



Newsletter

Issue number 15
March 2024



Easter is fast approaching and is on 31st March 2024. When we think of Easter it can mean lots of things for different people. Here are some fun facts around Easter.

The world's largest Easter egg (left) weighs in at 5,000 lbs. It stands at 31 feet tall and 18 feet wide and is located in Vegreville, Alberta, Canada. It's made of aluminium so low

calorie! Sadly, while it took 12,000 hours to complete it is actually more of a jigsaw than a chocolate.

Cadbury makes 500 million Creme Eggs every year! If you piled them on top of each other, it would be ten times higher than Mount Everest.

Hip will be celebrating Easter at our March coffee mornings with some tasty treats.

Don't forget to send us your favourite Easter pictures or pass them to the coordinators at the coffee mornings. We hope to put together a HIP calendar for next year and include members' photographs. This will make it all the more special. Keep reading for more information.





Coffee Morning Reminder



Crewe:

Date: Thursday, 7th March 2024

Time: 10:30 AM - 12:00 PM

Location: Wistaston Memorial Hall, 75 Church Ln, Crewe CW2 8ER

Date: Thursday, 6th April 2024

Time: 10:30 AM - 12:00 PM

Location: Wistaston Memorial Hall, 75 Church Ln, Crewe CW2 8ER

Ellesmere Port:

Date: Friday, 7th March

Time: 10:30 AM - 12:00 PM

Location: Trinity Church, Whitby Rd, Ellesmere Port CH65 0AT

Date: Friday, 12th April

Time: 10:30 AM - 12:00 PM

Location: Trinity Church, Whitby Rd, Ellesmere Port CH65 0AT

We have been busy collecting some goodies for the coffee mornings. The book on the table below was written by our HIP treasurer Ben Thexton. If anyone would like to read the book then let us know as we have a copy in the office. We wonder if anyone has the skills to make an audio copy of the book - please do let us know if anyone has any ideas how to do this.





Volunteer Meeting

This went so well and was well attended by many HIP members. We will be scheduling a similar meeting in Crewe after Easter. This gave the HIP team plenty of ideas around roles people can take up and some of the steps we need to put the right support in place.



Tech Alert! - Big Thank You



A big thanks to Dan, one of our members who is in the process of upgrading the HIP computers. This is part of the process of putting things in place for our lovely volunteers who have so kindly come forward to offer their valuable time.

Action for Brain Injury Week, 20th-26th May 2024 – Theme: A Life Rewritten

This will focus on experiences of life before and after a brain injury and how this changes our individual identity and life stories. It is also about the many different ripple effects this creates for those around us and our experiences in the wider world.

Headway identifies that in the UK, someone is admitted to hospital with a brain injury every 90 seconds. This is much more common than people realise and has been referred to as a hidden epidemic. These figures are from hospital admission data and present an astonishing picture of how suddenly someone's life and that of those around them can completely change forever.

The theme of "A Life Rewritten" for us at HIP is not just about raising awareness of the impact of a brain injury. It also a reminder of the incredible journey of recovery, resilience, adaptation, and strength of HIP members along with the many others who grapple with the aftermath of brain injury.



A big shout out to all HIP members for the support, community, and sense of belonging you foster and the special things each member brings. It would be lovely if those who felt they wanted to share their own special life stories can do this together with us.

HIP Calendar 2025

We hope that people would like to share their story to raise awareness of HIP during Brain Injury Awareness Month. If this is something you would like to be part of then please let Liz and Alex know. This will help in the future to raise awareness in Cheshire of HIP and reach out to others who may feel isolated and alone.

Summer Planning

We hope everyone is looking forward to activities for the summer, and the sunshine after what seems an incredibly long winter. The HIP team is planning a trip to Chester Zoo in June and sponsored walk/push in September, along with other selected activities that you all put forward during our Christmas get together. We will be releasing dates for these in the very near future. We have been busy raising the funds for these events and are very grateful to have received some generous donations which will enable us to enjoy some wonderful activities in the summer.

If you have any questions about any of the events please get in touch and we will do our best to answer them.



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