

## HEADWAY HULL + EAST RIDING

Minutes of the fourth Annual General Meeting held at Centre 88, Saner Street, Hull at 6.15pm on Tuesday 16 March, 2010

Peter Duffus welcomed members to the meeting and introduced Rachel McLafferty, Regional Co-ordinator for Headway.

1. **Apologies for absence:** Erica Close.
2. **Minutes** of the AGM held Tuesday 17 February 2009 were circulated and accepted as a true record of proceedings. Proposed: Andy Kemp. Seconded: Carol Dransfield. Carried.
3. **Matters Arising.** none
4. **Chairman's Report** - Membership has continued to grow as we become better known to professionals and more people access our web site. Once again, thanks to Andy for setting this up and continuing to act as webmaster. We take a supply of our leaflets to all events. Although everyone is welcome at our monthly meetings, some people are happy to just tap into any information we may be able to provide. That is fine. It is always good to hear how people are progressing.

Thanks to our Member's Committee who have continued to find interesting speakers and events for our monthly meetings. We have enjoyed relaxing yoga with Heather Barratt, meals at Pier Luigis and bowling at Hollywood Bowl. Presentations and talks have included: a team of osteopaths; Kay Iveson from the Adult Protection Committee; Mel Haynes and Sally Ward from the Hull Community Rehabilitation Team, Eddie Brooks from Re-Cycling Unlimited, Steve Sawyers from East Riding LINK and Mike Burton from Hull CC. Once again we are grateful to our neuropsychologist, Selen Selvechandran, for spending an evening with us helping us to have a better understanding of some of the effects of brain injury and learning some coping techniques.

Future events are already being planned and include a chocoholics evening with White Rabbit Chocolate Company and a canal boat trip.

Headway UK was 30 years old in 2009. The annual Action for Brain Injury Week focussed on wearing helmets – especially when riding a bicycle. We have endeavoured to attend the quarterly Regional meetings of Headway. Lesley attended the Headway Weekend Conference held at Warwick University in July. We would like to encourage members to attend this event. Excellent speakers and workshops combine with a social weekend, good food, and an opportunity to meet Headway members from across the country.

We welcome any suggestions from members for future events, speakers and fund raising.

Finally, thanks Alison Rowlands for her work as our Treasurer, keeping our finances in order and to Lesley Saunders, our Secretary for her untiring work as Secretary and main contact for members.

5. **Treasurer's Report.** Alison Rowlands circulated accounts. These show a credit balance of £1,120.32. Main expenditure has been for insurance, meeting room hire, purchase of Headway booklets and postage of monthly Newsletters. Donations have been received: (a) in memory of Graham Powley (b) from sale of magazine featuring pony Headway plus rides and (c) talk to Soroptomists. Other income has come from the sale of Headway shopping bags. Since the accounts were completed we have received a very generous donation of £1,000 from one of our members. In response to Alison's request for fund raising ideas it was suggested we hold a Race Night. Details to be obtained by Sarah Pether.

### 6. **Secretary's Report.**

We have continued to mention Headway at every opportunity throughout the year so that we can reach more families. We have members right across the county from Goole in the west to Hornsea, Withernsea, Bridlington in the east and many small villages in between plus Hull, of course.

Through the monthly Newsletters we try to give a flavour of the monthly meetings to all our members who don't manage to attend. We also pass on information from the regional meetings, national Headway and any other organisations we have contact with. If you have any ideas for how to improve them please let Lesley know. There have been at least 6 requests from TV channels/radio and magazines for members to tell their story to form the basis of a documentary. It will be good if some of these actually make it onto our screens.

Member Erica organised for Lesley to speak about Headway on Vixen 101, the local radio station for the Market Weighton area, one Sunday morning in February 2009. She also arranged for Lesley to speak to the Soroptomists.

Alison arranged for Lesley and her to record short talks about Headway for West Hull Community Radio. These were broadcast a number of times over a period of several days.

Our mascot pony "Headway" appeared in a full-page article in the August edition of Your Horse magazine looking very smart in his special blanket displaying the Headway logo. He also received donations for Headway funds.

During Action for Brain Injury Week in May Lesley helped marshal at the Wheely Big Relay in Richmond Park. It was a cold windy day and she didn't envy the cyclists as they laboured round and round a far from flat 7.5 mile track.

Ramshackle Rally - In August Lesley's youngest daughter, Catherine, together with three of her friends donned pink overalls and blond wigs to become "Pigs in Wigs". They drove a customised VW Golf from Calais to Krakow – at least, that was the idea. In actual fact they made it to Innsbruck in Austria where the car gave up. They continued by train and managed to raise around £2,000 for Headway funds.

Social Policy Research Unit (SPRU) – York University – Lesley will shortly attend the final meeting of the Advisory Group for this government funded research to assess the impact of the National Service Framework (NSF) on integrated services for people with long-term neurological conditions. It will be interesting to see the findings. We should be able to use the Report as evidence when lobbying for improved services.

LINKs - We think the thing with the biggest potential for influencing future services has to be the introduction of LINKs. As a group we have joined both East Riding LINK and Hull LINK. As an individual, Lesley has been elected to the Lead Group of East Riding LINK. She has become a member of the specific interest groups: Acute Hospitals and Community Care whilst Alison, our Treasurer, is a member of the Mental Health group. Lesley is currently undertaking training to enable her to take part in "Enter and View" visits to any health facility where a patient is in receipt of public funding. For the first time a voluntary body will be able to comment direct through a written Report on the care they witness in hospitals, GP services, dentists, residential homes etc. The service must respond within 21 days. Follow up procedures are in place.

Thanks to Peter and Alison for their assistance during the year and to our Members Committee for continuing to find us a variety of speakers and events for our monthly meetings.

## **7. Election of Officers.**

There being only one nomination for each position the following were elected up-opposed:

Chairman: Peter Duffus                      Treasurer: Alison Rowlands                      Secretary: Lesley Saunders

## **8. Election of Committee Members.**

To organise future events, book meeting rooms, provide refreshments and organise speakers etc.. Sarah Pether, Erica Close, Ann & Dave Burdall, Andrew Kemp, Carol Landon, Sue Dyson, Alison Rowlands and Lesley Saunders volunteered. They will meet at 6pm prior to the next member's meeting.

## **9. Date of next AGM – February/March 2011**