

# Headway South Bucks

February/March 2026 Newsletter



## HSB Noticeboard

**Belated Happy New Year!**

**2026**

**For our first newsletter of 2026, we're looking back at some of the exciting events that took place at the end of 2025.**

**November and December were very busy for HSB with a variety of activities.**

**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**

# Holland Marathon

We were delighted that Krishna, Vinny's daughter chose to support Headway South Bucks when she ran in the Holland Marathon.

What an amazing achievement. Well done Krishna!

Thank you so much for raising much needed funds for us. We were delighted that Vinny bought her medal in to show us.



Well Done



# In house sports event

We had a great in house sports event offering adapted tennis, archery and curling. Many thanks to Neil and Alice for coming along to provide some invaluable coaching. Everyone enjoyed a fish and chip lunch followed by cake! As you can see from the pictures everyone had a great time and some great results were achieved.



# Meet Foxy our new pets as therapy dog

As you can see, Foxy was very popular with our members and was happy to receive lots of cuddles, sat on everyone's laps!

We can't wait for his next visit!



# John Lewis Shopping Trip

Our Tuesday ladies enjoyed a Christmas shopping trip to John Lewis in High Wycombe. To start with we enjoyed coffee and cake in the café generously supplied by John Lewis. After the refreshments they enjoyed looking around the store and purchasing Christmas gifts and cards. As we left a John Lewis representative presented each of the ladies with a goody bag of gifts. Thank you to John Lewis for making us so welcome.



# Christmas party

Our annual Christmas lunch party was another successful event enjoyed by all. The caterers provided a lovely festive lunch followed by dessert and tea or coffee. We had some beautiful raffle prizes thanks to all the generous donations we received. It's so nice to share the day with our many supporters.



# Fused glass workshop

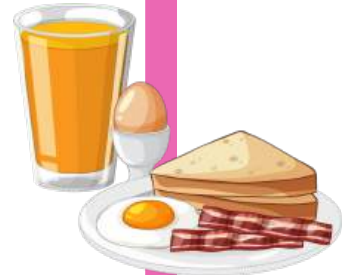
At the beginning of November our Wednesday group enjoyed a poppy themed fused glass workshop. As you can see some beautiful tiles were created.



# February

February is

**National Bird Feeding month**  
**Hot Breakfast month**  
**Sweet Potato month**



**February 3rd – National Carrot Cake day**

**4th – National Homemade Soup day**

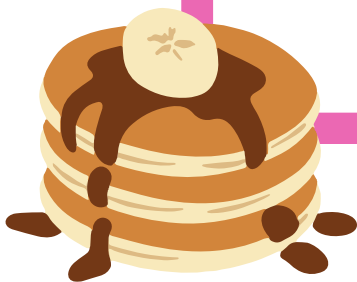
**5th – World Nutella day**

**11th – National Latte day**

**17th – Pancake day**

**24th – National Tortilla Chip day**

**26th – National Toast day  
& National Chilli day**



# March

**First week of March  
is British Pie week  
Second week of March  
is Chocolate Chip Cookie week**

**March 3rd – World Wildlife day**

**4th – National Snack day**

**5th – National Marmalade day**

**12th – National Plant a Flower day**

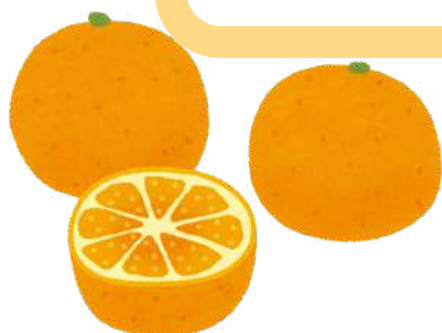
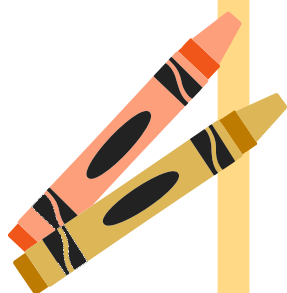
**24th – National Chocolate Covered  
Raisins day**

**25th – International Waffle day**

**26th – National Spinach day**

**31st – National Crayon day**

**& Oranges & Lemons day**





# WINTER WORD SEARCH

## FIND THE WORDS!



A Y G X D V Q O S O O L H R R S C A R F  
 Q L J A N U A R Y X J O Y R M R T G D T  
 X D X J Q X G M S S N O W F L A K E U Q  
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BOOTS  
 COLD  
 FREEZING  
 HAT  
 SCARF  
 SLEDDING  
 SNOWFLAKE

CHRISTMAS  
 DECEMBER  
 FROST  
 ICE  
 SHOVEL  
 SNOWANGEL  
 SNOWMAN

COAT  
 FEBRUARY  
 GLOVES  
 JANUARY  
 SKIING  
 SNOWBALLS  
 WINTER