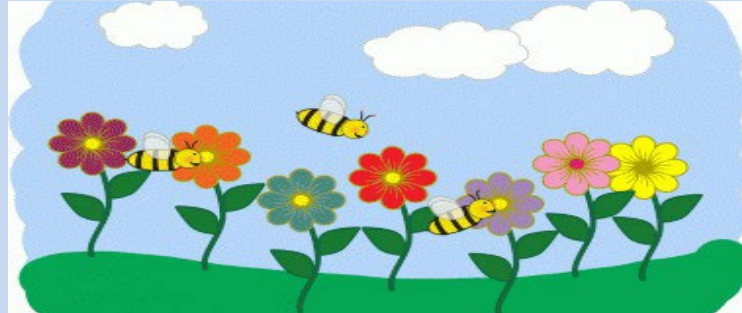


# Spring Newsletter February/March 2026

Issue No 24




Spring is on its way, making us feel a little lighter, just like I've been upgraded along with the weather. The extra sunshine certainly lifts my mood, the fresh air seems to clear my head, and makes things feel a little more doable (even getting out of bed in the morning). This little bit of positivity brings a natural boost and even better after a good cuppa and chat. Do hope you find time to pop along to one of our coffee mornings and say hello.


## Coffee Mornings:


These are a great opportunity to meet others, have a chat, and enjoy a relaxed and friendly environment.

### Crewe Coffee Morning


 Friday April 17th (this rescheduled due to easter)

Friday 1st May


 10.30am - 12pm

 Ibis Styles Hotel, Emperor Way, Crewe

### Ellesmere Port Coffee Morning

 Friday 10th April

Friday 8th May

 10.30am - 12pm

 Trinity Church, Whitby Road, Ellesmere Port

## Kings Volunteer Award

We are pleased to share an update about our nomination for the King's Award which is the highest award given to local voluntary groups in the UK. It recognises the outstanding work of volunteer-led and is often described as the "MBE for volunteer groups."



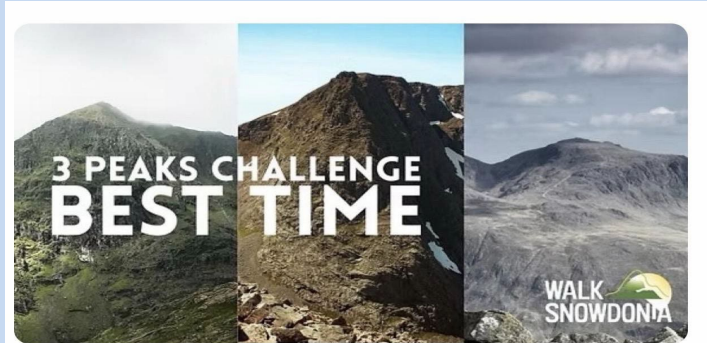
On 24th February 2026, two of the assessors met with a representation of HIP members, volunteers, trustees and our coordinator, with the support of the ABI team, to continue their assessment. We had been shortlisted, so this visit was an important next stage of the process.

A big thank you to members of the ABI team at the Countess of Chester, and their managers Heather and Charlie, for supporting us with this. The meeting went well, and the assessors arranged a further visit to our Crewe coffee

morning on 6th March to meet more of our members.

## Fundraising

Claire has chosen to take on the Three Peaks Challenge on 15th May 2026 to raise funds for HIP. This challenge involves climbing the three highest mountains in the UK,



**15th May - National 3 Peaks Challenge in 24 hours**

Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales all within 24 hours. It really is a tough physical and mental challenge.

Please consider supporting her, in making a difference no matter how small. Claire is undertaking the challenge to support HIP as she has personal insight into how HIP supported a family member and others after a head injury. page via Crowdfunder. We at HIP want to let you know that we are behind you



and wish you Good Luck.

Donate here: <https://www.crowdfunder.co.uk/p/qr/pnA4GQLW>

## Brain Injury Awareness Week

Takes place in May each year and is an important opportunity to raise awareness of acquired brain injury and its impact on individuals and families.

It is a time to help others better understand the daily challenges people may face, while also celebrating the strength, resilience and achievements of those living with a brain injury. We are currently looking at arranging an event to mark this week and will share further details once plans are confirmed.



Last year, many of our members took part in raising awareness by joining a group

walk and sharing their experiences through writing, videos and poems. These contributions were incredibly powerful and helped give a real insight into life after brain injury. If you would like to get involved again this year, whether by taking part in an event or sharing your own experiences, we would love to hear from you.

## **Volunteers**

We would like to take this opportunity to say a huge thank you to all of our volunteers for everything they do to support HIP. Their support is invaluable and makes a real difference, they have also had an important role in preparing and being part of the assessment for the Kings award.



We are always encouraged by the number of people who express an interest in volunteering with us, and we hope to be able to expand our volunteer team in the future.

Over recent months, we have experienced staff shortages and our priority has been to ensure that key activities — including our festive event run successfully for our members.

We had hoped to have a new member of staff in January, but due to personal circumstances were unable to take up the post. So at the moment we are currently managing with a reduced team.

As a result, we have temporarily placed additional volunteer recruitment on hold. We very much hope this will change in the not too distant future as we continue our search for the right person to join our team.

In the meantime, we would like to thank everyone for their continued patience, understanding and support.

## **Quiz Time** - *Have a go at our latest quiz*

1. What are the three mountains climbed in the UK Three Peaks Challenge?
2. In which month does Brain Injury Awareness Week take place?

3. What is the name of the award HIP has been nominated for?
4. Where was last year's Brain Injury Awareness walk held?

## **Thank You for Reading**

Thank you for taking the time to read our newsletter. We hope you have enjoyed hearing about our recent activities and upcoming events.

## **Contact Us**

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

 01244 650522

 [info@hipincheshire.org.uk](mailto:info@hipincheshire.org.uk)

 [www.hipincheshire.org.uk](http://www.hipincheshire.org.uk)