



the brain injury association

Headway Bradford Newsletter

improving life after brain injury

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Updating!

Welcome to the July/August Headway Bradford newsletter.

As you can see we are changing the format of our newsletter and are also beginning the process of updating our re-

cords so that we have an up to date list of those who wish to be members of Headway Bradford and know who would like to receive our newsletter.

In a few weeks' time you will receive a letter from us together with a Mem-

bership Form. The form will include a question about the newsletter. We would really appreciate it if you could help us by filling in the form and returning it to us when you receive it. Many thanks.

Personal Independence Payments

From the beginning of June 2013, Disability Living Allowance changed to the Personal Independence Payment for new claimants.

This means that anyone who thinks they might be entitled for Disability Living Allowance and wants to make a new claim will now make a claim for the Personal Independence Payment. To make a claim you need to call: 0800 917 2222 (Monday to Friday, 8am – 6pm) and request a claim form.

If you already receive Disability Living Allowance, you will continue to receive this. The Department of Work and Pen-

sions (DWP) plan to introduce the Personal Independence Payment in stages over the next few years. They will write to individuals about their change to the Personal Independence Payment in plenty of time and advise that you do not need to contact the Department of Work and Pensions now. They expect to have contacted everyone who needs to claim Personal Independence Payment by late 2017.

If you would like any further information on Personal Independence Payments:

- You can access the Government website:

<https://www.gov.uk/pip>. There is a 'PIP checker' tool on the website which allows you to check when your Disability Living Allowance might be affected by the changes.

- Read the information on the Headway website: <https://www.headway.org.uk/personal-independence-payment.aspx>
- Call the Department of Work and Pensions 'General Information Advice line' on: 0845 850 3322 Monday to Friday 8am -6pm.



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About Headway Bradford

Headway Bradford is a local branch of Headway UK and is run by a small committee of volunteers who have either had an injury themselves or are a family member or carer. We also have legal and health care professionals who volunteer. Our aim is to provide support to help rebuild lives after brain injury.

Headway—the brain injury association is a Registered Charity No 1025852 and a company limited by guarantee. Registered in England No. 2346893.

Support our stall at Saltaire Festival

Saltaire Festival runs this year from Saturday 14 September until Sunday 22 September. During this time there are many events in various locations around Saltaire village (near Shipley, Bradford, West Yorkshire). Many of the events are free; others vary in price from £5 to £24.95. Details of events are on the Saltaire Festival website www.salttairefestival.co.uk. Pocket-sized festival pro-

grammes are available from Shipley Library.

As part of the Festival, the grounds of the United Reformed Church (Sir Titus Salt's church) at the bottom of Victoria Road are used as a place for charities to hold fundraising and information stalls. This year the date for this is Saturday 21 September and Headway Bradford will be holding bric-a-brac and tombola stalls as well as

having information leaflets available.

We are in need of items to use as tombola prizes and would like to ask if you have anything you can give us for this purpose, eg unwanted gifts. This event usually raises a good amount of funds for us, so we would be very grateful for anything you can donate. Items can be brought to the next Social/Support Meeting on Tues-

day 10 September held at the Kirkgate Centre, 39A Kirkgate, Shipley, BD18 3EH between 10.30am and 12 noon; if this is not suitable, please ring us on 07856 076 866 (Iris) to make other arrangements.

If you are in Saltaire on Saturday 21 September, do come and say hello. The event begins at 10am and finishes around 4pm and we would be very pleased to see you there.

Caring Confidently

Caring Confidently is the name of a series of sessions for carers being offered free of charge by Carers' Resource. There are five sessions altogether, each lasting up to two hours, and carers can attend as many as they like. Titles for the sessions are 'My Own Health', 'My Own Life & Feelings', 'Good Communications', 'Knowing My Rights' and 'Practical Solutions'.

Headway Bradford is working with Carers' Resource to arrange for these sessions to be run in early 2014 as something helpful which those of us

who are carers might like to attend together. As well as being a source of help and encouragement for us in our caring roles, it would also provide a good opportunity for us to get to know each other better.

We will provide more details about this when arrangements have been confirmed. Meanwhile, if you are interested and would like to let us know, please either send us an email at headway_bradford@hotmail.co.uk or phone us on 07856 076 866.

Day trip to Whitby

The coach was booked, the raffle was organised, the bags of snacks were prepared - everything was ready for Tuesday 25 June when a coach load of Headway Bradford members and friends set off on a day trip to Whitby. The sun was shining right from the start and there were clear blue skies waiting for us in Whitby when we arrived at lunch time. Apart from a bit of cloud here and there, the sun

shone on us all day. There was a gentle breeze and the temperature was not too hot and not too cool - just right for us to enjoy a relaxing time in Whitby with its beach, harbour, abbey and shops. At 5pm it was time to set off back home again - we had had a lovely day. Thank you to all those who came and to all those who had a hand in organising the trip. We must do it again.



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Our national free telephone Helpline number is:

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Open Monday—Friday 9am—5pm
(charges from mobiles may vary)