



Headway  
the brain injury association

# Headway

## Hull + East Riding News

Improving life after brain injury



**At last  
the days are  
getting longer.**

National Free Helpline

**0808 800 2244**



**twitter:**

@headwayhero  
@headwayhumber



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/headwayhero  
/headwayhumber



**web:**

headwayhero.org.uk



**email:**

hey@headwayhumber



**local phone:**

07395571398

The next Zoom social is on a Tuesday EVENING 6.00pm 20 April. The details for joining are in the Diary on the back page.

Don't forget, you are welcome to call us on the dedicated mobile phone.

### COMPLEX REHABILITATION WARD

We are delighted that a purpose built complex rehabilitation ward is nearing completion at Castle Hill Hospital. Due to open later this year, we understand it will include a training kitchen and therapy rooms where patients will be supported to make the best possible recovery.

Prior to discharge, assessment of a patient's abilities to do every day living skills can then be used to shape a fully supported Community Care Plan.

If you would like to make a donation to help purchase rehab. equipment contact charity WISHH (Working Independently to Support Hull Hospitals) and state that you would like your money to be used on the Complex Rehab. Ward at CHH.



### HULL & EAST RIDING CITIZENS ADVICE

Telephone: 01482 226859 for specialist debt advice.

All other calls should be made to 03444 111 444 or email

e-advice@hull-east ridingcab.org.UK

We are sorry that so many of you don't have access to the internet so are not able join us for our ZOOM meetings or take advantage of the "Keeping in Touch" articles and the Webinars. However we are able to pass on the good advice given in the Headway webinar "NatWest Friends Against Scams programme".



NatWest Security Centre:  
[natwest.com/security](https://natwest.com/security)



Friends Against Scams website:  
[friendsagainstscams.org.uk](https://friendsagainstscams.org.uk)



If you think you've been a victim, contact your bank in the first instance



Report the scam via Action Fraud on **0300 123 2040**



Talk – you are not alone and shouldn't feel embarrassed



Information classification: Public

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## Top tips to protect yourself and others



Be extra careful if you receive any phone calls, texts or emails from anyone claiming to be a bank or other trusted organisation. A genuine bank or organisation will never contact you out of the blue to ask for your PIN, full password, card reader codes, passcodes, or to move money to another "safe" account. Personal information is yours. **Don't give it away.** If in doubt, call us directly using the number on the back of your card



Never click on a link received in an email or text that then takes you to a website requesting personal information or login details. Always go via a search engine or direct to the company website.



Never allow anyone remote access to your computer. Scammers will often ask you to download an app or will send you an email with a link such as Team Viewer. You will also never receive a genuine call to tell you your wi-fi or internet is slow



Watch out for poor grammar or spelling on emails/printed material/letters.



Take 5. Stop and think about what you are being asked to do. If concerned, stop and talk to your family or a friend.

Information classification: Public

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# Spring Word Search



# Spring



N G V S L C T J E D F P Z O R L B  
E T O I P H R A S B I J E D M V G  
L Z R M T A O C N I A R G T Y Q N  
I P E J S N Y K F W H S L A I F I  
A Y B E G M D E P T E Q E W C K R  
D S O K R E N T Y L W H J B U I P  
M U P H T B I L D E N O C Z A F S  
K N T C D A W D G P L D B G P L M  
F S E I R Z U N O S A E S N U B L  
W H Z N A P R S M Y T L F M I W S  
P I F C L E A N I N G E B H K A V  
T N U I B M V R Z O F R C A W H R  
M E D P H C R A M B E K L N S T G  
X L F J Y A S N G L S H O W E R S  
H B R E A K O P L V C Z U F Y D K  
C F T X M U B A S I L W D H G N E  
W I H P E D L J R Y Q B S A O X R

APRIL	BASEBALL	BREAK
BREEZE	CLEANING	CLOUDS
JACKET	KITE	MARCH
MAY	PICNIC	PUDDLES
RAINBOW	RAINCOAT	SEASON
SHOWERS	SPRING	SUNSHINE
THAW	UMBRELLA	WINDY



**Tree Valley Academy**

## WASH HANDS

Keep washing your hands regularly

## COVER FACE

Wear a face covering in enclosed spaces

## MAKE SPACE

Stay at least 2 metres apart—or 1 metre with a face covering or other precautions



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**

For Newsletter issues please contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

If you have any pictures or notices that you feel would be suitable for use in the Newsletter then please send them.

*Any images must be royalty free and shared with the permission of the subjects.*

## Headway HERO Diary

**Hi Everyone, our Headway Social is Tuesday EVENING at 6pm on 20 April, we do hope you can make it!**

To join the Zoom Meeting, make a note of the Passcode. Then click the blue link below, enter the passcode when prompted. You will then be asked to wait a moment while the host lets you into the meeting. Once you are let into the meeting you will need to click the camera and microphone symbols so you can be seen and heard

**To Join the Zoom Social meeting click the blue link below at 6pm on Tuesday 20 April**

Join Zoom Meeting

<https://zoom.us/j/94806099231?pwd=bINrNkNWOWUwaU1Gc2pDTUxiaFlqQT09>

Meeting ID: 948 0609 9231

Passcode: uk7fP3

**For more information on how to use zoom: see below**

You can access zoom via mobile phone, ipad, tablet, computer and laptop so long as you have an internet connection. See attached Zoom Instruction document or click the blue hyper-link below for an **Easy Guide to using Zoom, Face Time, etc Oct 2020**

<https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/>

**If you have any difficulty logging on please call or text the main Headway Hull mobile number : 07395571398 or alternatively email us at: [hey@headwayhumber](mailto:hey@headwayhumber) and we will do our best to talk you through it.**

**If you are not able to communicate on Zoom but would like a support call do let us know and we will arrange for one of the committee to contact you.**

### **Your Privacy and GDPR**

Thank you for sharing your email and contact details with Headway Hull + East Riding. We use your information to keep in touch and will not pass it on to any third parties. It will be used only to share news of the group activities and between the committee members and yourself. Your information is kept safe and is password protected on our group list and your paper form with your contact details is also kept safe. If you have any questions or concerns please get in touch with us.

### **Best Wishes**

### **Headway Hull + East Riding Committee**

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