



the brain injury association

# Headway Bradford Newsletter

improving life after brain injury



National Free Helpline  
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**Welcome!**

**Welcome to the July/August newsletter!**

Welcome to the July/August newsletter. In this issue we are featuring one of our members, who tells us about her experiences following brain haemorrhage; also a volunteer, who will be getting involved with Headway Bradford from August, introduces herself.

We hope you will enjoy browsing through and finding out what we have going on for the next two months and also about the *proposed* trip to Blackpool Illuminations in October .

**NEW monthly Keighley Coffee Mornings**

Our Keighley Coffee Mornings got off to a good start on Wednesday 6 May when 15 people attended in spite of it being a very wet morning. Those who came along included Dr Elizabeth Stoppard, Consultant in Rehabilitation Medicine at Airedale General Hospital, her colleague Carolyn Zeyrek and Sarah Baker from Carers' Resource.

Everyone was pleased with the venue, Central Cafe in Central Hall, Alice Street, Keighley, BD21 3JD, and enjoyed getting to know one another and picking up information.

Although not as many came to our second one on 3 June, we had a pleasant time together and were pleased to welcome two new people.



The next two dates for the Keighley Coffee Mornings, which are being held on the first Wednesday of every month from 10.30am – 12 noon are:

Wednesday 1 July 2015

Wednesday 5 August 2015

Hope to see many of you there!

**Social/Support Meetings in Shipley – July and August**

Details of our upcoming Social/Support Meetings for the next two months, held on the second Tuesday of every month at the Kirkgate Centre, 39a Kirkgate, Shipley, BD18 3EH 10.30am – 12 noon, are as follows:-

**Tuesday 14 July 2015**

Decorate a wooden word, which will be ready painted for you....Or perhaps colour in a picture from the Colouring Book for Adults...Or perhaps you would just like to chat ....Or even do all three!

Whatever you choose to do, we will be very pleased to see you.

**Tuesday 11 August 2015**

Harold Webster will be with us to lead a few games of bingo. Come along and join in the fun – if you need a little help, committee members will be happy to give you a hand.

Refreshments will be served at both meetings and there will be our usual raffle.

## Bradford Coffee Mornings July-August 2015

The dates for the next two Bradford Coffee Mornings held on the third Thursday of every month at the cafe in St George's Hall, Bridge Street, Bradford, BD1 1JD from 10.30am – 12 noon are:-

**Thursday 16 July 2015**

**Thursday 20 August 2015**

Sarah Baker from Carers' Resource will be with us on 16 July to chat informally to those of us who

would like to know about the support and services they offer.

Do join us if you can for a cuppa, a chat, to meet new people or to ask for information.

## Tuesday 16 June 2015 – Day trip to Southport

We were very sorry, that due to the fact that not enough people booked, the trip to Southport was cancelled and the money people had paid was refunded. We do apologise for any inconvenience this caused.

## Proposed Trip to Blackpool Illuminations Tuesday 27 October 2015

An Information Sheet, giving details of this trip, is enclosed with this newsletter. We are not enclosing a Booking Form because we need to find out first if enough people would come. **The trip will only go ahead if a minimum of 25 people would definitely come.** Relatives and friends are welcome to come along if they would like to do so.

We ask you to read the Information Sheet carefully, bearing in mind that it will be late at night when we



return and you will need to make arrangements for getting home. **If you would definitely like to go, please let us know by Saturday 18 July.**

You can speak to a committee member at the **Keighley Coffee Morning on 1 July**, the **Social/Support Meeting in Shipley on 14 July**, the **Bradford Coffee morning on 16 July** or by leaving a message on our phone **07856 076 866** or dropping us an email [headway\\_bradford@hotmail.co.uk](mailto:headway_bradford@hotmail.co.uk).

**We will then let you know whether the trip is going ahead** and, if so, ask you to fill in a Booking Form and let us have your payment. Your help with this will be very much appreciated.

## Meet the Volunteer!

Hi there, my name is Amy and I am 21 years old. I have recently graduated from Nottingham University where I studied English and Philosophy.

I am now spending a year volunteering and gaining work experience in Leeds and Bradford before applying for a postgraduate course in Speech and Language Therapy.

I am very excited to say that from August onwards I will be volunteering at Headway Bradford, getting involved in meetings and coffee mornings.



I will hopefully get to know most of you and I am very much looking forward to becoming part of Headway Bradford and the fantastic support they offer.

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Editor's note: Some of us have already had the pleasure of meeting Amy when she came along to our Social/Support meeting in Shipley in May to introduce herself. We really look forward to seeing more of her during the next twelve months.

## MY STORY by Headway Bradford Member, Anita Gill

**I had a number of brain haemorrhages** (one in 1979 and another in 1989). I nearly died. I was fortunate to go on a Gamma Knife at Sheffield. It takes two years after the treatment before you know you are clear.



**There was good news and bad.** I was told to go to Leeds General Infirmary. Here I was told that another aneurysm was sitting right on top of my head. I went twice before I made the decision to have the surgery. I survived and came home.

**The trouble started when I came home.** I wouldn't go to the front door. I wouldn't go out. I wouldn't turn my head to the left. I held my hands up near my face in a defensive way a lot of the time. I also started sucking my thumb.

**An Occupational Therapist was allocated to work with me and this gradually did some good.** I have no idea why I started all these mannerisms. It sounds funny now, but it wasn't at the time. I felt odd and people stared at me and I was a prisoner in my home because I could only go out if I had someone with me. I was told it was psychological, that I didn't do it in hospital, so why at home? I do not know, but it was very real and they were not things I CHOSE to do. I was going deeper and deeper into a hole.

**I did have a temper before this,**

**but it got worse after the operation.** The LGI were marvellous; after all they saved my life, but I was expected to go home and get on with it and that just was not possible - having to cope with the problems around, trying to live whilst feeling and behaving in a way you did not before and don't understand.

**At the point when I couldn't take any more I phoned the NHS Helpline and they gave me the nearest group for support, which was BASIC (Brain and Spinal Injury Centre) in Manchester.** I was lucky to get funding from Social Services to get me to the meetings once a month. The first two sessions were ok, but then I suddenly felt good about it and realised that not only were people friendly but many of them were having exactly the same problems as me. They knew how I felt and how difficult it is to get on with your life in these circumstances. I started to get a lot out of the meetings.



**The hospital in Manchester has a lot to offer people in my position.** They offer support and after care to help people cope with the after effects of brain haemorrhage through the meetings, a newsletter and a Helpline. The people who go are, therefore, accepted as having a genuine problem connected to the condition and not to themselves.

**I am so glad I found them.** I don't know where I would be without them. I have learnt such a lot from them about coping. The feeling of not being the same person is not something somebody can understand unless they have been through it. It is hard and we

really can't get to the bottom of how we feel, but we can learn to cope.

**There are some things we all suffer with after a brain haemorrhage, and other things which not everyone has.** If we put all this together and learn from each other as well as supporting each other, many more may get back to a better quality of life.

**My memory is affected.** I can remember some things from a long time ago, but often I can't remember what happened yesterday. I cry for no apparent reason and get angry and upset and frustrated. The effects of each brain haemorrhage are different, but much of what people experience is the same.

**I am no longer able to attend BASIC meetings in Manchester, but you can find out more about them by looking on their website [www.basiccharity.org.uk](http://www.basiccharity.org.uk).**

**Editor's note: Headway Bradford thanks Anita for allowing us to put her story in this newsletter. She has shown great courage in the way she has faced her problems and moved forward. Life still holds difficulties for Anita, but we are always so pleased to see her at Headway Bradford meetings. Well done, Anita!**

**Headway Bradford has Anita's folders of information relating to brain haemorrhage and what she learned at the BASIC group. If you would like to look at them, please let us know. Our photo is of Anita at the Headway Bradford Christmas Party in December 2014.**

**If any other members would be willing to have their story featured in our newsletter, please do get in touch with us and let us know.**

## Action for Brain Injury Week 18-24 May 2015

We were very pleased that the Telegraph & Argus published our press release for Action for Brain Injury Week on Friday 22 May.



We used the official press release prepared by Headway UK for groups and branches to use, adding our local contact details at the end.

The press release can be read online at [www.thetelegraphandargus.co.uk/news/health/news\\_real\\_health\\_news/12966522.Charity\\_s\\_concern\\_at\\_rise\\_in\\_Bradford\\_hospital\\_admissions\\_for\\_brain\\_injuries/?ref=](http://www.thetelegraphandargus.co.uk/news/health/news_real_health_news/12966522.Charity_s_concern_at_rise_in_Bradford_hospital_admissions_for_brain_injuries/?ref=).

Our Vice Chair, Steve Butlin, talk at the Headway East Coast meeting that week went very well and resulted in some of their members talking openly about their own experiences.



## Yorkshire Air Ambulance

When Lynn Copley from the Yorkshire Air Ambulance came to our social/support meeting in Shipley on Tuesday 9 June, she gave us a very interesting account of their work. It gave us an eye-opening insight into all the work that goes on to make it possible for the Air Ambulance service to operate and was of



particular interest to members who were airlifted to hospital following their accidents, even though they have no recollection of it. We were pleased to give a donation of £45, which was made up of £15 from the raffle and £30 from Headway Bradford funds. Thank you to all those who bought raffle tickets and came to the meeting.

## Blog about Brain Injury

There is a very interesting blog about brain injury, which can be found at [www.bbc.co.uk/news/blogs-ouch-32888548](http://www.bbc.co.uk/news/blogs-ouch-32888548).

The blog is a project run by Headway East London which aims to increase awareness of brain injury and its consequences by telling personal stories.



You can read about Matthew, who was diagnosed with a cyst on his brain or Sam Jevon, a mother of two adult children, who was involved in a car accident and many others. Do have a look if you can.

## Carer's Stories

On the BBC Radio 2 website you can listen to carers' stories, which were featured on the radio station by Jeremy Vine during Carers Week 8-14 June 2015.



There are twelve stories altogether, including Charlie's incredible story of being a Young Carer. The link is rather long, but it is well worth the effort to listen to the inspiring stories:- [www.bbc.co.uk/programmes/articles/TWjnzfH07DbwgXg9D38/carers-week-2015-our-stories?utm\\_source=carers+UK&utm\\_medium=email&utm\\_campaign=58](http://www.bbc.co.uk/programmes/articles/TWjnzfH07DbwgXg9D38/carers-week-2015-our-stories?utm_source=carers+UK&utm_medium=email&utm_campaign=58).

## Travel Guides

The two following documents give helpful advice and information when planning to travel. For the Headway Factsheet 'Holidays and travel after brain injury', go to [www.headway.org.uk/factsheets-practical-issues-after-brain-injury.aspx](http://www.headway.org.uk/factsheets-practical-issues-after-brain-injury.aspx) where it can be downloaded.

Headway Bradford has a copy of this factsheet, so please ask if you would like to see it. The government also has a guide for Disabled Travellers and this can be viewed and downloaded at [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/265603/DisabledTravellers\\_1113\\_AW.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/265603/DisabledTravellers_1113_AW.pdf).

## Free Events in Bradford City Centre

**Friday 3 July 2015 10:00 to 22:30**



Urban Festival at City Part, Centenary Square, BD1 1HY

High energy fusion of cool street culture set against the spectacular backdrop of Bradford's City Park.

**Saturday 15 August 10:30 to 16:00**

Mozart's Don Giovanni on the Big Screen in Centenary Square, BD1 1HY

Superb Royal Opera production of Mozart's timeless classic starring the enigmatic Christopher Maltman.

Seating available on a first in, first served basis. [www.roh.org.uk/about/bp-big-screens](http://www.roh.org.uk/about/bp-big-screens).

**Saturday 11 July 2015 12:00 to 21:00**



Bradford Classic Car Rally in Centenary Square, BD1 1HY

150 incredible classic and performance cars displayed in the stunning surroundings of Bradford's multi-award winning, high-tech public space.

This is the 10<sup>th</sup> anniversary of the classic. To celebrate there will be a range of blisteringly fast Group B rally cars. Children's



entertainment and live music. [www.bradfordclassicrally.co.uk](http://www.bradfordclassicrally.co.uk).

More details about these and other events (some of which are ticketed) go to [www.visitbradford.com/events/](http://www.visitbradford.com/events/).

For information about attractions in Saltaire and Airedale, go to [www.visitbradford.com/discover/](http://www.visitbradford.com/discover/).

## And Finally .....Summer Trivia!



\* Dr. Pepper and the Ice cream cone was introduced during the 1904 St. Louis Exposition, where the 1904 Summer Olympics took place.

\* The Eiffel tower grows six inches every year. In the summer the metal expands to make the tower grow but also in the winter the metal contracts to shrink the tower back down.

\* Marc Antony named the month of July, in honor of Julius Caesar.<sup>p</sup>

\*The record for the most people applying sunscreen was on January 8, 2012, in Australia with 1,006 participants applying sunscreen for 2 minutes.

\*Summer is the warm season. Our word comes from the Old English sumor.

\*The hottest British summer on record remains that of 1976 (average temperature of 17.8C); the coldest was in 1725 (average 13.1C)





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 1st July 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 14th July 2015

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

At the Kirkgate Centre, Shipley 10.30am - 12pm

### Thursday 18th July 2015

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

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

### Saturday 20th July 2015

Deadline for telling us if you would go on the trip to Blackpool Illuminations on Tuesday 27 October 2015

### Wednesday 5th August 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 11th August 2015

Social Support Meeting, Bingo.

At the Kirkgate Centre, Shipley 10.30am - 12pm

### Thursday 20th August 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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