

## FORBIDDEN CORNER



Members enjoyed a great day out at Forbidden Corner in Middleham up in the Dales on Wednesday 21<sup>st</sup> June. We had good weather and enjoyed pottering around the grounds after a lovely lunch in the cafe. The walled garden was fabulous and the views across the Dales were stunning. We all had great fun finding all the different attractions such as the glass pyramid and the castle in the corner, a great time was had by all.



## DROP IN SESSIONS



### CHATTERBOX

Chatterbox will be on once a month from July 2023 – still on a MONDAY 10:30 to 12:00 and still run by Jan and Ken. It is a very busy session with lots of interesting topics and conversations.



Arts and Crafts is on every other Tuesday 10:30 to 12:00 and is run by Elaine. If you would like to join our crafts sessions, or just fancy a cuppa and a chat, please come along.



TUESDAY drop in sessions will be on once a month for now 10:30 to 12:00 and will be run by Amanda and David. Come along if you fancy a cuppa and catch up in a relaxed and chilled setting.

## NEW VOLUNTEER



Amanda has worked as a registered nurse for over 35 years both here in the UK and the USA.

She gave up working to provide full time support for her husband Martin who has a brain injury.

They have both been keen members of Headway Darlington and District since October 2022 and Amanda has now decided to become a volunteer.

Amanda enjoys travel, music, theatre and the great outdoors.



## SPORTING FORCE

We have the use of the Gym for two hours on a **Wednesday afternoon EVERY WEEK** for up to eight Headway members at any one time. Trained members of the Sporting Force team will be on hand to provide a full risk assessment and work with you individually on a training and fitness plan. Please let us know if you'd like to attend.

## CARERS MEETING



We held a meeting for our carers on Friday 30<sup>th</sup> June at the Hub. We discuss a wide range of topics which we can all relate to and hopefully share some insights into how we all deal with issues in different ways.

This group is **ONLY FOR CARERS** and is run by Dorothy and Amanda who are carers themselves. Everything we discuss in our meetings stays confidential.

Why not come along to our next meeting on **Friday 21st July 2023** at 10:30.

It's a very informal meeting with like minded people who understand some of the difficulties you may be going through. Please email if you would like to attend

## EXCITING TIMES

We are looking forward to some new sessions in the next six months in our **CRAFT GROUP**.

Pottery with Pixie Pots - Polymer clay jewellery makes great gifts.

Xmas wreath making.

We are kicking off with making terrariums in July.

Art is fun and everyone can do it so why not give it a go.

We meet every other Tuesday, check the calendar for dates.

## BOWLING



We met for our monthly bowling morning on Thursday 8<sup>th</sup> June at the Dolphin Centre. We had a smaller than usual so we stayed behind afterwards and had a spot of lunch in the adjoining cafe which was much appreciated by all.

We are all getting a lot fitter and more coordinated playing once a month and have enough funding to continue this monthly event for now so why not come along if you think you'd enjoy a bit of exercise and some light hearted competition.

**Our next bowling session will be Tuesday 4<sup>th</sup> July.**

## GOODBYE TO GABI

Well done to Gabi who has managed to land herself a fabulous job in London. Gabi has been one of our volunteers at the Tuesday drop in session since March 2022. She has been a valued volunteer of our Headway group and much liked by all our members.

We will have our last bowling session with Gabi on the 4<sup>th</sup> July and her last session will be **Tuesday 18<sup>th</sup> July.**

## MONTHLY TRIPS OUT



Let us know if you have any suggestions for a trip out.

We try to organise a trip once a month if the minibus and volunteers are available. Members have enjoyed trips to Mainsgill Farm, Beamish, Hamsterley Forest, Saltburn and Preston Park.

We try to ensure the trips are around an hour on the minibus for those who are unable to sit for too long and hopefully of interest to all, but please be mindful some of the trips may include a fair bit of walking.

## 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 problems then please email us and we can arrange a meeting for you.

## CONTACTING US

Sadly, **Mark** is still off sick but we wish him a speedy recovery. The Board members and other volunteers are doing their best to fill in. Please use the office email

[INFO@HEADWAYDARLINGTON.ORG.UK](mailto:INFO@HEADWAYDARLINGTON.ORG.UK) if you need anything and we will try our best to help out.

**Gary, Dorothy, Elaine, Geoff, Alastair and Hannah – The Headway Board.**