



the brain injury association

# Headway

## Hull + East Riding

National FREE Helpline

**0808 800 2244**



local phone:  
07395 571398



email:  
hey@headwayhumber.org.uk



web:  
headwayhumber.org.uk



facebook:  
/headwayhero  
/headwayhumber



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@headwayhero  
@headwayhumber

### LONDON MARATHON 2 OCTOBER 2022

We'll be cheering all the runners (and walkers) in the London Marathon on Sunday. Alison and Cath have followed their training programmes, putting in many hours and running longer and longer distances. They have now received their Headway vests and are ready for their first (and last) Marathon, Your sponsorship has definitely helped to spur them on and strengthened their determination to do this for their dad Brian and friend Sue. The "justgiving" page is still open at:

<https://www.justgiving.com/fundraising/alisonandcath>

Supporting Headway already makes a huge difference to the lives of people affected by brain injury. For example:

- Raising £275.00 covers the average cost of emergency travel to and from hospital over a 4-week period to visit a family member following a brain injury
- Raising £500.00 can fund the running costs of our nurse-led helpline for one day
- Raising £2,480.00 can fund the running costs of our nurse-led helpline for one week



Cath



Alison

If you do make it to London in person, the Headway Cheering Station will be outside the De Vere Hotel at mile 6.5 of the Marathon route along Romney Road. Look for the Headway flags.

The Headway team will be manning the station from the beginning of the race and will be cheering! Join the cheering station and collect a complimentary Headway t-shirt!



### HULL & EAST RIDING CITIZENS ADVICE

Telephone: 01482 226859 for specialist debt advice.

All other calls should be made to 03444 111 444 or email

e-advice@hull-east-ridingcab.org.uk

We know—too early!!! BUT we want to give you the opportunity to show friends and loved ones you are thinking of them and support Headway at the same time by buying these lovely Christmas Cards. All priced at £3.50 for 10 cards with envelopes. The message inside reads: With Christmas Greetings and Best Wishes for the New Year

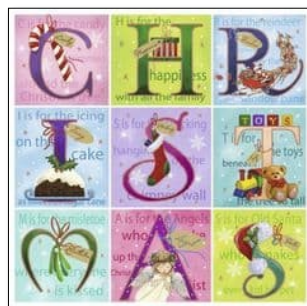
Thanks to generous sponsor [Bolt Burdon Kemp](http://Bolt Burdon Kemp), every penny will go directly to supporting brain injury survivors, their families and carers.



Bright Silent Night



Bright Snowman



Colourful Text



Floral Bauble



Peace Dove



Ribbon Tree



Robin on a Holly Branch



Santa and Snowman

**How To Order:**

- Visit [shop.Headway.org.uk](http://shop.Headway.org.uk)
- Call 0115 924 0800 to make an order over the phone

You can also contact the team on [fundraising.admin@headway.org.uk](mailto:fundraising.admin@headway.org.uk) if you have an questions or would like to receive a printed order form.

We plan to have some packs available at meetings.

Sorry this is not available to members who don't have internet access but we would like to remind those who do have access to look out for our email regarding:

**The next Headway UK online Discussion Forum is on the 11<sup>th</sup> October at 1 o clock with Consultant Neuro-psychologist Dr Rodger Weddell.**

Rodger's philosophy is that all individuals with brain injury have a complex and unique set of abilities and circumstances. We are hoping that one or two of you will be prepared to share your experiences of brain injury with Rodger. We have found that these conversations, a) give food for thought and b) show people that they are not alone, and others share similar experiences. Rodger is never in a position to tell someone what they should or should not do but rather promote conversations and enable others to explore their own way forward.

The link to join the Zoom discussion is included in the email.

A mixed quiz for a quick brain work out.

1. Who had an encounter with the three bears?	
2. What is the name of Winnie the Pooh's donkey friend?	
3 Who was created by Gepetto the woodcarver?	
4 Who is the bear in The Jungle Book?	
5 What kind of creature was defeated by the Three Billy Goats Gruff?	
6 Who painted the Mona Lisa?	
7 Who leads a gang of outlaws in Sherwood Forest?	
8 Who stole Christmas in a Dr Seuss book?	
9 Who were all the King's horses and men unable to put together again?	
10 Tick-tack-toe is an alternative name for which game?	
11 Sculptures of which animals lie at the base of Nelson's column?	
12 What is the name of the Lion in The Lion, The Witch and the Wardrobe?	
13 What is the name of the wizard at the court of King Arthur?	
14 Comice, Conference and Williams are varieties of which fruit?	
15 What is the name of the recreated theatre from Shakespeare's time in London?	
16. From what tree do acorns come?	
17 What is the largest planet in the solar system?	
18 What colour are dandelions?	
19 How many ounces are there in a pound?	
20 How many sides does a hexagon have?	
21 What has the scientific formula H <sub>2</sub> O?	
22 Which is the only vowel not on the top row of a computer keyboard?	
23 The African and Asian are the two main forms of which mammal, with their ear size being an easy way to tell which is which?	
24 The cob and pen are the male and female of which aquatic bird?	
25 What is the more familiar name for the disease rubella?	
26 What name is given to the collection of 22 bones found in the head?	
27 Which game is played in autumn using the fruit of the horse chestnut tree?	
28 Which British rower won gold medals at five consecutive Olympic games?	
29 Which jet-black bird has lived in the Tower of London for centuries?	
30 What term in tenpin bowling describes having knocked all the pins down after your second bowl?	

Goldilocks	2 Eeyore	3 Pinocchio	4 Baloo	5 A Troll
6 Leonardo d Vinci	7 Robin Hood	8 The Grinch	9 Humpty Dumpty	
10 Noughts & Crosses	11 Lions	12 Aslan	13 Merlin	
14 Pear	15 The Globe	16 The Oak	17 Jupiter	18 Yellow
19 16	20 6	21 Water	22 A	23 Elephant
24 Swan	25 German Measles	26 The Skull	27 Conkers	
28 Sir Steve Redgrave	29 Raven	30 AS Spare		



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#### 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.

### improving life after brain injury

For Newsletter issues please contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

If you have any pictures or notices that you feel would be suitable for use in the Newsletter then please send them.

*Any images must be royalty free and shared with the permission of the subjects.*

## Headway HERO Diary

**All meetings at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated**

Sunday 2 October	London Marathon
Friday 7 October 1.00—3.00pm	Social Coffee Meet
Tuesday 11 October 1.00pm	Zoom Discussion led by Dr Rodger Weddell
Friday 14 October 9.30—1.30pm	Headway Training Session - Level 1—details via email
Tuesday 18 October 8.45—5.00pm	Lincs. Conference
Wednesday 19 October 6.30—8.30pm	Social Plus
Friday 4 November 1.00-3.00pm	Social Coffee Meet
Wednesday 16 November 6.30-8.30pm	Social Plus



#### Headway Hull + East Riding Needs You!

Could you make a pot of tea to share? Spend time talking with members? Help with publicity? Help with fund raising? Help run social events? Help signpost to local services? Produce the Newsletter?

We would love to hear from you. Just phone the local mobile number or email.

If you decide you no longer wish to receive the Newsletter by post, please let us know by phoning the local mobile number on the front page. Also, if you now have an email address and would like to be kept up-to-date with online sessions such as the Yoga, Webinars etc., please let us know so we can amend our records.

#### Your Privacy and GDPR

Thank you for sharing your email and contact details with Headway Hull + East Riding. We use your information to keep in touch and will not pass it on to any third parties. It will be used only to share news of the group activities and between the committee members and yourself. Your information is kept safe and is password protected on our group list and your paper form with your contact details is also kept safe. If you have any questions or concerns please get in touch with us.

#### **Best Wishes**

#### **Headway Hull + East Riding Committee**

#### **Follow Headway Hull + East Riding on:**

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We are grateful to Williamsons, Solicitors, who have sponsored the printing and postage of this Newsletter.