

HEADWAY

Hull + East Riding

September 2026

GET IN TOUCH

National FREE Helpline
0808 800 2244

LOCAL PHONE
07395 571398

EMAIL
hey@headwayhumber.org.uk

WEB
headwayhumber.org.uk

FACEBOOK
[/headwayhero](https://www.facebook.com/headwayhero)
[/headwayhumber](https://www.facebook.com/headwayhumber)

TWITTER
[@headwayhero](https://twitter.com/headwayhero)
[@headwayhumber](https://twitter.com/headwayhumber)

JUSTGIVING
[justgiving.com/page/
headway-hull-and-east-riding](https://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

COMMUNITY NEWS

£1,714 raised at Hollie Fest & Barlow Bash

Headway have received a generous donation of £1714 from the annual charity music festival "Hollie Fest" and "Barlow Bash".

Hollie-Fest is an annual charity music festival held in East Yorkshire in loving memory of Hollie Tennent.



PRODUCTION SPONSOR



Williamsons Solicitors
Lowgate, Hull
01482 323697

WITH SPECIAL THANKS

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

COMMUNITY STORY

Holliefest returned bigger— and more meaningful

EVENT DAY

**5 JULY
2026**

THE CONSTABLE ARMS
Sproatley

**3RD ANNUAL
CHARITY
FUNDRAISER**

*In loving memory of
Hollie Tennent*

This year's event took place on 5th July 2026 at The Constable Arms in Sproatley.

Holliefest 2026

The 3rd Annual Charity Fundraiser in Loving Memory of Hollie Tennent.

Holliefest returned for its third year, bringing together family, friends and the local community for an unforgettable day of live music, great food and fundraising in memory of Hollie Tennent.

This year they were proud to join forces with The Barlow Bash, celebrating the life and memory of James Barlow, making Holliefest 2026 the biggest and most meaningful event yet.

LIVE MUSIC / GREAT FOOD / FUNDRAISING

TWO LIVES HONoured. ONE COMMUNITY UNITED.

Together, they honoured two much-loved people while raising vital funds for charities that make a real difference to so many lives.

COMMUNITY THANKS

A big thank you from Headway



THANK YOU

Here at Headway, we want to say a big thank you for the donation received from Holliefest!

EVENT UPDATE

Activity Day plans are taking shape

The Activity Day on 4th October is fast approaching.

EVENT DAY

4 OCTOBER

BRANCH ALLOCATION

6 PLACES

1 committee member
Supports branch members all
day
+ 5 member places
Carers may be included

PLANS ARE COMING TOGETHER

We are finalising arrangements with tutors and caterers, and it is shaping up to be a busy, enjoyable, and memorable day for everyone involved.

WHAT WE NEED FROM YOU

Please support your members in completing the booking form and return the details of those attending as soon as possible.

FORM DEADLINE

TUESDAY 8TH SEPTEMBER

WHY THE FORM ASKS

The booking form asks for dietary requirements and allergy information to help our caterers plan appropriately. We also request some basic medical information, which could be important in the unlikely event that emergency services need to be called during the day.

RETURN COMPLETED FORMS BY TUESDAY 8TH SEPTEMBER

Interested in attending? Contact Diane Derbyshire

diane.derbyshire@headway.org.uk



the brain injury association

HEADWAY YORKSHIRE & HUMBER ACTIVITY DAY PROGRAMME OF ACTIVITIES

SUNDAY 4TH OCTOBER 2026

Time	Activity	Room
11:00 - 11:30	Registration & Refreshment's	Reception/Hall
11:30 - 11:45	Opening Remarks & Housekeeping Guest Speaker Shane Booth (The Man Who Speaks)	Hall
11:45 - 12:30	Boccia, Indoor Darts & Bowling	Hall
11:45 - 12:30	Seated Yoga	Hall
11:45 - 12:30	Variety of Arts & Crafts including gift bags, cards and trinket boxes	Hall
11:45 - 12:30	Singing	Hall
11:45 - 12:30	Quiet Space and Jenga	
11:45 - 12:30	Connect 4 and Play Your Cards Right	Hall
12:30 - 1:30PM	Lunch & Social Time Opportunity to talk to Shane Booth	Hall

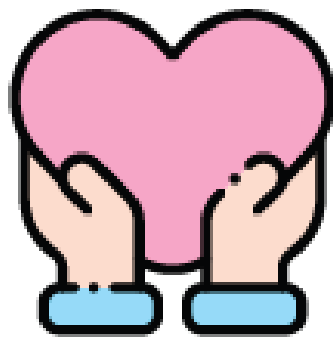


the brain injury association

HEADWAY YORKSHIRE & HUMBER ACTIVITY DAY PROGRAMME OF ACTIVITIES

SUNDAY 4TH OCTOBER 2026

Time	Activity	Room
1:30 - 2:30	Boccia, Indoor Darts & Bowling	Hall
1:30 - 2:30	Seated Yoga	Hall
1:30 - 2:30	Variety of Arts & Crafts including gift bags, cards and trinket boxes	Hall
1:30 - 2:30	Singing	Hall
2:30 - 3:30	Refreshments	Hall
2:30 - 3:30	Quite Space and Jenga	Hall
2:30 - 3:30	Connect 4 and Play Your Cards Right	Hall
2:30 - 3:30	Opportunity to talk to Shane	Hall
2:30 - 3:30	Time to finish Crafts	Hall
2:30 - 3:30	Feedback and Evaluation	Hall



ARE YOU A ROMANTIC PARTNER OF A YOUNGER STROKE SURVIVOR?

ARE YOU...

- Over 18-years-old
- An informal carer for your romantic partner
- Comfortable talking about **your experience** of the stroke event

IS YOUR ROMANTIC PARTNER...

- Aged 18 to 65 years old
- At least 2-years post-stroke recovery

HAVE YOU AND YOUR ROMANTIC PARTNER...

- Been together for at least **1-year** before the stroke?

**YOU COULD BE ABLE TO TAKE PART IN A STUDY
EXPLORING ROLE TRANSITIONS FOLLOWING A
STROKE**

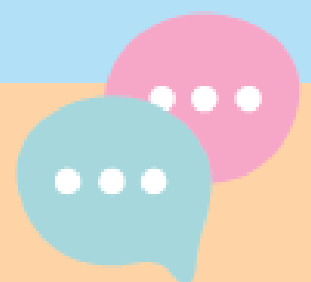


INTERESTED?

Please contact Emma
Swann via email:
E.SWANN-2023@hull.ac.uk

WHAT DOES IT INVOLVE?

- 1 to 2 hour interview.
- Talking about **your** experience.
- Learning **your** story.
- Exploring how **your** role in the relationship has **changed** following a stroke event.



FUN in the SUN



Word list:

BEACH

HAMMOCK

ICECREAM

LEMONADE

PARK

PICNIC

POOL

POPSICLE

RELAX

SAND

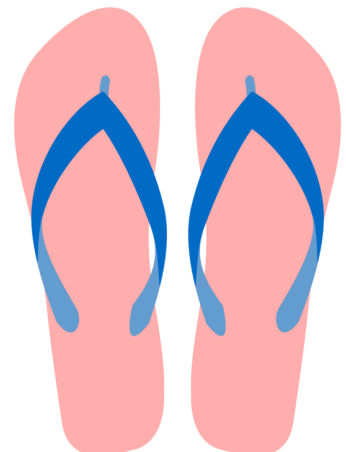
SANDALS

SEASHELLS

SUNGLASSES

SWIMSUIT

VACATION



EASY-READ FACTS

Did you know?

10 short and simple facts

1

SWIFTS SLEEP WHILE FLYING

Swifts can sleep while they fly.
They can also eat in the air.

2

SWIFTS ARE VERY FAST

A swift can fly at about
69 miles per hour.

3

BUTTERFLIES IN THE UK

About 60 kinds of butterfly
live in the UK.

4

NETTLES HELP BUTTERFLIES

Some butterfly caterpillars
eat nettle leaves.

5

SUMMER BLACKBERRIES

Blackberries start to ripen
in late July.

6

THE UK'S LONGEST RIVER

The River Severn is the UK's
longest river.

7

DORMICE SLEEP A LOT

A dormouse may sleep for
most of the year.

8

HONEYSUCKLE AT NIGHT

Honeysuckle smells strongest
at night. This attracts moths.

9

FRUIT IN LATE SUMMER

Blackberries, plums, figs and
raspberries ripen in late summer.

10

BIRDS MAY BE HIDING

Some birds grow new feathers.
Others look for more food.



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 4th September 2026
1pm-3pm

**Headway Hangouts
Coffee Meeting**

Wednesday 16th September 2026
6pm-8pm

**Headway Hangouts
Coffee Meeting**

Friday 2nd October 2026
1pm-3pm

**Headway Hangouts
Games & Coffee**

Wednesday 14th October 2026
6pm-8pm

**Superbowl – Princes
Quay – Headway
Bowling**

Wednesday 21st October 2026
6pm-8pm

**Headway Hangouts
Halloween Quiz**

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:

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facebook: /headwayhero /headwayhumber

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