

JANUARY 2020

# 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 9<sup>th</sup> January**

Tuesday 4<sup>th</sup> February

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 3<sup>rd</sup> January**

Friday 7<sup>th</sup> February

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

## Social Scene



It was a bitter sweet day when we said a fond farewell to Clive as he retired after more than 20 years service. There were cakes and sandwiches in abundance, a lot of memories and a few tears too! We wish Clive a very happy retirement but we shall see him back on the odd occasion when he fills in for staff absence.

## Community Lunch Dates 2020



Date of Meal	Book by
Tuesday 4 <sup>th</sup> February	Thursday 23 <sup>rd</sup> January
Thursday 2 <sup>nd</sup> April	Thursday 19 <sup>th</sup> March
Tuesday 5 <sup>th</sup> May	Thursday 23 <sup>rd</sup> April

## Birthdays for January

7<sup>th</sup> Doug Webb

7<sup>th</sup> Deborah Suthons

12<sup>th</sup> Cate Evans

27<sup>th</sup> Brian Nugent

29<sup>th</sup> Rita De Banks



### Christmas Closure

We will close at 3pm on Thursday 19<sup>th</sup> December and re-open on Thursday 2<sup>nd</sup> January 2020  
Merry Christmas and a Happy New Year



## Healthy Eating

### *Fed up with turkey and mince pies?*

*This is really quick, easy, tasty and worth a try!*

#### Ingredients

- 8 little gem lettuce leaves
- Low calorie cooking spray
- 2 garlic cloves, finely chopped
- 3cm fresh ginger, peeled and sliced very finely
- 2 spring onions, finely sliced
- 500g skinless chicken breast fillets, minced
- 220g can water chestnuts, chopped into small pieces (optional)
- 1 celery stick, finely chopped
- 1 tbsp dark soy sauce
- 1 tbsp oyster sauce

# Chinese Yuk-sung



#### method

Wash the lettuce, dry (being careful not to tear the leaves) and separate leaves keeping them whole. Pat dry and put to one side. Heat a non-stick frying pan on high and spray with low calorie cooking spray. Add the garlic, ginger and spring onions. Fry until the garlic and ginger are aromatic. Add the minced chicken and cook until the chicken is browned. Remove from the pan and set aside. Add the water chestnuts and celery to the frying pan and cook over a medium heat for 3-5 minutes or until slightly browned. Add the soy sauce and oyster sauce to the pan and stir. Put the chicken mixture back in the pan and continue to cook at medium heat until the sauce is reduced and the mixture becomes dry. Lay out a lettuce leaf and spoon the cooked mixture into the middle and fold into a wrap, and eat immediately.

## Important Please read



Our grateful thanks to Tricia and Richard, John Nattress's sister and brother in law for their generous donation in John's memory. The photo below is of us remembering John with a toast to him on one of our Christmas meal days.



## 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.

## Partnership Working

The Stroke Association, Hereford group are going to be holding coffee mornings at Headway on the 3<sup>rd</sup> Tuesday of the month starting on 21<sup>st</sup> January 2020 between 1030 and 12 noon

From February they will be invited to our Carers' Group meetings commencing 7<sup>th</sup> February



### *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**

*There was No £1 in the bucket draw in December. Hope you had some luck in the Christmas Draw!*