



the brain injury association

August 2013

Hull + East Riding Organisation

Headway News

Hull + East Riding

improving life after brain injury



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Calvert Trust Offer

Delegates at the Way Ahead conference last month were given details of a special offer by the Calvert Trust.

For those that don't know, the Calvert Trust is a leisure facility based in Exmoor which provides year-round challenging activity breaks for people of all ages with physical, sensory and learning disabilities, together with their families, friends and

carers. 5* accessible accommodation is offered, together with the option of full board or self-catering.

Activities include abseiling, climbing, riding, sailing, kayaking, bushcraft, accessible cycling, archery and the zipwire.

Weekend breaks in August 2013 usually cost £305 per person, but the Calvert Trust extended a special reduced price to Headway at the Way

Ahead Conference of £150 per person. This includes 5* accommodation, all activities and is fully catered. If you would like to find out more or make a booking, please contact the Calvert Trust direct:

Tel: 01598 763221

Email:

exmoor@calvert-trust.org.uk

Web:

www.calvert-trust.org.uk/exmoor

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FREE Seminar for Health Professionals

Thanks to sponsorship from Irwin Mitchell Solicitors, we are pleased to announce that we will be hosting a FREE seminar about brain injury on 22 October.

It will be held at The Octagon, Walker Street, Hull, HU3 2RA

The full day event will include talks from the following speakers:

Mr Kevin Morris
(Neurosurgeon)

Mr Miles Rogish

(Neuropsychologist)

Irwin Mitchell Solicitors
(Mental Capacity Act and DOLS)

Guy Galsby (Brain Injury Social Worker, currently the national chair of Brain Injury Social Workers Group)

Helen Giblin & Multi-Disciplinary Team from Brain Injury Rehabilitation Trust — Goole Neuro Rehabilitation Centre

A buffet lunch will be provided to delegates. The

course is aimed at anyone working with brain injured people—including GPs, doctors, nurses, social workers, and therapists.

Contact Lesley via the details on the left to reserve your place.

Headway Hull + East Riding

BRAIN INJURY SEMINAR

Tuesday 22 October

Save the date!

New Recycling Unlimited Support Service

Recycling Unlimited is a local registered charity offering advice and support for those living with, or recovering from, mental health problems, as well as people who are socially excluded because of disability or other factors.

Thanks to funding from the Lloyds TSB Foundation for England and Wales, Recycling Unlimited are launching a new project, Recycling Unlimited Support Service (RUSS)

The exciting new two year project will provide both practical support and life skills to people with mental health problems through delivering individual and

group support. This will include one to one mentoring, small group sessions talking through coping strategies, along with supported voluntary work.

Any agency can refer people to the RUSS project, or people can contact the charity directly and book

onto it themselves.

How to contact them: Call 01482 343726, e-mail recycling.unlimited@yahoo.co.uk, write to 151 Newland Avenue, Hull HU5 2ER, or simply call in Mondays to Saturdays 9am to 5pm.

“ The exciting new two year project will provide both practical support and life skills...”



Carers' Information & Support Service (CISS)

We had a very informative session with Beverley Shore from CISS at our July meeting.

CISS is an organisation formed by City Care, based in Hull. It exists to support carers in Hull. A similar service is provided in East Yorkshire by East Riding Carers.

Beverley handed out forms which can be completed by carers and handed in to their GP, so that their local practice is aware that they have care responsibilities. So often carers need to cancel appointments at short notice, or need more

flexibility as a result of their caring commitments, so the form is designed to help communicate this to the GP practice.

We were also told about the Carers' Assessment, which is an indepth look at what needs and entitlements the carer can claim, including benefits.

CISS also offer general advice and support, as well as bereavement support for those that need it.

This is a free service and we encourage all carers in the Hull area to contact CISS. They are able to

offer services which will be of real value and reassurance to carers.

Contact details:

Carers' Information and Support Service
30 King Edward Street
HULL
HU1 3SS

www.carerscentrehull.org.uk

Tel: 01482 336298

Email:
chcp.carersinfo@nhs.net



Land Ahoy!! Our plans to take to the water

We're in the process of booking a boat trip for our members with The Sobriety Project based in Goole.

The Sobriety Project is based at the Waterways Museum, and thanks to a recent National Lottery grant, they are hoping to offer the entire event to our members for FREE!

The day will start with a cup of tea or coffee at

the Waterways Museum, then we'll join the accessible boat for a trip around Goole Docks, and along the Aire and Calder Canal. The trip lasts for around 4 hours and lunch is provided.

The trips can only take 10 people at a time, so we're hoping to arrange a couple of trips.

As soon as we have dates from the organis-

ers, we will let you all know.

If you are interested, please let Lesley know as soon as possible to register your interest, together with how many people you would like to bring with you.

For more information, you can check out their website:

www.sobrietyproject.org.uk



The hunt for another meeting room

We've met at Victoria Dock Village Hall twice now, and although the facility is in a lovely spot, we've found the room to be a little small. The number of people attending each meeting is on the rise, and in order to make room for everyone as well as having room for Wii games, we will

need to look for something a little bigger.

As in previous years, we won't be having a meeting in August due to the holiday season—we'll be busy checking out alternative rooms and venues over the next few weeks, and will confirm the venue of our Sep-

tember meeting in our next issue, so watch this space!



“ We will need to look for something a little bigger.”



the brain injury association
hull and 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.

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Headway HERO Diary

Friday 16th August

Meet us for a coffee! 2pm. COSTA Coffee, Kingston Retail Park (opposite Toys R Us). We will reserve a few tables, preferably at the back away from the door, but ask a member of staff on your way in if you can't find us.

Please note no monthly Wednesday meeting in August

Friday 6th September

Meet us for a coffee! 2pm. COSTA Coffee, Kingston Retail Park (opposite Toys R Us). Look for our reserved tables.

Wednesday 18th September

Monthly meeting. 7pm (members committee at 6.30pm). Venue to be confirmed

Friday 4th October

Meet us for a coffee! 2pm. COSTA Coffee, Kingston Retail Park (opposite Toys R Us). Look for our reserved tables.

Wednesday 16th October

Monthly meeting. 7pm (members committee at 6.30pm). Venue to be confirmed

Tuesday 22nd October

Headway Hull + East Riding Brain Injury Seminar. The Octagon, Walker Street, Hull. Full day free seminar for health and social care professionals. Buffet lunch provided. **Please email Lesley to reserve your place.**

Headway Hull + East Riding Brain Injury Seminar

TUESDAY 22 OCTOBER 2013

A focus on brain injury for health and social care professionals, sponsored by Irwin Mitchell Solicitors. Full day seminar. Lunch provided.

The Octagon, Walker St, Hull — EMAIL US TO RESERVE YOUR PLACE



JOIN US FOR A COFFEE

We're having an informal get-together at **COSTA**, Kingston Retail Park, Hull (opposite Toys R Us). Whether you fancy a chat over coffee or just want a change of scenery, come along! We'll have a reserved seating area.

FRIDAY 16 AUGUST 2PM