

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 2023 Issue 47



SESSION UPDATES

Hatha Yoga with Paula Barrett

Honour your body, mind and soul by joining Paula of Stellaluna Yoga this Autumn to slow down and prepare for the more yin-like energy of the seasons ahead through posture work, breathing techniques, moments of meditation and lengthy relaxation.

Suitable for beginners, those with a little experience who want to deepen their practice and anyone looking for a mindful, gentle class. Starts **Monday 4th September 6.15pm to 7.15pm**. To book or for more information, call **Paula Barrett** on **07729 801289**.

Yoga Sessions with Carole Griffith

A new 12-week **Yoga for Healthy Lower Backs** course will start on **Tuesday 3rd October 5.30pm to 6.45pm**.

Chair Yoga resumes on **Thursday 7th September 1pm to 2.30pm** with discounts available throughout September and October if you bring a friend.

To book or for more information, call **Carole** on **07748 260353** or email crgriffth@gmail.com

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.

TEA DANCE CELEBRATES 20 YEARS!



We want to hear from you!

SARA Trustees have, over many years, arranged events in addition to the normal weekly activities that take place in the Hall. Some of these continue to be popular like the monthly cinema and day trips. Others that include single lectures, a festive evening in December and table sales have seen support drop away significantly.

We have decided therefore not to continue with these for the time being but to seek input from readers on what kind of events would persuade you to come and support us. We would be delighted to hear from you.

You can send an email to secretary@sudley.org.uk or leave a message on our answerphone **0151 726 0805** with your suggestions.

QUIZ NIGHT

? Where?: **S.A.R.A. Hall**
When?: **Friday 13th October at 7pm**



Maximum of 6 people per team
Tea, coffee and biscuits included
Call **0151 726 0805** for tickets (£4)

A talk on Sreepur Village, Bangladesh with Janette Porter (Chair of Sreepur Village Charity) Friday 17th November, 7pm

A talk on a charity transforming the lives of Bangladeshi single mothers and their children. Empowering their lives with hope, independence and dignity. There will be an opportunity to view and buy products handmade by the women of Sreepur Village, using traditional handloom and embroidery techniques. The event is **FREE** to attend.



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
18:15 - 19:15 Stلالuna Yoga (Paula Barrett)
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
17:00 - 19:00 ****SESSION AVAILABLE****
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)
18:00 - 19:00 Councillors Surgery (4th Fri. of month - Not Dec)

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
Stلالuna Yoga contact Paula Barrett on 07729 801289
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@teentyntytheatre.org
Yoga with June Bradshaw contact on 07772 892353
Mossley Hill Children's Centre contact on 07849 300061

For all other enquiries or for hall availability, please call SARA Hall on 0151 726 0805.

SARA DAY TRIPS

Monday 11th September 2023

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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.

**COACH DEPARTS FROM AIGBURTH ROAD
(Lay-by outside St Anne's Church)**

Our 2024 programme will be available in January. If you would like to be sent details via email, send us an email or leave a message on our answerphone.



SARA COMMUNITY CINEMA

7pm on the following Fridays

22nd Sept, 27th Oct
and 24th Nov 2023

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**

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**.

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.