



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 7th May

Wednesday 5th 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 3rd May

Friday 7th 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 16th May**. Main meal £7 and desserts £4. Book and payments to Claire or Sue by 9th May please.

Community Lunch Dates



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

Birthdays for May

5th Pauline Perry 12th Andrew Morgan



Don't forget!

Bag packing 24 May
Volunteers still needed..

Health Watch will be at the Carers' meeting on May 3rd – 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 settings
- 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 **20th 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 24th 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