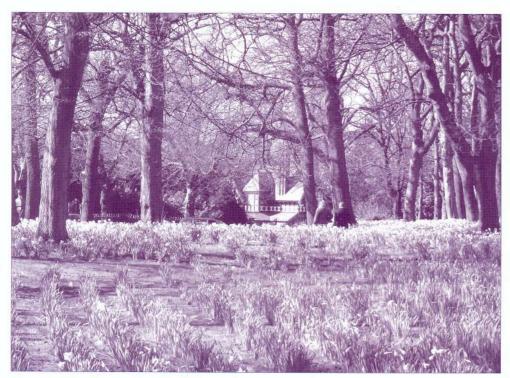


# SARA Newsletter Sudley Area Residents' Association

Sudley Area Residents' Association

issue no. 08 - May 2006

# SPRING IS IN THE AIR



Spring Daffodils in full bloom Sefton Park April 2006

# SARA raises £1,700 for the charity "Zoe's Place"

For 2005 - 2006 SARA adopted Zoe's Place baby hospice as our main fundraising focus. The sum of £1,700 has been raised over the year through cinema evenings, social evenings, raffles on our coach trips and holidays, donations from residents and our SARA book stall. Your support in attending these events has been greatly appreciated by the committee. To maintain our bookstall, we would welcome donations of good condition paperback books, all proceeds from the sale of these books will go to our charity of the year for 2006-2007.



Penny Williams Appeals Director and Vicky Partridge of Zoe's Place with members of the SARA committee (L-R) Jean Browne, Steven Kearney, Eileen Rich, George McVey, Peter Urmston & Ray Brown.

SARA'S Annual Valentine's Evening with the Ladies Harmony Singers took place at S.A.R.A. Hall on Friday 17th February 2006. The evening was a great success as usual, the Ladies having perfected a new routine for us.

They once again kindly donated their fee to our "Zoe's Place" fund and the Committee did a great job in providing the free buffet. The enjoyable evening raised £275 for "Zoe's Place". Thank you to everyone who attended - we are already looking forward to next year's function.

SARA AGM Our AGM this year will be held at the SARA hall on Friday 12th of May 2006 at 7.30pm. As with previous years, this is your opportunity to come along and meet the Committee, hear what we have been doing to support the area over the last 12 months and make any suggestions for what we can do for you over the next 12 months. This is also your opportunity to raise any concerns you may have in the local area.

Everyone is welcome, please come along.

# **NEW COURSES** AT S.A.R.A. Hall

The Workers' Educational Association is offering the following FREE courses

#### DIGITAL PHOTOGRAPHY

Learn how to make the best use of your digital camera

10 Weeks starting TUESDAY 2 May 2006 10.00am to 12 noon

#### LOCAL HISTORY

Discover the history of your locality using various sources.

10 Weeks starting THURSDAY 4 May 2006 2.15 - 4.15 pm

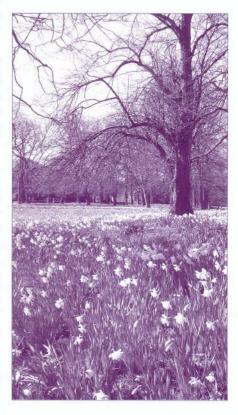
#### WATERCOLOUR PAINTING

Develop skills in watercolour painting

4 Weeks starting MONDAY 19 June 2.00 - 4.30 pm

# TO JOIN JUST TURN UP AT THE FIRST

For Places and further details contact Bernie Doyle on 243 5350



#### Editor's Notes

The SARA newsletter is now in its third year of production and we are always looking for exciting, community based issues to feature in the publication.

We are always on the look out for articles, photographs and general items of interest, so if you have anything of interest to put forward, please don't hesitate!!

Once again we would heartily like to thank everyone who helps put the SARA newsletter together and to everyone who helps distribute the newsletter to over 2,500 households in the Sudley area, without whom this would not be possible.

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

As this is a multi cultural community, we would also welcome information on events and activities that might be occurring within the community. Religious, cultural, music, art and sporting activities are all welcome to be featured within the newsletter, just let us know at:

newsdesk@sudley.org.uk or drop us a line to the SARA Hall, corner of Rundle Road, Aigburth

newsdesk@sudley.org.uk

Once again thank you all for your help and input

Newsletter Team

# **NHS Direct**0845 4647

# **Local Business?**

**Need To Place** 

An Ad?

contact us at

newsdesk@sudley.org.uk

# SARA News

#### Sefton Park Restoration

#### Approval from the Heritage Lottery Fund

Liverpool City Council has finally obtained approval from the Heritage Lottery Fund for the restoration and development of Sefton Park to begin. Project development work is now underway to prepare detailed designs which can be put forward for approval.



Proposals include cleaning, upgrading and renovation of all watercourses, buildings, listed features such as statues and woodlands.

These details formed the basis of a second stage bid which was put forward to the HLF (Heritage Lottery Fund) in December 2005, where final approval for a £6.5 m programme of works was sought.

If successful, the restoration of Sefton Park is due to commence in 2007.

In its hey day the 200 acre Sefton Park looked magnificent and even today commands a beautiful and tranquil spot in the heart of south suburban Liverpool.

At this time of year the sight of millions of golden daffodils around the lake and dancing amongst the trees draws thousands of people from across the city in admiration.

Sefton Park proudly boasts itself the home of many indiginous species of tree such as beech, oak sycamore and ash curving their way along the many pathways of peaceful bliss.

Originally part of the Royal Park of Toxteth, Sefton Park was bought from Lord Sefton in 1866, by Liverpool City Council.



The park is home to the famous Palm House, a typical example of fine Victorian architecture, so typical in the Victorian quest to experience fine, foreign and exotic samples of plant life within the cooler climes of Liverpool. The Palm House itself has undergone a remarkable transformation in recent years that has restored it to its former glory.

The Peter Pan statue has been reinstated in Sefton Park following cleaning and repair by the Conservation Centre supported by European Objective 1 and City Council funding. Initially it has been sited alongside the Palm House although this location will be reviewed if the Heritage Lottery Fund approves grant aid to restore and improve Sefton Park. Consideration will then be given to returning the statue to its original setting alongside the watercourse.



# Sportsmans Dinner

19th October 2006

Venue: Marquee Suite, Goodison Park

**Dave Watson** (Former EFC) **Alan Kennedy** (Former LFC) Plus guest Comedian

£32 per ticket includes 4 course meal Tel: 0151 2280353 Email: penny@zoes-place.org.uk



All proceeds go to Zoe's Place Baby Hospice

Registered charity number: 1092545

# Flora Adidas, Liverpool Half Marathon Sefton Park 19th March 2006

On Sunday March 19th 2006 South Liverpool yet again hosted the prestigious Flora Adidas Liverpool half marathon. Organisers say that an even greater crowd than 2005 participated this year, and following its great success, next year's event is expected to attract vast numbers of runners of all ages.

This year's event had 5,000 runners at the starting line at 10am on a cool, but dry and still day. These conditions were perfect for anyone running 13.1 miles. As in last years event, the atmosphere from start to finish was light hearted and welcoming. Spectators lined much of the route which went through Princes park towards the centre of Liverpool. Music along the way also kept the participants in high spirits, until finally the runners made their way back through Sefton park to an atmospheric finale.



This event along with its sister half marathon at Silverstone park, are a pre cursor the Flora Adidas London Marathon which is held every April.

Well done to everyone who participated in this year's event and also to all the ladies who will be taking part in the Liverpool Women's 10K on May 14th at Sefton Park!!

Just some of the brave athletes who participated on March 19th 2006

# 

The Clipper 05-06 Round the World Yacht Race, which was due to finish in Liverpool in July, and the river festival which surrounds it, lies very much in doubt.

The original dates for the Yacht Race were 18th September 2005 to 10th of July 2006, however the fleet of ten yachts were forced to dock in the Philippines when a potentially deadly fault was discovered in a number of the vessels.

After seven weeks of repairs and alterations the race is ready to resume, but organisers of the welcoming home celebrations, the Liverpool Culture Company, may now experience difficulties in rescheduling events to fit in with the new expected finishing times.

Thousands of spectators merged along the river Mersey for the start of the 05-06 Clipper Round-the-World Yacht Race in September.

10 crews set sail on an 11-month ocean adventure when the starting gun was fired at noon on September the 18th, all in a bid to bring home the renowned 'Clipper Cup.'

Clipper is the world's fastest and longest amateur sailing race, a 35,000-mile round the world trip.

Liverpool proudly hosts the start and finish of the race as the city continues its build up to European Capital of Culture in 2008.

Each of the ten competing yachts is 68ft long, representing nations such as Australia, Singapore, China and South Africa, and each is crewed by international teams of 17 amateurs and one

#### A Big Thank You!!!!!

As many of you will know, Ken retired from the SARA committee in January. The committee would like to say a big thank you for his 10 year service to SARA. Ken has been instrumental in many of the developments at SARA including the introduction of the LINC classes, looking after the general upkeep of the SARA hall, introduction of the Sudley Football Club sponsorship, organising the day trips and holidays for 8 years and providing endless cups of tea and sandwiches at our functions and events. To show our appreciation the committe has donated £100.00 from SARA funds to Zoe's Place. Thanks Ken!

#### Tuesday Afternoon Tea Dance

The Tuesday afternoon dancers held their Christmas party on 13th December 2005. Everyone brought a contribution to the buffet and made it a really super spread. So with good food, lots of music and dancing and a friendly party atmosphere, everyone thoroughly enjoyed the occasion.

At the beginning of the year three new dancers were welcomed to the group. All the dancers are now looking forward to another year as enjoyable as the last one, which included a trip to the tea dance at Southport's Floral Hall and a V.E. Day party.

Looking forward to seeing everyone on Tuesday afternoons, 1.30pm - 3.30pm, everyone is welcome!



A previous team returns to a hero's welcome and celebrations at the Albert Dock

professional skipper.

The Liverpool 08 crew includes Liverpool residents Claire Daley, Peter Mulcahy and David Dowling who won their places through a Liverpool Culture Company competition.

The Clipper 05-06 race is divided into seven separate legs, visiting 12 international ports, some of which include Salvador (Brazil), Fremantle (Australia), Qingdao (China) and New York before the race reaches a thrilling climax in Liverpool in Summer 2006.

Keep an eye on the local press for definate dates on the Clippers' return!

# Vale Home Care

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Christmas Party - Afternoon Tea Dancers 13th December 2005

# SARA News Updates

#### The Crofton Estate

You will be pleased to know that the proposals for developing the Crofton site have been withdrawn. This is probably due to the fact that any planning application outside the HMRI areas (Housing Management Renewal Initiative) would probably fail.

This doesn't mean that they can't try again in a few years time when HMRI is completed.

#### Alley Gates

The Council has received information from Whitehall that the powers required to enact the new gating orders will be in place in April. The Council are looking at how and over what time scales the orders will be able to be used. More information should be available in the coming weeks.

The need for gates will have to be prioritised throughout the City. This should mean that areas of high anti-social behaviour and crime should be gated first.

#### South Liverpool Suburbs Ideal for British Film Industry!

In January of this year there was a real buzz and hive of activity in some of our local streets. "Across the Universe" Sound Films Ltd. took over, for a brief time, parts of Woodlands, Aigburth, Lucan, Bundoran, Rundle, Lugard, Lyttelton and Wingate Roads, in a grand bid to recreate 1960's Britain.

The production which is a musical and features the renowned front man of Ireland's U2, Bono (Paul Hewson) is set to be released late in 2006 - early 2007.





#### Farmers Markets

Monument Place London Road, Liverpool

1st & 3rd Saturday of every month 8.30am - 2.30pm

Lark Lane Aigburth, Liverpool 4th Saturday of each month

**Garston Market** 

Every Friday 9.00am - 5.00pm

#### Lifestyles Garston

#### Swimming pool

- · five lane 25m swimming pool
- · learner pool
- · water flume

#### Other facilities include:

- · village changing facilities
- health suite including steam room, sauna and spa pool
- main sports hall and ancillary hall
- · vending and social area
- 3 floodlit synthetic grass multi-use courts
- car parking for 145 cars with improved access

#### Activities

- spinning
- · pilates
- swimming lessons
- circuit training
- Football coaching
- boxercise
- tai chi
- aqua fitbums & tums

#### Opening Hours

Monday - Friday 7.15am - 10pm Saturday 7.15am - 4pm Sunday 8.15 am -4pm

Garston Leisure Centre Long Lane Garston Liverpool L19 6PE

Telephone 0151 233 5700/5702

Email: Lifestyles@liverpool.gov.uk

# Swimming at IM Marsh

FAMILY SWIMMING SESSION EVERY WEDNESDAY

7.00pm - 8.00pm

All Ages Male & Female

Children accompanied by adult

GET FIT FOR THE SUMMER Contact Jean 727 4912

#### Local Councillors

#### Surgery Times

Local Councillors are available for you to speak with them regarding any local issues / concerns, every Tuesday 6.30pm - 7.30pm at St.Margaret's school during term time only.

# History

#### St.George - Patron Saint of England

With all of the recent debate on our national heritage, I thought it might be a nice time to have a look at the historical beginnings and heritage of England's patron saint, George.

There are many accounts about this character George who is believed to have lived during the 3rd or 4th century AD.

One is that he was a Roman soldier of deep christian character, another is that he was a Cappadocian knight from north Africa and became a christian martyr at Lydda in Palestine in the 4th Century.

George is however most famous for his bravey in slaying the dragon and rescuing a maiden at Silene in Libya. He is often represented wearing armour and slaying the dragon with a lance which bears a flag with a red cross on a white background. In some accounts he even tames the dragon.

Saint George became the patron saint of England in the 14th century. He was a popular early Christian martyr elsewhere in Christendom and was the patron saint of soldiers.

The real-life history of St George is so scant that he was demoted by the Catholic Church to a third-class, minor saint in the first half of the twentieth century. Only in the year 2000 was he elevated once again to the role of 'national saint' and awarded his "day of solemnity" by the Pope. If little is known about the man, the myth is legendary - a dragon-slaying Christian hero triumphs over evil in an unyielding course of events.

St George was initially promoted to patron saint in 1061 when a church in Doncaster was dedicated to him. But earliest references to him in history come from the Anglo-Saxon prose writer, Aelfric, who reveres him in his Lives of the Saints (c.1000). George also appears in the Golden Legends, an English translation of Jacobus de Voragine's Saints' Lives published by Caxton in 1483.

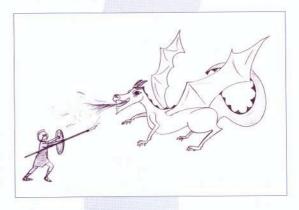
The legend - in which George slays a fierce dragon, symbolising evil, and rescues an innocent maiden from death - is thought to have appeared as late as the 12th century and may have origins in the story of Perseus, who defended the virgin Andromeda against the monstrous Medusa.

To Christians, George is a historical figure, an archetypal soldier made famous for tearing down Diocletian's edict against Christianity. For this act he is believed to have been beheaded in Lydda, Palestine (in AD 303), thus becoming an early Christian martyr.

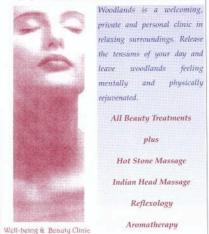
At the Council of Oxford in 1222, St George's Day was declared a public holiday. It was Edward III who instituted the Order of St George and encouraged the battle cry 'St George for England!' St George's Day continued to grow in popularity and the 23rd of April soon became an occasion for feasting in monasteries across England.

Today however things are a little different, the patron Saint's day is no longer a public holiday and no real celebrations can be seen on English soil.

If Saint George represented an English ethos of bravery, fairness and chivalry, it seems that maybe, they are dying along with the legend!



# Woodlands



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### Junior Competition

The question to our last competition was,

Can you name the real character in Harry Potter and the Goblet of fire, who was stealing from the potions cupboard to make poli juice?

The answer was "Barty Crouch Jnr", disguised as Mad Eye Moody! The winner is: Andreas Kakou!!

# Adult Competition

Our mission in the Christmas edition was to name the road pictured below. The photo was taken in the early 1900's and was printed up as a postcard and sold at Aigburth post office. The clue was in the tram lines in the middle of the road, the answer is "Aigburth Road". But guess what, there were no correct answers!! We have put all of the entrants names into a hat and pulled out a winner anyway......Jane McGowan well done, your prize is on its way!!!

#### New Competition Open To All Ages

This time we would like art work of any kind, drawing, painting, photos etc. The theme is, "Liverpool In Bloom".

There are three categories, under 10's, 11 - 17 and Adults.

The best overall image will appear on our next editions front cover. All winners will receive a fabulous selection of top of the range art materials and all pictures will be exhibited at the SARA hall during August 2006.

email your tiff, eps or jpeg images to: newsdesk@sudley.org.uk or leave entries in the entry box at the SARA Hall, any time!! Good Luck everyone!

# **Bargain Booze**

Stock up for the World Cup · Call in today
Wine · Spirits · Beer · Snacks · Tobacco

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# AIGBURTH PEOPLE'S HALL

New Function Room Now Available for Hire, including Saturdays All Occasions · Birthday Parties · Christenings · Private Functions etc.

Televised Premier League Football on site Open To All



Bowls · Chess Darts · Snooker Tables Tennis

#### 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)

The APH also run many teams, Active Crown Green Bowling Green on site for Ladies & Gentlemen

All Age Groups are Catered for!

Very Competitive Bar Prices · Why not come along and see what we offer You May Just Enjoy It!!! A.P.H. Aigburth Vale, Tel: 0151-727 3357

# Did You Know?

Those of you who live near or travel on North Sudley Road may have noticed recently a rather large bird perched on a rooftop or flying overhead. This sight over the years, whilst rare is rather frequent for a city such as Liverpool.

The Grey Heron which is huge (90cm), has long legs, a long thin neck, a mid grey plumage with a white speckled under body. The grey heron is a year round migrant over much of Europe, that favours lakes or marshland, but during winter loves the coast and garden ponds.



# Word Play

Moon derives ultimately from an Indo-European root shared by Latin Mensis and Greek Men, both meaning "month". The moon was also used to measure time.

# of Infant Massage

# Baby Massage

Benefits of infant massage:



- · Increases bonding
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- · Helps constipation
- · Promotes relaxation
- Builds immune system

Book for a five week course in your area

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Sue O'Leary CIMI Tel: 0151 487 5459



#### Wildlife in Aigburth

Recently there have been reported sightings of a fox in the area. Have you seen any or any other wild animals? If so please send any pictures or reports and we can feature them in our next issue. Prizes for the most unusual sighting!!!!



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0151 233 3001

# **Environmental Service**

Street scene services (refuse collection, street lighting, highways etc.) and pest control

0151 233 3002

#### Consumer Advice

Information and advice about consumer issues

0151 233 3004

#### Registrars & Cemeteries

General information including appointments to register births, deaths & marriages

0151 233 3008

#### Revenues

Information and advice about Council Tax

0151 233 3018

#### Neighbourhood Services

Information and advice to Council tenants on housing related issues and also your local Neighbourhood team

0151 233 3021

#### Planning & Building Control

Information and advice about Planning Permission & Building Regulations

0151 233 2008

#### Capital of Culture

Information relating to Capital of Culture events

0151 233 3017

Helpline for Domestic Violence



#### Re-Cycling Centres L17 - L18

Aigburth Road: by bus stop on slip road to Ashfield Road - All Materials

Victoria Close: junction with Victoria Road -Cans/Paper

Sefton Park: car park opposite Greenbank Lane - Cans/Paper

Croxteth Drive: outside York House - Cans/Paper Croxteth Drive, Setton Park car park opposite Croxteth Gate - All Materials

Aigburth Drive Car Park:

junction Mossley Hill Drive by bollards - All Materials Sefton Park, car park opposite Livingston Drive North - Cans/Paper

Livingstone Drive: by library-Paper/Cans/Glass

#### Otterspool Drive:

junction Mersey Road -All Materials

Barkhill Road: near entrance to IM March Campus - Cans/Paper

#### Carnatic Halls of Residence 1 & 2:

North Mossley Hill Road -Elmswood Road - Paper only

Alverstone Road: junction Penny Lane - Paper only

#### Calderstones Park:

Council Offices Car Park
- Paper/Cans/Glass

Tesco (L'pool - Mather Avenue) - Superbank: Cans/Glass/Textiles

L18 Rose Lane: near Allerton Library -Paper/Cans/Textiles

Greenbank Drive: site opposite Halls of Residence - Cans/Glass



#### SARA WORKING WITH MERSEYSIDE POLICE

#### Liverpool South Area · Aigburth and Grassendale Neighbourhood · April 2006

If like me you are looking forward to the warm British weather and intend to enjoy it to the full, can I ask you to take some very simple precautions. If you are gardening in the front of your house, lock the back of the house, when you go out lock all the windows in the house, and when you leave your car, close the windows, lock the doors and keep any valuables out of view. You do live in an area of low crime but these simple precautions will help to stop you becoming a victim of burglary or car crime. Most of this type of crime is opportunistic. Make it difficult for the criminal!

Our priorities remain the same, targeting speeding cars and anti social behaviour. We are concentrating on Aigburth Vale at the moment and I believe we have had a significant impact. We are using small video cameras for our bike patrols for the first time in Liverpool. They gather evidence of anti social behaviour and can be utilised in court where appropriate. If you are still experiencing problems please contact your community officer Constable Reynolds on 777-5125/6

On an interesting note Merseyside Police have reintroduced the police cadet scheme for 16-18 year olds. This is not a guarantee of police employment for the future but a scheme to introduce young people to the working life of a police officer as well as other community activities. We are also looking for community volunteers to fulfil a number of roles working alongside the police and members of the community to join the special constabulary. If you know any one who would be interested please let me know by phoning the above number or writing to me at Allerton police station.

Shaun Bradbury

Allerton Neighbourhood Inspector

0151-777-5141



# BEECHMILLS

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# Your Letters .

Dear SARA

I recently returned from a short break in Europe through Liverpool John Lennon Airport. At first I was quite amused, but on second thoughts I was very shocked to find that I walked straight from the aeroplane, through customs and into the arrivals area of the airport without meeting one member of staff, security or otherwise.

Every other country I have visited, I have not been allowed to enter that country before producing my passport (this procedure is usually labeled passport control).

Surely in todays climate huge lapses in security such as this are unforgivable.

Is it possible for Liverpool to host a huge international event such as Capital of Culture 08 and expect visitors and residents alike to feel safe, when our "International Airport" has no real security checks?

Name supplied.

# SARA Trips

Across the Sea to Ireland

On Monday 3 April, before the day had dawned, 46 of us joined our Five Star Travel coach to start our trip to Wicklow. Given the early start, we were in Holyhead in no time at all ready for a fast ferry to Dublin. A blustery day, the crossing was a little lively but not bad enough to cause anyone to be seasick. We arrived in Wicklow early afternoon having negotiated the congestion of Dublin.

The Grand Hotel proved to be a fine establishment which acted as a focal point for the town having a restaurant, bar and conference rooms available to the public. In fact while we were there a number of us went to see 'Don't Dress for Dinner' a comedy performed by the local amateur dramatics society.

Our accommodation was first class and the choice of food was excellent. On a couple of evenings there was entertainment in the bar. On Tuesday a couple of singers (one with an accordion, the other with a guitar) entertained and we all had a right good sing song. On Wednesday a singer with a guitar didn't quite make the grade, but we'll not go into that.

On Monday and Tuesday afternoons there was time to explore Wicklow itself. With just one main street of shops, it is a small town but in a beautiful coastal setting. There are a couple of historical sites in the town - Wicklow Gaol and the remains of an Abbey - the latter located directly opposite the hotel.

On Tuesday afternoon we went to Avoca - the location for the filming of the TV series Ballykissangel - where there was an opportunity to visit Fitzgerald's Bar, walk through the village and head up the hill to the famous Avoca Handweavers Mill. On the way back we made a stop at The Meeting of the Waters Craft Centre. A very picturesque spot where there is a monument to Thomas Moore, the famous Irish poet.

Wednesday was retail therapy day in Dublin's fair city. An extremely busy city but with plenty of opportunities to sight see using the city tour bus or, as many of us did, to hit the very impressive shops.

Thursday our very obliging driver, Frank, took the group to the Wicklow Mountains and to Glendalough an early

SARA says:

This is quite alarming if true. I have forwarded your letter to Liverpool John Lennon Airport and am awaiting a reply, two weeks later!!! Surely our "International Airport would like to pride itself on having a high level of security in view of Liverpool's international status now and in the very near future!!

If you have an issue to discuss with us, contact us by email: newsdesk@sudley.org.uk or phone 726 0805

Good News regarding the overgrown ivy which was cascading onto the footpath in Dundonald road. After contactacting Liverpool City Council, all of the overgrowth has been cleared away, making it a pleasure to take the children to school each day!!!



Christian settlement. Then it was off to Bray for a few hours.

All too soon, Friday was upon us and we were on our way home. It was an extremely leisurely trip home in the sunshine with a milk pond ferry crossing to Holyhead.

The Welsh coastline looked wonderful with the sun glistening on the water. All in all - despite the temperature remaining low, we had a predominantly dry five days - which takes some planning in Ireland. Talking about planning, congratulations must be extended to our superb 'travel agents', Barbara and Eileen, who not only arranged the holiday but also the raffle which raised £53 for Zoe's Place - S.A.R.A.'s charity of the year.



The Wicklow Gap

#### Liverpool Arena and Convention Centre

Opening 2008 this landmark addition to Liverpool's famous waterfront skyline will transform Liverpool's position as a conference destination of choice. It offers an integrated complex of a World class 9,500 seat arena linked by a glazed Galleria to the purpose built conference centre with state of the art auditorium and meeting rooms.

#### A FREE Course on HEALTH AWARENESS

is being run at S.A.R.A. Hall on WEDNESDAYS 9.30 -11.30 am from 26th April 2006

The course will cover:

- Understanding how your body works
- How diet and exercise can improve your health
- Understanding Stress, its causes and effects
- Drug Awareness
- Health and the environment
- The Feel good Factor

To join just turn up on the day of class

The course is a L.I.N.C. course provided by Knowsley Community College

#### **EUROPEAN HOLIDAYS**

To those travelling to any other EU country on holiday, a reminder that the Health Insurance Form E111 has now been replaced by a new European Health Insurance Card (EHIC) which entitles the holder to reduced or sometimes free medical treatment in most European countries.

There is a choice of three easy ways to obtain these cards:
1) An application form from the

- Post Office or
- 2) A telephone call to the EHIC Application Line on 0845 606 2030 (You will need your National Health or National Insurance number when you call) or
- Apply on line at: www.dh.gov.uk/travellers

It is not always easy to get treatment abroad so it is also most important to have adequate private health insurance.

#### **COACH OUTINGS 2006**

Coach outings for this year will be arranged at monthly intervals as in previous years. Notices giving details of the trips as they are arranged will be posted at the SARA Hall in Rundle Road and also in the local shops.



R.J.M. Tiling Contractors Ltd.

Saturdays: 9.30am - 1.30pm



# Huddleston's Fish Shop

For all your fresh fish & poultry Open Thurs, Fri & Sat • Call in now Aigburth Road, Liverpool, 728 8834

# Sport & Leisure

#### Congratulations to Sudley F.C.

Well done to Sudley Football Club who have just been awarded the Football Association Charter Standard Club status. This award from the F.A. was confirmed in December 2005, with the official presentation being made on Sunday 26th March 2006 at Sudley Playing Fields.

"The Charter Standard is a national kitemark recognising those clubs that

demonstrate raising standards, required standards, reaching excellence and promote to all members, parents and the public that they are a well organised, safe club, offering opportunities for all." the F.A. Sudley F.C. is one of only 22 clubs to have this status under the Liverpool County F.A. umbrella. Team manager Darren Quine would like to say a big thank you to all players at the club, all of the parents and the F.A. qualified coaches for their support and commitment to the club.

Also a big thank you to SARA and all of our sponsors for their kind support.



The season so far...... Sudley F.C. have only lost 4 times all season and have been winning games, playing well in attacking, fair football.

Sudley F.C. 2 are improving all of the time and we will see the best from these players next season!!

If anyone would like information regading the club, please contact

Darren Quine on 07845616013.

New players are welcome to try out for either team and the age group is year 5, under 10's at present.

#### **Training Days:**

Sudley Field - Thursdays 6.30 - 8.00

Sudley Field - Saturdays 10.00 - 12.00

Plus selected days at I.M.Marsh

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

#### Sporting events April - August 2006

#### May

#### World Series Squash Grand Prix

Date: Tuesday 2nd to Saturday 6th May 2006

Venue: St Georges Hall

#### Liverpool Women's 10k Run

Date: Sunday 14th May 2006 Venue: Start Sefton Park

For information please visit the RunLiverpool website.

#### City of Liverpool Open Amateur Golf Tournament

Date: Saturday 27th May 2006 Venue: Allerton Golf Course

#### June

#### National Junior Open Karate Championships

Date: Saturday 3rd June 2006 Venue: Greenbank Sports Academy

#### County Cricket Festival - Lancs v Sussex

Date: Tuesday 6th June to Friday 9th June 2006

Venue: Liverpool Cricket Club

#### **Liverpool International Tennis Tournament**

Date: Tuesday 13th June to Sunday 18th June 2006

Venue: Calderstones Park

#### International Women's Gymnastics

Date: Saturday 24th June and Sunday 25th June 2006

Venue: Park Road Sports Centre

#### July

#### Merseyside Youth Games

Date: Friday 7th July and Saturday 8th July 2006

Venue: Picton Sports Centre and Wavertree Athletics Centre

#### Liverpool Parks Tennis Tournament (Open amateur tournament)

Date: Monday 24th July to Saturday 29th July 2006

Venue: Calderstones Park

#### Liverpool / Knowsley International Youth Soccer Tournament

Date: Tuesday 25th July to Sunday 30th July 2006 Venue: Geoffrey Hughes Playing Fields (Wyncote)

#### August

#### National Table Tennis Grand Prix Tournament (City of Liverpool)

Date: Saturday 19th and Sunday 20th August 2006

Venue: Greenbank Sports Academy

# SARA Hall Weekly Events

#### Monday

Baby Massage 10.30am - 12.30pm

Watercolour Painting 2.00pm - 4.30pm

Tuesday

Digital Photography 10.00pm - 12.00pm Tea Dance 1.30pm - 3.30pm

#### Wednesday

 Health Awareness (LINC CLASS)
 9.30am - 11.30am

 Craft
 1.00pm - 3.00pm

 Yoga €
 6.30pm - 8.00pm

 Swimming © IM March Community
 7.00

Swimming @ IM Marsh Campus 7.00pm - 8.00pm Committee Meeting (1st Wed of each Month) 8.15pm - 9.15pm

#### Thursday

 Craft
 9.30am - 11.30am

 Local History
 2.15pm - 4.15pm

 Liverpool Tai Chi Club
 7.00pm - 9.00pm

#### Friday

Computers (LINC CLASS)

9.15am - 11.15am

The SARA Hall is also available for hire for special occasions such as Birthday Parties, Christenings, First Holy Communions etc. The Hall is an ideal size for discos and games. For as little as £22 for 2 hours and £6 for each additional hour thereafter, a £10 deposit is required at time of booking, contact 0151-726 0805 and leave your contact details and date / time required for your party and some one will get back to you as soon as possible!!! Sorry no Bouncy Castles!

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