



D E C E M B E R 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.

Wednesday 4th 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**



Social Scene



Our **November** social was at **The Bunch of Carrots**, where we also celebrated Geoff's milestone birthday, with everyone enjoying themselves. Our thanks must go to Sylvia and Maggie for organising the evening.



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 12th December** from **2-4pm** at Headway **There is no cost for this**



Carers' Meeting

10:00am – 1pm

Friday 6th December

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

Community Lunch Dates 2020



Date of Meal	Book by
Tuesday 4 th February	Thursday 23 rd January

Birthdays for December

13th Ellie Parker



Christmas Lunches

December
17th 18th 19th



You WILL need to BOOK No alternative meals on these days.

Closure Dates

We will close at 3pm on Thursday 19th December and re-open on Thursday 2nd January 2020



Herefordshire Headway takes your privacy seriously and will not use your name or contact details in any way other than to contact you from time to time with details of events, activities, fundraisers and information with regard to your Herefordshire Headway Membership.



Healthy Eating



Ingredients to make 10

- 25g Filo Pastry (cut into equal squares roughly 2 inches x 2 inches)
- 10tsp Mincemeat
- 1 Egg
- Fry Light

Filo Pastry Mince Pies

Method

1. Preheat your oven to 180°
2. Divide your piles of filo pastry squares into 10, this will give about 8 sheets for each.
3. Whisk your egg in a cup or small bowl.
4. Spray ten muffin tin holes with plenty of Fry Light, this helps to give the pastry a more golden colour on the outside.
5. Carefully layer the filo pastry from each of your piles into each the muffin tin, brushing them individually with the whisked egg before you put them in. You need to layer them unevenly so they go over the bottom and up the sides all the way around, stick up around the sides of the muffin tin holes.
6. Fill each with one teaspoon of mincemeat and then fold the sides over the top, brushing with plenty of egg as you fold. The egg makes the pastry go nice and golden as well as stick together so you want to make sure all the nooks and crannies are brushed lightly with egg.
7. Bake for 7 minutes in your preheated oven and then leave to cool before eating.
8. Enjoy them warm or cool!

Important Please read

Christmas Lunches



We had kept the cost of the three course meal at the same price as last year which represents great value. You will remember that John Nattress, who sadly passed away earlier this year, really enjoyed, not only attending Headway but especially his Christmas lunches. John's sister and brother in law, Tricia and Richard, wanted for us to

remember him and have generously donated a gift of money towards the meal costs. Consequently the cost for members only will be reduced to £5.50. I'm sure that you would want to wish Tricia and Richard a happy Christmas and a prosperous New Year remembering John too in your thoughts.



Had a fall?

If you are NOT injured you can call 01432 350251 where assistance can give to get you up. **This is only if you have not sustained an injury**

Who is the lucky winner

Fundraising

The Shoppers Craft Event at The Green Dragon was successful and well attended. Currently the proceeds are still coming in and so the final figure is yet to be announced.



Our grateful thanks go to the Co-op for their generous gift of £6226.90 raised from their Local Causes Fund. The Co-op gave 1% of what members spent on Co-op branded food products in the Grandstand Road store



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

No draw this month. Want to try your luck in the Christmas Draw?