

Headway South Bucks

April/May 2024 Newsletter



HSB Noticeboard



Exciting news



We are delighted Wycombe Heights Golf Club has already raised the £4000 needed to organise a theatre trip. **THANK YOU SO MUCH!**

Please support their upcoming fundraising activities - Race Night on Friday 31st May and Captains Charity day on Wednesday 19th June.

Look out for your invite to our theatre and lunch trip to see Chitty Chitty Bang Bang next month at New Victoria Theatre, Woking.



Spring has sprung

Thank you Carol for planting out our plant box with lovely spring flowers.



Sharon's contact details

07704 860754

Tues to Thurs 9.30am to 5.30pm

sharon.smith@headwaysouthbucks.org.uk

Resource Centre

07709 285112

Tues to Thurs 9.30am to 4pm

Photos from our recent cookery sessions

Poppy seed muffins plus sweet and savoury pastry dishes



April

Special days and events to enjoy in April

April is – International Guitar month
National Humour month
National Kite month

1st week of April is Library week
2nd week is Garden week

April 3rd - National Walking day & National Chocolate
Mousse day

5th – National Dandelion day

6th – National Carbonara day

7th – National Coffee cake day

10th – Golfer's day

11th – National Pet day & National Cheese Fondue day

12th – Grilled Cheese Sandwich day &
National Licorice day

13th – International Plant Appreciation day &
Scrabble day

14th – National Gardening day

15th World Art day

17th – National Banana day

18th - National Exercise day

22nd – National Jelly Bean day

23rd – National Picnic day

24th – National Bucket List day

26th – National Pretzel day

30th – National Raisin day



Various arts and crafts projects



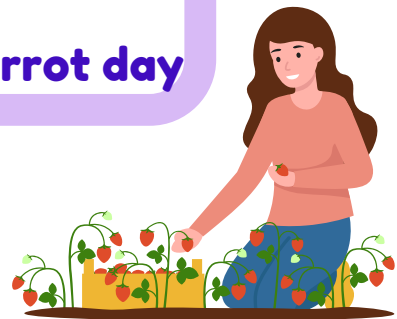
May

Special days and events to enjoy in May

May is... **National Barbecue month**
National Hamburger month
National Salad month

1st Week of May is Be Kind to Animals week
2nd Week is Wildflower week

May 1st – Hawaiian Lei day
2nd – World Tuna day
3rd – Garden Meditation day
4th – Bird day & Herb day
6th – Beverage day & National Nurses day
8th – No Socks day
11th – Eat what you want day & Hanging flower baskets day
13th – International Hummus day
15th – World Baking day
18th – Visit your relatives day
19th – World Plant a Vegetable Garden day
20th – Pick Strawberries day
21st – International Tea day
25th – National Wine day
28th – National Hamburger day
29th – World Otter day
31st – National Macaroon day & World Parrot day



A few forgotten May day traditions

May Birching

For centuries, our rural ancestors in northern and central England would wake up on May Day morning and look to see what sort of twig or flower had been left by or on their door. This custom was known as May Birching.

But what the house was festooned with was loaded with meaning and it wasn't always nice. For example, a thorn on your doormat was a message that you were not very popular (unless it was a hawthorn, which confusingly meant the opposite).

Aside from symbolism, your May morning message from the community could be in the form of a rhyme. If a pear was left, this was a compliment, as it rhymed with fair. If someone left wicken (rowan) out at your door they were calling you chicken, not as in a coward, but rather as a term of affection. A neighbour trying to call you a liar would leave briar.

Of all the May folk customs, the tradition of May Birching is very much a relic of our remote rustic past, when everyone in a village literally did know everyone else. It largely died out in the 19th century.

HELLO
May



Collecting May Dew

Belief in the revitalising power of May dew is surely an ancient one. Catherine of Aragon observed the custom of collecting May dew in 1515, and clearly, the practice didn't start with her. The old convention is for young women and girls to go out well before dawn on May Day morning, collect dew from grass and hedges, and use it to wash their faces. The morning moisture was desirable throughout the whole of May but was thought to be most potent on May Day morning.

Anointing the face with May dew was not only considered lucky but was believed to be an effective beauty treatment, too. It was thought to keep the complexion youthful and clear any spots and blemishes. It was also held by many to be a powerful healing substance.

Samuel Pepys, in his diary entry for 10th May 1669, moaned that his wife and maidservants had woken him up about three in the morning while they were getting ready to collect May dew. He told them to be careful out and about at such an hour, then he went back to sleep.

May Singing

Every May Day, at 6am, a large crowd gathers around Magdalen Bridge in Oxford, including many on boats in the river, to see, or rather hear, an ancient tradition.

This is the May Singing at Magdalen College, part of the city's annual May Morning celebrations. Here, choristers sing a hymn and a madrigal to the delight of the thronging masses of locals and students below. Later in the day, local Morris dancers entertain those out and about in the city's main streets.

Magdalen's May Singing ritual is likely Tudor in origin, but in those days, it was practically a concert, kicking off at 4am with a lengthy playlist. One May morning in the late 18th century the choir was late to the tower and only had time for one hymn. Since that time the singing has been considerably shorter.



Spring Word Search



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

SPRING
 NATURE
 BLOOM
 WIND
 SNAIL

FLOWERS
 TULIP
 RAINBOW
 SUNSHINE
 WARMTH

PICNIC
 BUTTERFLY
 BREEZE
 DRIZZLE
 YELLOW

