

September 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



Write your Will for Free.

We all know how important it is to write a will, so the people we care about are looked after when we're gone. We also know how tempting it is to put it off!

That's why Headway has partnered with expert will writers [Guardian Angel](#), to take the headache (and cost!) out of will writing with a quick and easy online service.



**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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SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

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

Guardian Angel also offers telephone and face to face will writing services for those that would rather speak to a solicitor. To find out more and to book an appointment simply call the team on 0800 773 4014 and quote 'Headway – the brain injury association'.

Most people who use this service choose to leave a gift to us and we are very grateful to every one of them. There is, of course, no obligation to do so.

[Make a free will and help improve life after brain injury](#)

In return, all we ask is that you consider leaving them a gift in your will. Use the coupon code HEADWAYFREE at check-out.

www.guardianangel.network



the brain injury association



**KEEP
CALM
AND
BE SAFE
ONLINE**

The internet is an amazing resource, allowing people to form social connections and support networks, as well as accessing more information than ever before... all at the click of a button.

Caution should be exercised when using the internet and social media as it can leave some users vulnerable to things like online scams, exploitation and the oversharing of personal information.

However, when used correctly, the internet and social media can be excellent tools for brain injury survivors, their families, and carers.

We've put together some top tips for staying safe online:

- **Passwords**
- **Be a selective sharer**
- **Privacy Settings**
- **Be careful who you are talking to**
- **Meeting people in "real life"**
- **Avoid online scams**
- **What you see on the Internet isn't always true**
- **Respect other people**
- **Report any issues**
- **Keep a healthy balance**

For more information on these top tips visit www.headway.org.uk

Following Headway on social media is a great way to keep up to date with the latest brain injury related news and to join in the conversation.



A fourteen-year-old Hampshire boy is raising vital awareness and funds for charity in tribute to his grandad.

Ben Fowler from Hartley Wintney challenged himself to run 75 km every month for three months. The challenge forms part of his Duke of Edinburgh Award but is also in memory of his grandad, who would've been 75 this year.

His efforts have already [raised over £1000](#) for Headway – the brain injury association. The UK-wide charity works to improve life after brain injury by providing vital support, advocacy, and information services to brain injury survivors and their families.

In 2001, Ben's grandad Alan Hamer sustained a life-changing brain injury in a road traffic collision. Headway supported him and his family in the aftermath, as Ben's mum, Emily, explained: "He was unconscious for nearly six weeks with horrific brain injuries and physical injuries.

"Within a few days, while Dad was in the Neurological Critical Care Unit in Addenbrookes Hospital, Cambridge, we were introduced to a lady from Headway.

"She talked us through the realities and practicalities of life with a brain injury survivor. She was kind but honest and helped to prepare us for the long and difficult journey ahead.

Dad spent six weeks in intensive care, a month on a high dependency ward and another couple of months on a rehab unit before coming home and later spent another six months as a day patient in a head injury rehab unit.

Sadly, Alan passed away earlier this year after an unexpected seizure and stroke. However, despite his sadness, helping others and keeping his grandad's memory alive helped motivate Ben to do good.

"It feels amazing to have raised such an amazing amount for such a crucial charity for my family," said Ben. "I'm very proud of the work I've done for Headway, and I am hugely grateful to all those that donated.

"Finding the motivation each day to go and run was a massive challenge, but it thankfully didn't stop me from completing my fundraising goal."

Despite completing his running challenge and meeting his initial fundraising target, Ben isn't stopping there because he's hoping to raise even more money for Headway.

"He's decided to keep it going and branch out into more awareness raising, doing talks and presentations to local groups and to run fundraising events to keep the donations coming in," said Emily.

Want to support Ben?

You can donate and leave a message of support on his [JustGiving page](#).

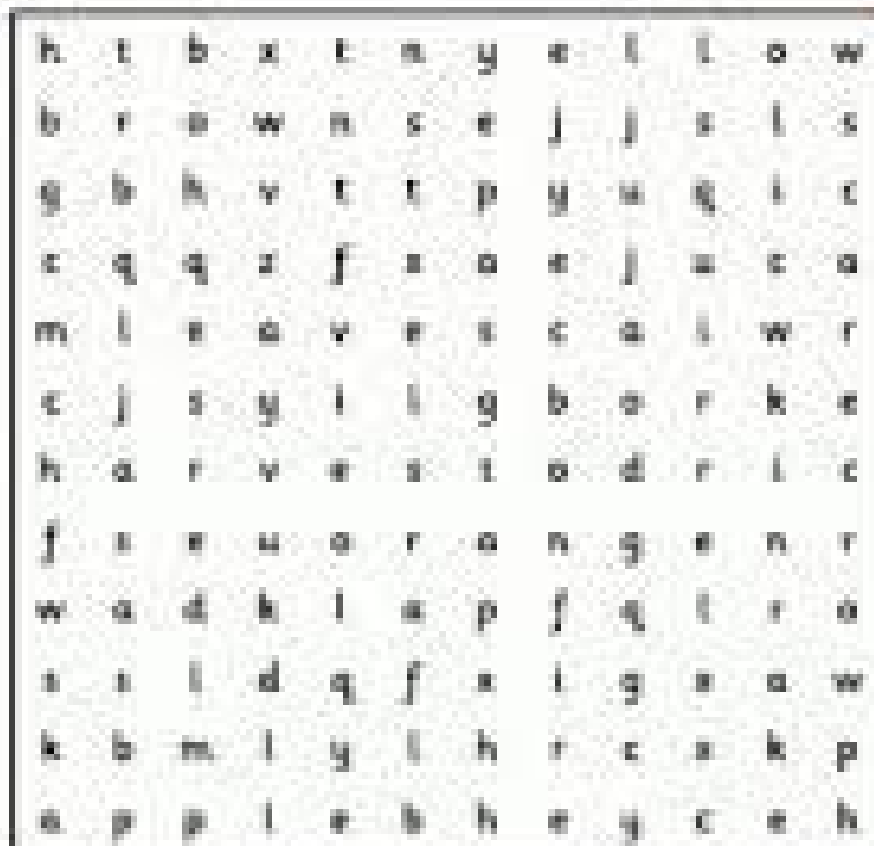
HELLO September



Autumn Word Search



Can you find the Autumn words in the puzzle below?



rake

scarecrow

brown

yellow

squirrel

leaves

apple

red

bonfire

harvest

fall

pear

orange

acorn





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 20 th September 6.00pm – 8.00pm	Coffee Meeting
Friday, 6 th October 1.00pm – 3.00pm	Coffee Meeting
Wednesday, 18 th October 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

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