We want to use your voices and your experiences to shine a light on brain injury. A New Me will provide a platform for people to tell others what brain injury really means; how it can change lives; how it can change futures. At the same time, we want to demonstrate how with the right help, at the right time, there can be life after brain injury.

In the lead-up to ABI Week, which takes place between 8-14 May, we’re keen to find out about your experiences of life after brain injury, and also what the phrase ‘a new me’ means to you. The first way you can get involved is by completing a short survey for brain injury survivors. This is your chance to make your voice heard and shape our campaign by telling us how brain injury has affected you.

Do you feel like a new person? Do you acknowledge the anniversary of your brain injury? Or, as many respondents have already told us, do you regard your anniversary as ‘a new birthday’?

The survey will close on 24 April 2017. The results will be published in May as part of ABI Week.

Access the survey at: https://www.surveymonkey.co.uk/r/headway-anewme

Paper copies are available upon request – please contact Headway Publications and Research Manager, Tamsin Ahmad, on publications@headway.org.uk or 0115 924 080

All we ask you to do is wear a hat (as novel and wacky as possible!) for the day in return for a donation to Headway Hull + East Riding. Alternatively, you can raise funds for Headway UK.

There’ll be some great prizes up for grabs for the best hat!

Entries can be submitted on Facebook or Twitter using the hashtag #HatsForHeadway or by using the form on Headway UK’s website.

We look forward to seeing your entries and do let us know what you’re planning on social media!

Happy Hat Hunting!!
The Brain Injury Identity Card has been developed as part of Headway’s Justice Project, which aims to:

- Raise awareness of brain injury throughout the criminal justice system.
- Improve brain injury identification
- Ensure people with brain injuries in contact with the criminal justice system are treated appropriately and provided with the support they need
- Provide brain injury survivors with access to specialist legal advice and representation
- Divert people with brain injuries away from the criminal justice system where appropriate
Why apply for an Brain Injury Identity Card?

The Brain Injury Identity Card:

• Can be used if you find yourself in a difficult or emergency situation
• Will help to improve brain injury identification and will help to ensure you are provided with the support you need
• Displays a legal helpline number which can be used to request criminal legal advice and representation if necessary, from solicitors trained in understanding brain injury
• Is free-of-charge

How to apply

Before you start an application, please have the following ready:

1. A passport style photo of yourself, ready to upload to the form. Please ensure:

   The photo is in colour
   The photo is clear and in focus
   The photo is without any creases or tears
   You are facing forward and looking straight at the camera
   Sunglasses are not worn (prescription glasses are permitted)
   You do not have a head covering (unless it’s for religious or medical reasons)

2. Verification of your brain injury – this could be a letter from a Headway local group or branch or from a health professional confirming the brain injury.

Complete an application online at:

Brain injuries do not always display obvious symptoms, apply for a card today to ensure people understand your brain injury, how it affects you and help others to understand how they can support you during times of difficulty.
Meet the committee

Our executive committee is in charge of running the branch and controlling the finances.

We had our AGM at our March monthly meeting. We were sorry that our treasurer Martin Dransfield has retired from his position. However we are sure all our members will join us in extending sincere thanks to Martin for his valued contribution the branch committee.

Meet our new committee members

Treasurer: Clarissa Rippon

I am a Trainee Solicitor at Stamp Jackson and Procter Solicitors. I first heard about Headway Hull and East Riding last year after meeting a gentleman who was very grateful for the support the charity offered. This is inspired me to attend a local meeting to show my support for the charity and offer my help as a volunteer as I understood the difficulties local charities face with a reducing number of volunteers. Since then I have attended fundraising days, organised quizzes and attended regular meetings. I also volunteer at the local citizens advice bureau, I attend outreach advice sessions and assist with any queries they may have. I have recently taken up jogging and in my spare time I prepare for long runs, I recently did the Bath Half Marathon and now I have the Humber Half Marathon to look forward to!

Committee Member: Jessica Gower

I am a Solicitor at Stewarts Law in Leeds and I act for people who have suffered complex and traumatic brain injuries. Whilst professionally I am able to help people who have suffered brain injuries through assault, road traffic collisions and accidents at work and in public places, I wanted to become involved with Headway to offer a personal level of support to those who have suffered brain injuries in my local area. After attending the local coffee mornings and members meetings I was eager to join the committee, to help the branch support more families, improve awareness of the impact of brain injury, organise more events and get involved in fundraising!

Headway HERO Anniversary Celebration

Join us to celebrate our anniversary on Wednesday 27 September 2017, save the date!!

Further details to be announced shortly.

Headway news: Updated Epilepsy guidelines available

Headway has recently updated its epilepsy guidelines for brain injury survivors.

The guidelines provide guidance to those at risk of epilepsy or who have been diagnosed since their brain injury. The factsheet can be found at: https://www.headway.org.uk/news/national-news/headway-launches-revised-epilepsy-after-brain-injury-factsheet/
Top tips for making an ESA application

⇒ Get support

It is difficult to explain the complex issues caused by brain injury at any time, but this is particularly the case on a form or during a short assessment interview. Seek support to help you complete the form and go through any face-to-face assessments.

⇒ Provide as much information as possible

The descriptors used in the assessment process are very tightly defined. It is therefore important that you try to give as much information and evidence as possible. Try to give specific examples of how your condition affects you or when things have gone wrong.

⇒ Send supporting evidence

Supporting evidence is always better where it is specific and relates to the activities used in the assessment. A general letter from your GP saying something like “I agree that Mr Jones remains unfit for work” will unfortunately not be given much weight. On the other hand, a letter from a specialist explaining how your condition impacts on your daily activities is likely to be stronger evidence.

⇒ Consider your answers carefully

Only tick the ‘No difficulty’ box if you are sure that NONE of the descriptors apply to you. Be very careful about ticking the ‘It varies’ box, as you are likely to be treated as if you have no problems in this area.

⇒ Consider and explain the effects of any medication you are on

This could have an important bearing on your ability to work.

⇒ Don’t be afraid to repeat yourself

There will be an overlap between many of the activities, particularly in the area of mental health. If this is the case, you need to keep repeating yourself on the form. Don’t assume because you have put something down for one activity, it will automatically be considered for the others.

⇒ Use our guide

Our factsheet The Work Capability Assessment and completing the ESA50 form provides a wealth of information to help you through the process. It includes a step-by-step guide to completing the form for people with brain injury, as well as information to help you prepare for a face-to-face assessment. You can download the factsheet in the information library on the Headway website.

⇒ Keep a copy of the completed form with a note of the date on which you sent it off

Read it over before you go for your face-to-face assessment or make any applications for other benefits.
Headway HERO Diary

Friday 7 April 2017
Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen’s)

Wednesday 19 April 2017
Meal at The Good Fellowship, Cottingham Road. Carvery with a choice of three types of meat and eight vegetables priced at £4.49. Add a selected dessert for an extra £1. Let Lesley know if you would like to come so we can make sure a space is reserved.

Sunday 23 April 2017
Join us at East Park at 1.30pm for an afternoon bike ride

Friday 5 May 2017
Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen’s)

Monday 8 May 2017 to Sunday 14 May 2017
Action for Brain Injury Week - this year’s theme is About Me. Further details on page 1

Thursday 11 May 2017
Muttley’s Bar, Holderness Road. 7.00pm Join us for our SOCIAL EVENING. Wear a Hat for Headway with prizes for the most amusing. Entertainers Kelly Marie and Lee, buffet supper and raffle. Tickets are £5 and are available from Lesley. We have also invited Headway Scunthorpe and Headway Grimsby to join us. Friends and family are welcome too!

Friday 2 June 2017
Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen’s)

Wednesday 21 June 2017
Monthly Members Forum and Committee Meeting 6.30pm to 9.30pm at HANA (Humber All Nations Alliance) 44 Portland Street, Hull HU2 8JX.

Sunday 25 June 2017
Open day and fete at Castle Hill Hospital Ward 29. Join us for a drink or a bite to eat and take part in our tombola

Friday 30 June 2017 to Sunday 2 July 2017
Way Ahead Conference 2017, please see below for further details

Way Ahead Weekend 2017

This year’s conference takes place from 30 June 2017 to 2 July 2017 at Yarnfield Conference Centre in Staffordshire. Contact Lesley to discuss Early Bird and subsidised tickets.