



the brain injury association

# HEADWAY

## Hull + East Riding

National FREE Helpline



0800 800 2244



local phone:  
07395 571398



email:

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



web:

[headwayhumber.org.uk](http://headwayhumber.org.uk)



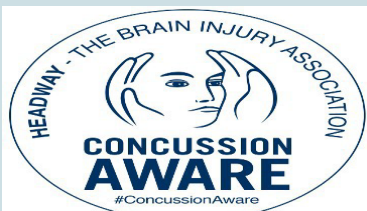
facebook:

/headwayhero  
/headwayhumber

twitter:

@headwayhero  
@headwayhumber

<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**



# Thank You, Volunteers

#volunteersweek



## Monday 2nd – Sunday 8th June 2025

**WILLIAMSONS**  
SOLICITORS

Williamsons Solicitors  
Lowgate, Hull  
01482 323697

With Special Thanks to Williamsons Solicitors  
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## Volunteers' Week: A UK-Wide Celebration

Volunteers' Week is an annual UK-wide campaign held from the first Monday in June to celebrate and recognise the contributions of volunteers. Launched in 1984, this initiative has been running for over 40 years, providing organisations and communities a platform to thank current and past volunteers for their invaluable efforts.

The campaign highlights the diversity and unity of volunteer work across the UK. In its 40th year, the campaign underwent a rebrand, introducing a vibrant identity to inspire continued engagement

Volunteers' Week fosters connections between national organisations and grassroots groups, celebrating the spirit of volunteering that enriches communities each year.

This year's celebration runs from **Monday 2nd – Sunday 8th June.**

### The value of volunteering

Volunteering is a vital component of UK society, with millions contributing their time and skills annually across Scotland, Wales, England and Northern Ireland. These inspiring statistics highlight the incredible contributions of volunteers and the potential for even greater engagement across the UK.



**14.2 million people in  
the UK have formally  
volunteered at least  
once a month**



**Volunteering added  
£4.6 billion in  
productivity gains to  
the UK economy in  
2024**

These statistics highlight the remarkable contributions of volunteers across the UK. Together, with support from organisations like you, we can continue to grow the impact of volunteering and create stronger, more connected communities.



**25 million people in the  
UK volunteered  
informally at least once  
in the year**

## Our 2025 Hats for Headway winners!

A huge thank you everyone that took part across our social media channels. Hats for Headway is something we as a charity look forward to every year. We're always blown away by the creativity, colour and wackiness of all of the wonderful hats.

We've picked out some of our favourites from Headway groups, branches, and shops across the UK - and we're very excited to share our winners below....

### Best hat

Laura-Rose from Headway Cardiff



## Best corporate photo - Red Kite Solicitors



**Hats for Headway Day**  
#HatsForHeadway

  
**redkite**  
solicitors • cyfreithwyr



We are delighted to win the “best corporate photo”. Every year we love getting involved in the #HatsForHeadway campaign. It is a great fun way to raise awareness for an incredible organisation. As a firm, we will continue to support Headway in any way we can. Rehabilitation is at the forefront of what we do, and we see firsthand the life-changing support that Headway brings to individuals and their families. Headway is a lifeline for so many people”. Sophie Jones, Head of Personal Injury & Medical Negligence, Red Kite Law.

## Honourable mentions



# Have you had a Traumatic Brain Injury?

We want to hear your opinions and experiences



We are looking for people (age 18+) to join a patient research advisory group to inform the research we do and make sure it is what people want.

You will be paid for your time.



If you are interested or want more information,  
please contact **Vicky Carruthers** on tel **07850 909 739**  
or email **[v.carruthers@nhs.net](mailto:v.carruthers@nhs.net)**

## Brain injury survivors share their stories in parliament during

### ABI Week

Our Action for Brain Injury Week (ABI Week) campaign, On a Good Day, reached the heart of UK politics as we joined parliamentarians for a cross-party meeting focused on acquired brain injury.



The meeting was chaired by Sir John Hayes MP and attended by MPs and peers from across the political spectrum, including our newest parliamentary champion, Baroness Morris of Yardley.

Colin Morris, Director of Communications, opened the session by highlighting the stark contrast between good and bad days for brain injury survivors. He described how these fluctuations impact every part of life - from relationships and work to social situations and hobbies and why it's vital for society to better understand the invisible effects of brain injury.

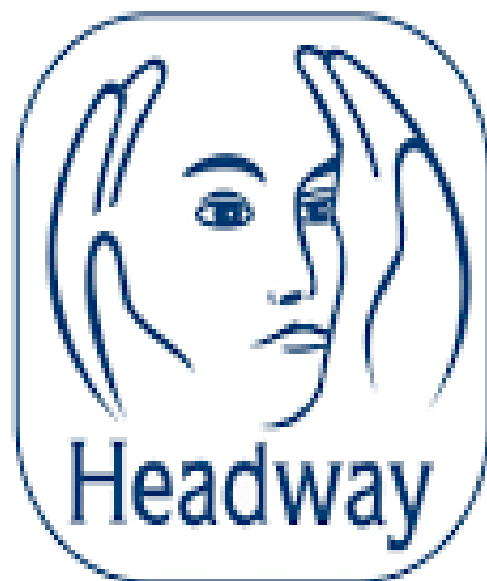
The most powerful voices in the room, however, came from survivors themselves. Lorna and Warren, two remarkable individuals living with the long-term effects of brain injury, shared their personal experiences with honesty and courage.

Lorna was just 18 and ‘destined for glory’ in the equestrian world when a fall from her horse saw her Grand National dream come to an abrupt halt. She sustained a traumatic brain injury (TBI) that left her with lasting fatigue, dizziness, anxiety, and memory loss - unable to recall her childhood and facing daily challenges many can’t see.

“Sharing my story as part of On a Good Day is a privilege,” Lorna told attendees.

“This campaign is so important because people don’t see how you really are. If we can educate others to be more compassionate and sensitive, it will make a huge difference—not just for people with brain injuries but for society as a whole.”

Warren also spoke movingly about his own journey and the toll brain injury has taken. “I really do want to pay my heartfelt thanks to you all for listening to me and bearing with me and especially to my daughter who has flown over to be here to support me today and of course to everyone involved with Headway.”



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# BBQ Word Search

Can you find the following barbecue-themed words?

bun

coleslaw

skewer

salad

hotdog

grill

sizzle

kebab

burger

charcoal

ketchup

sausage

r z n i l e q q v j l a w c x c u w r e  
s h k n j l u z k g r i l l g m z s n g  
a f e z z j p h e e n z q h w c k a o c  
u n t w t z i x p d b f i c e j b l c w  
s k c e z n d n s b q a d l d l z a n n  
a o p u h c t e k v u z b h c m h d u n  
g p u a e c c b f g w r p u d s t h a s  
e p p l b h p g u w c g g j g b a b e k  
a q n s z a a l o d f y v e r q l y b e  
q z r e r r p s i z z l e p r o k a w w  
b r z l x c q a g j t m s z n a a w s e  
e z e o z o b u n w e o s o o b c s y r  
w m d c l a s s z l i v h i z f m h s n  
a g l q a l c a a j z x p n z w i z z t  
l o r l d u t o r k t q o q n z y z i l  
s d b g e t c e s v e m o p a p l x z j  
e k f z s r z x b r q w j s u m j e x r  
l r t j a m g a i a d o e z q i d f s s  
o i e h v t j k p g g i t g o d t o h i  
c b c m t a o n p b u r g e r k o d h t

# COMEDY CORNER

What do you call a dinosaur with bad vision?

A Do-you-think-he-sarus!



What do you call a sleeping bull?

A bulldozer.

**How do you make a hotdog stand?**

Take away its chair.

“

Dogs can't operate MRI machines.

But catscan.



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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, 6<sup>th</sup> June  
1.00pm-3.00pm

**Headway Hangout**

Wednesday, 18<sup>th</sup> June  
6.00pm – 8.00pm

**Headway Hangout & BBQ (weather permitting)**

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.