



Headway Hull + East Riding News

Improving life after brain injury

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Thank You!



A huge thank you and congratulations to over 50 dedicated fundraisers who ran for Headway in this years London Marathon on 16 April!!

All of their hard work and training was worth it!!

Hats for Headway 2017!!

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A reminder of Hats for Headway Day on Friday 12 May. A fun way to bring Action for Brain Injury Week 2017 to a close.

All we ask you to do is wear a hat (as novel and wacky as possible!) for the day in return for a donation to Headway Hull + East Riding. Alternatively, you can raise funds for Headway UK.

There'll be some great prizes up for grabs for the best hat!

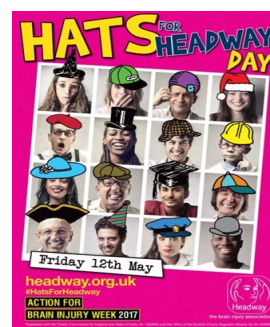
Entries can be submitted on Facebook or Twitter using the hashtag #HatsForHeadway or by using the form on Headway UK's website.

Get all of your family and friends involved! We look forward to seeing your entries and do let us know what you're planning on social media!

Happy Hat Hunting!!

Headway HERO supporting:

**ACTION FOR
BRAIN INJURY WEEK 2017
8-14 MAY**



Rehabilitation Update: Gait Training

Dr Abayomi Salawu, a Consultant in Rehabilitation Medicine at Hull and East Yorkshire Hospitals NHS Trust, has recently acquired a new piece of equipment. The G-EO Gait Rehabilitation system is a device which helps patients who are learning how to walk on level ground again, as well as learning how to ascend and descend stairs.

We are the first region in the UK to gain access to the equipment and it has already demonstrated benefits in the patients using it. Dr Salawu has access to the equipment for six months so if you are interested, get in touch with Lesley.

G-EO System

Gait training in its early stages requires the manual assistance of a physiotherapist. The assistance can vary from therapist to therapist depending on a patient's upper body support, posture, motor control and the direction of lower leg movement.

Although various systems have been developed to aid therapists in gait training including a treadmill based support systems, this is only partial assistance and a therapist still has to control and direct the movement of a patient's lower limbs.

The G-EO Gait Rehabilitation system is a robot assisted system which has been developed to solve the limitations of the treadmills based systems.





The G-EO Gait Rehabilitation system provides a simpler and safer environment for gait training. It allows for symmetrical and constant patterns of lower limb movements to be developed at higher speeds which can facilitate longer therapy sessions.

The use of the system at the earliest stages of therapy may assist patient to achieve more effective motor co-ordination overall and help in the development of a more individualised and varied therapy plan.

It has shown to have been better than other systems at promoting a more symmetrical gait as the effected leg receives more support.

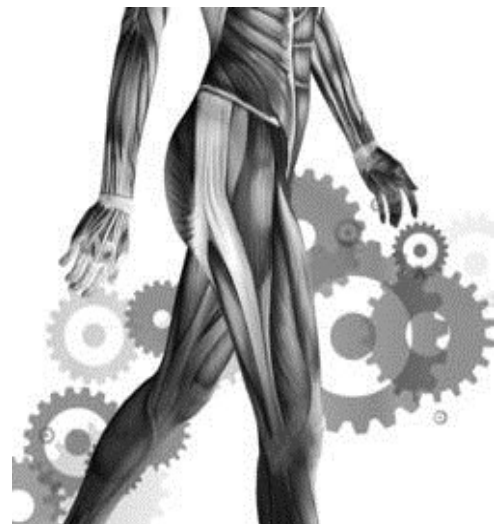
The Benefits

Robot assisted therapy has demonstrated advantages over conventional therapy in optimising:

- ◆ **balance;**
- ◆ **body alignment;**
- ◆ **joint stability;**
- ◆ **muscle tension; and**
- ◆ **a patient's perception of their body.**

It has been suggested it is more effective than over-ground walking in increasing independent walking within the first month of acquired brain injury.

For more information, contact Lesley and she will be happy to assist with your queries





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 8 May 2017 to Sunday 14 May 2017

Action for Brain Injury Week - this years theme is About Me. Further details on page 1

Thursday 11 May 2017

Muttley's Bar, Holderness Road. 7.00pm Join us for our SOCIAL EVENING. Wear a Hat for Headway with prizes for the most amusing. Entertainers Kelly Marie and Lee, buffet supper and raffle. Tickets are £5 and are available from Lesley. We have also invited Headway Scunthorpe and Headway Grimsby to join us. Friends and family are welcome too!

Sunday 14 May 2017

Come to our Tombola at Coletta & Tyson Garden Centre, 324 Hull Road, Woodmansey, Beverley, East Yorkshire, HU17 0RU.

Friday 2 June 2017

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Wednesday 21 June 2017

Monthly Members Forum and Committee Meeting 6.30pm to 9.30pm at HANA (Humber All Nations Alliance) 44 Portland Street, Hull HU2 8JX.

Sunday 25 June 2017

Open day and fete at Castle Hill Hospital Ward 29. Join us for a drink or a bite to eat and take part in our tombola

Friday 30 June 2017 to Sunday 2 July 2017

Our 'Way Ahead' Conference 2017 takes place at Yarnfield Conference Centre In Staffordshire. Contact Lesley to discuss Early Bird and subsidised tickets.

Headway News

Eddie Brooks

We are so very sorry to announce that Eddie Brooks has died. As a young man he served in the forces; firstly in bomb disposal and then with the Royal Navy rescuing downed pilots. He became coxswain for the RNLI in Scotland. The toll of these stressful jobs meant that upon moving to Hull to set up a family firm, Eddie suffered a mental breakdown. Although he recovered he realised the need for support for people struggling with mental illness and founded Recycling Unlimited.

Recycling Unlimited is a wonderful charity which provides opportunities for people to work at their own pace, without stress but with support and encouragement. Over the years the variety of services offered has grown and a number of our members have benefitted from spending time there creating garden furniture, bird tables/boxes and hedgehog houses from recycled pallets. Amongst other things Eddie was also involved with HANA where we hold our monthly evening meetings.

Shaun and Lesley recently attended Eddie's funeral along with many, many people all wanting to show their love and respect for this lovely man. Headway HERO wishes to offer our condolences to Eddie's family and friends and to express our gratitude for his invaluable input to our community.