2244**

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



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@headwayhero  
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<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**



Headway ABI Week Campaign will run from 18<sup>th</sup> – 24<sup>th</sup> May 2026 which will focus on isolation after brain injury.

Please watch out for further information in future Newsletters.

# Headway UK responds to Chancellor's limited Spring Statement



Chancellor Rachel Reeves spoke to MPs in the House of Commons, outlining key economic forecasts for the year ahead.

Her statement was a relatively low-key affair with no major announcements of tax or spending changes.

This follows last year's Spring Statement where the Chancellor announced significant cuts to welfare spending, including Personal Independence Payments (PIP). The Government has since backed away from this, instead announcing ongoing consultation work with stakeholders.

Due to the low-key nature of the statement, there were unfortunately no announcements on much-needed investment in community-based rehabilitation services provided by local Headway charities.

However, [the Government stated that an expected fall in spending on government debt interest will enable more spending on services such as the NHS.](#)

The Statement comes ahead of the UK Government's proposed Acquired Brain Injury Action Plan, which has been delayed. Publication is now planned by the end of June.

We are working alongside the Department of Health and Social Care, pushing for this to deliver meaningful change.

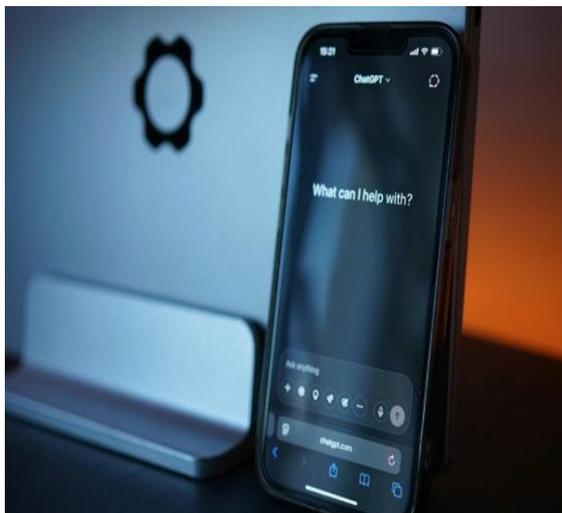
## Health Minister resigns

Separately, the Department of Health and Social Care minister responsible for ABI has stepped down from government. Ashley Dalton MP, who has advanced stage cancer, wrote to the Prime Minister on Monday, saying that she will focus on her treatment while supporting her constituents from the backbenches. We thank her for her service while serving as Parliamentary Under-Secretary of State for Public Health and Prevention.

Headway Parliamentary Champion, and supporter of Headway Wearside, Sharon Hodgson MP has since been announced as the new minister responsible for acquired brain injury. Headway UK Chief Executive Luke Griggs has welcomed her to her government role.

We look forward to working with Minister Hodgson to ensure the ABI Action Plan delivers meaningful change for brain injury services and the network of Headway charities and volunteer-led branches.

## Using AI after brain injury



AI used to be a term you'd hear mainly in sci-fi movies, but now it's everywhere and is starting to impact society in very real ways.

In simple terms, AI refers to machines performing tasks that usually require human intelligence.

Many people agree that current AI systems like ChatGPT and Gemini can, in some cases, match or even surpass human ability.

It's remarkable how much progress has been made in just the last 12 months, and that progress is accelerating. The potential of AI is hugely exciting and offers real opportunities for people to achieve more. But alongside that come genuine concerns and, as is often the case, those concerns can be felt more acutely by those affected by conditions such as brain injury.

This article introduces AI as a tool that could help to support independence after brain injury, making simple suggestions for some things you can try to unlock its potential. There are no doubt many exciting ways that AI is being used across the brain injury community, and we'll explore more in future!

## How can AI help me?

AI has the potential to help in several areas – its ability to understand natural language, correct spelling, and respond to voice commands makes it more accessible than many traditional apps.

For example, typing things like “subarachnoid haemorrhage” correctly might be daunting, but AI can help with spelling and understand complex terms. That said, not everyone finds AI easy to use. For instance, some people with communication challenges like aphasia have told us about the barriers they face.

Here are a few ways to explore its potential:

### Improving written communication

Write an email or message, then paste it into your chosen AI tool and ask it to improve clarity or tone. You can also try this the other way around – telling AI what you need, then refining the results.

### Organising daily tasks

If you’re feeling overwhelmed by your task list, enter it into an AI tool and ask for help with priorities and structure. Alternatively, tell AI what you want to achieve and ask it to create a list of simple steps to get there. You can even mention your brain injury and ask it to consider things like fatigue and memory.

### Supporting job applications and forms

Start by explaining what you need – for instance, by uploading a job description and application form, or pasting a link to a website. Then add your responses and ask AI to help shape them into a strong response. You can go back and forth until you’re happy with the result.

### Exploring specialist AI tools

Some AI platforms offer tailored tools for specific needs. On ChatGPT, for example, the “GPTs” section includes a range of options, from “Scholar GPT” for research to “Planty” for gardening advice!

## What do I need to watch out for?

### Be yourself, be authentic

Whether you're messaging friends or applying for a job, your voice matters. Use AI as a helpful assistant, not a replacement. People want to hear the real you, and especially in job or benefits applications, you'll need to back up what you've written.

### Practise writing AI prompts

A prompt is the question you ask an AI tool. There's a knack for writing them in the best way to get a quality result, so search online for prompt-writing tips and practise until you're happy.

### AI doesn't replace humans

AI is a powerful tool, but it's not a substitute for expert advice – and it has real trouble saying 'I don't know'! For health concerns, speak to a medical professional. For benefits or employment support, consult a specialist. And for emotional support or guidance, friends, family, and Headway services are irreplaceable.

### Protect your privacy

Free AI tools may offer less data protection than paid versions. Just like anything on the internet, stick to trusted platforms.

Search engines like Google are increasingly using AI to generate quick answers. While this might be great for simple queries like 'how to boil an egg', it's riskier for health-related questions.

AI tools are trained on vast amounts of online content, so they can get things wrong – and just like humans, may put two and two together and reach five! These errors are known as "AI hallucinations", which are not always easy to spot.

Always check and edit AI results before using them. We recommend using trusted sources like [headway.org.uk](https://www.headway.org.uk), [nhs.uk](https://www.nhs.uk), and [gov.uk](https://www.gov.uk).

When using AI-generated search results, click through to the original sources and verify the information. And if you're unsure, speak to a professional – don't forget the [Headway UK helpline team](#) are here to help!

### Working in harmony

In case you're wondering – yes, a human wrote this article. Then we asked Microsoft Copilot AI to check it, and it did a great job of improving the clarity and reducing the word count. Finally, the Headway UK Communications Team gave it a few rounds of good old-fashioned proofreading. AI also suggested the title – what do you think of the result?

If you've had experiences with AI after brain injury, we'd love to hear from you. Email Andrew on [headofdigital@headway.org.uk](mailto:headofdigital@headway.org.uk) to tell us how it's worked for you.

# Headway Carers Week Competition



the brain injury association

**Carers Week**  
8<sup>th</sup> - 14<sup>th</sup> June 2026

# 1

Write or record a poem, haiku or ditty that demonstrates your appreciation of your carers.

We'd love to hear poems from a carers perspective too.



# 2

Send your entries, videos or quotes to:

[marie.peacock@headway.org.uk](mailto:marie.peacock@headway.org.uk)



# 3

First, second and third places will all feature in Headway News, the Headway website and social media platforms.

Videos will also appear on our social media throughout Carers Week



The closing date for the competition is  
Sunday 3<sup>rd</sup> May 2026



# St. Patrick's Day

## Word Search Puzzle

G M Q M J E P O J Z H K H C  
Y R C E L E B R A T E G W D  
V J E P O T P H N K O Z E T  
J D U E A X I O G L C F P P  
I V N V N I P R O V O F A A  
M A G I C U E S L Z I X Y T  
G E A N F A O E D R N U X R  
O K M A R C H S W X S D E I  
O L E P R E C H A U N V S C  
D D X K R Q A O C H O F H K  
L N Y F S Y P E N L J S J F  
U M V Q J Y T N C S U Y J J  
C R D V W A G I R E L A N D  
K P B Q H N R A I N B O W U

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND





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**

Wednesday 18<sup>th</sup> March

6pm-8pm

**Headway Hangout**

**Easter Egg Decoration**

Friday 3<sup>rd</sup> April

NO MEETING TAKING PLACE

**NO MEETING – BANK HOLIDAY**

Wednesday 15<sup>th</sup> April

6pm-8pm

**Headway Hangout  
Games Night**

Friday 1<sup>st</sup> May

1pm-3pm

**Headway Hangout  
Hat Making for Hats for  
Headway**

Wednesday 20<sup>th</sup> May

6pm-8pm

**Headway Hangout  
Coffee Meeting**

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**

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