

Just Good Friends

May 2020 Newsletter

For information telephone: Bev Sykes: 07557 734233 Website: justgoodfriends.org.uk
www.facebook.com/justgoodfriendsNW/

Massive thanks to everyone who has donated their subs and other monies to help us continue to make a difference to people's lives. You may have also noticed that we have a funding page on Facebook and you will be kept up to date as to how that is going. It's heart-warming to know that you are all thinking of Just Good Friends and I am so very grateful and blessed. Bev

As Just Good Friends is in its 8th year - we are delighted to say that what we are doing actually does combat loneliness and isolation BUT this horrid virus has made me rethink and look outside the box and turn the isolation into still being connected by various ways.

One of which is Facebook - we do have lots of members on Facebook and I've been putting on quizzes, Guess the Caption, pictures, poems etc and have invited members to put anything on the page that makes them happy. There are prizes too that will be given out when all this is over.

We recently put on Facebook a video of Lancashire Memories via [LINK](#). It is a lovely video and I think it would be great for people to watch: I'll be putting one on every week.

We've just had our first Live Singalong for Just Good Friends thanks to our amazing entertainer Johnny Roxx [LINK](#) and this will also be put on every week - Wednesday 2pm. Lots of members joined in - do try it and let's have some fun!

Pupils from the amazing AKS School here in Lytham St Annes have written cards to our members. It's amazing - they introduce themselves and tell us all about themselves then they say 'We just want to bring some sunshine into your lives' How lovely! They have also popped in the card some quizzes, crosswords etc and have asked for our members to reply to them.

I've set up Whatsapp on the phone which is enabling lots and lots of members to chat together. This is really good and the members have been putting lots of pictures on the App, talking to each other and checking that all is OK. We've also been regularly phoning members who aren't on social media and checking if there is anything they need like and if there is anything they are concerned about.

We are also working alongside the Police and if we feel anyone is vulnerable and needs a little help I ask them if its ok to pass their phone number on to the police and they will keep an eye on them.

As you all know the Welfare of every single person in Just Good Friends is so very important to me and we have now received some monies to help with the Welfare ie to keep in touch with everyone who needs us and I'm delighted to let you all know that Julie is back with us for a short period of time to help me. I know we all love Julie and she will help make that very special difference to us. Don't forget if anyone is struggling or needs anything, please let us know. Welcome back Julie we missed you.

Bev

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, please do so.



As its such a beautiful time of the year I just wanted to bring some nature into people's homes and thanks to a very lovely lady called Natalie Lee, who donated some plants, our volunteers (centre and right) Isla, Rory and Gemma, have been delivering the plants.

Another volunteer, Geraldine is helping one of our lovely members Irene with her shopping. So many people are being so kind.

Please don't worry if you didn't get a plant and as soon as we receive any more the fabulous volunteers will be delivering again.



What do you think Charlie is thinking? Send in your suggestions on Facebook/Whatsapp/emails



Things to do!

If you like to write poetry or stories, even if this would be your first time then why not let us know of them! Email them to Bev and we look forward to reading them.

Does anyone enjoy knitting and sometimes find that you don't want to be knitting something with a pattern that needs concentration? If so, can you knit a square - any size or colour and preferably double knitting yarn and at the end of our isolation we will sew all the squares together to show how we've all worked as a team to overcome this isolation.



Have you submitted your Caption for this picture yet?
Email Jon Harrison
222mill@gmail.com with your answers!

Take care, look after each other and remember 'Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.'



May Birthdays

- 1 Raymond Woollett
- 2 Julie Salter
- 3 Marjorie Byrne
- 3 Kenneth Hopwood
- 3 Sylvia Pearce
- 4 Elizabeth Hornby
- 8 Dorothy Wild
- 8 Michael Wormald
- 9 Sandra Lofthouse
- 9 Hilda Smith
- 11 Dorothy Brown
- 12 Lorna Bamber
- 15 Anne Blacklock
- 17 Norwyn Moxon
- 18 Clive Nash
- 19 Sandra Garrett
- 20 Bev Smith
- 26 Patrick Ryan
- 26 Dorothy Wilkinson
- 27 Jennifer Hood
- 29 Pauline Donnelly
- 30 Pat Costello



Three more of our members Helen, Kath, and Kathleen were happy to receive plants delivered by our wonderful volunteers

Reminder to everyone

We normally celebrate people's birthdays on the last Thursday of the month at the St Ives Hotel 2pm. This is presently on hold until further notice when once again everyone will be welcome.

It's always good to have something to look forward to so check out the following notices for our future events!

We know it's a long way off, but when we do return to our meetings, a Wild West Fundraising event will be held at the Tennis Club which gives us plenty of time to plan our Cowboy and Indian costumes (fancy dress optional of course). Special guest appearance Buck Rodgers as the Sheriff of the JGF town being the judge in our dance off.

Also planned

Does anyone fancy Walking Rugby at Fylde Rugby Club? We promise it's a non-contact sport so you won't be tackled to the ground but it's going to be fun. Quite a few names of people interested have already been received so if you fancy having fun with us please let Bev know.

Congratulations to Ellen

on winning the 100 Club draw

Well done Ellen and thanks so much for donating £25 straight back to Just Good Friends



Has anyone completed Jon's Quiz which was circulated or was it too hard? Hopefully it wasn't and by the way one of the questions was what's Bev's middle name (it's Anne), so you've got one right!!! If anyone wants the quiz but hasn't received it yet please let Bev know.



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