

HEADWAY HULL + EAST RIDING

www.headwayhero.org.uk

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the brain injury association
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August 2012

Rob and Linda weren't able to come to the July meeting – both were in hospital so we wish them well and hope to see them in November.

Thanks to Sarah for quickly organising two fun quizzes.

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HEADWAY DIARY

No meeting in August BUT – Coffee Morning at 4 Harvest Rise, Millfields, Barrow Upon Humber, DN19 7SU. Come and join Scunthorpe members for a cup of coffee, cake, raffle/tombola. Proceeds will be split between Headway Scunthorpe and Headway Hull + East Riding.

Wednesday 19 September – Hollywood Bowl, Kingswood, Hull. 7pm – 9pm 10 pin bowling. Usual discount applies. Meet in the Café at 6.30pm if you want to eat first.

Wednesday 17 October – Centre 88, Saner Street, off Anlaby Road, Hull – Martin Dransfield from the Department of Work & Pensions will talk to us about Benefits – Statutory Sick Pay, Employment and Support Allowance, Attendance Allowance, Disability Living Allowance etc. etc. We have had a lot of enquiries lately, as people are being re-assessed.

Wednesday 21 November – Centre 88, Saner Street, off Anlaby Road, Hull – Rob Awty talking to us about his role with Humber Mental Health Trust. We may also find time to try out our new Wii games. As usual, we will have refreshments and Headway booklets/Fact Sheets will be available.

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Training Day

We are asking Ed to run a day about Cognitive rehabilitation issues – looking at the process of cognitive rehabilitation and how to practically implement with brain injury survivors. It looks at the factors surrounding the rehabilitation process and you will come away with practical ways to overcome these.

Ed will tailor the day to suit members with brain injury, family members and carers There is a huge demand for these days so we may have to wait some time to be included in his busy schedule.

We will advertise the date as soon as we can.

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HEADWAY UK – www.headway.org.uk

Headway congratulates Bradley Wiggins on his outstanding sporting achievements and his common sense approach to cycle helmets. Following a fatal collision involving a cyclist at the Olympic Park, Bradley, who is known for his straight-talking, called for cycle helmets to be made compulsory. He also voiced his support for efforts to make the roads safer for cyclists.

Headway has been campaigning for many years to make cycle helmets compulsory and we are fully behind Bradley's comments. Research has shown that cycle helmets can save lives, and can reduce the risk of head and brain injury by up to 88 per cent. We know the devastating effects a brain injury can have and how easy it can be to damage the brain. A number of members sustained their injuries through cycling accidents and now face spending the rest of their lives wishing they'd chosen to wear a helmet. To those people, statistics are meaningless; of far greater value is the common sense notion that wearing a helmet will help protect one's fragile skull.

Some Cycle Helmet Facts:

- The number of cyclists killed or seriously injured on UK roads has increased 11% in the past three years. (Department for Transport)
- Cyclist casualty and KSI rates per 100,000 people are highest for 12-15 year olds. For this age group, 1 in every 5 casualties in a road accident is a pedal cyclist. (Department for Transport)
- 22% of all UK cycling casualties are under 16. The figure for child casualties in all forms of road traffic accident is only 10%. (Department for Transport)
- It is estimated that 90,000 on-road and 100,000 off-road cycling accidents occur every year in the UK, of which 53%(100,000) involve children under 16. (Bicycle Helmets 1 - Does the dental profession have a role in promoting their use? Chapman HR, Curran ALM. British Dental Journal 2004;196(9):555-560)
- The number of pedal cyclists killed or seriously injured (KSI) in road accidents in 2007 was 2,564. This included 136 deaths. 522 children were among the KSI total. (Cycle Helmets, Lee AJ, Mann NP, Arch Dis Child 2003)
- A Cochrane review considering five case-control studies from the UK, Australia and the USA illustrates a large and consistent protective effect from cycle helmets, reducing the risk of brain injury by up to 88% and injury to the upper and mid face by 65%(Helmets for preventing head and facial injuries in bicyclists, Thompson et al.. Cochrane Database Syst Rev. 2000)
- After introducing a helmet law for children under 14, the US state of New Jersey reported that bicycle-related fatalities for that group fell by 60%. For riders over 14, who were not required to wear helmets, the reduction was a mere 5% in the same period. (Trends in Pediatric and Adult Bicycling Deaths Before and After Passage of a Bicycle Helmet Law, Wessen et al)

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At the Way Ahead Weekend we were once again encouraged to bring the following to your notice:

Headway Awards 2012

Do you know someone who deserves recognition for the work they do for Headway? Anyone involved in Headway's work is welcome to make a nomination.

Categories are:

Carer of the Year Award – may be a friend, relative, neighbour or family member.

Volunteer of the Year Award – this award recognises individuals who have donated significant amounts of their time to Headway.

Achiever of the Year Award – celebrating the courage of brain injury survivors whose achievements in the face of adversity serve as a shining example to us all.

Campaigner of the Year Award – This award can be for carers, volunteers or brain injury survivors who have raised awareness of Headway and brain injury among the press, public or key decision makers.

Stephen McAleese Outstanding Contribution to Headway Award – Stephen, who sadly passed away in December 2010, was 15 when he sustained a brain injury as a result of contracting meningitis. He dedicated his life to promoting understanding of brain injury and helping others. He was a passionate and effective ambassador for Headway. This award will recognise similar outstanding contributions to the work of Headway made by survivors, carers, volunteers or supporters.

There is a nomination form on the Headway website www.headway.org.uk

Nominations should arrive no later than Friday 10 August.

Send to: Rachel Broughton, Headway Awards 2012, Headway – the brain injury association, Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8SF.

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