

# Just Good Friends

## December 2020 Newsletter

For information telephone: Bev Sykes: 07557 734233 Website: [justgoodfriends.org.uk](http://justgoodfriends.org.uk)  
[www.facebook.com/justgoodfriendsNW/](https://www.facebook.com/justgoodfriendsNW/)

### Training Courses

We have lots of courses coming up - please let Bev know if you fancy any of the following:

- An Introduction to Zoom, (see below)
- Volunteer Training Programme
- Award in Volunteering
- Training for befrienders
- Developing a Community Project
- Bitesize: Risk Assessment
- Get into Mentoring Bite size
- Get into Customer Service
- Volunteering to employment
- Introduction to Conflict
- Dementia awareness
- Mental Health Awareness
- Equality and Diversity
- Safe and Sound
- First Aid Training
- Roles & responsibilities of volunteering



We are hoping to get someone to teach Zoom plus other IT problems, but our hands are tied at the moment due to all the restrictions in place but we will let you know when we are able to start this course.

However, with the help of Liam Gradwell (pictured, who set up Zoom for us), we are now able to have Zoom meetings three times a week:

**Monday** - just a light hearted chat

**Tuesday** - Quiz

**Friday** - is for volunteers to chat and see how they can help and possibly put forward any new ideas. We would also like the meeting to encourage new volunteers to join us.

Minutes will be taken from the Friday Zoom meetings so that we can share with other volunteers who may not be able to get on zoom.

Many thanks Liam!



*Congratulations!*



Congratulations to one of our lovely volunteers Christine Harrison who recently got married to Rob.

Lots of love and happiness to you both from everyone at Just Good Friends. How lovely to have such good news!!



*I wish you all a very Merry Christmas and a Happy and Healthy New Year.*

*Sent with all my Love and Friendship, Bev*

### **Member subscriptions became due on 1st October**

If you would like to renew your annual membership (£5) straight into Just Good Friends' bank account see details:

**Sort Code 40-12-13; Account Name: Just Good Friends; Account No: 02180480**  
**ensuring that you put your name as a reference.**

Please note that if your contact details have not changed since last year you need only enter your full name on the renewal Registration form; however, it is important that you also re-enter your emergency contact and medical practice details. Thank you.

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](mailto: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.



### November Just Good Raffle's prizes & winners are:

Susan Hood, Ellen Thomas, Lesley Wilson, Anna Walker, Lynne Hellewell, Lousie Adetoro, Charli Briggs, Helen Rae, Kath O'Brien, Steve Mason, Lynne Whitton, Christine Marley.



### December Birthdays

- 1 Peter Allenby
- 2 Hilda Mason
- 4 Jean Bamber
- 7 Jack Cryer
- 9 John Burgess
- 10 Joyce Day
- 12 Barbara Danson
- 12 Janet Poskett
- 14 Mary Waller
- 15 Estelle Drummond
- 16 Karen Gillett
- 18 Barbara Winchester
- 21 Michael Banahan
- 27 Joan Needham
- 27 Richard Rostron
- 28 Adrienne Cockett
- 31 Pat Duxbury
- 31 Lynn Tingle

*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.*

### JUST GOOD FRIENDS - QUIZ NO 1

1. Which fruit has a variety called Braeburn?  
a) Apple b) Pear c) Orange
2. Which Fylde Coast comedian's catchphrase was - 'It's a cracker!?'  
a) Les Dawson b) Roy Walker c) Frank Carson
3. What is the meaning of the Lancashire dialect phrase - 'put t'wood in t'ole' ?  
a) put some logs on the fire b) fix the floorboards c) shut the door
4. How many spots are there in total on three standard dice?  
a) 36 b) 63 c) 66
5. Who is third in line to the British throne?  
a) Prince William b) Prince George c) Prince Harry
6. Where was Boris Johnson born?  
a) New York, USA b) York, England c) York Town, Australia
7. On which day of the week are elections normally held in the UK?  
a) Tuesday b) Wednesday c) Thursday
8. Which of the following is a real place in England?  
a) Doggy Bottom b) Boggy Bottom c) Joggy Bottom
9. In which country is this year's series of I'm a Celebrity Get Me Out of Here based?  
a) Australia b) Wales c) Scotland
10. A train in Rotterdam recently went off the rails at the end of a line, but what saved it from plunging into a river?  
a) a steel tower b) a concrete statue c) a plastic whale

Email Bev with your answers



Thank you to Just Good Friends who have kindly raised just over £73 for Guide Dogs by buying some dinos and giraffes as well as small soft cuddly guide dogs and Christmas cards in this difficult climate.

As a volunteer for Guide Dogs I am very grateful and thrilled.

Gill Studden

**There are quite a few scams around at the moment.**

**If anyone receives what they think is a scam please e-mail [staysafejgf@yahoo.com](mailto:staysafejgf@yahoo.com). See page 3.**

**For those who don't have email please 'phone Bev for help and advice.**



Brrr! Wrap up nice and warm! The weather people say we are in for some frosty mornings!!

Merry Christmas everyone and see you in 2021. Celia

**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.**



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Editor: Celia Burgess



**My name is Katie and I am a Year 10 pupil in high school and I am volunteering to help with this informative and exciting project as part of my Bronze Duke of Edinburgh Award.**

Hello and welcome to our first newsletter for the 'Safe and Secure' project, which we hope with your support and input, will be an informative and supportive service from Just Good Friends.

The simple aim is to keep us all that little bit safer through the collective sharing of information, to identify current scams both on and offline and to allow Just Good Friends to research and report potential fraudulent activity through the appropriate channels.

I'm sure we all know or have heard of friends and families who have fallen victim to what at times are very convincing scams, where what appear to be very legitimate e-mails or phone calls turn out in the end to be a cruel attempt to either obtain your personal information or encourage you to part with your hard earned money. Well together we hope to make that harder for these very well organised individuals.

I'd like to introduce myself as a point of contact. My name is Katie and I will be working with Jo Jackson who has been part of the Just Good Friends family for some time. We have the added bonus that Jo previously served with Lancashire Constabulary for some considerable time and this experience will be a great advantage, and no doubt Jo will keep me on the right path.

So what is the plan? Well we will be liaising with the Police, Local Authority and other relevant agencies and we will be carrying out our own research to help raise awareness of current scams/trends. The really good thing is that you can also be a part of this project. If you become aware of a potential scam we simply would ask you to e-mail our specially created e-mail address with gives as much detail as possible and we can then alert the relevant authorities and also share the information to hopefully make members of Just Good Friends and their wider friends and family that little bit more "Safe and Secure."

If you have any worries or concerns about scams you have been receiving please don't hesitate to contact Jo and I via the email address at the bottom of this newsletter.

Please be assured that we will manage any information you provide in line with the relevant Data Protection Guidance and record any information on a restricted spreadsheet to ensure we can record what action has been taken. We will of course then let you know our findings and where appropriate share it with the rest of the group.

This is only a starting point and I'm sure that as time passes this project without doubt has the ability to grow.

So to close for now, thank you for taking the time to read my first attempt at a newsletter and thank you for supporting me on my Duke of Edinburgh journey.

Both myself and Jo look forward to updating you in due course and we are of course open to any suggestions.

The all-important e-mail address for you to forward any relevant scams/frauds is [staysafejgf@yahoo.com](mailto:staysafejgf@yahoo.com)

Many thanks,

Katie and Jo

