

Just Good Friends

March 2021 Newsletter

For information telephone: Bev Sykes: 07557 734233

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

Dear Friends

We wanted to let you know we are thinking of you all and looking forward to us all getting back together again which hopefully will be soon and so we decided to wish you all a special Valentines' Day even though we can't see everyone at the moment.

So it started: one of our members, Steve Mason, wrote a beautiful poem (see below) which sums up exactly what we're about. A lovely gentleman called Martin Begg printed over 200 of the poems for us and a lovely lady called Celia printed the labels off and we put the labels on the envelopes.

Then we set out to getting daffodils, a lovely Spring gesture. We asked a very nice girl called Joanne Whittaker from Flora and Fauna who gave us lots and lots of the most beautiful daffodils. Our next step was to tie the daffodils with the yellow ribbon, so a volunteer from our dream team of volunteers helped with this task.



And there we had it; the poem printed and ready in the envelopes, the daffodils ready and looking pretty, so all we needed then was our wonderful dream team of volunteers to help us deliver to over 200 members of Just Good Friends.

One of our volunteers sorted a route out for everyone which was a massive task, then off they went, delivering to many members in Blackpool Fylde and Wyre.

It was so heart warming to see the joy and happiness a small bunch of daffodils, a chocolate and a lovely poem could bring to peoples' lives and I can't tell you how happy this made us all here at Just Good Friends.

Acts of kindness are the best and we wanted to thank all of our wonderful team of volunteers for everything they do to help change the lives of people in our community especially this project. We also wanted to let you all know that WE'LL SOON BE BACK!

Lots of love always,

Bev xxx

Pictured - Julie tying ribbons to the bunches; Andy Rodgers and Joanne Campbell setting off to deliver the fantastic daffs supplied by Flora & Fauna; and some members receiving their daffs David Cowan with young Isla; Joyce Day; and Joy Hunter with Isla & Rory. Thanks everyone.



We're sending all our love to you
To show how very much we care
And let you know that when you need us
Just Good Friends will always be there.
You are really very special
And this is a chance for us to say
How much we'll be thinking about you
On this coming Valentine's Day.



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.

February prizes & pics of some of the winners are:

Gin/Vodka Booze bundle	Bev Smith
£25 Tesco Card	Jack Alder
Choc biscuit bundle	Lesley Wilson

VALENTINE'S RAFFLE

£25 M&S card	- Jo Slater (pictured right)
Plug in Scensty Warmer	Carol Jacques
Valentines' bundle	Mags Hanning
Valentines' Bundle	Aksl Bear

Tower Air Fryer	Bev Smith
Booze Bundle	Vickie Pickin
Andy Meat Man bundle	Ange Darnell (pictured)



March Birthdays

- 1 Audrey Porter
- 1 Jacky Ramage
- 3 John Farrow
- 3 Julie Singleton
- 11 Eileen Brackley
- 11 Sheila Graham
- 12 Alison Graddon
- 12 Christine Harrison
- 13 Pat Cowell
- 14 Graham MacEwen
- 17 Jacqueline Buksh
- 18 Norma Hayward
- 19 Celia Burgess
- 19 Julie Rodgers
- 21 Heather Marsland
- 22 Andy Rodgers
- 22 Jacqueline Turnbull
- 24 Eric Coates
- 24 Beryl Hayes
- 26 Louis Sutherland
- 27 Vernon Allen
- 28 Beth Finlayson
- 28 Christine McCherry
- 29 Anne Brown
- 30 Jayne Fallon
- 30 Gill Studden

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



I can't tell you how excited I was to hear that we will be able to meet up again in Parks at the end of March and we are looking forward to it so much.

Put the following in your diary!!

Lowther Gardens on a Tuesday

Ashton Gardens on a Wednesday and Friday

We will be risk assessing the MeetUps and will be in touch. Please let me know if you would like to be in the 6 people MeetUps. I've already confirmed it with three groups.

As soon as we hear we can meet inside there's just going to be lots and lots of celebrations. We've been planning events in the background during Covid and are ready and eager to have some fun.

I'll keep you posted. Bev

In the kitchen - "Eggstra Interest"...

Lots of 'good for you' foods, especially green veg, can get a bit boring when just cooking for one. If you like eggs, hard boil one or two, quarter, then add them on top of cooked veg. They will pick up the warmth from the veg and taste yummy, especially with a teeny bit of butter added to the mixture.

Then there's nothing like a quick two-egg omelette for breakfast or lunchtime to use up leftover cooked veg or other bits and pieces from your fridge. Enjoy.

Best wishes, Alison Graddon

I keep admiring my gorgeous Valentine's Day daffodils and as they look so superb feel the need to share along with the lovely poem by Steve Mason.

Thank you so much JGF.

Gill Studden



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.



2020 - For information telephone: Bev Sykes: 07557 734233 Website: justgoodfriends.org.uk

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