



March 2014

Headway

Hull + East Riding News

Improving life after brain injury

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Grants and Donations

We're very pleased to announce that we have won a grant of £2,000 from the Hull and East Riding Charitable Trust. The money will help to make sure that we can keep providing our services to members, and will help us to renew and expand on our existing resources. Part of the funds will be used to buy a Wii Fit board, which relies on a user's balance and weight to play games and do fitness exercises. We will also be able to subsidise a number of members to attend the Headway Way Ahead weekend later this year.

We have also facilitated a £5,000 donation from Markel International Services Limited, who deal in corporate insurance.

Our secretary Lesley's daughter works at Markel, and when she told them about her Mum's achievement at the Headway UK Awards in December (when she was declared Volunteer of the Year), Markel generously made a donation of £5,000 to Headway UK in order to support Headway's efforts across the whole country.

Our branch is heavily reliant on grants and donations, as is Headway UK, and it always amazes us when individuals, companies and other schemes give what they can to help. Headway, as well as our branch, just couldn't keep going without that support. Thank you!

Library Link services for the housebound

Do you struggle to get to the library? Although the mobile library service looks to fall victim to the latest round of cuts at Hull City Council, you can still access library services even if you are housebound.

Library Link is a service run by Hull City Council for those who are housebound or who live in a residential or nursing home due to age, infirmity or disability.

Library Link staff visit members with a selection of books (regular or large print), or spoken word material (on cassette, MP3 or CD) every three weeks. Collections are made available in nursing and residential homes and are exchanged every six months.

This is a free service and members are exempt from library fees and charges. To join or find out more, call Hull City Council on 01482 300300.

East Riding Council also have an outreach service run in conjunction with the WRVS. To find out more, call East Riding Council on 01482 393939.



ACTION FOR BRAIN INJURY WEEK 2014 12-18 MAY

What is Headway's ABI Week?

We wouldn't get very far without our brain would we? We need it to survive; it connects everything together, processes emotions and essentially makes us who we are.

But they are fragile and can be severely damaged from the smallest knock. A crucial aim to Brain Injury Week is drawing awareness to the importance of getting help should you feel ill after an accident in any way. Some people think they have mild concussion when it is much more serious.

Headway campaigns to raise awareness of Traumatic Brain Injury (TBI) and Acquired Brain Injury (ABI) (non-traumatic causes of injury). ABI Week focuses on all aspects of brain injury, and as well as

raising awareness, it launches an annual campaign to run alongside ABI week. 2013's campaign sought to recruit GP 'Champions' of head injury, and launched a resource for GPs to learn more about brain injury.

Events take place across the country to raise awareness and raise funds for local groups and branches.

This year, Headway's ABI Week campaign is for more support for those who are vulnerable and highlight the effect cuts are having on their objectives.

The highlight of the week will be Hats for Headway Day, which is a chance to wear your finest or strangest hats on the day to show their support for ABI Week.

Don't Cut Me Out: ABI Week 2014 Theme Announced

The central theme this year will focus on increasing awareness of the plight of individuals affected by brain injury whose access to vital support services is being reduced as a result of funding cuts and welfare reforms. These cuts are hampering people's ability to lead independent lives and are increasing the likelihood of them requiring additional state support in the future.

Headway aims to be the voice of brain injury survivors across the UK when we use ABI Week 2014 to say **'Don't cut me out!'** The campaigning will also aim to help Headway groups and branches raise awareness of the urgent need for funding in order to ensure they can continue to provide vital services.

To help put across the message, Head-

way has launched a survey of people directly affected by brain injury to demonstrate the effect cuts to their benefits are having on their lives.

Are funding cuts having an impact on the lives of people affected by brain injury? For individuals living with brain injury: <https://www.surveymonkey.com/s/fundingcutsbraininjury>

We strongly encourage you to complete the survey if you or someone you know is living with a brain injury and is in receipt of benefits or local authority funding.

The deadline for completed surveys has been set at 31 March 2014.

For further information on the campaign, visit www.abiweek.org.

ACTION FOR BRAIN INJURY WEEK 2014

Headway Hull ABI Week Social Evening

Plans for our 2014 ABI Week Social Evening are well underway, with local singer Lynette (pictured right) already confirmed to entertain us again with a fantastic range of artists from a whole spectrum of music. More top-class entertainers will be added to the bill soon, so keep checking the newsletter for more information.

We'll be holding a prize raffle, tombola and enjoying a game of bingo too. It will be a fun-packed evening, and will raise further funds for our branch.

The event will be held at The Willows Social Club, Holderness Road, Hull. Tickets will be available to purchase soon, priced at just £2.50 each.

If you or someone you know can donate a prize for the tombola or raffle, please let Lesley know.

Thank you!



Hats for Headway: Get Involved!



Friday 16 May 2014
Hats 4 Headway Day

Headway's annual event will take place on Friday 16 May. *Hats for Headway Day* is a simple, fun, and easy way to raise money for Headway. This year, there is even more reason to get involved as for the first time ever, Headway UK has launched a competition to reward the person and group wearing the best hats. There will be two prizes up for grabs – one for

the best individual photo and the other for the best group shot from a company.

A book and DVD signed by Headway Vice President James Cracknell are the prize for the best individual hat, while the prize for the best company group shot is a free full-page advertisement in Headway News (see www.abiweek.org for competition terms and conditions).

Brain Injury **Rehabilitation** in the Community

Free training for professionals

Monday 24th March 2014

9am to 4.00pm

The Octagon, Walker Street, Hull, HU3 2RA



**Organised by Headway Hull & East Riding
in association with Irwin Mitchell Solicitors.**

This FREE event is aimed at local healthcare professionals and anyone interested in brain injury rehabilitation. The event is being kindly sponsored by Irwin Mitchell and will take place at the Octagon in Hull on 24 March 2014.

Our itinerary is as follows (timings subject to change):

- 9.00 – 9.20** *Registration*
- 9.20 -9.30** *Welcome (Cerys Long, Headway)*
- 9.30 – 10.00** *About Headway (Lesley Saunders, Headway Hull and East Riding)*
- 10.00 – 10.45** *The New World of Benefits (Martin Dransfield)*
- 10.45 - 11.15** *Myths of compensation (Carolyn Heaton, Partner at Irwin Mitchell)*
- 11.15 - 11.30** *Break*
- 11.30 - 12.15** *Practical Steps to Managing Brain Injury in the Home
(Keith Norman, OT and Caroline Penny-Smith, OT)*
- 12.15 - 13.00** *Long Term Consequences of Brain Injury—Physical, cognitive,
behavioural issues (Ed Arnoll, Headway UK Training Manager)*
- 13.00 - 13.45** *Lunch*
- 13.45 - 15.45** *Afternoon workshops to discuss practical daily issues concerning:*
 - A) Mental Capacity (Joanne Fraser, Associate Solicitor at Irwin Mitchell)*
 - B) DOLLS (Irwin Mitchell Public Law Department)*
 - C) Managing difficult behaviours at home
(Dr Jacqui Woods, Neuropsychologist and Caroline Penny-Smith, OT)*
- 15.45** *Questions and close*

To book your place on this free one day conference please complete the online booking form at:

<https://emm.irwinmitchell.com/brain-injury-a-practical-approach>

If you have any questions, please email: patrick.worthington@irwinmitchell.com



Cognitive Rehabilitation Issues

Tuesday 25th March | 9:30am – 4pm

**Victoria Dock Village Hall, South Bridge Road, Victoria Dock
KINGSTON UPON HULL HU9 1TL**

This is a one-day interactive workshop on the latest developments in cognitive rehabilitation following acquired brain injury. This workshop aims to balance knowledge and theory with practical examples of compensatory strategies for some of the common cognitive impairments that follow brain injury. Participants will have the opportunity to work with case studies and develop their skills of holistic assessment, reflective practise and practical approaches to helping people living with acquired brain injury. Video illustrations reinforce knowledge throughout the day.

The workshop is free for Headway staff/volunteers and £90 + VAT per day for professionals and others. There is a £5 per place discount for bookings of four delegates or more.

To book a place please simply fill out an online booking form at:

<http://www.headway.org.uk/training-booking-form.aspx>



Challenging Behaviour

Wednesday 26th March | 9:30am – 4pm

Irwin Mitchell, 2 Wellington Place, LEEDS LS1 4BZ

Challenging behaviour has a huge impact on those working and caring for people with brain injury but has a bigger impact on the person displaying the behaviours. It limits their access to vital rehabilitation and can alienate friends and family leading to social isolation. This workshop will allow you to develop efficient recording and reporting measures to identify proactive and reactive strategies to manage the behaviours. De-escalation techniques will be covered to enable delegates to utilise methods to reduce episodes of aggressive behaviour.

The workshop is free for Headway staff/volunteers and £90 + VAT per day for professionals and others. There is a £5 per place discount for bookings of four delegates or more.

To book a place please simply fill out an online booking form at

<http://www.headway.org.uk/training-booking-form.aspx>



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

Wednesday 19th March

Annual General Meeting at Victoria Dock Village Hall. 7pm to 9pm.

Thursday 20th March

Talk with Psychology students at Hull University 1:30pm to 4:30pm. Please let Lesley know if you plan to attend..

Monday 24th March

'Rehab in the Community' training day for professionals at The Octagon, Hull. Sponsored by Irwin Mitchell Solicitors.

Tuesday 25th March

'Cognitive Issues' regional training day with Headway trainer Ed Arnoll at Victoria Dock Village Hall, 9:30am to 4pm.

Wednesday 26th March

'Challenging Behaviour' regional training day with Headway trainer Ed Arnoll at Irwin Mitchell 2 Wellington Place Leeds LS1 4BZ

Friday 4th April

Meet us for a coffee! 2pm. COSTA Coffee, Kingston Retail Park (opposite Toys R Us).

Wednesday 16th April

Monthly Meeting 7pm to 9pm. Venue to be confirmed.

Friday 16th May 2014

Annual social evening. Start time to be confirmed. Held at Willows Social Club, Holderness Road, Hull, HU8 9AN

Talk with Hull University Students

We are still looking for volunteers to help us speak to psychology students at the University of Hull on 20 March 2014 1:30pm to 4:30pm.

This is a regular event that is hugely beneficial to the students, and teaches them

about living with brain injury. We hope that this experience will stay with them throughout their careers and help to contribute to brain injury awareness in the long term.

If you would like to take part and talk about your experiences, please let Lesley know.

Get Well Soon...

And finally, we'd like to send our very best wishes to members David Philpott and Dave Burdall, who have both suffered further serious complications of their brain injuries.

David is thankfully back at home and is working hard on his recovery. We hope to see him at meetings again soon.

Dave is still in HDU in Hull, and our thoughts go to him and his dedicated wife Ann at this difficult time.

Both David and Dave are very well thought of across our membership, and we wish them a speedy recovery.