



# Headway Hull + East Riding News

Improving life after brain injury

## Race Night fund raiser Month.

National Free Helpline  
**0808 800 2244**



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### Easter themed cakes. Art and Laughs (sorry Crafts).

Aprils main evening event saw the group making Easter themed cakes.



The concentration applied by some was hot enough to melt the butter icing, and indeed it did a little by the end of the evening.

The originality of ideas was quite brilliant, and executed with such attention to detail, that you would have thought we had a few chefs with us.

An atmosphere of laughter and mutual praise quickly settled in.

Some fabulous results were created, all of which were either greedily eaten there and then on the night, or very happily taken home to share.

Definitely an evening with smiles, and a chance to forget troubles in the company of good friends.



**Exciting news!**

There will be a debate on Acquired Brain Injury in Parliament on Thursday, 9 May 2019. This is another excellent opportunity to raise the profile of ABI, the needs of survivors, families and carers, the fantastic work we do in your branch and the gaps in services which need to be filled. The after care being a major concern and the theme for our training event planned for late October.

It would be so helpful if you could contact your local MPs to let them know about the debate and ask them to attend/take part. It's also a good chance to make contact which could lead to further support for your branch.

You may remember the debate last year which saw lots of positive mentions for Headway groups and branches. Many MPs also spoke about their own experience of ABI.

The debate has been arranged thanks to the tireless efforts by Chris Bryant MP who chairs the All-Party Parliamentary Group on ABI. Chris has made sure ABI is much talked about in parliament and we are delighted that he will be coming to *The Way Ahead* in July 2019 to talk about the work of the APPG and meet attendees – don't forget to book your place <https://www.headway.org.uk/about-brain-injury/professionals/the-way-ahead-2019/>

If you could consider sending an Email to your MP along the lines below, that would be very helpful.

**Email to MP from individual constituent/service user re ABI debate in Parliament 9 May 2019**

Instructions: 1) Complete the sections here in red. 2) Delete the red text and the heading at the top of the page! 3) Check you are happy with the content of the email. 4) Copy and paste into a blank email message and send to your MP

Dear **[name of MP]**

As one of your constituents living with the effects of an acquired brain injury, I hope you will stand up for me and attend the debate on Acquired Brain Injury which is taking place in Parliament on 9 May 2019.

Every 90 seconds someone in the UK is admitted to hospital with an acquired brain injury (ABI). The effects of ABI can last a lifetime and have an impact on every aspect of life.

**[Give one or more example here of how your ABI affects you – does it mean you can no longer work, care for your family, drive, socialise, communicate?]**

I and my family really appreciate the support we receive from Headway – the brain injury association. Headway works to improve life after brain injury through its network of groups and branches across the UK **[including name of your local Headway here]**. Headway also provides UK-wide services which support me and thousands like me and my family.

I hope you will be able to take part in the debate about acquired brain injury. With nearly 350,000 hospital admissions each year in the UK, acquired brain injury is also the leading cause of death and disability among people under 40 in the UK.

Thank you for showing your support to people living with ABI.

Yours sincerely

**[Your name and home address including postcode here – MPs need this to verify you are one of their constituents]**

## **Headway Awards.**

It's time to tell us who **you** think is deserving of a Headway Award!

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, chosen by a selection panel, will be invited along with a guest to a glittering luncheon at The InterContinental Park Lane in London on Friday 6 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?

**The categories this year are:**

**Alex Richardson Achiever of the Year sponsored by Slater & Gordon Lawyers**

**Carer of the Year sponsored by Barr Ellison Solicitors**

**Volunteer of the Year sponsored by Anthony Gold**

**Stephen McAleese Outstanding Contribution to Headway Award sponsored by  
No5 Barristers Chambers**

If you would like to nominate someone, please go to the national headway website

**Please note the closing date for nominations is Friday 26 July 2019.**

**Guidance on how to write an effective nomination can be downloaded from  
the [Headway Annual Awards page](#) on our website.**





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



## Headway HERO Diary



### **Friday the 3rd of May (1:00 — 3:00 pm)**

#### **Hull Coffee Meeting**

Drop in for a coffee and a chat at our monthly informal coffee gathering at the Danish Seaman's Church, 104 Osborne Street, Hull, HU1 2PN

### **Wednesday the 8th of May (12:00—3:00 pm)**

#### **Muttley's Headway meet up**

Muttley's Bar, Hull. HU9 1ED.

A chance to meet up, chat and to share things. Talk to friends and have a laugh.

### **Wednesday 15th of May**

#### **Arts and Crafts (Hat's 4 Headway) @ the Evening Meeting**

**6:30 pm - 8:30 pm**

(Hats to make)

The Danish Church, 104 Osborne Street, Hull, HU1 2PN

### **Friday the 24th of May**

#### **Hull & East Riding Race Night, including ABI week celebrations.**

**7:30 pm - 10:30 pm**

The Vault, Hull HU9 1BL

### **Look ahead to Other dates for your diary:**

Coffee Afternoon. 7th June 2019. @ 1:00 pm - 3:00 pm  
The Danish Church, Hull East Yorkshire

Muttley's Lunch. 12th of June 2019. @ 12:00 pm - 3:00 pm  
Muttley's Bar, Hull.

Evening Meeting 19th of June 2019 @ 6:30pm—8:30pm.  
A Q&A with a special guest @ The Danish Church, Hull East Yorkshire.

The Way Ahead Conference – (Friday 5 July - Sunday 7 July for 2019)

Ward 29 Fundraiser 14 July 2019



*Special thanks to both the Danish Seamans Church and to Muttley's for their continued support.*

For news sheet issues please contact Martin at: [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

If you have any pictures or notices that you feel would be suitable for use in this news sheet, then please send them to Martin.

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