

# HEADWAY HULL + EAST RIDING



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

the brain injury association  
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## September 2011

**Reminder: Have you completed and posted the questionnaires that were enclosed with the August Newsletter?**

Andrea Ralph is a trainee clinical psychologist at the University of Hull. Her research project is about stigma and potential discrimination that people with brain injury may face. A copy of the questionnaire was enclosed with the August Newsletter, together with a **FREEPOST** envelope. Please take the time to complete the form and return it to Andrea. If you receive the Newsletter by email, please complete the form and email it to Andrea at [A.J.Ralph@2009.hull.ac.uk](mailto:A.J.Ralph@2009.hull.ac.uk)

Your answers provide vital evidence that can help influence how we are treated. If you have any questions please come along to the September meeting to meet Andrea.

**Hull and East Riding of Yorkshire Regional Neurological Alliance** questionnaire is about what information is available as posters/leaflets about neurological conditions in reception areas of hospitals and clinics. Please bring it with you to the September meeting, email it to Lesley or post it to Headway Hull + East Riding c/o 16 Sutton Road, Howden, East Yorkshire, DN14 7DJ.

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### **Sunday 18 September- HUMBER BRIDGE – Giving Voice Event** **Register between 10.30 and 11.15am Event from 11.30am to 1pm**

**Come and join in with our Speech and Language Therapists. They are planning to form a human chain across the Humber Bridge to attempt to pass a single message from one side to the other using as many modes of communication as possible (mime, semaphore, message in a bottle, even morse code)!**

**Meet in the Humber Bridge car park on the north side or Waters Edge Visitor Centre at Barton upon Humber.**

**There will be special guests, fun events, good bags and more... .. See you there.**

#### **HEADWAY DIARY**

**Tuesday 20 September –Centre 88, Saner Street, Hull 7pm – 9pm** – We are very pleased that representatives from both the Carers' Centre, Hull and East Riding Carers will come to tell us about the services they offer. Our membership is spread right across the county so it is useful to learn what is available locally. Do come and find out about such services as the 50% discount off the majority of leisure activities run by the local authority with the "Carers passport to leisure" and short breaks in either a caravan located at Southcliff caravan park in Bridlington or a two bedroom cottage in the grounds of Sewerby Hall.

**Tuesday 18 October – Centre 88, Saner Street, Hull 7pm – 9pm.** We are hoping to have someone from the Vulnerable Adults Team to give us safety advice. The usual booklets/Fact Sheets will be available along with a cup of tea, a bun and time to chat.

**Tuesday 22 November – Centre 88, Saner Street, Hull 7pm – 9pm** – Wii games night.

**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.

**Hull Training Day** – sorry, we have had to postpone this for the present.

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**FREE EVENT – organised by YHANO, HIEC and Devices for Dignity**

**LIVING INDEPENDENTLY WITH THE HELP OF TECHNOLOGY**

**13 September 2011**

at : **The Holiday Inn, Doncaster.**

Bringing together people with Long-Term Neurological Conditions, carers and staff to find out about and get involved in the development of the latest technology that can help people with LTNCs live more independently.

There are a number of technologies being used and new technologies being developed in various parts of the health service to support people with LTNCs to live more independently. To understand how advances in technology can be of benefit, patients/service users need to know what they are, how they work and how to ask for them. This is your opportunity to see them first hand, input into how they could be developed to support you and understand how they could support you to live more independently.

Booking form available from [Joanne.Woodward2@sth.nhs.uk](mailto:Joanne.Woodward2@sth.nhs.uk) phone: 0114 2714344

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**HEADWAY UK**

There is a new FACT SHEET: [Executive dysfunction after brain injury](#). Read/Download from the Headway website: [www.headway.org.uk](http://www.headway.org.uk)

Executive functioning is an umbrella term for many abilities including:

Planning and organisation	flexible thinking	monitoring performance
Multi-tasking	solving unusual problems	self-awareness
Learning rules	social behaviour	making decisions
Motivation	initiating appropriate behaviour	controlling emotions
Inhibiting inappropriate behaviour		concentrating and taking in information

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Last month we mentioned the film James Cracknell has made to encourage cyclists to wear helmets. You can view this via: [www.youtube.com/user/headwayuk](http://www.youtube.com/user/headwayuk) or [www.headway.org.uk/news/james-cracknell-appeals-to-cyclists-to-wear-helmets.aspx](http://www.headway.org.uk/news/james-cracknell-appeals-to-cyclists-to-wear-helmets.aspx)

Now OT Mel has emailed us to share some links where you can find some really funky cycle helmets. She was prompted to buy a new helmet after seeing a man fall off his bike and whack his head on the floor – she had to call an ambulance for him. Common sense makes us think that a protective cushion between our skull and a hard impact must lessen the potential damage. Mel's new helmet is called "Nutcase" with "I love my brain" written on the back!

.We can't comment on safety standards but have a look at [www.nutcase-europe.com/en/collections/classic](http://www.nutcase-europe.com/en/collections/classic) and [www.yakkay.com](http://www.yakkay.com)

Mel.