



February 2026

# HEADWAY

## Hull + East Riding



the brain injury association

National FREE Helpline



**808 800 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

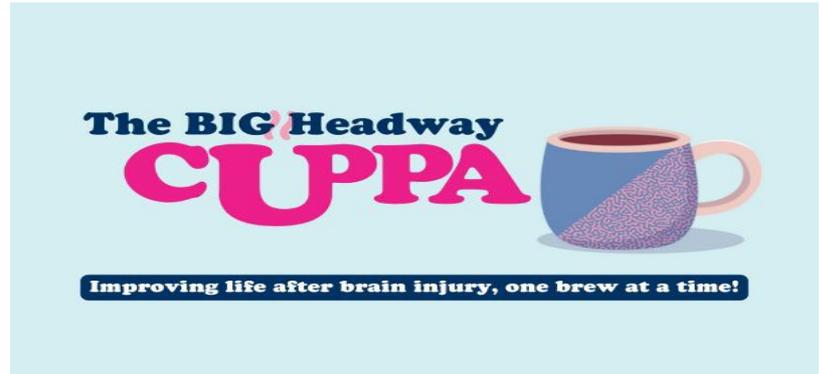
<https://www.justgiving.com/page/headway-hull-and-east-riding>



**HULL & EAST RIDING  
CITIZENS ADVICE**

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

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



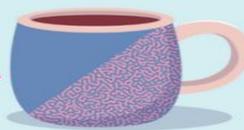
Williamsons Solicitors held a festive Christmas-themed coffee morning in support of Humber Headway. The event featured delicious drinks, a buffet spread, and plenty of fun—including lively rounds of Christmas bingo! It was a fantastic opportunity to come together, celebrate the season, and raise funds for a great cause. A big thank you to everyone who joined in and made the day such a success!

**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 BIG Headway CUPPA



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



# ACTION FOR BRAIN INJURY WEEK

Headway are reaching out to invite your involvement in **ABI Week 2026**. This year's campaign will focus on the theme of **isolation and loneliness**, and we are looking for compelling case studies featuring both carers and brain injury survivors.

We are seeking individuals who:

- Feel comfortable sharing their experiences openly.
- Can relate to aspects of the theme (isolation and loneliness).
- Are willing to participate in professional filming and photography.

Filming will take place at the end of February/beginning of March and will include:

- A filmed interview with the individual and still photography.
- Footage of the individual attending their Headway within the service they regularly attend.

*Please note that this means the group setting at your Headway will also be filmed.* We can accommodate one or two members who prefer not to be included, but overall group consent is essential. All footage will be professionally produced, and we would be happy to share the footage taken at your Headway for your own promotional use. It is a great opportunity to be featured in this year's national campaign.

If your Headway charity or volunteer-led branch would like to participate and you have individuals in mind who fit these criteria, please let us know as soon as possible.

Thank you for considering this opportunity to help raise awareness during ABI Week 2026.

# Headway Carers Week Competition



the brain injury association

**Carers Week**  
8<sup>th</sup> - 14<sup>th</sup> June 2026

# 1

Write or record a poem, haiku or ditty that demonstrates your appreciation of your carers.

We'd love to hear poems from a carers perspective too.



# 2

Send your entries, videos or quotes to:

[marie.peacock@headway.org.uk](mailto:marie.peacock@headway.org.uk)



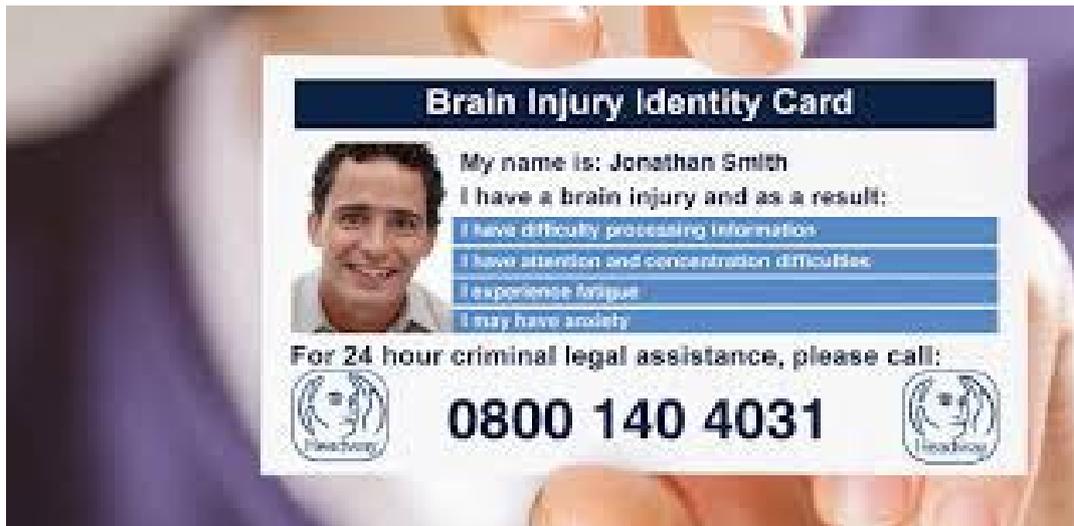
# 3

First, second and third places will all feature in Headway News, the Headway website and social media platforms.

Videos will also appear on our social media throughout Carers Week



The closing date for the competition is  
Sunday 3<sup>rd</sup> May 2026



Headway wanted to let you know that, due to a recent staff vacancy, there has been a temporary delay in the processing of applications for Headway's Brain Injury Identity Card.

Our new postholder Gurvinder, is now in post and we are in the process of catching up on outstanding applications. We expect processing times to return to normal shortly. We estimate it will take 6-8 weeks, to catch up. There is no need to chase existing applications, we are processing the backlog of applications that have been submitted.

Thank you for your patience and understanding, and please do continue to direct any enquiries to the usual ID Card inbox.

## Headway Corporate 2026 and 2025 impact

A heartfelt thank you for your support throughout 2025 it really does make a huge difference.

Our support & services are in need more than ever , every 90 seconds someone is admitted with a brain injury ,with an ever-increasing population that's more people needing Headways support & help. Without corporates like yourself supporting us through fundraising , sponsorship , raffle & auction prizes this wouldn't be possible.

**Helpline:** 10,294 enquiries answered, offering guidance, reassurance, and a listening ear when it was needed most.

**Training:** 68 training sessions delivered, attended by 897 people, including professionals and BI survivors and their families, helping to improve understanding and confidence around brain injury.

**Brain Injury Identity Card:** 2,180 cards issued, enabling individuals to communicate their needs more easily in everyday situations.

**Emergency Fund:** 211 families supported, with £44,122 distributed to those facing urgent financial hardship.

**This is the impact and difference you have made.**

2026 more of the same is expected , Headway are delighted to be able to share our corporate brochure with all the opportunities and ways you can continue to support us , events you can attend & support , fundraising challenges & various sponsorship options which will cover most social value goals & marketing spend & budgets.

We're fortunate to have continued partnerships with so many of you , so these are offered on a first come first served basis.

[FINAL Corporate sponsorship brochure 2026 v5.pdf](#)

## Join Our New Online Mindful Yoga Course This Spring

With spring just around the corner, it's the perfect time to refresh your body and mind. Trying something new can lift your spirits, shake off the winter blues, and help you start the year with a positive boost.

We're delighted to offer a **new 12-week online Mindful Yoga course**, and we'd love you to join us from the comfort of your own home.



 **Online Mindful Yoga Course**  
**Thursdays, 1.15pm – 1.45pm**  
**Starting 5th March (12 weeks)**

If you feel a bit unsure about using Zoom, please don't worry—get in touch with me and I will happily support you. Many people I've helped have found it much easier than they expected, and they really look forward to the weekly sessions.

The course will be delivered by **Maryam from Umbrella Yoga CIC**, an experienced yoga teacher who will guide us through gentle stretching, breathing techniques and a short meditation.

The sessions are **fully accessible**, with **chair-based options** available.

Mindful Yoga is fun, energising, relaxing, and wonderfully therapeutic.

### **How to Book**

Please email [diane.derbyshire@headway.org.uk](mailto:diane.derbyshire@headway.org.uk)

or call **07951 517625**

Places are limited and offered on a first-come, first-served basis, so please book early.



# February Word Search



*Find These Words:*

- SNOW
- VALENTINE
- HEART
- CUPID
- ROSES
- CANDY
- LOVE
- WINTER
- CHOCOLATE
- COLD
- SCARF
- FLOWERS



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



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**

Thursday 5 <sup>th</sup> March	Psychology Students Talk – Hull University
Friday 6 <sup>th</sup> March 1-3pm	<b>Headway Hangouts – Easter Egg Decorating</b>
Wednesday 18 <sup>th</sup> March 6-8pm	<b>Headway Hangouts – Easter Egg Decorating</b>
Friday 3 <sup>rd</sup> April	<b>Bank Holiday – Meeting cancelled</b>
Wednesday 15 <sup>th</sup> April 6-8pm	<b>Headway Hangout – Bingo and games</b>
Friday 1 <sup>st</sup> May 1-3pm	<b>Headway Hang out - Hats for Headway</b>

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.