



M A Y 2 0 1 9

# Herefordshire Headway

Headway House, Trenchard Avenue, Credenhill, Hereford HR4 7DX Tel 01432 761000



## Coffee Morning

We have regular coffee mornings held at Headway House in Trenchard Avenue where *everyone is welcome*.



Join us between 10.30 and 12.00 where we have coffee, biscuits and a raffle. It's a good excuse to have a chat, to meet and make new friends.

**Tuesday 7<sup>th</sup> May**

**Wednesday 5<sup>th</sup> June**

If you have new, good condition items that could be used for the Coffee Morning Draw, donations would be gratefully accepted. **Please ensure food items are within date**

## Carers' Meeting

10:00am – 1pm

**Friday 3<sup>rd</sup> May**

Friday 7<sup>th</sup> June

A chance to chat, get support and information and there's always tea and coffee to enjoy and, occasionally cake!!!

## Social Scene



The night of Skittles **was a success thanks to** Maggie and Sylvia for organizing also Dave (for sticking!)



The next social evening will be a meal at **Burghill Golf Club** 7pm **Thursday 16<sup>th</sup> May**. Main meal £7 and desserts £4. Book and payments to Claire or Sue by 9<sup>th</sup> May please.

## Community Lunch Dates



Date of Meal	Book by
7 <sup>th</sup> May	26 <sup>th</sup> April
July	BBQ – 10 <sup>th</sup> July
6 <sup>th</sup> August	25 <sup>th</sup> July
3 <sup>rd</sup> October	19 <sup>th</sup> September
5 <sup>th</sup> November	24 <sup>th</sup> October

## Birthdays for May

5<sup>th</sup> Pauline Perry 12<sup>th</sup> Andrew Morgan



**Don't forget!**

**Bag packing 24 May**  
**Volunteers still needed..**

Health Watch will be at the Carers' meeting on May 3<sup>rd</sup> – some exciting topics to discuss



## Healthy Eating



### Almond Biscuits

#### Ingredients

- 50g self-raising flour
- 3 tsp demerara brown sugar
- 10g ground almonds
- 12g margarine
- 1 tbsp beaten egg
- 1 tbsp milk

#### Method

Preheat the oven to 180°C  
 In a mixing bowl add flour, sugar, ground almonds and margarine, rubbing together with your fingers until it resembles breadcrumbs.  
 Add the beaten egg, milk and flavouring mixing well with a fork.  
 Spoon onto a baking tray, this mixture should make 8 biscuits.  
 Bake in the oven for approximately 12 minutes or until golden brown on top.  
 Remove from the oven and sprinkle a little sweetener on top.  
 Leave to cool.  
 Then put the kettle on for a cuppa!

## Fundraising



We are pleased to announce that the Co-op will be supporting us from their Local Causes Fund for a 12month period. The **Co-op** will give 1% of what members spend on Co-op branded food products in our **Grandstand Road store** and selected services, as well as money raised from sales of carrier bags and Co-op scratch cards to support local projects. In our case, we are hoping to provide a defibrillator. If you or your friends are Co-op members, please support our cause by purchasing goods from the Grandstand Road shop. **Only this shop will qualify in supporting our cause.**

**PROSE**  
Continuous piece of writing

- Easy to write
- One continuous piece of writing
- Search for words to describe people or things
- Many or may not be creative



**POETRY**

- Easy to write
- Usually "rhymed" or made "artificial" than normal speech
- Easy to play on words
- Many or may not be creative

**Brain Injury Week** commences on **20<sup>th</sup> May** where the main topic will be on **"Fatigue"** were looking for **your feelings on fatigue written in poetry or prose.**

**Please get your creative talents onto paper and give to Sue**



**Who is the lucky winner this month?**



Friday 24<sup>th</sup> May  
 This is the day that we shall be bag packing in the Bobblestock Co-Op. Volunteers needed please, names and times you can help to Sue.



**£12.50 goes to Joel McMiller**