



the brain injury association

Headway

Hull + East Riding News

Improving life after brain injury

Come and join us

Friday 1st October 1.00—3.00pm

**The Danish Seamen's Church,
Osborne Street, Hull HU1 2PN**

National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



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@headwayhero
@headwayhumber

Our first face to face social coffee meet since the start of the pandemic.

We will provide hand sanitiser and socially distanced chairs with disposable plastic covers.

To help keep everyone safe we ask that you wear a mask when moving about, sanitise your hands regularly and maintain social distancing.

We will need to update your emergency contact details.

If you feel unwell, display symptoms, have been exposed to someone displaying symptoms or have a confirmed diagnosis of coronavirus you should not attend and should follow the guidance on self-isolating. Everyone should follow the government guidance on staying safe outside your home.



**citizens
advice**

HULL & EAST RIDING CITIZENS ADVICE

Telephone: 01482 226859 for specialist debt advice.

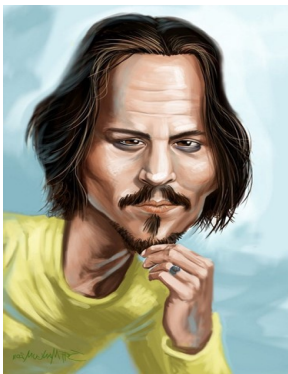
All other calls should be made to 03444 111 444 or email

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

General Knowledge Quiz

- | | | |
|---|-------------------|-----------------------|
| 1. According to data, what was the most popular boy's name in the UK in 2020? | Jack | Oliver |
| 2. Which hunts more – the male or the female lion? | Lion | Lioness |
| 3. What is a baby elephant called? | Calf | Cub |
| 4. What is the national sport of Japan? | Karate | Sumo Wrestling |
| 5. In what sport would you use a shuttlecock? | Badminton | Bowling |
| 6. What type of pastry would you use to make profiteroles? | Choux | Puff |
| 7. What are the secondary colours? | Red, Yellow, Blue | Purple, Orange, Green |
| 8. Which country does the Peroni beer come from? | Italy | Portugal |
| 9. What UK TV series is the character Tommy Shelby in? | Sherlock | Peaky Blinders |
| 10. What is the largest city in the world by population? | Tokyo | Beijing |

Guess the celebrity caricatures:



J — — D — —



W — — R — —



M — — M — —



M — — O — —

Answers on next page

It's still a good idea to take care of yourself, especially if you are now going out after many months in isolation. Local rates of infection still seem high.

WASH HANDS

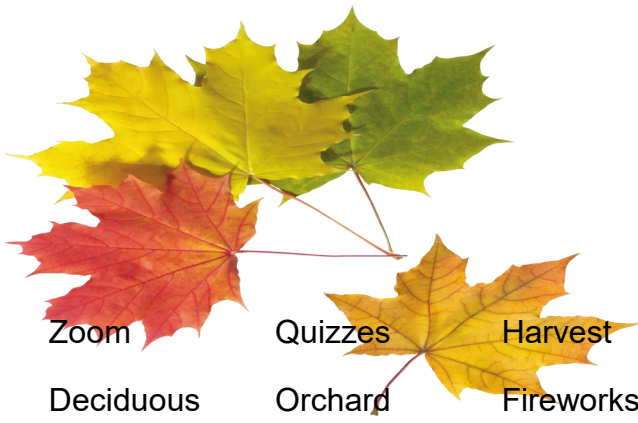
Keep washing your hands regularly

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



Autumn Theme ... place the following words in alphabetical order - time yourself to see how fast you can do it:

Zoom	Quizzes	Harvest	Squirrel	Michaelmas Daisies
Deciduous	Orchard	Fireworks	Windy	Roman Candles
Planting Bulbs	Nuts	Halloween	X-mas	Strictly Come Dancing
Baked Apples	Geese	Sweater	October	Knitted Scarf
Acorn	Venison	Equinox	Yule Log	Jumping Jacks
Conkers	Leaves	Umbrella	Rake	Hot Chocolate
Pumpkin	Bonfire Night		Trick or Treat	

Answers on back page

FACTS:

Double vaccinated

Distancing

Wearing a mask in more crowded situations

Regularly sanitising

Tested positive for COVID-19

Recovering quickly, self-isolating at home, without needing medical assistance



This is the recent experience of our Chair

She hopes the precautions she takes have prevented her passing on this horrible virus.

General knowledge Quiz Answers

1.Oliver	2. Female Lion	3.Calf	4.Sumo Wrestling	5.Badminton
6.Choux	7.Purple, orange and green	8.Italy	9.Peaky Blinders	
10.Tokyo				
Caricatures:	Johnny Depp	Wayne Rooney	Marilyn Munroe	Michelle Obama



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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

All meetings at The Danish Seaman's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated.

Friday 1 October 1.00—3.00pm Social Coffee Meet

Wednesday 20 October 6.30—8.30pm Halloween Themed

Friday 5 November 1.00—3.00pm Social Coffee Meet

Wednesday 17 November 6.30—8.30pm Christmas Themed

Friday 3 December 1.00—3.00pm Social Coffee Meet

During these meets we can decide what we would like to do in the future. For example: are we ready to go out for a Christmas Meal together or would we rather have Christmas themed refreshments at The Danish Seamen's Church?

We'll have some hard copies of the autumn issue of Headway News available at the get-togethers.

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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Autumn Answers :

- | | | | | |
|------------------|-----------------------|------------------|--------------------------|-------------|
| 1 Acorn | 2 Baked Apples | 3 Bonfire Night | 4 Conkers | 5 Deciduous |
| 6 Equinox | 7. Fireworks | 8 Geese | 9 Halloween | |
| 10 Harvest | 11 Hot Chocolate | 12 Jumping Jacks | 13 Knitted Scarf | |
| 14 Leaves | 15 Michaelmas Daisies | | 16 Nuts | 17 October |
| 18 Orchard | 19 Planting Bulbs | 20 Pumpkin | 21 Quizzes | 22 Rake |
| 23 Roman Candles | | 24 Squirrel | 25 Strictly Come Dancing | |
| 26 Sweater | 27 Trick or Treat | 28 Umbrella | 29 Venison | 30 Windy |
| 31 X-mas | 32 Yule Log | 33 Zoom | | |