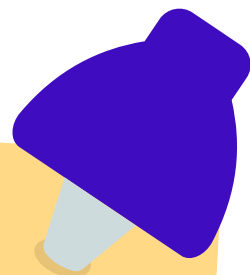


# Headway South Bucks

October/November Newsletter 2023



## HSB Noticeboard



**Our time as Coop's Local Community funds chosen cause has almost come to an end but you can still vote for HSB to be your chosen charity!**

**The link to our profile page is:**

**<https://membership.coop.co.uk/causes/74483>**



**We will be holding our AGM via Zoom on 17th October at 7pm. The Zoom link is below if you would like to join the meeting.**

**Zoom Link:**

**<https://us06web.zoom.us/j/81470648781?pwd=9bGPaxVafv0Eb7BUH2i4foB9VevA5x.1>**

**Meeting ID: 814 7064 8781**

**Passcode: 870056**

**Sharon's contact details**

**07704 860754**

**Tues to Thurs 9.30am to 5.30pm**

**[sharon.smith@headwaysouthbucks.org.uk](mailto:sharon.smith@headwaysouthbucks.org.uk)**

**Resource Centre**

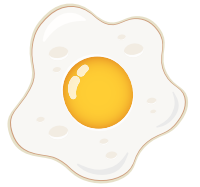
**07709 285112**

**Tues to Thurs 9.30am to 4pm**

# Special Days in October and November



**October is national Vegetarian Month  
and Cookie Month**



**October 13th – World Egg day**

**October 14th – National Dessert day**

**October 17th – National Pasta day**

**October 22nd – National Nut day**

**October 26th – National Mincemeat day**

**October 28th – Make a Difference day**

**October 29th – National Cat day**

**October 31st – Carve a Pumpkin day**



**November is Peanut Butter Lovers  
Month and World Vegan Month**



**November 1st – World Vegan day**

**November 3rd – Sandwich day**

**November 4th – Book Lovers day**

**November 6th – Saxophone day**

**November 11th – World Origami day**

**November 13th – World Kindness day**

**November 17th – Homemade Bread day**

**November 19th – Play Monopoly day**

**November 23rd – Eat a Cranberry day**

**November 28th – French Toast day**



**Claire from Inclusion Un-limited leads us in a variety of arts and crafts projects. Recently we have enjoyed creating sunflower artwork and a display encouraging Acts of Kindness.**



# A LOVELY DAY BY THE RIVER

**We were very lucky that despite a rainy month the day we had our boat trip was a beautiful sunny day. Thank you so much to Accessible Boating for providing such a lovely experience for us.**



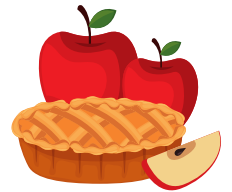
# **AUTUMN BUCKET LIST**

**Why not try a few of these ideas this  
Autumn...**



**Go fruit picking**

**Bake an apple pie**



**Drink a pumpkin spice latte**

**Walk and crunch through Autumn leaves**

**Go to a Harvest Festival**

**Take pretty Autumnal photos**

**Roast Marshmallows or make S'Mores**



**Visit a Pumpkin Patch**

**Leaf rubbings with crayons**

**Make spiced apple loaf**

**Watch a seasonal movie**

**Have an Autumn picnic**

**Make a Pumpkin craft**



**Make and stuff a Scarecrow**

**Make Toffee Apple Cupcakes**

**Go Stargazing**

**Bake a batch of cookies**

**Plant bulbs for Spring**

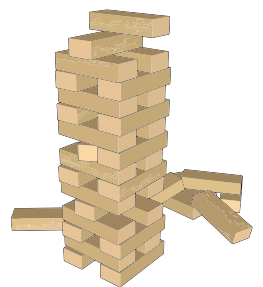
**Play a board game**

**Put food out for the birds**

**Carve a pumpkin**

**Make Rhubarb and Apple crumble**

**Go bird watching**



# BONFIRE NIGHT

T M E G Z K K I I Q F T A H Y E L O O W N S E D  
O S K V E L Q T Y N O O S K A W Y L Q Y N L F E  
D U G B O P A G W F C E B S N Y P Z N S V P T Y  
F B N N G U N I F P K S M E P H M N T Z L C O E  
K O A Q V U E E U W Q U Y V E X E Z R L V J D Y  
N N B R V P E L A G Z L X O F P O D E U F W Y A  
W F V T E A I F S B Q Q P L R D R V A Z D H C J  
J I Q Z P D Y L G N F Y U G L S A X C H I R X Q  
S R S P G U W F Z I D F O D D H N S L I M I P W  
V E L R G K W O R M I G S N S N G N E I V L L Y  
A E B A E F P E P Z A V F A C O E V T H C X H T  
S R Q H G L W J P N K R O F J V W R O G A O G E  
X J R U T O K C X R U I P R E E B Z F G N B B F  
Z W D J R P H R D F G G U A K M V H F J D A O A  
H M E K S J X O A I T R C C O B I B E X Y O W S  
V C S L H F F I T P S N N S M E Y U E V F G Z B  
B O E P R V R J L P S P E R S R Y F X F L O T O  
O E E Y R G J T Y M O J L M B L B I O G O M V T  
Z M Q J R D K Y O C E T K A A A M Q C S S T W O  
U V D O R A D Y D J F Z A J Y I D O J F S X Z L  
F J U T Q P E C T Q N P J T Z J L D N Y L A E P  
R N N O R N M Q A Y N M X S O D S R I U T C J G  
D D D C A T H E R I N E W H E E L L A U T W J D  
U D U P O L K N O S A E R T F D S A R P P K W O

cold  
candy floss  
treason  
orange  
display  
safety  
sparklers

cup of soup  
parliament  
penny  
toffee apples  
catherine wheel  
treacle toffee

plot  
guy fawkes  
hot potatoes  
fairground  
november  
scarf and gloves

smoke  
wooley hat  
gunpowder  
bonfire  
bang  
fireworks





# Toffee apple cookies



Prep: 10 mins - 15 mins



Easy



Makes 24 cookies

Cook: 12 mins

Plus cooling time

These are truly delicious – crunchy round the edges, chewy in the centre

\* Freezable

Nutrition: per cookie

								low in
kcal	fat	saturates	carbs	sugars	fibre	protein	salt	
148	8g	5g	17g	7g	1g	2g	0.12g	



## Ingredients

175g [unsalted butter](#), at room temperature

140g [golden caster sugar](#)

2 [egg yolks](#)

50g [ground almond](#)

85g [chewy toffees](#), roughly chopped

85g/3oz [ready-to-eat dried apple](#) chunks, roughly chopped

225g [self-raising flour](#)

2 tbsp [milk](#)

## Method

### STEP 1

Preheat the oven to fan 170C/conventional 190C/gas 5. Using an electric whisk, beat together the butter and sugar until pale and creamy.

### STEP 2

Stir in the egg yolks, ground almonds, toffees, dried apple and flour. Mix well together then roll into walnut-sized balls.

### STEP 3

Place well apart on two non-stick or lined baking sheets and flatten slightly with your hand. Brush with milk and bake for 8-12 minutes until golden. Leave to firm up for 5 minutes, then transfer to a wire rack and leave to cool completely.