

Hi Folks— seems like ages since the last *happenings* in July. A whole summer has come and gone since then. I hope you have been able to enjoy it.

We have lots of exciting things happening:

- ⇒ The “Discover Hextol” event is on Thursday 21st at the Tans. I look forward to seeing some of you there and a big thank you to everyone who’s offered to help.
  - ⇒ More training courses are being arranged which Jo Elliot will let you know about
  - ⇒ We’ve booked an I-Pots evening in November - a great chance to make some super Christmas presents
  - ⇒ We had a great Tans event—our Lebanese evening on 15th September which was a sell-out!
- I’ll be seeing lots of you soon and in the meantime stay safe and well. Bruce

## I-Pots Social coming up



We had such fun at our last I-pots social back in March that we’re going to be doing it again on **Thursday 2<sup>nd</sup> November 6-8pm**.

Enclosed with this newsletter is your invitation so please complete and return if you would like to come along.

It would be great to have you there!

## Combined Gardening Teams

At the end of July Faye our Newcastle Gardening Supervisor (pictured right) and two volunteers Tommy and Arthur joined the Hexham team to become one Hextol Gardening Team. They seem to be enjoying the benefits of traveling to Hexham which includes Lunch Club!



### Jo’s Tricky Quiz Question #28 (as John is on holiday)

Q: How many minutes are in a full week?

Answer in the next issue of Hextol Happenings. Answer to question #27:

Q: What was held for the first time in England on the 11<sup>th</sup> January 1569? An idea by Queen Elizabeth 1st as an alternative to raising taxes.

A: The first National Lottery draw

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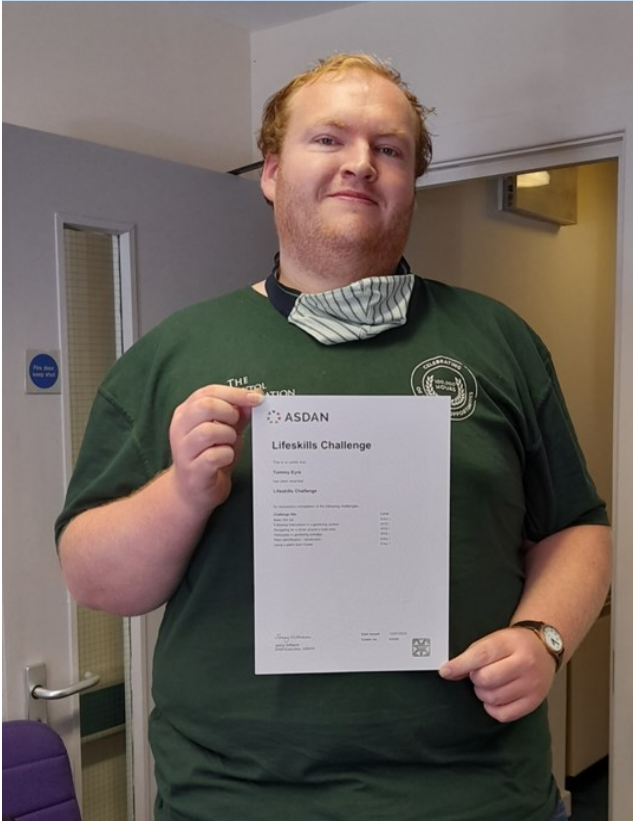


The Hextol Foundation  
The Hextol Tans



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# Training News



Our training programme for 2022-23 has come to an end. Well done to the **31 volunteers** who completed **32 courses** over the year!

All courses were 'accredited' meaning that those volunteers received a certificate at the end.

The project aimed to: Improve knowledge, skills and self – esteem.

## The courses delivered

- ASDAN Life skills challenge (including: computer skills, land & hospitality based skills)
- Food Hygiene Level 1 &2
- Manual Handling
- Data Security E-Learning for Health NHS (Volunteers)
- Mental Health First Aid Training (MHFA England)

## Some of the comments about the training from our volunteers:

“The training method was comfortable and relaxed”

“it was a good experience and it really helped to have someone supporting me “

“the course instructor was great”

“the course was easy to access”

Well done to all the Hextol volunteers who took part!

## More training opportunities coming up

We have some more Food Hygiene, Food Allergen and Manual Handling courses available. If you are interested do let Jo Elliott know.



# Allergen Workshops

9 volunteers came along to our summer Allergen workshops.

We learned about the three most common allergens—nuts, gluten and milk—and how to spot them on food labels.

Thanks to Becki Little for leading the workshops (see left) and for the work she's been doing over the summer in the Tans. Much appreciated Becki!