



# Newsletter

Issue number 18  
August/September 2024

## HIP - Sponsored Walk & Push



**Date:** Saturday 28th September 2024

**Location:** Ness Botanic Gardens, Neston Rd, Little Neston, Ness CH64 4AY

**Time:** 11:00 AM (Those on HIP transport will return at 3pm)

So, dust off your walking shoes and get ready for a delightful day at the beautiful Ness Botanic Gardens this September which has 64 acres of plants, wildlife, and breath-taking landscapes. H.I.P is excited to host a sponsored walk to raise awareness and essential funds to support people with head injuries across Cheshire.

### Event Details:

There will be 3 routes:

1. One that is flat and suitable for wheelchairs
2. One suitable for wheelchairs but more up and down
3. One that covers 2.5 miles with variety of surfaces

Maps of the various routes will be provided. Distances of route 1. and 2. to follow when confirmed by Ness Botanical gardens. There will be no entrance fee for HIP members/carers/those attending the sponsored walk, but anticipate that you will make individual donations for the event to HIP.





Bring along your packed lunch, there will however be an opportunity to purchase vouchers for tea/coffee & cakes at the entrance for those who would like them.

Everyone who completes the sponsored walk for HIP will receive a free HIP t-shirt and medal in recognition of their achievements. Be sure when confirming your attendance you provide the size you will need for your t-shirt!!!!

We shall be passing out sponsor forms out at our September coffee mornings - for those of you not able to attend please let us know so we can post them out to you.

Please share far and wide. We warmly invite our members to share the details of this event and encourage friends, family, colleagues and your local communities to donate and raise awareness of head injury. Your support is crucial in supporting HIP in continuing to raise awareness and social isolation of those with a head injury.

So let's come together for a great cause and enjoy a wonderful day in nature! We will be organising transport from the Crewe area and Ellesmere Port area, if you require transport we ask that you email us at [info@hipincheshire.org.uk](mailto:info@hipincheshire.org.uk) or tell one of the HIP coordinators at a coffee morning. Also let us know if you wish to register for the event, along with all those who wish to attend to support and take part in the sponsored walk.

## **Artwork Needed**

The Acquired Brain Injury Service is excited to announce the redesign of one of our therapy rooms in the Chester office. As part of this transformation, we want to make the space more welcoming with beautiful artwork created by our talented HIP members.



We invite you to paint, colour, sketch, or use any materials you prefer to create a piece of art to be displayed on the wall. Your creativity and contributions will help create a warm and inspiring environment for everyone who uses the room.

Let your imagination run wild and help us brighten up the ABI office! We will be distributing canvas/art materials at coffee mornings for those who would like to take part.



## **Coffee morning reminder:**

Please mark your calendars with the following dates for the coffee mornings in August/September:

### **Crewe:**

**Date:** Thursday, 5th September

**Time:** 10:30 AM - 12:00 PM

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

### **Ellesmere Port:**

**Date:** Friday 9th August

**Also:** Friday, 13th September

**Time:** 10:30 AM - 12:00 PM

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



## **Arts and Crafts Session**

Thank you to those who stayed behind at the last two coffee mornings for the arts and crafts session. Favourite by far in July was rock painting. We are hoping to start doing more of these sessions after the coffee mornings, so if you are interested keep your eyes peeled on the newsletter and emails so you don't miss the next one.

## **H.I.P Calendar Photos**

In the spirit of collaboration for the year 2024, HIP is excited about co-creating a calendar for the upcoming year with our members. We encourage our members to join in by sharing photos that will be featured for each month. Your participation will make this calendar a collective masterpiece!

Every month, we extend an invitation to our members to capture moments that embody the essence of the season and the specific month through photography. HIP have a plan to sell these calendars across Cheshire to raise funds and awareness about HIP Please send in your photos to the HIP email ([info@hipincheshire.org.uk](mailto:info@hipincheshire.org.uk)) or via Facebook.



## **Consultation of Personal Independence Payments (PIP)**

The UK government launched a consultation on the Personal Independence Payment (PIP) system around modernising support for independent living: the health and disability green paper. The consultation period closed on July 22nd with HIP in Cheshire being one of the 16,000 voices who submitted a response, with the vast majority of these objects to proposed changes.

The consultation was launched in April 2024 to gain an insight into whether benefits are targeted at those most in need. Views were invited from across society to inform potential future reforms. Many organisations have called for the new Labour government to scrap these plans, however at this point in time no further announcement has been made. Our response was focused on concerns around the impact of any proposed future changes to PIP.

## **Chester Zoo**


On a lighter note, we want to say a huge thank you to all the members who came to the zoo and made it such a great day. We hope our next HIP adventure to Ness Botanical Gardens will be just as fun for everyone who comes along to join us.

As part of the day at the zoo, we had a competition. Congratulations to our winner Steve T and Nick A as runner up! We have two associated gifts for you both and shall ensure we take a snap of you receiving these for the next newsletter.



**THANK YOU FOR READING!!**

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