



the brain injury association

Headway

Hull + East Riding News



National FREE Helpline

0808 800 2244



local phone:
07395 571398



email:
hey@headwayhumber.org.uk



web:
headwayhumber.org.uk



facebook:
/headwayhero
/headwayhumber



twitter:
@headwayhero
@headwayhumber



Improving life after brain injury

Marks & Spencer—Beverley

We are absolutely delighted to announce that we will be supported by the Beverley branch of Marks and Spencer as their Charity of the Year.

We already have collection boxes in place at each till point. We are looking to organise some “bag-packing” days nearer Christmas.

Any other ideas of fund raising events we could organise in store would be most welcome.

As you know, we are all volunteers at Headway Hull + East Riding so all the monies raised by M&S staff and by us will be used to cover the running costs for the branch. Particularly, the printing and circulation of the monthly Newsletters which is the only way we can currently keep in regular contact with more than 80 members who do not have internet access.

Don't forget the local mobile phone for a friendly chat at any time.

Sunday 12 September—look out for M&S Manager Phil Dobson's Headway running vest at the Great North Run.

Sponsorship monies will help Headway UK to continue providing nationwide services and support for the 161 local groups and branches. Check out the national website for more information.

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

Kitchen Utensils

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

E G O N L N I T G N I K A B O
D F K I I L C A S S E R O L E
T C I H K P I R E T A R G E N
U T L N K E G R E N E E S O I
C L I R K S T N G N M L P A K
O E O J W D O T I R K E I D P
F F F U I N A A L L N E C R U
F P N I T H R E E E L P E A C
E W I C K T I T R C H O C O G
E H T E S H S U R B E N R B N
F I M R T Y R E L T U C E G I
I S N O R I E L F F A W A N R
L K U C G H N M O R E P M I U
T L E L F I S H P A N R S P S
E T A L P R E R O C E L P P A
R S P A T U L A A X S A O O E
S C A L E S N T I F A S O H M
T E R A N D E M A S I E N C R

FORK
GLASS
GRATER
GRILL
ICE CREAM SPOON
JUICER
KETTLE
MEASURING CUP
MIXER
OPENER
PEELER
PIE TIN
PLATE
ROLLING PIN
SCALES
SPATULA
STRAINER
TIN FOIL
WAFFLE IRON
WHISK

APPLE CORER
BAKING TIN
BREAD KNIFE

BRUSH
CASSEROLE
CHOPPING BOARD

COFFEE FILTER
CUTLERY
FISH PAN



Answer 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

We want to say a huge **THANK YOU** to **Stamp, Jackson & Proctor** who took over the task of printing our Newsletters during the pandemic.

We are so grateful that this helped us to keep in touch with everyone even though we haven't been able to meet.



More people to thank ...

... who, between them have collected £126.50 recently

Wickseys of Willerby
The Corner House Café,
Holderness Road
Morrisons, Holderness Road
AND
al the wonderful customers



(pic. shows Jeanette at Morrisons holding our Thank You Poster)

We don't know when it will be possible to hold any fund raising events such as a Tombola, which has been a brilliant source of funding for so many years. So, help from all these businesses is invaluable.

Answer:

GOOD KITCHEN UTENSILS MAKE WORK IN THE KITCHEN MUCH MORE PLEASANT, FASTER AND EASIER



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

Friday 3 September 1.00pm

ZOOM Social meet.

Join Zoom Meeting

[https://zoom.us/j/95462644034?](https://zoom.us/j/95462644034?pwd=Nnhwc0lxcGZsQTZEcmp4YjBzK29JZz09)

[pwd=Nnhwc0lxcGZsQTZEcmp4YjBzK29JZz09](https://zoom.us/j/95462644034?pwd=Nnhwc0lxcGZsQTZEcmp4YjBzK29JZz09)

Meeting ID: 954 6264 4034

Passcode: 8srLZB

Headway News Autumn 2021 is now available to read on the Headway UK website

Wow—what an inspiration! We thought the Olympics were amazing but the performances at the Paralympic Games coming from Tokyo are mind blowing.

More information on how to use zoom:

You can access zoom via mobile phone, ipad, tablet, computer and laptop so long as you have an internet connection. Click the blue hyperlink 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 one of us will 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

Follow Headway Hull + East Riding on:

twitter: [@headwayhero](https://twitter.com/headwayhero) [@headwayhumber](https://twitter.com/headwayhumber)

facebook: [/headwayhero](https://facebook.com/headwayhero) [/headwayhumber](https://facebook.com/headwayhumber)