



Newsletter Winter 2026!

Christmas Tree Festival

We were thrilled to have a Christmas Tree at St Mary's Christmas Tree Festival again this year. Our very own Molly designed and made the "Tree of Art" which we all went to visit whilst it was up. It was a real labour of love, and we are so proud of Molly for her hard work, creativeness and art abilities!



DECODE Project

The DECODE project wants to help individuals with learning disabilities to receive better healthcare. We are very proud to have been a part of DECODE research for the last few years through several of their Patient and Public Involvement and Engagement groups. The team from Loughborough University visited us this month to show us where our input has made a difference and we were thrilled to see that our ideas have been actioned!

Learn all about DECODE at www.decode-project.org



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New Year, New Food!

Our Cook & Eat sessions continue to be a success and with the New Year has come new recipes! We are focusing on healthy, balanced foods that are quick and easy to make as well as tasty to eat. In contrast to this, our new Creative Cooking sessions have brought us some yummy favourites such as lemon meringue pie and millionaires shortbread! I wonder what we'll come up with next?!

Open every Tuesday 9.30am - 12.30pm
21 Kings Road, Melton Mowbray

The Hideaway Takeaway
Rolls, Salads, Cakes, Drinks

Filled Rolls - £3
Pick your roll: White Soft, White Crusty, Granary.
Choose 2 fillings: Ham, Cheese, Tuna, Tuna Mayo, Egg, Egg Mayo, Chicken.
Add any salad and dressing: Lettuce, Tomato, Cucumber, Onion, Mayo, Salad Cream, Mustard, Pickle, French Dressing

MEAL DEAL!
Add a drink, slice of cake and packet of crisps to your roll or salad box for just £3 extra!

Salad Boxes - £3.50
Pick your salad: Lettuce, Tomato, Cucumber, Onion, Sweetcorn, Egg.
Choose 2 Toppings: Ham, Cheese, Tuna, Tuna Mayo, Chicken.
Add any dressing: Mayo, Salad Cream, Pickle, French Dressing

Cake - £2 a slice or box of 4 for £7
Our selection of delicious homemade cakes changes weekly, please call to find out what we have!

Drinks - £1
Rubicon, Coke, Diet Coke, Tea, Coffee, Hot Chocolate (make it luxury for £1 extra) - soft drinks available

Milkshake: £1.50
Strawberry, Chocolate, Banana

Call us on 01664 424 044 to order for collection or free local delivery

Hideaway Takeaway

The Hideaway Takeaway is up and running again this year on Tuesday mornings. Our team of bakers work hard every Monday to make delicious cakes to sell along side our filled rolls and salad boxes. As you can see, our menu has had a glow up and some of the prices have increased slightly due to rising costs, although we have still kept them as low as possible to ensure a great value meal deal! Be sure to pop in and see us, or call for a locally delivered Tuesday treat!

Wellness Evening

Our very own Jane Brown is running the London Marathon this year in support of a charity that is very close to her heart - Forever Stars. In order to raise as many funds as possible for this amazing cause, she is holding a Wellness Evening event on the 6th of March. Please see the flyer and if you'd like any more information, just ask!

£20 DONATION

Health & Wellness

CHARITY NIGHT 2.0

FOREVER STARS - STILLBIRTH & CHILD BEREAVEMENT CHARITY

FRIDAY 6TH MARCH 2026

18:30 - 21:00
SUPPORT & CONNECTIONS
21 KING'S RD, MELTON MOWBRAY LE13 1QP

- Treatments include facials, massages, reflexology plus more -
- Raffle included in your donation -
- Expect light nibbles, tea and coffee -
- Bring Your Own Booze -

Visit the Facebook event page bit.ly/3NwUWUP on how to donate for your ticket

Dates for Your Diary

Bank Holiday Closures:

Friday 3rd April - Good Friday

Monday 6th April - Easter Monday

Monday 4th May - May Bank Holiday

Monday 25th May - Spring Bank Holiday



Scan this QR Code to visit our website!

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