

## Welcome February ☺

I know it's still early in the year, but already I can feel hints of spring—even with the rain. Daffodils are slowly popping up, turning the ground bright yellow and lifting our spirits! Let's not miss our walk with Amy in Warley when the daffodils fully return there—it really is incredibly beautiful. ☺

January flew by, but we still managed to fit in lots 😊

Some of you lovely people joined Amy for the Warley walk, and Dot even found some snowdrops—thank you for sharing those special moments!



Just a reminder that the Warley walk takes place every other Friday, so this month it will be on 6th and 20th February, starting at 10:00am.

At the Billericay group we had a full house, and a special visit from The Lemon Curd Lady! She shared her story with us, and we had the chance to taste (and buy!) her delicious lemon curd—what a treat.



In Brentwood we enjoyed playing Anna's Bingo and had some great chats about bundles!

We also wanted to share some lovely news from Bennetts, who are re-launching their Memorial Tree. For a donation of £120 to any hospice, you can have your loved one's name added to a leaf on the memorial tree at either Billericay or Brentwood for a year. If you'd like to make a donation, just let me know and I'll arrange everything for you.



Dates for your diary 17

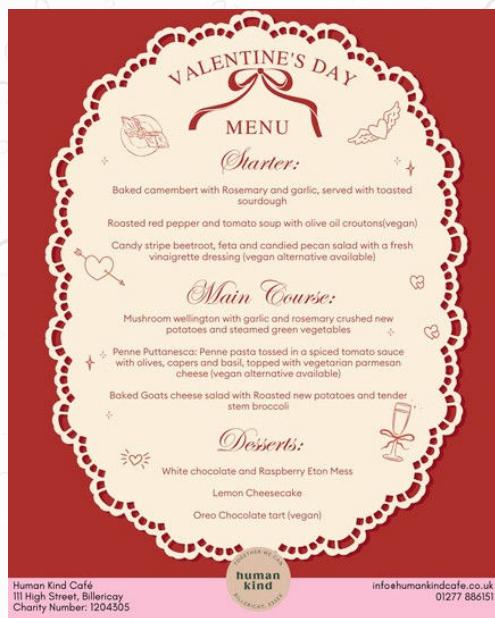
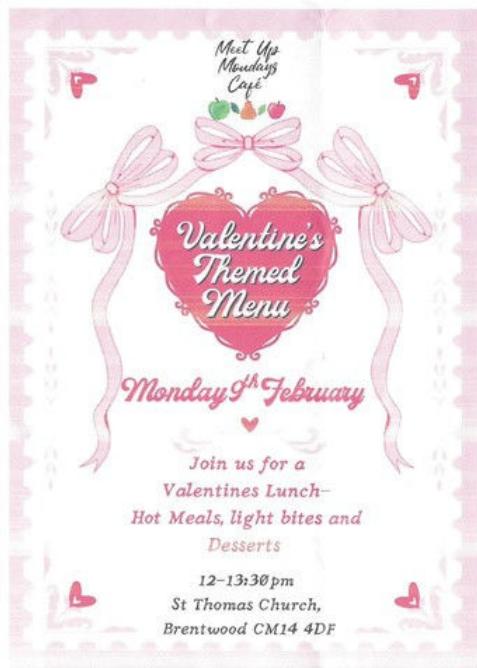
Brentwood Group: 11th February at 1:30pm

Billericay Group: 18th February

The Police will be popping in with ideas on how to keep ourselves safe

Jenny from Teck will be there to help with tech devices—a perfect chance to ask any questions about your phones!

Warley Walk: 6th and 20th February, Warley Park, 10:00am start Community Dance 25<sup>th</sup> of February at 2pm



£40

Changing Pathways  
ENDING ABUSE. EMPOWERING LIVES.

# International Women's Day

Afternoon Tea

**FRIDAY 20TH MARCH 2026**  
2PM-4PM

Ye Olde Plough House, Brentwood  
Road, Essex, RM14 3SR

Should you require any tickets and/or have any dietary/allergies requirements, please let Natasha know by Friday 6th February 2026

If you can provide any raffle prizes, that would be great!

[Natasha@changingpathways.org](mailto:Natasha@changingpathways.org)



We're very pleased to invite you to a lovely and relaxing Spa Experience at Merrymead Tearoom — a perfect chance to unwind and enjoy some well-deserved pampering. Thursday 12th March | 7:00–9:00pm For £25, your evening will include:

A prosecco welcome on arrival 

A delicious sweet treat

A relaxing hand treatment

A guided hot cloth facial using Temple Spa products

Spa water throughout the evening

A goody bag to take home and enjoy 

If this sounds like something you'd enjoy, please speak to Anna for more details or to book your place.

With kind regards,  
Anna, Jane, Bridget & Tina