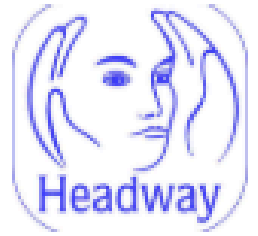


# Headway South Bucks

October/November 2024 Newsletter



## HSB Noticeboard



### Looking back at the summer

We've had a busy couple of months with several exciting and new activities. The highlight being our Monkey day 🐒 (see if you can spot one in the photo below!) Lots of great photos to share in this newsletter.



**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**

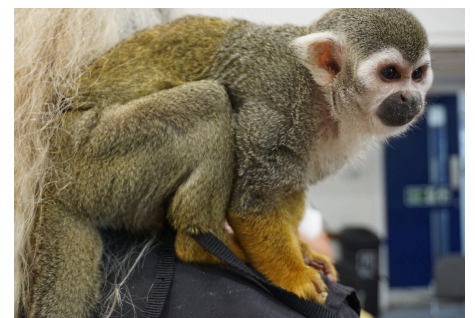
**07709 285112**

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



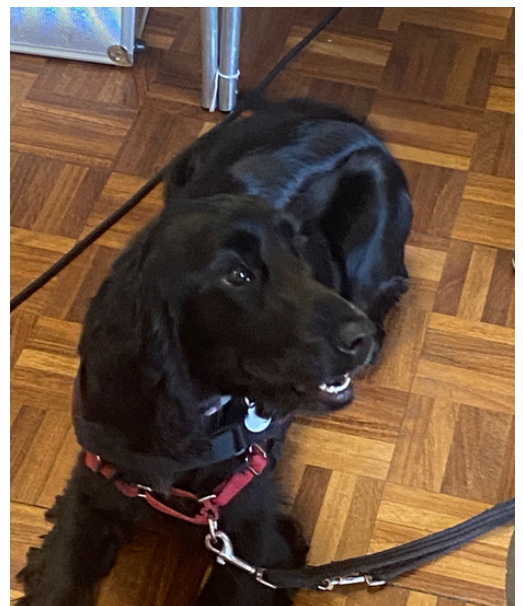
# Monkey Day - 5th September

What an incredible day learning about, and meeting 2 spider monkeys





# Hearing dogs for deaf people visit



# October

## Days to enjoy in October and historical facts

**1st**

- International Coffee day
- World Vegetarian day
- Homemade Cookies day

**2nd**

- National Smarties day, World Farm Animals day
- **1968 California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400ft during a lifetime that can span 2000 years.**

**3rd - No Sugar day**

**8th - National Salmon day**

**9th**

- National Polenta day
- **1962 Uganda achieved independence after nearly 70 years of British rule.**

**10th - National Cake Decorating day, National Walk to a Park day**

**15th**

- National Mushroom day
- **1815 Napoleon Bonaparte arrived on the Island of St Helena beginning a British imposed exile following his defeat at the Battle of Waterloo**

**16th - National Sports day**

**17th - National Pasta day**

**22nd**

- National Colour day
- **1811 Hungarian Composer Franz Liszt was born**

**24th**

- National Bologna day
- National Food day
- **1994 For the first time in 25 years, British troops were absent from the streets of Londonderry, Northern Ireland following cease fires by Irish Republican Army and pro British forces**

**29th**

- National Cat day
- RSPB Feed the Birds day

**30th - Buy a Doughnut day**



# What we've been up to

## Adapted cycling day





# What we've been up to

## Boat trips





# November

Days you may wish to celebrate in November and historical facts

5th

- National Doughnut day

6th

- National Nachos day
- National Healthy Eating day
- In 1429 Henry VI was crowned King of England at age 8

7th

- In 1990 Mary Robinson became Ireland's first female President

12th

- Odd Socks day
- In 1929 Grace Kelly was born in Philadelphia

13th

- National Bread Pudding day
- World Kindness day
- In 1973 A state of emergency was declared in Britain after power workers and coal miners began work slowdown

14th

- National Pickle day
- In 1666 the first experimental blood transfusion took place in Britain, utilizing two dogs

19th

- National Pop Tart day
- Play Monopoly day

20th

- World Children's day
- In 1947 Princess Elizabeth married Phillip Montbatten. Elizabeth was the first child of King George VI and became Queen Elizabeth II upon the death of her father in 1952.

21st

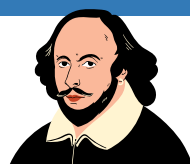
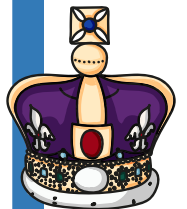
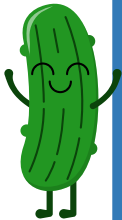
- National Gingerbread day
- World Television day

26th

- National Cake day
- In 1922 in Egypt, Howard Carter and Lord Carnarvon first went inside the tomb of King Tutankhamun.

28th

- National French Toast day
- Thanksgiving
- In 1257 William Blake, Artist and Poet was born in London.



# Some of our volunteers joining in the activities and supporting our clients





# Bonfire night word search

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

scarf and gloves  
hot potatoes  
guy fawkes  
fireworks  
bonfire  
smoke  
bang

catherine wheel  
cup of soup  
wooley hat  
sparklers  
display  
penny

treacle toffee  
candy floss  
fairground  
november  
orange  
cold

toffee apples  
parliament  
gunpowder  
treason  
safety  
plot

