



### Tracie's Surprise Party

It was a big month for one of Headway Worcestershire veterans, whose been with the company for 20 years. A wonderful surprise 60th Birthday Party was held for Tracie at Worcester's Daycentre, bringing together clients and staff to celebrate.

An abundance of party food, balloons, and flowers adorned the room. Our Support Worker and Woodwork leader Morgan created a fantastic wooden 60 for Tracie, which became the centrepiece of the room.

**Happy Birthday Tracie from all of us at Headway Worcestershire!**



### Party Prep

Clients Jenny and Mary helped create a beautiful name sign for Tracie's party.

Using materials we found in the Worcester workshop; we cut out cardboard letters, added colour to white tissue paper using chalk pastels, cut rectangular pieces and scrunched them up, then finally glued into place. Jenny and Mary were really proud of the results and said the letters looked pretty and floral! Once the sign was finished we attached it to the kitchen counter so Tracie saw it as soon as she walked in.





### Woodwork Workshop

The Worcester woodwork workshop continues to be bustling with activity. This month clients have been experimenting with chalk paint, creating interesting distressed finishes on upcycled furniture.

Left: Reg and Mark busy sanding down wooden surfaces ready for painting, Richard proudly showing off a bird house he has kindly fixed and painted for a friend, and Peter being his usual comedic self!

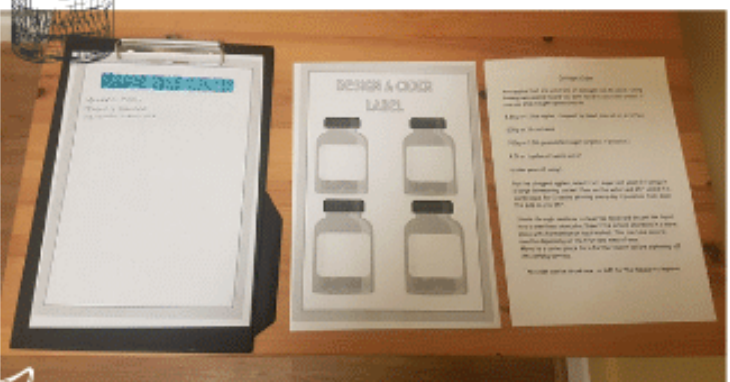
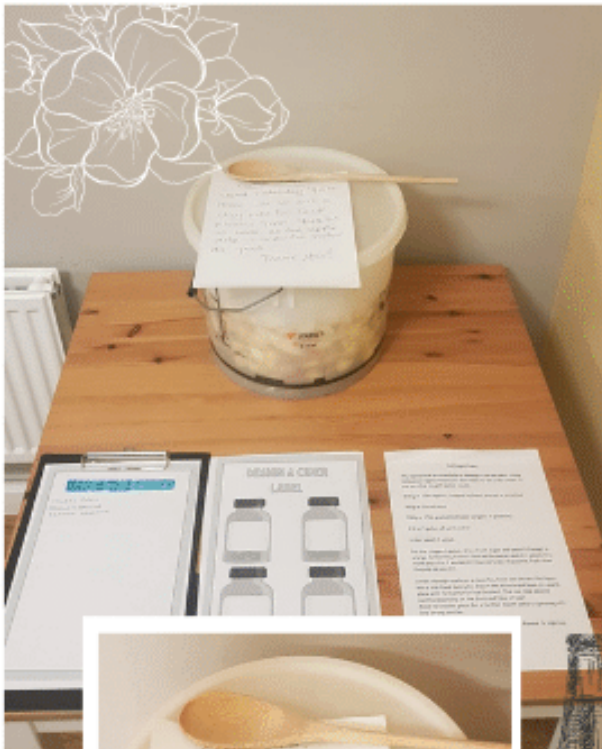




## Uncllys Farm

Stourport clients visited one of their favourite places, Uncllys Farm, where they made delicious pressed apple juice.

Clients started by collecting a selection of cooking and eating apples from the orchard. Next they washed them, discarded any bad bits, and cut into quarters. The pieces were put in an apple scrapper, then the mashed apple was placed in a hessian cloth between two plates and pressed together. Once enough apple mash was between the plates, the press was able to be screwed shut to allow the juice to seep out and collect in a bucket below. As the juice hadn't been sterilised, it needed to be stored in the fridge and used within 2 days. Everyone was designated a job during the process, and of course enjoyed sampling the juice at the end!



### Headway Cider Mill

Worcester Daycentre has now become the 'Headway Cider Mill', thanks to our lovely volunteer Mary who made the fantastic suggestion! Clients combined chopped apples, sultanas, sugar (a lot of it!), water, and yeast in a fermenting bucket. The mixture needed to be stirred once a day, so an organised time sheet was made to ensure consistency. The mixture has since been moved to a sterilised demijohn where it will ferment for several months, then comes the important taste test!

We have also been busy brainstorming names for our cider. Some ideas so far - 'Milner's Brew', 'Headway Banger', and 'Headway Hangover'. Ideas on a postcard, please!





### Countryside Dog Walk

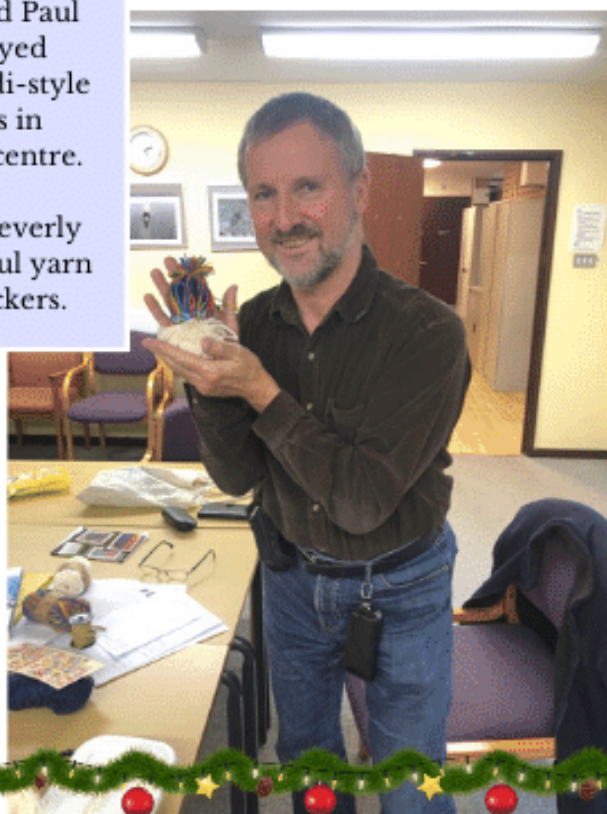
Support Worker Mari and client Sarah had a busy day in Worcester; a delicious breakfast plus some Christmas shopping. Next, a visit to Croome Court for a scenic walk with lovely guide dog Rosie, polished off with a well-earned cuppa!



### Christmas Gonks

Clients Andrew and Paul thoroughly enjoyed making these Scandi-style Christmas gonks in Bromsgrove's Daycentre.

The gonks were cleverly made using colourful yarn and decorative stickers.





### Headway Worcestershire's Christmas Tree

For this year's Christmas Tree Festival at Worcester Cathedral we wanted to create something a little different to a traditional tree... Following the fantastic upcycling project in Worcester's woodwork workshop we wanted to create a tree entirely constructed from upcycled materials.

Support Worker Morgan built a wooden structure using old wooden pallets, which he then sanded and painted in chalk paint. Staff across all three Daycentre's visited carpet shops to collect discarded cardboard tubes which were then sawn into smaller pieces. Clients and staff throughout Headway Worcestershire painted and decorated tubes with mixed materials such as yarn, ribbon, and glitter. Once finished, tubes were glued into place inside the wooden structure. Morgan utilised a wooden bird box made by a client and, using a gold star we found in the workshop, created our version of a Christmas tree topper!

Our tree is an incredibly special one this year; reflecting on the year Headway Worcestershire hosted the first ever Inaugural ABI Games. The tree includes photos from the landmark event, bamboo medals that were awarded to clients, plus poignant client statements on their experience in competing.



Please see following page for the incredible end result!





### The End Result!

We are incredibly proud of our wonderful staff and clients who put so much time and effort into creating this beautiful tree, and in so little time too!

Our tree is now situated in the glittering cloister in Worcester Cathedral, as part of the annual Christmas Tree Festival. The festival is open Monday-Saturday 10-5pm (last entry 4.30pm) and Sundays 1-3pm (last entry 2.30pm).

The exhibition is displayed until Sunday 8th January 2023. Please take clients, friends and family to show your support!



Please head to Worcester Cathedral's Facebook page to vote for our design! Simply click 'like' on the image and this will cast your vote. Thank you!

[www.facebook.com/WorcesterCathedral](https://www.facebook.com/WorcesterCathedral)





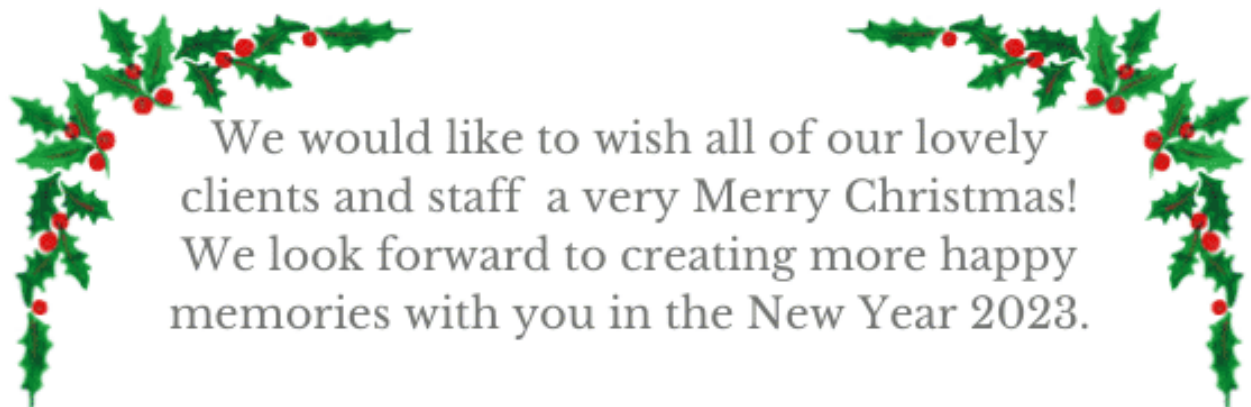
  
**Christmas Fayre Prep**

Clients Geoff, Jonathan, Undine and Jill in Bromsgrove Daycentre enjoyed a morning of board games and Christmas card making, plus some creative wrapping paper stamping. Meanwhile, in Worcester, Jenny was busy creating Christmas gift tags using lino prints made by Meg. Handmade items are being gathered ready to sell in a Christmas Fayre hosted by the Hive in Worcester, all profits going to Headway Worcestershire! Photos to follow in December's Newsletter.



### Save the Dates

- Worcester Cathedral Christmas Tree Festival - Wednesday 7th Dec to Sunday 7th January 2023, open daily.
- Monday 19th - Friday 23rd December - Christmas Lunches hosted at Worcester Daycentre. Please note all Daycentre's will close for Christmas from Friday 23rd December, and reopen on Tuesday 3rd January 2023.
- Fundraising evening at the Kiln, Worcester on Saturday 11th February. Details to follow!
- Our wonderful client Mel is competing in a walking marathon in January 2023, raising funds for Headway Worcestershire.  
To donate, please visit [www.justgiving.com/fundraising/meterstomathon](http://www.justgiving.com/fundraising/meterstomathon).



We would like to wish all of our lovely clients and staff a very Merry Christmas! We look forward to creating more happy memories with you in the New Year 2023.



Please email me photos and stories from December, to be featured in the next newsletter, by 31st December 2022.  
If you have any ideas for activities or days out I'd love to hear from you!  
[MMcCutcheon@hwtl.org.uk](mailto:MMcCutcheon@hwtl.org.uk)