

NEWSLETTER

SUDLEY AREA RESIDENTS' ASSOCIATION

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

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

Registered Charity No. 508950

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KIND at Christmas

As a community organisation, we feel strongly about helping others. SARA's charity of the year scheme has helped many charities over the years but the one that remains firmly in our support is KIND. KIND has been instrumental in the Liverpool community providing help and assistance year-round to families less fortunate than ourselves. Since April, SARA has raised **£1,022.43** for KIND and presented a cheque for this amount in December to assist with KIND's 38th Christmas Appeal. The appeal has helped tens of thousands of disadvantaged children and their families to enjoy this special time of year.



SARA residents enjoying the recent festive evening in aid of KIND.

Aigburth Station Adoption Update

Planters have now been positioned on the platforms at Aigburth Station. We currently await safety training and the installation of a tap for water but once these have been completed, we will be in a position to plant and maintain the planters all year round. Volunteers should contact SARA on 0151 726 0805.

Newsletter Delivery People Wanted

The newsletter is produced twice a year in January and July. We are currently looking for help to deliver newsletters in the following roads: Birchtree Road, Hollywood Road, Fernwood Road and part of North Sudley Road (between Woodlands Road and Milner Road). Please contact SARA on 0151 726 0805 if you can help.

Friday 21st February 2014

Liverpool Showtime Group

7pm – Tickets £3.50

Call 0151 726 0805

*S.A.R.A. AGM with
Guest Speaker Paul King*

*Friday 6th June 2014 at 7pm
Paul King will give a talk on
The Story of Woolworths,
the store we all loved.*

*This will be followed at
8.15pm by the AGM of
Sudley Area Residents' Assoc.*

*This is a great opportunity
to come and see what SARA
is all about. Both are free to
attend and refreshments will
be provided.*

SARA really does need people willing to take an active role in the running of the Association by joining the Committee. In preparation for the AGM and the election of Trustees, anyone willing to get involved is encouraged to contact the Chairman or the Secretary on 726 0805 to discuss this. Regrettably nominations on the day are not permitted.



Find us on
Facebook

<http://www.facebook.com/sudleyarearesidentsassociation>

New Groups at SARA Hall

WEA Passion for Painting with Gordon Brown (Mondays 1.45 - 3.45pm) commencing 13th January 2014 for 10 weeks

Come along and learn to paint for the very first time or improve your skills if you've done it before. Our class is welcoming and open to all comers whatever your level of expertise. Through personal achievement you will increase your skills and confidence and enjoy the subject.

WEA Learn to Paint with Acrylics with Steve Strode (Tuesdays 10-12pm) commencing 14th January 2014 for 10 weeks

Learn to paint with acrylics at your own pace and develop a good foundation in the basic techniques. Discover colour, mixing, perspective, composition and much more. Suitable for beginners or painters with some experience.

Big You Little You Children's Yoga with Anna Martin (Tuesdays 4.30 - 5.30pm)

Through a combination of games, stories and play the children are gently introduced to basic yoga postures, breath awareness, relaxation and quiet sitting.

Chair Yoga - Philippa Bellis (Wednesdays 11.15 - 12.15pm)

The sessions aim to be fun, welcoming and all-inclusive. The chair-based classes include mindful movement and body

awareness, simple breath work and relaxation. Suitable for complete beginners, those with limited mobility and anyone who wants a more gentle form of yoga.

Circuit Training with Vicky Davies (Wednesdays 1 - 2pm)

Mixed exercises aimed to burn fat, tone up fast! Suitable for all levels.

Soft Play with Laura Bickerstaff (Thursdays 1 - 3pm)

Soft Play offers enjoyment, fun and stimulating excitement for children under five. It encourages active play and provides children with a safe environment for them to explore and use their imagination.

For additional details or to register for any of the above sessions please use the contact numbers on the back page.



Film Nights at SARA Hall

Over the last month, we have installed a new cinema screen making it a little easier for the trustees to set up for the cinema evenings. We have a number of great films lined up for 2014 including *Song for Marion*, *We Bought a Zoo*, *Kinky Boots* and *Philomena*. There's no charge to attend and refreshments of tea, coffee, biscuits and choc ices are sold during the intermission.

Film Nights 2014

Fridays at 7 pm:

24th January, 28th March, 23rd May, 25th July, 26th September and 28th November

**All welcome - Free Admission
Film details can be found on
the notice board in SARA Hall**

Table Sale Dates 2014

Saturdays at 10 am:

18th January, 15th February, 15th March, 17th May, 21st June, 19th July, 20th September, 18th October and 15th November

Tables £7 / Admission 20p

A table costs £7 payable at the time of booking. To book for any of the dates listed above call 0151 726 0805. If you're looking for a bargain pop in for a browse and a coffee.

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.

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

SUDLEY HOUSE

Share your memories of Sudley House

Sudley House has a fascinating 200-year history, much of which can be explored and enjoyed by a visit to the house today. However, there are some chapters of the house's past that are still being revealed.

Visitor host Simon Breedon has been discovering more about the important role that the house played during the Second World War, and would like to hear from anybody with memories of the house during this period.

Simon explains: "Despite its age, it seems that it's Sudley House's more recent past that we actually know very little about. For example, we know that during the Second World War the house was requisitioned by the Women's Royal Naval Service (Wrens) for use as a billet and accommodation for the officers and visiting guests. You can read the story of one Wren on the National Museums Liverpool blog, but we really have very little information about what life was like here during the period."



National Museums Liverpool would love to hear from anybody who worked at Sudley House before or during the Second World War. We would also like to hear from anybody who visited the house during the late 1940's or 1950's and might be able to recall what was on display. During this time, Sudley House's library was used as a branch of Liverpool Public Libraries. (pictured above)

To share your memories, please contact Sudley House using the online enquiries form: liverpoolmuseums.org.uk/about/contact/ or call 0151 478 4016.

World-class art in the heart of South Liverpool

Sudley House invites you to explore its world-class art collection, nestled in the heart of leafy South Liverpool's community. The inspiring collection is Britain's only Victorian merchant's art collection still hanging in its original surroundings.

Gainsborough, Rossetti and JMW Turner are just a few of the world-renowned artists whose work can be explored by taking a stroll through ground floor of the house.

The first floor of the house contains the much-loved childhood room and small world room, as well as the costume room and special exhibitions. One current exhibition not-to-

be-missed is *20th Century Chic*, a fabulous insight into 100 years of women's fashion.

Don't forget to end your visit by relaxing in the homely tea room, which

serves a selection of soups, salads and freshly made sandwiches, as well as a tempting variety of cakes and pastries.

Sudley House is open from 10am-5pm daily. Entry is free, as are our exhibitions and events. For the latest information on what's on, visit www.liverpoolmuseums.org.uk



BOOK REVIEW

Clay by Gladys Mary Coles - Flambard Press

Clay is the first novel by Gladys Mary Coles, a poet, editor and historian, well known for her biographical works, and who also teaches at Liverpool's universities.

Set during and in the aftermath of the First World War, 'Clay' moves between Liverpool, France, the Wirral and North Wales. At the start of the novel we meet William Mander-son, a young poet and infantry man, who is leaving Liverpool for the Western Front where his brother Jack has already been sent.

During the build-up to the Somme offensive, William keeps a journal and sends intimate letters to his sister-in-law Elizabeth. As a victim of poison gas he returns to Liverpool and attends the 1917 Welsh National Eisteddfod in Birkenhead which marks a turning point in his life.

The story is a narrative of endurance, bravery, tragedy and love and looks at the physical and psychological effects of war injuries in a sensitive way.

A colorful advertisement for children's parties at S.A.R.A. Hall. The text is in a playful, bubbly font. The background features a large, colorful balloon. The text reads: "PARTY TIME AT S.A.R.A. HALL", "Hold your children's parties at S.A.R.A. Just £30 for 2 hours and £6 per hour thereafter.", and "0151 726 0805".

**PARTY TIME
AT S.A.R.A. HALL**

**Hold your children's parties
at S.A.R.A. Just £30 for 2
hours and £6 per hour
thereafter.**

0151 726 0805

Day Trips for 2014

<u>DATE</u>	<u>DESTINATION</u>	<u>COST</u>	<u>BOOKING DATE</u>
Tue 18th March	Oswaldtwistle Mill and Cruise from Foulridge (Includes on board traditional Lancashire lunch of "Pie & Peas")	£26.50	Tue 25th February
Thu 24th April	Ripon and Harrogate	£13.00	Thu 3rd April
Wed 21st May	Llangollen and Bala (Includes steam train trip alongside Bala lake)	£20.00	Wed 30th April
Fri 27th June	Cleveleys and Lytham St Annes	£13.00	Fri 6th June
Mon 28th July	Bakewell Market and Buxton	£13.00	Mon 7th July
Tue 26th August	Windermere (Includes cruise on lake Windermere)	£22.00	Tue 5th August
Wed 24th September	Mold Market and Llandudno	£13.00	Wed 3rd September

Bookings may be made by telephone to 726 0805 (answerphone) on or after the booking date shown above. Please leave your name, telephone number and number of seats (max 4 seats per call) and we will get back to you to confirm.



Spring Holiday 2014

with Robinsons Holidays to the Imperial Hotel in Eastbourne.

Luxury Coach departs from SARA Hall on Sunday 6th April 2014 for a five day break in Eastbourne returning on Thursday 10th April. The cost is £165 half board and includes a number of excursions (still to be arranged from a selection of Arundel, Battle, Brighton, Hastings and Worthing), free insurance and no single room supplement.

A £50 deposit is payable when booking to reserve your place.
Call 0151 726 0805 for reservations or for more information.

S A R A H a l l W e e k l y E v e n t s

For weekly updates, please visit <http://www.sudley.org.uk/timetable.html>

Monday

09:15 - 10.15 Sure Start Session
 13:45 - 15:45 Passion for Painting (starts 13th Jan)
 17:30 - 18:30 Karate (age 5+ Boys & Girls)
 18:30 - 19:30 Karate for Adults
 19.45 - 21.00 Mindful Yoga for Stress Relief (starts 13th Jan)

Tuesday

10.00 - 12.00 Learn to Paint with Acrylics (starts 14th Jan)
 13:30 - 15:30 Tea Dance
 16.30 - 17.30 Children's Yoga
 19:30 - 21.30 Wu Shu Kwan

Wednesday

09:30 - 11:00 Gentle, Mindful Yoga
 11:15 - 12: 15 Chair Yoga
 13:00 - 14:00 Circuit Training
 18:30 - 20:00 Yoga
 20.15 - 21.15 SARA Trustee Meeting (1st Wed. of the month)

Thursday

09:30 - 11:30 Craft
 13:00 - 15:00 Soft Play
 17:30 - 18:30 Karate (age 5+ Boys & Girls)
 19.00 - 22:00 Wu Shu Kwan

Friday

10:00 - 11:00 Sure Start Session

Saturday

10.00 - 12.00 Cllr. Hurley's Surgery (1st Sat. of the month)

Class contacts:-

Sure Start on 0151 233 5399
 Painting Classes contact the WEA on 0151 243 5340
 Karate contact John O'Neill on 07590 309462
 Yoga contact Philippa Bellis on 0151 727 3133
 Children's Yoga contact Anna Martin 07835 626671
 Wu Shu Kwan contact Steve Bishop 07525 032511
 Circuit Training contact Vicky Davies 07825 885293
 Soft Play contact Laura Bickerstaff on 0151 364 3142