



July/August 2014

# Headway

## Hull + East Riding News

Improving life after brain injury

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## Fundraising update

Regular readers of the newsletter will know that Laura-Mae ran the Beverley and Hull 10K races for Headway UK. She told us that she ran the Beverley 10k in 1 hour 14 seconds, and the Hull 10k (in very hot weather!) in just over 1 hour 1 minute. That is seriously impressive! Thank you again for the huge contribution.

You may also recall that Headway Hull + East Riding was nominated as Beverley Building Society's Charity of the Month for June. Here's a picture of Lesley picking up the cheque from Michael Plaster, Marketing Manager at the Beverley Building Society.

The Beverley Building Society's Charity of the Month Campaign is now in its third year of running and has so far donated a total of £7,250 to a total of 29 different local charities.



We also understand that the recent fundraising efforts have earned column inches in the Hull Daily Mail. Unfortunately we can't always pick a copy up as we don't know in advance when we're going to be in—we'd love it if you could send us some snippets for our scrapbook if you see Headway in the paper! Thanks.

## Join us for a pub meal in August

As you will see from our diary on the back page, our monthly meeting in August will be relocated to the pub! We're meeting at Toby Carvery on 13 August at 7pm. The pub is on the A164 Humber Bridge to Beverley Road, and is opposite Waitrose in Willerby. For those using a sat nav, the full address is Beverley Road, Hull, HU10 6NT.

The pub has a very good carvery menu featuring slow-cooked joints of beef, pork, turkey and honey-and-mustard-glazed gammon. There's also unlimited veg, including roasties and mash, home-made Yorkshire puddings, stuffing and a

choice of gravies and sauces. As we're going mid-week, the carvery costs just £5.99! We're not going to pre-pay for meals, so everyone will need to pay for their own food and drinks. For anyone that doesn't fancy the carvery, there is a full pub menu available.

We will need to reserve a table as the pub can be very popular, so please let Lesley know if you are planning to attend no later than the beginning of August.

We are also in the process of arranging a trip for September or October, so please watch this space!



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

## Headway HERO Diary

### Friday 1st August 2014

Meet us for a coffee! 2pm. [Hull Truck Theatre](#) (next to St Stephens, Hull).

### Wednesday 13th August 2014

Meal out at Toby Carvery, Beverley Road, Hull, HU10 6NT (opposite Waitrose)  
**PLEASE LET LESLEY KNOW IF YOU ARE COMING**

### Friday 5th September 2014

Meet us for a coffee! 2pm. [Hull Truck Theatre](#) (next to St Stephens, Hull).

### Wednesday 17th September 2014

Monthly Meeting 7pm to 9pm. At Jubilee Central, 62 King Edward Street, Hull, HU1 3SQ (near BHS).

### Friday 3rd October 2014

Meet us for a coffee! 2pm. [Hull Truck Theatre](#) (next to St Stephens, Hull).

### Wednesday 15th October 2014

Monthly Meeting 7pm to 9pm. At Jubilee Central, 62 King Edward Street, Hull, HU1 3SQ (near BHS).

## Way Ahead Weekend Cancelled!



We learned from our regional co-ordinator Cerys last week that unfortunately this year's Way Ahead weekend has been cancelled, though we understand it will be back again next year.

We know that a lot of our members really enjoy the weekend and return year after year, so this is sad news. We'll keep you posted with the new dates as we learn more.

## Community Learning

Anyone living in Hull or East Yorkshire and aged 19 or over can access new Community Learning courses run by Volcom. These are aimed at voluntary and community group members, volunteers and the wider local community. They are all free and fully funded through Skills Funding Agency Funding through Hull and East Yorkshire Community Foundation.

The courses cover a wide range of activities, such as Digital Photography Editing and Common Treasury Workshop. There is also a course on PD150 Camera and

# volcom

Film Editing training coming soon too, as well as online basics to help people learn how to use the internet for the first time or brush up on skills such as emailing, internet safety, accessing public services or job searching online.

To book a place on a course, to find out more or to find out about upcoming events, email Volcom on [common.treasury@volcom.org.uk](mailto:common.treasury@volcom.org.uk) or phone 01482 342004