



the brain injury association

October 2013

Hull + East Riding Organisation

# Headway News

Hull + East Riding

improving life after brain injury



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## Free NHS Health Checks

Humber NHS Foundation Trust's Health trainers are helping people who live within the East Riding and are registered with an East Riding GP take action on their own health in 2013.

People who are registered with a GP within the East Riding who are aged between 40 and 74 and haven't already been diagnosed with heart disease, stroke, diabetes or kidney disease, can get a free health check at a base near you.

This may be of interest to our members, their carers and families.

The check takes about 30 minutes and takes

place in a relaxing, stress-free environment with a friendly lifestyle advisor to talk you through every step. First, there will be a few simple questions and some straightforward health tests to check whether the person is at risk of developing heart disease, stroke, type 2 diabetes or kidney disease. The health trainer will take them through a full health check including cholesterol and blood pressure testing.

Once the check has been completed, a professional lifestyle advisor will talk through how people can make healthy choices and give help and support straightaway. They can

also signpost to other local services that will be able to help get further advice.

You can book a health check by calling 0800 917 7752, emailing [healthtrainers@humber.nhs.uk](mailto:healthtrainers@humber.nhs.uk) or dropping in to an NHS healthtrainer base at Bridlington, Goole or Withernsea.

The health trainers want all local residents who meet the criteria to sign themselves up for a free check. The checks are available at the NHS healthtrainer premises in Goole, Bridlington and Withernsea and clinics are also being held at the East Riding Community Hospital in Beverley.

## Meet Rosie Winterton MP

Rosie Winterton MP for central Doncaster will be attending the Headway Doncaster coffee morning on Friday 25 October to talk about her work and also listen to experiences of being a brain injury sur-

vivor, carer, family member or professional working in the field.

The event will take place 10am to 12pm at Cantley Community Centre, Goodison Boulevard, Doncaster, South Yorkshire, DN4 6DF.

There is no need to book, but if you would like more information contact Kate Petchey on 0114 274 4518.

## Upcoming health events: Yorkshire & Humber



'Involve Yorkshire and Humber', which helps to support the voluntary sector in the region, has a few events coming up that might interest members and particularly local professionals.

'Getting to know you' is a 'meet and greet' network-

ing event designed to connect and develop relationships between Public Health England, the voluntary and community sector across Yorkshire and Humber and public health colleagues in local government. The next event is in York on Monday 21 October 12:30 to 3:30.

'Who's Who in Health NOW' is a briefing to give you an essential guide to health and social care now,

This is particularly relevant given the extensive changes to healthcare structures that came into place in April 2013. This event is running on Monday 14 October 9:30 to 12:30 in Leeds.

For more information, contact Involve Yorkshire and Humber on 0113 394 2300 or email on:

Office@  
involveyorkshirehumber.org.uk



*Headway UK is trying to pitch an article on concussion to a national newspaper and is looking for someone to share their personal experiences ."*

## Suffered concussion? Please help us!

Headway UK's communications manager Luke Griggs is trying to pitch an article on concussion to a national newspaper and is looking for someone to share their personal experiences as part of the feature.

The idea behind the article is to demonstrate to people that minor head injuries can have major consequences. So, ideally, the person would:

- Still be experiencing difficulties as a result of suffering a con-

cussion from a seemingly innocuous blow to the head;

- The injury would have occurred in the past couple of years;
- The person has not received the medical support they need due to the effects of the brain injury not being recognised due to the 'minor' nature of the head injury.

Alternatively, if all these criteria cannot be matched,

Luke is also interested in speaking to anyone who has experienced significant complications from concussion (over and above Post-Concussion Syndrome) and who would be willing to potentially speak with the press in order to raise awareness.

Luke Griggs can be contacted at:

Comms.manager

@headway.org.uk

or called on 01904 591498 / 07912 668551



## JOIN US FOR A COFFEE

We're having an informal get-together at **COSTA**, Kingston Retail Park, Hull (opposite Toys R Us). Whether you fancy a chat over coffee or just want a change of scenery, come along!

**FRIDAY 8 NOVEMBER 2PM**



## Waterways Museum Trip: LAST CHANCE!

October 2013

We still have a few places left on our Waterways Museum trip. Please call Lesley as soon as possible to reserve your place if you would like to attend.

We will meet at The Waterways Museum in Goole (situated on Goole Docks—follow the signposts from Bridge Street) at 9:30am. We will have a coffee and a look around the museum, and then a boat trip along the canal with buffet lunch provided. We then return to the Mu-

seum for a trip around the Goole Docks area.

The day will be completely wheelchair friendly. Also, the Waterways Museum are able to offer us this for **free!**

We may be able to run this event again, so if you can't make it to this one, let us know you're interested and we can look into booking another date.

For more information, you can check out their website:

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



## Healthwatch Kingston Upon Hull

Did you know? Healthwatch Hull is a new independent voice for the people of Hull, helping to shape, challenge and improve local health and social care services.

Not only can you give your feedback on local services. They can also help by providing information about local health and social care services you may find useful.

Healthwatch is a national scheme with branches all over the country. It aims to

give people a powerful voice locally and nationally. At a local level, Healthwatch works with local people to get the best out of their local health and social care services, whether improving them today or shaping them for tomorrow. They also organise local events relating to health and social care.

You can find out more about Healthwatch on their website [www.healthwatchkingstonuponhull.co.uk](http://www.healthwatchkingstonuponhull.co.uk)

You can contact them as follows:

Healthwatch  
The Strand  
75 Beverley Road  
Hull  
HU3 1XL

01482 324474

enquiries

@healthwatchkingstonuponhull.co.uk

## Bowling with Headway Rotherham

Headway Rotherham have organised a regional bowling night for Thursday 17 October, and you're all invited!

The event starts at 7pm at Rotherham Superbowl (Wortley Road, Kimberworth, Rotherham, S61 1QN). £5 per person for 2 games. Refresh-

ments are available to purchase on the night.

If anyone would like to go, please contact Sadie on 01709 581828 or email [info@](mailto:info@headwayrotherham.co.uk)

[headwayrotherham.co.uk](http://headwayrotherham.co.uk)





the brain injury association  
hull and 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  
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## Headway HERO Diary

### Wednesday 16th October (DAY)

Free Waterways Museum outing. Please reserve your place with Lesley. Waterways Museum, Goole. 9:30am.

### Wednesday 16th October (EARLY EVENING)

Monthly meeting. 7pm (members committee at 6.30pm). Victoria Dock Village Hall

### Tuesday 22nd October

Headway Hull + East Riding Brain Injury Seminar. The Octagon, Walker Street, Hull. Full day free seminar for health and social care professionals. Buffet lunch provided. **Please email Lesley to reserve your place.**

### Friday 8th November

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

### Wednesday 20th November

Monthly meeting. 7pm (members committee at 6:30pm). Victoria Dock Village Hall

### 12-18 May 2014

Headway's Action for Brain Injury week. Theme to be announced in due course.

## Headway Hull + East Riding

## FREE Brain Injury Seminar

TUESDAY 22 OCTOBER 2013

We are pleased to offer this FREE full-day brain injury training event for health and social care professionals, sponsored by Irwin Mitchell Solicitors. Lunch provided.

Mr Kevin Morris (Neurosurgeon)

Mr Miles Rogish (Neuropsychologist)

Guy Salsby (Brain Injury Social Workers Group)

Helen Giblin & Multi-Disciplinary Team (Goole Neuro Rehabilitation Centre)

Irwin Mitchell Solicitors (Mental Capacity Act and DOLS)

The Octagon, Walker St, Hull

**EMAIL US TO RESERVE YOUR PLACE**