

NEWSLETTER

SUDLEY AREA RESIDENTS' ASSOCIATION

A charitable incorporated organisation, registered charity no. 1190529

SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

Telephone: 0151 726 0805 Email: secretary@sudley.org.uk

August 2021 Issue 43



It's been a while!

With the majority of our readership receiving a printed copy of our newsletter, we felt it prudent to hold off producing this edition until Government restrictions were greatly reduced and we were sure we would have people available to deliver them.

It has been a strange and difficult time for everyone and we thank you for bearing with us during this period. We hope that as we slowly move towards some normality in our daily lives, we will have the opportunity to resume a more regular service at SARA including cinema evenings, social nights and our annual festive evening.

In the meantime, if you'd like to know what's going on, our website (www.sudley.org.uk) and Facebook pages are updated on a regular basis. You can also contact us using the details at the top of the page.



Changes at SARA

One of the biggest changes at SARA since our last newsletter has been a change of legal structure. For many years SARA was an unincorporated charity meaning that the trustees carried a certain level of personal liability if things had gone wrong. The trustees have always purchased suitable insurance products for such eventualities but with a lack of clarity from insurers about cover for COVID the trustees thought it wise to look at SARA's overall legal structure and a way to remove this unknown personal risk.

Therefore, in July 2020 SARA became a Charitable Incorporated Organisation or CIO for short. It is still a registered charity and the only real visible change on a day-to-day basis is that the charity number is different. It does however afford the trustees the protection of limited liability as SARA is now considered a legal entity in its own right. This change has taken a considerable amount of time filling in forms, drafting a new constitution and it has also been quite costly but overall, this has been a very worthwhile project.

Annual General Meeting

The Annual General Meeting of SARA will take place on **Friday 3rd December 2021 at 7pm**. Admission to the AGM this year will be **strictly by ticket only**. Tickets are **free** but are a way of managing numbers and ensuring we have contact details for everyone, should there be a need, to cancel or rearrange at short notice. Please call **0151 726 0805** for tickets. The AGM will be held in line with Government guidance regarding COVID-19.

We would appreciate all attending to remember that while face coverings may not be legally required, wearing one reduces the risk to you and to others in enclosed spaces.



SARA DAY TRIPS

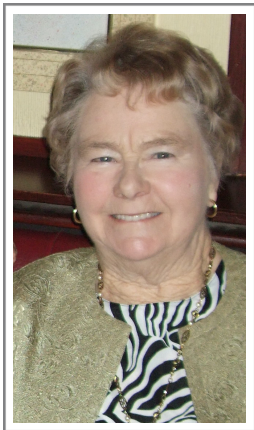
As you will no doubt be aware, our 2020 programme of day trips was cancelled due to the COVID-19 pandemic. We had intended to run similar trips this year but as the restrictions were reinforced in early 2021, we felt it more appropriate to put the 2021 programme on hold too.

It is our intention to resume day trips in 2022 and these will be advertised in our next newsletter.



Barbara Fielding

Sadly we report the loss of Barbara Fielding who passed away in April 2020 at the start of the Coronavirus outbreak. Up until 2018, Barbara was one of our longest serving trustees and when she retired from the committee at a spritely 89 years of age, she became one of our two honorary members in recognition of her long service and commitment to SARA. Many of our members will have fond memories of



Barbara from the day trips and holidays that she and fellow trustee Eileen have organised since 2005.

Members' Raffle

Congratulations! Our members' raffle winner for this edition is **Brenda** from **Ashfield Road**. Brenda wins a £10 gift voucher. To be entered into our members' raffle, all you have to do is become a member of SARA - see the membership form below.

MEMBERSHIP FORM FOR SUDLEY AREA RESIDENTS' ASSOCIATION

Name:

Address:

Telephone:

Email:

Please complete this form and return to

The Secretary, SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

We respect your right to privacy and will keep safe any personal details that you give us in line with the UK legislation on Data Protection. NB Members are registered until we are told otherwise - it is not necessary to complete a new form every year.

Newsletter Deliveries

Newsletters are delivered to over 60 roads in the Sudley area and we are very grateful for the help we receive from the volunteers who deliver our newsletter twice a year come rain or shine.

Since the last newsletter we've had a number of our longstanding delivery people retire and we'd like to say a huge **'thank you'** to them for assisting us over the years.

We would be delighted to hear from anyone who would be able to help us deliver newsletters. The next edition will be January 2022. If you are able to give us a hand, please call **0151 726 0805**.

Almost a Catastrophe: A Welsh family's adventures in Malta, by Janet Corke

Following 'A Hidden Home in the Gwydyr Forest', this book is the story of a family's life 60 years ago living as civilians in what Winston Churchill described as 'an unsinkable aircraft carrier'



Available from September 2021 at £7.99 from **Janet Corke** on **0151 352 9681** or **www.theartelpress.co.uk**

Getting Involved

Not everything about COVID has been negative and one of the positives has been the revival of community spirit - of people coming together helping others. At SARA we see ourselves as an integral part of the community and seek your support for what we do. We therefore ask you to join us by taking out membership (see below). It costs nothing but it demonstrates to the trustees that their work is appreciated.

REGISTER OF MEMBERS

Charity law requires us to keep a register of members and we are currently seeking to update this. SARA's activities are open to all without the need for membership.

However, every volunteer-run organisation needs supporters and anyone is eligible to join SARA.

We have a significant number of helpers and supporters but not all have formally joined us in membership, so we are now asking that you do so by filling in the form opposite and sending it to **SARA Hall, Rundle Road, Liverpool L17 0AQ**. Alternatively call **0151 726 0805** and leave your details or email these to **secretary@sudley.org.uk**

WHAT'S ON AT SARA

As more of our regular sessions return and new sessions start, we thought you would find this update useful. The usual calendar can be found on our website www.sudley.org.uk

Nicola Parker Pilates

Mon 9.15-10.15am & Mon 8-9pm

Mixed Ability Pilates for men and women, from beginners through to the more experienced. All ages welcome from age sixteen upwards. If you want to discover what Pilates is all about or if you want to improve your posture, flexibility, strengthen the core muscles and relieve stress, call **Nicola** on **07913 668599**

Gordon Brown's Art Class

Monday 1.30 - 3.30pm

Ten-week courses run throughout the year. Working in all media and at all levels. Everyone is welcome though pre-booking is required. **Gordon** can be contacted on **07808 669655**.

Aigburth Shotokan Karate Club

Mon 6-7pm & Wed 5.30-6.30pm

Karate classes for all ages with former member of England and Great Britain Team **John O'Neill** and current member of the England squad **Patrick O'Neill**. For more details call **John O'Neill** on **07590 309462**

Painting with Acrylics

Tuesday 10am - 12pm

A ten-week acrylic painting course starting on 7th September 2021. Anyone interested in joining should contact **Steve Strode** on **07900 380372** or e-mail **stevestrode1@gmail.com**

Tea Dance

Tuesday 1.30 - 3.30pm

The group runs every Tuesday except Christmas week come rain or shine and is very well attended with people travelling from all over the city. It is a fantastic opportunity to come along and meet new people while enjoying a dance around the hall. For more details call **Val Jefferies** on **07860 178101**

Yoga for Healthy Lower Backs

Tuesday 5.30 - 6.45pm

A 12-week Yoga for Healthy Lower Backs course starts on 13th September. These tailored courses provide a life-long toolkit for the health of your lower back. Also via zoom if restrictions return. Call **Carole Griffith** on **07748 260353** or e-mail **crlgrffth@gmail.com**

Wu Shu Kwan Kung Fu

Tuesday 7.30 - 9.30pm

A group of enthusiastic and friendly members practising an effective martial art in the pursuance of total fitness and the ultimate self-defence. For details call **Steve Bishop** on **07525 032511**

Aigburth Methodist Church

Wed 10am-12pm & Sun 10.30-11.30am All are welcome!

Last year Aigburth Methodist Church moved out of HUB361 on Aigburth Road after being based there for 10 years. They are now using SARA Hall twice a week.

On Wednesday morning the hall is a *place of welcome* giving those attending a chance to connect, belong and contribute with a mix of knit and natter, Bible study and Holy Communion on offer. On Sunday mornings (other than the first Sunday of the month) a weekly church service takes place. Further details can be found on **hub361.weebly.com**

Local History with Alan Makin

Wednesday 1.30 - 3.30pm

A ten-week course starting on 22nd September 2021 studying various aspects of the local history of South Liverpool. For further information, please call **Alan** on **07847 934546** or e-mail **amakin2@blueyonder.co.uk**

Sudley Sings

Wednesday 7.30 - 8.30pm

A new choir for adults with learning disabilities. Pre-booking is required. For details send an email to **sudleysings@gmail.com** or alternatively, leave a message on the SARA answerphone **0151 726 0805**

Craft

Thursdays 9.30-11.30am

A self-help craft group continues on Thursday mornings, with new members always welcome. For details please leave a message on the SARA answerphone **0151 726 0805**

Drama Adventures from Teeny Tiny Theatre

Thursday 4-5pm

Gentle, creative Drama classes for ages 5-8yrs led by qualified Drama teachers. Booking essential. For details email **info@teenytinytheatre.org**

Hatha Yoga with June Bradshaw

Thursday 7-8.30pm

Whether it is your first, or your hundredth time practising Yoga, this class is designed to guide you along your own personal journey. The class is open to all, regardless of age; ability; gender and experience. Based on Hatha yoga, it encompasses asanas (physical poses); relaxation; pranayama (breathing techniques) and some meditation. Together these offer a holistic approach to body, mind and spirit allowing you to discover the true, inner you. Please bring with you a yoga mat, a blanket, and an open mind. At present it is imperative that you book a space - call **June** on **07772 892353** or email **yogawithjunebradshaw@gmail.com**

Weekly Sessions

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Nicola Parker Pilates (*Starts 13/9*)
13:30 - 15:30 Gordon Brown's Art Class
18:00 - 19:00 Aigburth Shotokan Karate Club
20:00 - 21:00 Nicola Parker Pilates

Tuesday

10:00 - 12:00 Painting with Acrylics (*Starts 7/9*)
13:30 - 15:30 Tea Dance
17:30 - 18:45 Yoga for Healthy Lower Backs (*Carole Griffith*)
19:30 - 21:30 Wu Shu Kwan Kung Fu

Wednesday

10:00 - 12:00 Aigburth Methodist Place of Welcome
13:30 - 15:30 Local History with Alan Makin (*Starts 22/9*)
17:30 - 18:30 Aigburth Shotokan Karate Club
19:30 - 20:30 Sudley Sings (*Starts 1/9*)

Thursday

09:30 - 11:30 Craft
16:00 - 17:00 Drama Adventures (*Starts 9/9*)
19:00 - 20:30 Yoga (*June Bradshaw*)

Friday

10:00 - 10:45 Private Group

Session Contacts:-

All Pilates sessions contact Nicola Parker on 07913 668599
Gordon Brown's Art Class contact Gordon on 07808 669655
Aigburth Shotokan Karate contact John O'Neill on 07590 309462
Painting with Acrylics contact Steve Strobe on 07900 380372
Tea Dance contact Valerie Jefferies on 07860 178101
Yoga with Carole Griffith contact on 07748 260353
Wu Shu Kwan Kung Fu contact Steve Bishop on 07525 032511
Aigburth Methodist contact Carolyn Munro on 07950 979131
Local History contact Alan Makin on 07847 934546
Sudley Sings email sudleysings@gmail.com
Drama Adventures email info@teenytinytheatre.org
Yoga with June Bradshaw contact on 07772 892353

For anything else, please contact SARA Hall on 0151 726 0805

Weekend & Ad-hoc Sessions

SARA Trustee Meeting

First Friday of each month at 2pm

All are welcome though please call 726 0805 in advance.

Neighbourhood Community Police Surgery

Various Fridays as listed below 5-6pm

Our local Police Community Support Officer will be holding a surgery on the following Fridays: **10th Sept, 1st Oct, 22nd Oct, 12th Nov and 3rd Dec**. This is your chance to come along and discuss any policing issues that may be affecting you as an individual or as a community.

Angela's Tai Chi School

Ad-hoc workshops on Saturdays through the year

Angela provides half day and/or full day Tai Chi workshops at SARA Hall throughout the year. Sessions must be booked in advance. For details, please contact Angela Howarth on 07568 567602 or via email on angela@angelataichi.co.uk

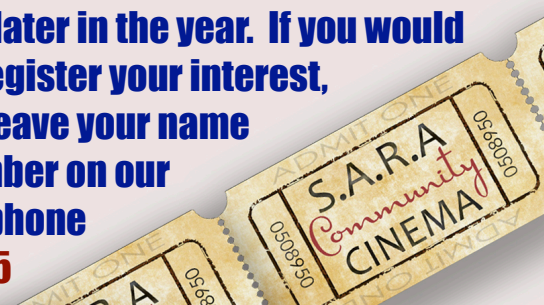
Aigburth Methodist Church

10.30 - 11.30am on Sundays (except the first Sunday of each month) All are welcome. For details, please visit hub361.weebly.com



SARA Community Cinema

As we go to print, cinema evenings are still on hold. We hope to resume normal service later in the year. If you would like to register your interest, please leave your name and number on our answerphone 726 0805



Availability for regular weekly and monthly sessions

Although SARA Hall is no longer available to hire for private functions such as birthday parties, spaces do become available throughout the year for regular weekday and weekend sessions. Our online calendar on our website shows current availability but do feel free to telephone 0151 726 0805 or send an email to steven.kearney@sudley.org.uk for further details.

DISCLAIMER: The publishers accept no responsibility for misinformation or incorrect spelling therein. All articles and information are accepted on individual merit and in good will.