

HEADWAY HULL + EAST RIDING

www.headwayhero.org.uk



the brain injury association
Registered Charity Number: 1025852

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April 2011

The following were elected at the AGM: Chairman – Peter Duffus, Treasurer – Alison Rowlands and Secretary – Lesley Saunders. The Members Committee is made up of: Alison Rowlands, Lesley Saunders, Andy Kemp, Sarah Pether, Carole Dransfield, Ann and Dave Burdall, Kay Nicholson and Liam Spence. Thanks to everyone for your willingness and enthusiasm towards expanding our events and reaching more people across the county.

Chairman's and Secretary's Reports will shortly be available on our website (or from Lesley if you don't have internet access).

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Friday 25 March – The Royal Hotel, Hull. – Carer's Event. Carole and Lesley took the Headway information notice boards and leaflets. They spoke with members of the public and "networked" with representatives from other charities and services.

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LOCAL HEADWAY DIARY

Tuesday 5 April – BIRT, Goole – Alison and Lesley, along with reps. from Headway Grimsby, have a meeting with Hilary McDaid, Service Manager of the Goole Neuro Rehab Centre. A chance to exchange information and update our knowledge of the intensive rehabilitation service offered, along with the new transitional living facility at 22 Clifton Gardens, Goole.

Friday 8 April, 10am – 2pm – North Bank Forum Database Launch – St. John Ambulance HQ, Citadel Way, HU9 1TQ. Carole, Alison and Lesley will man a Headway stand. The Database and Google maps innovation is intended to provide a comprehensive list of the range of services across the city delivered by voluntary groups such as ourselves.

Friday 8 April, 1.30pm - HYMS, Hull University Campus. Andy, Carole, Lorraine, Martin, Ann and Dave will talk to psychology students at the Hull & York Medical School. After all the theory, this afternoon is usually the first time students actually meet brain injured people, their families and carers.

No, we aren't capable of being in two places at once (not just yet). Alison will stay on at the NBF event whilst Carole and Lesley will head off to HYMS for the afternoon talk.

Monday 11 April, – 7 to 9pm - Centre 88, Saner Street, off Anlaby Road, Hull. **Presentation on Challenging Behaviour following Brain Injury.** We are expecting a really good evening with Catherine Derbyshire and Selen Selvachandran. We look forward to lively discussions and sharing the different ways we manage. **Do come and have a cup of tea with us.** You can just sit and listen but it is more than likely you will find you are amongst understanding people who may even have ideas you will find helpful – not a magic bullet solution to everything but a fresh approach you might not have thought of. It's also very likely that you have developed your own way of dealing with a particular problem and can share this.

Saturday 16 April at Centre 88, Saner Street, off Anlaby Road, Hull. Regional Headway meeting 10.30am – 3.00pm (including lunch break). We will host. If you can help please let Lesley know.

P.T.O.

Monday 9 to Sunday 15 May – Action for Brain Injury Week

Wednesday 11 May – Wear a “Hat for Headway” and come along to our special Fashion, Food & Flowers Day at Howden Shire Hall – information poster on separate sheet. Tickets are selling well but we would welcome a few more Headway members.

Friday 20 May, – 7pm - The Belmont Club, Hull – social fund raising evening. An entertainer, bingo and a raffle. Raffle prizes would be appreciated. Thanks to Carole, Ralph and Margaret who have already brought some along.

14 April 10am-4pm - Neurological Education Day to be held at The Octagon, Walker Street, Hull, HU3 2RA

A study day aimed at providing information about neurological conditions to generic health and social care providers – email flyer/booking form attached.

Workshops on: Pain Management and spasticity issues Cognitive issues and sexual behaviour issues
Communication and swallowing issues Psychological and emotional impact of living with a neurological condition.

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Headway UK

Virgin London Marathon 2011

Headway Pasta Party – Saturday 16 April. There are over 100 people running for different Headway Groups. Runners, their families and friends are invited to the Headway Pasta Party from 5pm at YHA Thameside (20 Salter Road, London SE16 5PR).

Cheering Station – Sunday 17 April. Located just outside the YHA (approximately mile 11). Everyone is welcome to join Headway runners’ supporters, families and friends. You don’t even need to know any runners personally. Refreshments will be available from the hostel throughout the day.

Free Headway t-shirt! Anyone who joins in at the Headway Cheering Station will receive a free Headway t-shirt. To ensure you receive the right size just let Lesley know that you intend coming along and what size you require.

Directions

By underground: From the Jubilee Line change onto the Overground line at Canada Water and travel one stop north to Rotherhithe. Turn left out of the station, the hostel is approx 500m away.

Link to YHA Thameside on Google maps: Southwark, London SE16 5PR

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The Way Ahead weekend 2011 – Friday 8 July from 2pm to 12 noon approx on Sunday 10 July – The University of Leicester

Price for Headway members:

Full weekend including meals costs £130 per person if booked prior to 29 April (£160 thereafter).

Lesley has booking forms. **PLEASE LET LESLEY KNOW AS SOON AS POSSIBLE IF YOU ARE INTERESTED. We are looking to try to help finance members to attend.**

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Are you looking for adventure? Click [here](#) to see Headway marathons, treks, cycle rides and more – go on, challenge yourself to do something different in 2011!

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See separate sheet for Fashion, Food & Flowers ...

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In Brain Injury Awareness Week we invite you to wear a “Hat for Headway” and welcome you to a very special charity fund-raising day of:

Fashion, Food and Flowers

Wednesday 11 May 2011

at

Howden Shire Hall

morning coffee served from 10.15 am, close 3.30pm approx.

**Fashion – Wat’s On, Willerby Road, Hull*

Lunch – Kathryn Holder, Asselby

***Flower Arranging – Rosalind Walker of Lund*

Ticket: £27.50 including morning coffee and lunch.

Raffle

Lunch Menu:

Home made Savoury Quiche and Roast Ham, served with mixed leaf green salad, tomato salad, coleslaw and new potatoes dressed with lemon and olive oil

Seasonal Pudding

Coffee and mints

Tickets available from: Lesley (07538319716)

Tables seat 6/8/10 – bring your friends and make up a table.

All profits to: Headway Hull + East Riding. Supporting people with head injuries, their families and carers. Monthly Newsletters and meetings provide information, training and a chance to meet socially. Also lobbying to improve services across the county.

Wearing a “Hat for Headway” is light-hearted and not compulsory but the serious aim is to urge everyone to wear the appropriate protective headgear whether cycling, skiing, horse riding, skate boarding... ..

***We are delighted to have this unique opportunity to see Wat’s On fashions in Howden.**

****We are also very pleased that Rosalind has agreed to demonstrate her wonderful flower arranging skills for us once again.**