



the brain injury association

Headway Bradford Newsletter

Patron - Dr Elizabeth Stoppard, Consultant in Rehabilitation Medicine, Airedale General Hospital, Keighley

improving life after brain injury



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 Headway_bradford@hotmail.co.uk

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39A Kirkgate
ShIPLEY
West Yorkshire
BD18 3EH

WELCOME!

Spring has made an early appearance this year with warm weather and spring flowers we've been enjoying. We hope you will enjoy the spring months and that you will be able to join us at one of the meetings or our Annual General Meeting that will be held over the next two months.



ShIPLEY Social Meeting
Tuesday 12 March 2019
10.30am – 12 noon
at Kirkgate Centre, 39A
Kirkgate, ShIPLEY, BD18 3EH

Find out more about healthy eating when dietitian Masarat Hanif comes to speak to us and answer your questions.

Refreshments will be served at the beginning of the meeting and we will have our usual raffle for those who wish to buy tickets – they are £1 a strip.

The Kirkgate Centre has entrances at both ends of the building along Kirkgate, the top entrance being level. We meet in Room 4, which is at the end of the short corridor about half way down the hall.

Do hope you can join us.

Annual General Meeting
Tuesday 9 April 2019
10.30am – 12.15pm approx.

Our AGM is taking the place of our Social Meeting in April. Notification of the meeting is being sent to members, but all are welcome to attend, although only members will be allowed to vote if any voting is necessary.

During the meeting the Chair and Treasurer will give their annual reports and there will be opportunity for those who attend to ask questions and make suggestions. A light lunch will be served at the end of the meeting.

Do come along and join us for this important meeting.

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OR

- 'subscribe' to it so that you start receiving it on a regular basis

please contact us by phone 07856 076 866 or email headway_bradford@hotmail.co.uk

BRADFORD COFFEE MORNINGS

10.30am – 12 noon
at The Alhambra (Pit Bar), Morley Street, Bradford, BD7 1AJ

Coffee Mornings for the next two months will be held on the following dates:

Thursday 21 March 2019

Thursday 18 April 2019

Drop in to join us in the Pit Bar for a cuppa and a chat or to ask for information. To find us, go up the first flight of stairs inside the main entrance and turn right – our group



meets over to the left. If you need the Level Entrance, this can be found a short way up the right hand side of the outside of the building. This entrance is on the same level as the Pit Bar and toilets for disabled people. We try to watch out for people making their way to the

Level Entrance so we can come and open the door as it is kept locked for security reasons. However, you will see our group through the window just before you reach the Level Entrance, so please tap on the window to attract our attention.

Come and see us when you first arrive so that we can give you a voucher to get your first cuppa free. Biscuits, scones and sandwiches are on sale at reasonable prices.

Hope to see you there.

RESEARCH BY JEANETTE MORRIS

Could you help by taking part?

Jeanette Morris has been volunteering with people with brain injuries for over 4 years. She is also a Masters student at the University of Central Lancashire and is studying to be able to help people cope with the emotional and psychological difficulties of having health problems.



Because of her interest in brain injury, Jeanette is conducting some research to understand more about what it means for a person to be lonely after brain injury. What she finds out will add to the knowledge we already have about the effects of brain injury and will help health professionals to design things that will help in the future.

The research has been ethically approved by the University of Central Lancashire and is supported by Headway UK.

To take part in the study you have to be over 18 years old and have had some sort of brain injury.

The research is in two parts – you can do just the first part or volunteer for the second part as well. You can remain anonymous if you just want to do the first part, or you can give your details at the end of the first part if you would like to do the second part as well.

FIRST PART – A short survey that takes around 30 minutes to complete.

SECOND PART – Jeanette will be looking for some participants to interview about what it means to be lonely and how it affects them. This may be face to face in an evening or at a weekend or by Skype or over the phone.

If you would like more information about the research you can either contact Headway Bradford by phone 07856 076 866 or email headway_bradford@hotmail.co.uk or contact Jeanette Morris by phone 07960 493 676 or email jrmorris1@uclan.ac.uk

The survey can be completed online at:

<https://tinyurl.com/yaznk8a8> or <https://www.headway.lorg.uk/about-brain-injury/further-information/research/> (Click on 'What makes us lonely after brain injury')

or Headway Bradford can let you have a paper copy – just contact us by phone 07856 076 866 or email headway_bradford@hotmail.co.uk to request one. In this case, you would need to return your completed survey to us at Headway Bradford so that we can pass it on the Jeanette.

We would like to encourage you to take part in this research if you can as it will help to raise the profile of brain injury and its effects.

HEADWAY JUSTICE PROJECT AND BRAIN INJURY ID CARD - WIN AN AWARD!

Congratulations were given to Headway UK as they received the Zero Project Award 2019 award for their Justice Project and Brain Injury ID Cards at a global disability conference in Vienna, Austria, which ran from 22-24 February.

The Brain Injury ID Card was selected as an innovative and effective solution for brain injury survivors in the UK as a free, nationally recognised way of supporting fairer and more appropriate treatment and support when encountering the

Criminal Justice System. The card also provides access to criminal legal advice and representation via a 24 hour assistance number.

When receiving the award, Peter McCabe, Chief Executive of Headway, said:

'I am here to receive the award for the Justice Project, which helps to identify survivors of brain injury and ensure that they get appropriate support when they come into contact with the Criminal Justice System. It is really an honour to get

this award, but it is even more important for us to know that survivors of brain injury have their lives improved as a result of this project.'

More information about the award and a video of the award being presented can be found on the Headway UK website at www.headway.org.uk/news/national-news/2019.

Brain injury survivors are finding the ID Card very useful in everyday situations.

If you are a survivor and have not already got a Brain Injury ID Card, please contact Headway Bradford by phone 07856 076 866 or email headway-bradford@hotmail.co.uk to ask for more information, a leaflet and an application form, or look on the Headway UK website www.headway.org.uk/supporting-you/ and click on Brain Injury ID Card on the left of the page.



SPRING CLEANING BY SUSAN REINER

March bustles in on windy feet
And sweeps my doorstep and my street.
She washes and cleans with
pounding rains,

Scrubbing the earth of winter stains.
She shakes the grime from carpet green
Till naught but fresh new blades are

seen.
Then, house in order, all neat as a pin,
She ushers gentle springtime in.

FUNDRAISING

Since the last newsletter we have received the following:

£71.37 from donations put in our bucket at the Christmas Tree Festival held at St James' Church, Thornton in December 2018 – a very good result.

£303.95 at a bucket collection day held at Morrisons Victoria on Friday 25 January – a wonderful amount!



£185.22 at a bucket collection day held at Asda Shipley on Friday 22 February – a very pleasing result.

We are grateful to St James' Church, Thornton, Morrisons Victoria and Asda Shipley for giving us the opportunity to raise funds and to all the generous people who put donations in our bucket.

Thank you, too, to members and committee members who took a turn to do a time slot on the bucket collection days – we couldn't do it without you!

RAIL TRAVEL SURVEY

Arriva Trains are wanting to find out from a range of people with disabilities and older people about their awareness, experiences and views of rail travel. They have asked RiDC (Research Institute for Disabled Consumers) to do this for them and they have produced a survey for this purpose. The findings will be used to improve the accessibility and awareness of Arriva Trains passenger access services.

The survey takes approximately 20 minutes to complete. Data will be kept securely. No personal details will be kept.

Everyone who completes the survey

will be given the option of being entered into a prize draw, the prizes being one £100 high street shopping voucher and two £50 high street shopping vouchers.

The survey can be completed online at <https://www.snapsurveys.com/wh/s.asp?k=154945294614> but is also available in print and large print, or you can give answers over

the phone. If you'd like to complete the survey other than online or have any questions, please contact:

Talia Coroniti by phone 020 7427 2464 or email taliacoroniti@ridc.org.uk

The survey closes on Friday 29 March 2019 at 5pm.



TAI CHI CLASS AT KIRKGATE CENTRE, SHIPLEY

A Beginners Class has recently started at the Kirkgate Centre in Shipley. It is held on a Thursday from 10am to 11am. If you are interested or would like more infor-

mation, please ask at the Kirkgate Centre, ring them on 01274 580186 or look on their website www.kirkgatecentre.org.uk

WHEN SPRING APPEARS BY AILEEN FISHER

Meadow larks
Give lusty cheers
when spring appears,
when spring appears.

Buds and seeds
prick up their ears
and blades of grass
show eager spears,

And only icicles
weep tears
when spring appears,
when spring appears.

GUIDE TO FLYING WITH DISABILITY

In January this year UK charity Queen Elizabeth's Foundation for Disabled People (QEF) released a video guide to flying with a disability for people who use a powered wheelchair. QEF developed 'Your Guide to Flying with a Disability – advice using a powered wheelchair' with the UK Civil Aviation Authority and the airline and airport industry. Its aim is to provide people with disabilities with the information they do not already have in order to make informed decisions and feel confident about taking a flight.



QEF

queen elizabeth's
foundation for
disabled people

The video can be seen at:

<https://qef.org.uk/news/qef-makes-unique-film-available-help-disabled-air-travellers> (click on the link half way down the page) or at

<https://www.youtube.com/watch?v=CjPR4BGi1zQ>



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

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Talk by dietitian Masarrat Hanif

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Drop into the Pit Bar for a cuppa and a chat

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Includes a light lunch at the end of the AGM

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0808 800 2244

Email: helpline@headway.org.uk

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