

December 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



Come and join us for our
Christmas Meal on Tuesday, 12th
December 2023 at 7.00pm
Red Sails Public House, 2
Beacon Way, Hull, HU3 4AE



**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 .



sjiplaw
protecting your world



Join us for our final fundraising event of 2023 on 12th December 2023 10am-12pm at our Mince Pie Morning. All members are invited to join us for a festive treat and a hot drink to spread the festive cheer at the offices of SJP Law, 5 Parliament Street Hull, HU1 2AZ

Lots of fun was had at our recent coffee meeting where we got into the Christmas spirit and decorated Christmas decorations.



Well Done, Richard!

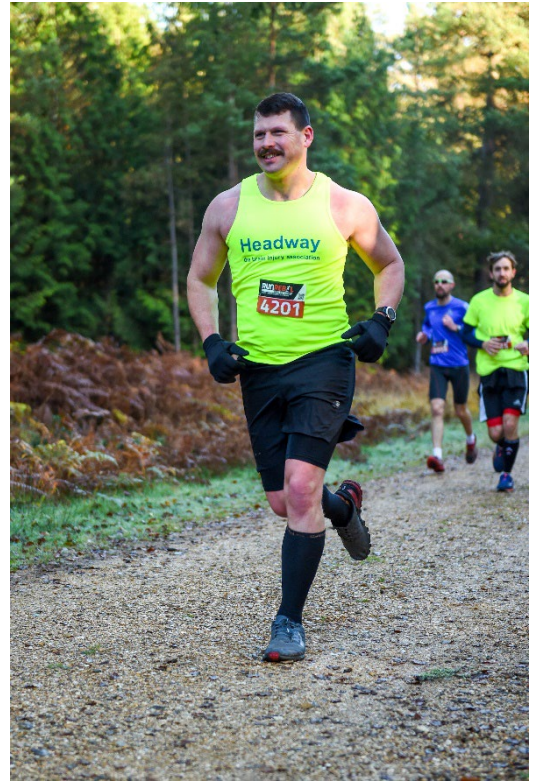


Richard Dransfield has recently completed the New Forest Marathon in support of Headway. Here are a few words from Richard:

"My mother has had epilepsy for the majority of her life and certainly for all of mine.

Throughout the years I've been witness to the amazing support she has received from Headway. The ability to share experiences with others, support those who feel isolated and help in their darkest times have been invaluable to my family and my mother.

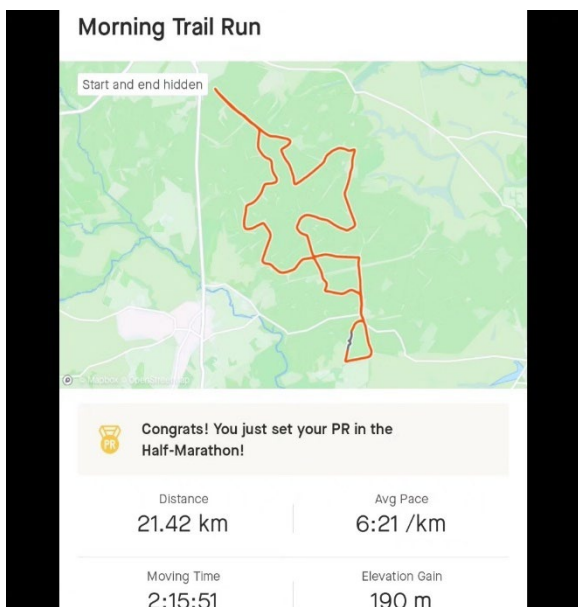
In order to help I was silly enough to run a half-marathon through the New Forest woods and hoped to raise £200 to give a little back.



In order to help I was silly enough to run a half-marathon through the New Forest woods and hoped to raise £200 to give a little back.

In the end I managed to not just complete, but exceed the target £200! Not only was it great fun to drag myself through the 21.4km run, but was also fantastic to cross that finish line and know I've helped give a little back!

Thank you to everyone who donated!"





Christmas Cards

Sending a Headway Christmas card to your loved ones is a great way to show that you're thinking of them, while also supporting our work to improve life after brain injury.

Each pack of 10 cards is priced at £3.50, and thanks to Headway's generous sponsor Bolt Burdon Kemp, every penny will go directly to supporting brain injury survivors, their families and carers

To purchase the cards visit:

Headway Christmas cards are available now:

<https://shop.headway.org.uk/christmas-6-c.asp>



**Choose
Headway
this
Christmas**

Supporting Headway this Christmas



'Donate to Decorate' virtual tree appeal

As Christmas approaches, we are delighted to introduce our [virtual tree appeal, Donate to Decorate!](https://www.headway.org.uk/news-and-campaigns/news/2023/headway-launches-donate-to-decorate-virtual-tree-appeal/) <https://www.headway.org.uk/news-and-campaigns/news/2023/headway-launches-donate-to-decorate-virtual-tree-appeal/>

Choose your decoration, add your Christmas wish, and make your donation. These few simple steps will light up our virtual tree and raise vital funds to support people living with brain injury this Christmas.

How to get involved

Visit our virtual tree page by clicking on the button below.

Hover over the tree to find your favourite decoration and click to select.

Add a message, Christmas wish or photo along with your donation.

#DonateToDecorate

Please share your 'Donate to Decorate' activity across social media using the hashtag and encourage others to support our Christmas appeal.

[Lighting up our tree on behalf of a loved one makes the perfect gift this Christmas.](#)

[Visit our virtual tree](#)



Donate to
Decorate
Headway's virtual tree appeal



CHRISTMAS

word search puzzle

I	P	C	I	R	F	B	E	L	L	M	F
S	K	C	X	G	A	R	L	A	N	D	I
T	X	S	K	U	Y	S	N	O	W	O	R
A	S	N	S	A	N	T	A	H	S	E	E
R	T	C	H	R	I	S	T	M	A	S	P
I	O	H	B	G	X	E	S	H	H	U	L
Z	C	G	C	R	O	T	G	D	O	D	A
E	K	P	J	C	H	I	R	S	L	K	C
V	I	D	F	G	E	A	D	J	L	T	E
E	N	O	I	L	C	I	L	J	Y	R	D
S	G	L	S	S	F	X	C	O	J	E	Y
E	L	F	M	W	R	E	A	T	H	E	B

Words may be horizontal, vertical
and diagonal.

ELF
STOCKING
WREATH

SNOW
GARLAND
EVE

HOLLY
BELL
LIGHTS

CARD
CHRISTMAS
STAR



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, 1st December 2023 1.00pm – 3.00pm Christmas Movie

Tuesday, 12th December 7.00pm Christmas Meal
Red Sails

Wednesday, 20th December 6.00pm – 8.00pm Christmas Party

From everyone at Headway and their supporters, we wish you a very Merry Christmas and a happy New Year

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