

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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Serving the community since 1977

Childhood Memories During World War II

SARA is pleased to report that it has been approached by a local film maker who, in partnership with Sudley House-National Museums Liverpool, would like to document the memories and stories of local residents who grew up in South Liverpool during World War II. The SARA committee are supporting this venture in any way that it can and to this end is letting residents know of the film maker's plans.

It is hoped to create a thought-provoking Documentary Film recording the memories, stories and feelings of residents who were children during the war years. She will do this by looking at how they coped with going to school, playing in the streets, food rationing, living through the Liverpool Blitz as well as the evacuation to the safety of the countryside and the heartache of leaving family and friends behind.

In addition to recording the memories and stories of residents' childhoods during World War II, letters, ration books, photographs and vintage film footage will be looked at to create a story that can be passed on to future generations before these most important memories are lost forever.

Volunteers willing to participate in this project are being sought. So, if you have stories to share, or photographs, toys, ration books, gas masks etc. that could form part of our "Preserving and Sharing Heritage" project, please get in touch.

Stories and memories will be gathered during August and September so please drop us a line or leave a message on our answerphone as soon as possible.

Tel: 0151 726 0805 Address: SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ or Email: liz.lizbrownfilms@gmail.com

Friday 23rd October 2015, 7pm

Prize Bingo & Quiz Night

Tickets £4 (include 4 games & quiz)

Tea & Coffee will be served

An additional 'Full House Flyer' will close the evening of fundraising for KIND

For Tickets Call 726 0805

Friday 13th November 2015, 7pm

Ruby Porter MBE

Talk on the Sreepur Village Orphanage and Women's Refuge in Bangladesh. A selection of handmade cards and textiles will be available to purchase with all proceeds for Sreepur.



Tickets £2.50 (All monies raised for Sreepur)

For Tickets Call 726 0805

Fairtrade Christmas Craft Fair

in aid of Bangladesh & Nepal

Saturday 21st November 2015

Sreepur Village Bangladesh, Women's Skills Development Project Nepal, and Beni Nepal will return with a fantastic array of crafts handmade by women in Bangladesh and Nepal working to sustain their family.

Refreshments Available

Open 1-5pm

Friday 4th December 2015, 7pm

FESTIVE EVENING

WITH MIKE DOODY

Tickets £4.00

Call 726 0805

LIGHT REFRESHMENTS



SARA ANNUAL GENERAL MEETING

SARA welcomed guest speaker Stephen Yip to talk at the Association's AGM on 12th June. Stephen spoke about KIND, the charity he founded 40 years ago to help Liverpool children in need.

From Stephen's talk, it was clear that many of the problems relating to child poverty are just as present in today's society as they were when the charity began. KIND has seen first-hand that the region, while improving in so many ways, still has some of the poorest, most deprived areas in the UK with too many children still finding themselves facing disadvantage on a daily basis.

Since 2008, SARA has raised over £7,900 for KIND. It was a great opportunity for our members to hear how this money has been spent on KIND's programmes at their centre in Back Canning Street, their summer residential and the Christmas Hamper Appeal.

Following refreshments, SARA's AGM took place. The Chairman gave an overview of the previous year's activities. He spoke of the improvements undertaken at SARA Hall and gave a breakdown of the income and expenditure for the period.

Two of the trustees had resigned during the year, the remaining nine trustees were voted in *en bloc* with the three officers being re-elected to the same roles as before.



YOUR HELP NEEDED

Sudley Area Residents' Association has been in existence for 38 years and we very much hope that we will be able to celebrate its Ruby Anniversary as a vibrant community resource. This will really be down to you 'the community' for which SARA was set up.

As you will see from the AGM write-up, we are a much depleted group of Trustees running the Association. Unless we are successful in recruiting new volunteers, we shall certainly struggle to have that celebration.

Much of the activity that takes place at SARA Hall is generated by organisations and individuals hiring the venue and offering a range of 'classes' for babies through to the more mature! These activities are administered by the Trustees along with the upkeep of the building and all that entails. Additionally there are activities that are run by the Trustees themselves, e.g. social evenings, the film nights, table sales, holidays and day trips, newsletter production. Quite a tall order for 9 people, we think you will agree.

In the case of the table sales and newsletter we do in fact receive significant help from people who support our work but who don't want to sit on a committee and we are most grateful for their help.

Obviously, in an ideal world, we would welcome formal involvement by residents joining the Committee, but assistance of any kind would be most welcome.

For example, could you place Table Sale posters for us? Do you fancy being a film projectionist? Could you spare a little time to do a bit of cleaning at the Hall? Not wishing to pinch a slogan, but we will! "Every little Helps". So, if you think you could get involved in any way at all, please get in touch.

A specific plea for help is regarding this newsletter which is delivered door-to-door by a team of volunteers. From time to time, for a variety of reasons, people are unable to continue to help and it leaves gaps in our coverage. We are currently seeking someone to deliver in **St. Anne's Road / Grove / Gardens and Maybank Grove**.

If you are able to spare half an hour a couple of times a year, please get in touch.

Email: secretary@sudley.org.uk or leave a message on the answerphone: **0151 726 0805**.

CUNARD'S 175th CELEBRATION

As many will have witnessed over the spring bank holiday, the city hosted an amazing weekend of events to celebrate the 175th anniversary of Cunard. Two of our members were lucky enough to experience the events on board while travelling in to Liverpool on Cunard's flagship ocean liner, Queen Mary II.



Afternoon tea on board the Queen Mary II.

SARA MEMBERS' RAFFLE

Each edition, the Trustees have decided to hold a draw from the register of members with one lucky winner receiving a £10 gift card from Liverpool One. The winner for this edition is **Dot Potter** - Congratulations! If you have not already done so, please complete the form below and become a member.

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

CLASSES AT S.A.R.A. HALL

WEA Passion for Painting with Gordon Brown.

Mondays 1.45 - 3.45pm commencing 28th September for 10 weeks

Fee: £65.10 or free to eligible learners

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 experience. Through personal achievement you will increase your skills and confidence and enjoy the subject.

For enrolment details please call WEA on 0151 243 5340

WEA Learn to Paint with Acrylics with Steve Strobe.

Tuesdays 10am - 12pm commencing 29th September for 10 weeks

Fee: £65.10 or free to eligible learners

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.

For enrolment details please call WEA on 0151 243 5340

WEA Introduction to Sign Language with Michael MacDonald.

Wednesdays 2 - 4pm commencing 30th September for 10 weeks

Fee: £35.70 or free to eligible learners

This course, delivered by a deaf tutor, will help you to learn signs for common everyday words and phrases and will give you the confidence to communicate with non-hearing people in limited situations. The interactive course is a gentle introduction to the British Sign Language and the culture of the deaf community.

For enrolment details please call WEA on 0151 243 5340

Yoga Classes (Classes re-start on Wed 2nd Sept.)

Gentle Yoga

Wednesdays 9.30 - 11am

Class suitable both for newcomers and those with some experience. A chance to get back in touch with your body and quieten your mind through yoga postures, breathwork and relaxation.

Chair Yoga

Wednesdays 11.15am - 12.15pm

A gentle and safe option for those with limited mobility, injury or who simply want a very gentle approach.

Hatha Yoga

Wednesdays 6.30 - 8pm

For those with good physical health who would like a more active session.

For more details about any of the sessions and to find out about my Mindfulness courses, contact pipbellis@hotmail.com or ring **0151 727 3133** or **07813359622**. www.pooloflifeyoga.co.uk

New Yoga Courses - Yoga for Healthy Lower Backs

These tailored courses, backed by Arthritis UK, provide a life-long tool kit to improve and maintain the health of your lower back. Courses starting in September. Contact Carole Griffiths on **07748 260353** and Pip Bellis on **07813 359622** for details.

Jumping Jacks (Classes re-start on Mon 7th Sept.)

Mondays 9.30 - 10.15am and 10.30 - 11.15am

Jumping Jacks national award winning mini disco sessions are a great way for little ones aged 0-5 and their grown ups to spend quality time together, make friends and learn new skills.

Sing-Along-a-Tots (Class re-starts on Fri 21st Aug.)

Fridays 10 - 11am

Singing is a great way to have fun with your child and help develop their language and communication skills at the same time. It's never too early to start and the group ranges from ages 0-5. The children love the guitar and playing the instruments. £3 for the first child and £2 each for subsequent children, adults free! Come and join us!

KUGB Shotokan Karate Club (Classes re-start on Thu 3rd and Mon 7th Sept.)

Junior Karate Mondays and Thursdays 5.30 - 6.30pm

Adult Karate Mondays 6.30 - 7.30pm

An exciting, enjoyable activity for juniors (boys and girls age 5+) and adults of all ages.

Tea Dance

Tuesdays 1.30 - 3.30pm

The group runs every Tuesday except Christmas week come rain or shine and is very well attended with people travelling from all over the city.

It is a fantastic opportunity to come along and meet new people while enjoying a dance around the hall.

Tea Dance regular Ernie Miller was 90 years young earlier this year.

The Tea Dance group celebrated in style with tea, cake and balloons!



Craft

Thursdays 9.30 - 11.30am

A self-help Craft group continues on Thursday mornings, with new members always being warmly welcomed. Feel free to drop in for a chat and a cuppa.

Wu Shu Kwan

Thursdays 8 - 10pm

The group is a large family of enthusiastic and friendly members practising an effective martial art in the pursuance of total fitness and the ultimate self-defence. New Members always welcome.

**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 2015

<u>DATE</u>	<u>DESTINATION</u>	<u>COST</u>	<u>BOOKING DATE</u>
Wed 19th August	Mold Market and Llandudno	£14	Wed 29th July
Tue 22nd September	Clitheroe Market and Preston	£14	Tue 1st September

Trips will leave SARA Hall at 9am prompt. 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.

Table Sales 2015



Saturdays at 10 am:

19th Sep, 17th Oct and 21st Nov.

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.

Film Nights 2015



Fridays at 7pm:

25th Sep and 27th Nov.

All welcome - Free Admission

Films start at 7pm prompt with a half-time interval when refreshments are available. Film details can be found on the main entrance and the notice board at SARA Hall

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

09:30 - 10:15 **Jumping Jacks** (Returns 7th Sept.)
 10:30 - 11:15 **Jumping Jacks** (Returns 7th Sept.)
 13:45 - 15:45 **Passion for Painting** (Starts 28th Sept.)
 17:30 - 18:30 **Karate (age 5+ Boys & Girls)** (Returns 7th Sept.)
 18:30 - 19:30 **Karate for Adults** (Returns 7th Sept.)

Tuesday

10:00 - 12:00 **Learn to Paint with Acrylics** (Starts 29th Sept.)
 13:30 - 15:30 **Tea Dance**

Wednesday

09:30 - 11:00 **Gentle, Mindful Yoga** (Returns 2nd Sept.)
 11:15 - 12:15 **Chair Yoga** (Returns 2nd Sept.)
 14:00 - 16:00 **Introduction to Sign Language** (Starts 30th Sept.)
 18:30 - 20:00 **Yoga** (Returns 2nd Sept.)
 20:15 - 21:15 **SARA Trustee Meeting** (first Wed. of the month)

Thursday

09:30 - 11:30 **Craft**
 17:30 - 18:30 **Karate (age 5+ Boys & Girls)** (Returns 3rd Sept.)
 20:00 - 22:00 **Wu Shu Kwan**

Friday

10:00 - 11:00 **Sing-Along-a-Tots** (Returns 21st Aug.)

Saturday

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

Class contacts:-

Jumping Jacks contact Lucie Campbell on 0151 487 5757
 Painting & Sign Language classes contact WEA on 0151 243 5340
 Karate contact John O'Neill on 07590 309462
 Yoga contact Philippa Bellis on 0151 727 3133
 Wu Shu Kwan contact Steve Bishop on 07525 032511
 Sing-Along-a-Tots contact Linda Wooding on 07747 047814
 For anything else, please contact SARA Hall 0151 726 0805