

Just Good Friends

April 2021 Newsletter

For information telephone: Bev Sykes: 07557 734233

Website: justgoodfriends.org.uk - www.facebook.com/justgoodfriendsNW/

EXERCISE

We all know how important it is to stay fit especially those of us who want to shed some of the pounds we may have put on during the year - I know I have - and so you might like to know that Fylde Borough Council are running a programme on Weight Management and if anyone is interested for more information click on the link www.fylde.gov.uk/change to access the referral form.

Also if you would like the Zumba class back in Ashton Gardens, or keep fit, stretching or chair exercises, please let me know. Lets have fun and get fit and healthy.

Age UK have a Hospital After Care Service which arranges to bring you home from hospital and ensure you have milk, bread at home etc. This is arranged via the Discharge Team at the hospital. Ask Julie for more details.

AT LAST!!

Hopefully by the time you read this Newsletter we will have already had our planned meetings at the end of March in both Lowther Gardens and Ashton Gardens albeit under strict Government guidelines of which we are all now fully familiar.

We are very much looking forward to the planned events as soon as these restrictions are eased a bit more as reported in the letter recently circulated to you all. It will just be great to be back.

Please let me know if you want to meet in Lowther Gardens or Ashton Gardens so I can arrange each group of 6. See you there!!

Bev xx

Member subscriptions

became due on 1st October 2020

If you would like to renew your annual membership (£5) straight into Just Good Friends' bank account see details:

Sort Code 40-12-13; Account Name: Just Good Friends; Account No: 02180480
ensuring that you put your name as a reference.

Please note that if your contact details have not changed since last year you need only enter your full name on the renewal Registration form; however, it is important that you also re-enter your emergency contact and medical practice details. Thank you.



Weekly Zoom meetings all commence 5pm:

Monday - Countdown (good fun!)

Tuesday - Quiz

Friday - is for volunteers to chat and see how they can help and possibly put forward any new ideas.

We would also like the meeting to encourage new volunteers to join us.

For more information contact Jo Jackson - click on her email staysafejgf@yahoo.com. Notes will be taken from the Friday Zoom meetings so that we can share with other volunteers who may not be able to get on zoom.

Please use the link below to join JGF meeting. This link applies to all JGF Zoom meetings. Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us04web.zoom.us/meeting/upYsd-grpjlVH9O-C5aBLALaaN8i40SWOJfn/ics?icsToken=98tyKu6qrzspGdyctRyAR7YQBYigb-nxiFhYgvpvOTYwAgJ_Qy_3N8waO-YvI-

ALLOTMENT

Spring is on the way - such a lovely time of the year but it is also a time when gardens and in our case, our allotment, needs a lot of work and we will need some help now that the weather has improved.

Please contact Mags and/or Bev for information.



If anyone would like to join the number of members who already receive the Newsletter via email rather than hard copies please let me know on jandcburgess@hotmail.co.uk. Thank you, Celia



To join our **JUST GOOD RAFFLE** simply search for **Just Good Raffle** on Facebook and click the **JOIN** button. **March prizes & pics of some of the winners are:**

LOTTO BONUS BALL £150 ASDA CARD -

- Sue Whittle
- £25 Boots card - Mags Hanning
- £25 M&S card - Karen Lynne Halewood
- Booze bundle - David Parkinson-Cane
- Choc bundle - AKSI Bear
- Notariannis Voucher - Bev Smith
- Slow Cooker - AKSI Bear
- Easter egg bundle Charlotte Eunson Was Baxter

LOTTO BONUS BALL £150 Sainsburys Card

David Parkinson-Cane



AKSI Bear



Jacky Ramage



Ellen and Graham Thomas



Susan Hood



Davide Parkinson-Cane



April Birthdays

- 4 Margaret Cooper
- 4 Pat Sumner
- 6 Bev Sykes
- 7 Margaret Holmes
- 10 Doreen French
- 11 Patricia Foster
- 12 Anne Holt
- 15 Ellen Thomas
- 16 Hazel Boardman
- 18 Wyn Smyth
- 19 John Ashby
- 20 Carol Gradwell
- 21 Marie Wylid
- 28 Anne Storey
- 28 Molly Thompson
- 30 Graham Wood

Happy birthday to all of you with April birthdays. We hope that you are able to enjoy them with family and friends even if only electronically or by phone.

**JUST GOOD FRIENDS
Looking Forward**

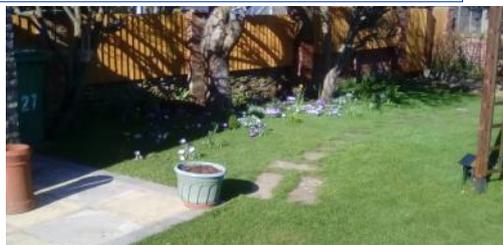
The days are now getting longer,
Warmer weather is drawing near,
Everything is looking brighter
And better times will shortly be here.

We'll soon be all back together,
Meeting up in person once more,
With our usual indoor gatherings
And plenty of parties in store.

There will be lots of time for chat,
With fun and laughter to be found,
Enjoying each other's company
And great excitement all around.

So let's look forward to those days,
Which we've missed for such a long while,
When we resume all our JGF meets
And we can celebrate in style!

Steve Mason



Our lovely Bernie has been getting his garden ready for members to join him again in March.



There are a number of few scams around at the moment. If anyone receives what they think is a scam, please e-mail **staysafejgf@yahoo.com**.

For those who don't have email please 'phone Bev for help and advice.



Congratulations

What a pleasure it was to learn of Helen Lee's recent engagement to her friend John.

We send our love and wish them all the happiness in the world.

During this time we are unable to have hard copies of the Newsletter printed or delivered but electronic versions will be sent out to those who have registered their emails with us. If you have means to print and can safely pass a copy to a friend who doesn't have computer access, please do so.



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Editor: Celia Burgess

