



the brain injury association

Headway

Hull + East Riding News



Improving life after brain injury

A NEW MONTH FRESH HOPES

As the vaccine becomes available to more and more of us and the number of people testing positive reduces we are hopeful that we will be able to re-commence face-to-face meetings during the summer.

National Free Helpline

0808 800 2244



twitter:

@headwayhero
@headwayhumber



facebook:

/headwayhero
/headwayhumber



web:

headwayhero.org.uk



email:

hey@headwayhumber



local phone:

07395571398

In the meantime, please join us for our ZOOM meetings. The next one is this Friday, 5 March at 2.00pm. The details for joining are in the Diary on the back page. If an evening meeting would suit you better, please let us know. Usual contacts: via John on 07395 571398 or email hey@headwayhumber.org.uk.

Have you found any new things to do during lockdown?

Jigsaws kept us amused for the first couple of months, along with longer walks and getting out the bike for more exercise. The winter cold spell was harder.

So glad to see the sun shining and spring flowers blooming. The picture at the top is the first camellia flower to open in my garden this year.

Have you any suggestions for items you would like to see in the Newsletter? Please let us know.



HULL & EAST RIDING CITIZENS ADVICE

Telephone: 01482 226859 for specialist debt advice.

All other calls should be made to 03444 111 444 or email

e-advice@hull-east-ridingcab.org.UK

COVID VACCINATION SCAM

There have been reports of a new scam where a person receives a text saying they need to book a vaccination appointment and it takes them to a fake NHS form which then asks them for their bank details to prove their identity.

The COVID-19 vaccine is FREE of charge on the NHS.

The NHS will NEVER ask for:

- **your bank account or card details**
- **your pin or banking password**
- **copies of personal documents to prove your identity such as your passport, driving licence, bills or pay slips**

If you think you have been a victim of fraud or identify theft, report it to Action Fraud on 0300 123 2040.

Have a go at this General Knowledge Quiz (answers on next page)

1. From which language is the word 'ketchup' derived?	
2. Which is the country with the biggest population in Europe?	
3. Who portrayed Edward Scissorhands ?	
4. What are made and repaired by a cobbler?	
5. What is an endoscope used to examine	
6. Apart from womanizing and producing films, what was the other passion of Howard Hughes?	
7. What colour are the four stars on the flag of New Zealand?	
8. How many states make up the United States of America?	
9. Which English football team plays its home matches at Old Trafford?	
10. Mr. Carson is the name of the butler in which popular TV costume drama?	
11. Comedy duo Ant and Dec are originally from which English city?	
12. In the medical profession, what do the initials 'GP' stand for?	
13. Which German football team won the Champions League in 2013?	
14. Maris Piper and King Edward are varieties of what?	
15. H ₂ O is the chemical formula for what?	
16. Which English king married six times?	
17. Whom did David Cameron succeed as the British prime minister?	
18. Brandenburg, Bremen and Lower Saxony are states in which European country?	
19. Complete the title of the play by Shakespeare – 'The Merchant of ...'?	
20. By what name is the TV adventurer Edward Michael Grylls more commonly known?	

Quiz Answers

1. Chinese
2. Russia
3. Johnny Depp
4. Shoes
5. The inside of the body
6. Aviation
7. Red
8. 50 states
9. Manchester United
10. Downton Abbey
11. Newcastle upon Tyne
12. General practitioner
13. Bayern Munich
14. Potato
15. Water
16. Henry VIII
17. Gordon Brown
18. Germany
19. Venice
20. Bear Grylls



**ACTION FOR
BRAIN INJURY WEEK 2021**
17-23 MAY

ABI Week 2021: A life of lockdown?

A life of lockdown? will focus on social isolation after brain injury, a problem we know has been exacerbated by the Covid-19 pandemic. Action for Brain Injury Week will this year run from 17-23 May.

WASH HANDS

Keep washing your hands regularly

COVER FACE

Wear a face covering in enclosed spaces

MAKE SPACE

Stay at least 2 metres apart—or 1 metre with a face covering or other precautions





the brain injury association

Hull + East Riding

About us

Headway HERO is your local branch of Headway, a national charity that provides information and support for brain injured people, their families and carers.

Headway—the brain injury association is a Registered Charity No 1025852 and a company limited by guarantee. Registered in England No 2346893.

**improving life
after brain injury**

For Newsletter issues please contact Lesley at hey@headwayhumber.org.uk

If you have any pictures or notices that you feel would be suitable for use in the Newsletter then please send them.

Any images must be royalty free and shared with the permission of the subjects.

Headway HERO Diary

Hi Everyone, our Headway Social is this Friday 5th March at 2pm, we do hope you can make it!

To join the Zoom Meeting, make a note of the Passcode. Then click the blue link below, enter the passcode when prompted. You will then be asked to wait a moment while the host lets you into the meeting. Once you are let into the meeting you will need to click the camera and microphone symbols so you can be seen and heard

To Join the Zoom Social meeting click the blue link below on Friday 5th March at 2 pm:

<https://us04web.zoom.us/j/8184565459?pwd=WXRqUHIYRHFLVElvVXQ0SGwrdjRMZz09>

Meeting ID: 818 456 5459

Passcode: **1234**

We thought we could tell each other about the things that have helped us during lockdown and the things we have done to occupy ourselves such as baking, using the internet, the garden, birds, a game, jigsaw etc., If you don't feel like sharing there is absolutely no need to, but we thought it would be good to come up with ten top tips on "**How to Remain Positive & Occupied**" as a result of our sharing. We do hope you can make it.

For more information on how to use zoom: see below

You can access zoom via mobile phone, ipad, tablet, computer and laptop so long as you have an internet connection. See attached Zoom Instruction document or click the blue hyper-link below for an **Easy Guide to using Zoom, Face Time, etc Oct 2020**

<https://www.thera.co.uk/contact/coronavirus/thera-connex/easy-read-resources/>

If you have any difficulty logging on please call or text the main Headway Hull mobile number : 07395571398 or alternatively email us at: hey@headwayhumber and we will do our best to talk you through it.

If you are not able to communicate on Zoom but would like a support call do let us know and we will arrange for one of the committee to contact you.

Your Privacy and GDPR

Thank you for sharing your email and contact details with Headway Hull + East Riding. We use your information to keep in touch and will not pass it on to any third parties. It will be used only to share news of the group activities and between the committee members and yourself. Your information is kept safe and is password protected on our group list and your paper form with your contact details is also kept safe. If you have any questions or concerns please get in touch with us.

Best Wishes

Headway Hull + East Riding Committee

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