



the brain injury association

# Headway Bradford Newsletter

improving life after brain injury



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## Welcome!

Welcome to our  
**March/April newsletter.**



This month sees the launch of our **Coffee Mornings in Bradford city** centre, which we plan to hold on a monthly basis. It is our hope that this additional meeting will be more accessible to people who may find it difficult to attend our monthly meetings in Shipley because of the distance they have to travel or who feel happier coming to a meeting where they can come and go as they please.

Please read the article in this newsletter for more information about the **March and April Coffee Mornings**. We really look forward to meeting more of our members and their families and carers at these meetings.

Also in March we are holding our **Annual General Meeting**. We would encourage as many of our members as can to attend this meeting and help us by giving us your views, ideas and suggestions as we take Headway Bradford forward.

We hope you will enjoy reading the newsletter and that we will see you at some of the events over the next two months as listed on the last page.

## Signs of Spring

'I look outside

And what do I see?

Flowers growing

And baby birds singing,

Butterflies floating

In the sky,

It's beginning to rain,

My oh my!

I look outside,

And what do I see,

I see Spring

Looking back at me!

By Robin Suitt

## Your Views and Ideas Requested at the Annual General Meeting

This year Bradford Headway Annual General Meeting will be held on **Tuesday 11 March 2014 at 10.30am.**

It will replace our usual Social/Support Meeting and is a good opportunity for members to hear what Headway Bradford has been doing over the past year, help to vote in the committee for the coming year and make your views, suggestions and ideas known to help Headway Bradford continue to move forward.

Cerys Long, who is the Co-ordinator for Yorkshire & The Humber Region, will chair the meeting, so attending the meeting would also give you an opportunity to meet her. All our members should have re-

ceived an Annual General Meeting notice together with a Nomination Form either in the post or by email. Please do contact us if you are a member and have not received your notice.

Committee members serve Headway Bradford in a voluntary capacity and we value the support of our members as we make plans for the future. We look forward to many members joining us for our AGM.

Refreshments will be available at the beginning of the meeting and a light lunch will be served at the end of the meeting. Please make every effort to attend this meeting because we need your ideas and views on what the committee arranges for you.

**Following the AGM, a Committee Meeting will be held at 12.30pm.**

### AGM

**Tuesday 11  
March 2014 at  
10.30am.**



## Social/Support meeting, Tuesday 8th April 2014, 10.30am - 12pm at the Kirkgate Centre, Shipley

### Social/Support Meeting

**Tuesday 8th  
April 2014,  
10.30am-12pm**

**Kirkgate  
Centre, Shipley**



The speaker we have invited to our meeting on 8th April will be telling us about two services run by Bradford Council.

'**Time Out**' is a sitting service designed to give carers, who are providing either full time or intensive support to an adult aged 18 or over, a break.

'**Shared Lives/Compass**' is a relatively new service developed by the Shared Lives and Time Out teams as an alternative to traditional day services. Both services can provide regular support at a time to suit you / family including evenings and weekends.

There is a charge for these services, but we will be informed about this and other aspects of the services at the meeting. Come along and find out more. There will be time to chat over a cuppa as well and we will have our usual raffle. All are welcome.

**Kirkgate Centre**

**39A Kirkgate**

**Shipley**

**West Yorkshire**

**BD18 3EH**

## Day Out at Millstones, Harrogate—Still Time to Book!

As announced in our January/February newsletter, Headway Bradford have arranged a day out for a meal and entertainment at **Millstones, Harrogate on Tuesday 25 March 2014**, travelling there and back by coach.

We are very pleased that 18 people have already booked to go - your family and friends are welcome to join us for this day out if they would like to come along.

As we were late in sending out our January/February newsletter, we have extended the **deadline for booking a place and making payment to Tuesday 11 March 2014**.

The cost of the meal is £14 but the cost of the coach travel will be covered by Headway Bradford.

If you would like to go, we ask that you book a place (see below for details of how to book) let us know your choice of food from the menu, and pay for the meal by **Tuesday 11 March 2014**.

### The timetable for the day is to be as follows:-

#### 9.30am :

Pick up by coach Shipley Market Square (near Costa Coffee)

#### 9.45am :

Pick up by coach Nelson Street, Bradford (behind the Interchange)

*Please let us know where you would like to be picked up when you book your place(s)*

#### 11.00am:

Arrive at Millstones, Harrogate. Tea or coffee and a toasted teacake will be served on arrival. Music and dancing for those who wish to join in Dinner. Cash prize bingo for those who wish to play. Tea or coffee and homemade biscuits will be served before departure.

#### 3.15pm :

Leave Millstones to travel back to Bradford and Shipley, arriving back around 4.15pm/4.30pm

### MENU

#### MAIN COURSE :

Roast beef and

Yorkshire pudding

OR

Homemade turkey, ham and leek pie

(both served with potatoes and vegetables)

#### DESSERT:

Lemon sponge with

custard OR

Ice cream

If you would like to come, please book your place(s) in one of the following ways:-

Phone us: 07856 076 866

Email :[headway\\_bradford@hotmail.co.uk](mailto:headway_bradford@hotmail.co.uk)

Speak to John Watmough (Chair & Treasurer) at the Annual General Meeting on Tuesday 11 March 2014



## New Venture: Coffee Mornings in Bradford City Centre



Headway Bradford will be holding the first of its Bradford City Centre Coffee Mornings on Tuesday 27 March 2014 from 10.30am - 12pm in the café at the National Media Museum, Bradford, BD1 1NQ. We plan to hold these Coffee Mornings on the fourth Thursday morning of each month.

We must just apologise about the **change of venue** for this first one. We had begun to tell people that the Coffee Morning would be held at the St George's Hall Café, Bridge Street, Bradford, but unfortunately, due to unforeseen circumstances, we are now unable to hold it

there this time. We are sorry for any inconvenience this has caused, but are very pleased to say we can hold it at the café in the National Media Museum on the same day.

The café is on the ground floor of the National Media Museum to the left of the entrance, beyond the box office and shop. John Watmough, our Chair, and Steve Butlin, our Vice Chair, will be there to meet you and will be wearing blue Headway Bradford sweatshirts or white Headway Bradford t-shirts.

Drop by and join us for a drink, a chat, information or to meet new friends - you will be free to come and go

as you please between 10.30am and 12pm. We hope having these times to meet up informally in Bradford city centre will provide opportunities for more of you, particularly those who live in the outer areas of Bradford, to meet us and get to know one another. We look forward to seeing you there.

**The April Coffee Morning will be held at the St George's Hall Café, Bridge Street, Bradford, BD1 1JT on Thursday 24 April between 10.30am and 12pm.**

## Article on BBC Website



Luke Griggs at Headway UK has informed us that they have contributed to another article on the BBC website without speculating on individual cases.

In this latest article Headway has tried to raise awareness of the realities of waking from a coma and the fact that it can mean the beginning of a long and arduous journey to recovery.

The message of hope that there can be life after brain injury has also been put across. See [www.bbbc.co.uk/news/health-26033972](http://www.bbbc.co.uk/news/health-26033972).

## Free Seminar, Saturday March 29th 2014, 1pm - 4pm



**Headway York** have invited us to join them at their Spring Education Seminar, which is free of charge and will be held at: - **Priory Street Centre, 15 Priory Street, York, YO1 6ET**

The following people are guest speakers for the event:

**Bonnie Kate Dewar, Clinical Neuropsychologist** "How to get the best out of your GP when you have a brain injury"

**Sue Swales, Brain Injury Case Manager** "Brain Anatomy - what impact does it have when you injure different areas of your brain"

**Ranza Barr, Cranial Osteopath** "Cranial Osteopathy - the benefits in brain injury"

To book your place or for further information, please contact Headway York on telephone no. 07980 004 397 or email [York\\_headway@hotmail.co.uk](mailto:York_headway@hotmail.co.uk).

## Day Trip to Windermere, Tuesday 17th June 2014

Photos supplied by [www.visitboulton.com](http://www.visitboulton.com)



After chatting about it during our January Social Meeting, it was agreed that for our day trip this year we would visit Windermere in the Lake District. A coach has been booked for Tuesday 17 June 2014 and we would leave at 9.30am.

Family and friends of Headway Bradford members are also welcome to come on this trip. All those who wish to come will need to book a

place in advance and pay a £5 deposit when booking. Members, however, will have their £5 deposit returned to them as we leave on the coach, making the trip free for them.

To book a place, please contact us by phone, email or in person at one of the Social/Support Meetings in Shipley or at the Coffee Morning in Bradford (details on the Headway Bradford

calendar). If you wish to pay your deposit by post, cheques made payable to 'Headway Bradford' can be sent to our postal address shown on the left hand side of the front page.

We hope many of you will be able to come and enjoy a day relaxing in the beautiful surroundings of Windermere.



## Have You Got ICE in Your Mobile Phone?

**If not, it's a very good idea to put some in!! Here's why;**

In 2005 Bob Brotchie, a Cambridge-based paramedic, hatched the ICE plan after struggling to get contact details from shocked or injured patients.

By adding the acronym **ICE** which stands for **In Case of Emergency** with the name of your emergency contact to your mobile contact list, you can store the name and number of who should be contacted in an emergency.

E.g. ICE Tom, ICE Mum, ICE Mrs Lee. If you wish to list more than one contact name, you can number them e.g. ICE 1, ICE 2, ICE 3.

Think carefully about who will be your ICE contact(s), particularly as they may have to give consent for emergency medical treatment. Talk the person/people you would like to have as your ICE contact(s) and obtain their permission before adding them.

Put a dash (-) in front of the letters ICE so that it will appear at the top of your list of contacts.

Tell other family members and friends that you have put ICE contacts in your mobile phone and encourage them to do the same. This will help speed up responses from emergency services when they have to decide who to call.

Put an ICE sticker on your mobile phone to make others aware that you have an ICE contact. The sticker should have the wording 'CONTACT AVAILABLE, ICE, In Case of Emergency'.

Keep your phone well topped up with credit and battery power.



## Swimming & Gym Opportunities in the Bradford Area

We were very pleased to have Debbie Wilson to speak to us at our Social/Support Meeting on Tuesday 11th February.



Debbie is the Bradford Aquatics Development Manager/Swim Activator for Bradford Council and was able to give us lots of information about swimming and using gyms. Here are just some of the things she told us:

**Timetables** for all the pools can be found on the internet at [www.bradford.gov.uk](http://www.bradford.gov.uk). Here you will always find up to date opening times and information about each pool.

**Swimming lessons** are available for all age groups from babies right up to adults.

**ShIPLEY Pool** has a disabled room with a seated shower facility.

**Meet and Greet** service is available at all pools, but this would need to be arranged with pool staff in advance or by contacting Debbie in advance.

**Steady Swim** has replaced the Over 50's Swim and is open to people of any age.

**Swimwear policy** allows people to cover up more by wearing long-sleeved tops and/or leggings, but they must be made of Lycra. Such items are available in sports shops. Swimming hats are not compulsory but are recommended and are on sale at the pools and in sports shops.

**Bowling Pool** is specifically designed to provide improved facilities for users with impaired mobility. It has sloped access into the pool and the water is heated to 33 degrees to provide extra comfort.

**Up to two carers** can accompany a disabled person free when going swimming depending on the level of help the person needs.

**PEEPS** is available for people with any kind of disability. You would need to speak to the reception staff about special requirements you may have, eg if you need a different evacuation procedure. This information would then be passed on to the pool attendants.

**People with 'hidden disabilities'** would not be questioned by staff regarding their disability when stating they are disabled.



**BEEP** is a GP referral scheme run in partnership with the Council. If a GP decides exercise would be of benefit to you either for physical or mental reasons, they can refer you so that you could use a gym at a low cost. A carer could go with you free and, because there can be a lot of anxiety around going for the first time, BEEP referrals are assigned a Gym Instructor for in depth help with getting used to equipment, etc to start with.



**Debbie is more than happy to answer any queries you may have concerning swimming pools and gyms in the Bradford area and wants you to know she can be contacted in the following ways:-**

**Email:**

[deborah.wilson@bradford.gov.uk](mailto:deborah.wilson@bradford.gov.uk)

**Mobile phone:**

**07582 100189**

**Please do not hesitate to contact her for further information.**

## Swimming Pools in and Around Bradford!



If you feel inspired to go swimming here are the contact details of some local pools;

### University Of Bradford Sports Centre

Richmond Road, Bradford, BD7 1DP

Tel: 01274 234868

### Momentum Leisure Club (Bradford)

Tumbling Hill Street, Bradford, BD7 1DB

Tel: 01274 733502

### Bowling Swimming Pool

Flockton Road, East Bowling, Bradford, BD4 7RH

Tel: 01274 727577

### Cedar Court Health Club (Leeds / Bradford)

Mail Avenue, Rooley Lane, Bradford, BD5 8HW

Tel: 01274 406604

### Richard Dunn Sports Centre

Rooley Avenue, Bradford, BD6 1EZ

Tel: 01274 307822

### Bradford Grammar School

Keighley Road, Bradford, BD9 4JP

Tel: 01274 542492

### St Bede's Catholic Grammar School

Highgate, Heaton, Bradford, BD9 4BQ

Tel: 01274 541221

### Virgin Active Club (Bradford)

Dick Lane, Gallagher Leisure Park, Thornbury, Bradford, BD3 7AT

Tel: 01274 668111

### Tong Sports Centre And Pool

Tong School, Westgate Hill Street, Bradford, BD4 6NR

Tel: 01274 786295

### Eccleshill Swimming Pool

Harrogate Road, Bradford, BD10 0QE

Tel: 01274 612329

### Shipley Swimming Pool

Alexandra Road, Shipley, BD18 3ER

Tel: 01274 437162

### Shipley Fitness & Wellbeing Centre

2 Fred Atkinson Way, Baildon, Shipley, BD17 7HE

Tel: 01274 532227



If you don't know which pool is closest to where you live, you can find your nearest pool online by using the following website and entering your home postcode;

<http://www.swimming.org/poolfinder>



the brain injury association  
Bradford

### 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.

## Headway Bradford Diary

### Tuesday 11 March 2014

Annual General Meeting

At the Kirkgate Centre, Shipley 10.30am - 12pm

### Tuesday 25 March 2014

Day out to Millstones, Harrogate by coach

Please book your place.

### Thursday 27 March 2014

Coffee Morning (drop-in)

At the café in the National Media Museum, Bradford, BD1 1NQ 10.30am - 12pm

### Tuesday 8 April 2014

Social/Support Meeting - Speaker from the 'Time Out' sitting service

At the Kirkgate Centre, Shipley 10.30am - 12pm

### Thursday 24 April 2014

Coffee Morning (drop-in)

At St George's Hall Café, Bridge Street, Bradford BD1 1JT, 10.30am - 12pm

Our national free telephone Helpline number is:

**0808 800 2244**

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

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