



the brain injury association

# Headway Bradford Newsletter



improving life after brain injury

National Free Helpline  
**0808 800 2244**

 07856 076 866

 Headway\_bradford  
@hotmail.co.uk

 Headway Bradford  
CPB 3  
c/o Kirkgate Centre  
39A Kirkgate  
Shipley  
West Yorkshire  
BD18 3EH

## HEADWAY BRADFORD

WISHES ALL ITS MEMBERS AND  
THEIR FAMILIES



A VERY HAPPY CHRISTMAS  
AND A PROSPEROUS NEW YEAR



#### Inside this issue:

Caring Confidently	2
Our new website	2
Carer's Small Grant	3
Saltaire Festival	3
Diary	4

### THANK YOU!

#### Hello everyone!

First of all, we want to say a really big 'Thank You' to you all for returning the Membership Forms we sent out in order for us to update our

database/mailling list.

We were so pleased to hear from you and it has been a tremendous help to us.

We hope you will enjoy reading this November/December newsletter

and that many of you will be able to come to the Christmas Party on Tuesday 10 December 10.30am at the Kirkgate Centre, Shipley.

## Caring Confidently



Caring Confidently is a series of sessions run, free of charge, by Carers' Resource, and Headway Bradford have arranged for Carers' Resource to run one series particularly for carers of people with brain injuries. Five topics - 'My own health', 'My own life and feelings', 'Good communications', 'Knowing my rights' and 'Practical solutions' - will be covered in the four sessions to be held on:-

**Tuesday 7 January 2014**  
**Tuesday 14 January 2014**  
**Tuesday 28 January 2014**

**Tuesday 4 February 2014**

in the Peach Room at:

*Carers' Resource  
Unit 15 Park View Court  
St Paul's Road  
Shipley  
West Yorkshire  
BD18 3DZ*

Lunch (free) will be served from 11.30am before each session.

Sessions will begin at 12.30pm and finish by 2.30pm and you can choose to attend as many or as few as you like.

To book a place or find out more, please phone Sarah Baker at Carers' Resource on 01274 449660.

Places will be limited to 14, but if the number of people wishing to attend exceeds that, we would arrange for the sessions to be repeated at a later date.

We hope those of us who are carers will take advantage of this opportunity to gain help and support and also be encouraged in our caring roles. Those who have been caring for some time will be just as welcome to attend as those who have become carers more recently - people who can speak from experience will be valuable in these sessions, and there is always something new to learn.

We look forward to meeting you.

## The New Headway Bradford Website [www.headwaybradford.org.uk](http://www.headwaybradford.org.uk)

We are pleased to announce that we have launched our new website, which gives details of the aims of Headway Bradford together with dates of meetings and events, photos, newsletters and other useful information. We hope it will prove to be a useful resource for both members of Headway

Bradford and the wider community.

Through his links in the IT field, Committee Member Richard Wilson worked with an IT firm on the structure and design of the website and then commissioned them to build it. Work then began on the content of the pages, but at this early stage, only the

initial elements have been completed. The site is, therefore, a 'work in progress' and we ask users to bear with us as we continue to work on developing the remaining sections. We would welcome feedback about the website and if you have any comments, please do get in touch with us by phone, email or post.

## Carer's Small Grant - 2013/2014

Carers are invited to apply for this grant, which is a one-off payment of up to £200 and is not means tested. The closing date for Application Forms to be submitted is 20 December 2013.

A Carer's Small Grant is intended to provide a payment to help carers to something that promotes their own health and well-being, eg a short break; a personal hobby or pastime; or something you always wanted to do but never had

the opportunity, like learning a new skill. It cannot be used to pay for services, aids or adaptations for the cared-for person. Priority will be given to carers who have not received a Carer's Small Grant within the last 12 months and only one application per household will be accepted.

The Application Form gives full details, including the required eligibility criteria and the terms and con-

ditions. If you would like an Application Form or would like more information about the grant, please contact Carers' Resource

Telephone 01274 965883

Email: [smallgrant@carersresource.org](mailto:smallgrant@carersresource.org)

We would encourage carers to apply for this grant, particularly if you have not done so before. Many carers have benefited from this grant in the past.

## STALLS AT SALTAIRE FESTIVAL

Saturday 21 September 2013 turned out to be a fine, sunny day when we held our fundraising stalls at Saltaire Festival. After arriving there at 9am to set up, we had a busy day on both our tombola and bric-a-brac stalls. We had to vacate the grounds of the United Reformed Church, where the Charity Stalls were situated, by 5pm - we only just managed it as we were still selling tickets and bric-a-brac at 4.45pm! There were still a lot of people around - it seemed like they just didn't want to go home, but we weren't grumbling!

The stalls also served to raise awareness about brain injury and we distributed many leaflets to the

people who came to our stalls.

We are extremely pleased to say that we raised a magnificent total of £820!

Thanks are due to all those who worked hard to make the day so successful and all those who gave items for us to use on our stalls. Well done everybody!





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 10 December 2013** - Social/Support Meeting at the Kirkgate Centre, 39A Kirkgate, Shipley, West Yorkshire, BD18 3EH 10.30am - 12.30pm approx. At this meeting we will be having our annual **Christmas Party**. We are looking forward to an enjoyable morning with time to chat, a Christmas raffle, a game of bingo and, of course, something good to eat.

**Tuesday 7 January 2014** - Caring Confidently session for carers at Carers' Resource, Shipley 11.30am - 2.30pm. 'Caring Confidently by Knowing My Rights'

**Tuesday 14 January 2014** - Social/Support Meeting at the Kirkgate Centre, 39A Kirkgate, Shipley, West Yorkshire, BD18 3EH 10.30am - 12 noon. Details to be announced

**Tuesday 21 January 2014** - Caring Confidently session for carers at Carers' Resource, Shipley 11.30am - 2.30pm. 'Caring Confidently using Good Communication'

**Tuesday 28 January 2014** - Caring Confidently session for carers at Carers' Resource, Shipley 11.30am - 2.30pm. 'Caring Confidently about My Own Health'

**Tuesday 4 February 2014** - Caring Confidently session for carers at Carers' Resource, Shipley 11.30am - 2.30pm. 'Caring Confidently with Practical Solutions'

**Tuesday 11 February 2014** - Social/Support Meeting at the Kirkgate Centre, Shipley 10.30am - 12 noon. Details to be announced

**Merry  
Christmas**

Our national free telephone Helpline number is:

**0808 800 2244**

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

improving life  
after brain injury