



A Happy and Healthy New Year 2022 from all of us! As we are continuing to cope with the affects of Covid and the new variant, we are trying to minimise the impact on our services whilst trying to ensure the safety of everyone. Our advice and information service is open and office appointment are available, online meetings are going ahead, along with the exercise class, walking group, and community meetings hope to restart on Tuesday 25th January 2022.

We will of course keep everyone updated should the situation change and you can also check details at www.headwaycentrallancashire.org.uk/services.

From Liz and the Headway Central Lancashire Team.

OVER £17,000 BIG THANK YOU'S

Last year was so difficult for charities to keep going due to the pandemic affecting fundraising events. So we want to say a BIG thank you to those individuals and businesses who managed to support us and to everyone who kindly donated. Tipping's Christmas Lights 2021, Fletchers Golf Day, JMW Charity Fundraiser, Cheese and Wine (Trevor Hart), Steven Hornby, Steven Hewitt, (John West Lake Swim)
Full details here:

www.headwaycentrallancashire.org.uk/over-17000-big-thank-yous



Tippings Christmas Lights

Community meetings 2022

DATES 2021	TIME	ACTIVITY	VENUE AND BOOKING
Tuesday 25th January	1pm - 4pm	Activity Day	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 1st February	1pm - 4pm	Drop In	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 15th February	1pm - 3.30pm	Drop In	Cottam Community Centre Haydock's Lane, Cottam, Preston, PR4 0NY
Tuesday 22nd February	1pm - 4pm	Activity Day	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 1st March	1pm - 4pm	Drop In	Salvation Army Harrington Street, Preston PR1 7BN Spring Celebration
Tuesday 15th March	1pm - 3.30pm	Drop In	Cottam Community Centra Haydock's Lane, Cottam, Preston, PR4 0NY

Most of you will be up to date with your vaccinations but if not, can we encourage you to do so. We will also be requiring proof of a **negative lateral flow test** when you attend, or you can take a test when you arrive. To order: www.gov.uk/order-coronavirus-lateral-flow-tests

The Eric Kitchen Award 2021

We were delighted to present the 2021 Eric Kitchen Award to Chris Carthy. Chris has served as a Trustee and Volunteer for Headway since it was established and the Award was to recognise not just her length of service and dedication to the Charity but also for the additional support which Chris has provided assisting clients during the Pandemic. Congratulations Chris from us all!

Headway Zoom Group

Our monthly client Zoom meetings will continue on the third Wednesday of each month with an interesting discussion and the usual quiz.

To join, follow this website link:
www.headwaycentrallancashire.org.uk/zoom-group

Day	Date	TIME
Wednesday	19 th January 2022	1PM
Wednesday	16 th February 2022	1PM
Wednesday	16 th March 2022	1PM

Carers and families online meetings

Join other carers and family members on the first Wednesday of the month at 5pm - 6pm via Zoom. Go to our web site to join:
www.headwaycentrallancashire.org.uk/carers-online-meetings/

Day	Date	TIME
Wednesday	2nd February	5PM
Wednesday	2nd March	5PM
Wednesday	6th April	5PM

Walking Group

The walking group will resume as soon as the weather improves, with the first walk of 2022 being planned for late February. For up to date information go to: www.headwaycentrallancashire.org.uk/walking-mind-body/



Exercise Class Every Wednesday



Time for exercise? You can join our weekly exercise class at Heartbeat every Wednesday 1.30 -2.20pm. Booking is required and a brief health questionnaire is needed. Please contact us if you are thinking about joining. Cost £2.50 per session.

Charity number 1144388

Headway Central Lancashire Tel: 01772 791460 or 07557123493

Sir Tom Finney Way, Preston PR1 6PA

Email: services@headwaycentrallancashire.org.uk

www.justgiving.com/headway-prestonchorley