



## Hello Sunshine!

As I'm sure everyone remembers, August brought soaring temperatures and an abundance of sunshine to Worcestershire.

In the Worcester Daycentre the clients made the most of the weather and enjoyed relaxing on the new set of outdoor seating, complete with a shady umbrella to keep cool.

Our garden area is looking fantastic and full of life thanks to the green-fingered Sanctuary volunteers who visited a few weeks ago. Sanctuary also arranged an incredible donation of four laptops to Headway Worcestershire from OCM Business Systems Limited.

Pictured top right are Emily, Paul and Tracy delivering the generous donation in person to Headway Worcestershire CEO Mandie Fitzgerald.

Pictured bottom right are the wonderful Sanctuary volunteers who transformed the outdoor space.



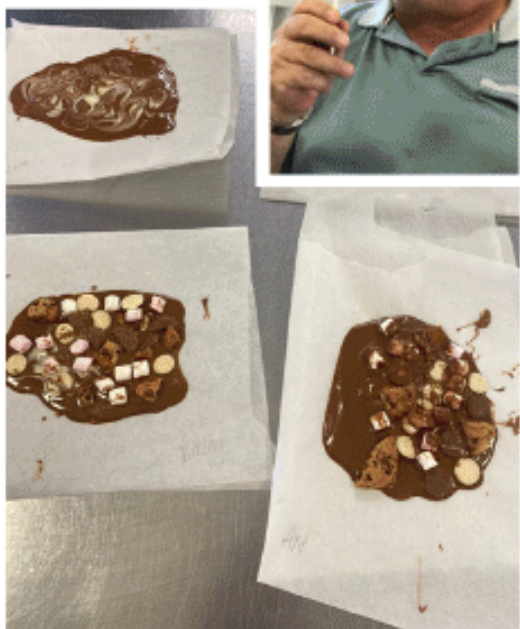
## Tennis Teamwork

Kidderminster Daycentre clients have thoroughly enjoyed their tennis sessions at the local Tennis Club funded by the LTA.

Here's Stephen and Mark showing off their tennis skills!

Tony Wright, who runs the tennis coaching sessions, shared his thoughts:

*"As a Tennis Coach it was very satisfying to be able to help your Clients learn and enjoy this great Sport of tennis. The physical and mental health benefits your group of players gained from the on court sessions we did are enormous and I could see just how much they all enjoyed participating in the sessions. Two of the Headway players are going to enter the Tennis Event at the ABI Games which is all down to participating in the tennis sessions we ran which is great!"*



### Tasty Treats

It seems we have plenty of Headway Worcestershire clients with a sweet tooth - our lovely Outreach staff member Emma took Alan out to the local Diner for a treat (too hot to cook was their excuse!). Alan and Emma enjoyed a tasty lunch of hot dogs, cheesecake, and a banana split!

In the Worcester Daycentre clients have also been satisfying their sweet tooth by making chocolate bark and cake pops. We hope to do lots more group cooking sessions together - great to build culinary skills, socialise, and of course enjoy the finished products!

Top left photos:  
Jenny, Anthony, Mary,  
Dolly and Jo.

Middle photos:  
Nigel and Alan.

Bottom photos:  
Lester, Brian and Steve.



### Day at the Movies

The workshop lounge room was transformed into a cinema for the Worcester Daycentre clients! We blocked out the sunlight, set up a projector screen, and clients picked which film to watch whilst enjoying popcorn and drinks.



'Airplane' was the choice for the Thursday group, followed by 'Monty Python & The Holy Grail' for the Friday gang. Clients also tested their film knowledge with movie themed quizzes in the morning - great fun and we plan to do more movie days soon.

### Donations Needed

Unfortunately we had to close the Headway Worcestershire charity shop last week due to a flood. Sadly a lot of the stock was damaged, we are therefore welcoming donations of handbags, shoes, and good quality winter clothes. If you'd like to make a donation, please drop off items at the Wellbeing Centre, The Mill, Gregory's Mill St, Worcester WR3 8BA. Thank you so much.





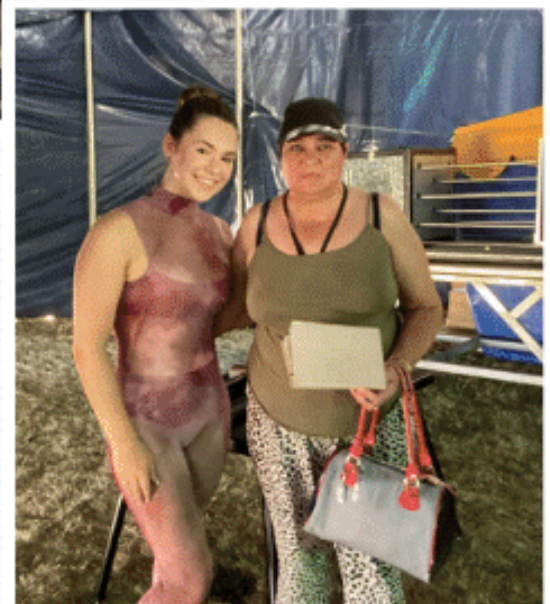
### Roll up, Roll Up!

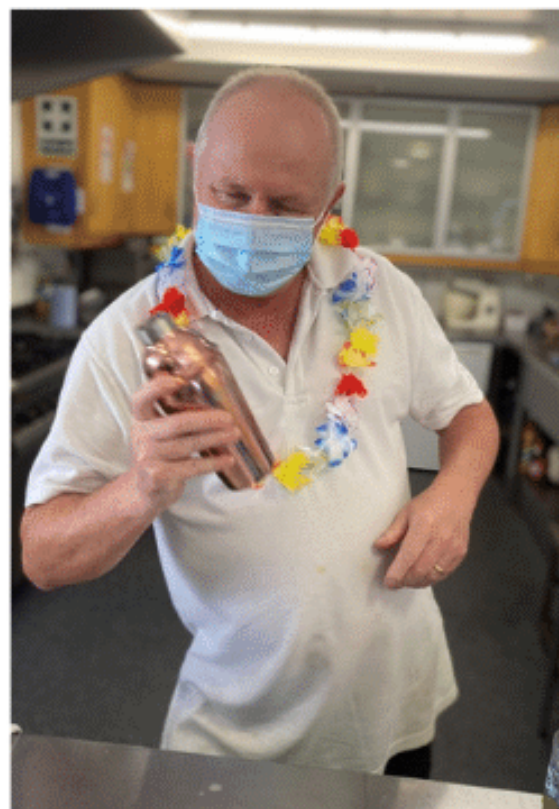
Kidderminster Daycentre clients had a thrilling day out to the John Lawson's circus at Webbs Garden Centre. Martin assured the group he could do everything that the trapeze artist and contortionist could do! In which case, we look forward to seeing him perform in next year's show!

Pictured above L-R: Stephen, Mitch, Jackie, Circus Clown, Tony, Ring Master, Chris, Martin, plus John in front row.

Pictured Right: Jackie with trapeze artist.

Below: Mark, Martin and Stephen during a visit to Dudmaston Hall - a beautiful National Trust property where the clients explored Anthony Twentyman's sculptures during a scenic walk, and learnt about the modern art displayed in the gallery.





**If You Like Piña Coladas....  
(And Gettin' Caught In The Rain!)**

Our Worcester Daycentre clients had a blast creating tropical mocktails complete with straws, umbrellas, and floral garlands! On the menu were non-alcoholic piña coladas, mojitos, margaritas, and cosmopolitans.

Pictured top row: Jenny, Jo, Anthony, and Mary.  
Bottom row: Anthony, Claire, and Chef Paul who joined the fun!



THANK  
YOU

### The ABI Games Volunteers

An enormous thank you to all the wonderful volunteers who dedicated their Bank Holiday weekend to help at the Inaugural ABI Games hosted at the University of Worcester Sports Arena. The weekend was a huge success - lots of happy memories, laughter, and smiling faces.

We plan to have Chilli night for all supporters to thank them for their hard work, date TBC later this month.

There will be a special Newsletter to document the ABI Games weekend, so watch this space!

### Upcycling Project

We have an exciting upcoming project... and need your help!

Planning is underway for an upcycling project, transforming old wooden furniture into beautiful new pieces, giving them a new lease of life. Clients will be involved in painting, decorating, and upholstering furniture in the Worcester daycentre workshop - an excellent way to learn new skills, improve hand-eye coordination, utilise creativity, and gain a sense of accomplishment whilst marvelling at the finished product!

In order to complete the project we will be welcoming any wooden furniture donations (wooden not laminate please!). If you have something you'd like to donate please email me at [MMcCutcheon@hwtl.org.uk](mailto:MMcCutcheon@hwtl.org.uk).

If you have ideas for future projects or activities, I'd love to hear from you!

Thank you!

