



Headway

Hull + East Riding News

Improving life after brain injury

Speak about your experiences

National Free Helpline
0808 800 2244



twitter:
@headwayhero



facebook:
/headwayhero



web:
headwayhero.org.uk



email:
Headwayhull
@talktalk.net



call lesley:
01430 430720
07538 319716

Inside this issue:

Newsletter printing	2
Computer help	2
Donations	3
Feedback please	3
Money advice	3
Castle Hill drop in	4
Diary	4

We announced in our newsletter a few months ago that Irwin Mitchell have kindly offered to fund another training day next year for professionals. We have set the theme to look at the long-term effects of brain injury, both for the individual and for their families and carers.

Inspired by the wonderful feedback we have received from sessions at Hull University where our members have spoken about their experiences to students, we would like to do something similar at the training event.

Owing to the size of the audience and the need to make sure we run to time, we would like to record our members speaking about their experiences. We may also have a Q&A session after the videos have been shown for those that want to take part.

We would like to start filming the testimonials at our September meeting (away from the main room), so please come along if you would like more information or if you would like to take part.

You can speak about whatever you want – that might be your own experience, a day to day problem that you face, something you miss, a lesson learned or maybe something you wish you had been prepared for.

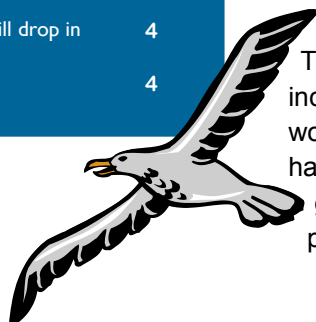
It might sound like a scary experience, but we'll try to make it as easy as possible – it will be hugely beneficial for the people that attend the training event as many may not have heard about brain injury from a personal perspective before.

We hope you can help!

Free narrow boat trip!

We have been offered another free trip on the narrow boat at Sobriety Centre in Goole which we anticipate will be on 9th October. We plan to meet at 10 or 10:30am and the trip will last for around 4 hours.

There is enough room for 12 participants including carers. The Sobriety Centre would like us to prioritise people who haven't been before, but we would be grateful if all those people who are interested could let Lesley know as soon as possible. Thanks!



Are you getting a hard copy of the newsletter?

It's fantastic that our newsletter circulation grows each month. We send it to over 200 people by email, but just over 60 copies need to be printed and sent out in the post.

If you are receiving a hard copy of the newsletter and have access to emails or the internet, why not get it emailed to you instead? This will help us to save on printing and postage costs.

We also upload the newsletters to our website, and let you know when that's been done through facebook and twitter.

If you used to get the newsletter by email but have now started getting a hard copy, this is probably because the email bounced back to us – please let us know your up to date contact details.



If you'd like to sharpen up your computer and internet skills, we're trying to organise a free computer session with Volcom at one of our upcoming meetings so watch this space!

Computer help from AbilityNet

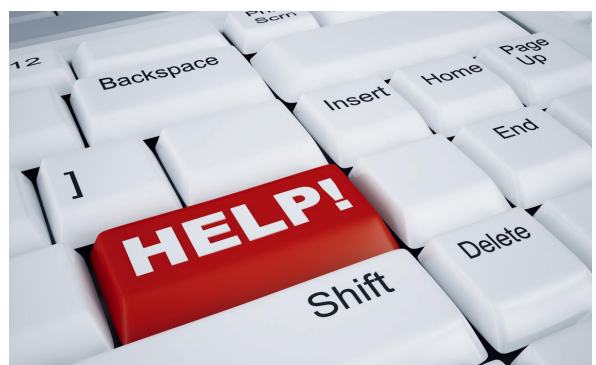
AbilityNet is the UK's leading authority on how disabled people can use computers and the internet to change their lives. They have a number of services which might be of interest to our members.

- Free Helpline - Call 0800 269 545 for friendly advice and information about any aspect of how disabled people can use computers and the internet.
- Free Online Assessment tools - Visit www.abilitynet.org.uk/online-assessment and click through a series of questions and answers about how technology can meet your needs.
- Free Factsheets - Free specialist information about disability, computers and the internet can be downloaded at www.abilitynet.org.uk/factsheets
- Free Home Visits for Disabled People – AbilityNet have a network of IT 'Can Help' volunteers who visit people in their own home to help with all sorts of problems, such as viruses, installing



Adapting Technology ■ Changing Lives

hardware and safer surfing. Visit <http://www.abilitynet.org.uk/advice-information/IT-support-for-disabled-people> for more details and to request a home visit by AbilityNet.



Donations



Thanks to the friends of Mark and Natalie Boothby who donated items for a car boot sale in July that raised an astonishing £200! That must have been quite some car boot! The family kindly donate the cheque to Headway Hull + East Riding and we were very happy to meet Natalie and her mother in law at our August coffee morning when they presented the cheque to us.

We were also very grateful to money raised by Scarborough Girls' High School Old Girls' Association and Mrs Jane Lucas for raising £22 which they donated to us in memory of Jean Gillbanks.

Donations like these are so important to the branch to help us cover the cost of the newsletter and the other services we provide. Thank you!

Feedback on local services

We are always trying to keep an eye on local services and would love to know your thoughts on what is being done well, and any difficulties you are having.

For example, we would particularly like to know if you have any comments to make about the staffing levels on Ward 29 at Castle Hill – the staff there work exceptionally hard and do a wonderful job, but we are concerned that they don't have the number of staff that they need. Is this your experience?

How about after discharge, have you been able to access the therapy services that you need?

Please get in touch with Lesley to let us know.



Free Debt Advice

A brain injury can have a significant impact on finances for the whole family. If you are struggling to pay day to day bills, or to keep up with loan repayments and other financial commitments, it can be hard to know where to turn for help.

The Money Advice Service has launched a new free online service to help people to manage their debts. (www.moneyadviceservice.org.uk/en)

It aims to give people access to free and impartial debt advice - it is an independent service set up by the Government to help people manage their money better. It provides a wealth of other online information where you can access extra support material on how to budget. The Money Advice Service has developed the Debt Advice Locator which helps people to find free, confidential and impartial debt advice near where they



live or work. They work with organisations such as National Debtline and StepChange Debt Charity, as well as telephone services which allow people to speak directly with an expert advisor. There is also a face to face debt advice search tool which allows you to type in your location and instantly find local organisations that give free advice on managing finances and dealing with debt. You can access the locator online here: www.moneyadviceservice.org.uk/en/tools/debt-advice-locator



the brain injury association
hull + east riding

Headway HERO Diary

Wednesday 12th September 2014

Castle Hill drop in session. At Ward 29 (Queen's Building) 4pm to 6pm.

Wednesday 17th September 2014

Monthly Meeting 7pm to 9pm. At Jubilee Central, 62 King Edward Street, Hull, HU1 3SQ (near BHS).

Friday 3rd October 2014

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

Thursday 9th October 2014

Narrow boat trip from Sobriety Centre, Goole. Limited to 12 places—please call Lesley for more info and to register interest.

Wednesday 15th October 2014

Monthly Meeting 7pm to 9pm. Check our next newsletter for confirmation of the venue.

Friday 7th November 2014

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

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.

Castle Hill Drop in Session

We'll be holding another drop in session on Ward 29 at Castle Hill hospital on 12 September between 4pm and 6pm.

Our secretary Lesley and our chair Becky will be there with leaflets and information about Headway and local services, so if you're visiting someone (or just want to pop in to say hello) please drop in!



improving life
after brain injury

~Headway East Coast presents~

Scarborough Sea-Front fundraising and awareness raising event

Saturday 13 September 2014
1.00pm to 4.00pm

In previous years the branch has had a very enjoyable time going along the sea-front with a banner, leaflets and collection tins. Please join us if you can!

If you wish to take part, please ring 01302 308688 – leave a message and contact number and someone will call to confirm the details.