Darlington & District Headway
Rebuilding Lives After Brain Injury

Your monthly NEWSLETTER

February 2023 Issue 16

Peter Pan Darlington Hippodrome

Excellent day was had by all at the Panto before Christmas. Thanks to Dorothy, Elaine and David who were our

volunteers who helped on the day. It was a lot of fun and we are hoping to do it all again next year……oh no your are not…..OH YES WE ARE!!!

Christmas party at the Hub

Some of us enjoyed a Christmas Buffet Lunch at the Headway Hub in December. Thanks to those of you who contributed some of the food and to Headway and the Lottery who paid for the Roses Chocolates for everyone who attended on the day. Everyone seemed to enjoy a Christmas get together and a big thank you to Maria and Mark for leading us in song with Christmas Carols too.

Dolphin Centre Bowling

We started the year off with another successful bowling outing at the Dolphin Centre on the 19th January with enough members to fill two lanes. The scores were much higher this time and competition was stiff, especially on lane one where three members achieved over 100. If you fancy a bit of exercise, a bit of banter and a chance to beat the boys (yes a girl won) come along and have a go. We have another session planned for February.

SPORTS WORKS SESSIONS HAVE STARTED IN JANUARY FOR 10 WEEKS ONLY these sessions include gentle exercise and information on nutrition and mental wellbeing.

If you wish to attend the Sports Works Project then let Mark know.

info@headwaydarlington.org.uk

Arts and Crafts are back every fortnight. Book your place now by emailing us today at the usual info@headwaydarlington.org.uk

If you have any Ideas or suggestion's please contact Mark.

CHATTERBOX

Chatterbox is going well – and its happening every Monday now until the end of February 2023. We have some very interesting topics and conversations, with a lot of laughs thrown in.

We have also changed one of the other session names Games to the drop-in session. Not everyone wants to play games. So just come along for a chat, a cup of tea and a biscuit.

Check out the monthly calendar for dates and times of all the sessions.

CONTACT MARK BY LANDLINE, MOBILE OR E-MAIL.

Mark has a mobile phone and he will text and keep you informed of any important information and to remind you of any up and coming sessions or trips.

The number is: 07551155664

This phone will be switched on these times only.

Monday to Wednesday, 10:00 –14:30
Thursday, 10:00 – 13:30

Remember you can always email on: info@headwaydarlington.org.uk

CITIZENS ADVICE (CAB)

Headway Darlington has a special arrangement with Citizens Advice and can fast-track appointments. If you have a benefit issue, want to see if you can get additional benefits, have debt problems, a housing issue or legal problem then email us and we can arrange for you to meet with a CAB advisor. Email us at info@headwaydarlington.org.uk or call on 01325 370563 and speak to Mark who will arrange things for you.

MONTHLY TRIPS OUT.

We are still looking for ideas on possible trips out for the next 3-4 months?

Members have enjoyed Beamish, Hamsterley Forest, Saltburn and Richmond Castle in 2022. Where would you like to visit in 2023?

FEBRUARY TRIP BOOKED

ON TUESDAY 28TH FEBRUARY 2023 WE HAVE A MINIBUS BOOKED TO TAKE US TO MAINSGILL FARM WHICH IS JUST OFF THE A66 NEAR RICHMOND. The trip includes a free lunch out too but places are limited to just 10 so book now with Mark to avoid disappointment.

Let us know whether you have any ideas for future trips and we will see if we can add them to the list. We are hoping to go to York in March so register your interest with Mark if you fancy going.

As ever, email or call Mark please.

MARIA IS YOUR MEMBERS REPRESENTATIVE

If you have anything you want to ask the Board of Trustees then email info@headwaydarlington.org.uk and Mark will pass on the information to Maria to bring up at the Board meetings.