

👻 October 2025



the brain injury association

National FREE Helpline

0808 800 2244



local phone:

07395 571398



email:

hey@headwayhumber.org.uk



web:

headwayhumber.org.uk



facebook:

/headwayhero

/headwayhumber

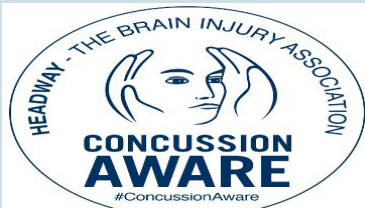
twitter:

@headwayhero

@headwayhumber



<https://www.justgiving.com/page/headway-hull-and-east-riding>



**HULL & EAST RIDING
CITIZENS ADVICE**

**Tel: 01482 226859 for specialist
debt advice.**

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

HEADWAY

Hull + East Riding

A big Thank you to all who attended our Halloween Mask making session. Spooky fun was had by all.



WILLIAMSONS
SOLICITORS

Williamsons Solicitors
Lowgate, Hull
01482 323697

With Special Thanks to Williamsons Solicitors
for sponsoring the production, printing and
posting of this Newsletter .





Improving life after brain injury, one brew at a time!

Following feedback from a number of people across the network, we have developed a new campaign that can be used for Christmas, or at any more suitable time over the winter, for you and your supporters to get involved in. This replaces the previous Mince Pie Morning, as the feedback we had suggested this was too time restricted (i.e. mornings only) and that it was also off-putting for people who don't eat mince pies!

Whether beating the winter blues with friends, or with colleagues at a coffee morning, one thing is for sure – they will be making a BIG difference for those affected by brain injury this winter by joining The BIG Headway Cuppa.

We will be officially launching The BIG Headway Cuppa across our website and social channels in the **week commencing 13th October**, so please keep a look out and repost/share to amplify your own plans.



the brain injury association

The BIG Headway CUPPA



Improving life after brain injury, one brew at a time!

Top Tips!

Whether beating the winter blues with friends, or with colleagues at a coffee morning, one thing is for sure – you'll be making a **BIG** difference for those affected by brain injury this winter.

Here are our top tips to make the most of your event.

Planning your BIG Headway Cuppa event

- ♥ Decide when and where you will be hosting your event - at home, work or local venue?
- ♥ Tell everyone and get them involved – put your posters up, send out your invitations and post on social media.
- ♥ If you're holding a raffle at your event, ask for prizes well in advance.

On the day

- ♥ Set up enough tables and chairs and decorate the room with your **BIG Headway Cuppa** decoration.
- ♥ Ensure your Headway Donation Boxes are visible to guests – and don't be afraid to ask for contributions!
- ♥ Set up any raffle prizes and cake displays.

After your event

- ♥ Pay in your donations to Headway UK, or your local Headway depending on who you're supporting.
- ♥ Say thank you! Whether to your attendees, cake bakers or raffle-prize-givers, everyone has played their part to make your **BIG Headway Cuppa** a success.

Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8BF. Tel. 0115 924 0800. Headway – the brain injury association is registered with the Charity Commission for England and Wales [Charity No. 1025852] and the Office of the Scottish Charity Regulator (Charity No. SC 039992). Headway – the brain injury association is a company limited by guarantee registered in England [No. 2346893].

headway.org.uk





October is a time to focus on wellbeing.

Engage in activities that bring you joy and practice mindfulness.

October also brings a sense of renewal, inviting us to reflect on the past year and set intentions for the future.

Let the spirit of October inspire you to embrace new beginnings and create beautiful memories.

Autum is here, do you fancy trying something new in the comfort of your own home

Then we have a great opportunity for you to join an online Mindful Yoga class. **Every Monday at 2pm to 2.30pm until the 15th December.**

The sessions will be delivered by Yoga Teacher Maryam from Umbrella Yoga CIC, who will help connect us to the moment. There will be gentle stretching, breathing techniques and a short meditation. The sessions will be accessible to all, with chair-based options available.

Join the new course of online Mindful Yoga, it is fun and so energising whilst at the same time being relaxing and therapeutic.

To Book your place please

email: diane.derbyshire@headway.org.uk or call me on 07951517625

To Book your place please email: diane.derbyshire@headway.org.uk or call me on 07951517625

We have had such amazing feedback from people who have previously attended the course, they have told us:-

1. *The mindful yoga resets my perspective for the week & it helps me deal with things better.*
2. *Using the slow breathing techniques before I go to sleep has improved the quality of my nights rest and helps me fall asleep.*
3. *Noticing and focusing on my breathing is helping me concentrate and focus better on tasks.*
4. *The gentle movement makes me feel more supple and helps with my balance.*

Each session will last for half an hour, you can go at your own pace, there is no pressure!

The group is really friendly, relaxing and welcoming!!,



There are **limited places**, and you need to book, ideally for all sessions, but we will understand if you are not feeling well on any of the days or you have an appointment. Places will be given on a first come, first served basis. So don't miss out!

Everyone who books the sessions, will need to fill in a brief on-line health questionnaire before the first session, I can support you with this.

Once you have let me know you would like to book a place, I will send you the brief, easy to fill in health questionnaire and Zoom access details each week.

If you would like more information or to have a chat about the yoga sessions, before you book, please don't hesitate to contact me by

email: diane.derbyshire@headway.org.uk or call me on **07951517625**

I am looking forward to hearing from you, don't leave it too late and miss out on your place



Kidz to Adultz Knowledge to Action

Issue 29 Finance

Featuring:

- Money tips
- Back to school budgeting
- Top apps for managing money & much more...



Our new
KtoA
Magazine is
out now!

Get inspired with real stories and money-saving advice in our latest magazine.

We're delighted to share the latest issue of the Kidz to Adultz magazine, and this edition is all about finance.

We know that finance can sometimes feel overwhelming – from everyday costs to planning ahead. That's why this issue is packed with practical tips, resources, and real stories to help you feel more confident when it comes to managing your family's finances.

Inside, you'll discover:

- ★ How **Amaze Sussex** supports families facing financial pressures
- ★ Budgeting advice and apps that can make everyday money management simpler
- ★ Back-to-school saving ideas to help reduce costs and stress
- ★ A spotlight on **Dosh**, helping people with learning disabilities achieve financial independence
- ★ Our **Find a Funder** guide, with grants and opportunities for families and schools

We've also included features on sustainable living, with tips on upcycling and recycling to save money and protect the planet. And as always, our **What's On** guide is full of accessible events in sport, arts, and culture to help you enjoy the season ahead.

We hope this edition gives you fresh ideas, useful resources, and the reassurance that you're not alone when it comes to managing money.

Halloween Word Search



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

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT



Headway Halloween Quiz



Spooky General Knowledge

1. What vegetable was originally used to carve jack-o'-lanterns before pumpkins?

- A) Turnip
- B) Potato
- C) Beetroot
- D) Carrot

2. Which famous magician died on Halloween?

- A) David Copperfield
- B) Harry Houdini
- C) Dynamo
- D) Penn Jillette

3. What is the name of Dracula's sidekick?

- A) Igor
- B) Renfield
- C) Fritz
- D) Lurch

4. In which country did Halloween originate?

- A) USA
- B) Ireland
- C) Germany
- D) Mexico

Brainy Halloween

1. What part of the brain controls fear?

- A) Cerebellum
- B) Amygdala
- C) Hippocampus
- D) Frontal Lobe

2. True or False: Your brain is more active at night than during the day.

- True
- False

3. What is the average weight of the human brain?

- A) 1.4 kg
- B) 2.2 kg
- C) 0.9 kg
- D) 3.0 kg

Halloween Movies & Pop Culture

1. What's the name of the hotel in *The Shining*?

- A) Bates Motel
- B) Overlook Hotel
- C) Hill House
- D) Haunted Mansion

2. Which Halloween movie features three witch sisters named Winifred, Sarah, and Mary?

- A) Hocus Pocus
- B) The Witches
- C) Practical Magic
- D) Bewitched

3. What ~~colour~~ is Freddy Krueger's sweater?

- A) Red and black
- B) Green and black
- C) Red and green
- D) Blue and red



Halloween Quiz Answers

Spooky General Knowledge

1. A) Turnip
2. B) Harry Houdini
3. B) Renfield
4. B) Ireland

Brainy Halloween

1. B) Amygdala
2. True
3. A) 1.4 kg

Halloween Movies & Pop Culture

1. B) Overlook Hotel
2. A) Hocus Pocus
3. C) Red and green





MONSTER RICE KRISPIE TREATS

INGREDIENTS:

- 3 tsbsp butter
- 1 bag 100 marshmallows
- 5 cups Rice Krispies cereal
- Candy melts (various Halloween colors: green, purple, orange)
- Candy eyes

INSTRUCTIONS:

1. Melt butter in a large saucepan over low heat.
 2. Add marshmallows and stir until completely melted.
 3. Remove from heat and stir in Rice Krispies until well coated.
 4. Press mixture into a greased pan and let cool.
 5. Cut into squares.
 6. Dip one side of each square into candy melts.
 7. Decorate with candy eyes and sprinkles to create monster faces.
 8. Let set and serve!
- TIP:** You can make these ahead of time and wrap them individually for party favors or spooky snacks!





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 Wayne 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

Headway Hangouts

Our Headway Hangouts will be held at The Danish Seamen's Church, Osborne Street, Hull, HU1 2PN unless another venue is stated

15th October 2025

6.00pm – 8.00pm

Halloween Quiz & Hotdogs

7th November 2025

1.00pm – 3.00pm

Christmas decoration making

19th November 2025

6.00pm – 8.00pm

Christmas Lantern making

5th December 2025

1.00pm – 3.00pm

Christmas hat making

17th December 2025

6.00pm – 8.00pm

Christmas Party using the decorations, lanterns and hats (£5 fee with secret santa gift included)

Headway Hull + East Riding Needs You!

Could you make a pot of tea to share? Spend time talking with members? Help with publicity? Help with fund raising? Help run social events? Help signpost to local services? Produce the Newsletter?

We would love to hear from you. Just phone the local mobile number or email.

If you decide you no longer wish to receive the Newsletter by post, please let us know by phoning the local mobile number on the front page. Also, if you now have an email address and would like to be kept up-to-date with online sessions such as the Yoga, Webinars etc., please let us know so we can amend our records.

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:

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We are grateful to Williamsons Solicitors, who have sponsored the printing and postage of this Newsletter.