



### HSB Noticeboard

#### Resource centre operating hours

In June you should have received a letter from us reminding you about our operating hours. As we explained, prior to 10.30am we have to set up the hall ready for the day and have a staff briefing and are therefore unable to accommodate service users before 10.30am.

Unfortunately a number of service users are still being dropped off too early. We appreciate you may feel it is safe to wait outside or in the foyer area but we feel this is a potential safety risk.

The safety of our service users is our main concern.

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



## **Help us improve GP services for Brain Injury survivors**



**Headway UK are asking people with a brain injury  
to fill in a short online survey.**

**The survey is about your experience with your  
GP clinic (your doctor).**

**Your answers will help them understand what is  
working well and what could be better.**

**They will use what you tell them to create a  
training session for GP staff, so they can better  
support people with brain injuries.**

**If you would like to take part, the survey  
is:**

**Anonymous (we don't ask your name, unless  
you want to share it at the end)**

**Quick (takes about 5–10 minutes)**

**<https://www.surveymonkey.com/r/GPexperience>**

**Thank you for helping.**



# August



**Aug 2nd – National Colouring book day &  
National Ice cream sandwich day**

**Aug 3rd – National Watermelon day**

**Aug 4th – National Chocolate Chip Cookie  
day**

**Aug 8th – International Cat day**

**Aug 9th – National Book Lovers day  
Melon day**

**Rice Pudding day**

**Aug 12th – World Elephant day**

**Aug 13th – World Calligraphy day  
Left Handers day**

**Aug 15th – National Lemon Meringue Pie  
day**

**National Relaxation day**

**Aug 19th – National Aviation day  
World Photography day**

**Aug 20th – National Bacon Lovers day  
Aug 21st – Burger day**

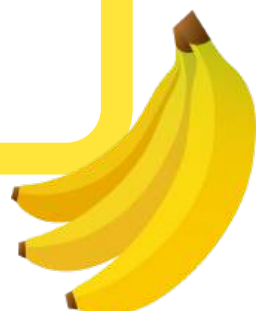
**Aug 22nd – National Eat a Peach day**

**Aug 26th – National Dog day**

**Aug 27th – National Banana Lovers day**

**Aug 30th – International Bat night**

**Aug 31st – National Eat Outside day**



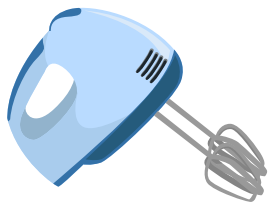




**We love cooking!**







# Baking & Cooking

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

**chocolate chips**

**baking mix**

**brownies**

**stove**

**heat**

**wooden spoon**

**chocolate**

**cookies**

**water**

**oven**

**mixing bowl**

**desserts**

**steam**

**mixer**

**pan**

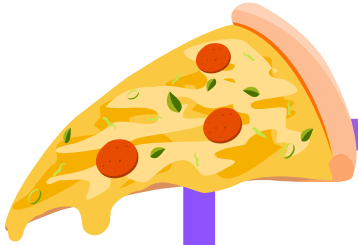




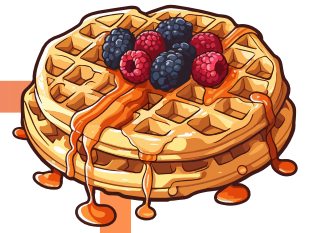
# Terrific tennis

**We've enjoyed our first couple of adaptive tennis sessions under the guidance of our coach Jo. Next stop... Wimbledon!**





# September



## September Days

**Sept 4th – National Wildlife day**

**Sept 5th – National Cheese Pizza day**

**Sept 9th – International Sudoku day**

**Sept 12th – National Blackberry day**

**Sept 13th – International Chocolate day**

**Sept 15th – National Cheese Toast day**

**Sept 16th – National Play-Doh day**

**Sept 18th – National Cheeseburger day**

**& National Red Velvet Cake day**

**Sept 20th – National Fried Rice day**

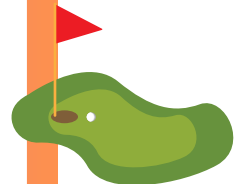
**Sept 21st – National Miniature Golf day**

**Sept 22nd – National Ice Cream Cone  
day**

**Sept 23rd – National White Chocolate  
day**

**Sept 26th – National Alpaca day**

**Sept 29th – National Coffee day**





# Keeping active and improving mobility

**We always enjoy a good game of Boccia.**



**Our Thursday group have recently participated in physio sessions with Izzy. Everyone's been working really hard.**

