

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

August 2013, Issue No. 29



SARA ANNUAL GENERAL MEETING

SARA welcomed guest speaker, Stephen Yip, founder and CEO of KIND, to talk at the Association's AGM on 7th June.

KIND has been SARA's chosen charity for the last few years and Stephen was able to provide an excellent insight into how funds raised by SARA are used to benefit young people across Merseyside through residential holidays, the SEED centre in Back Canning Street and through the Christmas Hamper Appeal. Stephen had a comedic approach to his talk but always focussing on the importance of the children of KIND.



Following refreshments, SARA's AGM took place. The chairman gave a review on the previous year's activities and an overview of the financial statement. The existing trustees were voted *en bloc* and the three existing officers were re-elected to their current roles.

A raffle was held for KIND raising £37 and as always, our book stall was open.

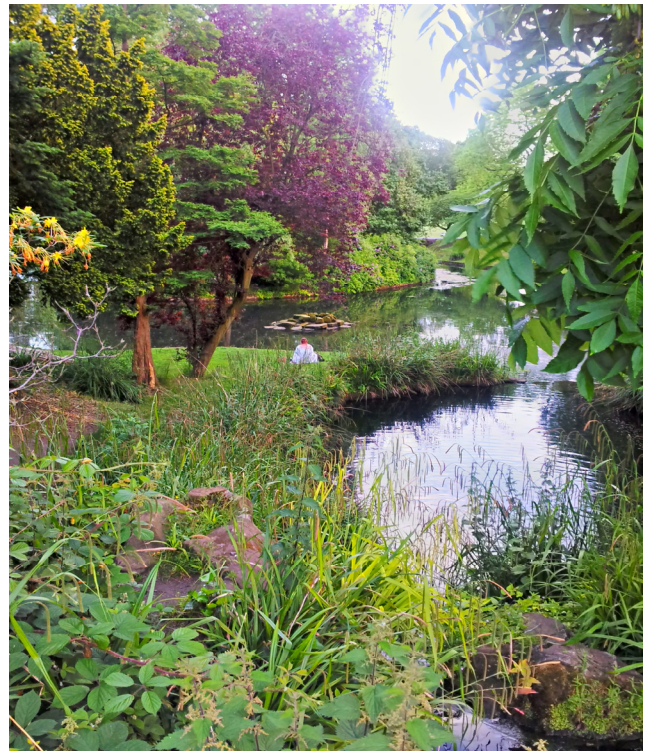
AIGBURTH STATION

Aigburth Station is currently undergoing some improvements, including the re-opening of a waiting room on the city-bound platform. SARA Has agreed in principle to 'adopt' Aigburth Station which means the



Association will be responsible for the installation and up-keep of floral displays at the station.

We are currently at the planning stage but, once we are up and running, we shall be looking for local people to assist us in this venture.



Sefton Park

LOCAL SCHOOLGIRL VOLUNTEERS

Ellie Cain is a 17-year old pupil at Merchant Taylors School who lives locally. She has volunteered to go to Cambodia for a month next summer through Original Volunteers. Her aim is to make a positive contribution and hopefully to transform the lives of the children there through education. She has successfully raised funding to cover her costs and is now concentrating her efforts on securing funds for the Tabitha Foundation which provides schooling and water wells for rural areas of Cambodia.

Ellie is pictured with the Lord Mayor, Gary Millar at a recent fund raiser at Liverpool Town Hall.



If you would like to support Ellie in this worthwhile initiative, she can be contacted by e-mail at caiej@merchanttaylors.com and donations can be made at gofundme.com/28ft58.



Find us on
Facebook

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

ACTIVITIES AT SARA HALL

Sudley Area Residents' Association continues to arrange a variety of activities. Please have a look at the back page where you will find details of the remaining **Day Trips** for this year. These are extremely popular so if you are interested, please make a note of the booking date and make sure you phone the Hall as early as possible on the booking day to ensure you get your seat(s).



Dates of the **Film Nights** are listed. On 13th September we shall be showing *Hope Springs* and on 1st November *A Song for Marion*. Admission is free and everyone is welcome. **Table Sales** dates until the end of the year are also listed. Come along and grab a bargain!

Check out the back page for details of an interesting **Lecture** to be given by Marc Gee in October, followed in December by a **Festive Evening**.

The Hall is popular for a range of other activities and classes. Some continue throughout the year while others are offered on a termly basis and start dates are included on the weekly timetable on the back page along with contact details.

Sure Start will continue to offer two weekly sessions on Monday and Friday mornings.

The WEA will be offering three **Painting Classes** – Monday afternoon, Tuesday morning and Thursday afternoon. All start new 10 week sessions in September.

Karate classes for both juniors and adults are on offer on Monday and Thursday evenings.

Wu Shu Kwan is popular on Tuesdays and Thursday evenings.

A weekly **Tea Dance** has been running at the Hall for many years on Tuesday afternoons.

Yoga is popular on Wednesday mornings and evenings and Philippa is offering a new 8 session course on Monday eve-

nings *Mindful Yoga for Stress Relief* starting 9th September. This is for anyone who wants to learn to cope better with the demands of life – for those who want to slow down and relax; work-related or life-style stress; high blood pressure; IBS; Anxiety; general aches and pains. A 12-week *Yoga for Healthy Lower Backs* is also planned.

Yoga for Children runs on Tuesday afternoons.

Self-help **Craft Groups** continue on Wednesday afternoons and Thursday mornings, with new members always given a warm welcome.

Cllr. Patrick Hurley's **Monthly Surgery** is held at the Hall on the first Saturday of the month and **SARA's Trustees** meet monthly on the first Wednesday of the month.



BOOK REVIEW - SCOUSE MOUSE

Scouse Mouse is one of the three autobiographical books by the late, great jazz singer, George Melly and forms part of the Owning Up Trilogy.

Born in Linnet Lane and then moving on to Ivanhoe Road, George was part of the well known Melly family and as such enjoyed a privileged upper-middle class upbringing in the Liverpool of the 30's.

It is a beautifully written book full of the most wonderful characters. We meet the shopkeepers on Lark Lane, George's mother, Maud with her lively social life; Emma Holt, a cousin, still living in Sudley House and the Melly family itself full of strange customs and traditions. It gives us an insight into a prosperous Liverpool before the war and is a must read for anyone who lives in the Aigburth area.

HELP!

Do you live in any of the following : Fernwood Road, Hollywood Road, Hillview, Alresford Road. Would you be prepared to spare half an hour twice a year to deliver this Newsletter? If you are willing to take on you road, please let us know on 726 0805. (answerphone)

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**

CHANGES IN THE HEALTH SERVICE – WHAT DO THEY MEAN TO YOU?

What are they? From the 1st April 2013, Liverpool Clinical Commissioning Groups (CCG's) are responsible for planning and designing local health services. They will do this by 'commissioning' or buying health and care services including: *Planned hospital care; Urgent and emergency care; Rehabilitation care; Community health services; Mental health and learning disability services*

Who are they? Liverpool Clinical Commissioning Groups are made up of 450 GP's from all the 95 Liverpool General Practices, they are clustered in 18 Neighbourhoods and three localities. The Localities, are Liverpool North, Liverpool Central and Liverpool Matchworks. The Liverpool CCG is administered by a Governing Body, made up of 9 GP's, 2 Nurses, 1 Secondary Doctor (a doctor from a hospital), a Chief Officer, a Chief Finance Officer and Co-opted members.

What is different about CCG's? As your GP is part of the decision process, this brings the responsibility for commissioning closer to you, the patient. The CCG's are run by practising GP's. The old PCT was run by managers who did not necessarily have to live with the consequence of their decisions. All GP practices have to belong to a Clinical Commissioning Group.

Who are CCG's accountable to? Clinical Commissioning Groups will be overseen by the NHS England at a national level. NHS England is a new body that will make sure that CCG groups have the capacity and capability to successfully commission services for their local population.

What does Liverpool CCG need to Achieve for you, its Patients? *Helping you prevent illness in the first place; Earlier detection of illness; Helping you to manage your own illness-self-care; Being more targeted to support you when you're not well; Helping you find the right NHS service for your problem*

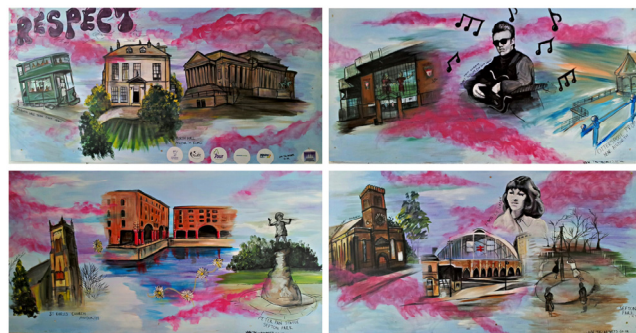
Does Liverpool CCG have a Vision? YES. By 2020, health outcomes for the people within Liverpool will have improved relative to the rest of England, and health inequalities within Liverpool will have narrowed.

The quality of health care received by Liverpool patients will be consistent and of high quality. It will be measured by patient feedback, provider assessment and external review processes.

Can I Get Involved? YES. Patients are at the heart of the CCG's services and they actively involve them as widely as possible to ensure their health needs are met. If you would like to provide comments or feedback and be part of the process to develop new services, you can get involved in a number of ways including Patient Participation Groups: Please contact your GP practice direct for more information. Patient Events: visit their website, www.liverpoolccg.nhs.uk or watch for events in the Liverpool Echo.

Healthwatch: To find out more, call Healthwatch Liverpool on 0300 7777 007, visit the Healthwatch Liverpool website or email enquiries@healthwatchliverpool.co.uk

AIGBURTH SUBWAY



Vandalism and graffiti have blighted the Aigburth Road subway for many years. So SARA is pleased to see recent improvements to the subway to make it a safer and more pleasant environment. Working with Sefton Park-based artist Nicola Taggart and local Housing Associations, local councillors have helped to improve the subway with a series of murals along newly-painted walls. Anti-vandal measures have also been installed, and the old public toilet doors have been blocked off to prevent litter gathering. Cllr Hurley said, "If the murals prove popular, we could replicate them across the area to brighten up the streets too."

MEMORIES OF AIGBURTH

I was born in Oxford Street Hospital and was brought home to Fulwood Road where I lived with my mum and dad and my two sisters. My first school was St Charles, a lovely little school just around the corner, and my kind-hearted mum would come up at break time and pass biscuits through the fence to me. I can remember that we had a hammock in our back garden and we charged our friends 1d to go in it. My favourite game was top and whip.

The houses backed onto Ancaster Road and that led to a drama during the war. An incendiary device landed in Ancaster and we all had to move out. We found refuge in Branton Road where we seemed to spend a lot of time sheltering under the table as searchlights scanned the skies looking for enemy planes. We eventually moved to Branton permanently and I stayed there until I married Ray and moved a short distance to Lyttelton Road.

**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 2013

<u>DATE</u>	<u>DESTINATION</u>	<u>COST</u>	<u>BOOKING DATE</u>
Monday 19th August	Cheshire Oaks & Chester	£12.00	from Mon 29th July
Friday 27th September	Shrewsbury	£12.00	from Fri 6th September

Bookings may be made by telephone to 726 0805 (answerphone) on or after the date shown above. Please leave your name, telephone no. and no. of seats (max 4 seats per call) and we will get back to you to confirm.

AL'S LADS

Marc Gee will be showing excerpts from his film *Al's Lads* which was shot entirely in Liverpool and starred Ricky Tomlinson and Richard Roundtree. He will also be talking about his two novels *Autumn Kill* and *Declaration of Guilt*, both thrillers. Marc will give a unique insight into the world of writing from writing for theatre, film and books.

Friday 4th October 2013 at 7.30 pm

Tickets £2.50 call 726 0805

SARA FESTIVE EVENING

Join us for an evening of festive entertainment
with Mike Doody



Friday 6th December 2013
at 7.30 pm

Tickets £3.50 call 726 0805

TABLE SALE DATES 2103

Saturdays at 10 am

**17th August, 21st September,
19th October and 16th November**

TABLES £7/Admission 20p

To book for any of the dates listed, call 726 0805

FILM NIGHTS 2013

Fridays at 7 pm

13th September, 1st November

All Welcome—free Admission

**Film Details can be found on the notice board
at SARA Hall or call 726 0805**

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

09:00 - 11:00 Sure Start Sessions
13:45 - 15:45 Passion for Painting (starts 23rd Sept)
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 9th Sept)

Tuesday

10:00 - 12:00 Learn to Paint with Acrylics (starts 24th Sept)
13:30 - 15:30 Tea Dance
16:00 - 17:30 Children's Yoga
19:30 - 21:30 Wu Shu Kwan

Wednesday

09:30 - 11:30 Yoga
13:00 - 15:00 Craft/Card making
18:30 - 20:00 Yoga
20.15 - 21.15 SARA Trustee Meeting (1st Wed. of the month)

Thursday

09:30 - 11:30 Craft
13:30 - 15:30 Drawing & Painting: The Basis
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
Yoga contact Philippa Bellis on 0151 727 3133
Painting Classes contact the WEA on 0151 243 5340
Karate contact John O'Neill on 07590 309462
Wu Shu Kwan contact Steve Bishop 07525 032511
Children's Yoga contact Anna Martin 07835626671

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.