

HEADINGLEY FRIDAY SUPPORT GROUP NEWSLETTER – WINTER 2015-16

Est. 1987

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MEAL AT THE SKYRACK

On the autumnal afternoon of Friday 16th October 2015, five attendees of the Headingley Friday Support Group enjoyed a delicious meal at the Skyrack in central Headingley. These attendees included: Alan, Andrea, Brenda and Carol. It was the first attendance by Alan. It was interesting to meet someone new to the Group. Everyone is very welcome. It was also good for the attendees to see Angela again. Angela joined us at the Skyrack but declined the opportunity for a meal. There was a good discussion and support for each other.

EXCURSION TO SKIPTON

A small gathering from the Headingley Friday Support Group, including Brenda, Carol and Joyce, participated in an enjoyable excursion to the market town of Skipton on Friday 4th December 2015. The bus journey to Skipton past some fields and parkland in the valley of the River Wharfe flooded by the recent heavy rainfall and saw some of the spectacular scenery of the Yorkshire Dales. There was a brief pause to explore Ilkley. After the arrival in Skipton, the gathering had:

- an enjoyable lunch of fish & chips at the Dizzie Lizzie restaurant (with a complete payment from the grant),
- a wander around the craft and gift fair at the Town Hall, and
- an exploration of the variety of interesting stalls at the market in this historic town centre.

The gathering returned to Leeds in the mid-afternoon on a breezy, dry and unseasonably mild day.

FREE REFRESHMENTS

On Friday 11th December 2015, a unanimous decision was made at the drop-in session to cease any charge for the refreshments (for example, tea / coffee and biscuits) at these drop-in sessions to attempt to facilitate an improved attendance.

CHRISTMAS MEAL

A Christmas meal was enjoyed at The Hedley Verity (Wetherspoon) in the city centre of Leeds on Monday 21st December 2015 including:

- a starter of chicken liver & Ayrshire bacon pâté or mini smoked salmon salad or tomato soup with half a baguette,
- roast turkey,
- a dessert of Christmas Pudding served with hot custard or Eli's salted caramel cheesecake served with vanilla ice cream, and
- an alcoholic or non-alcoholic drink.

This meal was funded by the annual grant received from the Adult Social Care department of Leeds City Council and administered by Mind.

ANNUAL GENERAL MEETING

An Annual General Meeting took place at the HEART Centre on Friday 15th January 2016. The issues and outcomes include:

- a limitation on the availability of a subsidy for events because of the dependence on the grant for the Mental Health Drop-In and Outreach Scheme,
- the re-introduction of a charge of £1 for refreshments at the drop-in sessions (except for any potential new members or guest visitors),
- an awareness of the conditions of the hire of the Beckett Room at the HEART Centre with a necessity for the drop-in sessions to be strictly between 1:30pm and 2:30pm on Fridays,
- the value of the independence of the participants and the identity of the Headingley Friday Support Group,
- the identification of a schedule of events to take place on the first Friday of every month from February to August 2016,
- an appreciation of the assistance with administration and IT made available to the HFSG,
- an update on the development of a redesigned website to hopefully be launched in the near future at <http://www.headingleyfridaysupportgroup.org.uk/>,
- the requirements to attract and maintain new members to the HFSG and also a volunteer with good IT skills, and
- a reminder of the policy and procedures in relation to the behaviour of members and guests.