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**Heads Up Connect - - - >**

**Carers’ Group**

July/August 2022

Newsletter

Dear All,

I have, at last, returned in one piece from Down Under and hope to get back into the swing of things now I’ve adjusted to the 9 hour time difference! I thought it was about time to bring you up to date with what has been and will be happening over the next few months.

July

We had a lovely meeting this month. We had arranged for Siobhan Goodwin to give us a guided walk around the Bishop’s Palace gardens. We were lucky enough to have some wonderful weather to enjoy the beautiful flowers and surroundings. Siobhan told us a little of the history. Surprisingly one of the Bishops in the past actually knocked down much of the Great Hall to make a folly in the grounds! Many of the beautiful trees were planted about 200 years ago although the oldest, the Holm Oak is nearer 300. It’s hard to miss the beautiful swan wing glass sculptures which were created by Edgar Phillips who was inspired by the sight of the swans taking off from the moat. It’s difficult to resist the temptation to stand between the wings for a photo!

I expect we’ve all noticed the water which runs, or sometimes trickles, down either side of the High Street, especially if you’ve ever accidentally stepped in it as it’s very slippery under foot! The North side water is supplied from the Well House in the gardens whereas that on the South side is supplied directly from the moat. Especially on a lovely sunny day there is the most beautiful clear reflection of the Cathedral in the pool in the gardens. Apparently, this is exactly why it was built there. We stopped for a few peaceful moments within the all-white walls of the quiet garden of reflection. There is a lot more information on the website: www.bishopspalace.org.uk

Many thanks to Siobhan who made this visit possible.

August 2022

Friday, 12th August

For the August meeting I will be talking about Australia. I’m going to try to avoid endless pictures of my grandchildren or the food I ate! I travelled almost all the way from the very North of Queensland down to as far south as you can get – Tasmania which is a distance of almost 3,000 kilometres. I will try to convey the beauty of the country and the variety of different experiences I had. But I’m going to try to keep it short, I’m sure no-one wants a boring travelogue! Anyone else who has been there, please share your stories as well.

Friday, 26th August - 11:00am (pick up time for lifts 10:30am)

Throughout this year, so far, each month we have been enjoying a delicious meal at Wells Golf Club. It has been a lovely social occasion. Thanks to Geoff for arranging the menu for us. He has gone one step further this month and to round off the summer, all the HUC members are invited to a barbecue at his house in West Bradley. Geoff will be providing (and I hope cooking) the meat. What we are asking you to do, should you wish to come, is to bring some sort of little addition – such as a salad of some sort, a dressing, a dip or dessert. Not a huge amount but just enough to share with a few. At the moment we don’t know how many people will attend, but we’re hoping for as many of our members as possible. We’ll be in touch nearer the time to sort out exactly who will be able to bring what. As the venue is a little out in the countryside, we will be having a look at transport options, such as car sharing to ensure no-one is unable to come if they want to. Geoff already has a number of names of people who are wishing to attend. Within the next week or so it would be very helpful if anyone who hasn’t already discussed it with Geoff, could let one of us know that you’d like to come so that we can get the right amount of meat to barbecue or alternative if you are vegetarian. Also, if you are able to give a lift to someone who is unable to drive on the day, could you please let us know. We thought if the person you care for will be going to Heads Up on that day, it might be a good idea if we make that a pickup point.

September/October/November

I am attaching a timetable with this newsletter which will outline what is happening up until the end of 2022. This may be subject to change, but I am trying to be a little more organised this time.

We are hoping, at some point, possibly nearer Christmas, to make use of all you skilled crafts people and bakers to create various things for a stall in a place yet to be decided, although it might be either at the Bishop’s Palace or Wells Town Hall. We haven’t sought permission from either yet, so it might have to be somewhere else! We would like to raise some money to fund the Heads Up Connect group, especially as we have now been asked to contribute a small fee to the Bishop’s Palace for the use of the room and facilities.

I’m certain there are lots of really talented people within our group so – get weaving, baking, painting, whatever is your speciality. I might be able to produce a few stained-glass items.

Christmas lunch

Just to let you know in good time, we are thinking about a Christmas lunch at the Golf Club (yes, I know we’re not at the end of summer yet!). Geoff has already sounded out the chef and he is able to offer us a very preferential price of £17 per head for a two-course meal consisting of turkey and Christmas pudding (or veggie option). That is a saving of £8 over the usual cost that they charge.

Because of existing time pressures in the busy world of the Golf Club, they have asked us to have the lunch on Friday, 25th November, at the usual time of 12:00. Within the next few weeks, we can ask who would like to be included in this celebration. This is just a preliminary notification. We can sort out the details later in the year.

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Phew! I think that’s it for now. I look forward to seeing you all at our August meeting at the Bishop’s Palace.

Best wishes,

Jane King