

# HEADWAY HULL + EAST RIDING

[www.headwayhero.org.uk](http://www.headwayhero.org.uk)

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## November 2012

We wish our Treasurer, Alison, a speedy recovery after her recent operation and look forward to having her back with us soon.

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We wish farewell and good luck to Rachel McLafferty who has now left Headway for a spell in New Zealand. Rachel has been very helpful to us in her role as Regional Co-ordinator.

We look forward to meeting and welcoming Cerys Long who has been appointed as Regional Coordinator for the Yorkshire and Humber region. She will assume her appointment with effective from 1 November 2012.

Cerys has worked as a Regional Coordinator in the West Midlands region.

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Lesley spoke about Headway's support of brain injured people, their families and carers, to a branch of the Countrywomen's Guild and received a £40.00 donation for our funds.

Benefits - Martin Dransfield's talk at our October meeting was really useful and we are putting some links on our website. If you are undergoing re-assessment and feel we may be able to assist you, please let Lesley know.

### HEADWAY DIARY

**Wednesday 21 November – Centre 88, Saner Street, off Anlaby Road, Hull – Rob Awty talking to us about his role with Humber Mental Health Trust.**

We may also find time to try out our new Wii games. (Thanks to Becky for taking time to do some research and purchase the Wii on our behalf).

As usual, we will have refreshments and Headway booklets/Fact Sheets will be available.

**Monday 3 December – 7pm - Frankie & Benny's, Kingswood, Hull – Christmas meal. Sarah has booked a large table for us. The cost will be just under £13 each for 2 courses – plus drinks. Menu over the page. PLEASE LET LESLEY KNOW YOUR CHOICE OF MAIN COURSE AND PUDDING BY THE NOVEMBER MEETING. Everyone welcome – we just need to know who is coming!!**

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**HEADWAY UK – [www.headway.org.uk](http://www.headway.org.uk)**

**2012 Christmas Card range – order on line direct or via Alison at Headway meetings.**

**Annual Headway Raffle – Lesley now has tickets available at £1 each or £5 for a book of 5.**

**1<sup>st</sup> prize £1,000 cash                      2<sup>nd</sup> prize £500 cash                      3<sup>rd</sup> prize 8GB Apple iPod nano**

Half the value of the tickets sold goes to support the national services and we receive the other half back to support our local branch.

**Announcing the launch of the new Headway Amazon Shop which can be accessed via <https://www.headway.org.uk/headway-amazon-shop.aspx>**

Hosted by Amazon.co.uk, the shop is populated with a wide range of books that may be of use to anyone with an interest in brain injury and the workings of the human brain. There are several categories for ease of searching, including biographies, books for people with brain injury and carers, for the general public and for professionals. All items are purchased directly from Amazon and Headway receives a small amount of commission for each one.

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## **MENU FOR CHRISTMAS MEAL AT FRANKIE & BENNY'S**

### **MAINS**

#### **FRANKIE'S FESTIVE CHRISTMAS DINNER**

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 Monteray Jack cheese smothered in BBQ sauce. Served with spicy onion rings, corn on the cob, coleslaw and your choice of herb potatoes, house fries or a jacket.

#### **RIBS, WINGS & CHIPS**

Half a rack of tender baby back pork ribs and five succulent chicken wings, both smothered in BBQ sauce. Served with house fries, corn on the cob, and coleslaw, with extra BBQ sauce on the side.

#### **OVEN BAKED SALMON**

An oven baked salmon fillet served on a bed of mustard mash with roasted vegetables, topped with hollandaise sauce and chopped chives.

#### **SPICY ARRABIATA BAKE**

Gnocchi tossed in rich Neapolitan sauce with diced green chilli and red onion. Topped with creamy mozzarella and baked in the oven until piping hot! Served with a garlic ciabatta stack on the side.

#### **BACON BOLOGNAISE 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.

#### **GOAT'S CHEESE & RED ONION WELLINGTON**

Creamy goat's cheese with slow roasted tomatoes, red pepper and basi, marbled with leaf spinach. Topped with sweet red onion marmalade; wrapped in puff pastry and baked until golden. Served on a bed of mustard mask with roasted vegetables and topped with Neapolitan sauce.

### **DESSERTS**

#### **CLASSIC CHRISTMAS PUDDING**

A festive treat! Served warm with custard and a red berry compote

#### **SICILIAN LEMON CHEESECAKE**

A light and refreshing cheesecake infused with lemon on a crunchy biscuit base. Garnished with raspberries and fresh mint.

#### **MERRY MINT SUNDAE**

Mint chocolate chip and vanilla ice cream layered with warm chocolate brownies and crunchy chocolate honeycomb. Smothered in chocolate sauce and topped with whipped cream.

#### **CHOCOLATE PROFITEROLES**

Seven choux buns filled with cream and smothered in chocolate fudge sauce.

#### **STICKY TOFFEE PUDDING**

Toffee sponge drenched in a sweet sticky toffee sauce topped with real dairy vanilla ice cream.