Autonomy Newsletter

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Sara and Eric Heath
www.shropshireautonomy.co.uk
Contact us on
01743 821363
07895142801
or Shropshire Autonomy via
@AutonomyASD or at
sara@shropshireautonomy.co.uk

Sara and Eric Heath wish you each a Merry Christmas and a Happy New Year!



Autonomy 4 Women

Our last meeting for this year will be: from 6:30pm - about 9:30pm on Wednesday November 20th at:

The Severn Gorge Southwater Way SATNAV: TF3 4FU (01952) 290404

Our next Autonomy newsletter (Issue 120) will be the January 2025 edition.

Autonomy Christmas Dinners - *the Telford meal is at 6.30pm and the Shrewsbury meal is at 7pm*.

Autonomy Christmas Dinners will again be free for Autonomy members this year, funded by We Are All Making a Difference Charity Trust with carvery, fish, vegetarian and vegan meals to choose from.

You must book a place & choose a Christmas meal by November 20th. Meals will be at the Severn Gorge in Telford, Monday, December 2nd or The Featherbed, Battlefield, Shrewsbury, Tuesday, December 10th (page 3/4 menu choices and info.

Autonomy Christmas Card Competition

Please send Sara one winter or Christmas themed photo, painting or drawing per entrant and it could be chosen by our members in a poll. £10 will be paid for the use of the picture and your name will be credited too. (See page 2 for the rules)

Chloe Shenton won for the third year running with her Christmas stag and Holly Watkins was second with her Christmas Bauble.





Autonomy Social Events Telford Socials:

Telford Pub Socials at: The Severn Gorge, Southwater Way, SATNAV: TF3 4FU
(01952) 290404
Monday, November 4th
from 6.30pm - 10.00pm

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741
Monday, November 18th
from 7:00pm - 10pm.

Christmas Dinner, Monday December 2nd
from 6.30pm - 10.00pm

No Bridgebuilder social in December

Shrewsbury Socials:

Ten Pin Bowling at: Hollywood Bowl, Shrewsbury, SY1 3AZ
Tuesday November 12th from 6:30- 7.45- 8pm. Cost FREE.
Meet in the bar area, one bowling game.
Some members will be going to The Featherbed, Battlefield Road, Shrewsbury SY1 4AB for a social after bowling at 7.45pm-8pm so please arrive promptly for the bowling game.

The Hole in the Wall 1,Shoplatch, Shrewsbury SY1 1HF, (01743) 271847
on **Tuesday, November 26th**
from **7:00pm-10.00pm**.

Christmas Dinner at: The Featherbed, Battlefield Road, SY1 4AB. 01743 460217
Tuesday December 10th
from 7pm- 10.00pm*

***No Abbey social in December*.**

Autonomy Outing on The Severn Valley Railway

On Saturday, September 14th 2024, 40 members and family members travelled on the Severn Valley Railway. The weather was fine and sunny and, after a bit of a scare at the beginning regarding our booking, we all had a brilliant day.

Members each had a 'Freedom of the Line' wristband which allowed them the choice of getting on and off at different stations and travelling on different trains. Members did a range of activities that included visiting the Engine Shed at Highley and the Museums in Kidderminster, looking in second hand bookshops or vintage shops, eating in cafes and restaurants at different stations and also going for walks in the local towns eg Highley with some members walking part of the Severn Way or visiting pubs in Bewdley.

Here are photos (taken by Sara) from the day:











Christmas Card competition info:

We now have new rules for the competition to help it to be fairer. This was because last year we had a lot of photos/images to choose from and there was no deadline to stop late entries.

The rules will now be that:

1. You can send only one image to Sara so please choose it carefully.

2. It will need to be with Sara by the deadline of Friday, November 22nd.

3. All photos will be uploaded to our Shropshire Autonomy Facebook group page for the poll - but members who are not on Facebook can vote by contacting Sara.

4. The winner will be the one whose photo has the most votes.

5. Members can win the competition even if they have won it before - as it is based on their skill and talent.

6. If there is a tie for first prize then the photos will win the same prize money.

Good luck!

Menu choices for free Telford "Festive Menu" Dinner at the Severn Gorge, Telford Town Centre, at 6.30pm on Monday, December 2nd.

and the free Shrewsbury "Festive Menu" Dinner at The Featherbed, at 7pm on Tuesday, December 10th.

They are the same choices as each other

(Two courses free, add an extra course for £3.00)



For the free meal please choose one starter and one main course or one main course and one dessert.



Here is the online menu, with allergen information:
https://www.severngorgepubtelford.co.uk/christmas/

Starters:

- **Tomato Soup (V) - topped with pesto croutons and served with crusty bread & butter. (VE) option available when served without cream and butter.**
- **Chicken Liver and Brandy Pâté (A) - a smooth pâté served with cranberry sauce and lightly toasted bread & butter.**
- **King Prawn Cocktail - prawns in a Marie Rose sauce a bed of shredded, with cucumber ribbons, with a dusting of paprika. Served with multigrain bloomer bread and butter.**
- **Breaded mushrooms (V*) - fried crispy breaded mushrooms with garlic mayonnaise sprinkled with chopped chives.**

Main courses: served with potatoes, seasonal vegetables, stuffing and herb seasoned gravy from the carvery, unless otherwise stated.

- **Roast Turkey, Beef and Honey Roast Gammon - hand-carved by our chefs, served a pig in blanket, stuffing with pork stuffing, a pig in blanket and a home-made Yorkshire pudding.**
- **Grilled hake (A) - grilled salmon fillet served with a white wine seafood butter sauce.**
- **Spinach and Butternut Squash Tart (V) - filled with a creamed spinach, cranberry and butternut squash sauce, topped with onion and pumpkin seed crumble. Served with stuffing and a home-made Yorkshire pudding. (VE) When served with vegan accompaniments from our carvery and without the Yorkshire pudding.**
- **Festive Beefburger - two beef patties, layered with melted brie, shredded chicken in a barbecue cranberry sauce, and iceberg**

lettuce, served in a toasted bun. Topped with a pig in blanket and pork stuffing, served with fries and a burger sauce dip.

- **Festive Mac and Cheese - macaroni pasta bound in a rich Croxton Manor cheddar sauce. Topped with mozzarella and cheddar. Finished with a barbecue cranberry sauce, crispy onions and chopped chives. Served with garlic bread and a salad garnish. No additional toppings.**

Desserts:

- **Christmas Pudding (V) (A) - a rich traditional Christmas pudding packed with sherry soaked fruits. Served with brandy sauce. (VE) (A) option when served with vegan vanilla flavoured ice cream instead of brandy sauce.**
- **Lemon Tart (V) - a crisp pastry case filled with baked lemon curd.**
- **Served with vanilla flavour ice cream, raspberry sauce, and a chocolate orange wafer.**
- **Sticky Toffee Pudding (V) - sweet toffee sponge dotted with date pieces, topped with rich toffee sauce and fudge pieces. Served with vanilla flavour ice cream and a chocolate stick.**
- **Banoffee Chocolate Tart (V) - a rich dark chocolate tart flavoured with banana and toffee caramel on a delicious date and nut base. Served with vanilla flavour ice cream and drizzled with chocolate sauce.**

V) vegetarian (VE) vegan (A) contains alcohol (V*) vegetarian and vegan products cooked in the same oil (not guaranteed to be vegan).

You must book your place with Sara. You cannot just "turn up" or you may have to pay full price for the meal!

In fairness to all members, and due to the numbers expected, and to avoid confusion, you can attend only one Christmas Dinner Social in either Telford or Shrewsbury and sit with the members at the tables only for that meal, which is free.

You are welcome to come to the pubs on the Christmas Dinner social evenings, but please do not sit with the group until the Christmas meal is over. You can, of course, order and pay for meal from the ordinary menu and can chat to members, as we do not wish you to feel left out. Thank you for your understanding.

Please choose what you would like to eat and book your place. Please contact Sara with your choices by Monday, November 20th. You can do this by phone: 01743 821363; phone or text: 07895142801; message: Sara on Facebook; email: sara@shropshireautonomy.co.uk or tell Sara when you see her at one of our social events.



