

Heatons Centre on Wednesday Afternoons 1-3pm
Refreshments: Meeting friends-Socialising-games- Dominoes Scrabble-Pool



Headway South Manchester & Stockport Branch

NEWSLETTER

****December 2014****

Sign our communal card before we break up and make a small donation to Headway instead of buying individual cards
Christmas closing-last day for Drop-In is 17th December, we re-open 7th January 2013 at 1pm!
Look forward to seeing you then and Merry Christmas.

Contacts: Rachel Rees 0773320049, Janet Penny 07545182658

Hi Members

27 July Canal Trip to Marple

In July we had our annual trip on the canal from Marple to Poynton and back. There were 8 of us on the boat – the weather was kind. We stopped off at Poynton and had a lovely ice cream whilst sat in the sun. Thank you to crew on the **New Horizons** canal boat, a great time was had by all. Thanks to Amanda, Annie and all for helping out on the afternoon.



Rose Walker from Park View

We were very sorry hear that **Rose Walker** sadly passed away at the end of August. Rose was a lovely lady who ran Park View for many years and offered us our first drop-in home. Our sincere condolences go to her family.

Thursday 18 September Mike Caine Healthwatch Stockport

Mike told us about the work that he and other volunteers do obtaining the views of local residents and monitoring local care and health services. At present they are working on Healthier Together a major review of NHS services across Greater Manchester which will affect us. 3 hospitals will be

chosen to be a Specialist hospital offering all current services plus enhanced accident and emergency and other specialisms. Mike will ensure our members' views on this are passed back to the decision-makers and we thank him for his efforts on our behalf.

Presentation of Cheque 22 August

Mark Belfield of Thorneycrofts Solicitors of Macclesfield presented the branch with a generous donation of £1,047.50 raised by him and his colleagues who raised sponsorship for us by running the Bupa Great Manchester 10k Run on Sunday 18th May. Many thanks for their generous efforts.

Liverpool Trip Oct 18th & 19th Monthly Thursday



An amazing “Fab” time was had by all. We visited Albert Dock, Tate Modern Art Gallery, ferried across the Mersey, dined out, and whilst some were wowed by the incredible architecture of the Catholic Cathedral the rest were magically and mysteriously bussed around the City on a sight-seeing tour! Phew all that in 48 hours, and in wonderful sunshine. Steve has kindly made a fantastic dvd showing all the memories and sights of the trip which you can see at the Drop-In. Thanks to all who came and made it such a great event, to all our volunteers and carers and to you the group and our fundraisers and donors who made it possible by your generous efforts and giving over the last 12 months.

(The Basement) THE HEATONS CENTRE Stockport Signpost for Carers

Thornfield Rd, Heaton Moor, Stockport, SK4 3LD

Prepared by Richard Dann-Rachel Rees

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Evening Meetings



Thursday 16 October

Music Therapist John Habron came back by popular demand to do a music therapy percussion workshop. We all felt the benefits of this relaxing exercise which helped many people express themselves through music and rhythm. Many thanks to John for giving up his time for us again.

Thursday 20 November

Annual General Meeting Thanks to Janet and Dan for reporting on another year's successful activities and finances and to all the committee members for their continued efforts for the group. Nicola is going to concentrate on being a members rep at the drop-in so has finished for now on the committee so special thanks to her. Welcome back to Suzanne Guest who has re-joined us and will also be helping at the drop-in on Wednesdays. Well done to all raffle winners and thanks to those who donated prizes.

Saturday 6 December



Saturday 6th December-2pm Aladdin Pantomime matinee at **Guide Bridge Theatre, Audenshaw** www.gbtheatre.co.uk followed by Christmas meal at the **Sheldon Arms**. All places are taken now.

Wednesday 17 December at Drop In



We will be holding a Christmas buffet for our members at the **Drop-in 1pm-3pm** we would like to ask people to bring one item for the buffet if they would like, for example a sandwich, a small box of mince pies or cakes, or a bag of crisps we will have plenty so no need to bring large amounts, many thanks.

Christmas Break

Our last drop in will be on Wednesday 17th December after which we will be **CLOSED** until Wednesday 7th January 2015.

Future Thursday Meetings & Trips

Thursday 15th January 2015



To sweep the cobwebs away after the Christmas break we're going TENPIN Bowling at Parrswood Didsbury . Meet at reception there at about **7pm** to get shoes on as the lanes will be booked to start at 7.30pm. We need to know numbers to make sure we have enough lanes and to arrange lifts if needed, so please let us know at the drop-in if you're joining us. No charge and we'll provide some soft drinks/snacks.

Thursday 19th February Planning Meeting in upstairs committee room at the Heatons' Centre 7.30-9pm when we're going to plan ahead and book dates for all the year's trips, outings and fundraising events. Come and put your name down and give us some ideas.



Thursday 19th March 2015

Quiz Night in upstairs committee room at the Heatons' Centre 7.30-9pm Pit your wits against each other at this annual challenge hosted by our very own Quiz Master Keith Davies. We'd love it if you could get yourselves in teams of 3 or 4 at the drop in and think up some Team Names in readiness. Also let us know of any topics you'd prefer the quiz to cover.

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 our group?

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

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