



the brain injury association

April 2013

Hull + East Riding Organisation

# Headway News

Hull + East Riding

improving life after brain injury



**twitter:**  
@headwayhero



**facebook:**  
/headwayhero



**web:**  
headwayhero.org.uk



**email:**  
headwayhull@talktalk.net



**call lesley:**  
01430 430720  
07538 319716



**call alison:**  
07799 000067



**national helpline:**  
0808 800 2244

## A new year for Headway HERO

We held our AGM on 20 March 2013, and were pleased to once again welcome our new regional coordinator Cerys Long.

This year we created a new post of Vice Chair, in addition to the existing officer roles of Chair, Secretary and Treasurer.

We also continue to have a supportive members committee, and special thanks go to Shaun, Ann, Dave, David and Susie who all put themselves forward for the members committee this year.

2013 will be another exciting year for Headway HERO. We will continue to offer our existing services to people in Hull and the East Riding, and our secretary Lesley will continue to work tirelessly to help anyone who gets in touch.

We are also continuing our plans to set up a drop in centre in Hull, where anyone affected by brain injury can call in for help and advice. Of course, we will keep everyone up to date via the Newsletter.

Your new committee for 2013/4 is:

- Chair:  
Peter Duffus
- Vice Chair:  
Rebecca Dixon
- Treasurer:  
Alison Rowlands
- Secretary:  
Lesley Saunders

Special thanks go to Shaun, Ann, Dave, David and Susie who all put themselves forward for the members committee.

### Inside this issue:

Raffle Success	2
ABI week plans	2
Help us save newsletter costs	3
Centre 88 cutbacks	3
Social evening update	3
Diary	4
Research helpers needed	4

## Benefits system: all change

The first wave of changes to the benefits system take effect this month, and Headway HERO will shortly be publishing a factsheet produced for us by Stewarts Law LLP which summarises the main changes.

The DWP are trying to keep up with the

changes, and launched a new toolkit for Personal Independence Payments on Monday 8 April, which you can find here: <http://www.dwp.gov.uk/publications/specialist-guides/pip-toolkit/>

If you have any concerns about your benefits, get in touch. You

can also obtain independent, confidential and free legal advice from the Hull Community Legal Advice Centre:

01482 317 420  
[advice@hullclac.co.uk](mailto:advice@hullclac.co.uk)

drop in:  
Essex House,  
Manor Street, Hull,  
HU1 1YU.

## Raffle at Saltmarshe Hall Masquerade Ball

Headway HERO was chosen to benefit from the raffle at the Saltmarshe Hall Masquerade Ball, held on Saturday 23 March.

Thanks to everyone's generosity, we raised a fantastic **£611** for Headway HERO.

We'd like to say a huge thank you to Kate and Roland Whyte, owners of Saltmarshe Hall, for inviting us to hold the raffle at the launch of their new Wedding/Conference venue.

We would also like to say thank you to the raffle prize donors:

- Apple iPad - Irwin Mitchell, solicitors\*.
- Family Photo session and framed photo worth £100 - Rebecca Jane Photography.
- £50 worth of John Lewis/Waitrose vouchers - Catherine Saunders.



*Lesley and Rebecca at the Masquerade Ball, recovering after selling hundreds of raffle tickets.*

- Bottle of Champagne and Port - Andrew Jackson, solicitors.
- Bottle of Champagne - Stewarts Law, solicitors\*.
- £20 voucher - The Bridge Bar and Bistro, Howden.
- Floral arrangement - Milners Florist, Goole.
- Original Artwork - The Blackbird Gallery, Howden.
- Bottles of whisky and wine, chocolates, chocolate cherry liqueurs and large cuddle Teddy Bear - Headway members and supporters.
- Everyone who bought the raffle tickets.

*\*Signatories to the Headway Personal Injury Lawyers Code of Conduct*

**“ We'd like to say a huge thank you to Kate and Roland Whyte, owners of Saltmarshe Hall”**

## Action for brain injury week: get ready!

Headway's annual Action for Brain Injury (ABI) week will take place 13-19 May 2013.

It will see the launch of a positive campaign aimed at GPs to assist them with diagnosing and appropriately signposting patients and carers affected by the often hidden aspects of brain injury.

It's also an opportunity for all groups and branches to host events and raise awareness in their local area.

Hats for Headway is back, and we're inviting everyone to take part too. It's very simple, just pick a day during ABI week and get everyone to pay a few pounds to wear a hat, with all proceeds going to support Headway.

Why not get your school, office or organisation to sign up? You could even organise an in-house competition among your friends or colleagues to see who has the biggest, brightest, wackiest or weirdest hat.

You can download posters from [www.abiweek.org](http://www.abiweek.org).

Don't forget to send us your pictures!

## Reading on a computer or smart phone?

Can you help us save costs or spread the Headway message?

Over 200 people receive our newsletter each month. Most of these are emailed out instantly to those with access to the internet, but we still send about 60 copies out in the post. This can be an expensive exercise as we need to cover print, paper and postage costs, but we are happy to keep providing paper

copies to those that need them.

If you receive a hard copy but would be able to read an emailed copy either on a computer or on your smart phone, please get in touch. You'll still receive the same newsletter, but will help us to reduce costs.

We would also be grateful if you could pass this newsletter on to anyone that you think would be interested. Perhaps

someone you know who has had a brain injury, their family, carers, nurses, therapists, or anyone interested in doing voluntary work around Hull? If so, please show them this newsletter, or let us have their contact details.

If you don't have access to the internet or a computer, remember that your local library or community centre may offer this for free!



Reading the newsletter online or on your phone can help save costs.

## Centre 88 cutbacks

At our AGM we received the sad news that Hull CVS, who runs our Centre 88 meeting facility, has had to cut its resources.

A number of staff have been made redundant, and the service will now be limited to office hours.

We are sure that our

members share our appreciation for the Centre 88 Staff, and will join us in wishing them the best of luck at this difficult time.

We will now need to find an alternative venue to hold our regular evening meetings. We are going out for a meal to Mr Chu in April, and our annual

social evening will take place in May at The Willows on Holderness Road. We will find an alternative venue in time for our June meeting. Keep reading the newsletter for updates.

See the diary on the back page for more details on what events are coming up.

“ We will now need to find an alternative venue to hold our regular meetings.”

## Annual social evening

Ann and Dave are busy organising our annual social evening at The Willows on Holderness Road, to be held on 17 May.

It promises to be a fantastic night with a packed line up, including tom-bola, raffle, live entertainment, perhaps even an auction and a 'hats for headway' competition.

We still need a few raffle prizes so if you have any bottles of wine laying around, unwanted gifts etc then please let us know.

Our last social evening in 2011 raised over £300 in vital funds, so please help us to make the night a success. Everyone is welcome.



Can you help us gather raffle prizes for our annual social evening?



the brain injury association  
hull and east riding

## Coming to Mr

Chu's? Let us

know!!

## Headway HERO Diary

### Wednesday 17 April 2013

Chinese Banquet at Mr Chu's in Hull. We have negotiated a reduction to £16 per person for food, but we will contribute £6 of this, so **£10 each** to pay.

Please let Lesley know if you are coming. Meet in bar from 6:30, table booked for 7:00. Mr Chu's China Palace, St Andrew's Quay, Hull, HU3 4SA.

### Thursday 9 May 2013

Discussion with students at Hull University. We have enough volunteers, thanks to Kaye, David, Carole, Shaun, Ann and David, Andy and Lesley. Please attend 1.30pm to 4.30pm at the Hartford Building, University of Hull.

### Friday 17 May 2013

Annual social evening. Start time to be confirmed. Held at Willows Social Club, Holderness Road, Hull, HU8 9AN

### Wednesday 19 June 2013

Monthly meeting. Venue to be confirmed (see article on page 3).

### 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

## Do you have a brain injury workbook?

Headway HERO purchased a couple of Brain Injury Workbooks and loaned these out to families

over a year ago, but these have not been returned.

The books cost over £30 each, and we would like to

be able to share the knowledge by lending them to other families. If you have them, please send them back to Lesley.

## How does brain injury affect families?

### Help us find out.

We were pleased to meet Charlotte Valentino at our AGM. She is looking for participants for a doctoral research study on how head injury in a family affects relationships between parents and non-injured brothers or sisters.

It is designed to explore any changes in this relationship from both points of view, between 2 and 5 years after the head injury happened. This research should hopefully help to inform and improve services for other affected families in the future.

### Could you help?

Families taking part in the study must have a young adult member who had a

head injury between 2 and 5 years ago when they were between the ages of 15 and 24, and spent time in neuro-rehabilitation because of this.

### What would it involve?

It will take about 1-2 hours of your time to complete this study. During the interview the sibling and chosen parent will sit together with the researcher and a semi-structured discussion will take place. This means the researcher will start off asking some specific questions, but you are both free to follow the natural direction of the conversation.

Your participation will help us to learn more about the wider effects of brain injury within families, and hope-

fully will help to shape future services for neuro-rehabilitation. It is intended that this research will be published in a peer-reviewed journal, which is accessible to the public.

### Contact

If you would like to take part or just find out more, contact Charlotte:

07927 321599

[Charlotte.Valentino@hey.nhs.uk](mailto:Charlotte.Valentino@hey.nhs.uk)



Injured between 18-24  
years old 2- years ago?  
You may be able to help.