



HEADWAY

Hull + East Riding

National FREE Helpline

 808 800 2244

 local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
[/headwayhero](https://www.facebook.com/headwayhero)
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<https://www.justgiving.com/page/headway-hull-and-east-riding>



**HULL & EAST RIDING
CITIZENS ADVICE**

Tel: 01482 226859 for special
debt advice.

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



HEADWAY HANGOUTS
LET'S CELEBRATE TOGETHER!



CHRISTMAS PARTY

17
DECEMBER

WEDNESDAY

**BEST CHRISTMAS
JUMPER COMPETITION**

6-8
PM



FOOD/MUSIC/GAMES

**THE DANISH CHURCH, OSBORNE
STREET, HULL HU1 2PN**



WILLIAMSONS
SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

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

Spread Joy This Christmas with Headway's Appeal

This festive season, Headway is inviting you to make a difference for people living with brain injury through our *Virtual Christmas Tree Appeal*. By donating to decorate the tree with lights, baubles, and stars, you'll help fund vital services such as our nurse-led helpline, emergency grants, and the Brain Injury Identity Card scheme. Every decoration added brings hope and support to those who need it most—because together, we can make this Christmas brighter for everyone

Headway's Virtual Christmas Tree Appeal is a festive way to make a real difference for people living with brain injury. It's a simple, meaningful way to spread joy and hope this season while helping Headway continue its life-changing work.

[You can view the Tree here](#)





the brain injury association



I'm writing to ask if you'll join me in supporting Headway UK this Christmas with a donation – because I know, firsthand, just how valuable their work is.

I'm Rachel and I've been married to Phil for 13 years. We have a nine-year-old-son, Sam. Until Phil's accident we were just like any other family, looking forward to Christmas together.

The days leading up to 23 December 2020 were filled with all the usual excitement. Crossing the road on the way home from his work Christmas party, that's when it happened. I received a call telling me Phil had been in an accident and was being taken by ambulance to hospital.

It was early-on following Phil's brain injury that a nurse mentioned Headway UK to me – knowing there was an organisation that could help was a huge comfort.

I have no words for how incredible Alex, one of the Headway UK Helpline nurses, was. I rang her often, sometimes daily, and was always met with compassion and patience. There's so much medical jargon that doctors don't always have the time to explain fully, but Alex helped me to understand things better and what might come next. It gave me a sense of hope when everything felt bleak.

After months of intensive nursing and rehabilitation, set-backs and progress, Phil permanently returned home the following July, seven months after the accident. The support we had from Headway UK gave me the confidence to navigate the massive challenges of this. I really don't know how we'd have managed without their brilliant guidance in those early months. They were a lifeline.

Five years on, we've learned – and are still leaning – to adapt. Headway UK has given us the tools to move forward; we set goals and break them down into small – sometimes tiny – realistic steps, cracking on with quiet determination.

It's only because of kind donations from people like you that families like mine get the help they need to keep going. Because when something so unexpected, so frightening happens, the expert advice and compassionate support Headway UK gives is invaluable.

However much you can give this Christmas, please know you'll be making the biggest difference for families like mine.

Everything changed for us that December night, life as we knew it completely fell away, but Headway UK has supported us every step of the way. I'm so glad they're here to support other families because we now know that with the right help, at the right time, you really can live a good life with a brain injury.

Thank you for reading our story, and for any donation you're able to make to Headway UK this Christmas.

With every good wish from Phil, Sam and me.



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.

The BIG Headway Cuppa was launched across our website and social channels in the ***week commencing 13th October and continue through the Christmas period***, so please keep a look out and repost/share to amplify your own plans.



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



Christmas Word Search

G Q C E L V E S Z L I G H T S
D C Z L F J S R V N U L B Z B
C E L E B R A T E W M J E Y F
Q F D C W G N R E I N D E E R
P F Z E H J T G C O O K I E S
G R A N C R A I R I W B I H C
O M E M N O I U K S F V A Z A
R I I S I N R S N D O H J D N
N M M S E L E A T E C Q B W D
A G Z D T N Y C T M J C P R Y
M I I I U L T T W I A B T E C
E V H N Z W E S S Q O S B A A
N I E N A Q Q T F T P N J T N
T N G E P Q I C O P Y Z S H E
D G A R J W D E Q E Y P E B S

Decorations
Celebrate
Lights
Giving

Candy Canes
Ornament
Presents
Dinner

Christmas
Reindeer
Family
Wreath

Mistletoe
Cookies
Elves
Santa





KNOCK KNOCK.
who's there?
PUDDING.
pudding who?



**PUDDING UP THE
CHRISTMAS TREE!**

**What's Santa's
favorite
workout?**
– Sleigh
pushes.



Why did
Santa Claus get a
parking ticket on
Christmas Eve?

He left his sleigh in a
snow parking zone.





Festive Peppermint Hot Chocolate



Servings: 4 cups

Prep Time: 10 minutes



Ingredients

- 4 cups whole milk
 - ½ cup heavy cream
 - 8 oz semi-sweet chocolate (chopped)
 - 2 tbs cocoa powder
 - ½ cup sugar
 - ½ tsp vanilla extract
 - ½ tsp peppermint extract
 - Whipped cream (for topping)
 - Crushed candy canes (for garnish)
- 
- 

Instructions

1. In a saucepan, heat milk and cream over medium heat (don't boil).
2. Whisk in cocoa powder and sugar until dissolved,
3. Add chopped chocolate and stir until smooth and melted.
4. Remove from heat, stir in vanilla and peppermint extract





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

Headway Hangouts

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

5 th December 2025 1.00pm – 3.00pm	Christmas hat making
17 th December 2025 6.00pm – 8.00pm	Christmas Party using the decorations, lanterns and hats (£5 fee with secret santa gift included)
2 nd January 2026	NO MEETING
21 January 2026 6.00-8.00pm	Member’s Birthday Party
6 th February 2026 1.00pm-3.00pm	Headway Hangouts Coffee Meeting

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

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We are grateful to Williamsons Solicitors, who have sponsored the printing and postage of this Newsletter.