

# HEADWAY HULL + EAST RIDING



[www.headwayhero.org.uk](http://www.headwayhero.org.uk)

the brain injury association  
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## October 2011

Thanks to staff from the Carer's Centre Hull and East Riding Carers who came to our September meeting and talked about the services they can offer to support carers. They also commented that they felt they had learned a lot about our member's problems.

Carers Centre Hull is based at 37-42 Prospect Street, Hull HU2 8PX. Telephone 01482 225078  
email [information@carerscentrehull.org.uk](mailto:information@carerscentrehull.org.uk) [www.carerscentrehull.org.uk](http://www.carerscentrehull.org.uk)

One of the very valuable services they offer is short respite breaks for the person you care for, allowing carers the time to do some of those little things. They also provide support and services through outreach workers.

East Riding of Yorkshire Carers Support Service is based at 18 Wednesday Market, Beverley, HU17 0DJ. Freephone: 0800 917 6844 [www.eastriding.gov.uk](http://www.eastriding.gov.uk)

They offer Carers Shop & Save discount card; Carers passport to leisure (50% discount of the majority of leisure activities run by the local authority at their leisure centres); Carers Contact Card (Carers emergency contact details are registered with the ERYC lifeline service). Carers emergency cover service (delivers alternative care for the person the carer looks after for up to 48 hours if an emergency removes the carer from the home).

Short breaks, subject to availability, either in a caravan at Southcliff caravan park in Bridlington or in a two bedroom cottage in the grounds of Sewerby Hall (for which there is a small financial contribution per night).

As we have mentioned before, Carers are entitled to an assessment in their own right – both services can arrange these.

Both services offer much more than we can mention here. For more information contact the service for your area or give Lesley a ring.

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### HEADWAY DIARY

**Tuesday 18 October – Centre 88, Saner Street, Hull 7pm – 9pm.** Wii Games night. Come and have a go.

**Tuesday 22 November – Centre 88, Saner Street, Hull 7 – 9pm.** Steve Clay from The Safeguarding Adults Team is coming to give us some tips on how to deal with doorstep callers, unwanted telephone calls and emails etc. As usual, Fact Sheets and booklets will be available along with refreshments and time to chat together.

**Early December** – looking to book tables in a restaurant for a meal together.

**Tuesday 24 January - 7pm approx – ten pin bowling at Kingswood Hollywood Bowl.**

PTO ...

## HEADWAY UK – [www.headway.org.uk](http://www.headway.org.uk)

For the third year running Headway publications have been recognised in the annual BMA Patient Information Awards.

The booklet “Caring for someone with a brain injury” was highly commended by the judges. The Headway website received the same acclaim. The judges called it “an excellent resource for anyone affected by brain injury”.

### It's that time of year again ....

A small selection of **Christmas Cards** is available costing £2.99 for a pack of 10 either direct from the Headway website or to order via Alison Rowlands at the monthly meetings.

### The Annual Headway Raffle – prizes this year:

- 1st Prize: A week's holiday for four people in a wheelchair accessible apartment on the Brittany Coast (kindly donated by [www.ineedaholidaytoo.com](http://www.ineedaholidaytoo.com))
- 2<sup>nd</sup> Prize: A weeks cottage holiday for a family of 6 in Snowdonia (kindly donated by Goodmans Law)
- 3<sup>rd</sup> Prize: A luxury Welsh Hamper (kindly donated by Lee Abse & Cohen)

Tickets cost £1 each or £5 for a book of 5. Available direct from Headway UK or from Lesley and Alison at the monthly meetings. Please help us to sell these tickets – half the proceeds of sale goes to Headway UK (funding the helpline, production of the Fact Sheets, booklets etc. etc.) and the other half comes to us to help us continue with the monthly Newsletter and meetings.

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A local man has developed a computer system to assist with daily routines for individuals living with memory loss within their own homes.

Briefly, the programme runs all day, showing regular, random and times reminders/memos/photos to assist with daily activities whilst integration with Facebook and BBC news help to relieve boredom, anxiety, depression and feelings of isolation. A simple maintenance system which can be easily accessed via the internet by family/friends/carers, means that your loved one needs no computer experience at all to benefit from [myhomehelper](http://myhomehelper.com).

There is a charge for providing this system and you will, of course, need a computer but if you are interested you can make further enquiries from [www.myhomehelper.co.uk](http://www.myhomehelper.co.uk)

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Hull LINK has launched a new investigation into home care services for older people. Apologies for yet another survey. However, we do need to respond if we are to make our voice heard.

Are you happy with the way home care services are first arranged? (Is it prompt or are there delays?)  
Are you happy with the quality of the home care you receive?  
Is the care provided appropriate for your needs and focussed on you?  
Are there unforeseen problems? (e.g. if a visit is delayed or cancelled).  
Do you have Telecare and assistive technology? If so, is this helpful? What is your experience?  
Do you have any comments to make that you think might be useful in improving home care?

Please phone/email Lesley if you can help with any of the above.