



# Just Good Friends

## July 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

### JULY 2024 REGULAR SCHEDULE

<b>MONDAY</b>	1pm - 4pm	The Links Pub, Heeley Rd, St Annes - Dancing, Dominoes, Darts, Pool, Bingo
<b>TUESDAY</b>	1pm - 4pm	Fun & laughter at The Vic Pub, Church Rd, St Annes - alternate weeks with Johnny Roxx and other artists.
<b>WEDNESDAY</b>	10.30am -12noon 12.30pm	<ul style="list-style-type: none"> <li>The Palace at 18, Garden Street, St Annes - tea/coffee &amp; chat</li> <li>Lunch with Just Good Friends after the above meeting - various venues</li> </ul>
<b>THURSDAY</b>	Postponed 2pm Postponed 7pm	<ul style="list-style-type: none"> <li>Keep Fit &amp; Dance has been postponed until further notice</li> <li>Meet-up at Bernie Worsfold's house. Please speak to Bev for details</li> <li>Daytime Disco with DJs at The Vic Pub - postponed until later in the year</li> <li>The Water's Edge for Curry Night - See page 4 for details</li> </ul>
<b>FRIDAY</b>	10am 12noon 1.30pm - TBA	<ul style="list-style-type: none"> <li>Health Walking round Fairhaven Lake followed by coffee and chat in the café</li> <li>Snooker Club at the Vic. See Bev for details.</li> <li>Picnic in the Park - weather permitting. Ashton Gardens, Rose Garden</li> </ul>
<b>SATURDAY</b>	2pm - 4pm	Well Community Centre, St Albans Road, St Annes - Tea & chat with speakers & activities: word games - bingo - music - see July Programme below
<b>SUNDAY</b>	12.30pm	Lunch at the Clifton Park Hotel and the Water's Edge: see page 4 for details

#### Saturday at the Well Community Centre

#### July 2024 - 2pm - 4pm

6th	Steve's Triple Choice Quiz & Raffle
13th	Beetle Drive
20th	Let's have a Riddle!! See if you can solve the riddles
27th	Bingo

### Day trips

#### Barton Grange Afternoon Tea and Canal Trip



#### The 75 Club Draw

The winning number in the 75 Club draw for JUNE was 6 and the lucky winner was **Audrey Rostron**

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.



What a beautiful June afternoon we had on the Kingfisher Canal from Barton Grange.

The sun shone for us displaying beautiful views and the Afternoon Tea was superb.

Massive thanks to Joanne Campbell for organising this outing and we look forward to hearing about the next trip she will be organising which will be a few days away in September.

# Upcoming EVENTS

## TREASURE HUNT - AUGUST Date & cost not yet confirmed

Hope you're all looking forward to Frank's Treasure Hunt which will start at the Vic and end there with, of course, something to eat and a prize for the winner.

More info coming soon.



The Murder Mystery performance will take place on the **18<sup>th</sup> December** at AKS Drama Studio, time and further details will be confirmed later.

Our first Drama Class was a huge success with approx 15 people attending and how lucky we are that we had Rachel Gill Davis from Emmerdale putting us through our paces. Rachel is so full of love, positivity and dedication in helping us be the best we can. She is absolutely amazing and adorable. We are also hoping that Jonas Armstrong, who has already helped us in the past with a Wish List, will be joining us as he is also keen to help. Rachel is back with us on the 1<sup>st</sup> July.



There will be 10 parts for the Murder Mystery drama and all members know which role they will play, there are also a number of non-speaking parts required for a crowd scene.

Please let Bev know ASAP if you would like to take part.

## Other Events



All preparations are underway for our Circus themed Carnival; it's definitely going to be fun and many thanks to all our members. Lots of pictures will follow in next month's Newsletter.

## AT THE VIC PUB ST ANNES - 1pm-4pm every **TUESDAY** and our latest venture - **FRIDAYS** for our Private Members' Snooker Club with Darts

Don't forget our Private Members' Snooker Club is every Friday from 12 midday until - well whatever you want!!

Julie and I tried it - that table is huge!!! Julie was really good at snooker, but I wasn't too good! Does anyone have any good snooker cues?!!! Maybe that may help my game but not sure on that but do come along and have a go.

Also Ken Tyldesley and Joan were good on the dart board! Let's get into these indoor games - they really are good fun. Bev

### THE VIC PUB - TUESDAYS 1pm-4pm - JULY PROGRAMME

#### Singers:

- 2nd - Johnny Roxx
- 9th - Mike Dean
- 16th - Johnny Roxx
- 23rd - Paul Allen
- 30th - Johnny Roxx

### THE VIC PUB - THURSDAYS **DAYTIME DISCO**

Unfortunately this has been postponed for the moment but hopefully will restart towards the end of the summer.

**Just Good Friends**  
Combating Loneliness and Isolation

**YOUR CHARITY PRESENTS A  
PRIVATE SNOOKER CLUB  
CUE CONNECTIONS  
STARTING JUNE 2024**

**At The Victoria Pub, Church Road, St. Annes**

- Open to anyone
- Bringing all generations together
- Being there for each other

**ALSO POOL AND DARTS**

**Call Bev for more details:  
07557734233**

## 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 Postponed

The Keep Fit class has been postponed for a while but it was very encouraging to note that 70% of those who attended regularly reduced their BMI and increased their fitness level.

Hopefully we can all do our best to keep up this good work and stay good and healthy.



## Bev's Thank You Garden Party for her Just Good Friends Volunteers

It was a lovely afternoon gathering hosted by Bernie Worsfold in his lovely garden. We were treated to a fabulous lunch box supplied by Heather from Vanilla along with a choice of a glass of Prosecco, soft drink or of course tea and coffee (the latter being very well received during the afternoon as, although it was a clear day, it did get rather cool later on). However, this didn't prevent the enthusiasm when the word games began as we all enjoyed having to pit our wits for the answers.

Huge thanks to Heather for the food, Bernie for his garden and everyone who helped to make it a brilliant afternoon.



Some of the group



Sheila Gardner & Laura Johnson-Walford



Our host Bernie Worsfold and his lovely lady for the day Marlene Hogg



Ken Tyldesley & Jean Pritchard



Helen & John Munn with Susan Smith



Heather from VANILLA with our lovely lunch box



Paul Millington & Linda Ballinger



# 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.**



## July Birthdays

- 1 June Medlycott
- 1 Alvina Wolfenden
- 4 Judy Pemberton
- 11 Nita Watson
- 13 Barbara Schofield
- 26 Marianne Corlett
- 28 Rita Kendrew
- 31 Yvonne Edwards

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



Sunday lunch with friends at The Water's Edge

## Thanks Ken!

Thank you so much to Ken Tyldesley and his lovely family and pooches who raised £377 on their trip up the Great Orme to help raise funds for JGF. Massive thanks also to our friends and members who supported Ken's trip.

Also £150 came from a very generous donation, for which we are so very grateful.



Ken (3rd in from the right) with Amanda and Adam Collision, Antony and Hazel Tyldesley and Kurtis Tyldesley



The white dogs are called Luna, Elvie, Bailey and Cooper - I think the ginger ones are possibly just comparing times - but they all did very well to take on this long walk. Well done all of you!!



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