**Heads Up Connect - - - >**

**Carers’ Group**

**January Newsletter**

January 2023

Hello Everyone,

Happy New Year to you all.  It seems an age and is at least 24,000 miles since I last wrote to you.  I'm back from Brisbane now where I had a lovely Christmas with my family, although that seems decades ago already.  You probably don't really want to hear that I missed the cold snap you had, the general temperature was usually in the late 20sC.  Now it's back to reality.  Actually, it is lovely to be back home and a relief not to have to worry about flights being cancelled and Border Control strikers preventing me from getting back into the country. The army did a great job manning the barricades and I was, unusually, through customs in about 5 minutes. I hope you all had a happy time over the festive period and are now looking forward to the Spring!

So, another year, another Newsletter.

Last meeting December 2022

I have absolutely no idea what happened at this last meeting as I was basking in the sunny climes of Australia. I’m sure you all had a lovely chat. Sorry about the lack of rocky road and biscuits – I’ll have to make sure I get baking for the next meeting.

January 2023 meeting – Friday, 13th January – 10:30 am

For some reason, and I can’t remember why, we originally set the time of the meetings at 11:00 am but I’m always there from 10:30 am, so if that suits you better, feel free to come from that time. We have some speakers this time. It will be Val and Al who are part of the organisation who run the Avalon Marshes centre. They are professional photographers and will be talking about how they got to where they are today – that is mainly photographing the wildlife on the moorlands around Glastonbury. They have some beautiful videos of the starling murmurations and have probably spent many hours waiting for exactly the right moment to capture the exact photograph of the sometimes-elusive wildlife. I’m sure their talk will be fascinating and we look forward to seeing you there.

2023 Subscription to Heads Up Connect

As mentioned at a previous meeting, we are now being charged a fee for use of the room each month. It is comparatively low, but we feel that now is the right time to introduce a small annual subscription for membership of Heads Up Connect to cover this cost. There are few other costs, other than a small amount of postage sending communications to members who don’t have email addresses. We have decided to keep the subscription as low as we can, given all the pressures people are under these days. So, it will be £12 per year. It would be helpful to provide this in cash if possible. This will be taken by Geoff and given to Bridget to store in a separate secure account at Heads Up.

Golf Club lunch – Friday, 27th January 2023, 12:00 midday.

Casting my mind back to November, we had a really enjoyable lunch celebrating Christmas. It was a very happy, relaxed occasion and everyone seemed to have a good time.

We’ll begin 2023 as we mean to go on, and we are arranging another lunch (at our usual price of around £8.50 ish). This will be held at the Wells Golf Club at 12:00 midday. As always, if anyone is short of a lift, please let me know and I’m sure we can arrange one with one or other of us.

Alan, the chef at the club always ensures we are made very welcome and the food is invariably delicious. It would be useful if you could let us know over the next week or so if you’d like to join us. I don’t know the menu at the moment, but, as always, to keep the costs down but still give us a lovely meal, Alan will provide a meal such as fish and chips, chicken pie or something similar. If you require a vegetarian or vegan meal, please let us know.

Heads Up Christmas Party – December 2022

Bridget has asked me to pass on how delighted everyone was with the official Heads Up Christmas party. The Methodist Church group came and celebrated with carols and food. It was a lively and joyful occasion and included a number of other local people including Mayor of Wells. I hope all of you that attended had a good time.

Do you have a musical talent?

Bridget has asked me to let you all know that she is looking for people with musical talent, whether it’s singing or playing an instrument, to help run some music sessions for the clients of Heads Up. These would be either on Wednesday or Friday, morning or afternoon. Perhaps you know of someone who might fit the bill, even a local music student who wants some experience. If you can help, please speak to Bridget on the Heads Up phone number.

Bishop’s Palace entry tickets

As part of the local Community outreach initiative by the Bishop’s Palace, we will again be offered a number of annual entry tickets to the Palace and gardens (one per member). It was a wonderfully generous offer to us last year (they are worth about £16 per person). They appreciate the strains and tribulations of being a carer and how much it can benefit us, even after bereavement, having the gardens particularly to find some peace and tranquillity. The numbers are, to a certain extent, limited so if you already have a ticket then you may not need to take up this offer. I’ll see you on Friday, 13th and will be sending a list of members who would like one to Siobhan, the Community officer, and she will ensure that a ticket bearing your name is provided. I have spoken to her recently and she is very keen for the Palace to support groups such as ours. If you’re unable to come, then let me know and I’ll add you to the list.

Dates for your diary 2023

I've made a list of dates for Heads Up Connect and the Wells Golf Club lunch for the coming year just for your information, and there's always the possibility they might change. Also, there is a list of dates, including The Swan meetings and any speakers we have sorted for the Friday meetings so far for this year, until June.  If any of you know any people or organisations who you think our members would be interested in hearing from, let us know and we'll see what we can do.

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I know that for a number of us 2022 wasn’t a great year, one way or another, so let’s hope that 2023 is a great improvement, despite the fact that our first meeting is on Friday, 13th!

I very much look forward to catching up with you all.

Best wishes,

Jane

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