



# Just Good Friends

## February Newsletter



### Annual General Meeting

Thanks everyone for the fabulous turnout at our AGM. It was lovely to see everybody and be able to let you know what we all get up to.

It was also lovely to see our Mascot Delia keep an eye on everyone!

Massive thanks to everyone for being part of something very special in Just Good Friends. Lots of love to you all - Bev

### Joanne's Trips



#### Cedar Farm, Romsey - 1st March

Next trip arranged by Joanne is to Cedar Farm, Romsey.

11am pick at the YMCA - £10.00 for the coach. Please bring extra money for lunch etc.

Ring Joanne on 01253 729784 for further information.



#### Holiday to Grange-over-Sands on April 4th returning 6th

Still chance to book for Just Good Friends' first little holiday at the Cumbria Grand Hotel, Grange-over-Sands. Coach fee is £31.25. Hotel is £58 bed breakfast and evening meal per night.

Again please contact Joanne 01253 729784 for more information. Availability is twin rooms or double rooms, no single rooms.

**SATURDAY** dates in **FEBRUARY**  
at **The Memorial Hall, St Albans Road - 2pm-4pm**

3rd - **RAFFLE & QUIZ**

10th - **NATTER & MUSIC**

17th - **DJ CHRISSY 'Let our hair down—be entertained' Music from our eras!**

24th - **BINGO**

If anyone has a wish that they would love to come true, please let Bev know and she will try her best to make it happen.

Many thanks to everyone who came on BBC Radio Lancashire to share the story of their Wishes coming true.



### Dancing

We are hoping the Ballroom and Sequence lessons will return to St Annes Palace very soon and we are on the hunt for new Teachers. If anyone knows of a Teacher of sequence and ballroom please let Bev know 075577 34233.

### DIARY DATES FOR REGULAR MEETINGS

Tuesday 1pm – 4pm

Fun and Laughter at the **Victoria Pub**, St Annes with Roy Rolland

Wednesday 10am – 12noon

**The Palace**, Garden St, St Annes - Tea, Coffee & Chat

Temporarily on hold  
See Notice above

11.30 – 12.30pm Sequence Dance lessons

12.30 - 1.30pm Ballroom Dance lessons

Friday 10am – 12 noon Light exercise to suit plus tea and chat,

**The Palace**, Garden St. St Annes

Saturday 2pm – 4pm

**Memorial Hall**, St Albans Road, St Annes - Tea and chat with Speakers and Activities (See above for full February programme)

Sunday Lunch 12.30pm

**St Ives Hotel**: £11.50 for a fabulous 4 course meal. Please ring Kath on 01253 730883 to book on our table.

## South Shore Fire Station

This month we went to South Shore Fire Station's Open Day which was a great success with many fabulous organisations joining Just Good Friends: Silver Line, Prince's Trust, Police, Firefighters, Care and Repair, Parkinsons' Nurses, Homeinstead and many more.



## AKS School - 8th February

AKS School: the next event will be on **8th February** when they will be hosting another one of their monthly fun and board-games afternoons at the AKS pavilion from 1pm. All Just Good Friends are invited to join students and other Bring Me Sunshiners for a game of cards, dominoes, chess or other board-games.

## JOANNA CANNON

On 14 January, an article by Doctor and Author Joanna Cannon was published in the Mail on Sunday's YOU magazine about loneliness and the dreadful effect it can have on people and the sadness that there was such a shortage of organisations actively doing something about the situation.

We made contact with her telling her about Just Good Friends and what we do: she

was very interested and although she does not live locally, she has agreed to be a patron for us spreading the word of the work we do.

Joanna continues to be involved in caring for the elderly and is currently touring the UK with her new book - *Three things about Elsie*, and has said that she will come to visit us in the summer around May time.

## MARK MENZIES MP

We are pleased to advise that Mark Menzies MP, who wrote in the Lytham St Annes Express (18 January) that 'Bev and her group are some of the most driven people I know. Their work to combat loneliness is exemplary'. He goes on to say Just Good Friends' work ties in with the Government's decision to build on Jo Cox's legacy with the announcement of the first minister for loneliness and he will be writing to the minister this week outlining the great work that has been done by Just Good Friends in the Fylde.

We are also very honoured to have Mark Menzies and Jo Cannon joining Anne Nolan as our Patrons.

For information telephone: Bev Sykes: 07557 734233 Website: [justgoodfriends.org.uk](http://justgoodfriends.org.uk)

## February Birthdays



- 1st Christine Burgess
- 1st Gillian Prinnett
- 5th Penny Sharples
- 10th Helen Hind
- 10th Stephanie Mutch
- 12th Hazel Bentley
- 12th Rita Walker
- 13th Caroline Porter
- 20th Lucinda Butterworth
- 23rd Joyce Rimmer

*Reminder to everyone:  
we celebrate people's birthdays  
on the last Thursday of the  
month at the St Ives Hotel 2pm.  
Everyone welcome.*

## CLOTHES SALE

On **17th March**  
we are having  
a Clothes Sale  
at The  
Memorial Hall.



Now is a perfect time to clear out our wardrobes before we bring out our spring/summer clothes for the year! All garments for the sale to be given to Christine Howe to store or bring on the day!

**save**

Kath O'Brien will be running a Savings Club soon. If anyone is interested in joining see Kath.