

SUDLEY AREA RESIDENTS' ASSOCIATION

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

Registered Charity No. 508950



Newsletter

issue no. 14 - April 2008

SARA Charity of the Year 2007-08



The Residents and Trustees of SARA have helped to raise the sum of £1,500.00 for KIND, SARA's Charity of the Year 2007-08. It has been a year-long effort by all concerned with funds being raised at our social evenings, day trips, holidays and table sales. We have also received generous donations from residents and groups. Our book stall at the back of SARA Hall over the last 12 months has taken over £220.00, with an average price of 25p per book we have sold in excess of 880 books!

Stephen Yip MBE, founder and CEO of KIND accepted a cheque from Steven Kearney, Chairman of SARA at our Charity Launch night held on Saturday 29th March 2008. The Chairman and Trustees of SARA would like to thank everyone who has contributed to our Charity of the Year.

Annual General Meeting with Guest Speaker

Park Ranger Richard Baker

on Friday 23rd May 2008 from 7pm

Refreshments will be provided, All welcome

Sudley Blog

In addition to our regular website at www.sudley.org.uk, we now have a blog page which is updated regularly by the Chairman, the site can be found at <http://sudley.blogspot.com> and contains details of all our upcoming events as well as a regular update with what's been happening at SARA.

SARA Youth Recognition Awards



Over the last four years, SARA has supported other local charities through the SARA Charity of the Year with donations totalling more than £5,600 being given to Claire House, Zoe's Place and KIND. Other charitable donations outside of the Charity of the Year have totalled £653.81. During this period, the Association has also offered financial support for local youth sport-related activities to the sum of £1,654.00.

The SARA Charity of the Year has been a very effective way of supporting other worthwhile charities with a presence in the area but the Trustees of SARA wanted to take charitable giving one step further. From 29th March 2008, the SARA Charity of the Year Scheme will be replaced with the SARA Youth Recognition Awards. Funds will be raised in exactly the same way but, rather than presenting a single cheque at the end of the year to a specific charity, SARA will take more ownership over the distribution of funds.

The SARA Youth Recognition Awards will offer one-off grants of up to £200 for specific projects to individuals under the age of 18 and groups that

operate for the benefit of those under the age of 18. The awards will be open to individuals and groups based within Sudley and the surrounding areas.

Applications for an award can be made twice a year in January and September for anything that supports the development of youth, e.g. financial assistance towards the cost of a musical instrument for someone who would ordinarily be unable to meet the financial costs involved or a grant towards arts and crafts supplies for a free summer club. Grants will be considered by the Youth Recognition Awards Panel which is made up of the Officers and Trustees of Sudley Area Residents' Association.

The Youth Recognition Awards were launched at a social evening held on Saturday, 29th March with the Liverpool Harmony Singers. The Harmony Singers gave another great performance and everyone thoroughly enjoyed the evening which raised £237.00 for the new scheme.



Hello everyone, we are all looking forward to the summer ahead and hopefully it will be a nice one.

The SARA newsletter of course is the ideal outlet if you are a community based unit, organisation, youth club, sports club etc. to let people know about you and your activities.

If you would like us to feature your events and activities in our future editions, or if you have photographs or articles which could be of interest to the residents in the area, please do not hesitate to get in touch with us.

Thanks are due for all the voluntary effort involved in producing and distributing the Newsletter to 2,500 homes in the area.

We would also like to thank all the businesses who advertise in the newsletter as this is how we fund the printing of 3,000 copies three times a year.

To get in touch just call 0151-7260805 where you can leave a message and someone will get back to you as soon as possible or email: newsdesk@sudley.org.uk or drop us a line to the SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

Newsletter Team • April 2008

Swimming at IM Marsh
FAMILY SWIMMING
SESSION EVERY WEDNESDAY
7.00pm - 8.00pm
 All Ages Male & Female
 Children must be accompanied by an adult
 Contact Jean 727 4912

SARA News

Your Community Matters Event at SARA Hall

SARA Hall was the venue for the Mossley Hill ward Your Community Matters event hosted by Jenny Currie, Neighbourhood Development Officer from Liverpool Charity & Voluntary Services.

There were 40 residents in attendance and a further 12 representing various agencies including Merseytravel, Merseyside Police, Liverpool City Council Neighbourhood Management Services and one of our ward councillors.

The evening began with a generous buffet before the main activities of the evening took place. Five small groups sat around tables, each with a facilitator to discuss two questions: "What will make the neighbourhood a better place to live?" and "What will make the neighbourhood a safer place to live?"; in typical facilitator style, the post-it notes came out and away we went.



Each table was asked to come up with one suggestion for each question, with an emphasis on both priority in the neighbourhood and making sure that they were manageable within the four month timescale. The wider group then took a vote on the two priorities identified by each of the smaller groups. The four priorities with the highest votes were taken on board by the relevant agencies/individuals at the meeting to investigate with the assistance of LCVS.

The four identified projects were as follows:-

1. Parking - various sites in the ward including outside both Sudley Junior School and IM Marsh Campus.
2. Traffic Lights at Ashfield Road/Aigburth Vale - The filters need to be reviewed - potential pedestrian injury.
3. Youth Issues on Aigburth Road.
4. Youth Diversionary Project.

We will keep you updated when we have dates of future meetings.

A History of Liverpool Parks

On Friday 7th March, it was our pleasure to welcome Mr. Richard Baker, in his true guise as a Park Ranger. True to form he kept us regally entertained with a presentation on our local parks.

The first park was at Mount Zion, 2.25 acres, opened in 1767 and situated adjacent to where the Anglican Cathedral now stands. In 1835 this was followed by the Botanical Gardens and then Newsham Park in 1868, Stanley Park in 1870 and Sefton Park in 1872. The latter covers 360 acres and contains the famous Palm House and the Peter Pan statue which was donated by George Audley in 1928. Further parks were opened in the latter part of the 19th century and the early 20th century, resulting in Liverpool having more open park space than any other city outside London.

The evening was attended by 60 people and a raffle raised £56 for KIND. Our heartfelt thanks to Richard and we look forward to seeing him again in the future.

Neighbourhood Renewal Fund Update

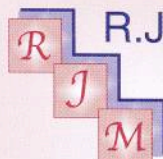
The SARA application for additional dropped kerbs along Aigburth Road has now been completed giving straight through access between Sefton Park and Dundonald Road. In addition, we reported in our last newsletter that SARA had made an application for 12 additional litter bins in the area. Neighbourhood Management Services have confirmed that the NRF application has been successful and the litter bins are currently on order.

Planning Application at Sudley Junior School

An application had been received by Liverpool City Council to fell a number of trees at the front and rear of the premises at Sudley Junior School. SARA wrote a letter of objection regarding the 25 trees at the rear of the site and asked that other options be considered first. The application to fell was approved on 1st April 2008 with a condition that 25 new trees be planted to include oak in the copse area and around the perimeter as decided by the Council tree specialist.

Table Sale - A BIG THANK-YOU!

Our first table sale this year was held on Saturday 2nd Feb and as usual SARA had a table to raise funds for the Association. Proceeds over the last couple of years from the SARA stall have rarely hit double figures but following a big effort from the committee and residents collecting items for sale on the stall we managed to raise £60.50



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The History of T. J. Hughes

On Friday evening 22nd of February, 57 residents and friends enjoyed a wonderful and informative talk by Mr. John Leston on the history of T. J. Hughes.

He entertained the audience with his knowledge of the family who created the famous store, and took us back to the mid-19th century explaining how it all started with a young Welsh girl called Anne. She had left her village to start a new life in Liverpool and she eventually married a Mr. James Hughes, a Welsh farmer who had come to live in Birkenhead.



They had three sons and one of them, Thomas, served his apprenticeship as a Draper with the company we all know as Owen Owen. This very experienced and ambitious young man eventually opened a small shop in London Road and from there moved to the larger premises the store occupies today when Owen Owen moved into the city centre.

Opened in 1912, the company now has over 50 stores in the U.K.

The wealth of knowledge John told us was interspersed with many witticisms which generated loads of laughter and the evening was a great success. Let's hope we hear from Mr. John Leston again.

The raffle raised £62 for KIND and a further £20 was donated by SARA in lieu of a fee to John.

The Adventures of a Victorian Millionaire

Despite being in direct competition with the People's Launch of the Capital of Culture, 54 people turned out on 11th January to listen to Park Ranger, Richard Baker give a talk on Henry Yates Thompson.

Richard gave the talk in costume, and in the first person he became Henry Thompson. He talked about his start in life as eldest son of a wealthy Liverpool banker and how after his education he had travelled the world from Europe to Africa and then on to the Americas where he travelled through all the states and witnessed at first hand the Battle of Chattanooga during the American Civil War.

On his return to England he tried a number of times to get into politics as a Liberal. He married and through his

marriage became owner of the London Evening Gazette and his publishing house was very successful with clients such as Charles Dickens. He became a very wealthy man in his own right as well as inheriting £2 million from his father.



During his travels he had seen many exotic plants and so he decided to build a hothouse where some of these plants could be grown. He employed the most experienced engineers to build this and the Royal horticulturists to travel the world to find the plants to put in it, and this became the Palm House in Sefton Park which despite war and vandal damage over the years has risen again to remain an iconic building of which Henry Yates Thompson should be proud.

Valentine's Celebration Evening

On Friday February 15th we once again had the pleasure of being entertained by **The Liverpool Harmony Singers**. They presented a completely new repertoire, which included a selection of music from South Pacific and many more much-loved songs from the past.



The programme was superb, humorous and nostalgic. Magnificently colourful and performed with the usual enthusiasm and panache we associate with "The Ladies" and their entourage.

During the interval, refreshments were served and a raffle was held. This, together with a donation from **The Harmony Singers**, raised £120 for KIND, SARA's Charity of the Year. Thanks to all who kindly donated prizes.

It was a very happy and entertaining evening, thoroughly enjoyed by all those who attended, and once again it was a full house.

Cinema Club

2008 dates as follows:

25th April, 30th May, 27th June, 25th July, 22nd August, 26th September, 24th October, 21st November, 12th December

Table Sales

SARA will be holding table sales through the year on the following dates:

19th April, 17th May, 21st June, 19th July, 20th September and 18th October.

Our Festive Table Sale will be on 29th November.

*Moving House?
Spring Cleaning?
Why not book a table (£7)
payable at time of booking,
to sell your unwanted
possessions.*

Pop in for a coffee and a bargain at SARA Hall. Bookings are taken in advance for all our Table Sales, call **0151 726 0805** for further details or to book.

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Limited advertising space is currently available in the SARA Newsletter.

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Wed: 9.00am - 5.00pm

Sat: 8.00am - 4.00pm

**No Appointment Necessary
Children Always Welcome**



SARA WORKING WITH MERSEYSIDE POLICE

The past couple of months have been a busy time for the Neighbourhood Policing Team at Allerton Police Station. The main areas of concern recently have been house break-ins and vehicle crime.

Whilst the general picture has been a positive one in terms of overall reduction in the number of reported house break-ins and vehicle crime, there have nonetheless been a number of offences within the Mossley Hill area. In terms of house break-ins, burglars have been targeting car keys to enable them to steal vehicles from outside the house. Also being targeted are plasma tv's, computers, dvd players and jewellery. Most entries have been gained via front doors, rear doors and rear ground floor windows. Householders with UPVC doors are reminded to double lock their doors even when at home. Sheds are also vulnerable at this time of year, so ensure that they are secured with a suitable lock or padlock.

Neighbourhood Officers have been targeting burglary hotspot areas and delivering crime alert leaflets to residences. Plain Clothes Officers have also been utilised in the area to combat the problem. Apart from the theft of vehicles during the course of house break-ins, the other main concern with vehicle crime has been the theft from vehicles, which has included the theft of number plates, tools and bonnets, together with the theft of items left out of sight in the car boot. So if at all possible do not leave items of value in your vehicles.

The Neighbourhood Policing Team also focuses on local ward issues as raised at the regular Key Individual Network (KIN) Group Meetings. In November 2007, the KIN Group met and prioritised speeding vehicles and parking in Mossley Hill Road as the main issues of concern. The Neighbourhood Team initiated a Speedwatch Campaign to target speeding vehicles in the Mossley Hill area. Speed Indicator

Display (SID) Devices have been deployed regularly in roads such as Aigburth Hall Ave, Brodie Ave, Aigburth Rd, Mersey Rd, Mossley Hill Rd, Cooper Ave, Barkhill Rd, Elmswood Rd, Holmfield Rd, North Sudley Rd and Jericho Lane. A further SID Device has now been acquired for the Mossley Hill area with funding from the Local Authority and support from Local Ward Councillors. The issue of parking in Mossley Hill Road has continued to cause concerns for local residents. Leaflets have been distributed to parents of juniors playing football in the local junior league on Sudley Field. Officials from the junior league have also assisted in trying to alleviate the problem. Citywatch Officers and Local Authority Wardens have also given attention to the area and issued penalty notices to offending vehicles.

The Neighbourhood Team attended a recent Your Community Matters Meeting which was also attended by a number of local residents. The meeting was an opportunity to raise local concerns to be addressed by partner agencies including the Local Authority and the Police. Priorities identified included Youth Disorder around Aigburth Road and Parking in the Aigburth area. These issues will be focused upon in the coming months.

For further information about Policing activity within the Mossley Hill Ward, please visit www.merseyside.police.uk. Details of forthcoming Police Surgeries are also contained on the website. If you wish to speak to one of the Neighbourhood Policing Team please attend one of the scheduled surgeries.

Regards

Bob Daly
F3 Neighbourhood Inspector

Police Surgeries at SARA Hall

Merseyside Police have put together a calendar of surgery dates to be held at SARA Hall between 6 and 7pm on the following Mondays through 2008: **14th April, 19th May, 16th June, 21st July, 22nd September, 20th October, 10th November, 15th December.**

This is your opportunity for a one-to-one meeting with one of our community police to raise any concerns you may have. No appointments necessary, just turn up between 6 and 7pm.

Motorists - Lock Your Car Doors!

SARA was recently made aware of an opportunistic incident in the area. A female resident had drawn up to her house in the early evening and although it was dark she parked under a street light. Before she knew what was happening, her passenger door had been opened and her handbag taken from the front seat. On this occasion not only did she lose a significant amount of cash but also the inconvenience of losing both her passport and driving license. **So, please be vigilant and lock your car doors at all times and try to be aware of what is going on around you.**

National Holocaust Memorial Day

Liverpool, in its Capital of Culture year, was chosen to host a series of events which culminated with a performance at the Philharmonic Hall on January 27th 2008, National Holocaust Memorial Day. This event was attended by the Chief Rabbi and the Archbishop of Canterbury, who both made a contribution to the afternoon event along with other distinguished participants and performers. A video message from the Prime Minister was played.

The theme for 2008 is IMAGINE (the unimaginable), REMEMBER (the past), REFLECT (on the present) and REACT (to create a better future). The SARA Committee was delighted to receive invitations to attend the event from one of the organisers, Cllr. Tina Gould. Below is a view of the occasion written by two of those who attended:

"We were members of SARA invited to attend the event and privileged to be there. Appropriate silences, music, dance, mime and stirring commentary evoked a spirit of involvement from the 1,500+ present. The truth concerning a dark and destructive Nazi policy emerged with moving testaments from survivors.

We learned that it was a crime to be a Jew; child or adult, or opposed to

the regime. The 1930's - 1940's saw the systematic killing of 6 million Jews and we were told that in addition, 5 million other victims were persecuted, starved and forced into the notorious concentration camps. These included gypsies, communists, trade unionists, homosexuals, the disabled, and religious or political dissidents. Nazi propaganda at concentration camps, where millions were gassed, expounded the theory that "to work was to live". Few survived this work policy, but a living testament from a survivor was received with awe and respect.

Kindertransport (Children's Transport) was the informal name for a rescue effort which brought thousands of refugee Jewish children to Great Britain from Nazi Germany between 1938 and 1940 and Liverpool played a part by providing homes for many children brought here to start a new life. So many orphans!

Everyone was encouraged to think deeply and was given a candle as they left the Hall and invited to leave a message on a wall of commitment outside the Philharmonic Hall. The memory of these events must be never forgotten in the face of other genocides taking place in the world. The quote attributed to Edmund Burke "All that is necessary for the triumph of evil is for good men to do nothing" is challenging us to be ever vigilant."

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SARA TRIPS

DAY TRIPS 2008

Arrangements for day trips during 2008 have now been finalised as follows:-

Date	Destination	Cost	Booking Date
Thursday 29 May	Sandbach Market and Bridgemere Garden Centre	£10	(from 8 May)
Monday 23 June	Trentham Gardens	£10	(from 2 June)
Wednesday 30 July	Dewsbury Market	£10	(from 9 July)
Monday 1 September	Bakewell Market	£10	(from 11 August)
Thursday 25 September	Tweedmill Factory Outlet, St Asaph and Llandudno	£10	(from 4 September)
Wednesday 22 October	Bury Market	£10	(from 1 October)

Bookings may be made by telephone to 726 0805(answerphone) from 8 am on the appropriate booking date. Please leave your name, telephone number and the number of seats required and we will get back to you to confirm your booking.

LLANDUDNO TINSEL AND TURKEY BREAK

On Monday 26th November 2007, 48 people set off for Llandudno for the Tinsel and Turkey Break, stopping on the way at the Tweed Factory at St.Asaph. We arrived at the Ambassador Hotel early in the afternoon and received a warm welcome. Tuesday was a free day in Llandudno which most people spent shopping. Probably for Christmas presents.

On Wednesday we had a trip to Pwllheli Market organised (which is advertised as one of the best markets in the country) followed by a visit to Porthmadog but unfortunately the weather let us down. The rain came down in "stair rods" so a quick cup of coffee in Pwllheli was the order of the day and back on the coach where everyone agreed, it would be better to return to Llandudno, where at least there would be plenty of places to keep dry. In spite of the rain everyone remained cheerful.

Thursday was a really nice day weather-wise and we had a trip around Snowdonia. Most people enjoyed the scenery as this is a most beautiful part of Wales.

As usual Friday came round all too soon so we decided to have a stop at Betws-y-Coed on the way home. This is a pretty little place and everyone seemed to enjoy it despite the rain. We arrived back in Liverpool mid-afternoon having had an enjoyable few days despite the weather.

Total Policing in South Liverpool

On 15th January 2008, the Chief Constable Bernard Hogan Howe held a community talkback event at the Garston Reading Rooms. The event, open to all residents of Liverpool South, began with a presentation on policing in Liverpool South which included various statistics on reduced crime rates. One notable item was that Anti Social Behaviour in Childwall, Church and Mossley Hill wards was down by 482 incidents (20.5%) in 2007 on the previous year.

A substantial part of the meeting which was chaired by Councillor Ron Gould, was handed over to the audience for Questions to the Chief Constable and our new Liverpool South Area Commander Steve Ashley. Six of the SARA Trustees including the Chairman and Treasurer attended the meeting, all thought it was a very worthwhile event and a great opportunity to meet the Chief Constable and his team.

Talkback events are held every 4-5 weeks across Merseyside by the Chief Constable. We hope to be able to bring you details of any future events to be held in South Liverpool.





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Watercolour Painting - Gordon Brown

10 x 2 hours Mondays 1.45 - 3.45 pm starts 21st April

Fee: £55 or Free*

Acrylic Painting - Steven Strobe

10 x 2 hours Thursdays 2.30 - 4.30 pm starts 24th April

Fee: £55 or Free*

Local History - Heather Buckley

10 x 2 hours Fridays 1.30 - 3.30 pm starts 25th April

Fee: £55 or Free*

*Free to those on means-tested benefits.

For further information contact the WEA on 243 5340.

To join a class just turn up on the day.

Whist Drive

We are trying to establish whether there is any interest in having a whist drive at SARA Hall. If you are interested, please contact us on 726 0805 (answerphone). Leave your name and number and we will get back to you one way or the other.

Pamper Sessions at SARA Hall

Ann and Anita have been providing Pamper Sessions for over a year and have now moved to SARA Hall this February. They provide beauty and holistic therapies such as: Facials, Indian Head Massage, Manicure & Pedicure, Reiki, Waxing, Reflexology, Weekend Nails and Lash & Brow Tints. All treatments are carried out in a calm and relaxed atmosphere with soft music to ease away your stresses and strains.

Held once a month, new clients are very welcome. All treatments last 30 minutes, cost £12.50 each and need to be pre-booked.

If you would like to book for your chosen therapy, please ring Ann - 07952 291 664 or Anita - 07910 123 521.

The Eight Oaks of Mossley Hill

To celebrate 800 Years of The City of Liverpool, Mossley Hill Residents' Association and The Friends of Sudley Estate have

planted eight English oak trees in the grounds of Sudley estate. The semi-mature trees, which were planted in mid December are situated near the top of the main field. The Chairman of SARA was invited to an informal event to mark the planting of the Eight Oaks of Mossley Hill which took place on 20th December 2007 at Sudley House. An oak plaque to commemorate the tree planting is due to be installed at Sudley.

Music for Pleasure

By the time we go to print, hopefully a new class will have started with tutor Betty Roberts. Betty was previously principal cellist with the RLPO. The class will be listening to music and benefiting from the tutor's vast knowledge of the composers and their music.

The class meets on Wednesday mornings from 10.30 am to 12.30 pm and the 10 week course costs £40. For further details contact SARA on 726 0805 (answerphone) and we will put you in touch with the tutor.

ST. MARGARET'S SPORTS CENTRE AVAILABLE TO SARA RESIDENTS

The new Cricket and Sports Centre at St. Margaret's High School on Aigburth Road is proving a real hit with Sudley and Aigburth residents. Many local groups are hiring the excellent facilities which are available to the community in the evenings from 6-00pm, weekends and during the school holidays. In addition to the multi-purpose, five badminton size Sports Hall there are two community rooms, a well equipped Fitness Suite, Dance and Keep-Fit Studio and a video coaching facility. Every consideration has been given to provide the disabled with facilities to meet their needs including a lift, signage for the visually impaired, disabled toilets and showers.

St. Margaret's is looking to further develop its role in the community and is planning courses to meet local needs. Our new half-termly and summer Cricket Camps for boys and girls aged 9 to 16 of all abilities and South Liverpool Gymnastics Club's Saturday and Monday sessions for boys and girls aged 5 to 10 mark the start of this development. Any suggestions for future courses from SARA residents would be most welcome.

Any local leisure or sporting organisations that would like to view the facilities or receive an information brochure are asked to contact the Centre's Administration Officer, Linda Travis on 0151 427 1825 (Option 4).

A video of the Cricket and Sports Centre is available on the school's website at www.stmargaretshigh.com



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Sudley Infant School Christmas Play

The Trustees of SARA received an invitation to attend one of the Christmas shows at Sudley Infant School from Ruth Thomas the headteacher.

Reception classes were doing a modern take on the nativity, year 1 classes were doing "The little robin's vest" and year 2 classes were doing a play about "Molly's first Christmas" (Molly was a mouse).

Initially the chairman was to attend but unfortunately, this clashed with a meeting over a planning application. In his place, Ray Brown SARA Treasurer and Brenda Brown one of the SARA trustees attended. Brenda and Ray thoroughly enjoyed watching "Woodpeckers", "Kingfishers" and "Owls" taking part in their Christmas Show. There's some real talent out there!

A big thank you to Ruth Thomas and all her teachers and staff for putting on the show, it must have taken a lot of hard work.

Inspired by Competition at Sudley House - 4th May 2008

National Museums Liverpool in Association with the Victoria and Albert Museum

For several months small amateur art groups have been visiting Sudley House to be "Inspired" by something within the property. The art exhibition prize giving will be on Sunday 4th May 2008 from 2.00 to 4.00. The afternoon will be a celebration of artistic talent. People from the local community are welcome to come along and enjoy music by Elegant Music, the prize giving ceremony and a conducted tour around the exhibition.

Shakespeare Youth Festival

On Sunday 6th July 2008 there is a treat in store at the Sudley Estate. The Shakespeare Youth Festival in association with the Globe Theatre London is performing in the rose garden. As we go to print, the play is unconfirmed but we are sure it will be an enjoyable afternoon. Please put this date in your diary as it should be a lovely experience.

Aigburth People's Hall

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New Members Always Welcome

Aigburth People's Hall is a Members' Social Club based in Aigburth Vale, we provide a convivial atmosphere for a quiet drink and the opportunity to meet old friends or perhaps make new ones or maybe a friendly game of Bingo (on selected nights)

Our Concert Room has Good Professional Entertainment each Saturday Night (usually free of charge)

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Sport & Leisure

Karate at SARA Hall

Recently introduced to Sara Hall is Shotokan Karate. Instructor John O'Neill is a former member of the K.U.G.B England and Great Britain Karate team. Amongst John's achievements are:

- Former Individual kumite (Fighting) National champion
- British silver medal (Kumite)
- British bronze medalist (four times) (Kumite)
- European silver medalist (twice) (Kumite)
- European bronze medalist (Kumite)
- World silver medalist
- World bronze medalist



John has also been part of many winning teams both with the famous Red Triangle karate club, England and Great Britain.

John says "Shotokan training is usually divided into three main parts: Kihon (basics), Kata (forms) or patterns of moves, and Kumite (sparring). Techniques in Kihon and Kata are characterized by deep, long stances that provide stability, enable powerful movements, and strengthen the legs.

I am enjoying teaching at Sara Hall and I have been very encouraged by the attitude of the students who are trying really hard and have a very positive attitude. Karate develops self-discipline, respect, and Karate actually teaches refraining from violent behaviour."



Liverpool Women's 5k & 10K May 11th 2008

Sponsor a Yummy Mummy!

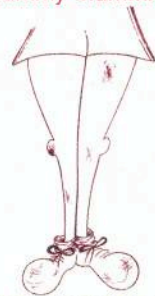
Are you thinking of participating in this year's "Worst Kept Secret"?

The Mums and friends of local charity "Pavilion Pre-School (Aigburth)" are joining forces to raise funds for this worthwhile community charity. A small team has already been assembled and will be looking your way for sponsorship.

If you would like to help us fundraise through sponsorship, please join our team now, email Liz at: pavilionpreschool@live.co.uk and we can get an entry and sponsorship form to you straight away.

Please help this worthy cause, Sponsor a Yummy Mummy or join our Team Now!

Yummy Mummies



Pavilion Pre-School (Aigburth)

If you are a local team and would like to be featured in our next issue just contact the newsletter team: newsdesk@sudley.org.uk

SARA Hall Weekly Events

Monday

Watercolour Painting (21st April start)

1.45pm - 3.45pm

Tai Chi £4 per class (except for first Wed of each month)

8.15pm - 10.00pm

Police Surgery (see page 4 for dates)

6.00pm - 7.00pm

Committee Meeting (First Wed of each Month)

8.15pm - 9.15pm

Karate (age 5+ Boys & Girls)

5.30pm - 6.30pm

Thursday

Craft £1 per class

9.30am - 11.30am

Tuesday

Tea Dance £2 per session

1.30pm - 3.30pm

Acrylic Painting (24th April start)

2.15pm - 4.15pm

Pilates

6.30pm - 7.30pm

Karate (age 5+ Boys & Girls)

5.30pm - 6.30pm

Wednesday

Music For Pleasure

10.30am - 12.30pm

Pilates

7.00pm - 9.00pm

Craft/Card making

1.00pm - 3.00pm

Friday

Yoga £4 per class

6.30pm - 8.00pm

Computers (CLAIT)

9.15am - 11.15am

Swimming at IM Marsh Campus

7.00pm - 8.00pm

Local History Class (25th April start)

1.30pm - 3.30pm

SARA Newsdesk: newsdesk@sudley.org.uk • 0151-726 0805

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