



# Just Good Friends

## May 2024 Newsletter

For information telephone: Bev Sykes: 07557 734233

Website: [www.justgoodfriends.org.uk](http://www.justgoodfriends.org.uk) -

[www.facebook.com/justgoodfriendsNW/](https://www.facebook.com/justgoodfriendsNW/)

Editor: Celia Burgess

### May 2024 Regular Schedule

Monday	1pm - 4pm	The Links Pub, Heeley Rd, St Annes - Dancing, Dominoes, Darts, Pool, Bingo.
Tuesday	1pm - 4pm	Fun & laughter at The Vic Pub, Church Rd, St Annes - alternate weeks with Johnny Roxx and other artists. <b>See page 4 for new Thursday event at The Vic.</b>
Wednesday	10.30am - 12noon 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	10am - 12 noon 2pm <b>1pm - 4pm</b> 7pm	Keep Fit & Dance at the Drive Methodist Church, Clifton Drive, St Annes. Meet-up at Bernie Worsfold's house. Please speak to Bev for details. <b>New Daytime Disco at The Vic STARTS 9th May</b> The Water's Edge for Curry Night - see page 3 for details.
Friday	1.30pm - TBA	Coming soon - weather permitting - Picnic in the Park returns. Ashton Gardens, Rose Garden.
Saturday	2pm - 4pm	Well Community Centre, St Albans Road, St Annes - Tea & chat with speakers & activities. Word games - Bingo - Music - see April Programme below.
Sunday	12.30pm	Lunch at the Clifton Park Hotel and the Water's Edge. See page 3 for details.

### JGF Promotional Popup

We are working on a new Promotional Popup and need pictures of members. If anyone would like to appear on our Popup which will be on display at our events, please let Bev know.

Our Promotional Popups will be a way to encourage people to become members of Just Good Friends. In this way, we will be directing people to our website, showing pictures of members enjoying JGF events, whilst at the same time describing the aim of our group that being to combat loneliness and social isolation by bringing people together in friendship.

For more information speak to Bev.

Saturday at the Well Community Centre	
MAY 2024 - 2pm - 4pm	
4th	Steve's What's The Link Quiz and Raffle
11th	Snakes and Ladders Drive
18th	Two Lies and One Truth guessing game
25th	Bingo

### The 75 Club Draw



The winning number in the 75 Club draw for April was **22** and the lucky winner was

**JIM MORRISEY**

If you wish to take part in the Draw, have a chat with Jean Mason at any of the meetings on a Tuesday, Wednesday and Saturday and she will be happy to give you all the details.

### Health Walking

This activity takes place every Friday round Fairhaven Lake.

We meet outside the cafe at 10am then walk round the lake as far as you would like at your own pace then back to the cafe for a coffee and chat.

You never know, but by the time the warmer weather arrives, you could find yourself doubling your stride.

Way to go! Come and join us.

### Keep Fit & Dance

Thursdays - 10am till 12noon

The Keep Fit class on a Thursday morning at the Drive Methodist church is going well with many members reducing their BMI and getting fit. If you can't attend you can still be part of the programme. **Please let Joanne know if you're interested ASAP as this is only on for a further two months.**

## Christmas pictures?? No - you aren't imagining things!!

In April Just Good Friends put on our December Christmas gear to prepare for our special target of going for the Charity Number One Christmas single. We did this to start raising awareness of the song Johnny Roxx wrote and recorded especially for Just Good Friends; it's called *Just Good Friends to Me* and it's a beautiful song.

Johnny and myself went on BBC Radio Lancashire to talk about it and we've been in the paper with both the Lytham St Annes Express and The Gazette. We will let everyone know when the song is ready to download.

Thanks so much Johnny Roxx, our fantastic entertainer, who always supports our charity and entertains us at The Vic Pub and at many of our fundraising events. Bev



Our very own snowman Johnny Roxx and Laura Johnson-Walford



Audrey Rostron and June Mellor



Lynn Hayes and Emma Little



Jean Pritchard and Sheila Quin



Josephine Evans & Clifton Wright



Yvonne Bennett & Susan Sadler



Bernie Worsfold & Judy Pemberton



# COPS AND ROBBERS



Brilliant evening at the Cops & Robbers Fundraiser in April which included some unrecognisable scary people. (Actually the 2 below were John Darby and Ken Tyldesley.)

It was a great fun event causing many laughs. Thanks to our DJ Guy and all those who helped. The event raised was £463.90.

It was also a lovely time to share with our lovely Julie and Andy Rodgers as they celebrate 10 years together.



Julie and Andy  
Congratulations to you both.

## JGF DINING OUT

### Wednesdays:

Bev books a table at various venues for us on a Wednesday after our meeting at St Annes Palace.

Please let her know if you would like to join us. Her number is **07557 734233**.

### Thursdays:

### CURRY NIGHT

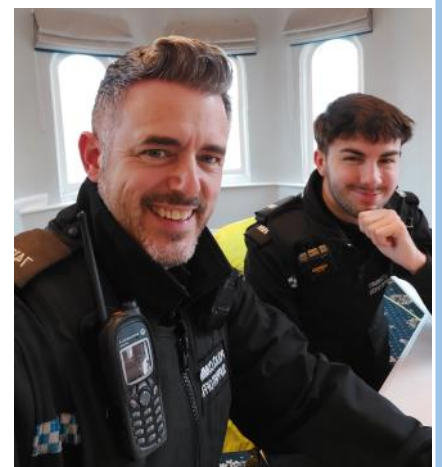
Curry Night at the Water's Edge on Heyhouses Lane is a great evening out - come and join us every Thursday 6.30 for 7pm.

Please call Bev if you would like to attend.

### SUNDAY LUNCH - 12.30pm

We meet at both the Water's Edge and Clifton Park hotel on Clifton Drive South. If you would like to join us at the Water's Edge call **Beryl Dale on 07530 588037**. To meet at Clifton Park call **Sheila on 07486 466855**.

The food is great at both venues and  
it's a lovely way to spend a Sunday afternoon after lunch with friends.



Our PCSO Trevor Stirling and Harrison who often pop in to see us and ensure we are all ok



# EVENTS

Daytime Disco with DJs at The Vic Pub

**STARTS THURSDAY 9th MAY**

Each Thursday, usual time 1pm - 4pm.  
Hope you come along and enjoy the music and dancing. Great way to spend a joyful afternoon.

**QUIZ NIGHT AT ST ANNES TENNIS CLUB**

Friday 17th May  
Singer & Quizmaster  
Paul Allen

**Hot Buffet - Raffle - £15**



**Just Good Friends**  
Combating Loneliness and Isolation  
**DAYTIME DISCO**  
AT THE VIC PUB ST ANNES every THURSDAY WITH DJ's 1-4pm  
STARTING 9th MAY with - DJ GUY

COME AND HAVE FUN WITH JUST GOOD FRIENDS EVERY THURSDAY FROM 9th MAY AT THE VIC PUB, CHURCH RD. ST. ANNES  
CALL BEV: 07557 734233

**THE VIC PUB**

**TUESDAYS - 1pm-4pm  
MAY PROGRAMME**

Please note our regular Tuesday programme:

7th & 21st - Paul Allen  
14th & 28th - Johnny Roxx



## May Birthdays

- 2 Cynthia Goldsbrough
- 2 Lorraine Jenkins
- 3 Marjorie Byrne
- 3 Kenneth Hopwood
- 6 Hilary Ahrens
- 6 Ann L Baylis
- 8 Lee Goslin
- 8 Anne Smith
- 8 Dorothy Wild
- 9 Henry Edwards
- 9 William Moyse
- 11 Dorothy Brown
- 16 Jean Wyatt-Gunning
- 20 Bev Smith
- 21 John McEvoy
- 23 Katie Owers
- 24 Lynne Hayes
- 24 Dennis Wilson
- 27 Charles C Baylis
- 27 Jennifer Hood

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

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**JUKE BOX QUIZ NIGHT**  
JURY

**SINGER & QUIZMASTER PAUL ALLEN - HOT BUFFET - RAFFLE - £15**

FUNDRAISER - JUKE BOX JURY QUIZ NIGHT  
FRIDAY 17th MAY 6pm ST ANNES TENNIS CLUB, AVONDALE RD  
CALL BEV 07557734233

**FRIDAY 7th JUNE - 1.30pm** This is our

**Thank You to our Wonderful Volunteers**

event and again thanks to Bernie Worsfold as it will be held in his lovely garden.

Buffet and as always, lots of fun and thanks to you all

## Day trips

**Friday 14th JUNE (please note date change) : Barton Grange Afternoon Tea and Canal Trip**

Cost will be £40 for 28 people: There are still a few places available .

This will be for Afternoon Tea and a 2 hour canal trip from Barton Grange. Cost includes coach travel.

Please let Joanne know if you're interested in this outing on 07796 616912.

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Combating Loneliness and Isolation

**JGF 12th Year Anniversary Celebration**

*Switched On Swing*

Dance the night away with our fabulous local Swing Band plus the amazing Anne Nolan will be singing with the band.  
Plus Buffet & Raffle

Wednesday 11th September 6.30pm £25

THE GLENDOWER HOTEL  
NORTH PROM, ST ANNES

For more details call Bev: 07557734233



... to help us with attendance numbers

**Wednesday 11th September**  
**JGF - 12th Anniversary**  
with the fabulous Anne Nolan singing with the Swing Band at the Glendower Hotel, St Annes.

This is an early notification as of course we would like to ask people to **Save The Date** and then let Bev know asap if you will be attending.



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