

# 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 5<sup>th</sup> November**

Wednesday 4<sup>th</sup> December

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 1<sup>st</sup> November**

Friday 6<sup>th</sup> December

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



## Christmas Lunches

**December 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>** Cost will remain as previous years at **£7.50. Booking forms will be out shortly.**



## Social Scene



The **October Pie and Quiz** evening was a great success. The pies were very yummy!

Our thanks to Sue and Claire for organizing the food, Gerry and Cyrus for the quiz and

David for stepping in due to Cyrus' sickness absence.



Our November social will be a carvery meal on **Tuesday 19<sup>th</sup> November** at **The Bunch of Carrots** at **7pm**. Please see Sylvia or Maggie to book your place. £11.95 or £10.75 (for a smaller portion) desserts £5.75. A vegetarian option is also available. All monies, payable on the night.



Clive will be leaving us after 20 years with us! We are holding an **Afternoon Tea Party** to celebrate his service and say thank you and farewell on **Thursday 12<sup>th</sup> December** from **2-4pm**  
**There is no cost for this**

## Community Lunch Dates



<i>Date of Meal</i>	<i>Book by</i>
5 <sup>th</sup> November	24 <sup>th</sup> October

## Birthdays for November

6<sup>th</sup> David Garrett      13<sup>th</sup> Rob Keene



## Healthy Eating

### **HONEY GARLIC PRAWNS**

Serves 2

#### **INGREDIENTS**

- 400g of raw prawns
- 2 tbs of honey
- 60ml soy sauce
- 2 cloves of garlic crushed
- 1 tsp of fresh grated ginger
- fresh chopped coriander
- black pepper
- spray oil



#### **METHOD**

- Soak some wooden skewers in water for a few hours (this will prevent them from burning)
- Skewer the prawn onto the wooden skewers, about 5 per skewer.
- Whisk the honey, soy sauce, garlic, ginger and black pepper together in a bowl
- Heat a frying pan over a medium high heat, spray with oil.
- Add the prawn skewers and pour in the sauce
- After a couple of minutes turn over the skewers to cook the other side and then use a brush as the sauce starts to thicken, brush over the top with the sauce.
- Sprinkle with fresh chopped coriander.
- Once cooked served with your choice of sides

## Important Please read



**Exercise group Tuesday 9.30am until 10.am  
Carers' especially welcome to join in**



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

**Verity Howard who won £ 37.50**

## Fundraising

Shoppers Craft Event at The Green Dragon on 20<sup>th</sup> November between 9 and 6pm. Proceeds will be going to Herefordshire Headway.



The **Christmas Raffle tickets** are on sale at **50p each** with the **draw** to take place on **Wednesday 18<sup>th</sup> December**