

# HEADINGLEY FRIDAY SUPPORT GROUP

( est. 1987 )

[www.headingleyfridaysupportgroup.org.uk](http://www.headingleyfridaysupportgroup.org.uk)

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## NEWSLETTER

NEW YEAR 2010



### HAPPY NEW YEAR

Welcome to the first newsletter of 2010 and a happy new year to all HFSG members, their families, and friends. 2010 is likely to bring changes to our Friday Group and perhaps to many members. Plans to relocate our meeting venue from Headingley Community Centre to the former Headingley Primary School in Bennett Road just 200 yards away continue and we should move before the end of the year. We will keep members informed of developments either personally, by letter, or by our website which it is hoped will be completely revamped and updated by March. In 2010 there will be a general election and if there is a change of Government then this may impact on health and social services. Already many members may have already heard about the "Personalisation agenda" or "Self Directed Support" which is about empowering people who need care services to have the choice and control as to who and how their care is provided. What will be the impact on day care services for people with mental health difficulties and perhaps we might have the opportunity to welcome new members in the coming year? HFSG however, continues to be independent from any statutory organisation.

### HFSG 2009 Review

#### The 2009 Christmas Dinner

21 members attended the Christmas Dinner at the Lawnswood Arms on the 21<sup>st</sup> of December. Everyone appeared to enjoy the event – photos below:-



Results of the Christmas Raffle which raised £80 for Group funds.

1<sup>st</sup> Prize – Hamper – Carmel Smith.  
2<sup>nd</sup> Prize – Box of biscuits – Ann Barker. 3<sup>rd</sup> Prize – Wine – Tracy.  
4<sup>th</sup> Prize – Celebrations – Jenny Atkins. 5<sup>th</sup> Prize – Cherry liqueurs

& Chocolate Santa – Leslie Zeitsky.

### HOLIDAYS, DAY TRIPS, MEALS OUT

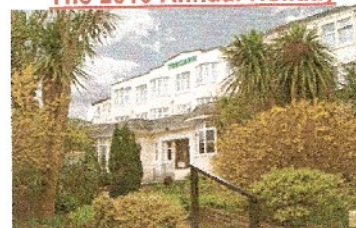
In September, 12 members enjoyed a five day holiday in Llandudno.

There were five day trips during the summer and a number of evening outings for a meal.

### FUTURE PLANS

The HFSG Annual General Meeting will be held on Friday, the 22<sup>nd</sup> of January in the Community Centre starting at 2pm. At this meeting, venues for the forthcoming five day trips will be determined so please come along and cast your vote.

### The 2010 Annual Holiday



The Bay Trecarn Hotel, Torquay

This year's holiday has been arranged to go to Torquay for five days from Saturday, the 11<sup>th</sup> of September to Wednesday, the 15<sup>th</sup> of September. The cost is £199 sharing a twin bedded room or £217 in a single room. Included in the holiday is all coach travel from Leeds; four nights dinner, bed & breakfast; evening entertainment including a "free" bar for 3 hours each evening; and two free excursions to Plymouth and Brixham. Booking details are enclosed.

### Members birthdays – January

4<sup>th</sup> – Les Dicker  
7<sup>th</sup> – Abraham  
9<sup>th</sup> – Cathy Bailey