

June 2023

Headway

Hull + East Riding



the brain injury association

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



twitter:
@headwayhero
@headwayhumber



Come and join us a get together and BBQ on 21st June 6.00pm – 8.00pm at The Danish Centre



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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



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Lowgate, Hull
01482 323697

With Special Thanks to Williamsons Solicitors
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**C1 Complex Rehabilitation Fun
Day
Entrance 2, Castle Hill Hospital**

**Saturday 1st July 2023
1pm till 4pm**



TUG OF WAR

Tombola

**Face Painting
Corner**

Kids

Jenga

Connect 4

Cake

Stall Refreshments

Auction

Bottle Stall

Pizza Van

Ice Cream Van

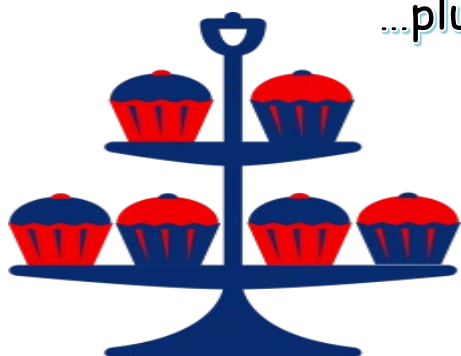
Live

Music Raffle

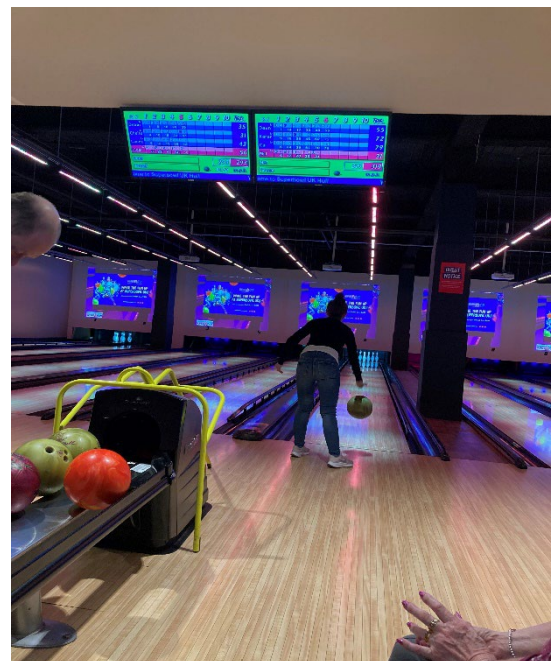
Bouncy Castle

Lucky Dip

...plus many more Stalls



Thanks for everyone who attended the recent bowling evening. A lot of fun was had by everyone. Well done to the winner



Bowling 22 May '23

Team	Game 1	Game 2	Total Points	Position	
TEAM 5					
Wayne	124	93	217	2nd	
Debbie	93	89	182	8th	
Michelle	72	71	143	12th	
Lauren	93	86	179	9th	
Liam	99	88	187	5th	
Andy	113	93	206	3rd	
David	76	108	184	Joint 6th	
Team Average	95.7	89.7			
TEAM 6					
Kay	91	93	184	Joint 6th	
Dawn	89	77	166	10th	
Karar	118	155	273	1st	
Carolyn	119	69	188	4th	
Mel	69	71	140	13th	
Marjorie	70	85	155	11th	
Team Average	92.7	91.7			



Our service users spent a day in the sun purchasing some plants, and planting flowers for the Danish Church's Garden.

Our garden looks beautiful.

A Big Thank You to all for helping.





Volunteer

Volunteers are vital to the work of Headway. There are many ways in which you can help us with your time and effort.

Local Groups and Branches

Those working in local Groups and Branches throughout the UK may need your help.

It could be a few hours a week giving administrative help, time spent on a telephone information line, helping with activities for those with brain injury, posting leaflets in your area, or organising outings and events. Help may be needed with activities such as art and crafts, hobbies, and computer skills. The possibilities are endless!

Please contact your [local Headway Group or Branch](#) directly, and they will let you know how you can help.

VOLUNTEER



The National Three Peaks Challenge is an event in which participants attempt to climb the highest mountains of England, Scotland and Wales within 24 hours.

James & Neil will be taking in this challenge unassisted, driving between each peak. All in aid of a brilliant charity Headway Hull & East riding, who offer support locally to people living with brain injuries.

If anyone would like to support James & Neil please click here:

<https://www.justgiving.com/page/lauren-tobin-1683304090933>



MOTIONrehab is a multi-disciplinary neurological rehabilitation company providing services across the Yorkshire and Humberside region. **MOTIONrehab** are recognised as international experts in the field of Intensive Neurological Rehabilitation, hands-on therapy, neurological rehabilitation technology and exercise.

MOTIONrehab have great success in improving the quality of life of adults and children with neurological impairments, difficulties or disabilities due to conditions such as Stroke, Brain Injury, Spinal Cord Injury, Multiple Sclerosis, Parkinson's Disease and Cerebral Palsy. **MOTIONrehab** are renowned for their person-centred approach to therapy, personalising each individual's therapy to enable everybody to reach their potential.

MOTIONrehab are providing a chat to our members to give them information on the fantastic work they do, on 26th June at 6.00pm at their premises in Hull.

80 – 86 Pickering Road, Hull, HU4 6TE

To read more on the work **MOTIONrehab** do visit their website: www.motionrehab.co.uk

QUIZ TIME



Alphabet Quiz

Can you name?

A country begins with A	
A job begins with B	
A pet begins with C	
A meal begins with D	
A subject begins with E	
A food begins with F	
A drink begins with G	
A place begins with H	
A dessert begins with I	
A flying object begins with J	
A body part begins with K	
A room begins with L	
A vegetable begins with M	
A short sleep begins with N	
A fruit begins with O	
A colour begins with P	
A royal begins with Q	
A sport begins with R	
A feeling begins with S	
A number begins T	
A place to study U	
A transport starts with V	
A sea animal begins with W	
A musical instrument begins with X	
A toy begins with Y	
An animal begins with Z	





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 Wayne 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

Wednesday, 21 st June 6.00pm – 8.00pm	BBQ
Monday, 26 th June 6.00pm	Motion Rehab 80 - 86 Pickering Road, Hull
Friday, 7 th July 1.00pm – 3.00pm	BBQ
Wednesday, 19 th July 6.00pm – 8.00pm	Coffee Meeting with a Treasure Hunt
Friday, 4 th August 1.00pm – 3.00pm	Coffee Morning

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