



the brain injury association

HEADWAY HULL & EAST RIDING

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



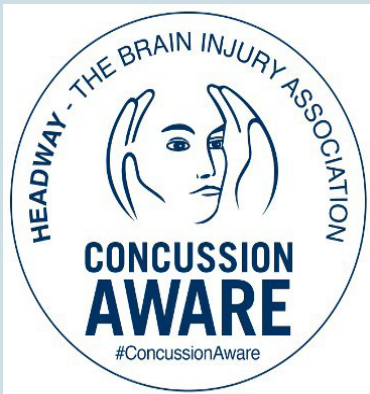
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**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for specialist
debt advice.

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

Happy New Year!

We hope you had a joyous and merry Christmas.

SJP Law held their Mince Pie Morning and raised £77.45 for Headway. A huge thank you to everyone who donated.



We had a lot of fun at our Christmas meal evening.
Thanks for everyone who attended.



MINDFUL YOGA



Is your New Year Resolution to take care of yourself better and be healthier in 2024? If so, why not join Mindful Yoga? The new course of mindful yoga is due to begin on **Tuesday the 16th January at 12.15 p.m, for 8 weeks**, via zoom. Each session will last for half an hour, the group is really friendly, relaxed and welcoming!! The sessions will be delivered by Yoga Teacher Laura from Umbrella Yoga CIC, who will help connect us to the moment. There will be gentle stretching, breathing techniques and a short meditation. The sessions will be accessible to all with chair-based options available. There are **limited places**, and you need to book, ideally for the full eight sessions, but we will understand if you are poorly or have an appointment. Places will be given on a first come, first served basis. So don't miss out! we have had such

amazing feedback from people who have previously attended the course, they have told us that they ***"feel energised" after the sessions whilst feeling "chilled and relaxed", "it's the highlight of my week", "it has helped me sleep better", "I feel more positive after the class" and so on!!!***

Everyone who books the sessions will need to fill in a brief on-line health questionnaire before the first session, we can support you with this. If you would like any more information, please ring Diane Derbyshire on 07951517625 or email at diane.derbyshire@headway.org.uk.



[Family Holiday Cottage, 40 Potter Hill, Pickering, YO18](#)

We hope some of Headway members will take up this offer and have a lovely holiday in this beautiful part of the country.

We are again able to make available a Family Holiday Cottage in Pickering on a self-catering basis. Many Headway families have used the cottage in the past few years and they were all very pleased with it.

The cottage is for use by families who would not usually get a holiday because of low income or other reasons.

Headway families may book the cottage from Saturday to Saturday during the spring, summer and early autumn. Bookings run from 4.00pm on the first Saturday to 11.00am on the second Saturday. We ask that only families with school age children book the cottage during the school holiday periods.

Pickering is a small town about 20 miles north of York and 18 miles west of Scarborough. There are bus connections to both York and Scarborough. There is a train to Malton which is just 8 miles away. Pickering has a castle, a steam railway, a swimming pool with a flume, museum, trout farm, lots of shops and cafes, woods children can play in, a stream they can paddle in and the lovely North York Moors and forests are just 6 miles away. There is no night life other than pubs and one cinema. The cottage, in the oldest part of Pickering, is just 300 yards from the shops and the steam railway and 100 yards from a picnic area next to a stream.

For parties up to 6 people, there is a small charge of just £50 to cover the cost of the cleaning and laundry. For 6-8 people the charge is £60. There is no charge for gas or electricity. For weeks in the periods 1 – 31 March and 1 – 30 November there will be an extra £10 fuel supplement.

If you would like to consider booking this Cottage, please get in touch with Headway for the relevant booking form. diane.derbyshire@headway.org.uk



Xyla Health and Wellbeing, a leading provider of integrated health services are aimed at promoting healthier lifestyles and overall wellbeing for residents in the east riding. We believe that our range of offerings, including Adult Weight Management, Family Weight Management, Quit Smoking, Health and Wellbeing Support, and our status as a provider of NHS Healthchecks, may be of interest to your network/community.

Xyla Health and Wellbeing is a trusted partner of East Riding Council committed to empowering individuals and families to make positive changes in their lives by providing comprehensive support for various health-related challenges. Our team of experienced professionals is dedicated to delivering evidence-based programmes and services that are tailored to meet the unique needs of each individual.

More information about our service offerings listed below;

Healthier Lifestyles - Adult Weight Management: Our adult weight management program is designed to provide personalised support for individuals looking to achieve and maintain a healthy weight. Through a combination of nutritional guidance, physical activity recommendations, and behavioural interventions, we aim to help participants make sustainable lifestyle changes.

Healthier Futures - Family Weight Management: We understand the importance of addressing weight management within the family unit. Our family weight management program offers a holistic approach to supporting families in adopting healthier habits together, fostering a supportive environment for sustainable lifestyle changes.

Quit Smoking: Smoking cessation is a critical component of overall health and wellbeing. Our quit smoking program provides individuals with the tools and resources needed to successfully overcome tobacco addiction, promoting long-term health benefits.

Health and Wellbeing Support: Our health and wellbeing support services encompass a wide range of resources, including mental health support, stress management techniques, and general wellness guidance aimed at enhancing overall quality of life.

Provider of NHS Healthchecks: As a trusted provider of NHS Healthchecks, we are dedicated to offering preventive health assessments that help identify potential risk factors for common chronic conditions, enabling individuals to take proactive steps towards better health.

We believe that our integrated approach to promoting healthier lifestyles aligns with the mission of your organisation, and we are eager to explore potential collaboration opportunities that would benefit the members of your network/community who may reside in the East Riding.

Should you wish to learn more about our services or discuss potential partnership opportunities, please do not hesitate to reach out. We would welcome the opportunity to further introduce Xyla Health and Wellbeing and explore how we can work together to support the health and wellbeing needs of your network/community.

Check out their website for further information:

Healthier Futures

Creating a healthier future for you and your family



A free lifestyle change programme for East Riding residents, including:



- **Healthier Lifestyles:**

Programme for adults



- **Healthier Together:**

Support for under 18s and families



- **Quit smoking programme**

- **Health and wellbeing support**



Scan the QR code
for more info

www.healthier-futures.co.uk or call 0330 236 9102



xyla health & wellbeing
Part of Acacum Group

Brain Injury Identity Card

A simple solution to a tricky conversation

The Headway Brain Injury Identity Card is designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support.

The card can also provide brain injury survivors with added confidence in everyday social scenarios.

Each card is personalised, helping the card holder to explain the effects of their brain injury and request any support they may need.

The Brain Injury Identity Card is one of the ways in which Headway can support you after a brain injury and is free of charge.

Apply for a free Brain Injury Identity Card

www.headway.org.uk/supporting-you/brain-injury-identity-card





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, 17th January

Birthday Party

Friday, 2nd February

Wednesday, 21st February