



Headway Hull + East Riding News

Improving life after brain injury

The summer so far...

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We had a fantastic fundraiser at Castle Hill Ward 29's family fun day, and we raised over £100 for their amenity fund. We held a tombola and ran a 'cafe' selling home-baked cakes and a range of hot and cold drinks with tables and chairs. It was a lovely place for people to sit and chat. Of course, we had lots of information on brain injury too.

Several of our members went to the Way Ahead Weekend in July—a 2-day residential conference in Staffordshire with a range of speakers, activities, and evening entertainment.

We also had a lot of fun at our last members' meeting—we set an 'Arctic Building Challenge', dividing the group into two teams and asking them to build a shelter for Ted (a teddy bear!) using only the materials we supplied. The shelter had to survive an arctic blast (from a hairdrier!). The twist was that we gave several members a physical disability to cope with—stopping them using a hand, using gloves to reduce fine motor control, wearing glasses to blur vision, listening to background chatter to make it difficult to hear and so on. It really challenged our members to work together, and find new ways of adapting and capitalising on what they could do. Great effort everyone!

Make sure you look at our facebook page for more photos!





the brain injury association
hull + east riding

INSIGHT & PSYCHOLOGICAL ADJUSTMENT HEADWAY TRAINING EVENT

13 October 2016 10am-4pm

Victoria Dock Village Hall, South Bridge Road, Hull, HU9 1TL

Registration from 9:30am. Lunch provided.

FREE (for non-professional members)

PLACES ARE LIMITED so please call
Lesley to book.



Headway HERO Diary

Friday 5 August 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Sunday 21 August 2016

Fundraising tombola at Coletta & Tyson

Wednesday 17 August 2016

Meal at Red Sails, 2 Beacon Way, HU3 2AE

Friday 2 September 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Wednesday 21 September 2016

Monthly Meeting 7pm to 9pm. At HANA (Humber All Nations Alliance)
44 Portland Street, Hull HU2 8JX. Members committee meeting at 6:30pm.

About us

Headway HERO is your local branch of Headway, a national charity that provides information and support for brain injured people, their families and carers.

Headway—the brain injury association is a Registered Charity No 1025852 and a company limited by guarantee. Registered in England No. 2346893.

Meal at Red Sails

improving life after brain injury



Lesley's daughter Alison is taking part in a tandem skydive in August to raise money for Headway, in memory of her Dad. If you would like to sponsor her, please do so online:

[http://uk.virginmoneygiving.com/
team/SLP35](http://uk.virginmoneygiving.com/team/SLP35)

In August we won't be meeting at HANA, but instead we'll be having a meal at Red Sails. Please let Lesley or Martin know if you would like to attend so that we can reserve a big enough table. Everyone will pay for their food on the night, and we expect most people will have the wonderful Carvery. There is a range of 3 roasts, add a homemade yorkshire pudding, then help yourself to as many roast potatoes, new potatoes and seasonal veggies as you like:

Small plate: £4.45 | Medium plate; £6.45 | Large plage: £8.45



FUNDRAISING TOMBOLA

Sunday 21 August 10am to 4pm

Coletta & Tyson Garden Centre

324 Hull Road, Woodmansey, HU17 0RU

Proceeds will help us to run our branch and continue our support.
Please come and see us!