



April 2026

HEADWAY

Hull + East Riding



the brain injury association

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk

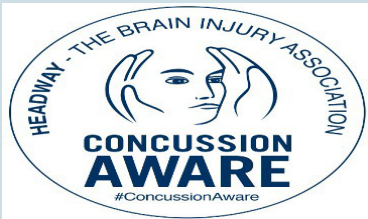


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<https://www.justgiving.com/page/headway-hull-and-east-riding>



HULL & EAST RIDING
CITIZENS ADVICE

Tel: 01482 226859 for specialist
debt advice.

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

Thank you for everyone who attended the Easter Egg Decorating session. Some fantastic eggs were made.



Williamsons Solicitors
Lowgate, Hull
01482 323697

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

WILLIAMSONS
SOLICITORS





Great North Run 2026 – Network Places Process

We are allocating 5 places for the Headway network in the Great North Run 2026. You can apply for a place via an application process. The cost is £68 per place.

Eligibility and requirements

- You can apply for one place per Headway Charity or volunteer - led branch
- To secure a place, you must send a minimum of two supporters on event day to assist either:
 - **Cheer on Participants:** Support both your own participant and other Headway participants along the race route.
 - **Assist in the Event Village Tent:** Congratulate and welcome Headway runners back after they have finished.

Supporters can be family/friends of your runner or volunteers/staff members from the charity.

****Please note deadline for registrations is 31st May 2026****

Registration Process

1. To apply for a place, please complete the form below:

[Great North Run 2026 - Network place application form](#)

2. **Place Allocation**

Once a place is allocated, The Headway UK Events team will register the runner via the Great Run console. This will generate a registration email, sent directly to the participant, to complete their registration with the event organisers.

3. **Confirmation**

The Events team will notify the Headway Charity or branch by email once their runner's registration is complete.



4. Payment

Headway Charities

An invoice will be raised once the participant completes their registration.

Volunteer-led Branches

The cost of the place will be deducted from the fundraising income transfer once the runner's fundraising page has closed.

Payment and stewardship process

- **Invoice and Payment**

Headway Charities

Headway UK will invoice you upfront for the allocated place, and cost of a tshirt if required.

Volunteer-led Branches

Headway UK will take the cost of the place and running top from the transfer of fundraising income raised by your runner once the fundraising page has closed.

- **Stewardship and Fundraising**

Headway UK will steward all runners, to ensure everyone receives the same stewardship journey. Headway UK will make it clear upon registration that runners are fundraising for their chosen Headway Charity/Volunteer-led Branch.

- **Fund Transfers**

Fundraising pages are automatically set up via Headway UK's Enthuse platform for this event. Runners can choose to use this or set up their own Just Giving page.

- Runners can use the following link to set up a Just Giving page under Headway UK: [Headway - the brain injury association - JustGiving](#).

Headway Charity

- Fundraising income via pages set up under Headway UK (minus platform fees), will be transferred to your Headway Charity once the



the brain injury association



fundraising page has closed, following the standard Fund Transfer process.

- If your Headway Charity has their own Just giving page, please encourage your runner to use this instead.

Volunteer-led Branches

- Fundraising income (minus platform fees, cost of the place and running top if required) will be transferred to your branch once the fundraising page is closed, following the standard Fund Transfer process.

This opportunity not only enhances the experience for supporters but also provides a valuable opportunity to raise the profile of Headway both locally and nationally. It's a fantastic way to connect with others across the network and showcase the strong support within our community.

Encouraging participation in this way helps foster a sense of unity and increase Headway's visibility throughout the event.

Have your Say: Stroke Exercise Research

I am a researcher at Lancaster University, currently developing a new exercise-based intervention for stroke survivors, with the primary goal of improving cognitive function.

We are inviting stroke survivors, carers, fitness instructors, and clinicians to share their views through a short online survey (approximately 5-10 minutes). The findings will directly inform the design of this intervention.

Would it be possible for you to share the survey with members of your organisation? We want as many people as possible across the country to have the opportunity to contribute. More details of the study can be found in the participant information sheet below.

Take the survey here:

https://lancasteruni.eu.qualtrics.com/jfe/form/SV_9tbNwhWfssnOLwW?Q_DL=dPLeKyJWGt8xCm9_9tbNwhWfssnOLwW_CGC_K6RSGiPHnc6N2Ly&Q_CHL=email

Participant Information Sheet

<https://lancaster-stroke-research.github.io/DCE/information.html>

If you require any further information, I would be more than happy to discuss this further.

Branch Activity Day Sunday 4th October 2026

We have talked for a long time about running an activity day for our Branch Members and now we are actually going to make it happen!

The proposed date is Sunday 4th October, the event will run between 11.30 and 3.30 p.m. and will be held at:

Cantley Community Centre, near Doncaster, which is on a good bus route and approximately 15 minute taxi drive from Doncaster Railways station.

The venue holds between 60/70 people comfortably; we are proposing that each branch can bring 5 members plus one committee member. If not all places are taken, spare places will be offered to those wishing to bring more people.

We propose an approximate charge of £25.00 per person per Branch which will include lunch and refreshments

So please discuss with your committees whether you would like to attend and how many people you would like to bring.

Proposed programme for the day:

11.30 - Welcome and inspirational speech from Shane Booth ABI survivor.

Fun filled Activities Including:

Boccia, Skittles, Indoor Netball, Arts & Crafts, Singing Workshop, Seated chair Exercise.

If you have any other suggestions for activities or if you have a skill you would like to share on the day, I would be very interested to hear from you.

If anyone would like to get involved in the planning of the day, please let me know.

Buffet style lunch,

Refreshments and snacks throughout the day

Departure 3.30 p.m.

If you would like to attend please let Headway know of your interest.

Action For Brain Injury Week 2026

18-24 May

We're gathering insights to help shape the focus of this year's ABI Week campaign

Action for Brain Injury Week (ABI Week) will take place 18 - 24 May 2026, bringing the UK together to raise awareness and understanding of acquired brain injury, and to highlight the challenges faced by survivors and their families.

This year, we're creating a powerful national campaign on isolation after brain injury and we need your help to shape it.

By taking part in our surveys, you'll be helping Headway UK shine a spotlight on the issues that matter most. Your responses will inform the stories we share, the support we call for, and the change we'll push for during ABI Week 2026.

[Take part in our surveys](#)

Are you a brain injury survivor? Are you a family member or carer for somebody with a brain injury? Please take part in the survey that best reflects your experience and tell us how you have experienced isolation after brain injury.

[Survey for people affected by brain injury](#)

Share your experience and help highlight the realities of life after brain injury.

[Complete the survey](#)

[Survey for family members and carers](#)

Tell us about the challenges and support needs facing families and carers today

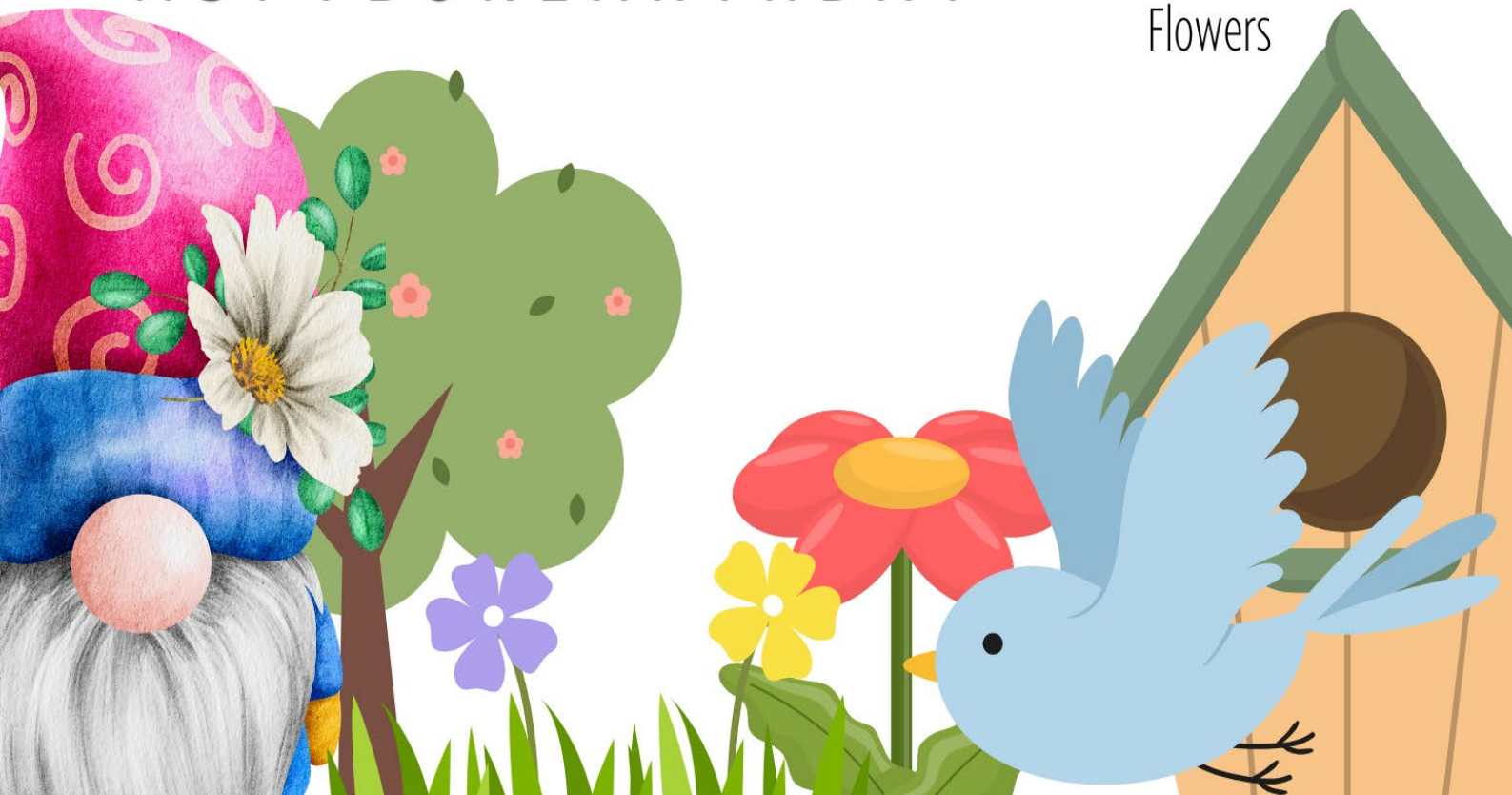
[Complete the survey](#)

APRIL

Word Search

H N S S B Q S P R I N G O M T
S P A H I A P R I L F O O L S
J D P E R R I R P K A V Y D V
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Birds
Bunnies
Sunny
Tricks
Sheep
Easter
Earth Day
Butterflies
April Fools
Spring
Rain
Flowers







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

Friday 1st May 2026

1pm-3pm

Headway Hangouts

Hat making for Hats for Headway

Wednesday 20th May 2026

6pm-8pm

Headway Hangouts Games

Friday 5th June 2026

1pm-3pm

Headway Hangouts And AGM

Wednesday 17th June 2026

6pm-8pm

Headway Hangouts BBQ

Friday 20th June 2026

1pm-4pm

Castle Hill Funday Castle Hill (C1)

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.