

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 January 2023 Issue 46

ANNUAL GENERAL MEETING

In light of last year's abysmal attendance for our AGM, it seemed pointless to set aside a special evening. We are therefore going to keep the AGM business to the basics and incorporate it into the cinema evening on **FRIDAY 23rd JUNE**. The meeting will start promptly at **7pm** followed immediately by the film.

SESSION UPDATES

Yoga Bears: A new children's yoga class for ages 6-11 on **Mondays from 5 to 6pm**. A programme that uses teddy bears to make yoga fun and accessible to children, using a wide range of techniques to tap into children's very own 'superpowers'. To book or for more information, call **Angela Ireland** on **07879 001506**.

Yoga for beginners: Warm up your mind and spirit as well as your body at our new gentle yoga sessions specifically targeted at beginners. Sessions run on **Wednesdays from 6 to 7pm** and drop-ins are welcome. For more information, call **Jules Douglas** on **07548 706839**.

SARA Coffee Morning: Everyone welcome on **Thursdays from 9.30 to 11.30am**. No commitment to attend but £2 will buy you a tea or coffee and a warm welcome – come along and give it a go.

SARA MEMBERSHIP

If you receive our newsletter through your letterbox, you live in the Sudley Area. If you aren't already a member, it would be great if you would sign up. SARA membership is **FREE** and there's no requirement for you to do anything other than send an email with your name, address and phone number to **secretary@sudley.org.uk** If you don't have an email address, you can also leave a message on our answerphone **0151 726 0805**.

NEWSLETTER

Apologies that our newsletter isn't in the usual 4-page format. Given a recent increase in costs, as an interim measure, we've switched to a 2-page issue. We hope to return to the regular 4-page format with our next edition. In the meantime, we are planning a couple of social events in the spring and would encourage anyone who may be interested to drop us a line.



**Saturday 11th March &
Saturday 17th June 2023**

**Doors open 10am - Admission 50p
Tables are £10 and must be booked
in advance by calling 0151 726 0805
Refreshments available all morning**



SARA COMMUNITY CINEMA

7pm on the following Fridays

27 January	26 May
24 February	23 June
24 March	28 July
28 April	22 Sept

Cinema evenings are FREE to attend and refreshments will be on sale during the interval. For film details, check the noticeboard at SARA Hall or call SARA on 726 0805



WALL TIME TABLE

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Nicola Parker Pilates
13:30 - 15:30 Gordon Brown's Art Class
17:00 - 18:00 Yoga Bears for ages 6-11 (Angela Ireland)
20:00 - 21:00 Nicola Parker Pilates

Tuesday

09:30 - 11:30 Private Group
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
18:00 - 19:00 Yoga for Beginners (Jules Douglas)
19:30 - 20:30 Sudley Sings

Thursday

09:30 - 11:30 Coffee Morning
13:00 - 14:00 Chair Yoga (Carole Griffith)
16:00 - 17:00 Drama Adventures for ages 5-7
17:00 - 18:00 Drama Adventures for ages 8-11
19:00 - 20:30 Yoga (June Bradshaw)

Friday

10:00 - 10:45 Mossley Hill Children's Centre Active Play
14:00 - 15:00 SARA Trustees Meeting (1st Fri. of month)

Saturday

10:00 - 12:00 Councillor Hurley's Surgery (1st Sat. of month)

Sunday

10:30 - 11:30 Aigburth Methodist Church (not 1st Sunday)

Session Contacts:-

All Pilates sessions contact Nicola Parker on 07913 668599
Gordon Brown's Art Class contact Gordon on 07808 669655
Yoga Bears (ages 6-11) contact Angela Ireland on 07879 001506
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
Yoga with Jules Douglas contact on 07548 706839
Sudley Sings email sudleysings@gmail.com
Drama Adventures email info@teenytinytheatre.org
Yoga with June Bradshaw contact on 07772 892353

For all other enquiries, please call SARA Hall on 0151 726 0805

SARA DAY TRIPS

Our 2023 programme of day trips is as follows:

Wednesday 15th March 2023

BURY MARKET

Coach leaves at 9am Cost £15
(booking on 22nd February)

Tuesday 11th April 2023

YORK

Coach leaves at 8.30am Cost £17
(booking on 21st March)

Friday 12th May 2023

LYTHAM

Coach leaves at 9am Cost £16
(booking on 21st April)

Monday 12th June 2023

BAKEWELL MARKET

Coach leaves at 9am Cost £17
(booking on 22nd May)

Tuesday 11th July 2023

TRENTHAM GARDENS

Coach leaves at 9am Cost £26
including admission to Trentham Gardens
(booking on 20th June)

Friday 11th August 2023

SKIPTON MARKET

Coach leaves at 9am Cost £16
(booking on 21st July)

Monday 11th September 2023

LLANDUDNO

Coach leaves at 9am Cost £16
(booking on 21st August)

Places can be booked by calling our answerphone 0151 726 0805 on or after the booking date shown above. When leaving a message, please leave your name, phone number and the number of seats you require.

ALL COACHES DEPART FROM AIGBURTH ROAD
(Lay-by outside St Anne's Church)



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.