

November 2023

Headway

Hull + East Riding



the brain injury association

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



twitter:
@headwayhero
@headwayhumber

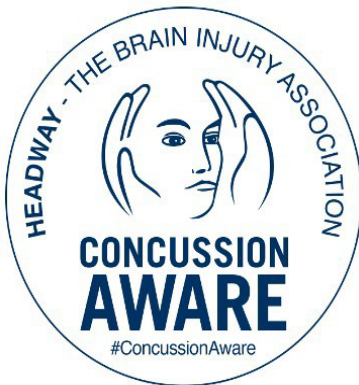


**Comedy Night at the Big T's
Chippy! Saturday, 11th November
2023 8.00pm.**

**Comedian Lizzy Lenco will be
hosting this hilarious funny show.**

**Cost to audience is pay what you
can – all proceeds go to the local
Headway Charity**

**Big T's, Unit 6-7, Oslo Road,
Hull, HU7 0YN**



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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

WILLIAMSONS
SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

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



Christmas dates for your diary

1st December we are holding a Christmas Movie Night at The Danish Seaman's Church at 1.00pm

12th December we are having our Christmas Meal at Red Sails Public House at 7.00pm

20th December we are having our Christmas party at The Danish Seaman's Church at 6.00pm



Understanding male family experiences of a Prolonged Disorder of Consciousness



Aim of Research

A PDoC is when a person's awareness and responsiveness are significantly impaired for an extended period, for example being in a coma for more than 4 weeks following a brain injury.

We are looking for male family members/close friends of someone who has experienced a Prolonged Disorder of Consciousness (PDoC) in the UK, to better understand this experience and improve support.

What's Involved

Share your experience in a 1 -1.5 hour interview, face-to-face or online, which will focus on understanding your journey with a loved one affected by PDoC.

We want to hear from you!

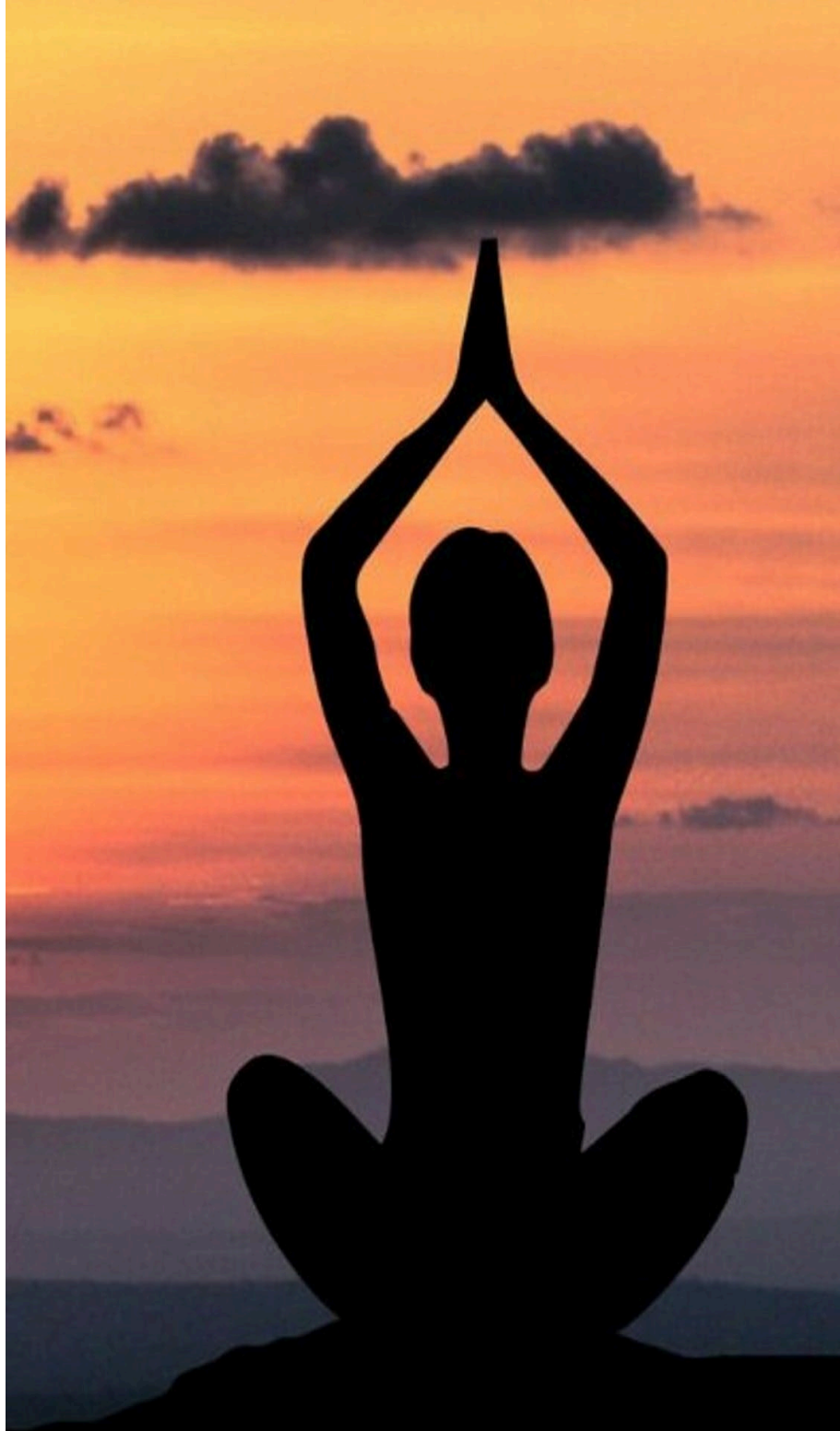
If you're over 18, identify as male, and have/have had a close relationship with someone in the UK diagnosed with PDoC.

Contact

If you are interested in taking part or require more information, please contact Mr Connor Watkins (Lead Researcher):

w0264271@student.staffs.ac.uk





Great news!

The new run of 8 online Mindful Yoga Sessions is due to begin on **Tuesday, 7th November at** . Each Session will last for half an hour.

The dates and times of the course are as follows:

**Each Tuesday 12.15 – 12.45 for 8 weeks
07.11.23 – 19.12.23**

The sessions will be delivered by Yoga Teacher Laura from Umbrella Yoga CIC, who will help connect us to the moment. There will be gentle stretching, breathing techniques and a short meditation. The sessions will be accessible to all with chair-based options available.

There are **limited places**, and you need to book, ideally for the full eight sessions, but we will understand if you are poorly or have an appointment. Places will be given on a first come, first served basis. So don't miss out! we have had such amazing feedback from people who have previously attended the course, they have told us that they ***"feel energised" after the sessions whilst feeling "chilled and relaxed", "it's the highlight of my week", "it has helped me sleep better", "I feel more positive after the class" and so on!!!***

Everyone who books the sessions will need to fill in a brief on-line health questionnaire before the first session, we can support you with this. If you would like any more information, please ring Diane Derbyshire on 07951517625 or email at diane.derbyshire@headway.org.uk



Christmas Cards

Sending a Headway Christmas card to your loved ones is a great way to show that you're thinking of them, while also supporting our work to improve life after brain injury.

Each pack of 10 cards is priced at £3.50, and thanks to Headway's generous sponsor Bolt Burdon Kemp, every penny will go directly to supporting brain injury survivors, their families and carers

To purchase the cards visit:

[Headway Christmas cards are available now](#)



**Choose
Headway
this
Christmas**



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 15 th November 2023, 6.00pm – 8.00pm	Coffee Meeting
Friday, 1 st December 2023 1.00pm – 3.00pm	Christmas Movie
Tuesday, 12 th December 7.00pm	Christmas Meal Red Sails
Wednesday, 20 th December 6.00pm – 8.00pm	Christmas Party

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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We are grateful to Williamsons Solicitors, who have sponsored the printing and postage of this Newsletter.