



the brain injury association

National FREE Helpline

0808 800 2244

local phone:  
07395 571398email:  
[hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)web:  
headwayhumber.org.ukfacebook:  
/headwayhero  
/headwayhumbertwitter:  
@headwayhero  
@headwayhumber

# Headway

## Hull + East Riding

### Brain Injury Charity announces National Award Winners



Four inspirational people who have been impacted by brain injury, were honoured at a National Awards Ceremony at The Landmark, London. The Headway awards pay tribute to the inspirational achievements of brain injury survivors, carers, volunteers and campaigners.

### 2022 Headway Awards winners

#### Mark Kennedy

A brain injury survivor from Northants who has run over 100 half marathons, delivered inspirational speeches across the UK, and co-authored four books. Mark won the Alex Richardson Achiever of the Year, sponsored by Slater & Gordon.

#### Dean Harding

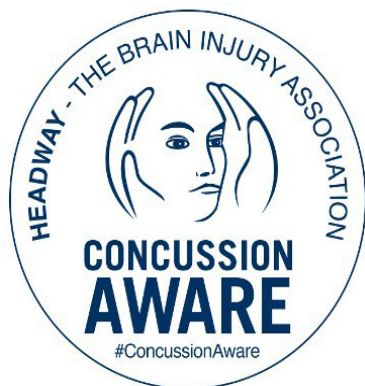
A brain injury survivor from East London who secured £140,000 of funding for an early intervention initiative and has made it his life's mission to help others. Dean won the Stephen McAleese Outstanding Contribution to Headway, sponsored by No5 Barristers Chambers.

#### Michelle Kelly

A devoted carer from Sefton who became her partner's primary carer after he sustained a traumatic brain injury. Alongside caring for her partner, Michelle is an integral part of her local Headway charity, helping to organise events and days out as well as running support groups for brain injury survivors. Michelle won the Carer of the Year, sponsored by Barr Ellison LLP.

#### Michael Condon

A retired accountant from Leicester who worked tirelessly to transform his local Headway during the covid pandemic. Michael won the Volunteer of the Year, sponsored by Anthony Gold Solicitors.



### HULL & EAST RIDING CITIZENS ADVICE

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

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

**WILLIAMSONS**  
SOLICITORS

Williamsons Solicitors  
Lowgate, Hull  
01482 323697

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

The winners of each category were presented with an engraved silver plate.



# ASDA



Thanks to the staff at ASDA Mount Pleasant who helped us raise £33.96 for Headway.

They allowed us to provide the Newsletter and information about Headway to their customers.

# Carer Card

Name:

Reference no:



If found please call  
01482 22220



## What is a Carers Card?

A Carer Card officially identifies you as a carer and provides emergency response cover and/or discount with local retailers and services. **You should carry the card with you at all times.**

### What will it do for me?

There are two benefits to the card:

- If anything happens to you it notifies emergency services that someone you are responsible for needs support
- You get discounted access to local health and wellbeing services, and selected local shops and businesses

### How to apply

To get a Carer Card please contact CISS. They will organise an appointment for an assessment and talk to you about other services you could benefit from. Use the details below to contact them today:

- email: [chcp.carersinfo@nhs.net](mailto:chcp.carersinfo@nhs.net)
- telephone: 01482 222 220
- text: CARERS to 61825





Flex Health is one of the leading providers of Physiotherapy in Yorkshire. Specialising in the treatment of Musculoskeletal, Neurological and Paediatric conditions, our team of 12 therapists have 60+ years of experience in helping a variety of patients achieve their goals. We are delighted to improve our relationship with Headway Hull and East Riding and are looking forward to the future. Should you have any questions about how we might be able to help you or someone you know, please contact us on [admin@flex-health.co.uk](mailto:admin@flex-health.co.uk) or 01482 966006.





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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 Wayne 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**

Thursday 26th January

University of Hull Graduate Psychology Student Afternoon:

Venue: University of Hull

Friday 3<sup>rd</sup> February 1.00 – 3.00pm

Wednesday, 15<sup>th</sup> February 6.00 – 8.00pm

Friday 3<sup>rd</sup> March 1.00 – 3.00pm

Wednesday, 15<sup>th</sup> March 6.00 – 8.00pm

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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facebook: /headwayhero /headwayhumber

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