



the brain injury association

# Headway

## Hull + East Riding News

Improving life after brain injury

Season's  
Greetings



National Free Helpline  
0808 800 2244



twitter:

@headwayhero  
@headwayhumb



facebook:

/headwayhero  
/headwayhumber



web:

headwayhero.org.uk



email:

hey@headwayhumber



local phone:

07395571398

Yes, 2020 has been like a badly written horror film and we certainly couldn't imagine what lay ahead at this time last year. BUT, not one of our members has moaned about restrictions.

### You are A MAZ ING!

We hope you can still enjoy Christmas 2020.

We want us all to be here for Christmas 2021 so please don't take risks now. If a situation feels unsafe we are choosing not to go there. Keep safe, keep well.

With the extra time we have to spend at home we are settling down to write to friends and family and looking forward to hearing from them. We have already received two Christmas Cards with letters! Sending them early gives time to "air them" before opening but we didn't actually think we would start to receive them in November.



### HULL & EAST RIDING CITIZENS ADVICE







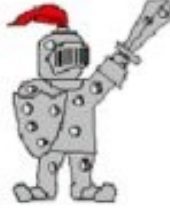







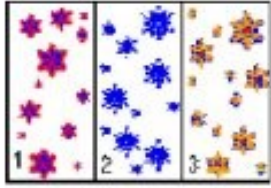
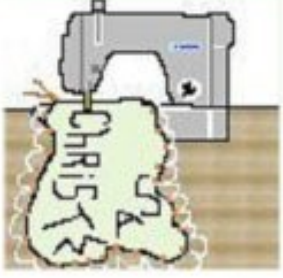



Telephone: 01482 226859 for specialist debt advice.

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

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

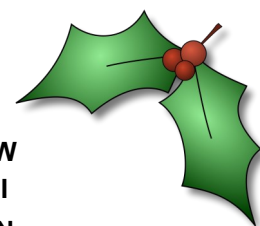
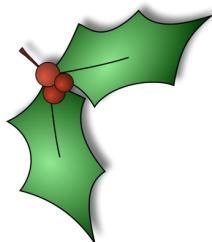
Work out the titles of the Christmas songs & carols from the pictograms below:

Team Name: \_\_\_\_\_

																																													
1.	2.	3.	4.																																										
																																													
5.	6.	7.	8.																																										
<table border="1" data-bbox="146 996 430 1205"> <thead> <tr> <th colspan="7">DECEMBER</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>25</td> <td>4</td> <td>5</td> <td></td> </tr> <tr> <td>25</td> <td>7</td> <td>25</td> <td>9</td> <td>10</td> <td>25</td> <td>12</td> </tr> <tr> <td>13</td> <td>25</td> <td>16</td> <td>25</td> <td>17</td> <td>25</td> <td>19</td> </tr> <tr> <td>25</td> <td>21</td> <td>25</td> <td>23</td> <td>25</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>25</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table>	DECEMBER								1	2	25	4	5		25	7	25	9	10	25	12	13	25	16	25	17	25	19	25	21	25	23	25	25	26	27	28	29	25	31					
DECEMBER																																													
	1	2	25	4	5																																								
25	7	25	9	10	25	12																																							
13	25	16	25	17	25	19																																							
25	21	25	23	25	25	26																																							
27	28	29	25	31																																									
9.	10.	11.	12.																																										
																																													
13.	14.	15.	16.																																										
																																													
17.	18.	19.	20.																																										

Find the Christmas words from the bottom in the Christmas word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the Christmas word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting Christmas fact. Enjoy the Christmas word search!

Christmas Word Search

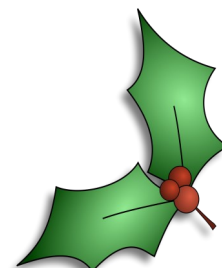
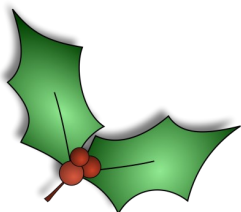


T	H	S	U	A	L	C	A	T	N	A	S	E	P	W
H	B	S	T	N	E	M	A	N	R	O	I	G	R	I
T	G	E	S	R	E	I	N	D	E	E	R	A	E	N
F	T	G	N	I	V	I	G	S	N	E	P	L	S	T
I	L	I	N	B	R	G	C	H	N	P	R	I	E	E
F	S	Y	T	B	L	E	S	N	I	T	E	M	N	R
Y	A	A	S	O	W	S	B	N	D	I	T	N	T	S
T	G	D	L	N	R	E	G	M	Y	O	A	F	S	G
N	A	I	L	S	E	P	L	T	E	I	R	M	S	N
E	Y	L	I	M	A	F	E	I	K	C	B	S	T	I
W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

CELEBRATE  
CHRISTMAS TREE  
DECEMBER  
DECORATIONS  
FAMILY  
GIVING  
WRAPPING PAPER

REINDEER  
RIBBONS  
SANTA CLAUS  
STOCKINGS  
TINSEL  
TURKEY DINNER  
WREATH

HOLIDAY  
LIGHTS  
ORNAMENTS  
PRESENTS  
TWENTY-FIFTH  
WINTER



*Sounds of the Season*



*Sounds of the Season*



*Sounds of the Season*

Christmas songs & carols Answers

- |   |              |   |                               |   |                  |   |                                 |   |                |   |                    |   |               |   |                                 |   |                      |    |                  |    |                             |    |              |    |                               |    |                 |    |  |    |                                       |    |                      |    |                  |    |                   |    |                           |
|---|--------------|---|-------------------------------|---|------------------|---|---------------------------------|---|----------------|---|--------------------|---|---------------|---|---------------------------------|---|----------------------|----|------------------|----|-----------------------------|----|--------------|----|-------------------------------|----|-----------------|----|--|----|---------------------------------------|----|----------------------|----|------------------|----|-------------------|----|---------------------------|
| 1 | Jingle Bells | 2 | Santa Claus is coming to town | 3 | Joy to the World | 4 | I'm Dreaming of a white Christ- | 5 | We Three Kings | 6 | Little Drummer Boy | 7 | Holy (K)night | 8 | I Saw Mummy kissing Santa Claus | 9 | 12 Days of Christmas | 10 | Away in a Manger | 11 | Oh Little Town of Bethlehem | 12 | Silver Bells | 13 | It came upon a Midnight clear | 14 | Silent (K)night | 15 | All I want for Christmas is my 2 front teeth | 16 | Let it snow, let it snow, let it snow | 17 | So this is Christmas | 18 | Jingle Bell Rock | 19 | Holly and the Ivy | 20 | Ding Dong Merrily on high |
|---|--------------|---|-------------------------------|---|------------------|---|---------------------------------|---|----------------|---|--------------------|---|---------------|---|---------------------------------|---|----------------------|----|------------------|----|-----------------------------|----|--------------|----|-------------------------------|----|-----------------|----|--|----|---------------------------------------|----|----------------------|----|------------------|----|-------------------|----|---------------------------|



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**

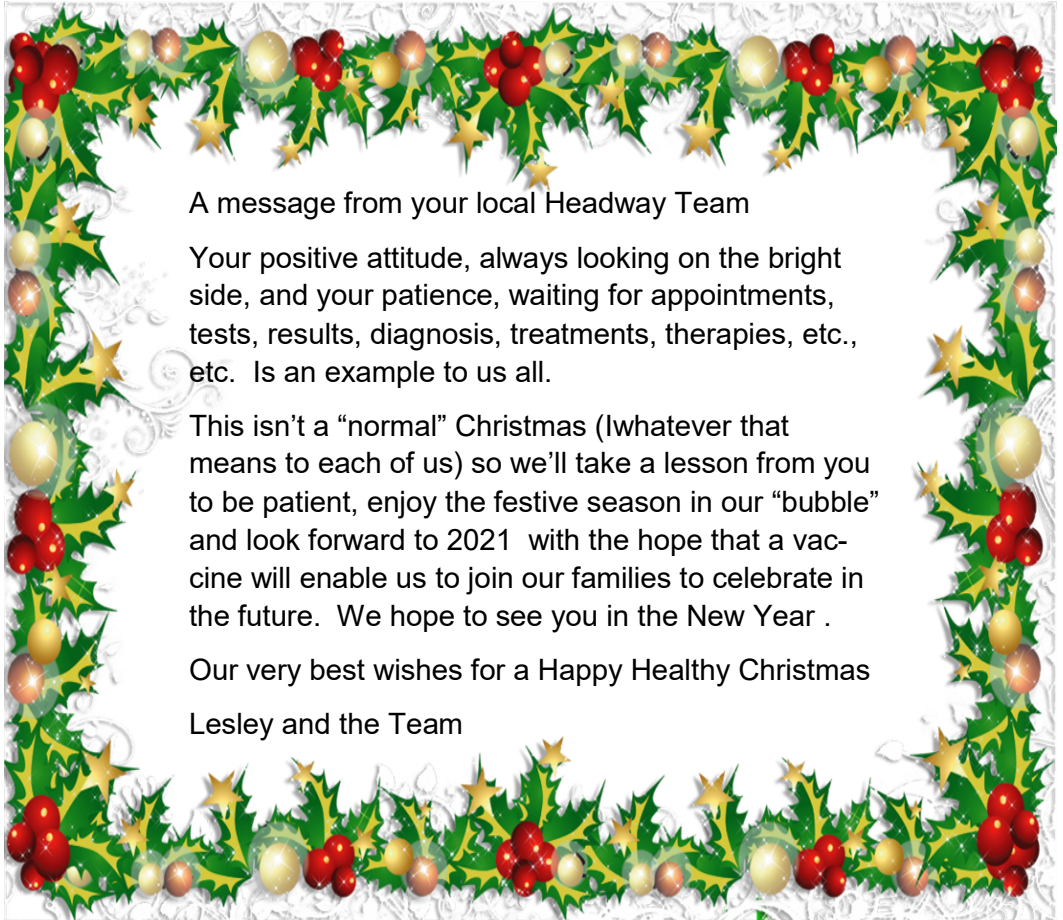
For Newsletter issues please contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk)

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 11 December 2020** Meet us for a chat! Via Zoom meeting at 2pm. Contact Lesley at [hey@headwayhumber.org.uk](mailto:hey@headwayhumber.org.uk) for an invitation. Click on the link:  
Join Zoom Meeting  
<https://zoom.us/j/92728059784?pwd=elpUK3NjeFMwMFRTSjUvYlITM2Zmdz09>



A message from your local Headway Team

Your positive attitude, always looking on the bright side, and your patience, waiting for appointments, tests, results, diagnosis, treatments, therapies, etc., etc. Is an example to us all.

This isn't a "normal" Christmas (whatever that means to each of us) so we'll take a lesson from you to be patient, enjoy the festive season in our "bubble" and look forward to 2021 with the hope that a vaccine will enable us to join our families to celebrate in the future. We hope to see you in the New Year .

Our very best wishes for a Happy Healthy Christmas

Lesley and the Team



**Huge THANKS to everyone helping us through this difficult time**

**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