

July 2023



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
@headwayhumber



A great day was had by all at the C1 Complex Rehabilitation Fun Day at Castle Hill Hospital on 1st July in support of the Complex Rehabilitation Centre and Headway Hull & East Riding (HERO).

A big thank you for everyone who helped and attended. We raised a huge £355 at the Headway stand which was divided equally between the Rehabilitation Centre and HERO.



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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

**THANK
YOU**

WILLIAMSONS
SOLICITORS

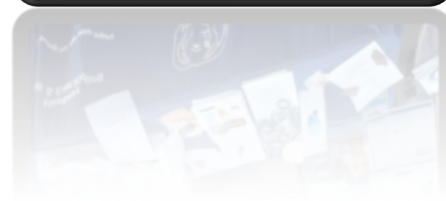
Williamsons Solicitors
Lowgate, Hull
01482 323697

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



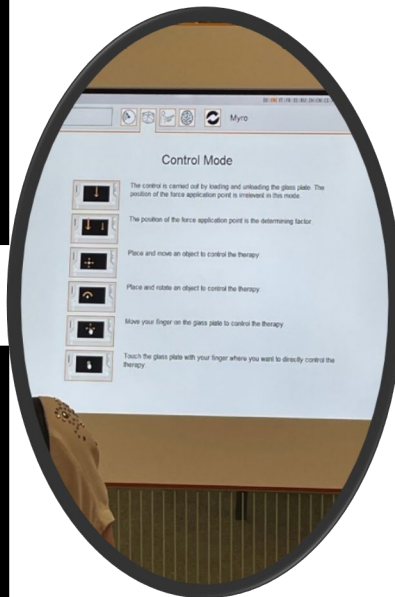
Thank you to all the volunteers who attended to make coffee, muffins and give information about Headway.

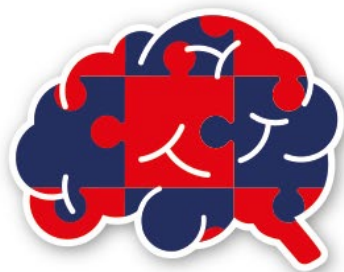




MOTIONrehab®

MOTIONrehab gave an informative chat to our members at their premises on 26th June and showed them the fantastic work they provide. Our members found this very helpful.





ENCEPHALITIS SOCIETY

The brain inflammation charity

The Encephalitis Society is the only charity in the world providing support and information to people affected by encephalitis (brain inflammation), raising awareness, and furthering our understanding of the condition through research for the benefit of patient outcomes. Since 1994, the charity has grown from a small, support group into an international community of over 13,000 members, and 2,000 professional members with scientific and medical expertise working in the fields of epidemiology, neurology, general practice and psychiatry. The small but mighty team of 16 staff is based in Malton, North Yorkshire, England, but we have a global reach. Everything the Society does is about increasing global awareness of encephalitis, saving lives, and building better futures.

For more information please visit www.encephalitis.info





Headway Annual Awards

The Headway Annual Awards celebrate the inspirational achievements of people living with brain injury and the dedication of those working to support them.

It's time to tell us who you think is deserving of a Headway Award. Please click the button if you would like to nominate someone:

[Nominate](#)

The Headway Annual Awards celebrate the inspirational achievements of people living with brain injury and the dedication of those working to support them.

Each finalist will be invited along with a guest to a glittering luncheon at The Landmark London on Friday 8th December. Do you know someone who has defied their brain injury to achieve a great milestone this year?

Or perhaps you know someone that often goes above and beyond when caring for someone with a brain injury?

Or maybe you know of a long-standing Headway volunteer who is overdue public recognition and thanks?

Visit <https://www.tfaforms.com/4802643> to nominate someone

The categories this year are:

- Alex Richardson Achiever of the Year sponsored by Slater & Gordon
- Carer of the Year sponsored by Barr Ellison LLP
- Volunteer of the Year sponsored by Anthony Gold Solicitors
- Stephen McAleese Outstanding Contribution to Headway Award sponsored by No5 Barristers Chambers

What we're looking for

The more information we have about the person you are nominating, the better their chance of being shortlisted for a Headway Award!

- Share your passion! We don't know the person you're nominating, so don't spare the details – or your feelings about how special they are!
- Give us details. How long have they been a volunteer? How much progress have they made since sustaining their injury? What have they sacrificed to care for someone?
- Set the scene. How did life change? What was life like before? Why does your nominee stand out from the crowd?
- More is more! Keep your information relevant and catchy, but don't hold back. The more information we have, the better





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

Friday, 7 th July 1.00pm – 3.00pm	BBQ
Wednesday, 19 th July 6.00pm – 8.00pm	Coffee Meeting
Friday, 4 th August 1.00pm – 3.00pm	Coffee Meeting
Wednesday, 16 th August 6.00pm – 8.00pm	Coffee Meeting
Friday 1 st September 1.00pm – 3.00pm	Coffee Meeting
Wednesday 20 th September 6.00pm – 8.00pm	Coffee Meeting

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:

twitter: @headwayhero @headwayhumber
facebook: /headwayhero /headwayhumber

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