

HEADWAY HULL + EAST RIDING

www.headwayhero.org.uk

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the brain injury association
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January 2013

Happy New Year

We hope you all enjoyed Christmas and are looking forward to 2013

The Christmas meal at Frankie and Benny's was topped off with a couple of fun quizzes organised by Sarah. Winners : Lesley, David and Becky and her boyfriend.

HEADWAY DIARY

Wednesday 23 January 7pm – Hollywood Bowl, Kingswood, Hull for 10 pin bowling. We usually benefit from a discount on the normal price of games. If you fancy a burger first, meet in the café area at 6.30pm.

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FREE health, self-management course for anyone over 18 living with any long term health condition. Run over six weekly sessions by City Health Care Partnership trained volunteer tutors, who also have long term health conditions.

Each weekly session lasts 2 hours and 30 minutes and carers are welcome to attend with participants. The EPP programme aims to help you take more control of your health by learning new skills to manage your condition on a daily basis. It looks as the following topics:

- Dealing with pain and extreme tiredness
- Relaxation techniques and exercise
- Communicating with family, friends and health professionals
- Positive planning for the future.
- Coping with feelings of depression
- Healthy eating

Next Course Tuesday 8 January – 12 February 2013

Calvert Health Centre, 110a Calvert Lane, Hull HU4 6BH

10 am – 12.30 pm

Sorry for the late notification. I suggest that anyone interested in taking part should contact Eileen Macfarlane, EPP Coordinator at City Health Care Partnership CIC, 2 Earls Court, Priory Park East, Henry Boot Way, Hull HU4 7DY. Telephone 01482 344297 or email epp@chcphull.nhs.uk IMMEDIATELY. You may be able to join this current series or register your interest for any future re-run.

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Qualifications – Inspire Communities is working with Bolton College to offer NVQ Level 2 to people living in Hull and the East Riding – FREE OF CHARGE to the learner.

Assessors will be sent across the area. Learners will not have to travel to Bolton.

Currently the following qualifications are on offer:

Customer Service	Business Admin	Health & Social Care	I.T. Users
Infection Control	Safe Handling of Medication	Dementia Care	End of Life Care

Initial enquiries should be made through Inspire Communities on 01482 219595 (M) 07934 110404

Email dave.edeson@inspirecommunities.co.uk

www.inspirecommunities.co.uk

Annual Headway Awards Luncheon took place on Friday 7 December at The Dorchester, Park Lane, London.

What an enjoyable afternoon – Champagne reception, meeting Eric Knowles (of Antiques Roadshow fame) and James Cracknell (double Olympic gold medal winner), applauding all the brilliant people who were nominated for Headway Awards and eating a delicious four course lunch (with wine). A big thank you to Irwin Mitchell who invited Lesley to attend as their guest.

The Annual Raffle Winners:

1 st prize	£1,000 cash	ticket no: 045519	Joy Unwin
2 nd prize	£500 cash	ticket no: 001990	Pat McKenna, Cardiff
3 rd prize	8GB Apple iPod nano	ticket no: 052169	Colin Monaghan

Headway UK and local branches will benefit from the £12,000 raised by the sale of the tickets. Thanks to everyone who supported the raffle.

LAUNCH OF A NEW HEADWAY ONLINE COMMUNITY for people with a brain injury, families and carers.

Headway Health Unlocked page is integrated with the NHS Choices website and provides an opportunity to people affected by brain injury to share thoughts and feelings with others similarly affected in a safe, controlled environment. Community members can blog about their feelings on any issue associated with brain injury, in addition to asking questions that other members - or Headway staff – can answer.

On Headway Health Unlocked community members can:

- **Discuss:** In the discussion forum, you can post a new question, reply to someone else's question, query or just read through the forum to find information that may help you.
- **Share:** Use the community's blogging area to share your experiences of brain injury, and support others by commenting on their blogs.
- **Engage:** Help keep the community active by taking part in polls, reading Headway's blogs and commenting on other posts.

The community is moderated by Headway UK and Health Unlocked to ensure that the safety of our members is protected and help guide people to our services where appropriate. It will compliment the services provided by Groups and Branches, our nurse-led helpline service and our national website.

To get involved:

Register at <https://headway.healthunlocked.com/join> (the verification email can sometimes go to spam folders so check there if it doesn't appear in your inbox).

Then ... get involved!

- To write a blog, click on "write a blog post"
A blog is basically your thoughts/feelings/experiences on any subject of your choosing. It could be your own testimony of living with a brain injury, or perhaps a recent event you did, or simply your thoughts on issues such as welfare reform or support for people affected by brain injury. It's a chance for you to share your thoughts with other people affected by brain injury.
- To post a question, click on "ask a question" on the home page.
Do help to answer other people's questions with your own experiences too.
- Vote on our poll and add a comment to it.

You can browse the Headway Health Unlocked community at <https://headway.healthunlocked.com/>

SATURDAY 23 MARCH 2013 7pm to Midnight

MASQUERADE BALL at SALTMARSHE HALL, SALTMARSHE, HOWDEN, DN14 7RX

Tickets: £50 per head or £450 for a table of 10.

Includes access to Hall, Grounds and Marquee
 Drinks Reception
 Canapes
 3 course meal
 Dancing with a fantastic live band

To book: [email kate.whyte@saltmarshehall.com](mailto:kate.whyte@saltmarshehall.com)
 tel: 07974 085734 or 07908 115223

We are delighted to say that this newly refurbished Georgian stately home is opening it's doors for weddings, parties and corporate events and has invited us to benefit from the:

RAFFLE – ALL PROCEEDS TO HEADWAY HULL & EAST RIDING

(we need several really good prizes to attract plenty of ticket sales – if you can help, please contact Lesley)

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Once again we hope that all your Christmas presents were just what you wanted BUT, just in case there is something that you really won't use, please remember us. We will be holding a social evening in May and will need Tombola and Raffle prizes.