



the brain injury association

# HEADWAY

## Hull + East Riding

National FREE Helpline



08 800 2244



local phone:  
07395 571398



email:



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



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

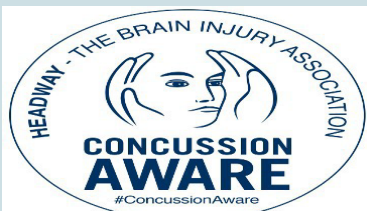
facebook:

/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**

## The BIG Headway CUPPA

Improving life after brain injury, one brew at a time!

Following feedback from a number of people across the network, we have developed a new campaign that can be used for Christmas, or at any more suitable time over the winter, for you and your supporters to get involved in. This replaces the previous Mince Pie Morning, as the feedback we had suggested this was too time restricted (i.e. mornings only) and that it was also off-putting for people who don't eat mince pies!

Whether beating the winter blues with friends, or with colleagues at a coffee morning, one thing is for sure – they will be making a BIG difference for those affected by brain injury this winter by joining The BIG Headway Cuppa.

We will be officially launching The BIG Headway Cuppa across our website and social channels in the **week commencing 13<sup>th</sup> October**, so please keep a look out and repost/share to amplify your own plans.

**WILLIAMSONS**  
SOLICITORS

Williamsons Solicitors  
Lowgate, Hull  
01482 323697

With Special Thanks to Williamsons Solicitors  
for sponsoring the production, printing and  
posting of this Newsletter .



the brain injury association

# The BIG Headway CUPPA



Improving life after brain injury, one brew at a time!

## Top Tips!

Whether beating the winter blues with friends, or with colleagues at a coffee morning, one thing is for sure – you'll be making a **BIG** difference for those affected by brain injury this winter.

Here are our top tips to make the most of your event.

### Planning your BIG Headway Cuppa event

- ♥ Decide when and where you will be hosting your event - at home, work or local venue?
- ♥ Tell everyone and get them involved – put your posters up, send out your invitations and post on social media.
- ♥ If you're holding a raffle at your event, ask for prizes well in advance.

### On the day

- ♥ Set up enough tables and chairs and decorate the room with your **BIG Headway Cuppa** decoration.
- ♥ Ensure your Headway Donation Boxes are visible to guests – and don't be afraid to ask for contributions!
- ♥ Set up any raffle prizes and cake displays.

### After your event

- ♥ Pay in your donations to Headway UK, or your local Headway depending on who you're supporting.
- ♥ Say thank you! Whether to your attendees, cake bakers or raffle-prize-givers, everyone has played their part to make your **BIG Headway Cuppa** a success.

Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8BF. Tel. 0115 924 0800. Headway – the brain injury association is registered with the Charity Commission for England and Wales [Charity No. 1025852] and the Office of the Scottish Charity Regulator (Charity No. SC 039992). Headway – the brain injury association is a company limited by guarantee registered in England [No. 2346893].

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



Please find attached some information about our accessible outdoor centre: [Calvert Lakes](#). Groups of all ages, sizes and abilities make an annual trip to Calvert Lakes. Maybe it's time for you to come to The Lake District to find out why?

### **Start Your Group Adventure Here**

We believe The Lakes should be accessible to everyone. Our residential breaks help people with a range of disabilities experience the Lake District in a safe and supportive way. Delivering a fun and fulfilling experience that makes a positive difference in their lives.

### **Open Doors Events - Come for FREE**

Our Open Doors event offers group leaders the perfect opportunity to learn more about Calvert Lakes. Bring yourself and a colleague who are new to Calvert Lakes, and spend some time with us to experience what we offer first hand. This way, you can make an informed choice for your charity or care organisation's next break.

**[LISTEN](#) to what group organisers have to say.**

### **Group Sizes**

Our group sizes vary from 12 - 64 people (including staff). If you have a group of 54 or more, you can have the whole centre to yourself.

### **Our Accommodation**

All groups have an exclusive corridor to themselves. All rooms sleep a minimum of two people and each has a fully accessible ensuite bathroom.

- 5 rooms have ceiling tracking hoists
- 6 rooms have interconnecting doors
- A number of family rooms
- The majority of rooms have profiling beds
- All rooms have accessible bathrooms

## **Accessible Adventure**

All of our outdoor activities are accessible, and our team will work closely with the Group Leader to tailor your trip to your group's needs. You can choose from a range of activities that include: Sailing, Canoeing, Climbing, Zip Wire, Bushcraft, Cycling, Orienteering, Lakeland Push & Walks, Abseiling, Wheelchair Challenge Course, High Ropes Course, Big Swing, Archery and maybe even a trip to the Stables or Ghyll Scrambling!

**Learn more about our [Accessible Adventures](#)**

## **Down Time**

There is ample space for your group to unwind, whether that is socialising in our Games Room, stimulating your senses in our sensory room or having quiet time in the library. If you have an ounce of energy left, then you can enjoy making a splash in the hydrotherapy pool, soak up the heat in the sauna or start up a game in the sports hall!

## **Duration of Your Stay**

**Option 1:** Monday - Friday ( 4 nights, 6 activities)

**Option 2:** Friday - Monday ( 3 nights, 4 activities)

## **The Cost**

Midweek group prices vary by season, but the best value is from November to February.

Once your date is set, reserve your places early — you'll have 4 weeks to pay the £75pp deposit, even if you don't have final names yet.

## **Financial Support: Enabling Adventure Fund**

At Calvert Lakes, we believe adventure should be accessible to everyone, not just physically but financially too. We appreciate that the cost of a group stay can be a concern, which is why we're committed to offering funding to help make your group visit more affordable. Through our regular Enabling Adventure Fund releases, we aim to support groups who may need financial assistance. While there are some eligibility criteria, it's always worth reaching out to us to see if your group qualifies. Let us help you embark on an unforgettable adventure! **Read here about the [Enabling Adventure Fund](#)**

## **How to Make a Booking?**

Phone us for a chat: 017687 72255

Email us: [bookings@calvertlakes.org.uk](mailto:bookings@calvertlakes.org.uk)

Hope you enjoy finding out about Calvert Lakes. We look forward to answering all your questions and maybe even seeing you soon.





# Welcome to Calvert Lakes

## Your adventure starts here!

Join us at Calvert Lakes where we believe The Lakes should be accessible for everyone.

All our breaks enable people with a range of disabilities to experience a variety of outdoor activities in the Lake District in a safe, supportive and accessible environment. A fun and fulfilling experience that makes a positive difference to lives.

**“For me, perhaps the biggest thing about the weekend is feeling like I don’t need to hide who I am.”**

BBC Countryfile Magazine

### **Don't forget!**

Breaks are all inclusive  
Ask us about the  
Enabling Adventure Fund  
– financial support for  
groups and individuals

T: 017687 72255 | E: [bookings@calvertlakes.org.uk](mailto:bookings@calvertlakes.org.uk)

For over 45 years, Headway UK has been helping those affected by brain injury live well. Our years of experience tell us that with the right support at the right time, there can be a good life after brain injury.

But it's remains true that, for many brain injury survivors and their loved ones, access to help isn't always available. That's why the work we do here at Headway UK is so important – we ensure families don't face what is often a life-long, uncertain journey alone.

Gifts in Wills are – and always have been – a fundamental source of income for that work. These most special of gifts enable us to look to the future with hope, ensuring people like Morgan have continued access to our specialist services.

So I'm reaching out today to ask if you'd consider making a pledge to Headway UK in your Will.

We know that making or amending your Will is a big decision, so we've partnered with Octopus Legacy to offer you the opportunity to make a basic Will\* free of charge.

This offer is open until 31 October 2025. You can do it online, over the phone or in person.

If you have any queries about this offer, or would like to know more about the difference leaving a gift to Headway UK would make, please do get in touch.

Your pledge means those affected by brain injury can continue counting on support from Headway UK when they need it, for as long as they need it – and ensures your kindness today lives on.







**The Neuro Café -  
Scunthorpe & North Lincolnshire**

An **inclusive space** welcoming people with neurological conditions and their family members, aiming to help you find support and discover more like-minded people to share your journey with.

**The Neuro Café is free to attend!**



**13:00 pm - 15:00 pm**



**The Pod's Leisure Centre, Ashby Rd, Scunthorpe, DN16 1AA**



**Second Tuesday Every Month**



**No need to book, just come along, meet old friends and make new ones.**

**Have A Question? Contact Us:**



**07715212792**



**headwayscunthorpe@headway.org.uk**

The group offers a social space to connect with others going through something similar. It is also a place for family members, carers and friends to unwind.

Being diagnosed with a long-term neurological condition can be devastating, with all aspects of life being affected.

People can often become isolated and want to talk with others who understand what they are going through. This can help them deal with whatever challenges they face.

The Neuro Café aims to enhance the services already provided by the statutory sector and third sector by offering a peer-led environment where people can share lived experiences.



The Neuro Café is somewhere to connect with others and hear about what is happening locally; to learn more about wellbeing, healthy living and engagement; maintaining and developing new skills.

The group encourages giving to others and being mindful; this is their place and everyone can contribute, influence and help to shape the service going forward.

The Neuro Café Scunthorpe and North Lincolnshire belongs to the people who attend and those who want to get involved.

There are already exciting plans to develop what is offered based on the ideas and needs of people with neurological conditions.



**the brain injury association**



## GET IN TOUCH!

If you would like more information or want to request to be put on our mailing list and receive reminders about our events please contact:



07715212792



headwayscunthorpe@headway.org.uk



Headway Scunthorpe  
An independent branch of  
Headway - the brain injury association



Parkinson's UK  
for every Parkinson's journey



Huntington's  
Disease  
Association



### Become A Volunteer For Us:

If you want to personally make a difference to the lives of people with neurological conditions, then there is no better way than getting involved with Neuro Café.

How can you help? We are looking for volunteers to support with a range of responsibilities.

- 1 Helping The Neuro Café Events
- 2 Planning Activities & Events
- 3 Fundraising
- 4 Admin Tasks
- 5 Making & Serving Refreshments

- ⊗ A place to meet like-minded people.
- ⊗ A place where you feel less isolated.
- ⊗ A place to find social support and make contact with others, where you do not have to explain yourself because other people understand.
- ⊗ A place to have a cup of tea or a coffee and meet new people.
- ⊗ A place to tell us about anything else that you might be interested in.
- ⊗ A place to be heard and develop ideas.
- ⊗ A place to get information about benefits, social events, other groups and support networks, services that are available, schemes and projects happening in the area and national changes in service provision.

The Neuro Café is free to attend!



the brain injury association



After the popularity of our Walk 90km challenge earlier this year, we're BACK with a bigger and better challenge: *RUN48*.

Join us and run 48 miles throughout October — one mile for every one of the crucial 48 hours after a concussion.

Sign up and we'll send you a FREE Headway beanie hat to wear while you fundraise.



### Did you know?

At least 950,000 people in the UK experience concussion each year — and many don't realise how serious it can be.

Recovery often starts at home, and the **first 48 hours are crucial**.

Every mile helps us raise awareness and vital funds to improve life after brain injury.



# British Wildlife Wordsearch



badger

fieldmouse

fox

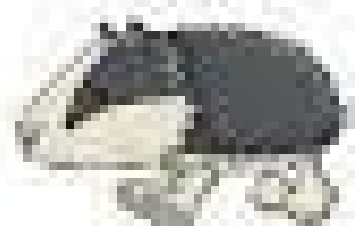
hedgehog

mole

owl

rabbit

squirrel



# WELCOME TO SEPTEMBER



## WHAT'S IN A NAME?

The month of September was derived from the word 'septem', the Latin for **seven** - its placement in the old calendar.



## HOW MANY DAYS?

The month of September is comprised of **30 calendar days**



## THE START OF THE 'BER' MONTHS

September is the first of the series of months associated with cooler weather and the world's longest '**Christmas Season**' observed in the Philippines

## WHAT TO OBSERVE THIS MONTH?



Science Club Month



Peace Consciousness Month



National Clean-up Month



Ozone Layer Day



## SEPTEMBER'S BIRTHSTONE

This month's birthstone is **Sapphire**, a variety of the mineral corundum



## PRESIDENTIAL BIRTHMONTH

**Four** of the 17 Philippine presidents were born in the month of September



## EQUAL DAY & NIGHT

The **September Equinox** on the 22nd marks the nearly equal length of day and night over much of the world



## STORMS AHEAD

Tropical cyclones also have increasing chance of **landfall** in the Philippines





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**

Wednesday, 17<sup>th</sup> September  
6.00pm – 8.00pm

**Headway Hangout**

Friday, 3<sup>rd</sup> October  
1.00pm – 3.00pm

**Headway Hangout  
Halloween Mask Making**

Wednesday, 15<sup>th</sup> October  
6.00pm – 8.00pm

**Headway Hangout –  
Halloween Quiz and hot dogs**

Friday, 7<sup>th</sup> November  
1.00pm – 3.00pm

**Headway Hangout**

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.