

NEWSLETTER

CELEBRATING

40

YEARS IN THE COMMUNITY

1977 - 2017

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

January 2019, Issue 40

S.A.R.A. Annual General Meeting

Our AGM this year will be held on Friday 7th June 2019.
The evening will commence at 7pm with our guest speaker.

Confessions of a

PROBATION OFFICER

with Ray O'Brien

Ray O'Brien was a Probation Officer for nearly 25 years at locations across Merseyside including Liverpool's Walton Prison. Ray's talk will be a humorous insight based on his personal experiences across the city.

Wine, tea, coffee and cakes will be served before the business of the AGM when the Chairman will give an overview of the 2018/19 annual report and accounts along with a look at SARA's plans for the next twelve months.

The event is free but for catering purposes, please call 0151 726 0805 for tickets.

Platform Upgrade at Aigburth Station

A reminder that the platform upgrade work at Aigburth Station is due to commence on **Saturday 19th January** until **Sunday 27th January**. We encourage you to check before travelling as timetables are subject to change and replacement bus journeys may take longer especially during peak times.

VOLUNTEERS WANTED

SEE PAGE 2

SARA Fundraising Evening for Sunflowers Cancer Charity

with entertainment from

The Liverpool Showtime Group

Starts 7.30pm, Friday
8th February 2019



Call 726 0805
for Tickets (£4)

Sunflowers
supporting people living with cancer

QUIZ NIGHT



Where?: S.A.R.A. Hall

When?: Friday 8th March at 7pm



Maximum of 6 people per team
Tea, coffee and biscuits included

Call 0151 726 0805 for tickets (£4)

PRIZE BINGO NIGHT

7pm on Friday 12th April 2019

Ticket includes 4 games of
prize bingo and tea/coffee.
An additional 'full house
cash flyer' (£1 on the night)
will close the evening.

Call 726 0805
for Tickets £4



SARA Update

As we head into another year, it seems appropriate to thank those who assist the SARA Committee with its work.

Obviously this Newsletter doesn't deliver itself and we are fortunate to have people willing to give up a little time to get the Newsletter out twice a year – so thank you all. Our Auditor is another volunteer to whom we are indebted – she ensures that we do not fall foul of the Charity Commission.

In the last few issues we have made you aware that we need help with specific tasks and we are delighted to report that people have come forward – a projectionist for our film nights, a green fingered person to look after the flower boxes and a quizmaster so that we can run our increasingly popular quiz nights. **Thanks are extended to all three volunteers.**

Now another plea for help! The hall is hugely popular as a venue for children's parties and is in use practically every Saturday and Sunday. Despite the fact that we have been able to streamline the procedure for accessing the building, we do need somebody (in fact a small team of somebodies!) who could undertake to pop into the hall after a party to make sure everything is in good order.

Currently, the Trustees operate a monthly calendar whereby we identify who will open the hall, who will close it up again and who will check the hall as soon as possible after a party finishes. It is the checking of the hall that makes this routine very restrictive time wise so a bit of help would be most gratefully received.

In reality, the commitment is not that great if shared by more people – perhaps just half an hour once or twice a month. Realistically, people living close to the hall would be better placed to undertake this although anyone willing would be welcomed with open arms!

If you can help, call **SARA Hall** on **0151 726 0805**.

Gardening tips for January

January brings the snow, or it used to before climate change. Now it seems we can expect adverse weather at any time of the year!



However, if you can take advantage of the odd spell of mild weather, doing a few essential last minute jobs will make a big difference come March/April.

Here are just a few tips:

- Sort out the Christmas tree - take to a recycling centre for shredding.
- Protect containers from frost by wrapping bubble wrap or horticultural fleece around them.
- Move containers to a sheltered corner to protect them from high winds.
- Carry out repair jobs and clean pots ready for spring.
- Keep a bag of grit ready to spread on icy paths.
- Wrap some insulating material around outside taps.
- After a frosty spell, deadhead pansy flowers and stems. The plants should flower again.



If the weather gets too cold though, don't be afraid to put the kettle on, make a nice warm cuppa and settle down with a good gardening book. A touch of armchair gardening can be just as satisfying!

Members' Raffle

Congratulations! Our members' raffle winner for this edition is **Pauline** from **Elmswood Road**. Pauline wins a £10 gift voucher for Marks & Spencer.

To be entered into our members' raffle, all you have to do is become a member of SARA - see the membership form below.

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. NB Members are registered until we are told otherwise - it is not necessary to complete a new form every year.

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

New Sessions at SARA Hall

Nicola Parker Pilates will be introducing three new classes to the timetable in January.

From **Monday 7th January** from **9.15am - 10.15am**, Nicola will run a **Mixed Ability Dynamic Pilates** class.

This will be followed by **Postnatal Recovery Pilates** from **10.30am - 11.30am**. This session will run in 6-week blocks so please contact for details.

Friday 11th January from **11.15am - 12.15pm** will introduce **Gentle Pilates** for those that like to take a slower pace!

For details please ring **Nicola Parker** on **07913 668599** or email **pilatesnicola@icloud.com**

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Strictly Fit starts on **Monday 28th January 2019** from **5 - 6pm**. The session is an energetic upbeat fitness class mixing the graceful steps of Ballroom and the up-tempo steps of Latin in easy to follow simple routines. It is suitable for all, any fitness level and no dance experience necessary. Session fee is £3. For details please ring **Frances Burke** on **07474 805060**.

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A **Mindfulness** course to enhance your wellbeing, will start on **Thursday 31st January** from **1.15pm - 2.45pm**. For details please ring **Pip Bellis** on **07813 359622** or e-mail **info@themindpool.co.uk** *Booking deadline for this course is 18th January.*

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A 12-week **Yoga for Healthy Lower Backs** course starts on **Tuesday 5th February** from **6.15pm - 7.30pm**. For details please ring **Carole Griffith** on **07748 260353** or e-mail **crigriffth@gmail.com**

Where has Grandma gone?

Local resident Harley wrote and illustrated this moving story at the age of 15 about the time her Grandma was diagnosed with dementia and went to live in a nursing home. Told through a child's words and drawings, this help book for families dealing with dementia shows how she felt and coped with the change.

Copies of the book are available for a cost of £4.95 + £1P&P (profits to local dementia charities).

Call **Lisa** on **07738 637953** to arrange payment and delivery.



Party Time

AT SARA HALL

Hold your children's parties at SARA Hall.

£30 for 3 hours and £6 for each hour thereafter.

Call Answerphone

0151 726 0805



Children of War

FREE copies of our **Childhood Memories** book are still available at **SARA Hall** or call **726 0805** and leave your address on the answerphone.



2019 Cinema Screenings at SARA Hall

Friday Evening Films

Films start promptly at 7pm on **25th January, 22nd February, 22nd March, 26th April, 24th May, 28th June, 26th July, 27th September, 25th October & 22nd November**

Details of the next film can be found on the main door of SARA Hall or by calling 726 0805. Refreshments available during the interval.

Free Admission



SARA DAY TRIPS

Tuesday 16th April 2019

HARROGATE

Coach leaves at 9am Cost £14
(booking on 26th March)

Thursday 16th May 2019

TRENTAM GARDENS

(admission fee included in cost)

Coach leaves at 9am Cost £24
(booking on 25th April)

Monday 17th June 2019

LLANDUDNO

Coach leaves at 9am Cost £14
(booking on 27th May)

Tuesday 16th July 2019

LAKE DISTRICT CRUISE

with free time in Bowness

Coach leaves at 9am Cost £24
(booking on 25th June)

Thursday 15th August 2019

LYTHAM

Coach leaves at 9am Cost £14
(booking on 25th July)

Wednesday 18th September 2019

SKIPTON

Coach leaves at 9am Cost £14
(booking on 28th August)



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

Places can be booked by calling **0151 726 0805**
(answerphone) from the booking date shown.
Please leave your name, phone number and
number of seats required.

Weekly Sessions

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Mixed Ability Dynamic Pilates
10:30 - 11:30 Postnatal Recovery Pilates
13:45 - 15:45 WEA Passion for Painting
17:00 - 18:00 Strictly Fit
18:30 - 19:30 Karate for older children and adults
20:00 - 21:00 Pilates

Tuesday

10:00 - 12:00 WEA Painting with Acrylics
13:30 - 15:30 Tea Dance
17:00 - 18:00 Gentle Yoga (Carole Griffith)
18:15 - 19:30 Yoga for Healthy Lower Backs (Carole Griffith)
20:00 - 22:00 Wu Shu Kwan Kung Fu

Wednesday

09:30 - 11:00 Yoga (Pip Bellis)
11:15 - 12:15 Chair Yoga (Pip Bellis)
13:30 - 15:30 WEA Local History
16:15 - 17:30 SARA Trustee Meeting (first Wed. of month)
18:30 - 20:00 Yoga (Pip Bellis)

Thursday

09:30 - 11:30 Craft
13:15 - 14:45 Mindfulness Course (Pip Bellis)
17:30 - 18:30 Karate for all ages
18:45 - 20:45 Yoga (June Bradshaw)

Friday

10:00 - 11:00 Sing-Along-a-Tots
11:15 - 12:15 Gentle Pilates

Saturday

10:00 - 12:00 Cllr. Hurley's Surgery (first Sat. of month)

Session Contacts:-

All Pilates sessions contact Nicola Parker on **07913 668599**
WEA classes contact WEA on **0300 303 3464**
Strictly Fit contact Frances Burke on **07474 805060**
Karate contact John O'Neill on **07590 309462**
Tea Dance contact Valerie Jefferies on **0151 427 1433**
Yoga with Carole Griffith on **07748 260353**
Yoga & Mindfulness with Pip Bellis on **07813 359622**
Yoga with June Bradshaw on **07772 892353**
Wu Shu Kwan Kung Fu contact Steve Bishop on **07525 032511**
Sing-Along-a-Tots contact Linda Wooding on **07747 047814**

For any of our other weekly events or for regular hall hire
enquiries, please contact SARA Hall on **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.