

Just Good Friends

June 2023 Newsletter

For information telephone: Bev Sykes: 07557 734233

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

Editor: Celia Burgess

June Regular Schedule

Monday	1pm - 4pm	The Links Pub, Heeley Road, St Annes - Dancing, Dominoes, Darts, Pool, Bingo.
Tuesday	1pm - 4pm	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 after the above meeting. Various venues.
Thursday	2pm 7pm	Meet-up at Bernie Worsfold's house. Please speak to Bev for details. Water's Edge is our new venue for Curry Night. Join us for a meal at 7pm. Contact Bev (no. above) or Kelvin on 07534 890426.
Saturday	2pm - 4pm	Well Community Centre, St Albans Road, St Annes - Tea and chat with speakers & activities. Word game - Bingo - Music - see June Programme below.
Sunday	12.30pm	Lunch at either The Water's Edge or Clifton Park Hotel. See page 3 for details.

Saturday at the Well Community Centre - 2 - 4pm

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3rd	Quiz & Raffle: find the Odd One Out...picture quiz
10th	Reminiscing. What were you doing in your 20s and 30s?
17th	Family Fortunes - fun afternoon based on the TV show
24th	Bingo



Hi everyone. This is Cyril. He was given to Bev with love from John and Cyril has been passed on with love to Joanne. Having spent a few days with Joanne, Cyril will be passed on to someone else. Its all about sharing love for each other to show we care and want to thank everyone who helps make just good friends what it is today. Bev xx



Just Good Friends were invited to a celebration of King Charles - 50 members of JGF attended and were treated to an amazing afternoon of celebration to our King.

Starting with a lovely buffet served by the wonderful Year 11 Students; then we were treated to a magnificent singing performance by 163 children aged from ages 4 to 11. Mr Thomas, the lead music man in the prep school, conducted the children.

They sang 4 songs, one song was sung partly in Swahili and of course the National Anthem. It was a brilliant celebration and Just Good Friends will always be so grateful to AKS for their kindness and support to us, as we continue to combat loneliness and isolation on the Fylde Coast.

Thank you!

Hi all you wonderful volunteers. I just want to thank you so very much for everything you do to help us combat loneliness and isolation.

We have amazing volunteers who do so much to help us help others.

It can be anything from brewing up, washing up, befriending, administration, promotion, donations, 75 club, fund-raisers, preparing wonderful food, compiling the brilliant newsletter, keeping our database secure and up to date with information needed to help people, paying monies into our bank and keeping a check to let our Treasurers know: helping create something special at our carnival, learning dance routines, being part of the drama troupe, arranging and co-ordinating meals, being there for each other and so much more.

Thank you doesn't ever seem enough but I want to let you know you are all amazing and we couldn't do what we do without your love and kindness.

And finally, just to let you know, a date has not yet been confirmed, but we will be having a Thank You Event some time in June. Date to follow.

Thanks from the heart, Bev



June Birthdays

- 2 Lorraine Butler
- 2 Steve Mason
- 3 Elle Louise Wilson
- 7 Victoria Martin
- 7 David Young
- 9 Jean Pritchard
- 13 Janet Lonsdale
- 15 Jim Morrisey
- 17 Lynda Bannister
- 18 Marcia Brodie
- 18 Alan James
- 18 Emma Lyttle
- 19 Robyn Cornes
- 20 June M Mellor
- 21 Doreen Chase
- 21 David Cowan
- 22 Kelvin Gardiner
- 25 Helen Munn
- 26 Barbara Burns
- 28 Beth Finlayson
- 30 Pat Costello
- 30 Margaret A Fish

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

The 75 Club Prize Draw

The winning number in the
Draw for May was 48
and the lucky winner was
Ellen Thomas



Lovely day on 6th May as we enjoyed our Coronation Celebrations at the Well Centre

JGF DINING OUT

Wednesdays:

Kelvin Gardiner books a table at various venues for us on a Wednesday after our meeting at St Annes Palace. Please let him know if you would like to join us.

Kelvin's contact is: 07534 890426.



Thursdays: **CURRY NIGHT**

Curry Night at the Water's Edge on Thursdays is a huge success. Come and join us every Thursday 6.30 for 7pm at the Water's Edge. Please call Bev on **07557 734233** if you would like to attend. Good Food and Good Company.



SUNDAY LUNCH - 12.30PM

We meet at both the Water's Edge and Clifton Park hotel.

if you would like to join us at the Water's Edge call Bev - number above.

To meet at Clifton Park call Jean Wyatt-Gunning on 01253 713370.

The food is great at both venues and everyone enjoys themselves.

ST ANNES CARNIVAL 2023

The Parade theme this year is

'Oh I do like to be beside the seaside!'



The Carnival will be held the weekend of the 7th July and parade will be on the Saturday morning (the 8th), starting at 10am.

Just Good Friends had an idea and we are all really happy to go along with it; we decided to do a Bay Watch theme, so red shorts, yellow t-shirts and red caps. Massive thanks to the amazing AKS for donating the hats to

us, there are so many people in Just Good Friends who will be in the procession in the morning and will be dancing in the Gardens in the afternoon.

We'll be dancing in the afternoon to the amazing Johnny Roxx who has written a song, especially for Just Good Friends.

We're also hoping to have a tombola in the gardens in the afternoon; we have lots of prizes, a tombola machine, folding table, but need a little more help, so if anyone can spare some time, please let me know ASAP.

Thanks, Bev



**Lancashire and
South Cumbria
Integrated Care Board**

We have been contacted by David Rogers, Head of Communication and Engagement at NHS Lancashire and South Cumbria Integrated Care Board (ICB) who asks if Just Good Friends Members would like to contribute to the forward plan being developed for the NHS over the next five years and via their survey they would like to know what we think of their vision, values and priorities.

In addition, local hospitals have begun working together to come up with ways of providing services that better meet people's needs now and in the future. This means that, depending on how poorly you are or how serious your condition is, you may go to a different place to receive the treatment you need. This could be in the community, at your local hospital or at a specialist hospital centre.

We are keen to understand what your Members, colleagues, friends and family think about these matters. Please take a few minutes to share your feedback in our online survey:

<https://www.smartsurvey.co.uk/s/PatientCareSurvey/>

Please click on the link if you wish to be involved in this survey.



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