Headway South Bucks

October/November 2026 Newsletter

HSB Noticeboard

Happy Autumn

A date for your diary
Our annual Christmas lunch party is:
Tuesday 22nd Dec



Sharon's contact details
07704 860754
Tues to Thurs 9.30am to 5.30pm
sharon.smith@headwaysouthbucks.org.uk

Resource Centre
07709 285112
Tues to Thurs 9.30am to 4pm

Do you have a Brain Injury Identity card?

The Brain Injury Identity Card is available to anyone in the UK aged 18 and over with a verifiable brain injury.

Why carry the card

Brain injury can affect memory, speech, balance, fatigue levels, mood, and behaviour – often in ways that aren't immediately visible. This can lead to misunderstandings in both daily and emergency situations.

The Brain Injury Identity Card:

- **Clearly states you have a brain injury and lists how it affects you.**
- **Is recognised by police forces, NHS staff, and other public and private service providers across the UK.**
- **Helps you get understanding and support when it matters most.**
- **Reduces the need to explain your injury repeatedly.**
- **Provides a direct number for specialist criminal law solicitors trained in brain injury awareness.**
- **It is free of charge.**



What is on the card

Front of the card:

- **Your name**
- **Your photo**
- **Confirmation that you have a brain injury**
- **Statements of how your brain injury may affect you (e.g., memory, speech, balance, fatigue)**
- **Headway logo and official recognition statement from the NPCC and Police Scotland. Applicants from Northern Ireland will have two Headway logos.**
- **24-hour solicitor helpline number: 0800 140 4031 – for criminal legal advice from solicitors trained in brain injury awareness**

Reverse of the card:

- **Headway's freephone helpline number: 0808 800 2244 – for brain injury advice and emotional support**
- **Only essential information is displayed – enough to identify and support you, without sharing unnecessary personal details.**

If you would like help to apply for one Sharon or Lesley can help you complete the form.

Boat trip













Rose craft













October

October is....

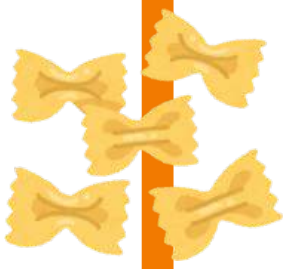




Bat Appreciation
National Pretzel
National Pizza
Country Music
Positive Attitude
Squirrel Awareness
National Chilli
World Animal
National Cookie
Spinach Lovers
National Stamp Collecting
Vegetarian
National Book
Pear and Pineapple
National Pasta
Rhubarb
National Sausage



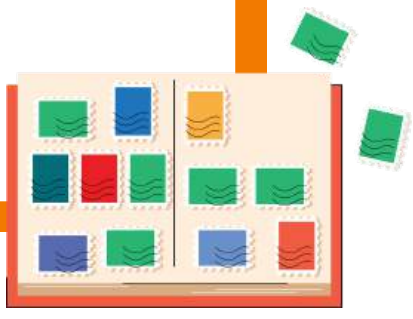






... month





Cooking activities















Lava lamps



















November



November is....

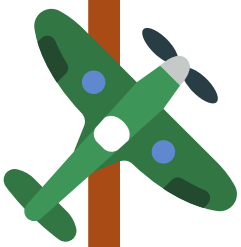


National Healthy Skin
World Vegan
National Roasting
National Peanut Butter Lovers
Adopt a Turkey
Banana Pudding Lovers
National Raisin Bread
National Gratitude
National Fun with Fondue
National Rice Awareness
Aviation History
National Pepper
National Fondue
Spinach and Squash
Manatee Awareness









... month







Autumn Word Search

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

jack o lantern
Thanksgiving
Halloween
scarecrow
squirrel
harvest
pumpkin
gather
autumn
apples
yellow
leaves
cider
brown
acorn
rake
fall
red
pie

