



the brain injury association

Headway Hull + East Riding News

Improving life after brain injury

Christmas Tombola 27 November

National Free Helpline
0808 800 2244



twitter:
@headwayhero



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call lesley:
01430 430720
07538 319716

Thanks to Coletta & Tyson Garden Centre at Woodmansey we are once again able to hold a fund raising

Tombola from 10am until 4pm.

Lots of Christmassy themed prizes. We'll also have some Headway leaflets/booklets.

Come and visit us there

Wear a Christmas Jumper and get into the festive spirit.



Headway Suffolk were delighted when

Professor Stephen Hawking accepted their

invitation to speak about living with a neuro condition at their one day neuro conference. You can access the presentation on Headway Suffolk's website/news. The conference

included other eminent speakers, Professor John Pickard, Director of the Wolfson Brain Imaging Centre at Addenbrooke's Hospital; Dr Trevor Powell, Consultant Clinical Psychologist and author; and Dr Muhibbur Rahman Chowdhury, Stroke Consultant at Ipswich Hospital.. **Inspirational!**

NEWSFLASH!

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Christmas Meal—RED SAILS—7 December 7pm



Come and join us at Red Sails, 2 Beacon Way, Kingston Upon Hull, HU3 4AE .

Special price for members: Three courses for £9.50 Two course for £7.00

We need to know your choice of starter, main, extras and dessert. Just contact Lesley.

Starters

Gressingham Duck Pate

A free range duck liver pate made with Gressingham Duck confit. Served with a spiced orange and clementine chutney, toast and butter

Blueberry & Brie Tart (V)

A cheese tart filled with blueberry chutney and creamy cheese sauce, hand decorated with a slice of Brie and blueberries. Served with a salad garnish and caramelised red onion chutney.

Parsnip & Celeriac Soup (V)

A rich blended soup, topped with croutons. Served with a bread roll and butter

Highland Smoked Salmon & Prawn Rosette

A soft smoked salmon mousse with prawns and cream cheese wrapped in oak smoked salmon. Served with mixed leaves, toast and mayonnaise dip.

Mains

Choose from the full range of potatoes & vegetables on the carvery to accompany ...

Roast Turkey, Beef & Gammon

Hand-carved by the chefs, served with sage & onion stuffing, pork, cranberry and apricot chipolatas and a Yorkshire pudding.

Salmon & Haddock Wellington

Salmon and haddock in spinach and Gruyere sauce encased in puff pastry.

Aubergine Timbale (V)

Moroccan influenced spiced brown rice, mixed with apricots and cranberries, wrapped in slices of aubergine and topped with a sticky glaze.

Add a bowl of...

*Pork, Cranberry & Apricot Chipolatas
Cheesy Roast Potatoes (V)
Brie and Cranberry Parcels (V)*

For only £2.95 each

Desserts

Christmas Pudding (V)

With brandy butter flavoured ice cream.

Spiced Cheesecake (V)

Sweet pastry filled with a creamy baked cheesecake swirled with spiced fruits, topped with crunchy streusel crumble. Served with vanilla flavour ice cream.

Christmas Indulgence Sundae (V)

Chocolate and brandy butter flavoured ice cream with delicious stollen pieces, topped with whipped cream, chocolate flakes, more stollen pieces and drizzled with chocolate sauce.

Pear, Blueberries and Blackcurrant Tart (V)

Blueberries and blackcurrants baked with frangipane and topped with fresh pear, slow baked with a sweet glaze. Served with custard.

If you have an allergy or food intolerance please mention this when you let Lesley have your order.

Recent Travels ...

Lesley was privileged to attend the Headway Suffolk conference. She also spent a day at the REBUILD Brain Injury Rehabilitation Centre within The Walton Neurosciences Centre. Aintree Hospital NHS Trust, Liverpool and went to Huddersfield to take part in a review of specialised (complex) rehab. services for people with acquired brain injury in Yorkshire and the Humber.



Tuesday 13 December
10.30am

16 Sutton Road,
Howden, DN14 7DJ

Coffee , mince pies and
time to chat.

What could be nicer?

If you can't join us, then maybe you could ...

Host your own Headway Mince Pie Morning.

Get your work colleagues involved and hold a Headway Mince Pie Morning in the office.

Simply choose a day that suits you, bake or buy some pies, invite your guests and enjoy!

If you would like some special Headway Mince Pie Morning posters to advertise your event or have questions please contact Ellis Keay on 0115 924 0800 or projects@headway.org.uk.

As well as the posters, promote your event using social media and join in the fun by taking photos and sharing them using the hashtag [#MincePieMorning](https://twitter.com/HeadwayUK). It's a great chance to raise money to help people affected by brain injury while sharing some lovely Christmas treats over a cuppa with friends or family.





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 4 November 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Wednesday 16 November 2016

Monthly Meeting 7pm to 9pm. At HANA (Humber All Nations Alliance) 44 Portland Street, Hull HU2 8JX. Members committee meeting at 6:30pm. Christmas crafting.

Sunday 27 November 2016

Tombola from 10am at Coletta & Tyson Garden Centre, Woodmansey.

Friday 2 December 2016

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Wednesday 7 December 2016

Christmas meal at Red Sails, 2 Beacon Way, Hull, HU3 4AE. Arrive from 7pm for a 7:30pm start. Please let Lesley know if you're coming.

Tuesday 13 December 2016

Mince Pie Morning from 10.30am at 16 Sutton Road, Howden DN14 7DJ.

Friday 6 January 2017

Meet us for a coffee! 2pm. Hull Truck Theatre Cafe (next to St Stephen's)

Wednesday 18 January 2017

Monthly Meeting 7pm to 9pm. At HANA (Humber All Nations Alliance) 44 Portland Street, Hull HU2 8JX. Members committee meeting at 6:30pm. First Aid evening with St John's Ambulance.

Don't forget to 'like' our facebook page!



Facebook is a great way to stay in touch with friends and local groups and businesses that interest you. Our facebook page has had a facelift recently, and you'll find posts about brain injury, our events, national headway services and other local events of interest.

If you struggle to remember dates of our meetings and events, you can respond to an 'event' on facebook which will help to remind you that you have somewhere to be. They also have all the venue and time information on there too, so you can access them from a computer or smartphone wherever you are, even if you don't have your newsletter to hand.

Also, every time you 'like' or 'share' something that we post, it helps us to raise awareness about brain injury, Headway and the work that we do.

<https://www.facebook.com/HeadwayHERO>