

# HEADWAY HULL + EAST RIDING

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## June 2012

**WELL ... our plans for May were thwarted at every turn. No social evening at The Belmont Club and no bowling at Kingswood. Our apologies.** We did our best to contact everyone so we hope no-one turned up to bowl to find the place was closed to the public for that evening. We put notes on facebook and twitter, emailed members and phoned those we thought were likely to attend.

### Action for Brain Injury Week

Lesley and David joined Headway members from across the region at Harewood House for the outing on Monday 14<sup>th</sup> May. We enjoyed the company whilst viewing beautiful stately rooms, walking through tranquil mature gardens, watching the penguins being fed (along with a crafty wild heron) and eating our picnic lunches together. Thanks Rachel for organising this event – we look forward to the next one!

**Hull Safeguarding Adult Partnership Board.** On 22 May Lesley attended the annual conference. We continue to raise awareness of brain injury.

**Woodlands Neurological Rehabilitation Centre, York.** Lesley and Alison were joined by Rachel McLafferty for a guided tour of this newly available facility. Christchurch Court Group acquired this purpose built former multiple sclerosis respite centre in January 2012. They are currently going through the process to become a Headway “Preferred Provider” and offer a broad range of services that include early intermediate and slow stream rehabilitation, short and medium term residential short breaks and day support. Some reconstruction work will provide a supported transitional living area where individuals can re-learn every-day skills such as shopping, cooking, washing etc. Website: [www.woodlandsrehab.co.uk](http://www.woodlandsrehab.co.uk) Headway York will be able to hold their future committee meetings at the Centre thus establishing a really useful link with residents and their families before they are discharged into the community.

### HEADWAY DIARY

**Wednesday 20 June – Centre 88, Saner Street, Hull. 7pm – 9pm.** Rachel McLafferty, our Regional Co-ordinator, will bring us up-to-date with what is going on regionally and nationally. **(6.15pm - Members’ Committee meets prior to main meeting).** The evening will include our usual opportunity to have a chat over a cup of tea and a bun. Headway booklets and Fact Sheets will be available.

**Wednesday 18 July – Centre 88, Saner Street, Hull – 7pm – 9pm.** Rob Awty, one of our members, is also Lead Governor with Humber Mental Health Foundation Trust. He represents the public of Hull in the Governors Assembly. He will come and talk to us about his role and to see if there are any issues he can take forward for us.

**No meeting in August**

## **HEADWAY UK – [www.headway.org.uk](http://www.headway.org.uk)**

Results of the **Carer Survey** are now available on line by clicking <http://www.headway.org.uk/news/local-authorities-failing-brain-injury-carers-says-new-research.aspx> but we attach a printed copy for those of you who don't have internet access. As anticipated, the picture is not a nice one. Being a National Survey, it has shown the disparity of resources allocated and quality of social and health care services across the UK. We need to raise awareness of the urgent need for carers to be given more support and understanding.

The **BMA** also printed an article entitled "Multiple impacts of brain injury".

<http://web2.bma.org.uk/nrezine.nsf/wd/RTHS-8UBDEC?OpenDocument&C=19+May+2012>

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### **Article on Headway UK website ...**

**Concussive symptoms of Emergency Department patients diagnosed with minor head injury**  
The purpose of this study, published in March 2011, was to examine the prevalence and nature of concussive symptoms, up to one month post-presentation, among Emergency Department patients diagnosed with minor head injury. For the purposes of the research, minor head injury was defined as a **Glasgow Coma Scale (GCS) score of 15 after injury.**

Ninety four eligible and consenting patients presenting to two Canadian Emergency Departments with minor head injury were recruited. The Rivermead Post-Concussion Symptoms Questionnaire was administered within one or two days of presentation and again at one month post-injury.

Proportions of patients reporting concussive symptoms were 68 out of 94 (72%) at initial assessment and 59 out of 94 (63%) at follow-up. This is a worrying finding, indicating that, in these two hospitals at least, the majority of patients with minor head injuries suffer from concussive symptoms that do not resolve quickly. Common symptoms reported after one month were headache (41.5%), dizziness (28.7%), impatience (26.6%) and taking longer to think (28.7%). While physical symptoms declined over time, cognitive and emotional symptoms remained and, in some cases, actually worsened.

The authors suggest that these patterns of symptom occurrence should be anticipated and communicated to patients as part of routine care. This provides further support for Headway's ongoing campaign for comprehensive and consistent discharge information to be provided to all minor head injury patients.

#### **Reference**

Cunningham, J., Brison, R., MD & Pickett, W (2011) Concussive symptoms in Emergency Department patients diagnosed with minor head injury. *The Journal of Emergency Medicine*, 40 (3), 262-266.

### **DROP-IN CENTRE at CRAVEN PARK**

**We have only received a couple of offers to help man the proposed drop-in centre. As previously mentioned, the space has been equipped by Rotary and is fully wheelchair accessible, with toilets, a kitchen, lounge seating round a screen for video games, tables and chairs, table tennis table, pool table, air football and numerous board games. Staff at Craven Park have also offered to organise sports sessions – there are changing rooms and showers. Access is via a direct road that avoids the main entrance.**

**Our initial idea is to begin by opening one afternoon a week BUT we do need more volunteers to help run this. All our officers are volunteers. Our chairman and treasurer both work full-time and although Lesley is retired, she does have other calls on her time. As soon as we open we will get press and local radio coverage so that people get to know they can come there if they have any questions about brain injury. We plan to have a range of Headway leaflets and booklets available.**

**WHAT DO YOU THINK? Do you have any comments to make? Will you join a rota to help run this service?**

**It all depends on the feedback we get from you as to IF / WHEN we can start.....**