



OCTOBER 2026

HEADWAY

Hull + East Riding

National FREE Helpline

0808 800 2244

Local phone: 07395 571398

Email

hey@headwayhumber.org.uk

Web

headwayhumber.org.uk

Facebook

[/headwayhero](#)

[/headwayhumber](#)

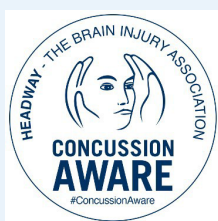
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[https://www.justgiving.com/page/](https://www.justgiving.com/page/headway-hull-and-east-riding)

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HULL & EAST RIDING CITIZENS ADVICE

Tel: 01482 226859 for
specialist debt advice.

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

BOWLING NIGHT

Come and enjoy a night out
at the bowling!

**Wednesday 25th November at
6.00pm**

Superbowl Bowling
Princess Quay, Hull



WILLIAMSONS
SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

With special thanks to Williamsons
Solicitors for sponsoring the production,
printing and posting of this Newsletter.

Your Space session

Dr Rodger Weddell

Consultant Neuropsychologist

NEW SESSION DATE

Tuesday 27 October 2026

2:00pm Up to 90 minutes

Topic

Understanding traumas arising from brain injury and things that we know tend to resolve them

Rodger will begin with some thoughts on the topic, followed by a friendly group discussion where people can share their experiences, challenges and ideas, if they would like to.

This is a safe and supportive space where you can listen, join in, or simply be there with others who understand. You are never expected to share more than you feel comfortable with.

Join the Teams meeting

Please click the link just before the session starts:

<https://teams.microsoft.com/meet/340752135866851?p=QuzVFY2Qm5MGyWCuqf>

Meeting ID: 340 752 135 866 851 Passcode: 7XP7xV9e

About the change of date

We're sorry for any inconvenience caused by the change of date and hope the new date will still be convenient for you and your members.

Please feel free to share this updated invitation with your members, and please disregard the previous invitation for Tuesday 6 October.

We hope you'll be able to join us for what promises to be an interesting, welcoming and supportive conversation.

Safeguarding Adults Week 2026

Free online seminars

We will be running a series of free online seminars throughout Safeguarding Adults Week. Each will explore some of the week's key themes, along with our focus on Every Voice and Every Choice.

Monday 16 November

- | | |
|----------|--|
| 10:00 am | <u>Safeguarding Adults Week 2026 Official Launch - Safeguarding Starts With Listening</u> |
| 11:00 am | <u>Camphill Village Trust: 'All the people that are important to me work together': Collaboration between families, carers and the people they support.</u> |
| 12:00 pm | <u>OXIL Research share the latest findings from their research into financial abuse</u> |

Tuesday 17 November

- | | |
|----------|---|
| 10:30 am | <u>Planning Ahead: How Lasting Power of Attorney Can Protect Voice, Choice, and Autonomy - With Office of the Public Guardian</u> |
| 12:00 pm | <u>The Where I Want to Live Toolkit: Moving beyond assumptions and enabling informed decision-making</u> |
| 3:00 pm | <u>The Ann Craft Trust: <u>Challenging Identity: How does intersectionality impact our capacity to make safeguarding personal?</u></u> |

Safeguarding Adults Week 2026

Free online seminars continued

Thursday 19 November

10:30 am **Dementia Carers Count:** Professional Curiosity: Improving support, safeguarding and outcomes with **Dementia Carers Count**

12:00 pm Professional Curiosity in Practice: Recognising and Raising Concerns About Attorneys and Deputies - Q&A with **Office of the Public Guardian**

Friday 20 November

11:00 am **UK Sports Institute:** Listening to and learning from victims of abuse

7 practical tips for managing visual problems after brain injury

Simple adjustments and support can make everyday tasks feel safer and more manageable.

Brain injury can affect how the brain processes and interprets visual information. Difficulties vary, so the right support may be different for each person.

1 Try adjusted glasses or lenses

An optician may be able to help with less complex problems, including double vision.

2 Use accessible technology

Increase text size or contrast, adjust brightness, or use a screen reader to aloud.

3 Use visual prompts

Prompts may help with visual neglect. For face blindness, notice non- as voice or hairstyle.

4 Slow down

Take tasks at a gentler pace, particularly if you experience dizziness or balance difficulties.

5 Contact social services

Your local authority may advise on personal care, shopping support or help you move around safely.

6 Consider guide-dog support

If getting around safely is difficult, seek advice about whether a guide dog is suitable. Remember, it is a major commitment.

7 Ask for help

Family, friends and people you meet day to day may be able to assist. A Headway Brain Injury Identity Card may also help explain your needs.

Need information or support?

Headway helpline: 0808 800 2244

Monday to Friday, 9am-5pm

Scan for the full Headway article



Steve's story

From brain injury professional to survivor

Diagnosis, treatment and adapting to life after a brain tumour.



"I recognise that I won't ever be the person I was, but it's been a very gradual acceptance."

Before the diagnosis

Steve worked in brain injury rehabilitation, arranging therapies and helping survivors with practical goals such as returning to work.

When something changed

In 2021, Steve noticed his right foot beginning to drag. His mobility continued to worsen, but early appointments did not provide a useful diagnosis.

As his health deteriorated, his wife called NHS 111 during the night and they went to A&E. A CT scan revealed a large tumour on the left side of his brain, identified as a meningioma.

Treatment began

Steve was admitted and given steroids. Two weeks later, the tumour was removed. He immediately noticed an improvement and could move his foot again.

A biopsy identified a Grade III meningioma. Because of the risk of recurrence, Steve then underwent radiotherapy.

Life after treatment

The treatment affected healthy brain tissue. Steve describes memory difficulties, problems with balance and proprioception, word-finding difficulties and fatigue.

He also lives with focal epilepsy affecting his right arm and leg. He underwent a hip replacement after developing osteonecrosis, described as a side effect of steroid treatment, and a hand tremor makes signing his name difficult.

A change for the whole family

Steve explains that the experience has affected those around him. His wife has taken on a caring role and his son now runs the business Steve established.

His professional background gave him insight into brain injury, but living with its effects brought a different understanding. Acceptance has been gradual, and uncertainty remains.

Looking ahead

Steve says he is not "out of the woods" and there is still uncertainty. However, he reports a marked improvement and intends to keep moving forward.

Support and further reading

Headway helpline: 0808 800 2244
Monday to Friday, 9am-5pm



Scan to read Steve's full story

10 ways to cope with stress after brain injury

Practical ideas for survivors, families and carers



Stress is a normal response, but brain injury can make recognising, managing and regulating stress more difficult. Small, realistic changes can help reduce pressure and build a more manageable routine.

1 Identify your triggers

Keep a stress diary to notice patterns, anticipate difficult situations and plan possible solutions.

2 Try suitable physical activity

Activity may ease fight-or-flight symptoms. Choose something appropriate for your recovery and abilities.

3 Protect your sleep

Aim for a regular bedtime and create a calming wind-down routine before sleep.

4 Avoid unhealthy coping habits

Do not rely on alcohol, caffeine or smoking. A balanced diet may also support mood.

5 Practise relaxation

Breathing, meditation or mindfulness may help. Speak to your GP about suitable local support.

6 Talk to someone

Sharing worries with someone you trust can release tension and help put problems into perspective.

7 Organise your time

Prioritise, use a written list and break larger jobs into smaller, manageable steps.

8 Learn to say no

If your workload is too much, use a prepared phrase to decline extra responsibilities gently.

9 Make time for enjoyment

Build in activities you value, whether socialising, reading, relaxing or attending a local Headway group.

10 Be kind to yourself

Recovery and adjustment take time. Notice what you have achieved rather than focusing only on difficulties.

Need further support?

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Monday to Friday, 9am-5pm



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HALLOWEEN

Word search



Find and circle the 12 Halloween words below.

Words go across or down. No backwards or diagonal words.

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

WORDS TO FIND

BAT
BROOM
COBWEB
COSTUME

GHOST
MAGIC
MOON
OWL

PUMPKIN
SPIDER
SWEETS
WITCH



HALLOWEEN FUN

A little treat, a little laugh and a puzzle to try

Mini pumpkin satsumas

You'll need

Satsumas and a piece of cucumber.

1. Peel the satsumas, keeping them whole.
2. Cut the cucumber into short, thin sticks.
3. Pop a stick into the top of each satsuma for a pumpkin stalk.



Ask for help with chopping if needed. Check ingredients suit your dietary needs.

A little laugh

What do you call a witch
at the beach?

A sand-witch!

Why did the ghost take
the lift?

It couldn't face the stairs!

Spooky word scramble

Rearrange the letters to make three Halloween words.

TSHOG

TCHWI

NIKPUMP

Answers: GHOST, WITCH, PUMPKIN



Headway Hull + East Riding

Diary and community news

About us

Headway HERO is your local branch of Headway, a national charity providing information and support for people with brain injuries, 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

Newsletter contributions

Contact Wayne: hey@headwayhumber.org.uk. Please send suitable pictures or notices. Images must be royalty-free and shared with the subjects' permission.

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

3rd November
9.00am – 4.00pm

Hulk University Staff House

6th November
1.00pm – 3.00pm

Headway Hangouts Games & Hotdogs

18th November
6.00pm – 8.00pm

Headway Hangouts Christmas Crafts

25th November 2026

BOWLING – Superbowl Princes Quay

4th December
1.00pm – 3.00pm

Headway Hangouts Christmas Crafts

16th December
6.00pm-8.00pm

Christmas Party

Headway needs you!



Could you make tea, chat with members, help with publicity or fundraising, run social events, signpost to local services or produce the newsletter?

We would love to hear from you. Phone the local mobile number or email.

Your newsletter

To stop postal copies, phone the number on the front page. If you now have an email address and would like online session updates, including Yoga and webinars, let us know so we can update our records.

Your privacy and GDPR

Thank you for sharing your email and contact details with Headway Hull + East Riding. We use them to keep in touch about group activities and for communication between the committee and you. We will not pass them to third parties.

Your information is kept safe on our password-protected group list, and your paper contact form is also kept safe. Please contact us with any questions or concerns.

Best wishes,

Headway Hull + East Riding Committee

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