

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 6th August

Wednesday 4th September

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 2nd August

Friday 6th September

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

Social Scene



FREE BBQ

Tuesday 13th August

from **7pm to 9pm** at **Headway, Credenhill**.

Everyone is invited friends, families, carers, volunteers and staff.

Please complete the form or see Sue or Claire by 6th August.

Community Lunch Dates



Date of Meal	Book by
6 th August	25 th July
3 rd October	19 th September
5 th November	24 th October

Birthdays for July

7th Olwen Helme 11th Andy Thomas 17th Mark Perkin
 22nd Libi Welthy 30th Allan Hooper



In the hot weather remember to **KEEP HYDRATED**. You cannot drink too much!

Healthy Eating

Chocolate Banoffee Pudding

Ingredients

- 150g Natural Yoghurt
- 3 Sugar-free Werthers Original sweets
- 11g Options Caramel (sachet)
- 1 banana
- 2 tsp sweetener

Method

Slice half of the banana and put into the bottom of the glass dish
In a separate bowl mix 1 tbsp of yoghurt, Options caramel and sweetener together
Pour onto the banana slices
Slice remaining banana and arrange on top of the mixture
In a plastic bag crush the sweets with a rolling pin
Mix $\frac{3}{4}$ of the sweets with the remaining yoghurt and spoon on top of the banana
Sprinkle the remaining crushed sweet on the top and then serve.



Fundraising



Photo's (also on our Face Book page) from our BBQ lunch, which raised a fantastic £1453,



Important Please read



On Saturday 6th July Rachel Price-Jones, her family and friends took part in a 12-mile circular walk along the River Wye at Symonds Yat to raise funds for us. A magnificent sum of £1129 . 25 raised so far.

Thank you

Who is the lucky winner this month?

Mr Nobody!

(we're not it holding this month)

August Activities

Morning

- 7th - Floristry
- 14th - Floristry

Afternoon

- 1st - Handbells
- 8th - Handbells
- 22nd - Handbells