

# Just Good Friends

## September Newsletter

### Companionship Award

Just Good Friends are very proud to have been shortlisted for the Companionship Award as part of BBC Radio Lancashire Community Heroes Awards 2018. There were thousands of entries this year and the panel of judges spent weeks looking through them, so they told us to be down to the final four is a real achievement.

The Companionship Award will go to an individual or group that has gone out of their way to help combat loneliness or social isolation within the older community.

A group from JGF will be attending the ceremony at Preston's Guild Hall on Sunday 16th September and no matter what happens on the night we are all so very proud to have been shortlisted.

Just Good Friends have very special members who always go out of their way to help others. You are all Heroes. Bev

#### ACTS OF KINDNESS ARE SO SPECIAL

Thanks to our Welfare Ambassadors, Julie, Karen and Mags and of course not forgetting Charlie (pictured)) for everything they are doing to help and support people in our community.



More info to follow on our Welfare Ambassadors.

Message to Blackpool Victoria Hospital from Just Good Friends. Thanks so much from the heart for looking after one of our members. All the nurses and everyone on Ward 14 and Miss Douglas, we can't thank you enough for your help and kindness. Also massive thanks to our Christine Howe who noticed that one of our members wasn't well and said we must go to get this checked out. Well done Christine you too were amazing.

Thanks to the JGF members who supported the Curry Night at The Palace on 25 August and huge thanks to the Masons for holding the raffle on our behalf which raised £463; and not forgetting many thanks to the ladies who performed the Bollywood dance during the evening. Fantastic!! You were great ladies!

Switched on Swing Band - many thanks for entertaining us again this year. We are all looking forward to the Concert on 29th of September.

We are in the process of setting up a brunch club at Lowther Gardens Cafe. If anyone is interested in knowing more please give your name to Bev.

#### DATES IN SEPTEMBER at The Memorial Hall St Albans Road - 2pm-4pm

- 1st Quiz & Raffle
- 8th Quirky Antique What Is It?? Yvonne
- 15th Meet/natter make new friends with fund raising cakes to taste.
- 22nd Talk - Abbeyfields - Peter Woodland
- 29th Bingo

**Please note that the proposed Theatre Trip to The Grand in Blackpool has been cancelled.**

#### 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 Street St Annes - Tea, Coffee & Chat

**WEDNESDAY DANCING - SEE TRACY FOR DETAILS - change of venue to St Thomas' Church Hall**

KEEP FIT - Cancelled for the moment but will advise when it restarts

Saturday 2pm – 4pm **Memorial Hall**, St Albans Road, St Annes - Tea and chat, with Speakers and Activities (See above for full September 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.

The venue for Dancing has now changed to St Thomas' Church Hall and is still run by the teacher Tracy and is open to anyone.



We are hoping the Keep Fit classes will soon restart. Watch this space!

### 1940s at The Memorial Hall

Just Good Friends 1940's event at the Memorial Hall was a great success, Christine raised £50 on the cake stall: thanks to everyone who donated cakes. Peter Buggins and others brought in memorabilia, Joanne sang We'll Meet Again and some of us danced!!! Great event enjoyed by all. But what a picture here!! Left to right Bev, Donna, Julie and Karen. Fantastic!



### September Birthdays

- 1st Stephen Owers
- 1st Norman Steven
- 1st Anna Walker
- 3rd Ann Lavin
- 4th Shirley Jackson
- 5th Steve Hall
- 5th Audrey Sweetman
- 7th Mike Morris
- 9th Susan Harding
- 10th Edith Waddington
- 12th Barbara Bailey
- 12th Anne Comrie
- 18th Jean Ashe
- 18th Jean Fennings
- 18th Jeanette Hamilton
- 18th Kathleen Wolstenholme
- 19th Maureen Stancombe
- 23rd Doug Atkinson
- 23rd Ann Jones
- 25th Cheryl Gough
- 25th Karen Timoney
- 25th Gill Ward
- 26th Linda Bradburn
- 27th Veronica Kendall
- 29th Lorraine Eastwood
- 29th Marian Hextall
- 30th Heather Davies

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

We are pleased to tell you that we now have a newly formed fund-raising committee and we are sure they are going to do some wonderful projects to help raise money for JGF.

If anyone has any comments or suggestions please write them down and pass to myself. Thanks. Bev

### Just Good Friends CHARITY CONCERT

Saturday 29th September - Charity Ball - Switched on Swing Band - dance the night away - See Bev for tickets.



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.

### JGF Volunteers

We are very fortunate for all the helpers who give their time and energy to making our group what it is today.

So many things wouldn't happen without these wonderful volunteers who very often go unnoticed but are beavering away in the background just getting on with their role.

So we send our love and gratitude and thank you most sincerely - *all of you*; no names mentioned as you know who you are.



2018 - For information telephone: Bev Sykes: 07557 734233 Website: justgoodfriends.org.uk

Editor: Celia Burgess

# Just Good Friends

## October Newsletter

### ACTS OF KINDNESS ARE SO SPECIAL

- Many thanks to Fylde Rugby Club for the tickets given to us for the first 2 home games of the season.
- Huge thanks to David Cowen for the money in the Whisky Bottle donation. All money counted now £109.55 - Wow Fantastic!

### Community Heroes Awards

Lovely night spent at Preston Guild Hall for the BBC Radio Lancashire Community Heroes Awards and congratulations to Burnley FC Community and all the other winners on the night. Just Good Friends achieved the Highly Commended trophy.

We were entertained by the amazingly talented and funny Steve Royle and the fabulous Collabro.



Joyce and Mags potting up!

Anyone interested in a Just Good Friends allotment, please let Mags know ASAP.

### WEDNESDAY 10TH OCTOBER

On Wednesday the 10th October we are having a lady called Elaine popping in to see us - she is going to do a Happiness Hour with us - sounds interesting.

### WEDNESDAY 10TH OCTOBER - 7pm-8pm

'Pack Up Your Troubles' with the Lidun Singers

At AKS - A Bring Me Sunshine event

*An evening of WWI music - Alumni reunion - The Old Boys of WWI exhibition.* Part of AKS events celebrating the end of The Great War. This is a free event and all are welcome; refreshments will be served at the end.

### SUNDAY 14TH OCTOBER

Roy Rolland, who entertains us on a Tuesday afternoon is having his annual fund raiser for Donna's Dream House. We went last year and it was a lovely afternoon of entertainment. Its at the Claremont Conservative Club, North Shore on Sunday 14th October. Please be there at 12 midday. If anyone would like to go please see Roy on a Tuesday at the Vic Pub.

### FRIDAY 19TH OCTOBER

If we have any Just Good Friends members who go to Poplar House Doctors' Surgery they are asking for more people to join. Myself, Julie and Mags go to this and it would be great if anyone wants to come with us - its on Friday 19th October at 10am. Let us know if you're interested in joining Poplar House Doctors' Surgery. Bev.

### FRIDAY 26TH OCTOBER

At Fylde Borough Council's Town Hall our Mayor will be having a Hallowe'en themed event on the 26th October at 10am - It would be great if we all got together and attended this event. Just Good Friends is one of the Mayor's Charities this year which is really exciting.

### DATES IN OCTOBER at The Memorial Hall St Albans Road - 2pm-4pm

- 6th Quiz and Raffle
- 13th Fund raising event by Kath O'Brien
- 20th Dog training skills by Keyna
- 28th Bingo

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- WEDNESDAY DANCING - change of venue to The Drive Methodist Church - 11am to 12.30pm**
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