



the brain injury association

# Headway

## Hull + East Riding

National FREE Helpline

0808 800 2244

### LONDON MARATHON 2 OCTOBER 2022

#### Alison and Cath crossing Tower Bridge



local phone:  
07395 571398



email:  
hey@headwayhumber.org.uk



web:  
headwayhumber.org.uk



facebook:  
/headwayhero  
/headwayhumber



twitter:  
@headwayhero  
@headwayhumber

Cath writes ...“We did it. Alison had quite bad knee issues from around 1/2 way - but we got round in 5:33, with only very short walks to down painkillers and take on water. **Thanks for all the support from the side of the road, via messages and sponsorship.** It was absolutely invaluable in getting us round. We are really chuffed, it was an amazing and unique experience (i.e. never to be repeated!)”

**Over £4,710 raised to date**

**BRILLIANT**

The “justgiving” page is still open at:

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



**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

Come and join us for a meal out together before Christmas:



**FRIDAY 9 DECEMBER - 1pm**

**WEST BULLS STONEHOUSE PIZZA & CARVERY, Bricknell Avenue, Hull, HU5 4QD**

**Festive Menu—3 Courses: £13.79**

## STARTERS

Homemade Tomato, Mozzarella & Cranberry  
Pizza Pin Wheels (v)  
Made with fresh dough and served with  
a garlic dip.

Beer-battered Salt & Pepper Mushrooms (v)  
Served with a BBQ and cranberry dip

Firecracker Chicken Baubles  
Spicy popcorn chicken bites with pieces of  
Belgian waffle and maple flavour syrup

Crispy Prawn Cocktail  
Crispy breaded prawns, iceberg lettuce and cocktail  
sauce with a brown bread roll, "Lurpak" portion  
and lemon wedge

Tomato Soup (VE)  
Served with a brown bread roll and  
sunflower spread

## MAINS

Traditional Festive Carvery  
Your choice of freshly carved roasts from the car-  
very, then help yourself to freshly steamed or  
roasted veg. potatoes, stuffing and gravy

Vegan Margherita Pizza (VE)  
Swap your cheese for mozzarella cheese alternative  
(made with coconut oil)

The Bad Santa Burger  
A double burger topped with a Nacho cheese  
sauce, mature Cheddar cheese, a dollop of  
cranberry sauce and crowned with 5 golden rings.  
Served with chips.

Festive Meat Feast Pizza  
Pigs in blankets, pepperoni, chicken, sage & onion  
stuffing and cranberry sauce

Jingle Balls Burger (VE)  
Beyond Meat Burger in a brioche style bun with  
lettuce, tomato and red onion, topped with a  
Violife mature sauce, cranberry BBQ sauce and  
plant based meatballs. Served with potato tots.

Festive Plant Based Feast Pizza (VE)  
Plant based meatballs, plant based chicken, pep-  
pers, onion, cranberry sauce and sage & onion  
stuffing drizzled with BBQ sauce

Camambert & Root Vegetable Bake (V)  
Root vegetables, apricots and cranberries with a  
melt in the middle French Camambert centre.  
Topped with an oat & sunflower seed crumble.

Plant Based Chicken Breast (VE)  
A plant based chicken breast made with  
lant protein.

DESSERTS next page ...



## DESSERTS

### Christmas Pudding

A mix of sultanas, raisins, orange peel and mixed spices, served with a rich brandy sauce or custard

**A vegan serve is also available (VE)**

### Deep Filled Apple Pie (V)

**Bramley Apple chunks in a shortcrust pastry case, served with custard**

**A vegan serve is also available (VE)**

### Cookie Dough Waffle (V)

A warm Belgian waffle topped with warm melting cookie dough, vanilla ice cream and toffee sauce

### Home-Baked Cherry Sponge (V)

Baked sponge drizzled with lemon sauce then sprinkled with meringue snowdrops and served with custard

### Festive Chocolate Fudge Cake (V)

Drizzled with salted caramel sauce then sprinkled with gold dust and served with fluffy cream

### Chocolate Popcorn Profiteroles (V)

**Cream and toffee filled profiteroles covered in popcorn flavoured chocolate, topped with fluffy cream and mini chocolate bauble sprinkles**

## TO BOOK:

**Phone the mobile or email [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk) to book your place then bring the deposit to the November meetings. (non-returnable £5 deposit per person required).**



SCANDINAVIAN  
CHRISTMAS MARKET  
SATURDAY 26TH NOVEMBER  
2022

OPENS  
AT 11AM



CLOSES  
AT 5 PM

DANISH SEAMEN'S CHURCH  
OSBORNE STREET, HULL  
TEL: 01482 225469

HAVE YOU BEEN TO THE ANNUAL SCANDI  
CHRISTMAS MARKET?

WE CAN THOROUGHLY RECOMMEND IT, NOT ONLY FOR THE BEAUTIFULLY DESIGNED CHRISTMAS DECORATIONS AND DANISH DELICACIES ON SALE BUT ALSO FOR THE DELICIOUS OPEN SANDWICHES AND WONDERFUL LIGHT CAKES AVAILABLE IN THE "POP UP" CAPTAIN'S TABLE

**Don't miss the Scandinavian Mini Market  
Saturday 3 December 10am—2pm**



the brain injury association  
Hull + East Riding

#### 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  
[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**

Friday 4 November 1.00-3.00pm	Coffee Meet
Wednesday 16 November 6.00-8.00pm	Coffee Meet (Christmas Cards)
Friday 2 December 1.00-3.00pm	Coffee Meet (Christmas Cards)
Friday 9 December 1.00pm	Christmas Lunch at WEST BULLS
Wednesday 21 December 6.00—8.00pm	Coffee Meet (Christmas Bingo)
Friday 6 January 1.00-3.00pm	Coffee Meet
Wednesday 18 January 6.00—8.00pm	Coffee Meet
Thursday 26 January 1.30—4.30pm	University of Hull

#### Talk at University of Hull

If you feel you could share your Brain Injury Journey with the Psychology Graduates at Hull Uni. please let us know. They really appreciate learning about individual experiences and we hope we can encourage some of them to take up a career in neuropsychology.

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

Should 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.