

HEADWAY HULL + EAST RIDING



www.headwayhero.org.uk

the brain injury association
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August 2011

Andy, Ann, Dave and Lesley enjoyed The Way Ahead annual conference at the University of Leicester over the weekend of the 8th to 10th July. The speakers and workshops were interesting and informative. We also enjoyed meeting Headway members from across the country. We didn't manage to win the quiz or the other prizes on offer but the dinners were delicious and we all acquired "freebie" umbrellas, key rings, pens, memory sticks, stress balls etc. from a number of rehabilitation care providers and solicitor firms.

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Do you feel you have been discriminated against because of your brain injury?

Andrea Ralph, trainee clinical psychologist at the University of Hull, joined us at our July meeting. She explained her research project about stigma and potential discrimination that people with brain injury may face. A copy of the questionnaire is enclosed with this Newsletter, together with a **FREEPOST** envelope. Please take the time to complete the form and return it to Andrea. If you receive the Newsletter by email, please complete the form and email it to Andrea at A.J.Ralph@2009.hull.ac.uk. Your answers provide vital evidence that can help influence how we are treated. If you have any questions please come along to the September meeting to meet Andrea.

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HEADWAY DIARY

August – no meeting but contact still available by email or telephone.

Tuesday 20 September – Centre 88, Saner Street, Hull 7pm – 9pm – We are very pleased that representatives from both the Carers' Centre, Hull and East Riding Carers will come to tell us about the services they offer. Our membership is spread right across the county so it is useful to learn what is available locally. Do come and find out about such services as the 50% discount off the majority of leisure activities run by the local authority with the "Carers passport to leisure" and short breaks in either a caravan located at Southcliff caravan park in Bridlington or a two bedroom cottage in the grounds of Sewerby Hall.

Tuesday 18 October – Centre 88, Saner Street, Hull 7pm – 9pm. We are hoping to have someone from the Vulnerable Adults Team to give us safety advice. The usual booklets/Fact Sheets will be available along with a cup of tea, a bun and time to chat.

Tuesday 22 November – Centre 88, Saner Street, Hull 7pm – 9pm – Wii games night.

Early December – looking to book tables in a restaurant for a meal together.

Tuesday 24 January - 7pm approx – ten pin bowling at Kingswood Hollywood Bowl.

HEADWAY UK

James Cracknell has created a film to encourage cyclists to wear helmets. You can view this via: www.youtube.com/user/headwayuk or www.headway.org.uk/news/james-cracknell-appeals-to-cyclists-to-wear-helmets.aspx

Hull Training Day - Steve Shears has come back to us but we haven't finalised a date yet for the training day. It is likely to be October/early November.

Headway Conference & Exhibition Sunday 11 and Monday 12 September, 2011 at Barcelo Hinckley Island Hotel, Leicestershire. More information and booking form available on Headway UK website.

Headway Annual Awards Luncheon – The Dochester Hotel, London on Friday 2 December 2011

The deadline of 5 August is fast approaching for nominations for this year's Headway Awards.

The Annual Awards celebrate the dedication and achievements of those involved in Headway. So if there is someone special, who you believe deserves to be recognised, please take five minutes to complete the nomination form as a way to say a big thank you to them. Each finalist, chosen by a selection panel, will be invited to this glittering occasion at The Dochester Hotel in London. There will be a champagne reception, followed by a four course meal with wine and each finalist will receive an award from one of Headway's supporters.

Not only is this a great way for you to celebrate your supporters but there are many other benefits as well. Having a nominee or finalist involved in the awards can be the perfect opportunity to promote your Group or Branch in your local press. Groups and Branches who have had finalists previously have told us the attention they received from the press has really helped to promote their services within their local area.

Perhaps there is someone within your Group or Branch that has achieved a great milestone this year? Or perhaps you know someone that often goes above and beyond when caring for someone with a brain injury? Is there someone who is always willing to speak up for those affected by brain injury in your area or even someone who regularly gives their time to support those with a brain injury?

If you would like to nominate someone, please complete a nomination form and return it to me at the address below or alternatively you can complete a form online at www.headway.org.uk

Rachel Broughton, Fundraising Manager

Headway - the brain injury association

Bradbury House, 190 Bagnall Road, Old Basford, Nottingham NG6 8SF

Tel: 0115 924 0800

Printed Nomination forms available - phone Lesley for a copy.

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The newly formed **Hull and East Riding of Yorkshire Regional Neurological Alliance** is keen to find out what information is available as posters/leaflets about neurological conditions in reception areas of hospitals and clinics. Completing the enclosed form should only take a few minutes. Please bring it with you to the September meeting, email it to Lesley or post it to Headway Hull + East Riding c/o 16 Sutton Road, Howden, East Yorkshire, DN14 7DJ.

FREE EVENT – organised by YHANO, HIEC and Devices for Dignity

LIVING INDEPENDENTLY WITH THE HELP OF TECHNOLOGY

13 September 2011

at : The Holiday Inn, Doncaster.

Bringing together people with Long-Term Neurological Conditions, carers and staff to find out about and get involved in the development of the latest technology that can help people with LTNCs live more independently.

There are a number of technologies being used and new technologies being developed in various parts of the health service to support people with LTNCs to live more independently. To understand how advances in technology can be of benefit, patients/service users need to know what they are, how they work and how to ask for them. This is your opportunity to see them first hand, input into how they could be developed to support you and understand how they could support you to live more independently.

Booking form available from Joanne.Woodward2@sth.nhs.uk phone: 0114 2714344