

HEADWAY HULL + EAST RIDING



www.headwayhero.org.uk

the brain injury association
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November 2011

We know it's early but we need to book our Christmas meal so

Monday 12 December – 6.30pm

Frankie & Bennie's, Kingswood Leisure Park, Carter Way, Hull HU7 3DB

Sarah has booked a large table but we need to know numbers to take advantage of the group discount – this brings the meal price down from nearly £17 per head to around £12 for two courses. [Menu choices are listed over the page](#). Please let Lesley know by 4th November if you would like to come. It's good to get together over a meal and we'll have a bit of fun with a picture quiz. There is plenty of free parking and the restaurant is wheelchair friendly.

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We welcomed some new members at our October meeting. The Wii games competition went with a swing and we had a chat over a cup of coffee and a bun.

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HEADWAY DIARY

Tuesday 22 November – Centre 88, Saner Street, Hull 7 – 9pm. Steve Clay from The Safeguarding Adults Team is coming to give us some tips on how to deal with doorstep callers, unwanted telephone calls and emails etc. He will also talk about signs of abuse and how to get help. As usual, Fact Sheets and booklets will be available along with refreshments and time to chat together.

Thursday 1 December – Hertford Building, Post Gradual Medical Institute, University of Hull 1.30 – 4.30 approx. An afternoon with psychology students. Liam and Kay, Robin and Louise, David, Susie, Carol and Andy have volunteered to talk about the incident that caused their brain injury and how this has affected their lives. Carol and Andy are old hands, having been involved since 2006 but a big thank you to the others who will be taking part for the first time. If anyone else is interested, please talk to Lesley.

Monday 12 December - Christmas Meal

Tuesday 24 January - 7pm approx – ten pin bowling at Kingswood Hollywood Bowl. Some people like to grab a burger before the bowling begins so we will meet at 6.30ish in the café/bar area.

Tuesday 21 February - Centre 88, Saner Street, Hull 7 – 9pm. A representative from The Yorkshire Ambulance Service will talk to us about how the service works and how ambulance clinicians are trained to manage head injuries. They will also explain how the Patient Transport System (PTS) works for people with particular needs such as head injury. There will be the usual opportunity to ask questions and enjoy a cup of tea, bun and a chat.

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We are hoping to have a social evening in May during Action for Brain Injury Week so please hold on to any unwanted gifts you receive that we could use on the Tombola or Raffle. There was a brilliant selection last year. What do you think about a "Home-made Hat" competition on Hats for Headway day? More information after Christmas.

PTO ...

HEADWAY REGION

Lesley attended a regional meeting at Wakefield recently. She spoke with the Chief Executive of Headway UK and requested that Headway UK champion education for everyone to better understand the brain and the effects of brain impairment. Practically every week sees the release of a new report that a particular group of people has needs that are not being understood or addressed. She feels strongly that such common factors as inability to communicate should be recognised and managed better.

In August some Wakefield members took part in a sponsored "Walk for All" in the Yorkshire Dales starting from Malham Cove. They said the atmosphere was brilliant with hundreds of people all raising money for their chosen charity. It was suggested that we might like to make this a regional event – on Sunday 19 August, 2012.

To quote from the website: *"The 4.5 mile route is perfect for those looking for a fun activity to enjoy with friends or as a group. The "Malham Tarn Walk and Wheel" is ideal for all the family, with a route that has been selected for those participants who are less mobile, are wheelchair users or for mixed mobility parties, as the course follows wide, steady surfaces with some undulation and the occasional challenging sections of ascent and descent."*

If you think we could do this as a "regional event" we could arrange to have a picnic afterwards. **There is a registration fee of £8 per person. The 2011 event was a sell out so if we want to take part we will have to register soon.**

HEADWAY UK – www.headway.org.uk

Alison Rowlands has some packs of **Christmas Cards** costing £2.99 for a pack of 10. These will be available at the monthly meeting or can be ordered direct from the Headway website.

The Annual Headway Raffle – prizes this year:

- 1st Prize: A week's holiday for four people in a wheelchair accessible apartment on the Brittany Coast (kindly donated by www.ineedaholidaytoo.com)
- 2nd Prize: A weeks cottage holiday for a family of 6 in Snowdonia (kindly donated by Goodmans Law)
- 3rd Prize: A luxury Welsh Hamper (kindly donated by Lee Abse & Cohen)

Tickets cost £1 each or £5 for a book of 5. Available direct from Headway UK or from Lesley and Alison at the monthly meetings. Please help us to sell these tickets – half the proceeds of sale goes to Headway UK (funding the helpline, production of the Fact Sheets, booklets etc. etc.) and the other half comes to us to help us funding production of the monthly Newsletter and meetings.

Christmas Menu at Frankie & Benny's

Frankie's Festive Turkey Dinner – A tender turkey breast filled with sage and onion stuffing served with Christmas potatoes, pigs in blankets and roasted vegetables with a rich seasonal gravy.

New York Chicken – A chicken breast topped with crispy bacon and Monterey Jack cheese smothered in F&B's famous BBQ sauce. Served with spicy onion rings, corn on the cob, coleslaw and a choice of herb potatoes or house fries.

Philly Steak Pizza – Strips of tender sirloin steak, red onion, peppers, Philly cheese sauce and fresh chilli on melted mozzarella and tomato topped base.

Oven Baked Salmon – Salmon fillet on a bed of mustard mash with roasted vegetables, topped with hollandaise sauce and chopped chives.

Bacon Bolognese Bake – Gnocchi tossed with classic beef ragu and pancetta bacon topped with mozzarella cheese and glazed in the oven. Served with a garlic ciabatta stack on the side.

Blue Cheese Bake – Gnocchi smothered in creamy blue cheese sauce topped with cheddar cheese, glazed in the oven until it bubbles and served with a garlic ciabatta stack on the side.

Desserts

Classic Christmas Pudding – Served warm with custard and a red berry compote.

"Baileys" Chocolate Cheesecake – Creamy cheesecake infused with Baileys Irish Cream on a crunchy chocolate base, garnished with a fresh strawberry.

Fruit Pavlova – A meringue nest bursting with cream, fresh fruit and topped with red berries.

Ice-Cream Sundae – 3 scoops of real dairy vanilla ice-cream drizzled with strawberry sauce and red berries, topped with whipped cream and a wafer.