



the brain injury association

Headway Bradford Newsletter

improving life after brain injury



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Welcome!

Welcome to the May / June newsletter!

Spring has definitely sprung and Headway Bradford is springing into action with a new monthly Coffee Morning in the centre of Keighley, the first one on Wednesday 6 May. Please see the article further down for full details.

Amongst other things, this newsletter also contains a report on our Annual General Meeting which was held on Tuesday 14 March.

There is also information about our trip to Southport on Tuesday 16 June. We hope you enjoy reading through to find out what else is going on.



Tuesday 12 May 2015 – Social/Support Meeting at the Kirkgate Centre, Shipley 10.30am – 12pm At this meeting there will be various activities available – perhaps you would like to do one, or perhaps you would like to just sit and chat. Whatever you choose to do, there will be refreshments available and we will have our usual raffle.

Thursday 21 May 2015 – Coffee Morning at St George's Hall cafe, Bradford 10.30am – 12pm We invite you to drop in for a cuppa and a chat or to ask for information anytime from 10.30am – 12pm. It will be good to see you.

Wednesday 3 June 2015 – Coffee Morning at Central Cafe, Central Hall, Keighley 10.30am – 12pm This will be the second of the new Keighley coffee mornings – an informal time for a cuppa and a chat.

Thursday 18 June 2015 – Coffee Morning at St George's Hall cafe, Bradford 10.30am – 12pm Another opportunity to drop in any time between 10.30am and 12pm for a cuppa and a chat or to ask for information. We will be pleased to see you.

Tuesday 9 June 2015 – Social/Support Meeting at the Kirkgate Centre, Shipley 10.30am – 12pm

This month the **Yorkshire Air Ambulance** will be coming to speak to us giving us information about their work and helping us understand how much it costs to keep the charity running.

Some of our members were airlifted to hospital by YAA when they sustained their brain injuries, so this should be a very interesting morning for us.

Headway Bradford will give a donation to YAA from our funds, but in addition to that the proceeds of our raffle that morning will also go to them. Hope you will be able to join us.



NEW Coffee Morning at Central Cafe, Keighley, Wednesdays, 10.30am—12pm

This is a **new venture**, which we hope will provide a better opportunity for Headway Bradford members who live in the Keighley area to meet us and get to know one another – but all Headway Bradford members, wherever you live, are welcome to come along as well.

We are also hoping these new coffee mornings will bring us into contact with other people in the Keighley area whose lives have been affected by brain injury. They will be held on a drop in basis on the first Wednesday of every month with the first one being on Wednesday 6 May 2015.

To find Central Hall, first look for Lord Street near the top of Cavendish Street on the right as you go up. Alice Street is at the end of Lord Street, and you will see Central Hall just opposite you as you reach end of Lord Street. A map showing the location of Central Hall can be found at www.central-hall.com.



Central Cafe is on the ground floor of Central Hall, which is fully accessible. After entering the building, you will find Central Cafe on the right opposite the reception desk.

When you go into the cafe, look right to find us in the right hand corner at the back. Our table will have a Headway Bradford sign on it and Pam Drake together with one or two other Headway Bradford members will be there to meet you.

Teas and coffees cost £1.50 each and reasonably priced food is also available if you wish to buy something to eat. The toilets are on the ground floor, and although Central Hall does not have a car park, there is room for parking on the nearby streets.

Drop in anytime between 10.30am and 12pm for a cuppa, a chat, to meet new people or to ask for information. We look forward to meeting you there.



Tuesday 16 June 2015 – Day trip to Southport

Southport has been chosen as the destination for our summer trip this year.

Southport is a seaside town which has over 22 miles of coastline with a number of beautiful beaches. It has one of the oldest piers in the UK; a walk to the end will give you views across the North West, and on a clear day you can see neighbouring Blackpool and even the North Wales coast.



Other attractions include King's Gardens on the Promenade, a Marine Lake, the British Lawnmower Museum, a Model Railway Village situated on Lower Promenade, Pleasureland rides and amusements and Silcock's Funland family amusement centre.

For more information about Southport, please look on the Tourist Information website www.visitsouthport.com. A brochure can be read or downloaded by clicking on 'Brochure Download' at the very top of each page on the right hand side.

Full details about pick up times and cost are on the Information Sheet at the back of this newsletter. If you would like to go on the trip, please fill in a Booking Form, also at the back of this newsletter,

and return it to us with your payment by Tuesday 9 June 2015. If you need help filling in the Booking Form, please speak to a committee member at one of our meetings or contact us by phone or email.



Bottled water will be available on the journey, but if you think you will need a snack before we reach Southport, we ask you to please bring one with you. We hope many of you will come and enjoy the sea air with us at Southport.

Annual General Meeting 14th April 2015

Our AGM was attended by 16 people this year – thank you so much for coming along.

Jenny Eells from BBC Radio Leeds came along before the meeting started to show us the video about Headway Bradford, which she has put together following the filming she did for the 'My Bradford' project at our March Social/Support Meeting. We were all very pleased with it, and it can be seen on our website www.headwaybradford.org.uk on the 'About Us' page or the 'Latest News' page. Other places you can see the video are at <http://mybradford.org> or <http://youtu.be/TTaRuj2P8zc>. Our thanks go to Jenny for doing this and for working so professionally yet informally with us.

After welcoming everyone to the meeting, John Watmough, retiring Chair, reported on the progress that has been made during the year;

A monthly Coffee Morning had been started, meeting in the cafe at St George's Hall in Bradford on the third Thursday morning of each month. This has been well attended from the time it started and the monthly social/support meetings in Shipley have also been well attended.

We ran three trips during the year, and more are planned for this year, the next one being the day trip to Southport. Next month we will be holding the first of our monthly Coffee Mornings at Central Cafe, Central Hall in Keighley. These will be held on the first Wednesday morning of each month.

Last September we launched our new booklet 'After brain injury – An information resource for families and carers'. Copies of this booklet have been placed in hospitals for staff to give to the families and carers of Bradford residents who are in hospital following a brain injury.

The current format for our bi-monthly newsletter seems to work well. In his capacity as Treasurer, John then gave the Annual Treasurer's Report, showing how funds had come in and how money had been spent.

Committee Member Updates;

Iris Laycock and Maureen Capper both stood down as committee members. They have both served on the committee since Headway Bradford started eight years ago. Iris has been Contact Person, Vice Chair and Chair at various stages during that time and Maureen has been responsible for the refreshments for the Shipley meetings, organised the monthly raffle, taken bookings for trips and shown us all how to sell bric-a-brac on our yearly fundraising stall at Saltaire Festival. As a token of our appreciation for all the time and effort they have put into the running of Headway Bradford, they were each presented with a gift card. We can never thank them enough for what they have done.

Steve Butlin (Senior) was welcomed as a committee member. We have appreciated Steve's help in the past with Headway Bradford and are pleased he has decided to become a committee member.

John Watmough stood down as Chair after holding the position for two years as well as being Treasurer. We are glad that he will continue to serve our branch as Treasurer and presented him with a gift of books as a token of our appreciation for what he has done during his time as Chair. Pam Drake offered to take on the role of Chair and her offer was accepted.

Most committee members are now in their third year of office. This means that if they wish to continue being committee members after April 2016, they will need to be voted on to the committee again at the AGM in 2016.

These are the present committee members;

Pam Drake: Chair/Secretary

Steve Butlin (Junior): Vice Chair

John Watmough: Treasurer/
Trips Organiser

Margaret Butlin: Contact Person,
Refreshments, Raffle

Peter Stringer (Stewarts Law):
Committee Member

Tracey Marsland: Committee
Member

Jean Watmough: Committee
Member

Steve Butlin (Senior): Commit-
tee Member

Pat Nelthorpe, Headway Bradford member, offered to find out organisations to which we could apply for funding. This is much appreciated.

It was announced that, using money from the grant given to us by the Yorkshire Building Society last year, we are in the process of buying books to do with brain injury to form a small library. We now have most of them and they had been brought to the meeting for members to look at. The books will be donated to the public library and kept at Shipley library. Labels will be placed in the books saying they were donated by Headway Bradford and giving contact details. **Anyone who is a member of the library (it's free to join) will be able to borrow the books.** Headway Bradford members will be given a list of the books so that, if they wish to borrow one, they can either go to Shipley library or request it at their own local library. Donating the books to the library will make them more accessible to our members and also to any members of the general public who may be interested in brain injury.

Headway Bradford Members' Story featured in Headway News Spring 2015

Our last newsletter (March/April 2015) contained an article about Denise and Don Johnson. It told how Denise had run the Plusnet Yorkshire Marathon in October 2014 and how her husband, Don, had suffered a brain injury whilst working abroad.

Denise and Don's story has now been featured in the Spring 2015 issue of Headway News (national magazine of Headway – brain injury association). 'Wading through the worst year



of our lives' appears on page 19 of the magazine, which can be downloaded by going to www.headway.org.uk.

Clicking on Headway News on the right hand side of the Home Page will take you to a page where you can download the magazine. Denise and Don's story is also featured on its own on the same Home Page just below Headway News. Just click on 'Read more' for the full article.

Saltaire Fete, 27th June 2015

Saturday 27 June 2015 – Saltaire Fete in the grounds of Saltaire United Reformed Church Victoria Road, Saltaire 9.00am - 5pm

This year we will be holding a fundraising stall at Saltaire Fete in June. This is a different event to Saltaire Festival, which will be held in September, although it is held in the same place. If you are coming to the Fete, do come

and say hello to us.

Please remember if that you have any new/unused items you can donate at any time of year, we would be very grateful to receive them – they are so useful

Action for Brain Injury Week 2015

Action for Brain Injury Week, 18 – 24 May 2015

**ACTION FOR
BRAIN INJURY WEEK 2015
18-24 MAY**

Action for Brain Injury Week is an annual event which aims to raise awareness about brain injury.

Although Headway Bradford is not holding a special event that week, our Vice Chair, Steve But-

lin (Junior) is going to speak at the Headway East Coast meeting on Thursday 21 May, which is their special event for ABI Week.

Hope it all goes well for you, Steve!

Meet the Committee!

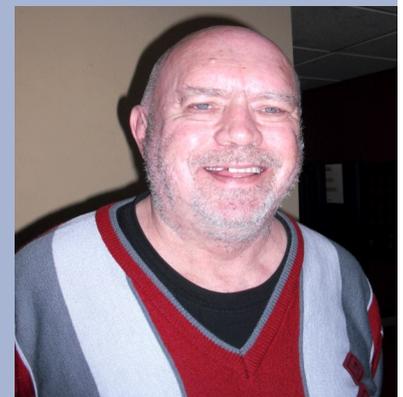
This time we would like to introduce our newest committee member, Steve Butlin (Senior);

My name is Steve Butlin and I am 60 years old. When I was 30 years old I was diagnosed with Multiple Sclerosis.

I managed to carry on working for quite a few years before finally giving up three years after my

son's traumatic brain injury.

I have been with Headway for many years and decided it was about time I joined the committee, hopefully to help others who are experiencing what I went through with my son following his accident.'



Trip To Millstone's March 2015

Twenty-one of us had a really enjoyable time on the trip to Millstones on what turned out to be a bright spring day.

Some of us danced to the music, one of us won a bingo prize – well done Harold! - and all of us enjoyed the good food.

Our thanks go to John Watmough who organised the trip and everyone who had a hand in helping to make it successful.

Carers Week 8 - 14 June 2015

Carers Week is a UK-wide annual awareness campaign organised by Carers UK. Its aim is to improve the lives of carers and the people they care for. To find out the latest news you can follow Carers Week on Facebook and Twitter or sign up for the Carers UK email newsletter on their website at www.carersuk.org/search/carers-week.

Carers UK have a new downloadable factsheet entitled 'Assessments and the Care Act –



Getting help in England from April 2015'. This is a 28 page document, which is very informative and well worth having a look through.

It can be read and/or downloaded at www.carersuk.org/files/section/4630/factsheet-e1029—assessments-and-the-care-act-after-april-2015.pdf. Headway Bradford is holding a copy of this factsheet. If you do not have access to the internet and would like to read it, please get in touch with us.

Steve Butlin in the Media

Steve Butlin, Vice Chair of Headway Bradford in the Telegraph & Argus and on BBC Radio Leeds!

Steve's story about his recovery after a motorbike accident in 1997 was featured in a press release prepared and submitted to the Telegraph & Argus by Rachel Smith, Press Officer at Headway UK.

The press release was aimed at getting our Bradford city centre Coffee Mornings more widely known. We were delighted that the Telegraph & Argus ran the article, and it can be read online at www.thetelegraphandargus.co.uk/news/local/

localbrad/12896065. Crash victim who rebuilt his life from horrific injuries now helps others. The



page also shows a photo of Steve outside St George's Hall.

As a result of this press release, Steve was asked by Radio Leeds

to be interviewed by Liz Green during her programme on Friday 17 April 2015.

Steve and his parents had to be up very early as his interview was scheduled for 7.40am!

Steve came across very well in the interview and you can listen to it too by going to <http://mybradford.org>, scrolling down to the Headway Bradford video and clicking on the link to Steve's interview in the text underneath the video. The interview lasts for 5 minutes 36 seconds.

Thank you to Rachel Smith, Steve and his parents for their input which all helps to raise

National Walking Month

If you need encouraging to walk more and want to find out more about the health benefits of walking more, take a look at the Living Streets website to find out about National Walking Month. Living Streets is a national charity with offices in London, Scotland, Manchester and Newcastle. Their main London office can be contacted by telephone 020 7377 4900 or email info@livingstreets.org.uk.



Their website www.livingstreets.org.uk contains lots of information, but news about National Walking Month can be found by going to Walk With Us on the green band across the top of the Home Page, then choosing National Walking Month. A few leaflets about National Walking Month will be available at Headway Bradford May meetings.

The Way Ahead Conference 2015

The Way Ahead Conference at Yarnfield Park Conference Centre, Staffordshire 3-5 July 2015

Just a reminder about this Headway conference taking place over the weekend from 3-5 July. The Way Ahead Conference brings together representatives from groups and branches across the UK and Channel Islands to enjoy a weekend of learning, sharing and socialising in a relaxing and welcoming environment.

There will be speakers to listen to, workshops to attend, therapies to try and other activities and is highly recommended by people who have attended it in previous years.

If you would like more details about this year's conference, please contact us at Headway Bradford. Full details can also be found on the Headway national website www.headway.org.uk – go to Professionals on the blue band at the top of the Home Page, hover over Events and Confer-



ences, then choose and click on The Way Ahead. This will take you to a page with links to online Booking Forms and full information about the weekend (pdf at the bottom of the page). Alternatively,

The Way Ahead Administrator can be contacted by telephone 0115 924 0800 or by email twa@headway.org.uk. The Early Bird price of £130 per

person for the full weekend for groups and branches is available until 31 May, after which the price will rise to £155 per person. Other prices apply to people wishing to attend as day delegates or for two days/one night and there are a different set of prices for non-Headway professionals who wish to , all of which are shown on the Headway national website.

Advance Notice



Trip to Blackpool Illuminations Tuesday 27 October 2015

We have arranged a trip to Blackpool Illuminations in autumn this year. Pick up times will be between 1pm and 1.30pm and we would arrive back at approximately 10.30pm. An Information Sheet giving full details and a Booking Form will be sent out with the July/August newsletter. Meanwhile, if you are interested in coming on the trip, please put the date in your diary.





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

Wednesday 6th May 2015

NEW Coffee Morning. Drop in and join us for a coffee.

at Central Cafe, Central Hall, Alice Street, Keighley, BD21 3JD 10.30am—12pm.

Tuesday 12th May 2015

Social Support Meeting, Choice of activities and/or time to chat.

At the Kirkgate Centre, Shipley 10.30am - 12pm

Thursday 21st May 2015

Coffee Morning. Drop in and join us for a coffee.

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

Wednesday 3 June 2015

NEW Coffee Morning. Drop in and join us for a coffee.

at Central Cafe, Central Hall, Alice Street, Keighley, BD21 3JD 10.30am—12pm.

Tuesday 9th June 2015

Social Support Meeting, Speaker from the Yorkshire Air Ambulance.

At the Kirkgate Centre, Shipley 10.30am - 12pm

Tuesday 16 June 2015

Day Trip to Southport

Thursday 18th June 2015

Coffee Morning. Drop in and join us for a coffee.

At 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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