



# HEADWAY

## Hull + East Riding



the brain injury association

National FREE Helpline



**0808 800 2244**



local phone:  
07395 571398



email:  
[hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)



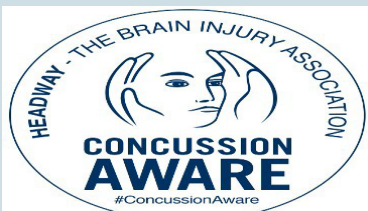
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<https://www.justgiving.com/page/headway-hull-and-east-riding>



**HULL & EAST RIDING  
CITIZENS ADVICE**

**Tel: 01482 226859 for specialist  
debt advice.**

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

### Activity Weekend



Headway are proposing to hold a weekend event at Kingswood Activity Centre, Dearne Valley Coinsbrough, Doncaster in early Autumn.

The weekend will be an opportunity to meet other people from Headway Branches across Yorkshire & Humber, there will be a range of activities to choose from such as quizzes, inspirational talks, mindfulness, yoga, art & crafts, archery, abseiling, boccia, zip wire, climbing wall, guided walks, team games, evening disco and lots of opportunity to relax, make friends and just enjoy some time away. You can get involved as much or as little as you wish.

The cost per person has not yet been finalised however, it will be subsidised and very reasonable, all refreshments, meals and activities will be included. Day visitor places will also be available.

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You can get involved with as much or as little as you wish.

Please see the further information below which gives you a little bit more information about Kingswood, the location is spread over 50 acres, however, our main activities will take place within the conference centre which will be our meeting and activity point, the accommodation is a three to five minute walk away, it will be all ground floor level, shared accommodation (2-4 sharing each room). All the rooms have bunk beds. however, we will only be using the bottom bunks. Each room has a bathroom. There are a number of limited accessible bedrooms.

If you require personal support you will need to bring your carer or personal assistant with you.

Please note that Kingswood does not have a license so it will be an alcohol-free event.

Details of transport and what you would need to bring with you will be discussed later. At this point we need to know how many people are seriously interested in attending if this event were to go ahead.

**If you are interested in this fun filled activity weekend, please express your interest by 20<sup>th</sup> March 2025 by emailing [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk).**

# Come & explore Dearne Valley



Denaby, Conisbrough, South Yorkshire  
DN12 4EA

**Paddle down the scenic River Don in your canoe or experience the stunning beauty of Yorkshire from our high ropes course.**

**Location:** Spread across 50 acres, this centre has opportunities for interactive activities across grassland, woodland and wetland.

**What's nearby?** Located in the beautiful rolling hills and countryside of South Yorkshire, just 20 minutes from Doncaster and within easy reach of the Midlands and the North of England.

**Indoor highlights:** Giant indoor sports hall for climbing, fencing, archery, sport and team building activities.

**Outdoor highlights:** State of the art activity park with challenging apparatus including high and low ropes, zipwire and climbing.

**Watersports:** Purpose built watersports lake and adjacent River Don for raft building and canoeing.

**Other facilities:** Diner, shop, chill out areas, party leader lounges, indoor and outdoor classroom spaces, natural water treatment plant, outdoor amphitheatre.

# Dearne Valley



## Accommodation

Standard accommodation dorming sizes are 4 -10

## Adventure Lodges

Sleeping 8 -16 each, with group leader lodges sleeping up to 12

## Programmes include:

- Adventure - all ages
- Adventure PLUS - all ages
- Study Breaks
- Skills4Life - 14+



**Skills Builder**  
Practising essential skills

2023-24

**Sheffield Hallam University**  
Academic Partner



- 1 Reception
- 2 Accommodation
- 3 Conference Centre
- 4 Diner
- 5 Classroom & Sports hall
- 6 Amphitheatre
- 7 Problem Solving
- 8 High Ropes
- 9 Low Ropes
- 10 Archery
- 11 Quick Zip

- 12 The Living Machine
- 13 Outdoor Classroom
- 14 Adventure Lodges
- 15 Eco Pods





The Employees of INEOS Acetyls in Hull chose the Hull & East Yorkshire branch of Headway to raise funds for during 2024.

The money donated will help this local charity to run its sessions for almost three years.

INEOS visited one of our meetings to find out how the service users benefit from the important work the charity does – from supported group trips, to advice and friendship, it was clear how beneficial Headway is to them.



WORCESTERSHIRE  
**Headway**  
Supporting Life After Brain Injury  
Registered Charity No. 702490

# ABI GAMES 2025

The ABI Games™ 2025 is a national platform to showcase the amazing abilities of our Acquired Brain Injury (ABI) community in the United Kingdom. After surviving a life-changing acquired brain injury, individuals are affected in very different and unique ways depending on where in the brain the injury happened. They often feel they have lost who they were, the relationships they once had with families and friends, their independence, their careers, financial stability, and confidence, their life is thrown into chaos and there is fear of the unknown.

There are 24 games in 4 categories:

**Physical Games:** Walking Football, Walking Cricket, Walking Tennis, Walking Rugby, Boccia & Bowls

**Cognitive Skills:** Scrabble, Chess, Dominoes, Uno, Memory Game and Sjoelbak

**Life Skills:** Grow Tallest Sunflower, Grow Wonky Fruit & Veg, Bake a Cake, Bake Scones, Bake a Loaf of Bread and Make a Preserve

**Creative Expression:** Crafts, Creative Writing, Drawing or Painting, Photography, Pottery & Woodwork

If you are interested in the ABI Games you can register online at [abigames.org/participant-registration-abi-games-2025/](https://abigames.org/participant-registration-abi-games-2025/)

Or email [abigames@hwtl.org.uk](mailto:abigames@hwtl.org.uk) for an application form

# St. Patrick's Day



SAINT PATRICK'S REAL NAME WAS MAEWYN SUCCAT. HE CHANGED HIS NAME TO PATRICK AFTER BECOMING A PRIEST.

## FACTS

ST. PATRICK'S DAY PARADES STARTED IN AMERICA, NOT IN IRELAND,



OUT OF 46 AMERICAN PRESIDENTS, 23 PRESIDENTS INCLUDING THE CURRENT PRESIDENT JOE BIDEN, HAVE IRISH ROOTS.

THE ROMAN COLOSSEUM, LEANING TOWER OF PISA, SYDNEY OPERA HOUSE AND THE BURJ AL ARAB IN DUBAI LIGHT UP GREEN ON ST. PATRICK'S DAY!



PADDY DAY WAS INITIALLY A DRY DAY, OWING TO ITS RELIGIOUS SIGNIFICANCE.



ST. PATRICK'S DAY WAS OFFICIALLY DECLARED A RELIGIOUS HOLIDAY ON 17 MARCH 1631 BY THE CATHOLIC CHURCH.

THE CHICAGO RIVER IS DYED GREEN EVERY YEAR AS PART OF ST. PATRICK'S DAY CELEBRATION.

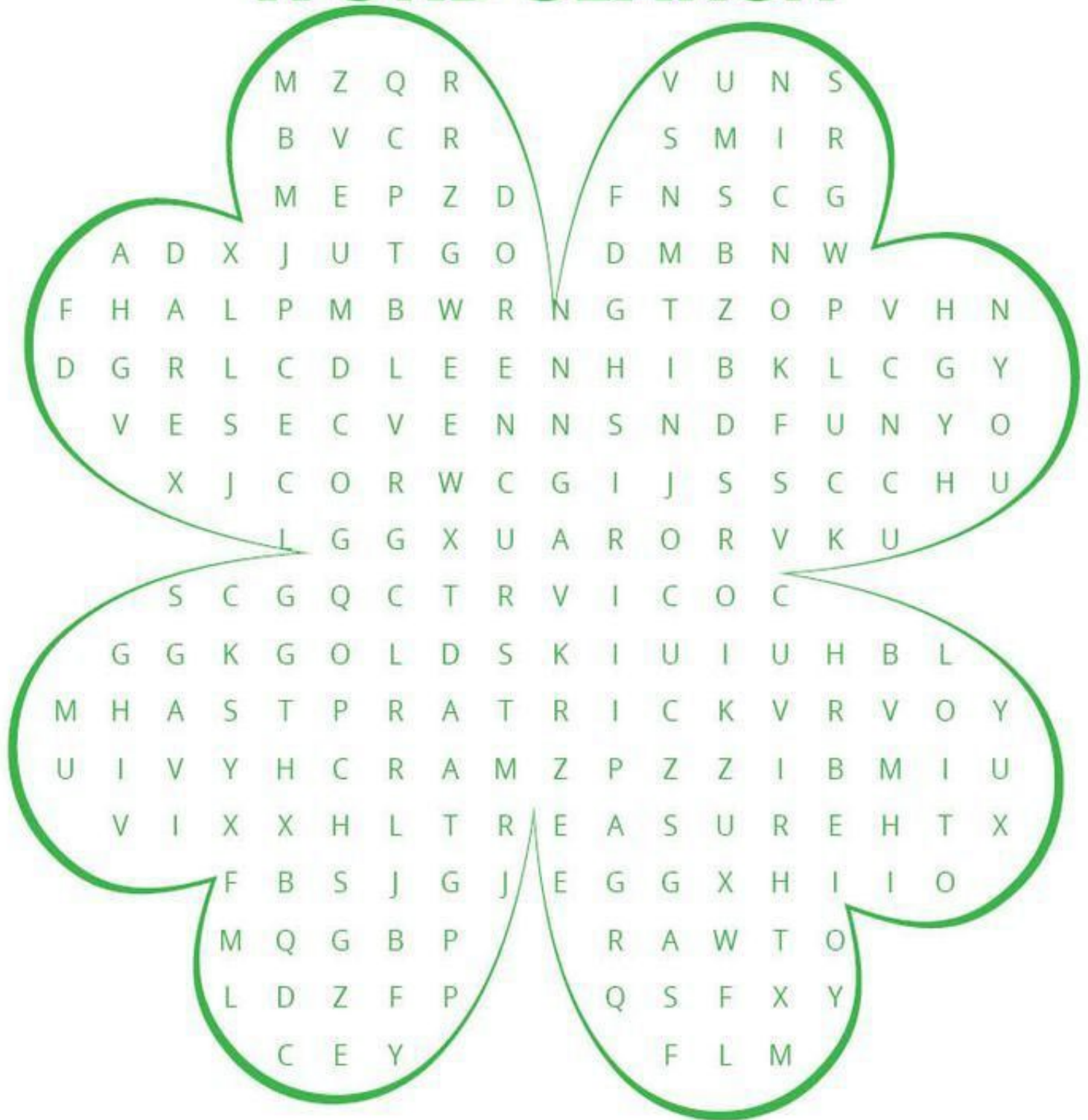


BEER IS THE MOST POPULAR DRINK FOR ST. PATRICK'S DAY WITH GUINNESS SELLING NEARLY 13 MILLION PINTS WORLDWIDE!

THE ODDS OF FINDING A FOUR-LEAF CLOVER ARE ABOUT 1 IN 10,000. CONSIDER YOURSELF VERY LUCKY IF YOU DO FIND ONE!



# ST. PATRICK'S DAY WORD SEARCH



RAINBOW  
ST. PATRICK  
TREASURE

IRISH  
GREEN  
LUCK

GOLD  
MARCH  
CLOVER



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](mailto: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

### Headway Hangouts

**Our Headway Hangouts will be held at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated**

Friday, 7<sup>th</sup> March

**Wii Night/Board games**

Wednesday, 19<sup>th</sup> March

**Coffee & Games**

Friday, 4<sup>th</sup> April

**Easter cards and crafting**

Wednesday, 16<sup>th</sup> April

**Easter Egg Competition**

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.