

Just Good Friends

August 2022 Newsletter

For information telephone: Bev Sykes: 07557 734233

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

Editor: Celia Burgess

August Schedule

Monday	1pm	The Links Pub, Heeley Road, St Annes - Music and Bingo - KARAOKE AFTERNOON - monthly at The Links
Tuesday	1pm	Fun & laughter at The Vic Pub, Church Rd, St Annes - alternate weeks with Roy Rolland and Johnny Roxx
Wednesday	10.30am - 12 noon 12.30pm	The Palace at 18, Garden Street, St Annes - tea/coffee & chat Lunch with Just Good Friends. Various venues. Let Bev know if you would like to attend.
	1.00pm - 3.00pm	Meet-up in the Rose Garden in Ashton Gardens
Thursday	2pm	Meet-up at Bernie Worsfold's house. Please speak to Bev for details.
	7pm	Wetherspoons (Trawler Boat Inn) on Wood Street. Join us for a meal at 7pm. Contact Bev for more info.
Friday	6pm - 7.30pm 7.30pm - 9pm	Social Angels) SEE CAROL GRADWELL FOR DETAILS OR CALL Just Good Mates) ON 07769 319618 Venues to be confirmed
	1pm	Lowther Gardens - see note on page 2
Saturday	2pm - 4pm	Well Community Centre, St Albans Road, St Annes - Tea and chat with speakers & activities. Word game - Bingo - Music - see August

**Saturday at the Well
Community Centre
2 - 4pm**

AUGUST

6th	Word Game - Raffle - Music
13th	Games
20th	Music and Dance
27th	Bingo

Follow-up from the notice in last month's Newsletter

AKS Tycoons being shortlisted for the national finals – 7th year running!

We are pleased to announce that the AKS Tycoons have made it through to the final. Further details will be announced when we are given more information.

Best friends!



Some photos just don't need a caption but certainly make you smile!

Trips/Excursions

These are outings we think may be of interest

5th to 7th August - Cambridge Weekend Break including a visit to Cambridge University Botanic Garden and a River Cam Cruise. This is a G-Line trip staying at Cambridge Bar Hill Hotel. £305 per person based on 2 people sharing or £355 for single occupancy. Dinner, bed and breakfast.

3rd September - Chatsworth Country Fair. The trip is with Walton's Coaches. £21.50

15th to 17th November

Thursford Christmas Spectacular. This trip is with G-Line staying at Dunston Hall in Norwich. A four-star Elizabethan mansion set in 150 acres of wooded parkland. The trip includes free time in Norwich and entry to the Thursford Christmas Spectacular, a fast-paced festive performance filled with world-class dancing, beautiful costumes and an eclectic music score that sees many visitors returning year after year! £375 per person based on 2 people sharing or £425 for single occupancy. Dinner, bed and breakfast. **There are limited single rooms** so for this trip and the others please let Carol Gradwell, Bernie Worsfold or Sheila Gardner know ASAP if you are interested. (Carol: 07769 319618; Bernie: 01253 720667 Sheila: 01253 374009)

Excursions



Come and join us at our new regular venue for **SUNDAY LUNCH - 12.30pm** from £17.95 for a fabulous 4 course meal
Delicious food and good company

at the CLIFTON PARK HOTEL
299-301 Clifton Drive South, St Annes on Sea FY8 1HN
For more information call
Jean Wyatt-Gunning on 01253 713370

QUIZ NIGHT on 15th July

We had a fab night at our recent fundraiser Quiz Night where we raised nearly £400. Many thanks to both our brilliant host Andy Rodgers pictured below along with the beautiful dolly dealer Danielle!!

There were many raffle winners including David Cowan but our lovely Dorothy Brown won the star prize donated by Beaverbrooks, a beautiful necklace. Well done Dorothy.

Thanks so much to everyone who helped this fundraiser for JGF and also huge thanks to our Julie Rodgers, Joanne Campbell and Katie Owers.



August Birthdays

- 5 Rona Harrison
- 7 Peter Buggins
- 7 Joan Jackson
- 7 Margaret Stevens
- 10 Gemma Jebson
- 11 Jenny Bettaney
- 11 Kath O'Brien
- 12 Ann Snell
- 13 Marion Ogden
- 20 Judy Bergin
- 20 Geoffrey Hodgkinson
- 24 Doreen Felles
- 29 Sylvia Bent
- 29 Jon EHarrison
- 30 Susan Allinson

Happy birthday to all with August birthdays & congratulations to those of you with 'special' birthdays



New Meeting Fridays at 1pm

Meet at Lowther Gardens near the café.

Bring a picnic (weather permitting) or we meet in the café.

Hope to see you the first Friday in August.

Our wonderful Volunteers enjoy a Garden Party at Bernie's



Volunteering with Just Good Friends is so important to help us combat loneliness and isolation and I'm very happy and proud of our lovely volunteers.

Sometimes Thank You's don't seem enough but you are all amazing and I love every single one of you for what you do to help us achieve what we do.

So it was brilliant to have us all together on a gorgeous sunny afternoon in Bernie's lovely garden in July and good for many of us to put faces to names and enjoy a chat.

Special thanks of course to Bernie (pictured with Jean Pritchard) for opening up his home once again.



My love and thanks to all of you, Bev xx

Lunch Menu celebrating 10th Anniversary of Just Good Friends at The Palace - 7th September Please contact Joanne Campbell on 07796 616912 with your menu choices

Starter

- Assiette of seafood: Prawn Cocktail, Shrimp Bisque, mini Fish Cake, smoked Salmon & dill Paté
- Homemade Chicken Liver Paté - Served with Crostini, mixed leaves and Orchard Chutney
- Cheese Souffle

Main

- Rib Eye Steak
Served medium unless otherwise requested with Peppercorn Sauce, stack of chunky Chips, homemade Onion rings and a Rocket Caesar salad.
- Ballotine of Chicken
Stuffed with sun blushed Tomato and Basil, pink Peppercorn and Champagne Sauce
- Salmon en Crouete
- Veggie option

Trio of desserts

- Consists of Banoffee Pie, Chocolate Tart and Sticky Toffee Pudding
- Espresso Brûlée - Coffee flavoured Brûlée with shortbread sugar cubes
- Cheese & Biscuits - mature Cheddar, Blacksticks Blue, Five Shires and creamy French Brie served with Biscuits, Celery, Grapes and homemade Orchard Chutney.



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