

Headway South Bucks

October/November 2025 Newsletter



HSB Noticeboard

We are looking forward to our Sports themed day in November. You should have received your invitation now, so make sure you complete and return your lunch choice.

We have Neil joining us again to coach the Tennis, and his wife is an Archery coach so she will be leading this for us.

A couple of pictures from our first session with Neil



Sharon's contact details

07704 860754

Tues to Thurs 9.30am to 5.30pm

sharon.smith@headwaysouthbucks.org.uk

Resource Centre

07709 285112

Tues to Thurs 9.30am to 4pm



October

SPECIAL DATES IN OCTOBER



Oct 7th – National Chocolate covered Pretzel day
On 7th Oct 1920 Women became eligible for admission as full members of Oxford University and were given the right to take degrees.



Oct 8th – 1967 Clement Atlee died he was a Labour politician. As Prime Minister 1945- 51 he introduced radical reform of the social welfare system and introduced the N.H.S



Oct 14th – National Dessert day
On 14th Oct 1066 Harold II, England's last Anglo-Saxon King was killed at the Battle of Hastings in Sussex – possibly by an arrow in the eye as shown on the Bayeux Tapestry.

Oct 16th – World Food day

Oct 17th – National Pasta day

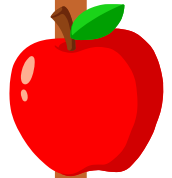
Oct 21st – International Nacho day & National Apple day



Oct 22nd – National Colour day

On 22nd Oct 1957 the children's cartoon hero Captain Pugwash made his television debut.

On 27th Oct 1914 the Welsh poet Dylan Thomas was born.



Oct 28th – National Chocolate day

Oct 29th – National Cat day

Oct 30th 1925 the first television transmission of a moving image was made by Scottish inventor John Logie Baird.



Fantastic donations and fundraising by our volunteers.

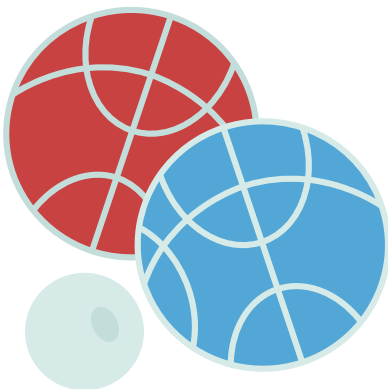
Adria one of our Wednesday volunteers kindly gave Headway South Bucks a generous donation via CAF- Charities Aid Foundation.

Helen one of our Thursday volunteers took on a great challenge to walk the Cotswold Way and raised over a £1000 for HSB. What a fantastic achievement!

A few photos from Helen's walk.



We had a great session bowling with our Just Bowl set





Remembrance day wordsearch



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

armistice
flanders
silence
wreath
war

ceasefire
memorial
soldier
field

sacrifice
remember
veteran
medal

conflict
freedom
battle
peace

eleventh
service
sunday
poppy



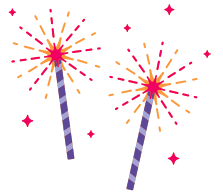


Our Sunflower group project



Led by our arts & craft therapist we completed a large sunflower picture which is now proudly on display in the Community centre. Everyone completed one or two sections to make up the complete picture.





November

SPECIAL DATES IN NOVEMBER

On 2nd Nov 1936 the world's first regular TV service was started by the British Broadcasting Corporation, an estimated 100 TV owners tuned in.

Nov 4th – National Candy day

On 4th Nov 1843 the 5.5 metre statue of Lord Nelson was hauled to the top of its 60 metre column in Trafalgar Square, London

Nov 8th – National Cappuccino day

**Nov 11th – International Origami day /
Remembrance day**

Nov 13th – International Tongue Twister day

On 13th Nov 1850 Scottish author Robert Louis Stevenson whose classic tales included Treasure Island and Dr Jekyll and Mr Hyde was born

Nov 14th – Children in Need day

On 15th Nov 1968 the largest passenger liner in the world, Cunard's flagship Queen Elizabeth, docked in Southampton at the end of her last transatlantic voyage.

Nov 18th – Minnie Mouse's birthday

On 18th Nov 1852 a massive state funeral for the Duke of Wellington was held in London.

Nov 19th – Play Monopoly day

Nov 21st – National Gingerbread Cookie day

Nov 24th – National Fairy Bread day

Nov 26 th – National Cake day

On 26 th Nov 1922 Archaeologist Howard Carter and his sponsor the Earl of Caernavon made a hole in the door and gazed into the tomb of Tutankhamun.

Nov 28th – National French Toast day

