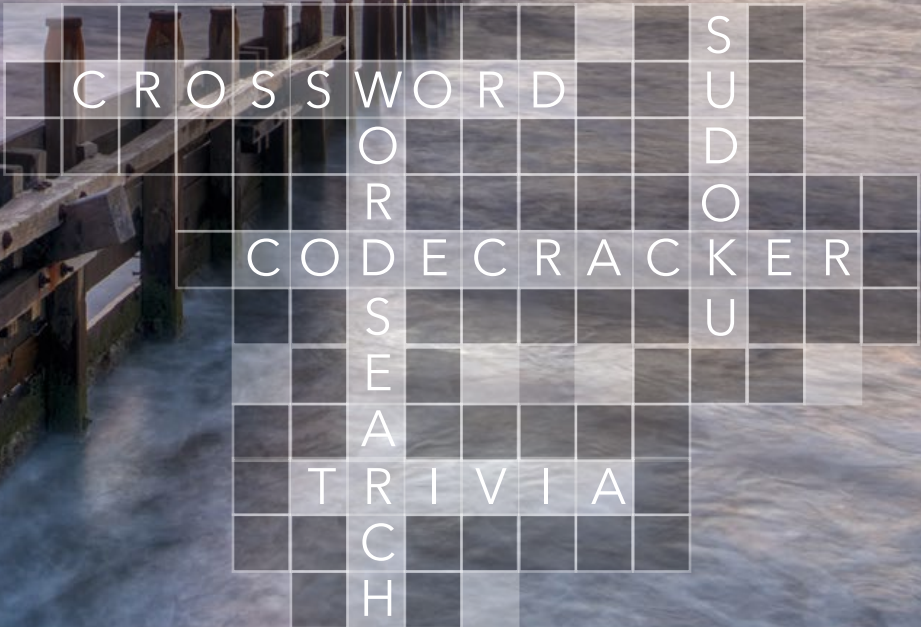


# HD TRIBE Super PuzzleBook

YOURS FREE

FEBRUARY, MARCH & APRIL 2021

1



# About HD Tribe Ltd

Losing someone close to us is a painful and challenging experience. And yet, while we are still coming to terms with the loss, there are certain formalities to be observed and some special arrangements, such as the funeral, to be made.

Our aim at HD Tribe is to make the whole funeral process as simple and as stress-free as possible for you, by offering a complete funeral service, ensured by HD Tribe's long-established reputation for quality, dignity and reliability. We support people throughout the entire funeral process from offering pre-paid funerals and making all the formal arrangements, through to the important details like providing funeral flowers, printed Order of Service, giving suggestions for funeral poetry, organising caterers and stonemasons.

We have a number of chapels of rest for private prayer and to allow friends and relatives to pay their respects. These can be found in Lyndhurst Road, Goring-by-Sea, Sompting, Shoreham, Broadwater, Lancing, Storrington and Rustington. Having two multi-denominational chapels in Broadwater and Shoreham means we can offer funerals when the crematorium and other local chapels are either unavailable or not quite appropriate for the desired funeral.



They are equipped with modern facilities including the ability to stream the service online for relatives who are too far away to attend the funeral.

We have been an independent family run Funeral Directors since 1929, so we know how to ensure your loved ones receive the respect and dignity they deserve. With nine offices covering most of West Sussex, we are ideally positioned to give you an efficient, local and dedicated funeral service. As one of only 34 members in Europe of the National Selected Morticians, we have a proven reputation for providing outstanding quality and service.

Our phones are manned  
24 hours a day, 7 days a week.

**01903 234 516**

**[www.hdtribe.co.uk](http://www.hdtribe.co.uk)**

We hope you enjoy our free puzzle book. It's a great opportunity to test your skill and knowledge and keep mentally active. It's also a lot of fun. HD Tribe's puzzle books are supplied free as part of our ongoing commitment to community service. All the solutions and answers will be published on our website [www.hdtribe.co.uk](http://www.hdtribe.co.uk)

### Playing Sudoku

To solve a Sudoku puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3x3 blocks

Remember no number can occur more than once in any row, column or 3x3 block.

### Playing Crosswords

Crosswords are one of the greatest word association puzzles of all time. Our 13x13 crosswords are easy to do in one session or complete over time. Using the clues provided fill in the answers moving left to right and top to bottom. Work with a friend if you want as sometimes two heads are better than one when solving a crossword puzzle. The more puzzles you do, the more familiar you'll be with standard puzzle clues and answers.

### Playing Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

### Playing Code Cracker

Each number represents a different letter of the alphabet. Work out which number stands for which letter to complete the crossword. We've given you three letters to start. All words are from a dictionary and no proper nouns are used. All letters of the alphabet are not always used. When you have cracked the code fill in the answer in the boxes at the bottom.

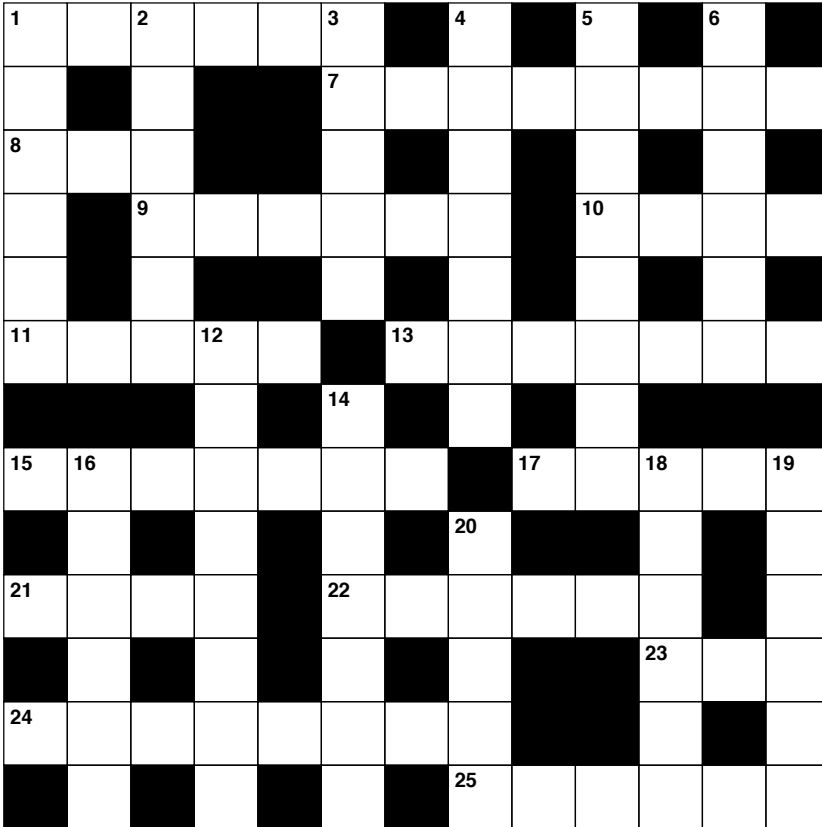
### Playing Trivia

Trivia is a great way to test your memory for general knowledge and history. Simply write your answers below the questions and check to see how many you got right. Great to do with friends or on your own.

### Colouring for adults

Like painting and craft, colouring offers a great source for focus and creativity. It has been shown to have stress-reducing benefits and helps with anxiety in people of all ages. It is a great social activity that produces a similar effect on the brain to meditation.

# Crossword No: 1



## Across

- 1 Atmospheric phenomenon (6)
- 7 Extremely compatible partner (8)
- 8 Nay (anag) (3)
- 9 Confuse (6)
- 10 Woodwind instrument (4)
- 11 Carrying chair (5)
- 13 Jumping athlete (7)
- 15 Hair-cleansing product (7)
- 17 Manipulate dough (5)
- 21 Mass of floating ice (4)
- 22 Rut (6)
- 23 Domestic bovine animal (3)
- 24 Highly seasoned smoked beef (8)
- 25 Dry and brittle (of food) (6)

## Down

- 1 Sayings (6)
- 2 Had corresponding sounds (6)
- 3 Apart from (5)
- 4 Melodious (7)
- 5 Give someone the courage to do something (8)
- 6 Flashing light (6)
- 12 Supreme being (8)
- 14 Curdle (7)
- 16 Dog-like mammals (6)
- 18 Constructs a building (6)
- 19 Lethargic; sleepy (6)
- 20 Pertaining to sound (5)

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

- AMERICAN CURL
- BENGAL
- BOMBAY
- BURMESE
- CHARTREUX
- CHAUSIE
- CYMRIC
- DEVON REX
- DONSKOY
- DRAGON LI
- KORAT
- MANX
- NEBELUNG
- OCICAT
- PERSIAN
- RAGDOLL
- RUSSIAN
- BLUE SIAMESE
- SNOWSHOE
- SPHYNX

## HD Tribe Testing Trivia 1-3

1. In what part of the body would you find the fibula?

---

2. If you have cryophobia, what are you afraid of?

---

3. How many of Henry VIII's wives were called Catherine?

---



---

<b>9</b>	<b>1</b>							
	<b>2</b>	<b>6</b>	<b>7</b>					
			<b>1</b>			<b>5</b>		<b>6</b>
<b>8</b>	<b>6</b>			<b>2</b>				
		<b>5</b>		<b>7</b>		<b>6</b>		
				<b>9</b>			<b>4</b>	<b>5</b>
<b>1</b>		<b>8</b>			<b>4</b>			
					<b>5</b>	<b>7</b>	<b>9</b>	
							<b>6</b>	<b>8</b>

## HD Tribe Testing Trivia 4-6

4. Ataulfo, Alphonso and Keitt are varieties of what fruit?

---

5. What is the capital city of Switzerland?

---

6. In what US State is the city Nashville?

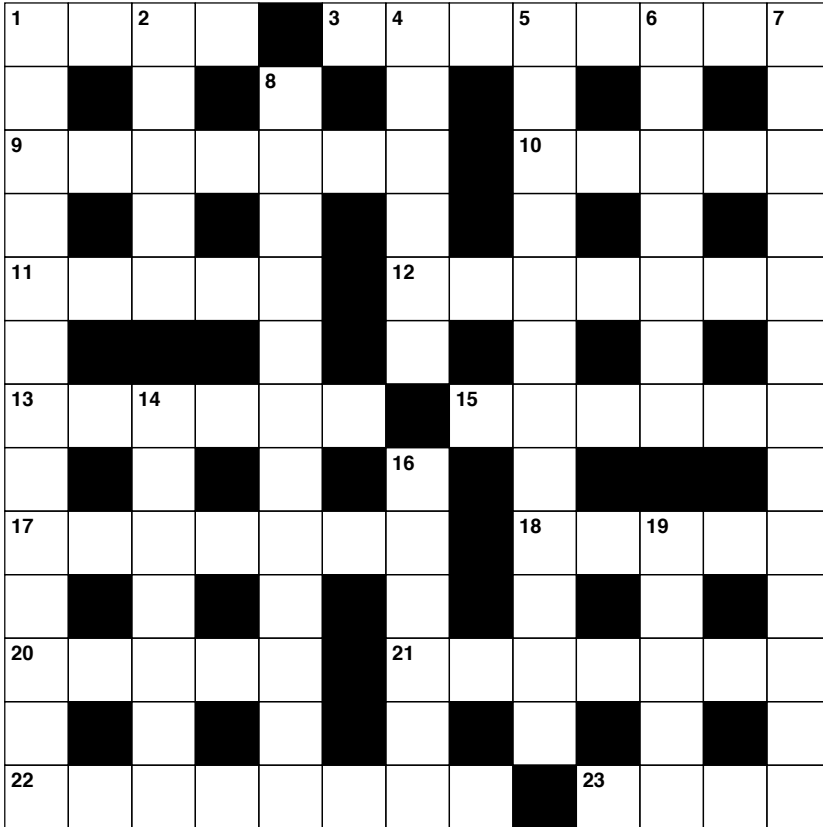
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8		12		9		5	2	8	26	23	19	12
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4				18		5		20	11	26	5	9
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21		17		5		26	1	7	19	8	2	4
26		15		19		9		22		26		2
9	8	26	26	11	14		18	26	19	12	2	13

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

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14	15	16	17	18	19	20	21	22	23	24	25	26
					<b>A</b>							

# Crossword No: 2



## Across

- 1 Disgust with an excess of sweetness (4)
- 3 Physical power (8)
- 9 Newsworthy (7)
- 10 Donald \_\_\_\_: a US President (5)
- 11 Form of oxygen found in the atmosphere (5)
- 12 Percussion musician (7)
- 13 Contributes information (6)
- 15 Acrimonious (6)
- 17 Simian (7)
- 18 Divide; separate (5)
- 20 Epic poem ascribed to Homer (5)
- 21 Stupid (7)
- 22 Refer to famous people one knows (4-4)
- 23 Exchange for money (4)

## Down

- 1 Act of combining into a solid mass (13)
- 2 Exceed (5)
- 4 Walks (6)
- 5 Eager (12)
- 6 Epicure (7)
- 7 Excessively negative about (13)
- 8 Lost in thought (6-6)
- 14 Sum added to interest (7)
- 16 Sheep known for its wool (6)
- 19 Type of coffee drink (5)





- BACH
- BEACH
- BERLIOZ
- BIZET
- BRAHMS
- BRITTEN
- CHOPIN
- DEBUSSY
- DVORAK
- ELGAR
- GLINKA
- LISZT
- MAHLER
- MOZART
- PUCCINI
- PURCELL
- ROSSINI
- TALLIS
- VERDI
- WAGNER

## HD Tribe Testing Trivia 7-9

7. In the Chinese Lunar Calendar, what animal is for the year 2021?

---

8. What country is lego made in?

---

9. What is the widest river in the world?

---

		4		5				9
1	5		7		9			2
					2			
			2	3				
6								5
				8	4			
			8					
2			1		5		7	4
3				9		8		

## HD Tribe Testing Trivia 10-12

10. What country is Britain's oldest ally?

---

11. How many stripes are there on the US flag?

---

12. What is the smallest planet in the solar system?

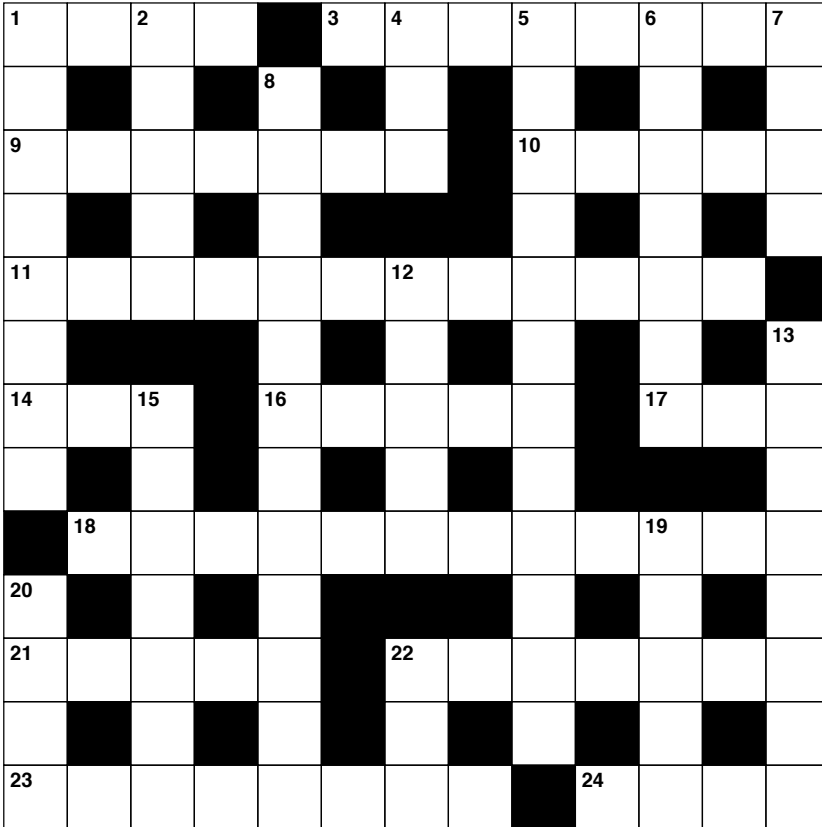
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26	4	7	12	8	4			7		13	22	23
	10			2		17	22	14	5	26		13
14	26	14	22	11	4	26		7		3		7
	22			18		15		18	5	6	21	25
26	3	24	22	8	13	15	25			1		20
	11			9		25		6		8		26
8	4	6	1	8	24		9	26	4	4	8	13
3		5		4		4		18			3	
13		13			4	11	7	18	12	7	19	8
7	13	13	7	25		5		8			25	
18		7		26		6	5	3	15	8	9	3
12		11	18	7	6	21		6			8	
8	16	8		3			17	25	23	7	4	4

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
	<b>D</b>									<b>W</b>	<b>Y</b>	

# Crossword No: 3



## Across

- 1 Religious group (4)
- 3 Scornful negativity (8)
- 9 Acute food shortages (7)
- 10 Music with a recurrent theme (5)
- 11 Science of biological processes (12)
- 14 Ignited (3)
- 16 Health professional (5)
- 17 Issue legal proceedings (3)
- 18 Not on purpose; inadvertently (12)
- 21 Very informal phrases (5)
- 22 State of being very poor (7)
- 23 Rigorous investigation (8)
- 24 Low dull sound (4)

## Down

- 1 Sport (8)
- 2 Brief appearance (5)
- 4 Positive answer (3)
- 5 Regardless of (12)
- 6 Pays no attention to (7)
- 7 Cat cry (4)
- 8 Bewitchingly (12)
- 12 Join together as one (5)
- 13 Naive or sentimental (4-4)
- 15 Musical composition (7)
- 19 Stagger (5)
- 20 Continent (4)
- 22 21st Greek letter (3)

# We offer a complete funeral service

At HD Tribe we have our own Stonemason department who we can rely on to create the stone memorials our clients want to honour their deceased loved ones.

Our highly experienced and creative stonemasons design and prepare memorials of great beauty and artistic achievement. The talented craftsman takes pride in her finished work, ensuring it is to the highest quality.

If you have any questions about stone memorials please phone (01903) 764 426, email [stonemasons@hdtribe.co.uk](mailto:stonemasons@hdtribe.co.uk) or visit our Lancing showroom, 26 South Street, Lancing, West Sussex BN15 8AG.

HD Tribe Stonemasons

**01903 764 426**

**[www.hdtribe.co.uk](http://www.hdtribe.co.uk)**

## Our services

Attendance cards	Flowers	Prepaid Funeral Plans
Bereavement	Funeral Poetry	Recording of Services/ Webcasts/Slideshows
Counselling	Green Burials	Repatriation
Burials at sea	Horse Drawn	Stonemasons
Catering	Funerals	Vehicles
Chapel of Rest	Music	
Coffins	Orders of Service	

An independent family run Funeral Directors since 1929. We ensure your loved ones receive the respect and dignity they deserve. With nine offices covering most of West Sussex, we are ideally positioned to give you an efficient, local and dedicated funeral service.

**Worthing**

130 Broadwater Rd  
Worthing  
BN14 8HU

**Sompting**

West St  
Sompting  
BN15 0DE

**Lancing**

28 South St  
Lancing  
BN15 8AG

**Shoreham-by-Sea**

101 Eastern Ave  
Shoreham-by-Sea  
BN43 6PE

**Storrington**

19 West St  
Storrington  
RH20 4DZ

**Littlehampton**

5 Surrey St  
Littlehampton  
BN17 5AZ

**Rustington**

63 Sea Lane  
Rustington  
BN16 2RQ

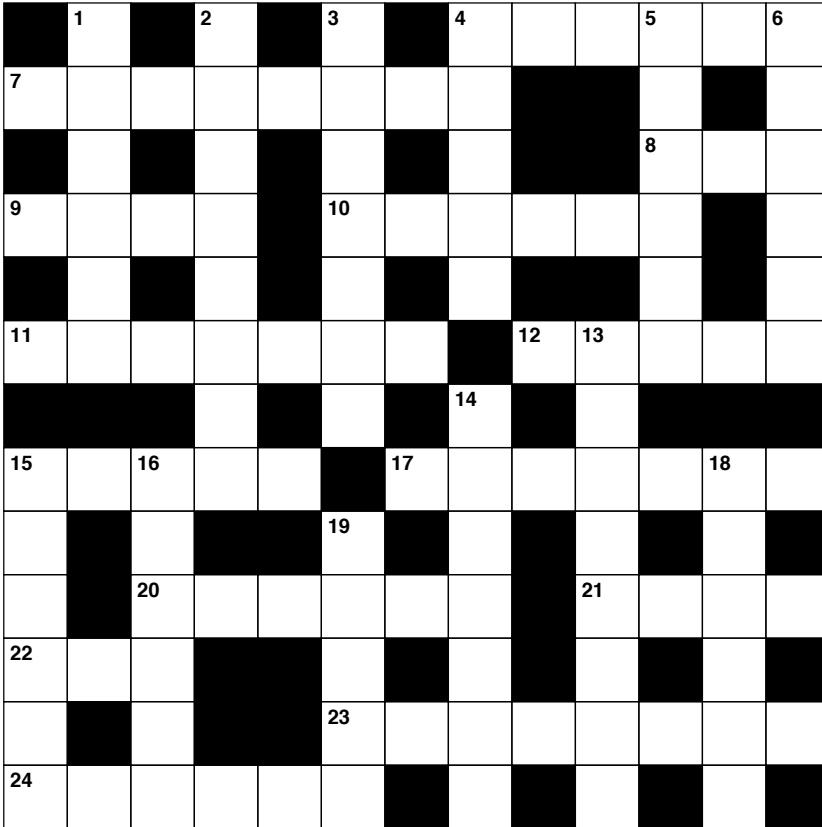
**Goring-by-Sea**

259 Goring Rd  
Worthing  
BN12 4PA

**Lyndhurst Road**

61 Lyndhurst Rd  
Worthing  
BN11 2DB

# Crossword No: 4

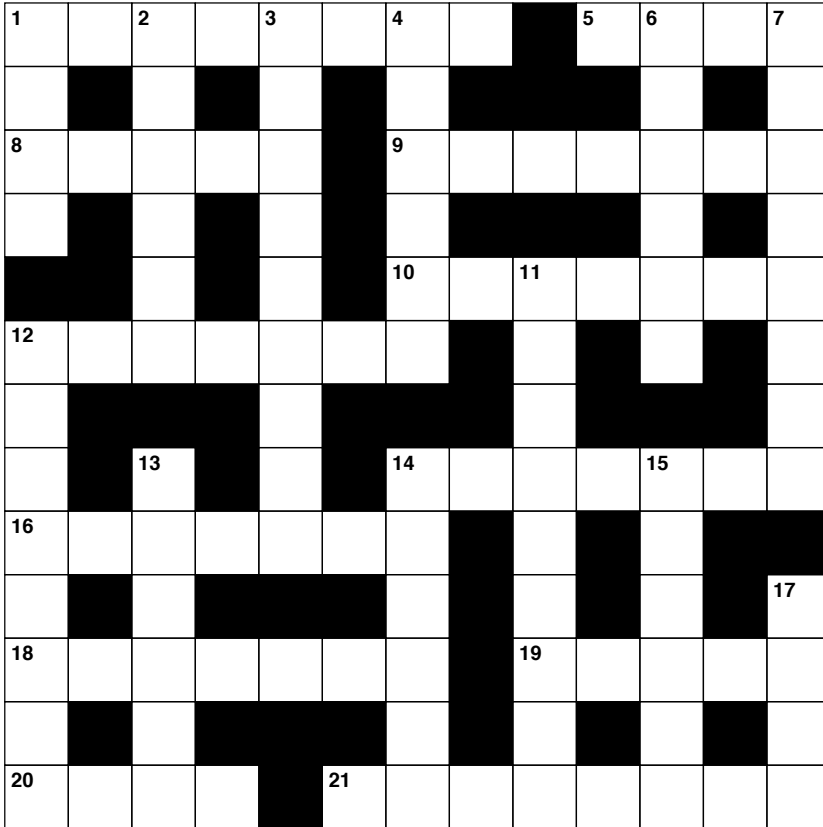


## Across

- 4 Landmarks; spectacles (6)
- 7 Rushing (2,1,5)
- 8 Edge of a cup (3)
- 9 Sound of a lion (4)
- 10 Dodged (6)
- 11 Move in an exaggerated manner (7)
- 12 District council head (5)
- 15 Strength (5)
- 17 Injuring (7)
- 20 Shrub with glossy leaves (6)
- 21 Gear wheels (4)
- 22 Wet soil (3)
- 23 Magician (8)
- 24 Eg rat or squirrel (6)

## Down

- 1 Unfurl (6)
- 2 Exhaustive (8)
- 3 Measure of how pressing something is (7)
- 4 Pancake sweetener (5)
- 5 Barely (6)
- 6 Smile affectedly (6)
- 13 Aggressor (8)
- 14 Eg knives and forks (7)
- 15 Mutter (6)
- 16 Privileged and well off (6)
- 18 Gold lump (6)
- 19 Peak (5)



**Across**

- 1 Insincere praise (8)
- 5 Strip of leather worn round the waist (4)
- 8 Indian monetary unit (5)
- 9 Tortilla rolled around a filling (7)
- 10 Arctic rodent (7)
- 12 Groups (7)
- 14 Breakfast foods (7)
- 16 A very skilled performer (7)
- 18 Pasta pockets (7)
- 19 Proposal (5)
- 20 Sound of a snake (4)
- 21 Uses again (8)

**Down**

- 1 Money paid for a journey (4)
- 2 Characteristic (6)
- 3 Cutting; incisive (9)
- 4 Insurgents (6)
- 6 Cure-all (6)
- 7 Ideas (8)
- 11 Moving seasonally (of a bird) (9)
- 12 Damage (a reputation) (8)
- 13 Vessel (anag) (6)
- 14 Trigonometric function (6)
- 15 Quantity you can hold (6)
- 17 Part of the eye (4)

# Crossword No: 6

1		2		3		4			5	6		7
								8				
9						10						
	11											
12												
13							14			15		
						16						
17		18										
												19
20								21				
22					23							

## Across

- 1 Cunning; contrivance (8)
- 5 Clench (4)
- 9 Bad-tempered (5)
- 10 Animal fat (7)
- 11 Indifferent to (12)
- 13 Evoke a feeling (6)
- 14 Come into view (6)
- 17 Restrict within limits (12)
- 20 This starts on 1st January (3,4)
- 21 Short musical composition (5)
- 22 Spool-like toy (4)
- 23 Campaigner (8)

## Down

- 1 Church recess (4)
- 2 Capital of Ontario (7)
- 3 UFO (6,6)
- 4 What a spider spins (6)
- 6 Refute by evidence (5)
- 7 Imitations; satires (8)
- 8 Large grocery stores (12)
- 12 The training of birds of prey (8)
- 15 Ricochet (7)
- 16 Loan shark (6)
- 18 Raucous (5)
- 19 Beloved (4)

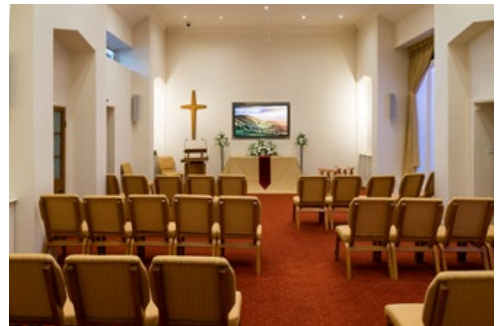
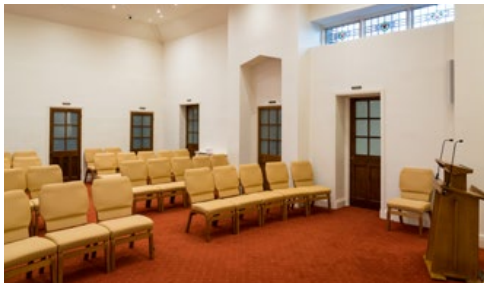


# Broadwater Chapel

Our Service Chapel is a great source of pride for us at HD Tribe because it offers an alternative funeral venue for when the Crematorium, or other local chapels, are too big, unavailable or simply not right for the funeral service you wish to arrange. Holding a funeral in our Service Chapel is also a convenient alternative to holding it elsewhere because of the facilities we can offer and the way we can care for mourners before, during and after the funeral.

HD Tribe's Chapel offers a unique and calming environment to hold funerals in and seats up to 40 people. There is no time pressure and a funeral can take place within the normal 7-10 days. A state-of-the-art music and lighting system is available and the plasma screen enables a wide range of images to be displayed. Viewing a showreel of old family photographs has already become a favourite in our chapel - a moving and personal tribute.

Friends or relatives who are unable to attend the funeral in person can still be part of the chapel service by watching and listening from anywhere in the world via the live web-stream or Zoom.

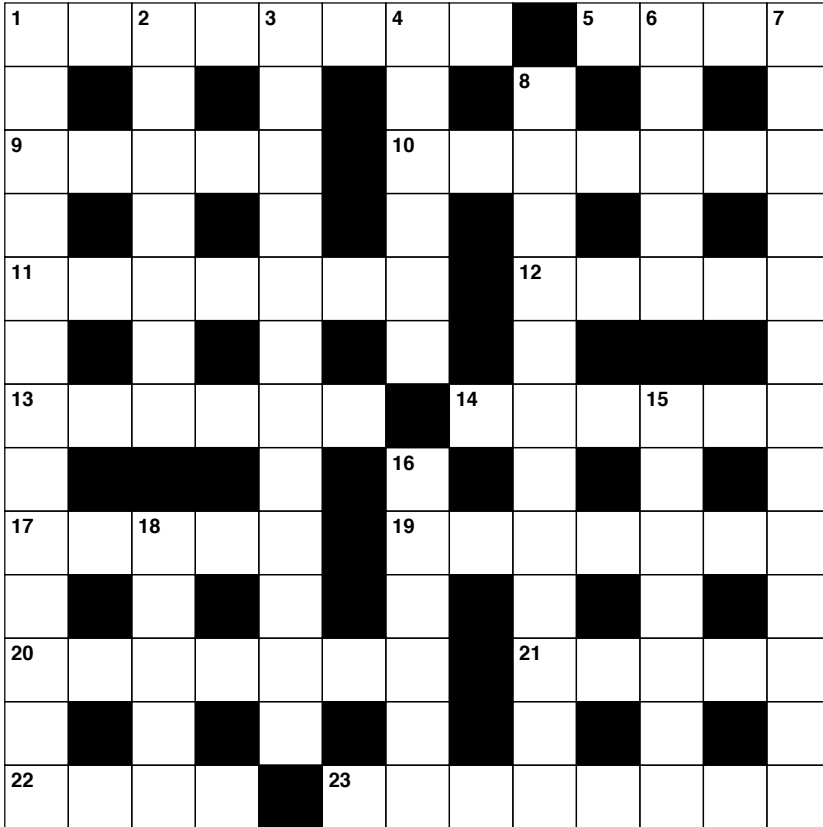


A function suite inside the premises allows families to adjourn for refreshments immediately after the funeral service, thus keeping everyone together, and HD Tribe's fleet of limousines are available to bring mourners in and take them home afterwards.

By using our Chapel and not one of the local crematoriums, savings of up to £530.00 can be achieved, meaning HD Tribe can now charge less than most of their competitors while still offering their renowned level of care, dignity and professionalism

Let your love bloom





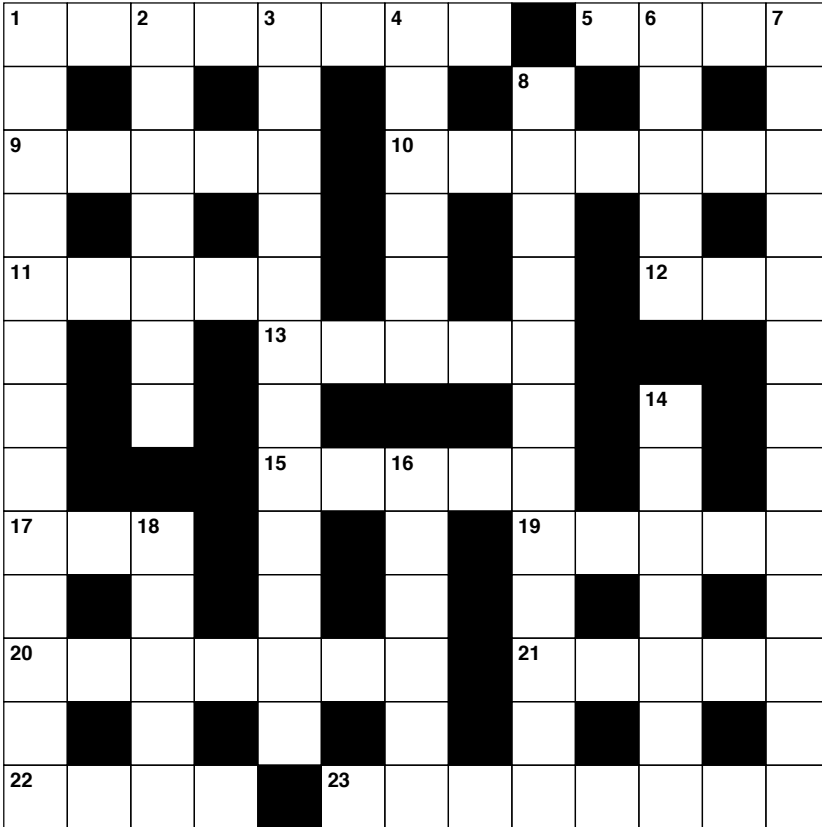
**Across**

- 1 Impetus (8)
- 5 Case (anag) (4)
- 9 More pleasant (5)
- 10 Type of porch (7)
- 11 A precise point in time (7)
- 12 Detailed assessment of accounts (5)
- 13 Implant deeply (6)
- 14 Part of a flower (6)
- 17 Leg bone (5)
- 19 Short trips on another's behalf (7)
- 20 Pamphlet (7)
- 21 Extreme (5)
- 22 Pull abruptly (4)
- 23 Places where fruit trees are grown (8)

**Down**

- 1 Mawkishly (13)
- 2 Sharp tooth (7)
- 3 Not guided by good sense (12)
- 4 Self-important; arrogant (6)
- 6 Young boy or girl (5)
- 7 Meteors (8,5)
- 8 Productive insight (12)
- 15 Display unit; supervise (7)
- 16 Alphabetical character (6)
- 18 Muscular strength (5)

# Crossword No: 8



## Across

- 1 Officially (8)
- 5 Country in West Africa (4)
- 9 Inert gas (5)
- 10 Laugh (7)
- 11 Type of poem (5)
- 12 Depression (3)
- 13 Prod with the elbow (5)
- 15 Acquires through merit (5)
- 17 Decline (3)
- 19 Male relation (5)
- 20 Moaned (7)
- 21 Loft (5)
- 22 Mission (4)
- 23 Driven to action (8)

## Down

- 1 Boxing class division (13)
- 2 Mischievous (7)
- 3 Formal notice (12)
- 4 Was deficient in (6)
- 6 Performed on stage (5)
- 7 Wet behind the ears (13)
- 8 Corresponding; proportionate (12)
- 14 Musical performance (7)
- 16 Without pattern (6)
- 18 Printed publications (5)



- BASSOON
- CASTANETS
- CELLO
- CORNET
- CYMBALS
- DRUMS
- EUPHONIUM
- FLUTE
- GUITAR
- HARMONIUM
- HARPSICHORD
- KEYBOARD
- OBOE ORGAN
- PIANO PICCOLO
- SAXOPHONE
- TRUMPET
- VIOLA
- VIOLIN

## HD Tribe Testing Trivia 13-15

- 13. Which Italian city is normally credited as the birth place of pizza?  
\_\_\_\_\_
- 14. What was the God of the sea, earthquakes and horses in Greek mythology?  
\_\_\_\_\_
- 15. What's the national flower of Japan?  
\_\_\_\_\_  
\_\_\_\_\_

				<b>6</b>		<b>9</b>		<b>3</b>
	<b>2</b>	<b>9</b>			<b>7</b>			
	<b>1</b>					<b>4</b>		
						<b>1</b>		
	<b>9</b>	<b>7</b>	<b>5</b>		<b>8</b>	<b>6</b>	<b>3</b>	
		<b>6</b>						
		<b>1</b>					<b>6</b>	
			<b>9</b>			<b>8</b>	<b>1</b>	
<b>5</b>		<b>4</b>		<b>3</b>				

## HD Tribe Testing Trivia 16-18

16. How many time zones are there in Russia?

---

17. What's the national animal of Australia?

---

18. How many days does it take for the Earth to orbit the Sun?

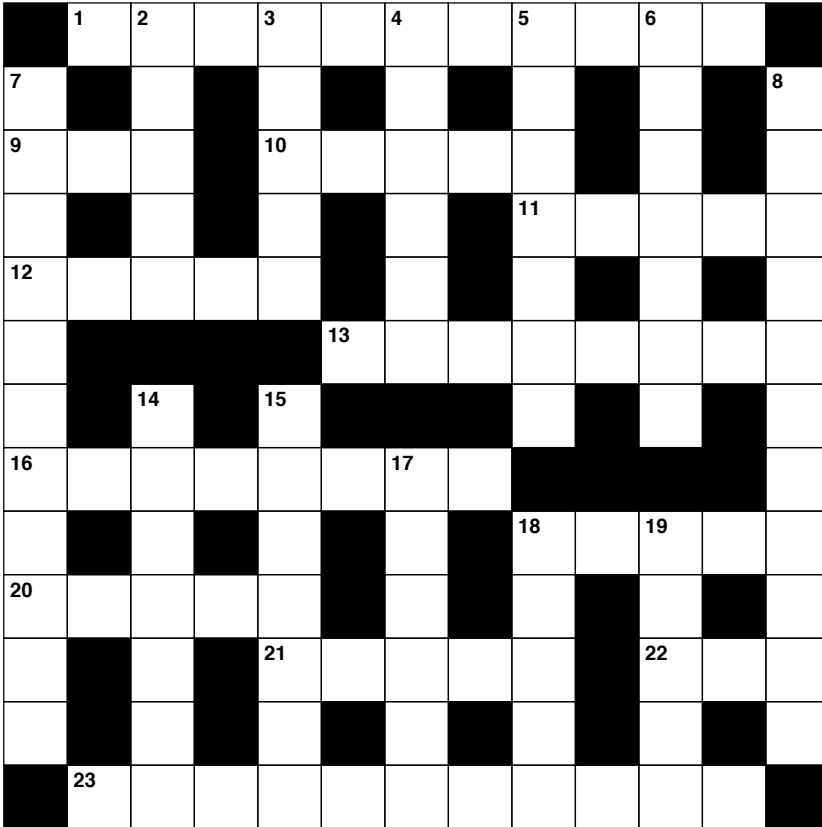
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7	3	17	18	24	24	3		21		9		3	
	17			1		12		12	9	22	3	14	
3	8	7	9	13	3	13	11			3		18	
	9			26		16		12		5		17	
26	17	10	1	24	24		24	3	22	8	9	25	
17		3		1		19		13			5		
1		7				13	9	17	12	1	23	22	12
20	26	18	5	2		2		24			16		
26		1		17		1	24	1	25	18	3	13	
3		6	16	3	5	8		6			17		
24	18	12		22				3	6	6	1	6	6

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

1	2	3	4	5	6	7	8	9	10	11	12	13
<b>E</b>	<b>K</b>						<b>D</b>					
14	15	16	17	18	19	20	21	22	23	24	25	26

# Crossword No: 9



## Across

- 1 Censure severely (11)
- 9 Be in debt (3)
- 10 River cove; bay (5)
- 11 Cuban folk dance (5)
- 12 Respected person in a field (5)
- 13 Qualified for by right (8)
- 16 Lift (8)
- 18 Group of bees (5)
- 20 Speculate (5)
- 21 Dog-like mammal (5)
- 22 Flee (3)
- 23 Thinking about (11)

## Down

- 2 Mournful poem (5)
- 3 Edible pungent bulb (5)
- 4 Abdominal organ (6)
- 5 Learn new skills (7)
- 6 Crush underfoot (7)
- 7 Bird of prey (6,5)
- 8 Promising; budding (2-3-6)
- 14 Keepsake; reminder (7)
- 15 Waterlogged areas of land (7)
- 17 Cause resentment (6)
- 18 Elevated step (5)
- 19 Garment worn in the kitchen (5)



# Because life changes

At HD Tribe we see and understand the challenges that people can face after losing a loved one and are very proud to be able to offer the additional support of a bereavement counsellor.

As a free service, we provide face to face sessions, with our fully qualified and accredited counsellor and a group meeting where people can safely share their experiences and responses to grief, and gain comfort and reassurance to help them in their new way of life.



Bereavement counsellor

**01903 249 913**

**[www.hdtribe.co.uk](http://www.hdtribe.co.uk)**

#### Our services

Attendance cards	Flowers	Prepaid Funeral Plans
Bereavement Counselling	Funeral Poetry	Recording of Services/ Webcasts/Slideshows
Burials at sea	Green Burials	Repatriation
Catering	Horse Drawn Funerals	Stonemasons
Chapel of Rest	Music	Vehicles
Coffins	Orders of Service	

An independent family run Funeral Directors since 1929. We ensure your loved ones receive the respect and dignity they deserve. With nine offices covering most of West Sussex, we are ideally positioned to give you an efficient, local and dedicated funeral service.

**Worthing**  
130 Broadwater Rd  
Worthing  
BN14 8HU

**Sompting**  
West St  
Sompting  
BN15 0DE

**Lancing**  
28 South St  
Lancing  
BN15 8AG

**Shoreham-by-Sea**  
101 Eastern Ave  
Shoreham-by-Sea  
BN43 6PE

**Storrington**  
19 West St  
Storrington  
RH20 4DZ

**Littlehampton**  
5 Surrey St  
Littlehampton  
BN17 5AZ

**Rustington**  
63 Sea Lane  
Rustington  
BN16 2RQ

**Goring-by-Sea**  
259 Goring Rd  
Worthing  
BN12 4PA

**Lyndhurst Road**  
61 Lyndhurst Rd  
Worthing  
BN11 2DB



The last year has been a particularly difficult one for most of us; adapting to new ways, working from home, no socialising, a loss of jobs to some, many of us have struggled to adapt.

Let's consider what it's been like for those who have lost a loved one during these strange Covid-19 times, and not necessarily to this Virus, hospital visits have been limited, even banned in the beginning of the Pandemic.

Funerals have been greatly affected with families having to make decisions on who can attend due to limited numbers.

Those newly bereaved left living on their own have been grieving in isolation, not being able to share their feelings in the normal way.

Our front-line care workers, Doctors, Nurses, Ambulance crew, etc, have shown us how professional, dedicated and determined they are in caring for all those who caught Covid-19.

Within their roles they would also be experiencing many situations not seen before, such as not being able to allow family members at the bedside. This meant that sadly many died alone, causing much distress to the family and the care workers.

Very often in the aftermath of such situations the suffering of frontline workers goes un-noticed. Some will find it difficult to reveal their emotions largely because they believe they are expected to cope.

At the height of the pandemic with many dying in care homes and hospitals our Doctors, Nurses, and Care workers may have suffered a sense of despair, feeling overwhelmed, even useless if they could not save someone.

What will be important is the debriefing after shifts, it is a chance for those who manage teams to encourage those experiencing difficulties to talk about how they feel and how they are coping.

Early intervention support can be vital in preventing mental health problems.

All our emergency service workers deserve to have good access to Counselling. Their wellbeing is of paramount importance in order for them to continue giving us the best possible service and thankfully it is becoming more acceptable to seek support.

From a positive perspective, our front-line helpers will feel a sense of satisfaction when saving a life, gaining self-reassurance about how they coped, and the camaraderie at these times and bonding with other care workers will be high.

Bereavement Counsellors are mostly still working via telephone, online, such as Zoom, WhatsApp, or email. Face to face Bereavement sessions are very limited right now and while the alternatives work well for some they are not for everybody, which means many are going without support.

Being able to verbalise our thoughts and feelings about the death of a loved one or any situation we are struggling to come to terms with helps us to better understand what it means to us and why we feel like we do.

Here at HD Tribe Funeral Directors we recognise the importance of Bereavement Counselling. Since May 2020 we have introduced a free service for those within the Worthing and surrounding areas.

We employ a fully qualified and accredited Psychotherapist who specialises in Bereavement.

If you feel you are struggling to cope with the loss of a loved one, contact [Christine](#) at our [Goring branch](#) for further information on [01903 249 913](tel:01903249913) or by email [cb@hdtribe.co.uk](mailto:cb@hdtribe.co.uk)



[Christine Brownbridge](#)  
Bereavement Counsellor

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

- APHRODITE
- APOLLO
- ARTEMIS
- ATHENA
- DEMETER
- DIANA
- DIONYSUS
- HADES
- HEPHAESTUS
- HERA
- HERMES
- HESTIA
- JUPITER
- MINERVA
- MERCURY
- POSEIDON
- VENUS
- VESTA
- VULCAN
- ZEUS

## HD Tribe Testing Trivia 19-21

19. What does the Latin Tempus mean in English?

---

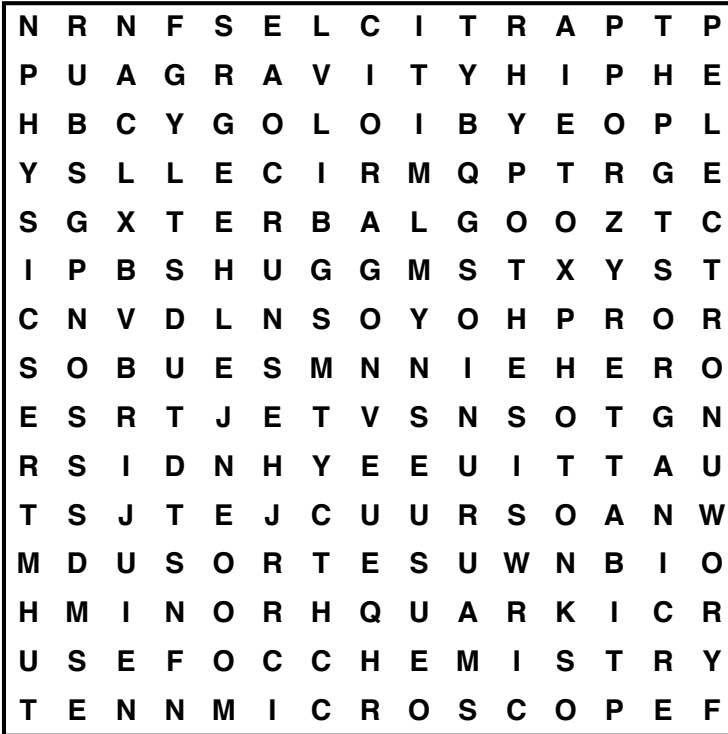
20. How many chukkers are there in a polo match?

---

21. On average how far away is the moon from the earth in miles?

---





- BATTERY
- BIOLOGY
- CELLS
- CHEMISTRY
- ELECTRON
- FORCES
- GRAVITY
- HYPOTHESIS
- MAGNETISM
- MICROSCOPE
- MOMENTUM
- NEUTRON
- NUCLEUS
- ORGANIC
- PARTICLES
- PHOTON
- PHOTOSYNTHESIS
- PHYSICS
- PROTON
- QUARK

## HD Tribe Testing Trivia 22-24

22. Which two singers sang together on 1983 song Islands in the Stream?

---

23. Who won 2020's Sports Personality of the Year?

---

24. What are the five colours of the Olympic rings?

---

---

	<b>5</b>					<b>3</b>	<b>8</b>	
<b>9</b>				<b>3</b>				<b>5</b>
		<b>3</b>			<b>4</b>			
				<b>2</b>				<b>9</b>
		<b>6</b>	<b>5</b>		<b>8</b>	<b>7</b>		
<b>1</b>				<b>4</b>				
			<b>7</b>			<b>8</b>		
<b>6</b>				<b>9</b>				<b>1</b>
	<b>4</b>	<b>7</b>					<b>6</b>	

## HD Tribe Testing Trivia 25-27

25. Where is the US Masters golf tournament held?

---

26. Until 1923, what was the Turkish city of Istanbul called?

---

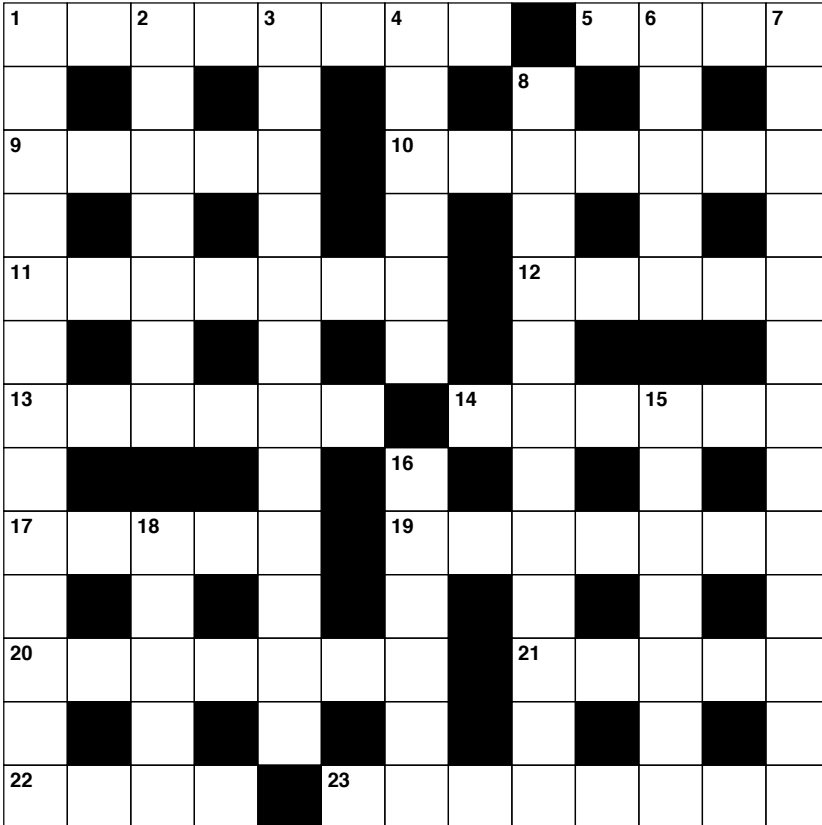
27. Gouda is a popular cheese originating from which country?

---



---

# Crossword No: 10



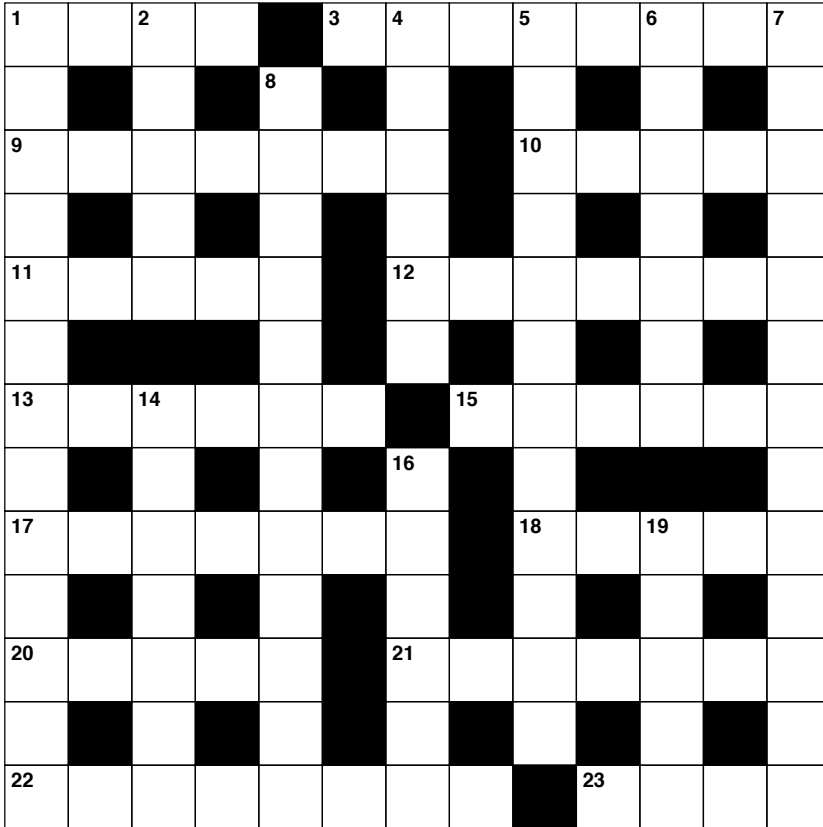
## Across

- 1 The acting out of a particular part (4,4)
- 5 Silvery-white metallic element (4)
- 9 Armistice (5)
- 10 Operating doctor (7)
- 11 Eccentricity (7)
- 12 Agreeable sound or tune (5)
- 13 Contracted one's lips (6)
- 14 In slow tempo (of music) (6)
- 17 Fastening device (5)
- 19 Stinging plants (7)
- 20 Install; establish (7)
- 21 Sheet (anag) (5)
- 22 Slippery fish (pl.) (4)
- 23 School pupils (8)

## Down

- 1 Backward-looking (13)
- 2 Wash and iron (7)
- 3 Advantageous; superior (12)
- 4 Weigh up (6)
- 6 Individual things (5)
- 7 Awareness (13)
- 8 Planned in advance (12)
- 15 Sailing ship (7)
- 16 Take into the body (of food) (6)
- 18 Standing frame used by an artist (5)





**Across**

- 1 Public houses (4)
- 3 Glue (8)
- 9 Boats (7)
- 10 Act of stealing (5)
- 11 Facial protuberances (5)
- 12 Alfresco (4-3)
- 13 Change gradually (6)
- 15 Fleet of ships (6)
- 17 Experienced serviceman (7)
- 18 Certain to fail (2-3)

- 20 Element with atomic number 5 (5)
- 21 Flatter (7)
- 22 Strong type of coffee (8)
- 23 Opposite of right (4)

**Down**

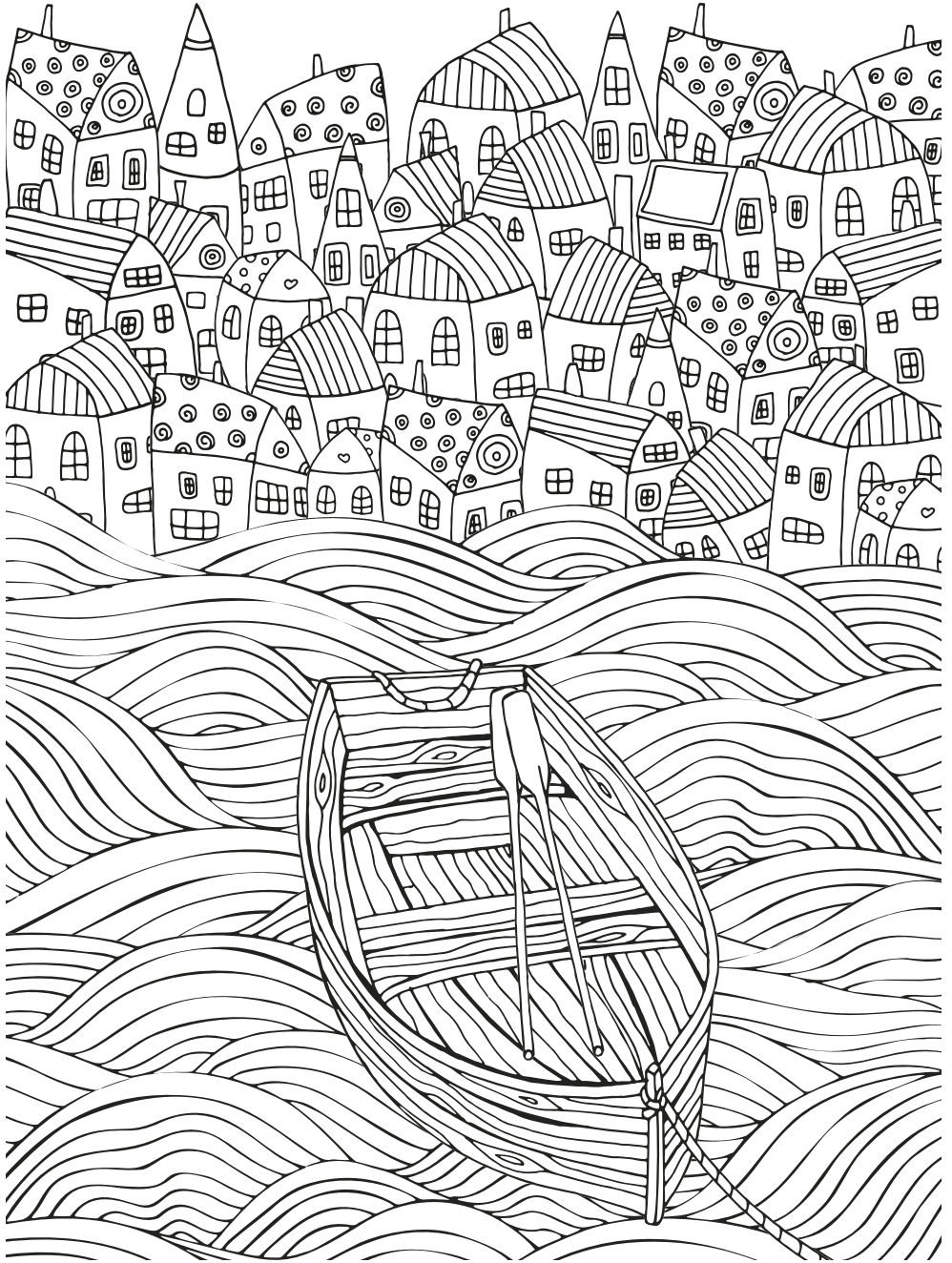
- 1 Unimaginable (13)
- 2 Memos (5)
- 4 Dancing clubs (6)
- 5 Someone who sets up their own business (12)
- 6 Japanese flower arranging (7)
- 7 Amusement (13)
- 8 Persistence (12)
- 14 The exposure of bedrock (7)
- 16 Relations by marriage (2-4)
- 19 Work at a loom (5)

# CodeCracker No: 4

10	5	5	24	10	6	1	8		25	17	15	20
13		10		26		2		18		15		24
3	10	7	8	26		8		8	26	26	19	6
8		8		6		10		9		9		9
			1	3	6	4	4	8	24	6	26	9
8		1		6		22		26		26		17
26	8	8	18	17	8		17	8	10	9	19	8
25		16		10		25		24		1		1
8	16	19	10	2	15	24	6	10	17			
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14	10	26	11	15		1		6	26	18	8	12
17		13		26		13		15		23		10
8	21	8	1		3	15	24	26	14	8	10	4

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
					<b>U</b>	<b>W</b>					<b>F</b>	



# We offer a complete funeral service

Floral tributes are a well loved part of most funerals and many people organising or attending one of our funerals have found it very convenient to order beautifully arranged funeral flowers through our own Theodora Florists.

Over the years, Theodora Florists have established a reliable supply of fresh flowers from both local and European Suppliers.

If you have any questions about flowers for a funeral or would like to place an order, please phone (01903) 231 045 or email us at florist@hdtribe.co.uk



## Our services

Attendance cards	Flowers	Prepaid Funeral Plans
Bereavement	Funeral Poetry	Recording of Services/
Counselling	Green Burials	Webcasts/Slideshows
Burials at sea	Horse Drawn	Repatriation
Catering	Funerals	Stonemasons
Chapel of Rest	Music	Vehicles
Coffins	Orders of Service	

Theodora Florists

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**Shoreham-by-Sea**  
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Shoreham-by-Sea  
BN43 6PE

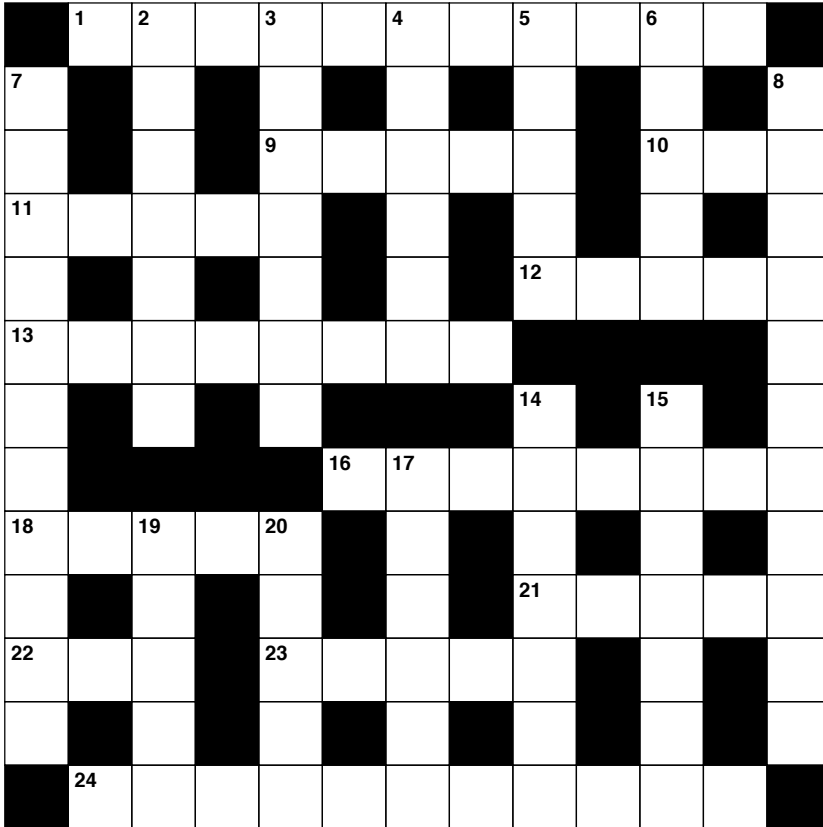
**Storrington**  
19 West St  
Storrington  
RH20 4DZ

**Littlehampton**  
5 Surrey St  
Littlehampton  
BN17 5AZ

**Rustington**  
63 Sea Lane  
Rustington  
BN16 2RQ

**Goring-by-Sea**  
259 Goring Rd  
Worthing  
BN12 4PA

**Lyndhurst Road**  
61 Lyndhurst Rd  
Worthing  
BN11 2DB



**Across**

- 1 Document confirming an achievement (11)
- 9 Belief in a creator (5)
- 10 Mischievous sprite (3)
- 11 Abatement (5)
- 12 Single-celled plants (5)
- 13 Come to an end (8)
- 16 Cheerful brightness (8)
- 18 Pipes (5)
- 21 Hurt by an insect like a wasp (5)
- 22 Top (anag) (3)
- 23 Expect; think that (5)
- 24 Action of stealing from a store (11)

**Down**

- 2 Going out (7)
- 3 Larval frog (7)
- 4 Pal (6)
- 5 Punctuation mark (5)
- 6 Joining together with cord (5)
- 7 Pleasure; gratification (11)
- 8 Stretch out completely (11)
- 14 Express disagreement (7)
- 15 Brutal; cruel (7)
- 17 Birthplace of St Francis (6)
- 19 Bungle (5)
- 20 Exclusive story (5)

# Wordsearch No: 6 US State Capitals

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

ANNAPOLIS  
ATLANTA  
AUGUSTA  
BOISE  
BOSTON  
COLUMBUS  
DOVER  
HONOLULU  
JACKSON  
JEFFERSON CITY  
JUNEAU  
LINCOLN  
LITTLE ROCK  
MONTGOMERY  
NASHVILLE  
PHOENIX  
SACRAMENTO  
SALEM  
SANTA FE  
TOPEKA

## HD Tribe Testing Trivia 28-30

28. What language is spoken in Brazil?

---

29. What is the currency of Vietnam?

---

30. What do the French call the English Channel?

---

			<b>6</b>		<b>3</b>			
	<b>9</b>							<b>3</b>
			<b>4</b>	<b>1</b>		<b>8</b>		
<b>5</b>	<b>2</b>				<b>4</b>			<b>7</b>
<b>7</b>								<b>2</b>
<b>4</b>			<b>8</b>				<b>1</b>	<b>9</b>
		<b>1</b>		<b>4</b>	<b>8</b>			
<b>2</b>							<b>3</b>	
			<b>5</b>		<b>7</b>			

## HD Tribe Testing Trivia 31-33

31. How many notes are there in a musical scale?

---

32. What number is a baker's dozen?

---

33. What was legendary comedy actor Oliver Hardy's real first name at birth?

---



---

# Shoreham Chapel

At HD Tribe, we are very proud of our new Service Chapel in Shoreham which offers an alternative venue for when the Crematorium, or other local chapels, are too big, unavailable or simply not right for the service you wish to arrange.

Opened in 2017 the Shoreham Chapel offers a unique and calming environment in which to hold a funeral service while seating up to 80 people. There is no time pressure, and a funeral can take place within the normal 7-10 days. A state-of-the-art music and lighting system is available and the plasma screen enables a wide range of images to be displayed. Viewing a showreel of old family photographs has already become a favourite - a moving and personal tribute.

Friends or relatives who are unable to attend in person can still be part of the service by watching and listening from anywhere in the world via live web-streaming.

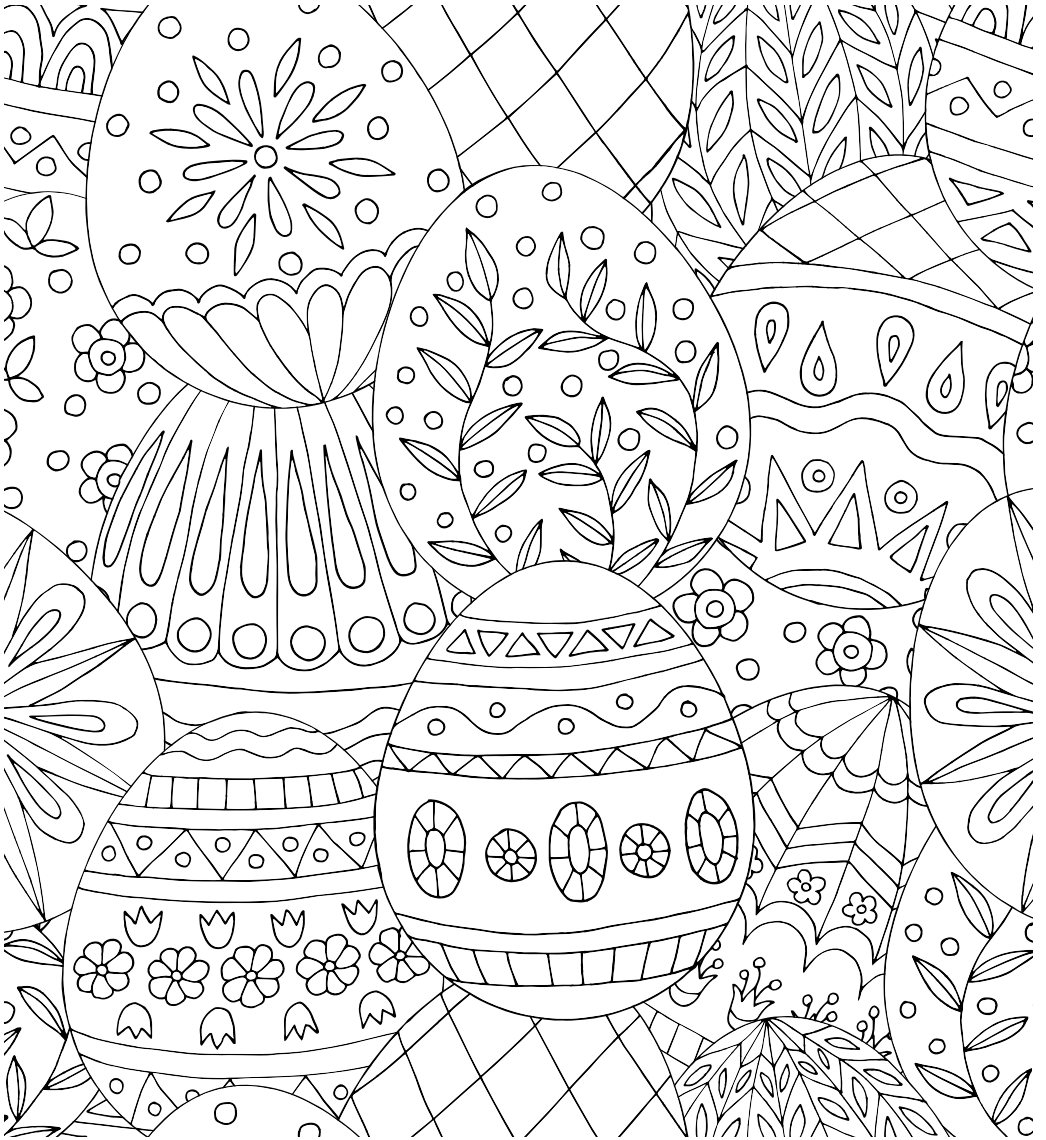


The adjoining function suite on site allows families to adjourn for refreshments immediately after the service, thus keeping everyone together.

Most families like to make the service their top priority but costs have to be considered. By using our Chapel and not one of the local crematoriums, savings of up to £530.00 can be achieved, meaning HD Tribe can now charge less than most of their competitors while still offering their renowned level of care, dignity and professionalism.





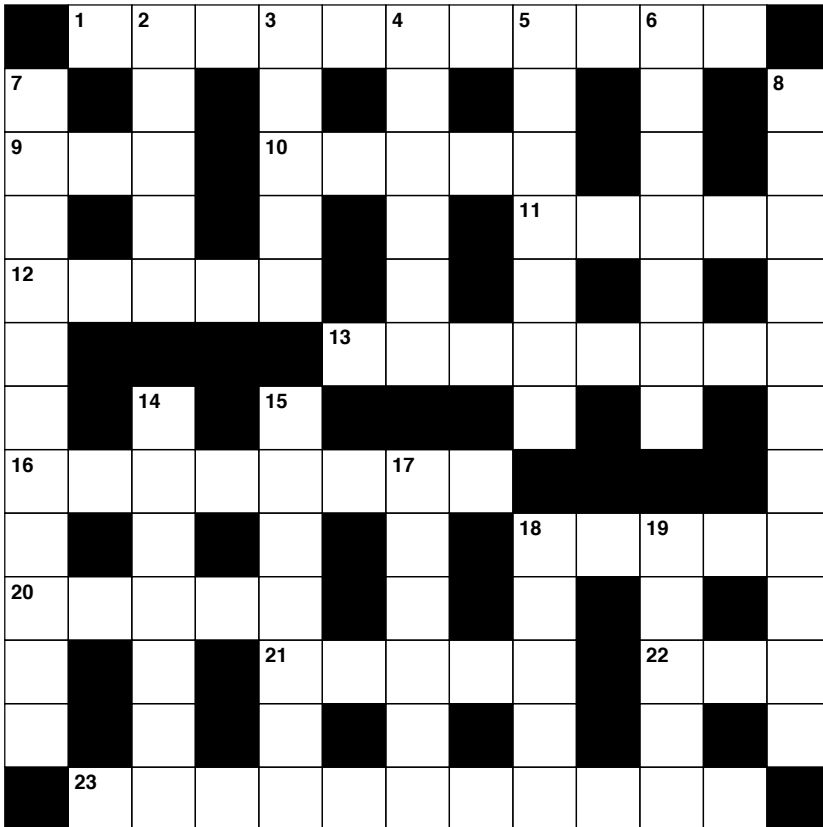


# CodeCracker No: 5

14	3	19	21		7	10	6	21	16	3	3	6
11		8		9		16		10		10		2
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12		20		1		20		26		19		26
23	26	2	13	19	15	16	2	17	19	3	6	
9				20		26		2		23		1
17	11	19	26	14	19		12	23	22	2	13	10
9		14		23		9		26				3
	1	11	23	3	2	26	17	11	20	10	1	6
19		23		23		23		19		5		24
4	23	13	19	10		1	19	2	21	10	25	3
19		26		16		19		13		26		10
20	19	2	9	9	19	9	9		25	19	26	17

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

1	2	3	4	5	6	7	8	9	10	11	12	13
	<b>A</b>											
14	15	16	17	18	19	20	21	22	23	24	25	26
	<b>Q</b>	<b>U</b>										



**Across**

- 1 Act of going before in time (11)
- 9 Snow runner (3)
- 10 Competed in a speed contest (5)
- 11 Customary practice (5)
- 12 Clumsy (5)
- 13 Postponement (8)
- 16 Small flesh-eating mammal (8)
- 18 Avoided by social custom (5)
- 20 Secluded places (5)
- 21 Bits of meat of low value (5)
- 22 Finish first (3)
- 23 Eternity (11)

**Down**

- 2 Sound (5)
- 3 White heron (5)
- 4 Reason for not doing something (6)
- 5 Puts up with (7)
- 6 Soldiers who fought on horseback (7)
- 7 Homework tasks (11)
- 8 Embroidery (11)
- 14 Continuing (7)
- 15 Surface layer of earth (7)
- 17 Changes position (6)
- 18 Bird claw (5)
- 19 Round soup containers (5)

# Meet the Head Office Team at Broadwater Road



Max Webber



William Warren



Peter Kennard



Stephen Webber



Paul Maguire



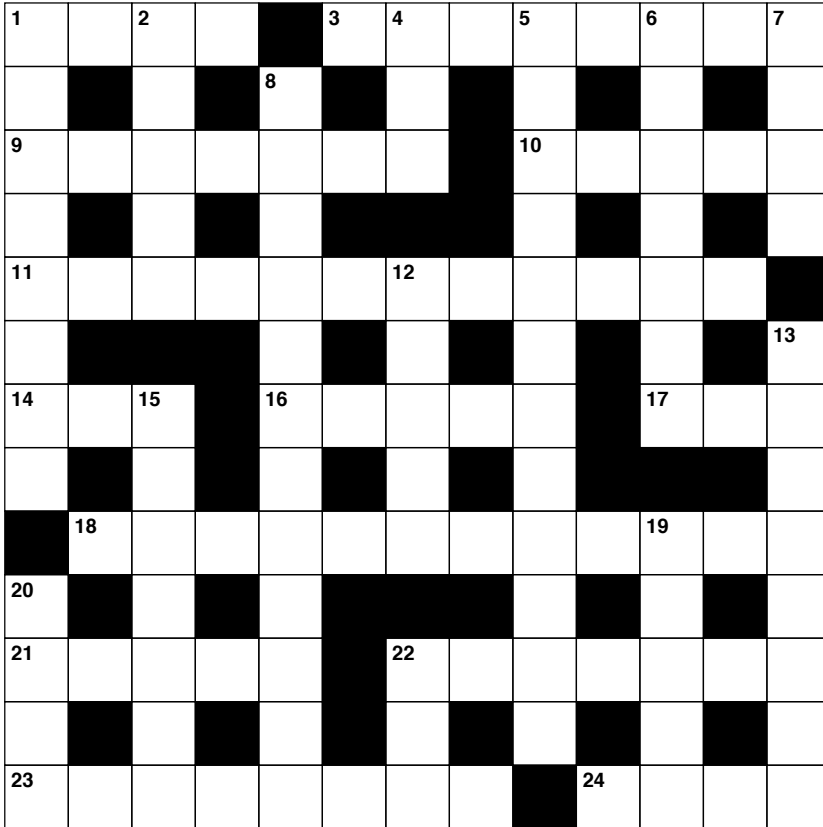
Wayne Roberts



Sharon Brown



Lisa John



**Across**

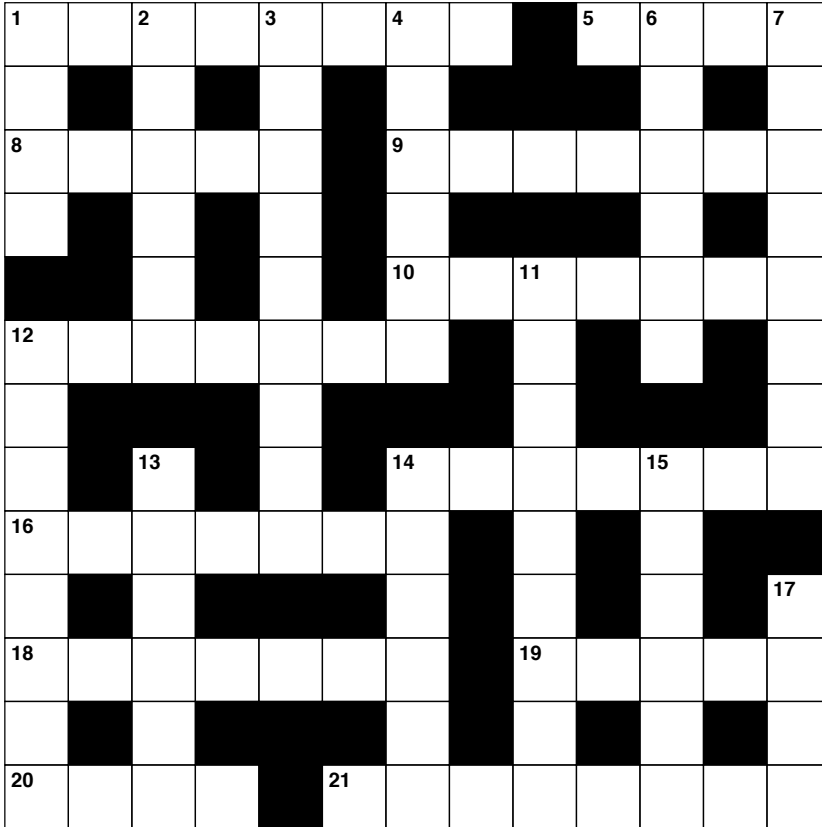
- 1 Ewers (4)
- 3 Resolute; obstinate (8)
- 9 Painting medium (7)
- 10 Goes through carefully (5)
- 11 Disturbance; act of meddling (12)
- 14 Not in (3)
- 16 Work hard (5)
- 17 Increase the running speed of an engine (3)

- 18 Explanatory section of a book (12)
- 21 Lift up (5)
- 22 Small beetles (7)
- 23 Pet birds (8)
- 24 Sort (4)

**Down**

- 1 Discard (8)
- 2 The entire scale (5)
- 4 Popular beverage (3)
- 5 Wearing glasses (12)
- 6 Policeman or woman (7)
- 7 Where a bird lays eggs (4)
- 8 Cooling device (12)
- 12 Antelope (5)
- 13 Fade away (8)
- 15 Mental strain (7)
- 19 Frostily (5)
- 20 Stylish and fashionable (4)
- 22 Great sorrow (3)

# Crossword No: 15



## Across

- 1 Provides with (8)
- 5 Touch (4)
- 8 Held on tightly (5)
- 9 Make bigger (7)
- 10 Runs out (7)
- 12 Not crying (3-4)
- 14 Backdrop; landscape (7)
- 16 Hide (5-2)
- 18 Ruined; crushed (7)
- 19 Identical copy (5)
- 20 Prickly plant with fragrant flowers (4)
- 21 Makes remote; cuts off (8)

## Down

- 1 Foot covering (4)
- 2 Brave; courageous (6)
- 3 Astronomical unit of length (5,4)
- 4 Flattened out (6)
- 6 Tools for drilling holes (6)
- 7 Finance department (8)
- 11 Controversial (9)
- 12 Musical instrument with wire strings (8)
- 13 Happenings (6)
- 14 Shovels (6)
- 15 Urge (6)
- 17 Part of an eye or camera (4)

			<b>9</b>		<b>8</b>			<b>1</b>
					<b>5</b>		<b>6</b>	<b>7</b>
		<b>7</b>		<b>3</b>			<b>9</b>	
		<b>1</b>	<b>3</b>					<b>2</b>
				<b>9</b>				
<b>2</b>					<b>4</b>	<b>8</b>		
	<b>4</b>			<b>6</b>		<b>9</b>		
<b>5</b>	<b>7</b>		<b>8</b>					
<b>6</b>			<b>4</b>		<b>7</b>			

## HD Tribe Testing Trivia 34-36

34. How many keys are there on a piano?

---

35. Glossectomy is the removal of all of or part of which body part?

---

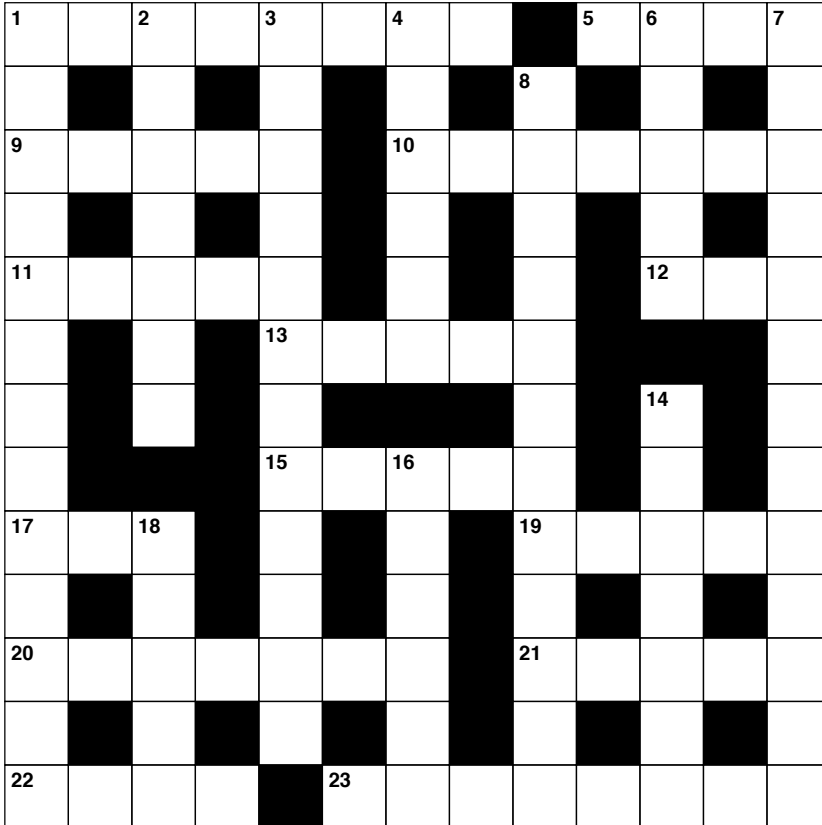
36. Name all five Brontë sisters.

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# Crossword No: 16



## Across

- 1 Swamping (8)
- 5 Lose one's footing (4)
- 9 Dole out (5)
- 10 Walk aimlessly (7)
- 11 Person who goes on long walks (5)
- 12 Place where one sees animals (3)
- 13 Tycoon (5)
- 15 Network points where lines intersect (5)
- 17 Small shelter (3)

- 19 Latin American dance (5)
- 20 Kneecap (7)
- 21 Show triumphant joy (5)
- 22 Emperor of Rome 54-68 AD (4)
- 23 Gusty (8)

## Down

- 1 A transient occurrence (5,2,3,3)
- 2 Waterproof fabric (7)
- 3 Resolvable (12)
- 4 Spice (6)
- 6 Administrative capital of Bolivia (2,3)
- 7 Principally (13)
- 8 Failure to act with prudence (12)
- 14 Bird of prey (7)

- 16 Nitty-gritty (6)
- 18 Teacher (5)



1		2			3	4		5		6		7
				8								
9								10				
11						12						
13		14					15					
						16						
17								18		19		
20						21						
22									23			

**Across**

- 1 An individual thing (4)
- 3 Fugitives (8)
- 9 Give advice to (7)
- 10 Small cluster (5)
- 11 Female relation (5)
- 12 Not as quiet (7)
- 13 Attribute to (6)
- 15 Swiss city (6)
- 17 Reluctance to change (7)
- 18 Musical times (5)
- 20 Tortilla topped with cheese (5)
- 21 Tribune (anag) (7)
- 22 Guiding principle (8)
- 23 Catch sight of (4)

**Down**

- 1 Unqualified (13)
- 2 Accustom (5)
- 4 Hairdressing establishments (6)
- 5 Practice of designing buildings (12)
- 6 Learned (7)
- 7 Magnificently (13)
- 8 Intended to attract notice (12)
- 14 Penetrated (7)
- 16 Frequently repeated phrase (6)
- 19 Sends out in the post (5)

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

ART DECO  
BROADWATER  
BROOKLANDS  
CHATSWORTH  
CISSBURY  
DENTON  
DOME CINEMA  
DURRINGTON  
FRINK  
GORING  
HIGHDOWN  
HOMEFIELD  
LANCING  
OFFINGTON  
PIER  
PROMENADE  
STEYNE  
TARRING  
TEVILLE  
WILDE

## HD Tribe Testing Trivia 37-40

- 37. Which planet has the most moons?  
\_\_\_\_\_
- 38. Where is the smallest bone in the human body located?  
\_\_\_\_\_
- 39. Elon Musk is the CEO of which global brand.  
\_\_\_\_\_
- 40. Which former Beatle had a number one hit with Stevie Wonder in 1982?  
\_\_\_\_\_  
\_\_\_\_\_

# Bereavement Support

H. D. Tribe Ltd are pleased to announce a new bereavement counselling service.

As funeral directors, we see and understand the challenges that people can face after losing a loved one, and are very proud to be able to offer this new additional support.

We offer six face to face sessions as a free service with our fully qualified and accredited counsellor.

Christine Brownbridge (AD Prof Dip PC) has worked as a qualified Psychotherapeutic Counsellor since 2013, specialising in Bereavement Support and has also been a volunteer for the nationwide charity Cruse Bereavement for four years.



**Christine Brownbridge**  
Bereavement Counsellor

Our Counselling service is run from our Goring branch.

For further confidential information please call  
**Christine Brownbridge**

Telephone 01903 249 913 or  
email [cb@hdtribe.co.uk](mailto:cb@hdtribe.co.uk)



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