



Issue number 21  
June/July 2025

# Newsletter

## Our New Office Number

The new HIP office phone number is 01244 393458 - we are only normally in the office one day a week and currently in the process of setting up the answer service so at the moment do not leave a message. Don't forget you are always welcome to email us or contact us via social media also.

## Update on Brain Injury Awareness Week 19th - 26th May 2025

Special week for our voices to be heard - and thanks to all those who have made a contribution of what a good day feels like for those with a brain injury. We shall be putting information onto our facebook page to celebrate this week,. Feel free to continue to share the information far and wide to raise awareness and don't forget to like our facebook page if you use this platform..

Some of our members have very kindly contributed to the week and their stories have been shared in liaison with the ABI service and published on the web. They can be found at

<https://www.cwp.nhs.uk/BrainInjuryAwareness>

Maybe have a browse and see if you recognise any faces.

On Monday 19th May members of the ABI team at the Countess of Chester along with service users and members of HIP met with Suzzane Edwards director of Operations for the Trust for the launch of Brain Injury Awareness week. This proved to be a positive space for and opportunity to talk through some of the challenges that those with a brain injury navigate on a day to day basis.



For those who wish to make a donation to Head Injured People in Cheshire you can do this via our temporary account due to bank changes at TJB Business Services Ltd Sort code 04-06-05 A/c number 23023476

## **Walk together for Brain Injury Awareness**

As part of collaboration with the ABI team in Chester we have been invited to join a walk together to raise awareness on Wednesday 4th June 11am-1pm at the Countess of Chester Country Park. There is a range of walks, some small, some a little more challenging for different abilities with car parking nearby, you might even want to bring a picnic as there are plenty of benches dotted about where you can enjoy the atmosphere of the park. There is further information available on the [Countess of Chester Country Park – The Land Trust](#) Please get in touch and let us know if you are coming along or need further information. Be good to see you there.

## **HIP is going to Chester Zoo**

After the success of our trip last year to Chester Zoo - we are delighted to say that we are planning to go again on Thursday 4th July!!!!

We have got 40 spaces for our members. To make it fair and make sure that everyone has an equal opportunity we are allocating a set amount of spaces to be reserved via email/social media and at the Crewe and Ellesmere port coffee mornings in June - due to not all members having access to email or social media.

When you respond to book your space please let us know if you will be bringing someone along to assist you throughout the trip, as we will need to book them a spot as well. We will be organising transport for those who need this so get in touch to reserve your spot. This year we are asking that you bring along your own packed lunch and drinks. There will be an opportunity for the hire of wheelchairs/mobility scooters if it would make your visit to the zoo easier, and we can add this to the booking so please let us know asap as these do get reserved quickly. There will be a £25 refundable deposit to pay upon arrival for each scooter and wheelchair hired.

Don't forget your cameras so you can get those photos and share them with us - you never know your photo might just earn you a prize for best photo of the day!!!!

We hope you are just as excited as the HIP team are!

## **Coffee Morning Dates**

These are normally on the first Thursday of the month for our Crewe venue and the second Friday of the month for Ellesmere Port. Sometimes due to holiday

periods we may need to twiddle with these dates. If this is the case then we will let you know in advance. Thanks to those who help with greeting people and ensuring they have a drink, so nice to see people taking an active part in the coffee mornings.

#### Crewe Event Dates:

June - 5th, Coffee Morning

Time: 10:30 am - 12:00 pm

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

July, 4th - trip to Chester Zoo no coffee morning scheduled this month

\*\*June 4th - Walk together for Brain Injury Awareness with ABI 11am -1pm at Countess of Chester Country Park (see newsletter for details of walks) - all welcome

#### Ellesmere Port Event Dates

June - 13th - Coffee Morning

Time: 10.30am - 12:00 pm

Location: Trinity Church, Whitby Road, Ellesmere Port, CH65 OAT

July 4th - trip to Chester Zoo no coffee morning scheduled this month

\*\*June 4th - Walk together for Brain Injury Awareness 11am -1pm at Countess of Chester Country Park with ABI (see newsletter for details of walks) - all welcome

### **How to safely contact your bank - dial 159**

During one of our coffee mornings members had a discussion around telephone scammers and the 159 service they wanted to share with others. The 159 scheme runs through Stop Scams UK and is a safe way to get in touch with your bank if you **think** you may have been contacted by scammers and given them your bank or card details. When you call the number you will be asked for the name of the bank you want to be connected to, then directed through to your bank's customer service. If you need to contact your bank directly use the number on the back of your card or on your bank statement. Here are some further hints and tips from Martin Lewis - MoneySavingExpert webpage [30+ ways to stop scams](#)

#### Other news

Congratulations to our HIP treasurer Ben Thexton  
Ben completed the London Marathon on 27th April this year, which is an achievement I am sure we are all proud of. So a huge well done to Ben, which is a great inspiration for us all. Hope you managed to catch his contribution on the link to Brain Injury Awareness week.



If you have any news/stories you would like to share with HIP please get in touch and we can perhaps pop this into the newsletter. Also photos for next years calendar are also welcome although these need to be ones you have taken yourself.

### **Thank you to our volunteers**

Diane and Linda for ringing around

Lis and Terry for undertaking background office tasks

Peggy, Lis, Terry and Fiona T for helping out at our coffee mornings

### **Future events**

We are looking at holding a walk again this September at Ness Gardens in memory of Beth Fisher who will always have a special place in our thoughts. The date is yet to be confirmed although it is possibly going to be near the end of the month..

Christmas meal - date has been set for the 8th of December, final details to be confirmed nearer the time.

## **Brain Teaser for this Month**

Link Words - each pair of words is linked by the missing word in the centre (eg WEDDING –Cake – STAND).

Blue - Ache

Sunday - Delivery

Sheep - Watch

Pine - Pie

Sack - Cap

Tennis - Gown

Chain - Box

Vertical - Side

Dandelion - Work

Wind - Cleaner

Question is can you find the link word?

**THANK YOU FOR READING!!**

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