



Headway

Hull + East Riding News

Improving life after brain injury

The Way Ahead 2015 Conference

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Further to our article in last month's newsletter, we can confirm a few of the finer details of The Way Ahead Conference which is due to take place between 3 - 5 July 2015.

Venue

The event is taking place at Yarnfield Park Training and Conference Centre in Stone, North Staffordshire. Registration will take place from 3.30pm on Friday and between 8am and 9.15am on Saturday morning.

Speakers

We are delighted that the following key note speakers will be joining us this year;

- **Dr Trevor Powell** - Consultant Neuropsychologist, Berkshire NHS;
- **Toni Belli** - Reader in Neurotrauma at the Surgical Reconstruction and Microbiology Research Centre (SRMCR) based at the Queen Elizabeth Hospital in Birmingham. Toni Belli is a professor of Trauma Neurosurgery;
- **Rob Cromey-Hawk** - A former soldier and officer in the British Army. Wounded in Afghanistan, Rob is currently the Acting-Chair for the newly created Headway Forces Support Group, which supports brain injured forces personnel veterans and their families;
- **Dr Fiona Ashworth** - Compassion Focused Therapy (tbc)

Workshops

In addition to the talks, the following workshops will take place on Saturday 4th July;

- Auto Enrolment Pensions
- HUK Standards Review
- Press Releases
- Challenging Cuts
- Social Media
- Policy & Campaigns
- Business Planning and Safeguarding
- Volunteer Recruitment Retention
- Mental Capacity Act
- Meet the Funder Lloyds Bank Foundation
- Dietician
- Dysphasia, Dysarthria, Dyspraxia
- Benefits Advice and Care Advice

Don't forget Headway HERO can offer a limited number of subsidised tickets costing only £65. To secure the best rate and to reserve a place, please contact Lesley!

Discover your Voice with 'Freedom to Tell Tales'

The new look 'Freedom to Tell Tales programme 2015' is looking for 16-25 year olds with a message to get across and a vision for how to do it. The team's mission is to bring these young talents together to form a group of distinctive yet united voices to steer and manage a project that will culminate in a major event at Freedom Festival this September.

Across a series of skills workshops, participants in the programme will be encouraged to explore a range of methods for expressing stories, from the traditional to the more contemporary, such as rap, hip hop and storytelling through music.

Building upon what they have learnt and experienced, they will then take ownership of the project and the resulting performance at the festival. Along the way, they'll also be given the chance to experience the work of a range of influential and inspirational practitioners across some of the above areas, and to develop key project management skills to carry forward into their own creative futures.

This free programme presents a fantastic opportunity for participants not only to form part of a significant cultural event for the region, but also to grow beyond it as future performers, professionals and project leaders.



If you are interested you can sign up by visiting the website below:

[//www.freedomfestival.co.uk/project/totelltales.php](http://www.freedomfestival.co.uk/project/totelltales.php)

University of Hull Talk

As last years talk was such a success, we have been invited back to the University of Hull so our members can speak to psychology students on Thursday 30 April 2015.

This is a regular event that is hugely beneficial to the students, and teaches them about living with a brain injury. We hope that this experience will stay with them throughout their careers and help to contribute to brain injury awareness in the long term.

If you would like to take part and talk about your experiences, please let Lesley know.



London Marathon Sunday 26 April 2015

As London Marathon day approaches, Headway would like to invite you to join us over the weekend at this special event.



Headway Pasta Party - Saturday 25 April, 6-8pm

Headway has arranged a Pasta Party for the evening before Marathon day, at the De Vere Hotel in Greenwich (close to the Marathon Expo at the ExCel). The event will run from 6—8 pm on Saturday 25 April.

This is an opportunity for you to meet your runners face to face and for runners in the Headway team to meet each other and share their experiences over a carbohydrate meal (with pudding too!) It is a great chance to thank them for their efforts and wish them the best of luck for the next day!

Runners are also welcome to bring their family or friends along too – the more the merrier! Adults cost £10 and children £5.

To book a place at the pasta party or for further information please visit: <https://headwayuk.wufoo.eu/forms/headway-london-marathon-pasta-party/>

Headway Cheering Station - Sunday 26 April, Mile 6.5

There will also be a cheering station on marathon day at mile 6.5. Please do join us at the cheering station and encourage your runners' friends and family to come along – it will be fantastic to meet them, and together give our Headway Heroes the biggest cheer along the route! Everyone who joins us on the day will also get their own free Headway t-shirt.

The nearest tube station is Cutty Sark for Maritime Greenwich on the DLR line. Please note that this station is on one level from train to street and is approximately 5 minutes walk from the pasta party and cheering station. Please find a map and directions attached to this email.

Please do contact Lesley should you have any questions at all.



We hope to see some of you there!

Do you watch TV through Freeview?

The arrival of Fourth Generation (4G) mobile phone services in the Hull area may cause problems with Freeview TV services, leading to a loss of sound, blocky images, or loss of some or all TV channels and the people you support may turn to you for help and guidance.



Only people watching Freeview TV will be affected while those who watch TV via cable or satellite are unlikely to experience any problems.

at800 is the organisation that has been set up to help overcome any problems and may have already sent a postcard to those households which may be affected, warning viewers that Freeview TV reception could be disrupted. Some of these households may be entitled to receive an at800 filter – free of charge.

The at800 filters make the TV less sensitive to 4G transmissions and enable viewers to carry on watching Freeview as normal. They are relatively small, need no batteries or external power supply, and will normally plug into the lead between the TV and the aerial. Each type of at800 filter has been tested to ensure it works correctly in the UK and all come with instructions on how to fit them.

To enable viewers to find out what support is available and how to access help, at800 have set up a Contact Centre. To get in touch, viewers should call:

1. 0333 31 31 800 (Calls from landlines and mobiles are included in free call packages and inclusive minutes. Outside of call packages, calls from landlines are typically charged between 2p and 10p per minute and calls from mobiles typically cost between 10p and 40p per minute); or
2. 0808 13 13 800 (Free from landlines. Calls from mobiles vary in cost – check with your provider).

For more information, please visit www.at800.tv

Castle Hill Hospital Open Day - Saturday 30 May 2015

Castle Hill Hospital is holding an open day to raise funds for Ward 29, based in the Queens Centre for Oncology and Haematology. The funds will form an amenity fund to buy items to help people with their rehabilitation!



The open day will take place on Saturday 30 May 2015 . We are hoping to raise as much money as possible by having stalls with raffles, tombolas and other fun activities!

If you or someone you know can donate any prizes or crafts for the raffle / tombola to help raise money for this worthy cause or if anyone has any other ideas for stalls please get in touch with Lesley. We hope to see you there.

DWP

Work Capability Assessments

From this month a new provider will be delivering the Work Capability Assessments, on behalf of the Department for Work and Pensions (DWP). The new provider is Centre for Health and Disability Assessments and the service they deliver will be called the Health Assessment Advisory Service. Centre for Health and Disability Assessments will be operated by MAXIMUS.

Centre for Health and Disability Assessments will also introduce a number of initiatives, such as expanding the number of medical professionals who specialise in mental health and understand how fluctuating conditions can affect people's everyday lives.

The new provider will employ more Healthcare Professionals to increase capacity, and reduce waiting times. They will also work with people to help them gather information about their condition that the assessors should consider and offer practical help to claimants.



Pensions Hub

DWP has launched a new pensions hub on GOV.UK. The hub brings together all of the information that you need to know on State Pension changes, the State Pension Top Up (Class 3A) scheme, automatic enrolment, and working into later life. Visit www.gov.uk/your-retirement.

There's also a range of pension information on You Tube - <https://www.youtube.com/user/PensionTube>

Carers Allowance Digital Service

You can now apply for carers allowance online following the link below;
<https://www.carersallowance.service.gov.uk/allowance/benefits>



HEADWAY HULL & EAST RIDING ARE PROUD TO PRESENT OUR ANNUAL

HEADWAY SOCIAL NIGHT

Friday 15th May

£2.50 per ticket

Come along and join us on our annual social evening at The Willows Social Club, Holderness Road, Hull. Start time is 7.00pm.

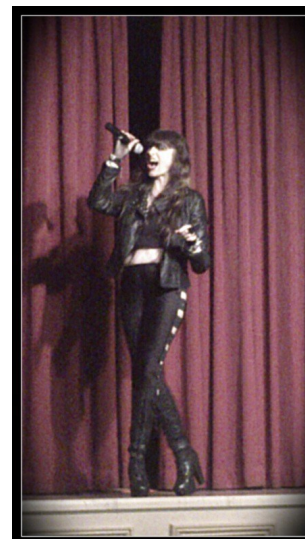
We are delighted to announce that local singer Lynette (pictured right) will be returning this year to perform on the evening with a fantastic range of artists from a whole spectrum of music.

We have also secured entertainment group The Order of Mice to provide some top class entertainment on the evening!

We will also be holding a prize raffle, tombola and enjoying a game of bingo. If you or someone you know can donate a prize for the raffle / tombola please let Lesley know.

Tickets can be purchased for only £2.50 each. If you would like to join us on what is going to be a fun-filled evening, please contact Lesley to secure your tickets.

We hope to see you all there! This is not an evening to miss!



Dr Richard Clarke, Clinical Neuropsychologist

Don't forget, Dr Richard Clarke is coming along to talk at our monthly meeting on Wednesday 15 April so do come along to learn more about Neuropsychology and how it can help people with a brain injury.

ACTION FOR BRAIN INJURY WEEK

ABI week will take place 18 - 24th May 2015

Hats for Headway 2015

Headway's annual 'Hats for Headway' event will take place on Friday 22nd May 2015. It is a simple, fun, and easy way to raise money for Headway.

All we ask you to do is wear a hat (as novel and wacky as possible!) for the day in return for a donation.

Anyone can take part, whether you're having a coffee morning with friends, if you work in an office, or even work in a city centre shop. It's easy to organise and lots of fun to participate in.

Even more reason to get involved - Headway UK will award a prize to the winners of the Best Group Shot and Best individual hat!

Come on, get involved, have some fun and raise some money!

Paul Spence Testimony

You may recall the article we wrote in our December Newsletter regarding Paul Spence and his recovery process after having suffered a brain haemorrhage a couple of years ago.

Paul charts his recovery process using facebook and now has a video testimony on the Headway website.

We wholeheartedly support Paul in his endeavours and recommend that you all 'like' his facebook page and follow his progress.

You can view Paul's story, his video testimony and his facebook page by accessing the websites below and following the links;

- <https://twitter.com/HeadwayUK>
- <https://www.facebook.com/headwayuk?fref=nf>
- <https://www.headway.org.uk/my-story/paul-spence.aspx>



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**

Headway HERO Diary

Wednesday 15th April 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull. This meeting will feature a talk from Dr Richard Clarke, a Clinical Neuropsychologist, so do come along to learn more about Neuropsychology and how it can help people with a brain injury.

Thursday 30th April

Come along and talk to Psychology students at the University of Hull

Friday 1st May 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

Friday 15 May 2015

Join us for our annual social evening and fundraiser at The Willows Club, Holderness Road, Hull, HU8 9AN. From 7pm.

Wednesday 20th May 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull. Members' meeting from 6:30pm. "Action for Brain Injury" Week will be coming up shortly after this meeting we will be doing a free craft session to make hats at this meeting.

18th—24th May 2015

Action for Brain Injury Week

Friday 22nd May 2015

Hats for Headway Day

Friday 5th June 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

Wednesday 17 June 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull.