



Issue number 23

October 2025 - January 2026

Newsletter

Firstly, can we Apologise for the lack of Newsletters at the end of 2025, we had been beset with staff shortages and illness and we wanted to concentrate on making sure our festive event went well.

We had hoped to be able to welcome a new member of staff in January but due to personal circumstances, they were unable to take up the post and so we are now looking for an administrator / Co ordinator to join our team, we have posted an advert with Cheshire West Voluntary agency and if anyone would be interested in the position or knows anyone who would be interested please contact us by email for a copy of the advert and job description.

Welcome to 2026



Chinese New Year begins on 17th February 2026 and ends on 5th February 2027; it is a lunar year as opposed to a Calendar year.

According to the Chinese Calendar, 2026 is the Year of the Horse 🐎. The Horse stands for freedom, movement, and momentum—symbolising energy and independence in the Zodiac. It is a year for courage and action. At HIP, we feel this aligns with our goals.

Reflections on 2025

2025 presented challenges for HIP, including operating with one staff member fewer after Alex left for a new opportunity outside ABI. Changes at the ABI required us to reduce our space as Cheshire West Partnership Trust relocated more services into Acorn House. We also faced difficulties switching banking facilities, as many high street banks are hesitant to support small charities. Thanks to Treasurer Ben Thexton's efforts, we are now set up with Lloyds Bank.

We were lucky to have such amazing support from CWVA in helping us, and we received fantastic financial support, from the Marjory Brody charity, Irwin Mitchell LLP, the sponsorship monies from our walk at Ness and the incredible donations from the lads who ran the metric marathon, we also were successful in a grant application. More information on some of this below, without these donations our work would not have been possible.

However we have come through those challenges, and it is with great delight that we let you know we have been nominated for the Kings Award for Voluntary Services and we will be assessed on 24th February. This nomination is in itself a huge achievement, and if our assessment is successful, we will be put forward for selection at the national selection process. This award is the equivalent to an MBE, KAVS is the highest award given to local voluntary groups in the UK, and they are awarded for life.

To read more about the Kings Award please visit the website at [The King's Award for Voluntary Service - official website](#)

We have all our fingers and toes crossed as this will help raise awareness of HIP and also the impact of an acquired brain injury.

Christmas Meal 2025

What a lovely time we had together for our Xmas get together, held at the beautiful Queen Hotel in Chester for our 3rd year.

The legendary filled sweet jar also joined us and put your estimation skills to the test. The best guess claimed the Jar, congratulations to the winner . Here are some photos of what a fabulous lunch and many thanks to The Queen in Chester for again looking after us so well and a big thank you to Matty for providing everyone with a welcome drink.



Coffee Mornings

Reminder of **Coffee Morning dates 2026** - Times all 10.30am till 12pm

Also to remind you all that we have re-located to the IBIS for the Crewe coffee mornings and moved the day to a Friday. Please make sure that you pass in your registration number to reception if you are using the parking

facilities to avoid a parking penalty!!!! A huge thank you to IBIS Crewe as they are kindly donating their facilities and refreshments to HIP.

Crewe

February 6th

March 6th - the assessors for KAVS will attend that day so a big turn out so they can meet our members would be lovely.

Venue: Ibis Styles Hotel, Emporer Way Crewe Business Park, Crew CW1 6BD

Ellesmere Port

February 13th

March 13th

Venue: Trinity Methodist Church Whitby Road, Ellesmere Port CH65 0AT

Fundraising

Sponsored Walk in Memory of Beth Fisher

A big thank you to everyone who came along to join us at the beautiful Ness Botanical Gardens in memory of Beth Fisher at the end of September. This is an event we hope we will continue to add to our yearly calendar. Ness is a wonderful place to spend some time, and a very special way to remember Beth, who is one of our founders. SO a big well done to all those that participated. The event raised just over £1,400 - which was amazing! It also allowed us to raise brain injury awareness with visitors to the gardens who stopped by our gazebo to ask about HIP.



The total number of steps achieved by everyone totaled 21,572 steps which is approximately 154 kilometres, equivalent to around 95 miles. This is more or less the distance from Ness Botanical Gardens to Holyhead terminal on the lovely island of Anglesey, or York Minster, Kendal in the Lake District - so quite some journey in total!!!



Special thanks and well done to one of our members, Damian

who strode out walking in support of HIP despite being on holiday who achieved a whopping 5,695 steps!!!!. Hope we can set ourselves a challenge for next year to see how much further we are able to go.

Chester Metric Run



Well done and thank you to Matt and Jack who raised over £1,000 for HIP. Waiting at the finish line cheering them on were representatives of HIP including volunteers along with Matt's partner and dogs. One of our volunteers

Terry is a friend of Matt and Jack who was there to express his own personal thanks to them.



Guess who came to visit the coffee morning in Ellesmere Port - they came along with Matt and his partner to visit us and present a cheque to HIP raised from the Metric Run. Henry and Maximus came along to, they are chow's and absolutely loved the attention from those who came along to the coffee morning just as much as we enjoyed having our visitors. Thank you Matt for bringing them along to meet everyone.

Other News and Information

Keeping Yourself Safe:

There is information being circulated by health authorities that there is a significant increase in flu cases across the UK, including the Cheshire area. It is known that most of these are caused by a strain of flu that can be reduced/prevented by the flu vaccine. Getting the flu vaccine is an essential way of protecting yourself, if you have not already had your vaccine, get in touch with your doctor's practice or local pharmacy who will be able to arrange this. For further information have a look at [Flu - NHS](#)

Visit to our coffee morning in Ellesmere Port by the local MP Justin

Madders

Our November coffee morning at Trinity Church in Ellesmere Port was an absolute hive of activity. Justin Madders, our local MP popped in to say hello and chatted on a variety of issues with our lovely HIP members.



There was also a craft table available although the abundance of fabulous cakes really came into the running for centre stage. Some of these were made by Leslie who makes the most delicious treats. Thanks to everyone who came along to welcome Justin.



Our favourite moment or two from recent coffee mornings at Crewe



Thank you, Fiona, for organising our November Xmas Craft session. It was wonderful to see everyone participating creatively and enjoying themselves. We have a few favourite moments from the day, one of which will always stand out.



The HIP team sincerely thanks our dedicated volunteers/HIP buddies for their year-round support in all conditions. Their efforts include office admin, event prep and assistance, member reminders, fundraising, and creating a welcoming atmosphere at coffee mornings. We truly appreciate their contributions. If you'd like to volunteer, please contact us—new roles are coming soon. (And yes, Liz managed to squeeze into the photo!)

THANK YOU FOR READING!!

**HIP in Cheshire, Acorn Suite – 1829 Building, Countess
of Chester Health Park, Liverpool Road, Chester CH2 1BQ
info@hipincheshire.org.uk www.hipincheshire.org.uk
01244 650522**

HIPIInCheshire @HIPIInCheshire