

# HEADWAY HULL + EAST RIDING

[www.headwayhero.org.uk](http://www.headwayhero.org.uk)



the brain injury association  
Registered Charity Number: 1025852

## March 2011

We were pleased to meet new members at the February meeting and hope we made them feel at home. The Wii games were fun and we all enjoyed a cup of coffee and a chat.

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### LOCAL HEADWAY DIARY

**Wednesday 16 March, 7 to 9pm – Centre 88**, Saner Street, off Anlaby Road, Hull. **AGM**. Although the current officers: Peter Duffus (Chairman) Alison Rowlands (Treasurer) and Lesley Saunders (Secretary), are willing to stand again we would welcome nominations from other members. The Members Committee organise the monthly meetings and fresh ideas are always welcome here too. The AGM will be followed by Bingo.

**Friday 8 April, 1.30pm - HYMS, Hull University Campus**. Andy, Carole, Lorraine, Martin, Ann and Dave have agreed to talk to psychology students at the Hull & York Medical School.

**Monday 11 April, – 7 to 9pm - Centre 88**, Saner Street, off Anlaby Road, Hull. Catherine Derbyshire and Selen Selvechandran will give their joint presentation on challenging behaviour following brain injury. We look forward to lively discussions. Members have found so many individual ways to cope with different situations. We can all learn from each other and having the professional view too either reinforces what we are already doing or maybe offers suggestions for another approach.

**Monday 9 to Sunday 15 May – Action for Brain Injury Week.**

**Wednesday 11 May** – Wear a “Hat for Headway” and come along to our special **Fashion, Food & Flowers Day** at Howden shire Hall – information poster on separate sheet.

**Friday 20 May, – 7pm - The Belmont Club, Hull** – social fund raising evening. An entertainer, bingo and a raffle. If you have any unwanted Christmas presents that we could use as prizes please keep them and bring them along to the monthly meetings. Thanks to Carole, Ralph and Margaret who have already brought some along.

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### Regional Headway

**Saturday 16 April at Centre 88**, Saner Street, off Anlaby Road, Hull. We will host this get-together. Representatives from other branches/groups across the region will attend. The meeting usually begins at 10.30am and continues until around 3pm with a short break for a buffet lunch. If you would like to meet members from other groups please come along BUT – please let Lesley know so that there is enough food!

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**Dancing on Ice – Did you know that L/Cpl Johnson Beharry VC is a Special Ambassador for Headway? He sustained injuries whilst serving in Iraq. You can read more about him on the Headway UK website.**

P.T.O.

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## Headway UK

**The Way Ahead 2011** – Friday 8 July from 2pm to 12 noon approx on Sunday 10 July – The University of Leicester

Price for Headway members:

Full weekend including meals costs £130 per person if booked prior to 29 April (£160 thereafter).

Lesley has booking forms.

Speakers already include Professor John Pickard (University of Cambridge Professor of Neurosurgery, Director of the Wolfson Brain Imaging Centre/Neurosciences Critical Care Unit at Addenbrooke's Hospital); Dr Audrey Daisley (Consultant Clinical Neuropsychologist, Oxford Centre for Enablement) and Dr Howard F Jackson (Founder and Clinical Director of the Transitional Rehabilitation Unit) Workshops will include: Dysphasia issues, How to help children when someone in the family has a brain injury, Vocational issues, Employment and Support Allowance and Therapy sessions.

The quarterly **Headway News magazine** is available to read or download on the Headway website.

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North Lincolnshire & Goole Hospitals NHS Foundation Trust (NLAG) is reviewing it's compliance with the National Service Framework for people with long term conditions.

You may remember that this legislation came into force in early 2005. In 2006 members used their experience of services to complete a questionnaire based on the 11 Quality Requirements set out in the NSF. Lesley collated the information and handed it to the Hull & East Yorkshire Hospitals Trust. Now it's 2011 and you can be forgiven for feeling that very little has changed.

However, the information you supplied then has now been handed to the NLAG so maybe we will have some influence on future services.

Your experiences demonstrate the need for:

A clear care pathway with key worker at each stage.

Access to:    Early intensive rehabilitation                      Step-down to supported living  
                    Permanent supported housing                      Respite care                      Supported work/activities.

An overarching need for staff to be trained in understanding brain function and the effects of brain impairment.

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### **22 Clifton Gardens, Goole**

Goole Neuro-Rehabilitation Centre (GNRC) was developed as a joint venture between The Brain Injury Rehabilitation Trust (BIRT) and NLAG. Several of our members have benefited from a period of intensive rehabilitation at this residential service.

A new service is now available to bridge the gap between hospital and community. For service users assessed as no longer requiring a hospital environment, a new transitional living service takes the form of a four-bedded house where service users can be assessed and supported to further develop independent living skills in a community environment.

Whilst we are delighted that this new service will be available, it can only take 4 residents at any one time. We would like to see referral to such a service form part of the hospital discharge process. Too many of our members have been discharged and left to struggle along day to day, unable to manage finances, unable to cook and cope with household chores.

See separate sheet for Fashion, Food & Flowers ...

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In Brain Injury Awareness Week we invite you to wear a "Hat for Headway" and welcome you to a very special charity fund-raising day of:

## *Fashion, Food and Flowers*

*Wednesday 11 May 2011*

*at*

*Howden Shire Hall*

*morning coffee served from 10.15 am, close 3.30pm approx.*

*\*Fashion – Wat's On, Willerby Road, Hull*

*Lunch – Kathryn Holder, Asselby*

*\*\*Flower Arranging – Rosalind Walker of Lund*

*Ticket: £27.50 including morning coffee and lunch.*

*Raffle*

*Lunch Menu:*

*Home made Savoury Quiche and Roast Ham, served with mixed leaf green salad, tomato salad, coleslaw and new potatoes dressed with lemon and olive oil*

*Seasonal Pudding*

*Coffee and mints*

**Tickets available from: Lesley (07538319716)**

**or from Howden Shire Hall Office, Market Place, Howden (01430 432510)**

**Tables seat 6/8/10 – bring your friends and make up a table.**

**All profits to: Headway Hull + East Riding. Supporting people with head injuries, their families and carers. Monthly Newsletters and meetings provide information, training and a chance to meet socially. Also lobbying to improve services across the county.**

**Wearing a "Hat for Headway" is light-hearted and not compulsory but the serious aim is to urge everyone to wear the appropriate protective headgear whether cycling, skiing, horse riding, skate boarding... ..**

**\*We are delighted to have this unique opportunity to see Wat's On fashions in Howden.**

**\*\*We are also very pleased that Rosalind has agreed to demonstrate her wonderful flower arranging skills for us once again.**

**AGM of Headway Hull & East Riding, Centre 88, Saner Street, Hull.**

**Wednesday 16 March - 7pm**

## **AGENDA**

Apologies for absence

Minutes of the AGM held 16 March 2010.

Matters Arising.

Chairman: Report to Members.

Treasurer: Report to Members. (final account sheet for 2010 finances).

Secretary: Report to Members.

Election of Officers: Chairman, Treasurer, Secretary

Member's Committee.

Date of 2012 AGM

Discussion Forum

Anyone interested in standing for election as an Officer should send their nomination, duly proposed and seconded, to Lesley by 1<sup>st</sup> March.