



D E C E M B E R

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Herefordshire Headway

Headway House, Trenchard Avenue, Credenhill, Hereford HR4 7DX Tel 01432 761000



Christmas Lunches

We are pleased to announce that **Christmas lunches** will be held **this year!** There are a few changes to our usual arrangements and they are:

1. They will be only over two days this year, **TUESDAY 21st** and **WEDNESDAY 22nd**
2. Due to the catering arrangements and Covid restrictions, unfortunately the lunch invitation is **open to members only**.
3. The lunch will be **two courses**. Traditional turkey lunch with vegetarian option followed by vegetarian friendly Christmas pudding with either brandy sauce or ice cream.
4. There will also be a free raffle too.
5. The lunches will be 12.00 for 12.30 followed by entertainment.
6. The cost will be £5 to include raffle tickets.
7. Our choir will be singing on Tuesday and we're hopeful that handbells will again entertain us on Wednesday.

Christmas Lunches

December
21st 22nd



You will need to book.



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.

Closure Dates

**We will close at 3pm on Thursday 23rd December
and re-open on Tuesday 4th January 2022**



Healthy Eating



Ingredients to make 10

25g Filo Pastry
(cut into equal squares roughly 2inches 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



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.**



Some interesting information on acquired brain injuries and what is going on in parliament.
Here is a link to see it.

<https://headway.us1.lost-manage.com/track/click?u=74c5bf259cd513c5e5c333fb8&id=d64865fa39&e=4b7bf9edc0>



Help, volunteers needed!

Are you interested in **woodwork** or **arts and crafts** and have a few spare hours each week then why not come and help out?
We are a friendly group assisting clients that need support due to an acquired brain injury.
For further details please contact Sue or Claire on 01432 761000

Is it difficult to pay your
energy bills? Are you
warm enough at home?

FREE SUPPORT INCLUDING

- £ fuel debt support
- energy bill advice
- heating and insulation grants
- switching energy provider
- energy efficiency advice

If you're feeling overwhelmed by home energy and need an advocate on your side, email us to arrange a confidential appointment.

advocate@severnwy.org.uk

or call Keep Herefordshire Warm to arrange a visit
0800 677 1432

severn wye  Herefordshire Council

**Having difficulty with
heating and paying for it?**

There is **help** on hand with a
friendly service.

Telephone them on
0800 677 1432



Improving health and wellbeing in the home

When a client is struggling to cope with their energy bills, refer them to our Energy Advocates for personal support.

advocate@severnwy.org.uk
0800 677 1432





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Something new!



Do you need something to do?



Do you enjoy jigsaw puzzles?

*If you do then we have several **jigsaw puzzles** that are **available** for you **to loan**.*

Most of them are 500 pieces and a few 1000 pieces.

If you are interested in loaning any jigsaw please see Maggie.

