

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.

Thursday 4th July
Tuesday 6th August

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 5th July

Friday 2nd August

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



Reminder

There are **no alternative** lunch arrangements on BBQ Day (10th July). If you **haven't booked** then you will need to **bring a packed lunch**.

Social Scene



The June social evening went off well, our thanks to Maggie and Sylvia for arranging it.

Summer BBQ Lunch Wednesday 10th July 11am – 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 July

22nd Kevin Trigg 29th John Blaydon



Healthy Eating

Almond & Jam Swiss Roll

Ingredients

50g self-raising flour
4 tsp demerara sugar
10g almond flakes
6 tsp strawberry jam
3 eggs
1 tbsp almond flavouring

Method

Pre-heat the oven to 180°C
In a mixing bowl add egg, brown sugar and flavouring whisking with an electric whisk until double in size .
Add the almond flakes and sieved flour, mix again.
Pour mixture into a lined baking tray and bake for 10 minutes until springy on top.
Roll the sponge using the baking paper.
Leave for a few minutes then unroll
Add the jam to the middle then roll again.
Leave to cool then slice into 10 pieces.
Enjoy with a good 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.**

Important Please read



Who is the lucky winner this month?

On Saturday 6th July Rachel Price-Jones, her family and friends will be taking part in a 12-mile circular walk along the River Wye at Symonds Yat to raise funds for us. If you would like to support her in the fund raising, there is a sponsor form on the notice board.

Mr Nobody! (we're not it holding this month but please purchase a raffle ticket or two, drawn at the BBQ)