



Headway

Hull + East Riding News

Improving life after brain injury

Heroic President of Headway

National Free Helpline
0808 800 2244



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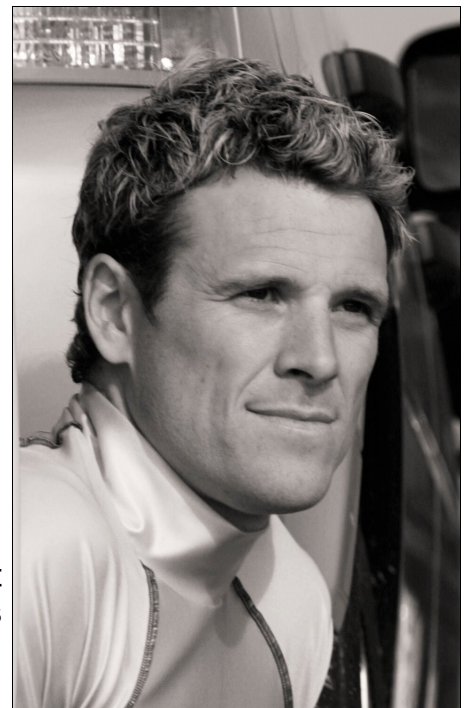
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Former Olympic rower and Headway president James Cracknell, along with his 11-year old son Croyde Cracknell, have saved the lives of a Grandfather and Grandson in the sea in Devon.

Croyde was on his body board in the sea surfing with his Dad James. Croyde saw a fully clothed man in the water saying his Grandson was in trouble. His Dad then dived in “*David Hasselhoff style*” to rescue the boy from underneath the water and pulled him to the shore.

Croyde then noticed that the Grandfather was struggling and gave him his board before swimming to shore to get his dad to come back and help. James then helped the Grandfather get back to the shore.



Both the 67 year old Grandfather and 11 year old boy left the beach unharmed. Croyde’s mother later tweeted that he had been “*cool, quick-thinking, kind and brave*” with James also tweeting he was “*so proud of my lad*”.

In 2010, James Cracknell was knocked off his bike in Arizona whilst completing a cycle, run and swim challenge from LA to New York. He suffered a brain injury from this accident that left him with epilepsy and no sense of smell or taste. Despite this he still has every intention of maintaining his challenge-led lifestyle.

James won two gold medals as part of the Coxless Four rowing team at the 2000 and 2004 Olympics.

The Great North Run

Headway Pasta Party—Saturday 12 September, 6—8pm

Headway has arranged a Pasta Party for the night before the big race at the Hilton Newcastle Gateshead.

This is an opportunity for Headway runners to meet each other and share experiences over a hearty carbohydrate meal. Last year James Cracknell even made a guest appearance so you never know who might be there!!

Runners are also welcome to bring their family and friends along too—the more the merrier!

You can book your place at the Pasta Party on the website:

<http://headwayuk.wufoo.eu/forms/great-north-run-2015-pasta-party/>

Adults: £10

Children: £5



Headway Cheering Station—Sunday 13 September, Tyne Bridge

On race day, there will be a Headway Cheering Station on the Tyne Bridge. Anyone is welcome to join at the Headway Cheering Station and all runners friends and family are encouraged to come along!

It will be fantastic to meet everyone and give Headway Heroes the biggest cheer along the route!

Everyone who joins us on the day will also receive a supporters goody bag with a Headway t-shirt, balloons and flag.

Maps and further details are on page 3.

We hope to see you there!!!



Headway Pasta Party & Cheering Station details...



Morrisons Great North Run 2015 Headway Pasta Party & Cheering Station



Headway's Pasta Party will take place between 6 pm and 8 pm on Saturday 12 September at the Hilton Newcastle Gateshead (NE8 2AR) overlooking the spectacular Tyne Bridge. Tickets are just £10 per person (£5 for children). You are welcome to invite your family and friends to join us.

The Headway Cheering Station will be at the far side of the Tyne Bridge on the day of the run. Look out for the Headway flags on your right hand side!



Headway Cheering Station!

The Headway team will be at the Cheering Station from the beginning of the race so please do point your friends and family to the Cheering Station and we will give them a Headway goody bag. We will give you a huge cheer as you pass!

Good luck with your training. See you in September!

Emily and the team at Headway

An Evening of Entertainment—12th September 2015

An Evening of Entertainment featuring Bobby Mandrell and a fish and chip supper! All for just £12 per ticket!

FUNDRAISER
~~~~~Improving Life After Brain Injury~~~~~

*With special guest*



*Bobby Mandrell*

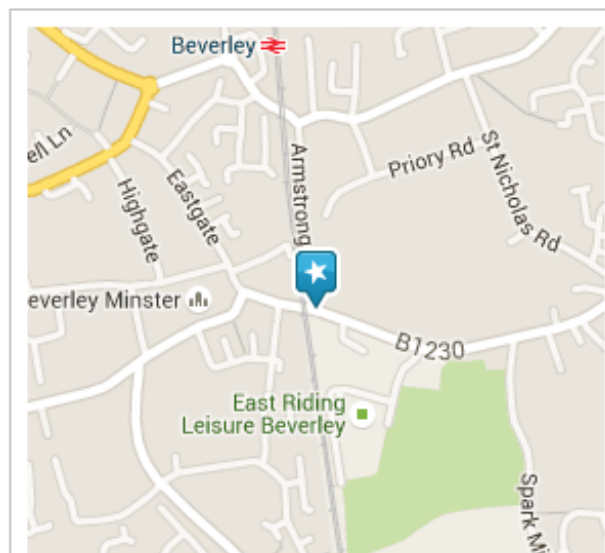
**Saturday 12<sup>th</sup> September 2015**  
**7PM @ Hodgsons, Beverley**

**\*\* Tombola**

**\*\* Charity auction**

**\*\* Disco**

Hodgsons, Flemingate, Beverley, HU17 0NU



For Tickets contact - [carlyhagar@hotmail.com](mailto:carlyhagar@hotmail.com)

facebook/Carly Hagar or 07517310020

## Bransholme Methodist Church Events & Courses

### YOU ARE INVITED TO BRANSHOLME METHODIST CHURCH....

#### **Dine and View**

Wednesday 2nd September 2015, 6pm

The first dine and view evening using the Church's new sound system and projector. The film will be a recent DVD release and that has received good feedback.

The evening will start with a meal, including dessert and fresh coffee. Popcorn will be on sale and there will also be a raffle!

#### **Training Courses**

Monday 14th September 2015

- 9am—11am Food Safety
- 11:30am—1:30pm Health and safety
- 2pm—4pm Manual handling

Monday 21st September 2015

- 9am—12pm Emergency first aid
- 1pm—4pm Defibrillation

**Training courses are just £2 each!**

To find out more about these events or courses, or to book your place, please phone the church on 01482 830 264 or email Lezlee on [ms.lezlee@aol.co.uk](mailto:ms.lezlee@aol.co.uk)

Bransholme Methodist Church, Goodhart Road, Hull, HU7 4DW

## TOMBOLA PRIZES ???

On the 22 November 2015, we will be holding a tombola stall at Colletta & Tyson. If anybody has any prizes to donate please let Lesley know.

The more prizes we have the more money we can raise!



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.

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## Headway HERO Diary

### Wednesday 2 September 2015

Launch of Dine & View 6pm at Bransholme Methodist Church, Goodhart Road, Hull

### Friday 4th September 2015

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

### Saturday 12th September 2015

An Evening of Entertainment 7pm at Hodgsons, Flemingate, Beverley

### Monday 14th September 2015

Training courses at Bransholme Methodist Church, Goodhart Road, Hull

### Wednesday 16th September 2015

Monthly meeting 7pm—9pm at HANA, 44 Portland Street, Hull. *This session we'll be having a gentle seated yoga session for all abilities. Wear something comfy!*

### Monday 21st September 2015

Training courses at Bransholme Methodist Church, Goodhart Road, Hull

### Friday 2nd October September 2015

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

### Wednesday 21st October 2015

Monthly meeting 7pm—9pm at HANA, 44 Portland Street, Hull.  
*This meeting will have a special focus on fatigue and smartphone apps!*

### Friday 6th November 2015

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

### Wednesday 18th November 2015

Monthly meeting 7pm—9pm at HANA, 44 Portland Street, Hull.

## Quote of the month...

***"I live by the maxim - never let anyone set any limits on what we can achieve"*** James Cracknell, Headway President