



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



twitter:
@headwayhero
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SPECIAL THANK YOU TO OUR GOOD FRIEND, AND FORMER CHAIRPERSON, LESLEY SAUNDERS



Lesley has been volunteering at Headway Hull and East Riding for 20+ years and we had a party for Lesley to celebrate her retirement as Chairperson.

Wayne Walker, incoming Chairman said "Lesley has dedicated a lot of time and energy to the running of the branch and is one of the many reasons for its longevity over the years. I hope to be able to continue Lesley's legacy in continuing what she has helped to sustain for the benefit of the members".



**HULL & EAST RIDING
CITIZENS ADVICE**

**Tel: 01482 226859 for specialist
debt advice.**

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

Lesley will continue to help Headway with the Approved Provider assessments in the hope of increasing standards of rehabilitation units around the U.K.

Lesley has told us that she will still attend our monthly meetings from time to time to catch up with our members and will help any members where possible.

We wish Lesley all the best for her retirement.

Thank you Lesley.



Williamsons Solicitors
Lowgate, Hull
01482 323697

With Special Thanks to Williamsons Solicitors for sponsoring the production, printing and posting of this Newsletter .



[Christmas cards selling fast](#)

Headway are selling Christmas cards on their website. Each pack of 10 cards costs just £3.50 with every penny going directly to supporting brain injury survivors, their families and carers. Please recommend to your friends and family to consider purchasing the cards direct from Headway

[Order here](http://shop.headway.org.uk/christmas-6-c.asp) / <http://shop.headway.org.uk/christmas-6-c.asp> or look on the Headway website for more details.





Headway Annual Awards

12 inspirational brain injury survivors, fundraisers and carers will be honoured at a National Awards Ceremony on 9th December.

The awards, hosted by Headway – the brain injury association, will feature stories from extraordinary people, such as Mark Kennedy, a brain injury survivor who has now run over 100 half marathons, Mark Ewart who was about to be pronounced brain dead but made a remarkable recovery, and Nicola Strong, a devoted mother who cares for her husband, child and father – all of whom have suffered brain injuries.

The awards, which will take place on 9 December at the Landmark in London, will be hosted by acclaimed sports journalist Sam Peters, with awards being presented by double Olympic gold medallist James Cracknell and Lance Corporal Johnson Beharry VC.



12 Miles of Christmas

We are looking forward to some festive FUNdraising this December, cover a distance of 12 miles in any way you like! Enjoy a bit of fun with your family, friends, or colleagues in the lead up to Christmas Day while helping Headway to improve life after brain injury.

Complete the challenge individually, or with a group of friends, family members or colleagues, and either tackle the 12 miles in one go or break it down over the duration of the event. You can do it for yourselves, or as a sponsored event with monies being raised can help Headway Hull and East Riding continue the services to its members. Please email for further details or look at the Headway website for more information.



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 Lesley at 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 9th December 1.00pm-3.00pm	Christmas Party Venue: Westbills
Wednesday 21st December 6.00-8.00pm	Social Plus—Coffee and Bingo (Christmas Hats optional)
Friday 6th January 1:00pm-3:00pm	Social Plus
Wednesday 18th January 6.00-8.00pm	Social Plus
Thursday 26th January	University of Hull Graduate Psychology Student Afternoon: Venue: University of Hull

We are looking for volunteers to share their Brain Injury story with the psychology graduates at the University of Hull on 26 January 2023. Meeting people who are actually managing life after a brain injury is much more powerful than reading a book. They are really grateful to get a first hand insight.

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

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