

HEADINGLEY FRIDAY SUPPORT GROUP

(est.1987)

www.headingleyfridaysupportgroup.org.uk

NEWSLETTER Late Summer 2007 Edition

News CHESTER/CASTLETON HOLIDAY

15 members went on this year's annual holiday to visit Chester and an underground cavern at Castleton in Derbyshire. This was a weekend event and there was very little time for relaxation! Organised through National Holidays, the coach departed from Leeds at 8.45am on the Saturday, arrived in Chester for the lunchtime enabling holidaymakers to see the sights of Chester, and then it was back on the coach for an overnight stop at a hotel in Stockport. Just sufficient time before evening dinner to use the hotel's swimming pool and then the evening spent in a local hostelry. Up early for a 9am departure to Derbyshire with cases packed. Weather glorious so the opportunity to escape the blistering midday sun by going on a boat beneath the earth's surface was welcome. Then on to Castleton village for a couple of hours and then back to Leeds in time for tea! Highlights and memories:- a full breakfast in a Chester pub costing £2.99; our own private dining room in the hotel; Andrea and Karen karaoke singing in a Stockport pub; and a cream tea in Castleton. (Photos to be shown in the Autumn issue of the newsletter)

Day Trips

Group members have been really lucky with the weather on the four day trips so far to Bowness, Whitby, St. Annes, and Bridlington. The last day trip for this year is on Friday, the 7th of September to Scarborough. Hope you can attend and remember, it's free. Usual pick up points and times:- 9.35am top of Tinshill Lane, 9.45am either end of

Queenswood Drive, and 10am Hyde Park Surgery, Woodsley Road.

Photos from the Whitby trip



Forthcoming Events

Friday, 7th September – day trip to Scarborough.

Wednesday, 19th September – tea time meal. Meet at the Aire of the Dog on Kirkstall Road Cinema Complex at 5.30pm.

Christmas Day lunch – hopefully at the New Inn, Eccup. Numbers limited so please contact Andy on 2747502 to reserve a place. This event does not replace the regular Christmas meal which is held on a Friday just before Christmas. Remember last year, we went to see the Wizard of Oz at the Playhouse. This year's venue has yet to be decided although a favourite contender is the Vesper Gate Pub which we went to for Christmas 2005. Please bring your suggestions with menus and prices to a Group meeting.

New HFSG Poster ?

Enclosed is the latest draft design for a poster advertising Headingley Friday Support Group. The plan is to have it printed on a yellow background and distribute it to various organisations around Leeds who have an interest in mental health. We will also laminate a number of copies with the hope GP's will display them in their surgeries.

This poster is quite expensive to design and produce, so please could you let Andy know if you feel there is anything missed off or you would prefer the wording differently. We hope you like the hands logo which we can reproduce for other HFSG correspondence.

Members Birthdays

Angela – 23rd August.



Difficult times

Please put in your thoughts the following members who are currently facing difficult times:- Diane, who has lost her husband Ray.

Migs and Angel – bereaved of their mum Laura.

Migs, Sharon, Karen and Mags who have been poorly recently.

Andy – who is facing a conduct hearing in London in November and is desperate to return to the Friday Group meetings.