



October/November 2015

Headway

Hull + East Riding News

Improving life after brain injury

Festive Fundraiser

National Free Helpline
0808 800 2244

Sunday 22 November 10am to 4pm
Coletta & Tyson Garden Centre

Huge tombola | Refreshments | Raffle

The garden centre will be a wonderful place to start stocking up on your Christmas decorations and garden goodies, so make sure you swing by our stall!



twitter:
@headwayhero



facebook:
/headwayhero



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headwayhero.org.uk



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call lesley:
01430 430720
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New visiting times at Castle Hill Ward 29

New visiting times on the neuro-rehab ward at Castle Hill (Ward 29) will come into effect on 7 December. The new visiting times will be 4pm – 8pm Monday to Friday and 2 – 8pm Saturday and Sunday.

We encourage all our members and anyone visiting the ward to respect the new visiting hours. The change has been introduced to allow a longer period for staff to work with patients and provide therapy without this clashing with visiting times. Patients will receive interruption-free rehabilitation which means visiting times can be spent focusing on family and 'down time'.

The longer visiting hours will provide flexibility to relatives and friends, but if they prove difficult for you please liaise with the Ward Sister or her deputy to arrange out-of-hours visiting before you attend the ward. Please also ensure that no more than 2 visitors are present at bedside at a time—if anyone else wants to visit the Trust policy is to ask them to wait outside and swap as required. People who have suffered a brain injury can tire easily, so coping with large numbers of people per bed, or on the ward in general, can make it difficult.

Thanks for your co-operation and understanding.



Ward 29 at Castle Hill Hospital will be holding a Christmas Raffle with a **Reindeer** theme.

Tickets will be sold from Monday 23 November at 25p each and it will be drawn on Monday 21 December.



Managing Fatigue

We had a fantastic monthly meeting in October thanks to JS Parker Case Management services who came to speak to us about Fatigue.

Tiredness affects us all, but for those with a brain injury, fatigue can be very disabling. We learned that it's a symptom that can be easy for friends and families to underestimate, misunderstand and dismiss. We filled in really simple questionnaires to rate how tired we feel after different activities, and the range was remarkable showing that some people with a brain injury get tired a lot more easily just by doing simple tasks.

We also learned about the ways that fatigue can affect us—it can affect speech, co-ordination, thinking, motivation... the list goes on unfortunately.

Awareness and understanding is an essential step to managing fatigue. Why not take a look at the Headway UK factsheet available on the website, or contact us for more information?

Hall of Fame!

Thank you so much once again to Carly and all those who helped to organise such a wonderful evening in September with entertainment from Bobby Mandrell.

The event raised a staggering £2,575 which will be split between Headway HERO, Ward 29 at Castle Hill, and Paul: my brain recovery.

We'd also like to thank Sharon Bartley who raised £256 for Headway HERO by running Bridlington Marathon in October. Well done Sharon and thank you so much!

We rely heavily on people's donations and fundraising efforts—if you would like to help raise funds for us, please get in touch so that we can help.

Brain Injury Research - Call for Participants

Does Theory of Mind influence moral judgement following traumatic brain injury?

What is the research about?

The research wants to find out:

- How traumatic brain injury changes the judgements people make about what is right and wrong
- How well people understand what others are thinking and feeling after a brain injury

Who can take part?

We are looking for two groups of people:

- People who have experienced a traumatic brain injury
- People who have NOT experienced any type of brain injury

Why take part?

The research will help doctors and scientists to understand the effects of brain injury more clearly. We hope this will lead to better assessment and treatment in the future

To find out more, contact:

Dane Aaron Rowley
Trainee Clinical Psychologist
d.a.rowley@2013.hull.ac.uk
07846031093

Headway Christmas Meal



Join us for our annual Christmas meal at Red Sails on Wednesday 16 December 2015 at 7:00pm. Please let us know if you would like to join us as we need to pre-order everyone's food. Headway is subsidising each place so that all you need to pay is £7 if you want 2 courses, and £10 if you want all 3. Please let us have a deposit of £5 ASAP to secure your place. Thanks!

Please contact Martin or Carol Dransfield by email at dransfieldmartin05@gmail.com or if you don't have access to an email address, you can call on 01430 448804. Thanks!

STARTERS

- Festive spiced parcels (v)** - Smoked Applewood cheese and spiced apple chutney, hand-wrapped in a delicate pastry parcel. Served with a salad garnish and cranberry dip.
- Festive grazer for two**—Smoked cheese parcels, pigs in blankets, olives, chicken taquitos, sweet potato fries and Brie and cranberry fondue.
- Thai King Prawn Cocktail**—King prawns in a Thai sweet chilli sauce. Served with rustic bloomer bread and butter
- Butternut Squash, Maple and Coriander Soup (v)** - a rich sweet soup with maple syrup finished with chopped coriander and a Cheddar cheese crouton. Served with a bread roll and butter.
- Chicken clementine pate**—A smooth chicken liver pate studded with Pancetta pieces and hints of clementine. Served with a dressed salad garnish and toasted bloomer bread and butter.

MAINS

(choose from a full range of potatoes and vegetables on the carvery to accompany your meal)

- Brie and white onion polenta tart (v)** - Creamy brie and white onion set in a crisp polenta pastry
- Roast turkey, beef or gammon**—Hand-carved and served with sage and onion stuffing, a pig in blanket and a yorkshire pudding
- Salmon**—A grilled salmon fillet with a mascarpone cream sauce flavoured with prawn, shallots, chives and a hint of white wine.

DESSERTS

- Christmas pudding (v)** - with brandy sauce
- Chocolate and marmalade bread and butter pudding (v)** - Italian panettone soaked in vanilla custard with Belgian chocolate and sticky marmalade. Served with custard.
- Chocolate and caramel crunch**—A white chocolate mousse with caramel centre set upon a chocolate cookie base. Served with double cream.
- Jingle Bell**—Light citrus orange mousse with a zesty lemon filling, set on a lemon cookie. Served with vanilla flavoured ice cream.



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 18th November 2015

Monthly meeting 7pm—9pm at HANA, 44 Portland Street, Hull, HU2 8JX
We'll be making Christmas cards with Merry!!

Sunday 22nd November 2015

Festive Fundraiser at Coletta & Tyson Garden Centre, 324 Hull Rd, Woodmansey, Beverley, East Riding of Yorkshire HU17 0RU. 10am to 4pm.

Friday 4th December 2015

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

Wednesday 16th December 2015

Christmas meal at Red Sails, 2 Beacon Way, Hull HU3 4AE (just off A63 near St Andrews' Quay/Junction). Please let Martin have your deposit and food order!!

Friday 8th January 2016

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

Wednesday 18th January 2016

Monthly meeting 7pm—9pm at HANA, 44 Portland Street, Hull, HU2 8JX. We'll be having a new year's quiz and a few fun activities.

Free computer classes

Volcom provides beginners computer courses and internet drop in sessions to help people learn skills and make the most of using a computer. They can help you to learn more about:

- ◆ Health services
- ◆ Emailing
- ◆ Internet safety
- ◆ Jobseeking
- ◆ Benefits and Universal Credit
- ◆ Managing your money
- ◆ And much more!

Everyone is welcome to pop into their drop in sessions at the BBC Centre, Queen's Gardens, Hull on Thursdays 1-3pm and Fridays 1-3:30pm. For more information, contact Nicole on 01482 342 004 or email nicole.steele@volcom.org.uk

Headway Raffle Tickets

Headway raffle tickets are now available! They're £1 each, with the draw taking place on Wednesday 9 December 2015. All proceeds will be shared between Headway HERO and Headway UK. This year's cash prizes are:

1st place: £1,000

2nd place: £500

3rd place: £100

We'll be selling raffle tickets at our upcoming event at Coletta and Tyson so pop along if you'd like one. If you'd like to sell books yourself, please contact Lesley.

**Enter
to
Win**