



Newsletter

Spooky Competition

As the leaves change colours and the air becomes crisper, we're excited to announce an exciting event for the month of October: a Photo Competition! Here are the details:

Competition Guidelines:

Capture your favourite moment or scene that embodies the spirit of October - be as spooky or autumnal as you fancy!

- Photos can be taken with any camera, including smartphones.
- Each participant can submit up to two photos.
- Feel free to get creative with your photography!

How to Submit:

- Email your submissions to us at info@hipincheshire.org.uk.
- Send your entries via Facebook by messaging us on our page.
- If you'd like to share your snapshot on your own Facebook profile, make sure to tag us so we can see your submission.

Deadline for Submissions: Please ensure your entries are submitted by November 11, 2023.

We'll have fantastic prizes for the top three photographs, including recognition in our newsletter and on our website!

For those who prefer a personal touch, you can also bring your printed photos to our coffee morning in November. We'd love to see you there and view your submissions in person. We can't wait to see your October-inspired photographs and share in the beauty of this season with you. Whether it's the changing leaves, cosy moments, Halloween themed, or anything else that captures the essence of October, we encourage you to participate.



Christmas Meal

Though it's a bit ahead of time, the H.I.P team has been buzzing with excitement about organising a memorable Christmas meal this December. H.I.P would like to invite all of our members to join us for a Festive Afternoon Tea.

We have secured our own private room at The Queen Hotel. This private space will allow us to catch up, share stories, and enjoy each other's company.

It's a time for good food, great company, and the spirit of the season!

Date: Monday 11th December, 2023

Time: 12:00pm

Location: The Queen Hotel, Chester (Opposite Chester Train Station)

The Queen Hotel's central location ensures that everyone can easily join us for this special occasion. For those who may require transportation assistance, we will be organising transport from various locations. Details will be confirmed closer to the date.

MENU

Open sandwiches on sourdough - turkey, sage and onion stuffing & cranberry, morrocan falafels and red pepper, chicken liver and brandy pate

Warmed fruit scones served with clotted cream and preserves

Selection of Christmas sweet treats

Selection of coffee or loose leaf teas

Glass of Prosecco or mulled wine

We want to ensure that everyone can fully enjoy the meal. If you have any dietary requirements or preferences, please let us know, and we will do our best to tailor the menu to accommodate your needs.

Please let Liz or Alex, our dedicated H.I.P Coordinators, know your intentions during our Coffee mornings.

Alternatively, if you prefer to RSVP via email, you can contact us directly at info@hipincheshire.org.uk to let us know if you'd like to join us.

Sharing our details

At HIP we firmly believe that age is just a number, and our support knows no boundaries. We have received inquiries from individuals aged between 20 and 30 who are seeking guidance and assistance after experiencing an Acquired Brain Injury (ABI).

We want to take this opportunity to emphasise that our support extends to everyone, regardless of age, who has been affected by ABI.

Spread the Word! If you are aware of anyone, a friend, a family member, or someone in your network who falls within the 20-30 age group and has experienced an Acquired Brain Injury, please share our contact details with them.

We are committed to providing a safe and supportive environment where they can find the help and resources they need to thrive.

At HIP, our mission is to ensure that every member feels supported, understood, and empowered, regardless of their age or the challenges they face. Together, we can make a difference in the lives of young adults living with ABI.

Thank you for being a part of our compassionate community, and please don't hesitate to reach out if you or someone you know needs our assistance.

Up-to-date members Information

At H.I.P, we are committed to ensuring that we have the most up-to-date contact information for our valued community members. To help us achieve this, we kindly request your assistance in verifying your contact details.

Please take a moment to send an email to info@hipincheshire.org.uk with the following information:

- Your Full Name,
- Your phone Number,
- Your email Address,

Once we receive your email, we will cross-check the information with our secure database to confirm its accuracy. This will ensure that you continue to receive important updates and notifications about upcoming events and initiatives. Your participation in this effort is greatly appreciated, as it helps us maintain effective communication with you and prevent anyone from missing out on the exciting events we have planned.

Coffee Morning Reminders

Please mark your calendars with the following dates for the coffee mornings in October:

Crewe:

Date: **Thursday, 5th October**

Time: 10:30 AM - 12:00 PM

Ellesmere Port:

Date: **Friday, 13th October**

Time: 10:30 AM - 12:00 PM



HIP in Cheshire, Acorn Suite – 1829 Building, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ

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