Your monthly NEWSLETTER

January 2023 Issue 15

TEN PIN BOWLING

We have two lanes booked for 19th January 2023 for up to 10 people for Bowling at the Dolphin Centre. If you would like to come along, then email Mark as soon as possible at info@headwaydarlington.org.uk for a place. First come, first served.

LAN 2023

Sadly we only had two members who wanted to go to LAN in 2023 so we had to return seven of our nine places back to Headway. LAN is now full for 2023 with 105 people going in total from the Northern Region Headway Groups.

Group Walk with David at Low Barnes Nature Reserve

A hardy few of us braced the weather on Wednesday 23rd November for our latest walk, this time at the Durham Wildlife Trust site Low Barnes Reserve in Witton-le-Wear.

Despite the gloomy outlook, the morning rain actually stopped for the latter half of the walk and as well as seeing the graceful swans on the lakes, we found the five bird sculptures dotted along the trail, mainly thanks to eagle eyed Amanda. We enjoyed tea and coffee in the café before leaving and decided that we would return next year sometime during spring or summer, so we could appreciate the trail when the trees are in leaf and we would hear more birdsong. For the future? We're taking a break from the walks over the winter and we'll look to restart in March 2023.

SPORTSWORKS SESSIONS

This is a 10 weeks course of gentle exercise, information on nutrition and mental wellbeing. The sessions are just one hour and start at 12 noon on Wednesday 11th January 2023 at the Headway Hub. Pleaces are limited to eight people so if you wish to attend the Sports Works Project then let Mark know.

HAPPY NEW YEAR TO ALL

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 – once a fortnight – and 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.

CONTACT MARK ON THE MOBILE

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

Remember that travel distance must be no more than an hour on the bus so maybe a day in York might be good or a trip to the Folk Museum at Hutton-le-Hole (there is also a chocolate shop and some great Café's too).

Let us know whether you have any ideas and we will see if we can add them to the list.