

# 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](mailto:secretary@sudley.org.uk) August 2025 Issue 51*



### NEW SESSIONS

#### Salsacise Gold (Monday 10.45-11.45am)

A gentle exercise class suitable for the over 50's using Latin style steps, rhythms and music. For details contact Amy Murray on **07507 015227**.

#### Physiotherapist-Led Exercise Class (Tue 10am-12pm)

South Liverpool Physio is pleased to provide rehabilitation guidance through Physio-led exercise classes, starting in September. Whether you are recovering from a sports injury or looking to boost your general fitness, all ages and fitness levels are welcome and sessions will be tailored to the individual. All classes will be led by a physio with extensive rehabilitation experience to help you progress towards your fitness goals. Please contact via email: [physio@southliverpoolphysio.co.uk](mailto:physio@southliverpoolphysio.co.uk) to arrange your first session.

#### Community Police Surgery (Fourth Friday of each month 5.30-6.30pm, August to November 2025)

Our local Police Community Support Officer returns to SARA Hall with monthly surgeries between now and November. This is your chance to come along and discuss any policing issues that may be affecting you as an individual or as a community.

### 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](mailto:secretary@sudley.org.uk) If you don't have an email address, you can also leave a message on our answerphone **0151 726 0805**.

**MEMBERSHIP UPDATES:** If you are a SARA member and have moved house, changed your telephone number or your email address, please do let us know.

**MEMBERS' CODE OF CONDUCT:** We've recently introduced a members' code of conduct. This is available to download in the policies section of our website.

**CORRECTION:** A recent edition of our Local Councillor's newsletter incorrectly stated that the large planters at the front of SARA Hall had been funded by a grant from Liverpool City Council's Local Neighbourhood Fund. The planters were in fact, kindly paid for by one of SARA's trustees to enhance the look of the building and create an ongoing gardening project. The Neighbourhood Fund covered the cost to supply and fit a water butt at the front of the building to help with watering the new garden area.



### SARA COMMUNITY CINEMA

7pm on the following Fridays

**26th September, 24th October  
and 28th November 2025**

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**

### Quiz Night on Friday 10th October at 7pm

Tickets £5 each - max team size 6 people

Call **0151 726 0805** for tickets

Feel free to bring your own refreshments

Tea and coffee will be available

**PLEASE CONFIRM TICKETS BY 26/9/2025**



# DAY TRIPS

Saturday 27<sup>th</sup> September 2025

## YORK

Coach leaves at 9am Cost £20  
(booking on 6<sup>th</sup> September)

Friday 17<sup>th</sup> October 2025

## BURY

Coach leaves at 9am Cost £17  
(booking on 26<sup>th</sup> September)

**HOW TO BOOK:** Bookings are taken from the day listed for each trip and not before. You must phone SARA Hall on **0151 726 0805** to book – we will need to know how many seats you want and a contact number. If you are booking for more than yourself it is expected that you will deal with payment for everyone in your party. Confirmation that your booking has been successful will be by telephone. **Payment is by cash or bank transfer only. Payments are non-refundable.**

**PAYMENTS BY CASH:** Please place cash in a sealed envelope with the names of those you are booking for and the amount of cash enclosed written clearly on the front. Cash can be handed in at SARA Hall on **Thursday mornings (9.15 - 11.15am)** or at the start of our **Cinema Evenings (6 - 7pm)**. Please **do not** leave money at SARA Hall at times other than these.

**\*PLEASE NOTE NEW BANK DETAILS\***

**PAYMENTS BY BANK TRANSFER:** SARA's bank account details are:

Account Name: **Sudley Area Residents' Association**

Sort Code: **53-70-44**

Account Number: **85464406**

Please use your surname as a payment reference and advise us you are paying by bank transfer.

**COACHES LEAVE PROMPTLY FROM AIGBURTH ROAD**  
(Lay-by outside St Anne's Church)

*Kindly note that seats are available by advance booking only. We regret that we are unable to accommodate anyone who arrives on the day of the trip without a prior booking.*



**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.

# HALL TIMETABLE

visit [www.sudley.org.uk](http://www.sudley.org.uk) for updates

## Monday

09:15 - 10:15 Nicola Parker Pilates  
10:45 - 11:45 Salsacise Gold **\*\*NEW\*\***  
13:30 - 15:30 Gordon Brown's Art Class  
17:30 - 19:00 Beginners/Intermediate Yoga (Carole Griffith)  
20:00 - 21:00 Nicola Parker Pilates

## Tuesday

10:00 - 12:00 Physiotherapist-Led Exercise Class **\*\*NEW\*\***  
13:30 - 15:30 Tea Dance  
17:30 - 19:00 Menopause Yoga (Sian Lincoln)  
19:30 - 21:30 Wu Shu Kwan Kung Fu

## Wednesday

10:00 - 11:00 Jo Jingles Liverpool  
14:00 - 16:00 Local History with Alan Makin  
17:00 - 19:00 **\*\*AVAILABLE SESSION\*\***  
19:30 - 20:30 Sudley Sings

## Thursday

09:30 - 11:30 Coffee Morning  
13:00 - 14:30 Chair Yoga (Carole Griffith)  
16:00 - 16:50 Drama Adventures for ages 4/5+  
17:00 - 18:00 Drama Creators for ages 7+  
19:00 - 20:30 Yoga (June Bradshaw)

## Friday

10:00 - 10:45 Mossley Hill Children's Centre Active Play  
13:30 - 14:30 Book Club (2<sup>nd</sup> Fri. of month)  
14:00 - 15:00 SARA Trustees Meeting (1<sup>st</sup> Fri. of month)  
17:30 - 18:30 Police Surgery (4<sup>th</sup> Fri. of month - Not Dec)  
18:00 - 19:00 Councillors Surgery (4<sup>th</sup> Fri. of month - Not Dec)

## Session Contacts:-

All Pilates sessions contact Nicola Parker on **07913 668599**  
Salsacise Gold contact Amy Murray on **07507 015227**  
Gordon Brown's Art Class contact Gordon on **07808 669655**  
Yoga with Carole Griffith call **07748 260353**  
Physio-led exercise class [physio@southliverpoolphysio.co.uk](mailto:physio@southliverpoolphysio.co.uk)  
Tea Dance contact Valerie Jefferies on **07860 178101**  
Menopause Yoga email [sirayogaliverpool@gmail.com](mailto:sirayogaliverpool@gmail.com)  
Wu Shu Kwan Kung Fu contact Steve Bishop on **07525 032511**  
Jo Jingles Liverpool contact Kate O'Brien Fay on **07542 914748**  
Local History contact Alan Makin on **07847 934546**  
Sudley Sings email [sudleysings@gmail.com](mailto:sudleysings@gmail.com)  
Drama Adventures/Creators email [info@teenytinytheatre.org](mailto:info@teenytinytheatre.org)  
Yoga with June Bradshaw call **07772 892353**  
Mossley Hill Children's Centre call **07849 300061**  
For any other enquiries, leave a message on **0151 726 0805**

**SARA Book Club:** a friendly and welcoming group that meets on the 2<sup>nd</sup> Friday of the month at 1.30pm. £3 payable to cover room hire.

**SARA Coffee Morning:** everyone welcome on Thursdays from 9.30 to 11.30am. £2 will buy you a tea or coffee and a warm welcome - come along and give it a go.