

HEADWAY HULL + EAST RIDING

www.headwayhero.org.uk



the brain injury association
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Thanks to Paul, Amanda, Tony and Mark from the Yorkshire Ambulance Service and Patient Transport Service. They talked to us at our February meeting. We had the chance to ask questions and feel we now have a better understanding of their valuable work. Many of our members don't remember their ambulance ride – being unconscious and on the way to hospital for brain surgery. Lesley has some leaflets about the Patient Transport Service for anyone wanting to know more.

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HEADWAY DIARY

We look forward to welcoming some of our new members to our next meeting on:-

Tuesday 20 March – Centre 88, Saner Street, Hull 7 – 9pm. AGM followed by Wii games. We welcome nominations for the offices of Chairman, Treasurer and Secretary, also for the Members Committee to organise future meetings and events. Each nominee should agree to stand and have a proposer and seconder. Please let Lesley know.

Please “Wear a Hat for Headway” at the AGM so that we can take some publicity photos

Tuesday 17 April – meal out – venue to be announced. Sarah has kindly volunteered to “test out” some pub meals for us – what a sacrifice!

Monday 14th to Sunday 20 May – Action for Brain Injury Week. Focus on Carers. Carers - we need your help. Headway UK has drawn up a Carers Survey. We are enclosing a copy with this Newsletter and urge you to complete it and return it in the envelope provided – no stamp required. If you receive the Newsletter on line then please visit www.surveymonkey.com/s/headwaycarersurvey to complete the survey.

Instead of a sponsored dress-down day we hope you can encourage your friends and colleagues to wear a “Hat for Headway” on Friday 18th May. Lesley has some posters to help advertise this.

We may be able to join other members from across the region for a visit to Harewood House on Monday 14 May – more details as they become available.

Friday 18 May – The Belmont Club, Hull. From 7.00pm. Once again the committee and members of the Belmont Club are welcoming us to hold a social evening. Our members Ann and Dave Burdall have organised two entertainers, bingo, Tombola and an auction. **Please let us have items we can use as prizes.** Thanks to those who have already promised items.

REMINDERS

- **There are still a number of copies of the Brain Injury Workbook unaccounted for.** We purchased a number of Brain Injury Workbooks to loan to members. We are sure you will have found this useful but if you have now stopped using it can you please return it to Lesley at one of our monthly meetings so that another member can benefit from the ideas and rehab. exercises.

See over for information on The Way Ahead Conference weekend Friday 6 – Sunday 8 July 2012.

HEADWAY UK – www.headway.org.uk

The Way Ahead Conference Weekend 6 – 8 July, 2012 - The East Midlands Conference Centre (EMCC), a purpose-built conference facility set in the heart of 330 acres of beautiful parkland on University Park campus of Nottingham University. It is easily accessible from the M1 and East Midlands Airport (20 minutes) and Nottingham train station (10 minutes) with free parking.

Friday: Registration from 3pm on Friday at Rutland Hall.

- Workshops:-
- Conducting effective radio interviews
 - Raising awareness of suicide after brain injury and how to support someone who is expressing suicidal thoughts
- Evening dinner and entertainment.

Saturday: -

Dr Stephen Weatherhead, a clinical psychologist specialising in brain injury and family work has agreed to give a presentation on: *'Helping the Family after brain injury'*, Ian Jordan, an optician with a specialist practice in Scotland and a research company in Cambridge will give a presentation on *'Management of visual processing problems in neuro-rehabilitation'* and Helen Fairweather will talk about a joint project with Headway Ipswich and East Suffolk, Felixstowe Blue Cross and Hollesley Bay called *'Brainy Dogs'*.

We are in the process of confirming all Saturday workshops, but the following will give you an idea of what we have planned so far; this year we will be running workshops for up to an hour and a half:

- "You smell green"... or other unlikely scenarios
- Loss and bereavement
- Headway awareness presentation- standardising delivery
- Communication issues following brain injury
- Pensions advice for groups employing staff
- How to recognise 'mate crime'
- Welfare reform
- using the DDA to facilitate a return to work after brain injury
- Art therapy
- Fundraising workshop (title to be confirmed)
- Less is more ... a safe approach for setting boundaries with service users

There will be alternative therapies and Tai Chi available for people with a brain injury and carers.

On Saturday evening we are planning to hold a drinks reception with entertainment and dinner in the EMCC.

The Headway AGM will take place on Sunday morning in the EMCC at 10.15am.

Rates (per person) for representatives from Headway Groups and Branches			
Code	Type	Rate Before 27th April 2012	Rate After 27th April 2012
WA1	Full Weekend (Friday – Sunday)	£130.00	£160.00
WA2	All day Saturday to Midday Sunday (includes access to Saturday's activities plus lunch, dinner, bed and breakfast and AGM)	£110.00	£130.00
WA3	Saturday evening to Midday Sunday (includes Saturday dinner, bed and breakfast and AGM)	£90.00	£110.00
WA4	Friday evening to Saturday afternoon (includes Friday evening dinner, bed and breakfast, access to the day's activities and Saturday lunch only)	£110.00	£130.00
WA9	Saturday (includes access to Saturday' activities and Saturday lunch only)	£50.00	£60.00
WA10	Saturday dinner only <i>NB: This can only be booked up to 15th June</i>	£30.00	
Rates (per person) for non-Headway professionals and organisations			
WA11	Full Weekend	£360.00	
WA12	Saturday (includes access to Saturdays activities and lunch only)	£130.00	

PLEASE CONTACT LESLEY IF YOU ARE INTERESTED IN GOING – SHE HAS BOOKING FORMS AND YOU CAN DISCUSS SHARING TRANSPORT.

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If you are thinking about doing a sponsored event in 2012 please take a look at the Headway UK website – there are a number of organised events including marathons, cycle rides and treks with plenty of back-up support.