



Headway

Hull + East Riding News

Improving life after brain injury

National Free Helpline
0808 800 2244



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01430 430720
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Happy New Year!

Everyone at Headway Hull and East Riding would like to wish you a happy new year!

In December, we had a wonderful Christmas meal with 20 of our members.



We enjoyed a lovely 3 course meal at The Goodfellowship on 20 December— Andy enjoyed it more than the rest, polishing off 3 desserts in all!

We also had a festive prize quiz too. Whilst there were some great efforts, we'd like to give a big congratulations to Shaun and Jess for their victory!

Finally, thank you to all the staff who made us so welcome, and everyone for the excellent festive spirit!

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Headway UK

We made it into the Winter edition of Headway News— available to read free online at www.headway.org.uk. In an article "Fit for Purpose: The Benefits of Being Active" there is a picture of some of our members cycling in East Park, Hull on the specially adapted bikes provided by Hull City Council. We'd like to say a big thanks to them for helping us to enjoy the fresh air and exercise!



Sky Dive Sponsorship

Two members of the Barrow & Meridian Rotary Club are doing a sponsored sky dive for the local Headway branches, including Headway Hull & East Riding! Jayne Finnis and Helen Weightman are getting ready for their charity sky dive in March 2018. They are jumping at Sky Dive Hibaldstow and will undertake their jump with a BPA qualified Tandem Parachuting Instructor.



They will have a briefing for around 20 minutes before taking to the skies at up to 15,000 feet. Once they reach this height, they will jump from the side of the plane and free fall at up to 120 mph!

After this free fall of up to 2 miles, the instructor will pull the parachute cord and Jayne and Helen will glide back to the drop-zone over the wonderful views of the airfield.



Jayne and Helen are undertaking this huge challenge for local Headway branches and are seeking as much sponsorship as possible. The rotary club have already donated £1000 to this great cause! But Helen and Jayne would like to make this event as successful as they can. If you wish to donate, their sponsorship forms can be found in local Headway branches, or please contact Lesley.

If you, or anyone you know, would like to raise money for Headway Hull & East Riding then let us know by emailing Lesley at headwayhull@gmail.com.

MORE FUNDRAISING SUCCESS!

Christmas Tombola



We had a huge success on 3 December 2017 at the Coletta and Tyson Garden Centre with our biggest Christmas Tombola to date! We raised a huge **£565.90** and we'd like to give a special thanks to volunteers Georgia and Linda Carmichael! This beats last year's total of £484.90. We would like to say a huge thank you to everyone who donated prizes, those who bought tickets, to our lovely volunteers and the staff at Coletta & Tyson for another warm welcome.

Mince Pie Coffee Morning

We would like to thank everyone that baked, donated prizes and attended two wonderful coffee mornings. Lesley's coffee morning on 15 December raised **£110** and the SJP Law coffee morning raised **£272**, to be split between Headway Hull & East Riding and Headway Scunthorpe.



This was a great end to wonderful year of fundraising in 2017!

Universal Credit

Following the outcry over charges for calling the Universal Credit customer information numbers, the Government's promised Free phone numbers have now been introduced.

Initially, Free phone numbers have been introduced for Universal Credit service lines. Numbers relating to other benefits will be introduced over the next few months.

Here at some of the numbers in service so far:

Service Line	Current 0345 Number	New free phone number
UC Live Service	0345 600 0723	0800 328 9344
UC Full Service	0345 600 4272	0800 328 5644
UC Housing Line	0345 266 0041	0800 328 3844
UC Sanctions Line	0345 600 3081	0800 328 9744
UC Live to Full Service Transfers	0345 606 9970	0800 328 7844
UC/WA Welsh Line	0345 600 3018	0800 328 1744
UC Text phone	0345 600 0743	0800 328 1344
Performance Measurement	0345 266 1232	0800 328 2144
Payment Services – Creditors/landlords	0345 600 2859	0800 328 0128
Payment Services – Customer contact	0345 600 2865	0800 328 0172

Additionally, changes have been announced in the Budget relating to Universal Credit.

These mean that:

- From January 2018, households that qualify for Universal Credit will be able to access one month's worth of support within five days, via an interest free advance that can be repaid over 12 months.
- It easier for claimants in the private rented sector to continue having their housing costs paid directly to landlords once they are on Universal Credit.
- From February 2018, claimants will also be eligible for Universal Credit from the day they apply, rather than after seven days.
- From April 2018, Housing Benefit will continue to be paid for two weeks after a Universal Credit claim is made.

If you have any other concerns about Universal Credit, please contact Lesley on 01430 430720 or 07538 319716 or email headwayhull@gmail.com.



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 5th January 2018 1—3pm

Drop in for a coffee and a chat at our monthly coffee meeting at the new venue: Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 10th January 2018 1—3pm

Join us for a coffee and a chat, maybe a bacon butty and a game of pool at Muttleys Bar, Holderness Road

Wednesday 17th January 2018 6.30—9pm

Let's go bowling! Join us at 6.30pm for bowling at 7pm at the Superbowl, Princes Quay, Hull. Please let Lesley know as soon as possible if you are coming so that we have enough lanes for everyone to join in.



Friday 2nd February 2018 1—3pm

Drop in for a coffee and a chat at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

Wednesday 14th February 2018 1—3pm

Join us for a coffee and a chat, maybe a bacon butty and a game of pool at Muttleys Bar, Holderness Road

Wednesday 21st February 2018 6—9pm

Come along to our evening get-together at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN. Don Buxton of Yorkshire Ambulance will be running a First Aid Awareness course. This will be great fun and informative, so come and join us!



Headway Scunthorpe would like to welcome HERO

members to attend their events, if you would like further information contact them directly on 07715212792 or at headwaynorthlincs@outlook.com

Here's a list of useful dates:

Wednesday 17th January 10.30am—12

Come along to the coffee morning at the Cafe in the Debenhams Store, Gallegher Retail Park, Scunthorpe

Monday 29th January 7—9 pm

Join us for our evening meeting at The Community Wellbeing Hub, Alvingham Road, Scunthorpe, DN16 2DP

Wednesday 21st February 10.30am—12

Come along to the coffee morning at the Cafe in the Debenhams Store, Gallegher Retail Park, Scunthorpe

ESA & PIP assessments

So far more than 550 people with a brain injury have completed the Headway UK survey which will remain open and can be completed on the Headway website. If you have undergone an assessment for either PIP or ESA and haven't already completed the survey we would urge you to do so now—the more evidence of how the system is working, the better.