

HEADWAY HULL + EAST RIDING

www.headwayhero.org.uk



the brain injury association
Registered Charity Number: 1025852

February 2011

Kay showed the lads how to bowl when she was top scorer at Hollywood Bowl. I must admit that Jon, Liam, Joe and Peter were only a shot or two behind (and Joe is aged 6). Liam and Jon were both still feeling competitive and we left them playing pool.

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LOCAL HEADWAY DIARY

HYMS, Hull University Campus. Rescheduling for either Friday 11 March or Friday 8 April – members have agreed to talk to psychology students at the Hull & York Medical School.

Tuesday 15 February – Centre 88, Saner Street, off Anlaby Road, Hull. We have postponed the presentation on challenging behaviour following brain injury until our April meeting. Instead, we are going to continue being competitive by playing Wii sports. The usual refreshments will be available along with Headway booklets and Fact Sheets.

Wednesday 16 March – Centre 88, Saner Street, off Anlaby Road, Hull. **AGM.** Peter Duffus (Chairman) Alison Rowlands (Treasurer) and Lesley Saunders (Secretary) are willing to stand again but we would welcome nominations from other members. The Members Committee organise the monthly meetings and fresh ideas are always welcome here too. The AGM will be followed by Bingo. Unfortunately Carole has been in hospital recently so we wish her well and look forward to a card making session later in the year.

Monday 11 April – Centre 88, Saner Street, off Anlaby Road, Hull. Catherine Derbyshire and Selen Selvechandran will give their joint presentation on challenging behaviour following brain injury. Memory loss, frustration, etc. etc., we can all recognise we have these problems and by sharing the ways we have learned to cope, tips on how to change a situation or calm things down we can make life so much more enjoyable.

We are hoping to arrange a social/fund raising evening at The Belmont Club later in the year. If you have any unwanted Christmas presents that we could use on a Tombola please keep them and bring them along to the monthly meetings. Thanks to Carole, Ralph and Margaret who have already brought along some prizes.

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Regional Headway

Lesley had the opportunity to look around the new premises now occupied by Wakefield Second Chance. Located on Almshouse Road, next to The Ridings shopping centre, they now have two large rooms with catering facilities, smaller rooms for the paid administrator, O.T., craft work and other groups. A room equipped with 10 computers, another with wood working machinery and a working kitchen where the O.T. works with members to increase their skills. They have worked hard and long to secure a lottery grant of £250,000. However, their overheads are substantial and it requires a large group of dedicated volunteers to keep the group running smoothly.

P.T.O.

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Regional Headway cont ...

The next Regional meeting will take place on Saturday 16 April at Centre 88, Saner Street, off Anlaby Road, Hull. Yes, we will host it. Representatives from other branches/groups across the region will attend. The meeting usually begins at 10.30am and continues until around 3pm with a short break for a buffet lunch. If you would like to meet members from other groups please come along BUT – please let Lesley know so that there is enough food!

Headway Scarborough – Mark Hollinghurst is looking to start a new group. If you know of anyone in the Scarborough area who may be interested in joining the group please contact Mark on 01302 308688 email: headway_scarborough@hotmail.co.uk

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Headway UK

Headway Raffle – drawn 20 December 2010. Mr I Ralph of Rotherham won the Vauxhall Corsa 1.2L SXi; Mrs Astley of Warrington won the weeks holiday for four people in Brittany and H Unwin of Leicestershire won the Apple iPod. Thanks to everyone who bought tickets, our branch will benefit by receiving half the proceeds of tickets sold by us.

Thinking of running a **marathon, trekking or cycling**? Take a look at the Headway website for organised events where your sponsorship could help raise funds for Headway.

The Northern Ireland Assembly members have voted in favour of a bill to make wearing **cycle helmets** compulsory. This follows a similar decision in Jersey. The bill needs to go through a number of stages before it becomes law. If it does so, cyclists of all ages not wearing a helmet will face a fine of £50 which would be rescinded upon proof of the subsequent purchase of a helmet.

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Consultation about Good Practice in Social Care

As you know, we have been a member of the advisory panel for a piece of government funded research into the NSF for people with long term neurological conditions carried out by the Social Policy Research Unit based at the University of York.

For their next project the team are looking at good practice in social care for adults with complex and severe needs. They want to hear about situations where people have felt well supported by social services. This could include services directly provided by a local authority (council), such as social work and home care but it also includes:

- Support paid for with direct payments or personal budgets
- Leisure or day services
- Respite
- Any other support provided by an agency, charity or personal assistant

They are particularly interested in learning more about what makes a service “good”, and hearing about examples of good support. However, if you have had a mix of good and less good support they are also interested in hearing your views on what made one good and the other less good.

The researchers would come to your house or anywhere else to talk to you about your experiences and are very flexible (so, if other methods of communication are better for you they will use these instead).

The majority of you contact Headway when you need some information or assistance with a problem but there must be some instances of good practice too. If we can help the researchers to examine these and put forward examples of when the systems work well it will provide evidence to the government that can be used to improve practices across the country.

If you would like more information please email Kate Gridley at kate.gridley@york.ac.uk or phone and ask for her on 01904 321988