

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.

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 7th June

Friday 5th July

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



Our thanks to those who **bag-packed** at the Co-op we managed to raise **£212.68** and thanks to the Co-op for allowing us to stage the event.

Social Scene



Our social evening in May was well attended and our thanks go out to Claire and Sue for organising it.



The **June social** evening will be a carvery meal at **The Bunch of Carrots** on **Wednesday 19th June** from 7pm - 9pm. Costs will be £11.95 or £10.75 (small meal) **Payment**



Summer BBQ Lunch Wednesday 10th July 11 am – 3pm Booking essential - £7.50 per person. There will be **no lunch alternatives** so if you don't want the BBQ

will need to provide your packed lunch. There will be a raffle (tickets available from the office), Cakes, Tombola, Plant, Pottery, Art & Woodwork Sales. **Volunteers to help out on the day and donations for the stalls would be most welcome.**

Community Lunch Dates



Date of Meal	Book by
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 June

1 st	Guama Mathai	6 th	Sue Lloyd	15 th	Pat Cooper
15 th	Melanie Barton	22 nd	Maurissa Davies	24 th	Jacki Lyons



Healthy Eating

Cheesecake Stuffed Strawberries



INGREDIENTS

12 medium to large Strawberries
60g Quark
12g Philadelphia Light Cream Cheese
25g Granulated Sweetener
¼ tsp Vanilla Extract

METHOD

- Remove the tops of the strawberries
- Using a small sharp knife cutting out a cone shape from inside the middle of each strawberry - you want a small hole in the middle
- Mix together the Quark, cream cheese, sweetener and vanilla extract and beat until smooth.
- Fill a small freezer bag with the cream cheese mixture. Make sure you get all the mixture in one corner
- Seal the bag and cut the corner. The hole should be quite small so you can pipe inside the strawberries
- Squeeze filling into each strawberry and sprinkle with digestive biscuit crumbs
- Keep them in the fridge until ready to serve

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.**

Important Please read



Scam Alert | We are aware of some residents being contacted via telephone saying they are due a refund from Herefordshire Council

We would always write to customers to advise them of any refund and never ask for bank/card details over the phone. Do not give out any financial information on the phone and terminate the call immediately. Some calls have had the prefix 0808

See <http://socsi.in/7Z6SV> for more information
#bescamaware



Who is the lucky winner this month?

£21.50 goes to Lynne Renton

