Autonomy Newsletter
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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 19th at:

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

Our next Autonomy newsletter (Issue 126) will be the January 2026 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 21st. Meals will be at the Severn Gorge in Telford, Monday, December 1st or The Featherbed, Battlefield, Shrewsbury, Tuesday, December 9th (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 new rules)

We had a tie for our Christmas Card Competition this year with Chloe Shenton's photo for the 5th time and Naomi Paul's winning for the 4th time! Multiple wins can and do happen but please see page 2 for our new rules which we hope will make it fairer.



Autonomy Social Events Telford Socials:

Telford Pub Socials at: The Severn Gorge, Southwater Way, SATNAV: TF3 4FU
(01952) 290404
Monday, November 3rd
from 6.30pm- about 10.00pm
Christmas Dinner,
Monday December 1st
from 6.30pm- about 10.00pm

The Bridgebuilder, Wrekin Retail Park. Wellington, TF1 2DE, (01952) 243741
Monday, November 17th
from 7:00pm-about 10:00pm.

No Bridgebuilder social in December

Shrewsbury Socials:

Ten Pin Bowling at: Hollywood Bowl, Shrewsbury, SY1 3AZ
Tuesday November 11th from 6:30-7:45pm 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 25th**
from **7:00pm- about 10:00pm**.

Christmas Dinner at: The Featherbed, Battlefield Road, SY1 4AB. 01743 460217
Tuesday December 9th
from 7:00pm-about 10:00pm*

***No Red Lion social in December*.**

Autonomy film show update!

We are very glad to be able to finally - and with many apologies for the long wait - have the showing of our mini films from both of the Rocking Horse Media Acting for Camera Workshops in tribute to our late member, Darren Forster who was in the first film. Gareth Thomas had been trying to find the right venue, but this did not materialise until recently.

We will now have the films shown at The Hive: www.hiveonline.org.uk 5 Belmont, Shrewsbury, SY1 1TE, 01743 234970, on Sunday, November 30th from 2.45-4pm. All welcome! Entrance is free and so are refreshments!

The photos of the 2nd workshop are in Issue 122 of the Autonomy newsletter (on our website); here we are at the first one in February 2023:



The two sessions were very different as the 2023 one was held in a community centre and was filmed by Gareth in the traditional way with close up shots and lots of takes and repetition of our script. We had 2 groups, one doing 'the café' scene and one in 'an HMV store'. We practiced on one day and filmed on the next one.

The April workshop was very different as we were with the Henry House 'family' in a night club! On the Saturday 3 groups acted out our scenes. One scene was chosen to be filmed and it was called 'Just a Misunderstanding'.

On the Sunday, the actors had makeup done, then rehearsed and were fitted up with microphones. Other members worked with the crew on sound etc. The filming was in one-shot (but with 4 takes) with a professional 'steadicam' (body held camera) crew. It was a very different but valuable experience!

We very much look forward to seeing both films!



Christmas Card competition info:

We now have new rules for the competition to help it to be even more fair and based on merit

1. Please send only one image to Sara and choose it carefully. It will need to be with Sara by the deadline of Friday, November 21st.

2. All photos/images/ artwork will be uploaded to our Shropshire Autonomy Facebook group page at the same time for the poll - but members who are not on Facebook can vote by contacting Sara.

3. The image will be anonymised, ie it will not feature the member's name and s/he should not encourage other members to vote for his/her photo.

4. The winner will be the one whose image has the most votes. If there is a joint winner (tie for first prize) each person will receive the same prize money.

5. The winning photo is chosen by the members. Members can win multiple times as we have had the competition for 20 years now!

Good luck!

Menu choices for free Telford "Festive Carvery" Dinner at the Severn Gorge, Telford Town Centre, at 6.30pm on Monday, December 1st
and the free Shrewsbury "Festive Carvery" Dinner at The Featherbed, at 7pm on Tuesday, December 9th.

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 for both pubs:
https://www.severngorgepubtelford.co.uk/christmas/

Starters:

- **Tomato Soup (V) - topped with pesto croutons and served with crusty bread & butter. (VE) option available**
- **Chicken Liver and Brandy Pâté (A) - a smooth pâté served with caramelised red onion chutney and toasted bread & butter.**
- **Prawn Cocktail – succulent prawns topped with a Marie Rose sauce a bed of shredded iceberg lettuce, with cucumber ribbons, with a dusting of paprika. Served with multigrain bloomer bread and butter and a lemon wedge.**
- **Breaded mushrooms (V*) - fried crispy breaded mushrooms with garlic mayonnaise sprinkled with chopped chives.**

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

- **A carvery featuring Roast Turkey, Roast Beef, Roast Pork and Honey Roast Gammon hand-carved by our chefs, served a pig in blanket, with pork stuffing and a home-made Yorkshire pudding.**
- **Grilled salmon (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 crumb. Served with stuffing and a home-made Yorkshire pudding. (VE) When served with vegan accompaniments from the 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 skin on 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, pigs in blankets and pork stuffing. 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 with warming winter spices, candied peel and rum soaked vine 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 topped with rich toffee sauce and fudge pieces. Served with vanilla flavour ice cream.**
- **Dark Chocolate Mint Tart (V) - a biscuit base topped with indulgent dark chocolate and mint ganache with a cocoa powder dusting. Served with vanilla flavour ice cream, chocolate mint sauce and chocolate sticks. VE option is the tart without the icecream and chocolate sticks.**

(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 21st. You can do this by phone: 01743 821363; phone or text: 07895142801; message: Sara on Facebook; email: sara@shropshireautonomy.co.uk. *With over 70 people coming, if Sara has not confirmed your booking by text, message or email, please remind her of your order.*



