



February 2015

Headway

Hull + East Riding News

Improving life after brain injury

Brain Injury Research

National Free Helpline
0808 800 2244



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Inside this issue:

Notice of AGM	2
Consumer Guide to making complaints about Health & Social Care	3
Hull Armed Forces Money Advice Project	3
North Bank Forum Activities	4
Integration of Health and Social Care Event	5
British Gas Energy Trust	5
Diary	6
Brain Injury Workbooks	6

At our monthly meeting in January we were very pleased to meet with Dane Rowley, a psychology student working on a new study focussing on how traumatic brain injury can affect a person's relationships with other people. The details of the research proposal are still being reviewed and finalised, but Dane came along to discuss the draft plans with our members for feedback.

It was great for us to be involved in this way and our members offered some really useful tips. Keep a lookout for further details in a future edition of this newsletter, as we know that some of our members will want to take part in the study. Until then, here's a message from Dane:

Hello all!

At your January meeting, you kindly allowed me to come and discuss my research on traumatic brain injury with you. We discussed how after a traumatic brain injury, people may find it difficult to understand what others are thinking or feeling. They also might find it difficult to distinguish between what is considered "right" and "wrong".

I explained that the research I am conducting aims to investigate if these two problems are related to each other after a traumatic brain injury. Hopefully this might enable better assessments to be done in the future, and give us better ways of predicting who is at risk of these problems so we can deal with them more effectively.

Thank you very much for the feedback you all gave me on the research, you mentioned lots of things that I hadn't considered and I think that the study has benefitted greatly from your input!

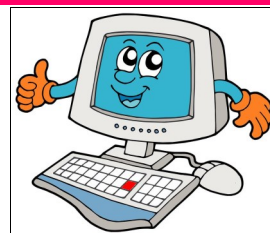
I am not ready to recruit participants quite yet, but watch this space if you would like to participate!

Thanks again for your generosity.

All the best, Dane Aaron Rowley

Interested in Computers?

Anyone living in Hull or East Yorkshire and aged 19 or over can access new Community Learning courses run by Volcom. These are aimed at voluntary and community group members, volunteers and the wider local community. They are all free and fully funded through Skills Funding Agency Funding through Hull and East Yorkshire Community Foundation.



Volcom will be at our February meeting to provide us with an 'Introduction to Computers' so do come along if you are interested in learning more about using computers.

volcom



Notice of AGM

OUR AGM WILL TAKE PLACE:

At: HANA, 44 Portland Street,
Hull.

On: Weds 18 March 2015, 7pm –
9pm.

Nominations are invited for the posts of chairman, vice-chairman, secretary and treasurer of Headway Hull + East Riding. Nominees should be willing to stand and have a proposer and second-er. Members are also invited to stand for the Members Committee which organises our monthly meetings/events.

Notice of any proposed amendment to the constitution needs to be lodged with the secretary not less than 21 days prior to the date of the AGM.

AGM AGENDA

1. Apologies for absence
2. Minutes of the AGM held on 19 March 2014.
3. Matters Arising.
4. Chairman: Report to Members.
5. Treasurer: Report to Members. (accounts sheet for 2014).
6. Secretary: Report to Members.
7. Election of Officers: Chairman, Vice-Chairman, Secretary, Treasurer
8. Member's Committee.
9. Date of 2016 AGM
10. Discussion Forum including: Business Plan; Training; Social Events and The Way Ahead Conference.

Consumer Guides to Making Complaints about Health & Social Care

Healthwatch have worked with Citizens Advice to produce a series of guides to help you if you wanted to make a complaint or raise a concern about a particular service. There are tips and tools such as letter templates and other practical resources to support you to make an effective complaint.

The website address below will take you to the guides as well as further information.

<http://www.healthwatch.co.uk/complaints/guides>



Hull Armed Forces Money Advice Project

Struggling with money? Need advice?

Hester Bridges has recently set-up the **Hull Armed Forces Money Advice Project** at the Hull & East Riding Citizens Advice Bureau to provide money advice to currently serving personnel, service-leavers or their immediate family members.

The Project has been funded by the Hull Military Covenant Forum and has been set-up to offer money advice and support around income, budgeting and debts.

A holistic assessment of a person's advice and support needs will be made, with referral where appropriate to other agencies within the forum, Citizens Advice and external services.

Below are Hester's contact details if you think this service may be able to help you.

Address: The Wilson Centre, Alfred Gelder Street, Hull, HU1 2AG

Tel: 01482 328990 (Hester)

Email: CABForcesProject@hull-eastridingcab.org.uk



North Bank Forum Activities

Fancy something fun to do? Or a chance to learn something new..?

Shoulder to Shoulder Drama Group



The Shoulder to Shoulder Drama Group is aimed mainly at the over 55 years age group and particularly welcomes those with no experience of the theatre. The group stages two shows per year but there is no obligation to perform. All that is required for maximum enjoyment is enthusiasm, interest and a willingness to work with others.

It is very difficult for inexperienced new comers to break into an established group. Shoulder to Shoulder welcome them and guarantee that the meetings will be social, informative and enjoyable. In addition to the weekly sessions they plan to organise trips to the theatre and to invite theatre professionals to share their experiences with the group.

The group already meets on a Thursday morning but starting on Thursday February 26th will introduce a separate evening session from 7.00pm to 8.30pm.

As with the morning group, sessions will take place in the Hull Community Church at 310 Newland Avenue (corner of Cottingham Road). Unlimited free parking is available on the side streets of Newland Ave and bus service number 15 stops outside the door.

For more information contact Dave on 07742 134245 or Polly on 07841 639332 or email dpattinson@hotmail.co.uk . You can also visit their website www.wotlarx.co.uk.

Free Music Workshops

The workshops, held over consecutive Saturdays for 3 weeks, will offer an opportunity for local people (age 16+), of varying musical abilities to learn and play music together.

Local jazz musicians Jenny Bray and Rev Ray will lead the project.

It will be held on the 14th, 21st, 28th February from 10am to 4pm at the Octagon, Walker Street, Hull HU3 2HQ.

For more details and to reserve a place e-mail workshops@westhullfm.org.uk or call 01482 587550.



Integration of Health and Social Care Event

Tuesday 10 February, 9:30-13:00

York Centre for Voluntary Service, 15 Priory Street, York YO1 6ET



This event will bring together strategic partners across sectors working on the integration agenda to influence and inform local plans through the sharing of information, good practice case study examples and round-table conversations.

After reflections from NHS England on the Better Care Fund to date, participants will hear first hand about some of the innovative, effective and in some cases award-winning examples of integrated working in health and social care from across Yorkshire and Humber, including Janet Wheatley, Chief Executive of Voluntary Action Rotherham speaking about social prescribing. Participants will then discuss how learning and recommendations from the case studies can be used to help shape local planning and delivery of integrated care.

By the end of the workshop you will have:

- Connected with the VCS, CCGs and Public Health at local level
- Received information about Better Care Fund and accessed examples of good practice
- Considered how you could use those examples to influence planning for more effective integrated working in our locality

Who should attend?

- Voluntary and community sector health and social care organisations
- CCGs and Public Health Colleagues
- Local Healthwatch in Yorkshire and Humber
- Local Authority Commissioners

If you are interested in booking a place at this event, or you would like more information, visit www.involveyorkshirehumber.org.uk

British Gas Energy Trust

People who are facing hardship could be eligible for a free grant from the British Gas Energy Trust. This is a charitable trust covering England, Scotland and Wales that provides free grants to clear gas and electric debts, pay outstanding funeral expenses and to purchase white goods.



It is free to apply and recipients do not have to repay it. The trust is open to everyone, regardless of who their energy supplier is, so people do not need to be with British Gas to apply.

Further information can be found on the website <http://www.britishgasenergytrust.org.uk/>



the brain injury association
hull + 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.

**improving life
after brain injury**

Headway HERO Diary

Friday 6th February 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

Wednesday 18th February 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull. Members' meeting from 6:30pm.

Friday 6th March 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

Wednesday 18th March 2015

Annual General Meeting, 7pm to 9pm at HANA, 44 Portland Street, Hull.

Friday 3rd April 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

Wednesday 15th April 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull. Members' meeting from 6:30pm.

Brain Injury Work Books

Headway HERO purchased a couple of Brain Injury Workbooks and loaned these out to families over a year ago, but these have not been returned.

The books cost over £30 each, and we would like to be able to share the knowledge by lending them to other families. If you have them, please send them back to Lesley.

