



## Your monthly NEWSLETTER

November 2022 Issue **13**

Message from Mark.....We have put the Darlington & District Headway logo onto the wall I painted a few weeks ago and you can see this above in the heading, although the photograph does not do it justice. So please pop along, come and enjoy the facilities, remember the hub is for all members and is looking cosy and inviting. Come for a chat or a cup of tea, remember I am here at the following times:

Monday – Wednesday 10:00 – 14.30  
Thursday 10.00 – 13.30

### LAN 2023

We now have a confirmed date for LAN 2023 which is 3<sup>rd</sup> to 5<sup>th</sup> March 2023. As some of you will know, all the Headway Groups in the North have access to the Calvert Trust activity center at Kielder in Northumberland. This will be a residential event but day passes will be also be available to those who are prepared to drive there and back in a day. Headway Darlington has 10 places allocated. **BOOKINGS ARE NOW OPEN FOR LAN 2023.** You can get a booking form from Mark at [info@headwaydarlington.org.uk](mailto:info@headwaydarlington.org.uk) and this needs to be returned to us by **NO LATER THAN FRIDAY 25<sup>TH</sup> NOVEMBER 2022.** The cost is £110 per person and we have just 9 places allocated to Headway Darlington. If

these places have not been taken by our members by that date, they will be allocated to other Headway Groups in the region – **SO ITS IMPORTANT TO BOOK EARLY TO AVOID DISAPPOINTMENT.** Book your place **NOW!!**

### Group Walk at South Park

Some members and their friends and dogs enjoyed a return to Darlington South Park for an hours walk on Wednesday 19<sup>th</sup> October.

Although the weather wasn't as sunny as on our walk there last month, it was kind enough not to rain, so we saw some autumn tree colours and had plenty of time to chat to each other on our way round.

We were however a bit stumped trying to guess the animals depicted on the carved Wildlife Wood statue in the rose garden area!

At the end of the walk, we revived ourselves at the café with tea and coffee and I can personally recommend the excellent homemade scones. I'll look to plan another walk in November. David



## GYM SESSIONS



The Gym sessions are due to end soon at the end of December 2022 as the funding from the National Lottery has come to an end, attendance figures are quite low now.

If you want to continue to attend the gym, then you can speak with Johnny to arrange to pay them direct for your attendance.

Other alternatives such as the Sports Works Project will begin in January 2023 for 10 weeks, if you wish to attend the Sports Works Project then let Mark know.

[info@headwaydarlington.org.uk](mailto: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](mailto: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.



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](mailto: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](mailto:info@headwaydarlington.org.uk) or call on 01325 370563 and speak to Mark who will arrange things for you.

## **TEN PIN BOWLING**



We are hoping to run one of these sessions 3-4 times a year so plan another one in December 2022.

If you are interested in attending then please let us know by emailing [info@headwaydarlington.org.uk](mailto:info@headwaydarlington.org.uk) or give Mark a call at the office.

## **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.

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 Caf es too).

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

As ever, email or call Mark please.