

# Just Good Friends

## June Newsletter

### ACTS OF KINDNESS ARE SO SPECIAL

Thanks so much to a generous and kind man who has donated two tickets for the Alfie Boe's Home Coming Concert being held on Saturday 2nd June in Fleetwood. Two lucky members from Fleetwood will be attending this Concert. We're still trying to get Alfie on our Wish List - we won't give up!

- We were pleased to receive a very nice letter from the outgoing Mayor John Singleton and the Mayoress which is now in the new JGF office and doubly delighted to find that the Mayor-Elect, Councillor Peter Collins has chosen Just Good Friends as one of his charities for his Mayoral year 2018-19.

### SATURDAY NIGHT AT THE PALACE 9th June ROD STEWART Tribute Night

Please note  
There will be  
**NO KEEP FIT**  
on Fridays 22nd  
and 29th June



### Bev wins a Points of Light award and receives a personal letter from the Prime Minister

Bev received the award from Mark Menzies, MP for Fylde, and a patron of Just Good Friends, at a surprise presentation in May. After relating the good works of JGF, Mark went on to say:

*"Bev's work at 'Just Good Friends' has transformed the lives of hundreds of people, and I'm delighted to see the Prime Minister recognise her for her efforts."*



#### In a personal letter to Beverley, Prime Minister Theresa May said:

*"By holding events and activities every week through your group 'Just Good Friends', you are transforming the lives of older people facing loneliness and isolation across Lancashire. You should feel enormously proud of helping people to fulfil lifelong wishes while forming new and lasting friendships."*

#### Tracey Crouch, Minister for Loneliness, said:

*"I am thrilled that Beverley Sykes has been recognised by the Prime Minister for her inspirational work tackling loneliness in Lancashire, and thank my colleague Mark Menzies for putting her forward for this award."*

(The Points of Light award recognises outstanding individual volunteers - people who are making a change in their community.)

### SATURDAY DATES IN JUNE

at The Memorial Hall St Albans Road - 2pm-4pm

2nd	Quiz and Raffle
9th	Natter week - get to know your friends
16th	Poetry with Christine Marley (bring along your own poems too!!)
23rd	Talk on Archery Equipment - Brian Winchester
30th	Bingo

### DIARY DATES FOR REGULAR MEETINGS -

**REMINDER: PALACE TEMPORARY CLOSURE 30 July to 9 August for necessary maintenance**

Tuesday	1pm – 4pm	Fun and Laughter at the <b>Victoria Pub</b> , St Annes with Roy Rolland
Wednesday	10am – 12noon 11.00 – 12.30pm	<b>The Palace</b> , Garden Street St Annes - Tea, Coffee & Chat followed at Ballroom/Sequence Dance lessons
Friday	10am – 12 noon	<b>The Palace</b> , Garden St. St Annes - Light exercise to suit plus tea and chat ( <a href="#">see above</a> )
Saturday	2pm – 4pm	<b>Memorial Hall</b> , St Albans Road, St Annes - Tea and chat, with Speakers and Activities (See above for full June programme)
Sunday Lunch	12.30pm	<b>St Ives Hotel</b> : £11.50 for a fabulous 4 course meal. Please ring Kath on 01253 730883 to book on our table.

### Wish list information

In May a group of 33 people visited Media City, Manchester and Bev was taken by surprise when Joanne told her that one of her wishes was about to come true as she was given 2 tickets to go on a tour of the BBC studios.

Bev says "Me and Julie had a fabulous time on the BBC Tour, it was very interesting. We saw lots of tricks that were used to make the TV viewers think



that they were in different studios. They asked for volunteers so obviously my hand went up and Julie's. I volunteered to be the news presenter and Julie volunteered to be the weather girl, it was really interesting and fun. We bumped into Pam Ayres, such a

nice lady and a very talented poet and she is now on our Wish List, as our lovely Christine McCherry would love to meet her - watch this space and I'll see if we can arrange something.

All in all it was a wonderful trip, and everyone enjoyed the different aspects of the tour but I must sincerely thank Joanne for arranging my Wish to go on the BBC tour. Joanne is so very kind and I absolutely loved my Wish coming true."

### WISH LIST WINNER by Kath O'Brien

My brother, Deryck, had his own wish list. As a lover of trains from an early age his one wish was to ride behind the Flying Scotsman. Sadly he passed away before this could happen but I was determined he would have his wish granted but with a twist that he would never have dreamed of. On the 12th May Jenny Bettaney, Peter Buggins, Margaret Cooper and I went to Bury to see the train and have a ride behind the engine. I was given some of his ashes but he didn't ride behind the Flying Scotsman. Instead the driver of the train gave his permission for them to be used to power up the engine and off we went. You got your wish and more, dear bro. Hope you enjoyed your ride.



### June/July Activities

Tuesday 5th June	Bev and Gemma representing JGF at Buckingham Palace Garden Party
Monday 11th June	Safeguarding Course 9.30am to 3.30pm
Wednesday 13th June to 4th July	4 week Dancing Course £16.00
Thursday 14th June	First Aid Course 9.30am to 3.30pm
Friday 22nd & 29th	NO KEEP FIT
Thursday 5th July	Afternoon Tea at St. Annes Tennis Club 2pm in aid of Just Good Friends.
Saturday 21st July	CCG Fitness Day at Lytham Green World Record attempt need names of people wishing to attend.



### June Birthdays

3 <sup>rd</sup>	Eileen Mullins
4 <sup>th</sup>	Patrick Gough
6 <sup>th</sup>	Sally Gooch
6 <sup>th</sup>	Robert Sears
6 <sup>th</sup>	Frances Sears
7 <sup>th</sup>	David Young
9 <sup>th</sup>	Jean Pritchard
10 <sup>th</sup>	Jill Jones
10 <sup>th</sup>	Barbara Robinson
15 <sup>th</sup>	Stephen Holt
15 <sup>th</sup>	Alan Mills
17 <sup>th</sup>	Marian McManus
19 <sup>th</sup>	Margaret Dyer
20 <sup>th</sup>	David Hudson
21 <sup>st</sup>	David Cowan
21 <sup>st</sup>	Ronald Timperley
24 <sup>th</sup>	Doreen Wilson-Poe
25 <sup>th</sup>	Helen Lee
26 <sup>th</sup>	Penny Hill
28 <sup>th</sup>	Maureen Jones
28 <sup>th</sup>	Margaret Moore
30 <sup>th</sup>	Dennis Taylforth

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

### THE 100 CLUB

#### Have you joined yet?

Subscribers pay a fixed subscription of £1 per month to buy a numbered ticket. When the tickets are drawn £50 is given as the prize and the remainder goes to JGF funds.

**For more details speak to  
Helen or Bev**

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



2018 - For information telephone: Bev Sykes: 07557 734233 Website: [justgoodfriends.org.uk](http://justgoodfriends.org.uk)

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