

Heatons Centre on Wednesday Afternoons 1-3pm
Refreshments: Meeting friends-games-Jigsaws-Table Football -Scrabble-Pool

Headway South Manchester & Stockport Branch



NEWSLETTER

****January 2014****

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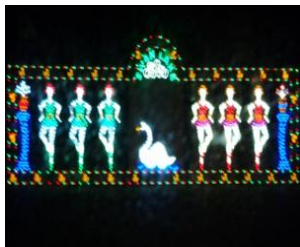
Hi Members a very Happy New year to you all.

Blackpool Illuminations Trip Wednesday 16th October

After the Drop In, we set off to Blackpool it was raining heavily at the time. Once we arrived in Blackpool we went straight to Harry Ramsden's as it was very windy on the front. A special area of the restaurant had been allocated so the whole group 35 of us could sit together. The meal was excellent and was enjoyed by everyone. After eating we got back onto the coach and drove through the lights along the prom. We would like to thank Sabrina, Rachel and the helpers for organising the trip; a great time was had by all.



Harry Ramsden's Meal



Illuminations Blackpool

Thursday 17 October Dr Vikki Teggart Clinical Psychologist

Vikki gave a fascinating, funny and really helpful talk on long term problems affecting many of our members such as memory difficulties. There was a lot of lively contributions from members and Vikki provided practical guidance which we could easily understand and try to use to help in our daily lives. Rachel has copies of the presentation if anyone would like a copy to help you remember the handy hints recommended. Our thanks to Vikki for giving up her time. We will aim to have a follow-up discussion at the Drop-In about to re-cap on Vikki's recommendations.

A.G.M Thursday 21 Nov 7.30pm

The Annual General Meeting was chaired by Janet, we discussed all our achievements and the trips we have had throughout the year. During the meeting it was noted that we had lots of helpers, which is greatly appreciated by members. The last item on the agenda was to nominate new committee members.

The three new members elected are Anne Mines, Nicola Scott and Lynn Ratcliffe –welcome to them. After the AGM the draw took place for the raffle.

Thursday 19 December Christmas Party & 30th Anniversary of Headway Stockport and South Manchester

The 30th Anniversary celebrations for our group were a great success. It was held at the Kavanagh Centre which is behind St Winifred's RC church in Heaton Moor, who kindly provided the venue and bar staff with no charge. There was a fantastic turnout of both former and current members. Steve Davies shared many memories of the group with a photo collection, and spoke about the history making our hugely successful group. Many thanks to Steve for all his hard work in organising such a wonderful night. Rachel was presented with a certificate in recognition of all the hard work she has done over the years for the group, and we also gave her with a beautiful vase. Richard and Steve were also given presents in thanks for their unfailing commitment to the group especially at the weekly drop-in. We wished Hazel a very happy

birthday and said goodbye and good luck to Sandy, who has moved to S.Wales. We missed Janet who'd just had a knee op but sent a lovely message into the group. We enjoyed a Christmas themed buffet and a raffle. Thanks to everyone for coming and to all those

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who helped make it a brilliant night – here's to the next 30 years!



Headway 30th Anniversary Party

Special Announcements and thank you!

Our very long serving Treasurer and volunteer **Reg Bowdler** has a special birthday coming up in March. We wish him many happy returns and a huge thank you to him for his dedicated support over many years without which the group would have struggled to survive.



Sheila Slater celebrated her 90th birthday on 21st December-many happy returns! Sheila very kindly presented the group with generous donations from her friends and family instead of birthday gifts –many thanks.



Thanks to **Keith Kushner** a friend of the group who whose generous donation sponsored the cost of 30th anniversary buffet

Hannah Moss a former volunteer of the group missed by us all now she's moved away for her work as an OT, came to the party with her fiancé and kindly donated plenty of tea, coffee and biscuit supplies for the Drop In to get us through the winter months . Good luck to them both for their wedding coming up this year.



Goodbye and good luck to one of our student helpers **Grace O'Malley** who has started a new post for a charity in London-we will see her again as she'll help out when she's back in the area and thank her for her contribution to the group.

Thursday 16 Jan

Thanks to Janet for chairing our planning meeting for the year which was well attended and gave us lots of ideas of what the members would like to do over the next year. A list of the planned trips is set out below. Please see Steve at the Drop In to put your name down for those you'd like to join in. A small deposit or contribution to the costs of some events is needed if this can be afforded but all events will be subsidised by the funds raised for and by the group.

Monthly Thursday Evening Meetings (the third Thursday in each month)

Thursday 20 Feb Tenpin Bowling Night at Parrs Wood Didsbury

Meet there (**NOT AT THE HEATONS**) at 6.30-6.45pm to collect your shoes to start bowling from 7pm. You must have your name on the list with £2 contribution so we have enough lanes booked. We will provide drinks and some food.

Thursday 20 March

Meet at conference room upstairs at the Heatons Centre at 7.30pm Music Therapist John Habron who you may remember from a previous visit a couple of years ago is back by popular demand to do a music therapy workshop demonstrating the benefits of this for brain injury survivors and all of us! It will be a wonderful evening so please come along to try out the percussion instruments he'll bring-no musical experience needed you can all join in.

Thursday 17 April

We are going out for a **Chinese Buffet at East Orient Unit 10, Grand Central Square, SK1 3TA** which is close to buses /trains and lots of parking nearby. Meet there (**NOT AT THE HEATONS**) at 7.00pm and if you haven't already put your name down plus £5 contribution please see Steve/ Richard at the Drop-In as we need to book enough tables. Headway will be buying everyone a drink with their meal.

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Future Thursday Meetings & Trips

Thursday 15 May

- Thursday 15th May – 7.30pm Speaker at the Heatons Centre
- Saturday 31st May – Afternoon-Wheels for All Cycling trip at Wythenshawe Athletics track, Wythenshawe Park
- Saturday 7th June (date to be confirmed) – Didsbury Festival Headway Stall-All Day
- Thursday 19th June – 7pm onwards Crown Green Bowling & raffle draw. Red Lion Pub, Wilmslow Rd, Withington
- Thursday 17th July – 7.30pm-Speaker at the Heatons Centre
- Sunday 27th July – meet 12.45-1pm-Canal trip/Walk on tow-path at New Horizons at Marple
- **August – summer break – NO SPEAKER OR ACTIVITY**
- Thursday 18th September-7.30pm meet at The Heatons Centre to plan for the trip to Liverpool following Saturday
- Saturday & Sunday 20th/21st September – Liverpool overnight trip with museum visits and evening meal
- Thursday 16th October - Quiz Night 7.30pm at the Heatons Centre

- Thursday 20th November – Annual General Meeting-7.30pm at the Heatons Centre
- Saturday 6th December–2pm Aladdin Pantomime matinee at – Guide Bridge Theatre, Audenshawe www.gbtheatre.co.uk followed by Christmas meal at 5pm at the Sheldon Arms
- Wednesday 17th December-Christmas buffet at the Drop-In 1-3pm please bring a plate of food for the buffet
- **Thursday 18th December NO MONTHLY MEETING THIS MONTH due to earlier activities listed above**

Future Newsletters

We would also like further ideas for future venues/outings etc from you our Headway Members. Do you have any ideas about trips or events for Heaton Centre as a group?

Please have a word with Nicola at the Drop In and she'll pass your ideas on to the committee