



the brain injury association

# Headway

## Hull + East Riding News

Improving life after brain injury

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# CHARITY NIGHT

## HEADWAY HULL & EAST RIDING ANNUAL SOCIAL EVENING

**FRIDAY 15TH MAY** : **7PM**  
: **£2.50**

WILLOWS SOCIAL CLUB, HOLDERNESS ROAD, HULL

## LIVE ENTERTAINMENT FROM MICE & LYNETTE

PLUS RAFFLE, TOMBOLA & BINGO

Come and join us for our annual social evening! Tickets can be purchased by contacting Lesley, The Willows or they will be available to purchase on the door on the evening.

We still need prizes for our raffle and tombola - if you or someone you know have anything to donate please let Lesley know.

## Congratulations....

Huge congratulations to anyone who took part in the London Marathon this year.

Special thanks goes to all of our 45 Headway Heroes who took part! Headway's amazing runners joined over 37,000 runners on the streets of the capital on 26 April as part of the biggest London Marathon to date.

Between them team Headway have raised over £82,000 to date for Headway UK with donations still coming in! A marathon takes incredible amounts of both physical and mental determination so thank you all so much!



## The Way Ahead Conference 2015

There are still a few subsidised places left for the Way Ahead weekend which is due to take place between 3 – 5 July 2015.

If you would like to attend and purchase a ticket at this reduced price of £65 please contact Lesley as soon as possible. Your payment of £65 will need to be paid on booking. These places must be booked before the end of May. Reduced price tickets are offered on a first come first served basis.

## THANK YOU....

- Thank you to Richard and Sandra at the Goole MACULA group for their donation. Headway Hull + East Riding is always very grateful to receive donations as they help us to continue running the services we provide such as our monthly meetings, newsletters, trips, information and support.



- We are grateful to Dr Richard Clarke for coming to speak to us about neuropsychology – what it is and how it can help people with a brain injury. This was a fantastic discussion-based session where members learned that neuropsychology is the study of memory, language, perception, executive functions, motivation and a host of other aspects that make us who we are and determine how we function from day to day. Dr Clarke is keen to support Headway and we look forward to working with him in the future.

## Hats for Headway 2015

It is not too late to organise a 'Hats for Headway' event at your school or place of work....Headway's annual 'Hats for Headway' event takes place later this month, on 22nd May. All you have to do is wear a hat for the day (as novel and wacky as possible!) in return for a donation. Don't forget to get a picture of yourself in your hat!



Even better – there are prizes up for grabs! The best individual photo will win a fantastic prize of a signed script from Coronation Street's 50th anniversary live show, which was broadcast earlier this year! The best company group shot wins a free full-page advertisement in Headway News.

To enter, there's no need to register. Just send your photos to Andrew Taylor at [website@headway.org.uk](mailto:website@headway.org.uk) by Friday 29th May or upload your photos at <https://www.headway.org.uk/hats-for-headway-day.aspx>. Good luck to Newlands Girls School (Phoenix House) who are holding a hat competition! Don't miss out on this great event. It is lot's of fun, raises awareness of brain injury, and raises vital funds for Headway.

## Castle Hill Hospital Open Day - 30 May, 1.00-4.00pm

Don't forget Castle Hill Hospital are holding an open day to raise funds for Ward 29, based in the Queens Centre for Oncology and Haematology. The funds will form an amenity fund to buy items to help people with their rehabilitation!

We are hoping to raise as much money as possible by having stalls with raffles, tombolas, Bric-a-Brac and other fun activities! Please do come along or donate any prizes you may have for the raffle / tombola to help raise money for this worthy cause. We hope to see you there.

## Interested in football...?

The East Riding County FA are committed to providing opportunities at all levels for individuals to get involved in football- be it as a player, referee, administrator or coach.

They are committed to working with Ability Counts Clubs, Leagues, schools and associated disability organisations to ensure that all players have a positive experience within the game and a clear pathway for progression.

Locally there are several disability teams for players of all abilities and the East Riding County FA hold numerous coaching and refereeing courses throughout the year, so whatever your interest why not get involved?

For further information please visit <http://www.eastridingfa.com/players/disability-football#fmXH3SDvTf5QjBWB.99> or <http://www.eastridingfa.com/players/disability-football>

# Yorkshire Acquired Brain Injury Forum Meeting

## Yorkshire ABI Forum

~invites you to~

Are you a professional working within the brain injury sector and want to find out about brain injury services in Yorkshire?

Do you want to tell people about your services?  
Do you want to share your experiences?

If so, why not come along to YABIF's general meeting on Wednesday 20th May at Stewarts Law, Leeds. The event will take place from 5.00-8.00pm.



At Stewarts Law, 9 Bond Court,  
Leeds, LS1 2JZ

~ On Wednesday 20th May at 5-8pm~

~ Come along to this free ABI Week event  
Everyone is welcome to join in or just watch ~

The event will start with a short presentation by Tamsin Ahmad,  
Headway Network Support Co-ordinator for Yorkshire and  
Humberside

~ Light snacks and drinks provided ~

If you would like to join us  
please contact Kerri-Anne Brown at:  
kbrown@stewartslaw.com  
or telephone on 0113 394 9319



# Humber Bridge Half Marathon

Whilst we're all still in 'running fever' why not sign up to take part in the Humber Bridge Half Marathon?

The event takes place on Sunday 28th June from 9.00am and will be a great opportunity to raise money and awareness for a charity of your choice.

Why not run for Headway Hull & East Riding? If you are interested in running this race for us, make sure to state that you are running to raise funds and awareness for Headway Hull & East Riding when asked on the online application form!

To sign up visit;

<http://www.humber-half.org.uk/>

**Rotary International**

**HumberBridge**  
HALF MARATHON 2015

JOIN THE CONVERSATION  
#HMM

**EAST YORKSHIRE'S  
BIGGEST HALF  
MARATHON  
SUNDAY 28TH JUNE 2015**

To date, over 25,000 people have taken on the challenge of East Yorkshire's biggest Half Marathon and this year, you could join them. Run for your chosen charity and help make a difference.

**RUN FOR US!**

**Headway**  
The brain injury association

To get involved or to sign up today, visit:  
**HUMBER-HALF.ORG.UK**

## Care Quality Commission Inspection 19—21 May

The Care Quality Commission want to know about your care at Hull and East Yorkshire Hospitals NHS Trust

The CQC's inspection will start on the 19 May 2015 and they will visit:

- Castle Hill Hospital
- Hull Royal Infirmary

The Care Quality Commission (CQC) is the independent health and adult social care regulator. Their job is to check whether hospitals, care homes, GPs, dentists and services in your home are meeting national standards.

They do this by inspecting services and publishing their findings, helping people to make choices about the care they receive.

They will look at the quality and safety of the care provided based on the things that matter to people. They will look at whether the service is:

- Safe
- Effective
- Caring
- Responsive to people's needs
- Well-led.



They are inspecting Hull and East Yorkshire Hospitals NHS Trust starting from 19 May 2015. This inspection is to follow up the comprehensive inspection from February 2014 to ensure the improvements they required have been made. Before an inspection they consider a lot of information to help them to decide what they need to look at during the inspection.

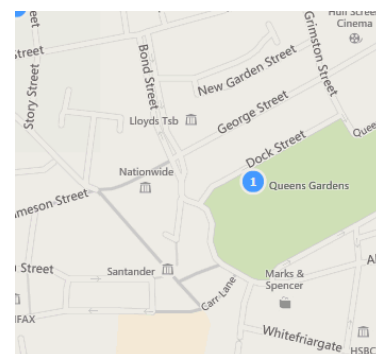
Your experiences of care, and those of your family and friends, will help them to do this. They want to hear what you think.

To tell the CQC about your experiences of care and to find out more about the inspection, please visit <http://www.cqc.org.uk/content/hull-and-east-yorkshire-hospitals-nhs-trust-please-share-your-experience>

## VOLCOM

VOLCOM have arranged to do computer sessions for Headway members. They will be perfect for people who have never used a computer before, or those that have and want to try and get more out of it.

The sessions are free and start on **Monday 11 May at 12:30pm** for 1.5-2 hours. They will be held in the computing classroom at BBC Humberside, Queen's Court, Queen's Gardens, HU1 3RH. There is pay and display Euro Car Park at Queen's Court on Dock Street.



This is a taster course so we'll have more sessions on 18 May and 1 June (missing 25th which is a bank holiday). Members are encouraged to attend as many sessions as they can as different topics will be covered at each one. Can you do this as a big advert please as we need to try and get people there. If wanting to attend, please let Lesley know.



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

### Monday 11 May 2015

Exclusive VOLCOM computer training. BBC building (Hull) 12:30pm. See p.5

### Friday 15 May 2015

Annual social evening and fundraiser at The Willows Club, Holderness Road, Hull, HU8 9AN from 7pm. **Raffle & tombola prizes still needed!**

### Monday 18 May 2015

Exclusive VOLCOM computer training. BBC building (Hull) 12:30pm. See p.5

### Wednesday 20th May 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull. Members' meeting from 6:30pm. Themed quiz, fun and games. **Don't forget your hat!**

### Saturday 30th May 2015

Castle Hill Hospital Open Day, 1.00pm—4.00pm - **see page 3.**

### Monday 1 June 2015

Exclusive VOLCOM computer training. BBC building (Hull) 12:30pm. See p.5

### Friday 5th June 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

### Wednesday 17th June 2015

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull.

### Friday 3rd July 2015

Meet us for a coffee! 2pm. Hull Truck Theatre (next to St Stephens, Hull).

### Friday 3rd - Sunday 5th July 2015

The Way Ahead Conference

### Wednesday 15th July

Monthly meeting 7pm to 9pm at HANA, 44 Portland Street, Hull.

## Monthly Meetings...

### Wednesday 20th May

At this meeting the focus will be on Hats for Headway to celebrate ABI week. Please bring a hat to wear at the meeting – preferably one that you've made yourself but any will do! It will be a lighthearted evening with a themed quiz so don't miss it!

### Wednesday 17th June

At June's monthly meeting we will have a Telecare products update – they specialise in alarm systems (such as gas, carbon monoxide and flood detectors), door entry and access control, lifeline and personal assistance devices, epilepsy sensors and a range of other products and services.