

HEADINGLEY FRIDAY SUPPORT GROUP NEWSLETTER – SEPTEMBER 2015

Est. 1987

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ANDY ATKINS

The attendees at the Headingley Friday Support Group are very appreciative of all the hard work done by Andy Atkins in the establishment, organisation and support for the Group. The attendees wish Andy well in his retirement.

DROP-IN SESSIONS

The weekly drop-in sessions will continue to be held most Friday afternoons at the Headingley Enterprise and Arts Centre (HEART). These sessions include:

- an opportunity for support with mental health conditions and the challenges of everyday life,
- a discussion of any opportunity for forthcoming events,
- refreshments such as tea/ coffee and biscuits, and
- newspapers to read.

It is a very relaxed atmosphere.

Everyone is welcome and valued for what they could contribute towards the Group.

DAY OUT IN YORK

On 17 July 2015, a small group of three attendees at the Group, namely Brenda, Carol and Peter, travelled by the coastliner service to York for a day-out excursion in the sunny weather. At York, they:

- saw York Minster,
- wandered along the streets of the historic city, and
- enjoyed a pub lunch.

MEAL OUT

On 4 September 2015, four attendees at the Group, including Andrea, Carol and Peter, enjoyed an excellent pub meal after the support session at the Skyrack in central Headingley.

ANNUAL HOLIDAY

On 7 September 2015, four attendees at the Group, namely Andrea, Brenda, Carol and Peter, went on their annual five-day holiday in Scarborough and Medieval York. A thoroughly enjoyable time was experienced by all including:

- an excursion to the ancient city of York with a bus tour of the historic sites;
- a visit to the film set of Heartbeat in Goathland with an opportunity to purchase memorabilia from Heartbeat, for example, Peter was able to purchase an interesting book about the nine different filming locations such as the Court House in Ripon;
- a wander around the gift shops in the fascinating town of Whitby and taste local fish and chips;
- an exploration of the town of Scarborough with a walk across the swing bridge and the experience of a trip in a lift, described as similar to a cable car, to the top of the cliff; and

- delightful evening entertainment of:
 - a guitar soloist playing tunes from the 1960s, 1980s, The Shadows and Travis,
 - a very good signer, with a good, light-hearted, easy-going personality, named Curtis Lee who danced with Andrea and Carol, and
 - the favourite last evening's entertainment from Curtis Lee of bingo, word puzzles and a number of quizzes with Andrea and Peter achieving a score of 20/20 for the general knowledge quiz.



The destination for next year's holiday has not yet been decided.

The Group is intending to decide on a number of forthcoming events in mid-October 2015. Anyone attending the Group is welcome to suggest any ideas.

MORE INFORMATION

If you would like any additional information, please do not hesitate to contact Carol Branham on 0113 230 6043 or e-mail info@headingleyfridaysupportgroup.org.uk.