

October 2023

Headway

Hull + East Riding



the brain injury association



ional FREE Helpline



808 800 2244



local phone:

07395 571398



email:

hey@headwayhumber.org.uk

Thank you for everyone who attended the recent coffee meeting.

We had some great fun having a go at some card making.



@headwayhumber

HULL & EAST RIDING CITIZENS ADVICE

Tel: 01482 226859 for specialist
debt advice.

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

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Lowgate, Hull
01482 323697

With Special Thanks to Williamsons Solicitors
for sponsoring the production, printing and
posting of this Newsletter .



"Can you help us understand what research questions are important to you?"

Nurses, Midwives and Allied Professions (NMAPs) are the largest part of the NHS workforce and will provide the majority of a person's care. However, they are less likely to undertake research themselves and have research undertaken into their work.

At Cambridge University Hospitals we see NMAP research as vital to improving quality of care. To help this we are looking to put together a list of research priorities for Nurses, Midwives and Allied Professionals across the trust.

To do this we have developed a long list of questions from our staff. We would like your help in choosing the 10 most important ones to ask researchers to answer. If you would be able to help us, please visit this link: <https://tinyurl.com/NMAPResearch> or scan this QR code



You will be shown 20 pairs of questions. Please pick the one you feel is the most important to answer in each pair. Your choices will be put with everyone else's, which will help us understand which are the most important questions for people. You can answer this survey as many times as you like. Each time you will be shown different pairs of questions and each that you help us prioritise will make a difference. This process is anonymous. Thank you for your time."

Identify change after brain injury



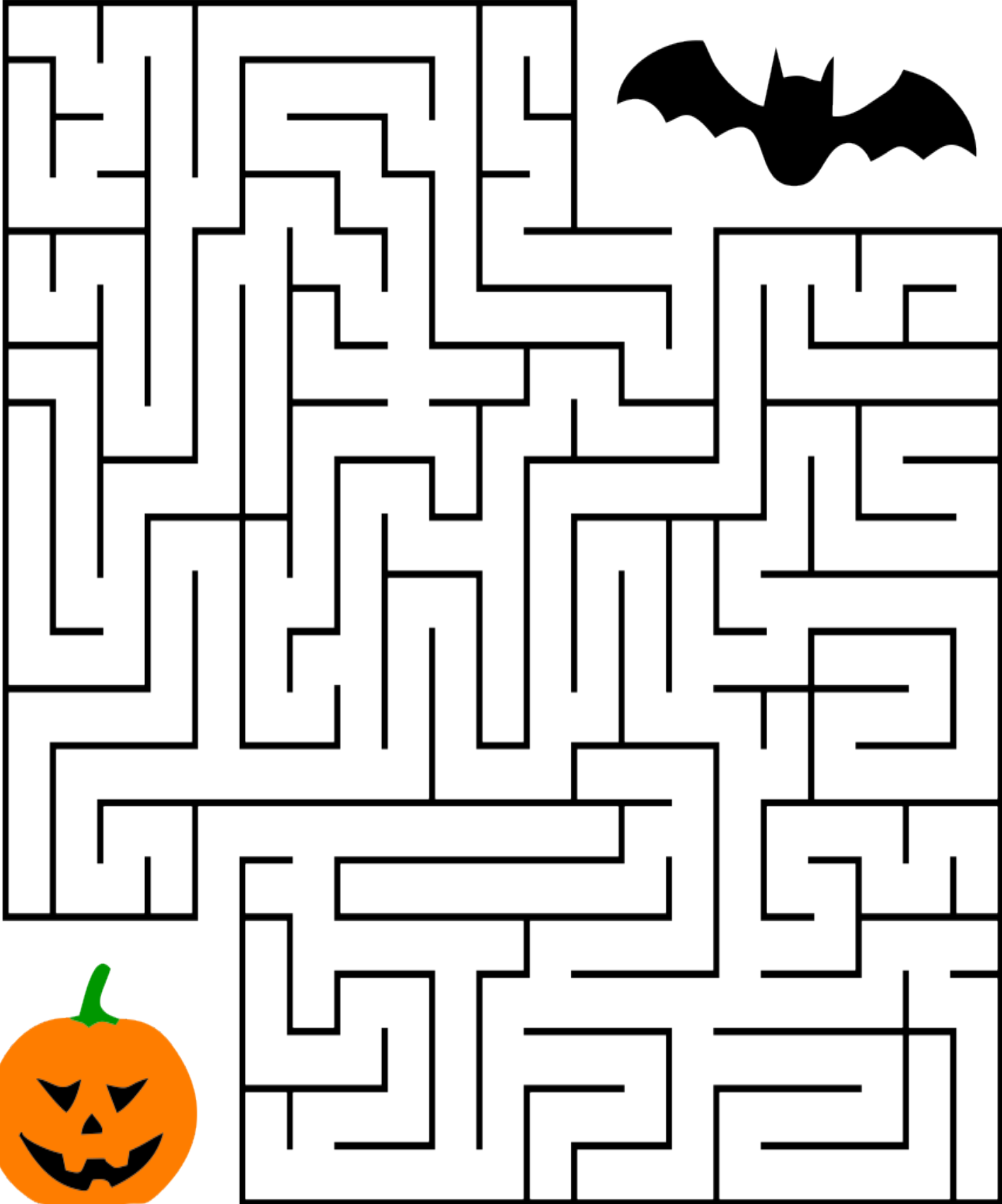
The new resource follows on from previous work to raise awareness of this issue in the [A New Me](#) campaign, which highlighted the changes in identity reported by many brain injury survivors and their loved ones after brain injury.

The factsheet explores what identity is, how it can be affected by brain injury, common feelings associated with identity change and tips for coping with this issue.

With expert input from brain injury survivors and Consultant Clinical Neuropsychologists Dr Fergus Gracey and Dr Peter Fleming, we hope that this new factsheet is a helpful resource to brain injury survivors and others experiencing this issue. The new resource has kindly been sponsored by [Laura Slader Independent Occupational Therapy Services Ltd.](#)

You can [download the factsheet here](#).

Halloween Maze





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

BAT CANDY GHOST HALLOWEEN
PUMPKIN SCARY SKULL
SPOOKY TOMBSTONE VAMPIRE



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 Wayne at 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

All meetings at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated

Wednesday, 18th October 6.00pm – 8.00pm **Coffee Meeting**

Friday, 3rd November 1pm – 3pm **Coffee Meeting**

Wednesday, 15th October 6.00pm – 8.00pm **Coffee Meeting**

Friday, 3rd November 1pm – 3pm **Coffee Meeting**

Wednesday 15th November 6.00pm – 8:00pm **Coffee Meeting**

Headway Hull + East Riding Needs You!

Could you make a pot of tea to share? Spend time talking with members? Help with publicity? Help with fund raising? Help run social events? Help signpost to local services? Produce the Newsletter?

We would love to hear from you. Just phone the local mobile number or email.

If you decide you no longer wish to receive the Newsletter by post, please let us know by phoning the local mobile number on the front page. Also, if you now have an email address and would like to be kept up-to-date with online sessions such as the Yoga, Webinars etc., please let us know so we can amend our records.

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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