

Headway South Bucks

February/March 2025 Newsletter



HSB Noticeboard

This year we celebrate 30 years of
Headway South Bucks!

Happy
Birthday



Sharon's contact details

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Tues to Thurs 9.30am to 5.30pm

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Resource Centre

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Tues to Thurs 9.30am to 4pm

Christmas Lunch 2024

We were delighted to be able to hold our annual Christmas lunch on 19th December. It was well attended by service users, carers, volunteers and invited guests.

In the morning we enjoyed coffee and mince pies and a chance to chat and catch up. We moved into the main hall for our lunch enjoying Turkey and all the trimmings, Nut roast or Salmon. Dessert followed with a choice from Christmas pudding, chocolate profiteroles or fruit salad.

We were entertained by singing and music from Dave Perrin. The raffle as usual offered some lovely hampers and other prizes. A great day to finish the year.



RECENT ARTS AND CRAFTS WITH CLARE



February

A FEW FACTS ABOUT FEBRUARY

People who have birthdays in February – Martin Luther King, Nina Simone, Alice Cooper, John Travolta and Jennifer Aniston.

The Anglo-Saxons called February Sol-monath, meaning “cake month.”

There is a 1 in 1,461 chance of a leap day birthday.

February is derived from the Latin februo which means purity or to cleanse.

Because February usually has 28 days, once every 6 years, it's the only month to have 4 full 7 day weeks. In the years that aren't leap years (otherwise known as common years), February and March start on the same day of the week.

FEBRUARY IS : National Bird Feeding month, Hot Breakfast month and

International Vegan Cuisine month

Feb 14th – 20th is Random Acts of Kindness week

Feb 4th – National Homemade Soup day

Feb 5th – World Nutella day

Feb 6th – National Chopsticks day

Feb 11th – National Latte day & National make a friend day

Feb 13th – National Tortellini day & National Cheddar day

Feb 17th – Random Acts of Kindness day

Feb 19th – National Chocolate Mint day

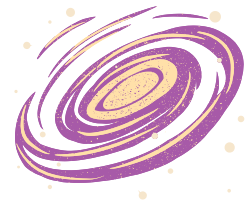
Feb 20th – National Muffin day & National Comfy day

Feb 26th – National Set a Good Example day

Feb 27th – National Toast day, National Chilli day & National Polar Bear day



Lego Milky Way



One of our Wednesday volunteers Adria has spent the last few months working with one of our service users on a fantastic model of the Milky Way made from Lego. They have completed it section by section working on it for about an hour each week.

Finally just before Christmas it was completed. Such dedication from both of them, well done to you on your hard work.

A wonderful project.



Pancake Day Word Search



E	A	E	S	P	L	Z	Q	S	K	T	V	J	K	Z	B	W
F	T	M	I	A	S	H	W	E	D	N	E	S	D	A	Y	L
F	Q	J	W	M	Y	O	H	X	R	V	K	Q	H	I	N	Y
O	I	R	E	D	W	L	N	L	F	L	I	P	T	N	Z	A
Y	M	Z	G	P	Y	E	P	O	T	E	Y	V	Y	U	S	Z
R	Q	A	G	P	J	J	P	Q	A	M	M	L	I	X	P	X
Y	B	D	S	U	G	A	R	Y	I	O	C	V	S	D	A	N
J	A	I	H	Z	E	U	C	Z	T	N	D	V	C	Z	N	Z
Q	T	K	W	N	Y	G	X	Z	I	N	T	D	M	W	C	D
U	T	Z	O	B	H	A	W	M	S	L	O	I	A	L	A	J
S	E	X	L	P	F	R	Y	I	N	G	P	A	N	V	K	X
Z	R	V	E	K	D	H	O	L	R	T	P	R	Z	V	E	U
S	K	Q	Y	O	L	E	J	K	S	F	I	B	Y	Z	T	D
X	M	Q	S	X	V	O	F	L	F	L	N	U	I	L	I	U
I	I	E	D	Z	Z	L	M	V	A	O	G	W	O	W	N	R
Z	E	V	L	G	F	F	D	U	Z	U	S	I	V	O	W	T
U	L	B	E	X	G	B	F	S	Y	R	U	P	S	O	D	V
M	I	R	N	I	E	C	K	J	D	A	W	S	J	T	B	N
I	H	C	T	W	C	W	Y	S	S	G	B	X	G	E	A	F
I	D	Y	G	B	C	H	R	I	S	T	I	A	N	O	D	C
D	K	P	G	H	G	U	F	T	B	C	J	M	M	Y	Q	W
O	A	F	D	S	H	R	O	V	E	T	U	E	S	D	A	Y

FLIP

FRYING PAN

PANCAKE

BATTER

LEMON

FLOUR

EGGS

SYRUP

LENT

SHROVE TUESDAY

MILK

ASH WEDNESDAY

CHRISTIAN

TOPPINGS

SUGAR

March



Historically, planting and war go hand in hand in March. Named for the Roman god of War, Mars, March became a time when armies began to march again and farmers tilled their soil. While farming and the military have both dramatically changed since Roman times, March and spring still hold power over both of them.

People who have birthdays in March - Harry Belafonte, Alexander Graham Bell, Jon Bon Jovi, Reese Witherspoon, Elton John, Lady Gaga



Beware the Ides of March. When the world used the Roman calendar, the middle of each month was called the "Ides." What makes March so special? Well, the 15th was always the midpoint in March, and in 44 BC an oracle predicted Julius Caesar's downfall to be no later than the Ides of March.



The phrase "in like a lion, out like a lamb" refers to the proverb that says:

"If March comes in like a lion, it will go out like a lamb."

However, it may also refer to the constellations Leo and Aries. Leo rises in the east early in March but Aries sets in the west at the end of March.



MARCH IS – National Craft month, Celery month and National Noodle month.

Mar 4th – Pancake day

Mar 6th – National Oreo Cookie day & White Chocolate Cheesecake day

Mar 12th – National Plant a Flower day

Mar 18th – National Black Pudding day

Mar 20th – French Language day

Mar 25th – International Waffle day

