

SUDLEY AREA RESIDENTS' ASSOCIATION

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

Registered Charity No. 508950



Newsletter

Issue no. 15 - August 2008

SARA Youth Recognition Awards



As reported in our last newsletter, applications are now invited for our September allocation of the Youth Recognition Awards.

The awards offer one-off grants of up to £200 for specific projects to individuals under the age of 18 and groups that operate for the benefit of those under the age of 18. The awards are open to individuals and groups based within Sudley and the surrounding areas.

Applications for an award can be made for anything that supports the development of youth. e.g. assistance towards the cost of a musical instrument for someone who would ordinarily be unable to meet the financial costs involved or a grant towards a group activity for young people. Applications will be considered by the Youth Recognition Awards Panel which is made up of the Officers and Trustees of Sudley Area Residents' Association.

To request an application form, please contact the Youth Recognition Awards on:

0151 726 0805 or email: youthrecognitionawards@sudley.org.uk

You can also write to us at Youth Recognition Awards, SARA Hall, Rundle Road, Liverpool L17 0AQ. The closing date for completed application forms is 30th September 2008.

The End of an Era

It is with sadness that we report that the **Aigburth People's Hall** has been forced to close its doors. For over 100 years the Hall had been an important community resource for the people of the area providing a range of sporting and entertainment activities. It was run by a committee of voluntary members who for some time had been struggling to remain economically viable in the light of falling membership and rising running costs. Unfortunately, this was a battle they were not able to win and they were forced to take the decision to close. The last day of trading was Saturday, 14th June 2008.

Although the membership had been falling over the years, the closure will leave many local residents bereft. Many people who made use of the club's facilities - for bingo, bowls, etc are of an age when it will be difficult to find a suitable alternative venue and this will seriously curtail their social life.

I am sure that the Committee would like to extend their thanks to those who supported the club through thick and thin.

What of the future of the building? At the time of writing we have no firm information but no doubt there will be much interest in what is a prime location.

SARA would like to thank the APH for supporting the SARA newsletter over the last four years and for the donation of equipment to help us with our future fundraising activities.



Superlambananas

Over 100 specially designed Superlambanana sculptures (180cm tall) will showcase the creativity of Liverpool; its heritage; regeneration and world renowned art scene for ten weeks from June 16 - August 25.

See how many you can spot throughout the city.

No. 110,
'Mandy' Mandala Superlambanana
By Arts in Regeneration (Patricia Lee) in association with the communities of Granby, Dingle and Toxteth.

SARA COFFEE MORNING AND RECRUITMENT FOR CLASSES

SARA will be holding a Coffee Morning on Wednesday 13th August 2008 at SARA Hall from 10.30 am to 1.00 pm.

Come along and see what classes will be on offer in the autumn. We hope to have representatives of the providers on hand to answer any questions you may have about the classes and there will be an opportunity to express your interest in joining a particular class or group.

So please, do come along and have a coffee/tea and a chat about the activities that take place in the Hall.



Young Person's Summer Activities with Merseyside Police

Merseyside Police will be providing weekly activities through the summer holidays for young people in the area.

Young Person Arts & Crafts (Age 5 - 11)

From 31st July for 5 weeks on Thursdays between 2pm and 4pm at SARA Hall, Rundle Road.

Play It Like Brazil Football (Age 11 - 17)

From 1st August for 5 weeks on Fridays between 6pm and 7pm at St Margaret's Sports Facilities, Aigburth Road.

For further details please call 0151 777 5126.



Hello everyone, we are all looking forward to the summer ahead and hopefully it will be a nice one.

The SARA newsletter of course is the ideal outlet if you are a community based unit, organisation, youth club, sports club etc. to let people know about you and your activities.

If you would like us to feature your events and activities in our future editions, or if you have photographs or articles which could be of interest to the residents in the area, please do not hesitate to get in touch with us.

Thanks are due for all the voluntary effort involved in producing and distributing the Newsletter to 2,500 homes in the area.

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

To get in touch just call 0151-726 0805 where you can leave a message and someone will get back to you as soon as possible or email: newsdesk@sudley.org.uk or drop us a line to the SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

Newsletter Team • August 2008

A Celebration of Adult Learners' Week - Ghost Talk with Richard Baker

Ahead of our AGM on Friday 23rd May, we held a talk on ghosts. The evening was sponsored by the WEA as a celebration of Adult Learners' Week.

Our local park ranger Richard Baker gave a very interesting talk to about 50 local residents on the history of three of Liverpool's parks. Calderstones Park, Sefton Park and Allerton Towers. All three have an amazing history, from the 18th Century slave trading Earle family at Allerton Towers, through the banking (Martins Bank) and shipping (Cunard Line) dynasties at Calderstones to the Philanthropic prowess of Henry Yates Thompson at Sefton Park. Naturally with large expanses of open space and vast historical information, it's hard not to come across the topic of ghosts. Richard gave a thoroughly entertaining re-enactment of two such ghostly tales inviting members of the audience to help him.

SARA AGM

The AGM followed our Ghost Talk with Richard Baker. The evening was very well attended by residents, Neighbourhood Inspector Bob Daly, LCVS Neighbourhood Development Officer Jenny Currie and our three ward Councillors were also present. The Chairman opened the meeting with a Powerpoint presentation, talking through the activities of SARA over the previous year. The Chairman also gave a review of the current financial position and explained the trustees thoughts behind the new SARA Youth Recognition Awards. Nominations were taken for the three executive officer positions, there being no new nominations, the current officers and trustees were elected into their existing positions for a further 12 months.

Chairman - Steven Kearney
Secretary - Dot Caples
Treasurer - Ray Brown

The meeting was then opened to the floor for a questions and answers session with questions being directed to SARA, Police and Councillors. Copies of the AGM presentation and Annual Report can be downloaded at <http://sudley.blogspot.com>

Donalds Way

We reported in our December 2007 newsletter of the traffic issues generated during term time when parents/guardians drop and pick-up children from Sudley Junior School. Following the completion of a traffic survey in March on Donalds Way, a number of measures have been or are in the process of being put in place to try to reduce the amount of inconsiderate parking (obstructing driveways, pavements or junctions, double parking or parking on yellow zig-zags).

- Siting of signage in Donalds Way advising against inconsiderate parking.
- Leafleting of parents to identify offending driver behaviour and the enforcement action that will be taken where offences are disclosed.
- A competition to be held inviting children from Sudley Junior School to design graphics for signage, posters and leaflets as part of the campaign.

- Police to utilise a Bluetooth messaging system to regularly remind drivers to park considerately.
- High visibility policing initiative to advise drivers of offending behaviour and proposed enforcement action.
- Enforcement Action Days to be undertaken by Police staff following the Education campaign if persistent offending behaviour continues. As part of the operation, parents residing within walking distance will be encouraged to walk to school where possible.

This is an excellent result for the residents of Donalds Way, thanks are due to Inspector Bob Daly for his continued support on this issue and our local MP, Louise Ellman for her representation on behalf of S.A.R.A. to the school, Council and Police.

Inspired by...at Sudley House

Inspired by... is the Victoria & Albert museum's annual art competition. As the name suggests, a piece of art or craft is created from inspiration taken from an existing piece within the V&A collection. This year, Sudley House, home to part of the National Museums Liverpool collection has taken part in the event and for several months, small amateur art groups have been visiting Sudley House to take inspiration from something within the house.

An exhibition featuring all the wonderful creations is currently on display at Sudley House and is definately worth a visit.

Ashfield Road / Aigburth Vale Lights

The Your Community Matters meeting for Mossley Hill ward held in SARA Hall back in February identified the traffic lights at Ashfield Road / Aigburth Vale as a key priority. The junction was updated with a pedestrian crossing a couple of years ago and to facilitate this without the entire junction being on red, the route from Aigburth Vale onto Ashfield Road and Aigburth Road was split into a two part cycle allowing pedestrians to cross Ashfield Road in stage 2 of the cycle. There are thought to be a considerable number of motorists who jump the light sequence on a daily basis.

A meeting has been held with SARA, LCVS, Merseyside Police, Liverpool City Council and 2020 Liverpool to discuss the current situation and see if anything can be done to help reduce the risk to pedestrians/motorists. It was agreed that a method of using the CCTV already in location would be considered as a means of establishing volumes of traffic disregarding the signals and with a potential to follow this up with warning letters from Merseyside Police. Educational banners would also be considered for the barriers at the junction.

Depending on the outcome of the CCTV monitoring, a change to the lighting sequence and installation of a light-jumper may be considered. Both of these have considerable costs and would be seen as a medium to long term option only.

Sudley BLOG

In addition to our regular website at www.sudley.org.uk, we now have a blog page which is updated regularly by the Chairman, the site can be found at <http://sudley.blogspot.com> and contains details of all our upcoming events as well as a regular update with what's been happening at SARA.

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Music from the Shows

On 13th June, SARA Hall turned into Broadway with the amazing talents of Miss Sarah Chidlow. Sixteen year old Sarah is familiar with our regular fundraisers and has been one of the roadies for the Liverpool Harmony Singers each time they come along to the hall and sing for us. At the last fundraiser in March, we were passed a CD of Sarah's work to listen to. The CD could quite honestly have been any of the west-end stars or one of the Marias in rehearsals! We set a date and decided on an evening of Music from the Shows with Sarah and give the evening something a little different, refreshments of Cheese & Wine.



The evening was a great success! Sarah sang two sets, the first was Musical Theatre ranging from Eliza Dolittle with "I could have danced all night" to some of the well known Lloyd Webber musicals including "Wishing you were here again - The Phantom of the Opera" and "Don't cry for me Argentina - Evita". The second set was a variety of music including The Seekers, The Carpenters, good old Cilla Black and even a bit of Dame Shirley Bassey.

The proceeds from the evening were for the SARA Youth Recognition Awards and Sarah is a perfect example of the youth achievement we are looking to recognise in Sudley and the surrounding areas. All in all, an excellent night of entertainment for the 75 friends and residents.

Total raised for SARA's Youth Recognition Awards was £193.18

Cinema Club

2008 dates as follows:

25th July, 22nd August, 26th September, 24th October, 21st November, 12th December

Festive Evening

Friday 5th December 2008. Look out for posters in the Hall and local shops.

Table Sales

SARA will be holding table sales through the year on the following dates: 19th July, 20th September and 18th October. Our Festive Table Sale will be on 29th November.

Moving House? Why not book a table (£7) payable at time of booking, to sell your unwanted possessions.

Pop in for a coffee and a bargain at SARA Hall.

Bookings are taken in advance for all our Table Sales, call **0151 726 0805** for further details or to book.

Aigburth Methodist Celebrates 80 Years.

To celebrate the 80th Anniversary of Aigburth Methodist Church, a flower festival is to be held over the weekend of 20th - 22nd September 2008. On Saturday 20th, there will be an opening ceremony at 10.30am with a local celebrity, at 2pm there will be a Brigades display and at 3pm the Brigade band will play. A performance of Young Undiscovered Liverpool Actors will round off the day between 4pm and 5pm. Sunday 21st will see two services, one at 10.30am with Martin Abrams and a 6.30pm "Songs of Praise / Favourite Hymns" Evening Service. There will be displays over the weekend of community groups and also architectural plans for the redevelopment of the sanctuary.



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We have a number of theme-based crafts to choose from plus plenty of party music, movement games, songs and more.

Ask us about our party packages. Book early to avoid disappointment.



ADVERTISING SPACE

Limited advertising space is currently available in the SARA Newsletter.

We will happily design an advert based on your specifications.

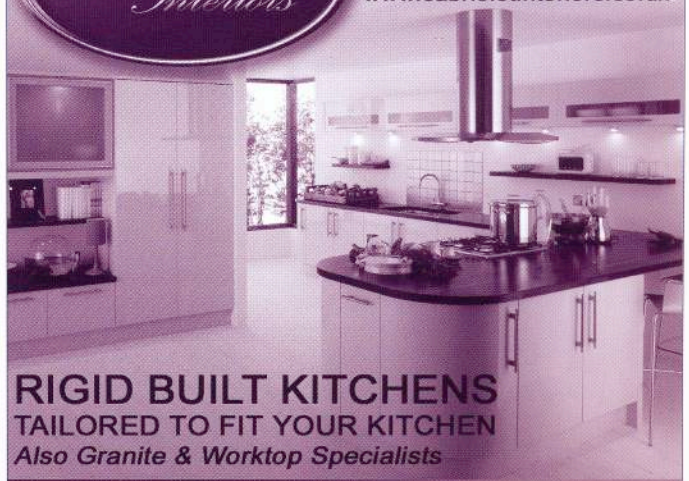
Our standard advert charge is **£45** (Approx Size 90mmx55mm)

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HISTORY OF KELTON

Kelton was a substantial property - in the 19th century it included 12 and a half acres. The house was built in the 1840's for a David Rae, a merchant and partner in his father's business - Ebenezer Rae & Sons, of 47 South John Street. In 1841 David Rae was living with his parents at 30 Hope Street. He married around 1844 or 1845 and had moved to Kelton by the time of the 1851 Census, which recorded him as living there with his wife, Sarah, and their four children. He was still living at Kelton 10 years later, by which time he had nine children, and eight servants.

In 1871, the occupier was John W. Macrae, aged 56, a cotton broker, with a wife and three daughters. Hide and leather merchant Joshua Sing was the next recorded owner, in 1881, although it is likely he moved to Kelton from Bridgenorth, Shropshire, some years earlier with his wife and three younger children. He had married the sister of Mr. Alexander Powell, of Powell & Sing, leather factors, of 29 King Street, Liverpool.

Mr Sing was appointed a JP for the city in 1885 and also served as a governor for the Bluecoat School. He was chairman of the managers of North Corporation Board School, and a member of the Liverpool Council of Education, in connection with which he founded a scholarships for girls. He was knighted and remained at Kelton until his death in 1907.

The property was put up for sale in 1909 and in 1912 the owners are shown as "Convent of the Sacred Hearts of Jesus & Mary" and "Home of Providence for Destitute Women and Children". The building was extended on the west side and a laundry added, backing onto Woodlands Road (on the site where Geel now stands). The Chapel was built later, on the east side of the house, the foundation stone being laid on July 21, 1925, by Archbishop Keating. Many people have reported seeing ghosts in the convent over the years.

Minor additions in 1934 extended the living quarters at the front of the house and Kelton was used as a home for mothers and babies - the women worked in the laundry for their board and lodging - until 1965, when the decision was made to change it into a convalescent home. The public laundry closed down in May of that year and the first residents were admitted to the convalescent home on July 21, 1967, for fortnightly stays. In 1977 Kelton became a residential home for elderly people and later became a nursing/residential home, when it moved into a new, purpose-built, single-storey building where the children's nursery had been. That building closed in 2006 when the residents were moved to other nursing homes and staff became redundant or moved to other Nugent Care establishments.

Nugent Care Society then used the old Kelton site as a base for its building inspectors and as a training centre. It was then closed and was vandalised but the original house remains a listed building and developers intend to convert it into luxury apartments.

ADULT EDUCATION AT SARA HALL - USE IT OR LOSE IT

You will no doubt have read in the papers that informal adult education is seriously under threat. The kinds of courses that people want to attend just because they have an interest in the subject or because they want to learn something new without this necessarily leading them into employment, are the courses which the decision makers feel should not be supported from the public purse.

You will have noticed that there has been a reduction in the numbers and variety of courses available throughout Liverpool and also that the cost of courses has risen significantly over the last couple of years. We all may have become complacent over the years in thinking that classes will be always available and there when we decide we need them, unfortunately this is unlikely to be the case and we would therefore urge you to support what is on offer or risk these classes being withdrawn through lack of support.

We are fortunate in SARA to have something of educational value going on Monday through to Friday and hopefully we have something that will appeal to you.

In the current academic year on Mondays a group has been meeting with their tutor Gordon Brown in a workshop environment to paint - primarily using watercolours although a few students have preferred to use gouache. The standard of students' work has improved over the year under Gordon's guidance and hopefully this progress will continue in the coming session. New students will be made most welcome.

On Wednesday mornings Music for Pleasure attracted 20+ people to listen to classical music and to benefit from the expertise of the tutor Betty Roberts (previously principal cellist with the RLPO). Betty will continue with a class in the autumn. In the evening Yoga is on offer with Phillipa Bellis and following that Tai Chi with Tommy Conlan. Both of these groups have been meeting at the Hall for some time but are open to new recruits.

Thursday afternoon, another painting class has been running successfully with Steven Strode. The chosen medium here is acrylic and everyone who has attended the group has had only positive things to say. The class will continue in September and new students will be made most welcome.

Fridays have seen a small group get to grips with computers. This class has been provided by Knowsley Community College and has run for a number of years, guiding students from the basics of computing through to the CLAIT (Computer Literacy and Information Technology) qualification. At the time of going to press, it seems unlikely that this course will be offered in the autumn. In the afternoon a Local History course with Heather Butler has been well supported. Currently the group are looking at the history of Aigburth and Garston. The class meets in the Hall but also includes a number of field trips to, for example, The Ancient Chapel of Toxteth and The World Museum. In the autumn, the focus will be on Mossley Hill and Wavertree. Again, new members will be more than welcome.

A brand new class is planned to run on Tuesday mornings - Novelty Cake Decoration. This should provide students with a D.I.Y. alternative to paying high prices for shop bought celebration cakes.

Other Activities at SARA Hall

We are pleased to say that other activities in the Hall offer something for all age groups from infants to adults and include two craft sessions one on Wednesday afternoons and the other on Thursday mornings. These are self-help groups that meet without a tutor to engage in various crafts. An infants' arts and crafts group - Gymboree on Monday mornings. Karate for young people which takes place in the early evening also on Mondays as well as on Thursdays. A very well supported Tea Dance takes place on Tuesday afternoons. Pilates sessions also take place at the Hall. Swimming sessions on Wednesday evenings at I.M. Marsh have been offered by SARA for the last 20+ years and are open to all ages (although children need to be accompanied by an adult).

For further details on the programme for the autumn are on the opposite page where you will also find the appropriate contact details.

Pavilion Pre-School (Aigburth)



Pre-School places Now Available for September 2008

Two and a half years to primary school age

Morning Sessions - 9am -12.30pm

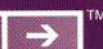
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for more information & a welcome pack

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WHAT'S ON OFFER FOR THE AUTUMN

WEA COURSES

PAINTING AND DRAWING FOR ALL - Gordon Brown
10 mtgs. Mondays 1.45 - 3.45 pm starting 22nd September 2008
Fees: £55.00 (Free to eligible learners*)



A group of painters being creative

NOVELTY CAKE DECORATION - Julie Taylor
10 mtgs. Tuesdays 10.00 am - 12.00 noon starting 23rd September 2008
Fees: £55 (Free to eligible learners*)

ACRYLIC PAINTING AND DRAWING - Stephen Strobe
10 mtgs. Thursdays 2.15 - 4.15 pm starting 25th September 2008
Fees: £55 (Free to eligible learners*)

LOCAL HISTORY (Mossley Hill and Wavertree) - Heather Butler
10 mtgs. Fridays 1.30 - 3.30 pm starting 26th September 2008
Fees: £55 (Free to eligible learners*)



The Local History Group at the Ancient Chapel of Toxteth

*Free places are usually available to learners who meet the LSC criteria for full remission. In general terms, eligible learners are either in receipt of means tested benefit, or are dependant on someone who is in receipt of a means tested benefit. Please check with the WEA on 243 5340 if you are unsure about your eligibility for a free place.

MUSIC FOR PLEASURE - Betty Roberts
10 mtgs. Wednesdays 10.30 am - 12.30 pm starting 8th October
Fee: £40
Contact the Hall on 726 0805 and we will put you in touch with the tutor

THE FOLLOWING ACTIVITIES TAKE PLACE THROUGHOUT THE YEAR

GYMBOREE
Monday Mornings
Sessions must be booked in advance
Contact Hayley Cenci on 07525 951972 or www.gymboree-uk.com

JUNIOR KARATE
Mondays & Thursdays 5.30 - 6.30 pm
£3.00 per session
Contact John O'Neill on 07752 914999

TEA DANCE
Tuesdays 1.30-3.30 pm
(Currently unable to take new recruits)

LIVERPOOL PILATES
Tuesday & Thursday Evenings
Sessions must be booked in advance
Contact Sarah Johnson on 07789 632722 or www.liverpoolpilates.co.uk

YOGA (Beginners Welcome)
Wednesdays 6.30 - 8.00 pm
£4 per session
Contact: Phillipa Bellis 727 3133

LIVERPOOL TAI CHI CLUB
Wednesdays 8.15 - 10.00 pm
(not first Wednesday of the month)
£4 per session
Contact: Thomas Conlan 476 6913

SELF-HELP CRAFT GROUPS - NO TUTOR

CARD MAKING - Wednesdays 1.00 - 3.00 pm
Contact: 726 0805
Charge dependent on numbers

AND

GENERAL CRAFT - Thursdays 9.30 - 11.30 am
Contact: 726 0805
£1 per session

SWIMMING SESSIONS AT I.M. MARSH
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£20 per 10 week session (Accompanied children £10)
Contact Jean Browne on 727 4912

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Wed: 9.00am - 5.00pm	Sat: 8.00am - 4.00pm

**No Appointment Necessary
Children Always Welcome**



SARA WORKING WITH MERSEYSIDE POLICE

Welcome to the latest update from the Childwall, Church and Mossley Hill Neighbourhood Policing Team. Over the past couple of months, the team have been focussing on Public Priorities which are identified to us via public consultation with our Key Individual Network Groups and the Your Community Matters Event, which are held every three/four months within the Mossley Hill Ward. Consequently we have focussed on the following issues:- Youth Disorder, Parking and Associated Traffic Issues.

Over the past three months, we have conducted Targeted Policing operations to deal with Anti-social Behaviour (ASB). This has resulted in a total of 44 arrests for ASB, 246 persons stopped, 28 formal warnings for cannabis, 4 penalty notices for disorder issued and 3 scrambler bikes seized. We have continued to work closely with partners including Citywatch, Neighbourhood Management Services, Contour Housing, Arena Housing and other Local Authority Departments. We have also been liaising closely with community groups including SARA, of course, together with Mossley Hill Residents' Association and the Friends of Sudley. A funding bid has been submitted to the S-JAG Group, which is the local partnership group, to remove logs from Sudley Field in an attempt to stop youths congregating for the purpose of anti-social behaviour.

In response to community concerns regarding parking in Donalds Way, we have been working closely with Sudley Junior School, the Highways Department, SARA, the Local MP and Local Councillors. A Traffic Survey has been conducted and a plan of action devised to include provision of signage, a poster competition in the school to design signs, posters and leaflets, walk to school days, text messaging to parents, an education campaign and enforcement campaign.

As part of the recent National Homewatch Week, we have been busy promoting Homewatch locally. This has been timely, given recent trends in house break-ins targeted at Mossley Hill. Most offences are occurring overnight and about half involve the theft of car keys to enable the burglars to steal the householder's vehicle from outside their house. The Neighbourhood Team have been distributing Crime Alert leaflets to the affected areas and have been issuing smartwater kits to households subject to a break-in. We already have some excellent Homewatch Schemes in the area, Mersey Road to name but one. Following the Homewatch Co-ordinators' Meeting held at SARA Hall on 16th June 2008, a number of new schemes have now been started in Lugard Road, Chermiside Road, Cromer Road and Lynmouth Road. It is also hoped that a further scheme will be introduced in Lucan Road. **If you are interested in setting up a similar scheme in your own road, please call PCSO Phil Cooper on 0151 777 5126.**

As the summer months approach, we will be taking part in Operation Safespace, which is a Forcewide initiative focussing on parks and other open spaces. Particular emphasis will be placed on Otterspool Prom. We will be working with other agencies such as Neighbourhood Management Services, Youth Services and Citywatch. We also continue to be well supported by Contour Housing, SARA and Local Councillors with diversionary activities including Play It Like Brazil Football initiative and the Arts and Crafts Initiative.

For further information on policing in your local area, please visit www.merseyside.police.uk.

SARA Trips

Foulridge Canal Cruise and Oswaldtwistle Mill

The first trip of 2008 took place on 25 March when a full coach departed from SARA Hall for a canal cruise on the "Marton Emporer" from Foulridge to Salterforth and return. Whilst cruising we were served with a hot toddy on arrival followed by a traditional lunch of "Pie and Peas" with red cabbage, onions and gravy. Tea or Coffee was available and stronger drinks could be bought at the licensed bar. This was our second trip on the "Marton Emporer" the first was last year and was once again thoroughly enjoyed. After disembarking, the coach took us to Oswaldtwistle Mills an 88,000 sq. ft. retail shopping centre. In addition to clothing, shoes, fabrics, books, perfumes and an outdoor garden centre there is a sweet factory to explore and a wildfowl reserve in the mill grounds with a family of black swans and 52 varieties of geese and ducks. Too soon time to return home. Voted a good trip, in spite of somewhat poor weather.

Clitheroe and "The Chocolate House" Blackburn

On 6th May the monthly coach trip from SARA called first of all at the small market town of Clitheroe in the beautiful Ribble Valley. The priority on first arriving was morning coffee and toasted tea cakes and a visit to the outdoor market and local shops. It was then time to explore the 12th century Norman Castle walls at the highest point in the area. The panoramic view of the surrounding countryside was magnificent, well worth the climb. Clitheroe also has a number of acres of formal gardens to be enjoyed. The Clitheroe Castle Museum is currently undergoing major restoration due for completion next year.

In the early afternoon the coach left for Blackburn and "The Chocolate House" where the group were met by the proprietor. This is small private factory specialising in hand-made chocolates with only three regular staff and an occasional casual at busy times. Following a demonstration of the chocolate making, a very time consuming process, the chocolates made in the demonstration were then raffled and three lucky people received a tastefully wrapped gift of chocolates. Following afternoon tea, a visit to the shop was a must, where chocolate novelties of all shapes and sizes were for sale. After a very pleasant day it was time to return to the coach and home.

Sandbach and Bridgemere Garden Centre

On 29th May a coach party of 49 people left SARA Hall for the market town of Sandbach. Apart from the outdoor market held every Thursday, the town has a variety of interesting shops, restaurants and pubs. Although some felt there were less market stalls than on previous occasions most returned to the coach laden with bargains including lots of garden plants. (fortunately the coach has a big boot).

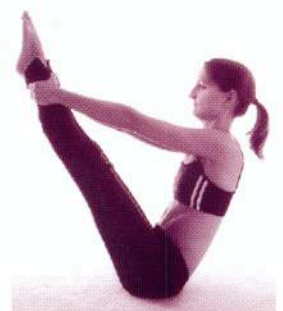
Shortly after lunch the coach left for Bridgemere garden centre which must be one of the biggest garden centres in Cheshire. There is plenty of interest for all as

apart from plants and gardening items there is a large shopping hall selling casual clothing, shoes, crockery, fancy goods etc. There is also a very large craft centre of particular interest to those who attend the craft sessions at SARA. Demonstrations and gardening advice sessions are held giving help on such problems as preparing hanging baskets, taking cuttings, and the selection of purchasing and nurturing plants. A large restaurant providing full meals and snacks at reasonable prices is also available. Voted by all as an enjoyable trip, enhanced by good weather.



Pilates at The Physiotherapy Centre

Pilates is an exercise method designed to align, strengthen and restore the body to balance. The Physiotherapy Centre has a dedicated studio for private matwork sessions and July 2008 will see the arrival of the pilates reformer machine - taking pilates to a whole new level. Group sessions are available in various locations in South Liverpool including SARA Hall and are suitable for all body shapes, sizes and abilities. Specialist sessions for pre and post natal clients, back pain sufferers and specific sports are available. Book early to avoid disappointment - please call **THE PHYSIOTHERAPY CENTRE** 0151 724 2060 or visit www.liverpoolpilates.co.uk Please note - all courses MUST be prebooked.



Trentham Gardens

Monday morning, 23rd June was fine compared with the Saturday when it had rained all day and Sunday when it was very windy, so we were all looking forward to our day out (macs and brollies to hand).

The coach did not arrive at the hall as usual and we eventually discovered that it was parked on Aigburth Road so we all trooped down there. We arrived at the Gardens in time for "elevenses" after which we hit the many and varied shops they have there. Some of our friends decided to visit the Italian Gardens which were now in flower (they weren't in flower on our last visit).

By this time it was time for lunch so off we went to the Garden Centre which is something else! Besides selling plants and gardening equipment etc. they sell everything you can think of as well as having a lovely restaurant and coffee bar. The weather was so nice that we actually had our lunch out on the patio.

After lunch a few of us decided to visit the Italian Gardens to take some photos. Unfortunately, unknown to me, my camera was set on "sepia" and so the photos were not as good as I had hoped.

Before we left Liverpool one of the local mums, on the way to school, said that we should visit the Monkey Park but, unfortunately, we ran out of time as the coach was leaving at 4.00 p.m.

It was so hard to believe that we had been there for so long but everyone had a good time and we are looking forward to our next visit.

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Your Letters

Sir Paul McCartney performs in Liverpool once again.

What a great privilege it was to finally see the legend that is Sir Paul McCartney, playing live in his home town of Liverpool.

June 1st 2008. It wasn't a pretty day, things had started out wet and dull, but as we made our way to Anfield, the buses filled with thousands of other excited revellers, spirits certainly weren't dampened one little bit.

Zig-zagging our way towards the stadium, the impression of Liverpool wasn't good for the many visitors who had travelled across the world. Regeneration hasn't reached the outer rims in any shape or form, but once we were close and could hear the sound of music, I gladly dumped my umbrella on the broly pyre that had assembled outside the entrance (no deadly weapons allowed inside apparently!) and quickly searched out my seat.

Local band The Zutons opened the show to a superbly full stadium. At first a little nervous, quite understandable performing in front of such a huge home crowd, they soon got Anfield rockin'. Performing all of their hits and some new tunes too, they carried off a fantastic showcase for young Liverpool talent.

Leeds band The Kaiser Chiefs fronted by energetic vocalist Ricky Wilson were superb. Tight, musically, they really took the crowd by storm and by the end of their set, the whole stadium was fired up and ready for the performance of the night.

The variety of age groups in such an audience was something strange, but also wonderful. There were youngsters of ten and twelve with their parents and two seats away from us, there was a lady who must have been in her late seventies. A huge number of the audience was close to retirement age and then there was us in between.

The atmosphere was that of calm excitement, everyone was happy, no-one was complaining; this couldn't be right. Something unusual, something wonderful was about to happen.

All at once the stadium erupted with the mightiest cheer. It was astounding. There he was, Paul McCartney, looking very fit, happy and handsome. He certainly knows how to please a crowd. Backed by an excellent band he performed all the hits you'd expect from The Beatles: Yesterday, Hey Jude, Penny Lane and so on; he also performed hits from Wings and more recent compositions too. Each song he performed had the whole stadium singing along in unified voice.

There were touching tributes to John and George and echoes of Linda when performing Wings numbers.

This was something special. It was an occasion that may never be repeated. The moment had to be savoured!

Sir Paul McCartney is a fantastic musician, songwriter and performer. The audience loved him.

He was proud of Liverpool and Liverpool is proud of him!

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Sport & Leisure

Liverpool Women's 5k & 10K May 11th 2008

Money Raised for Local Charity

The Mums and friends of local charity "Pavilion Pre-School (Aigburth)" joined forces on May 11th to raise funds for this local community charity. A small, but dedicated team of Mums took to the streets around Sefton Park on what turned out to be one of the warmest days of the year so far.

As usual the number of competitors was very impressive, and celebrity fashion guru Gok Wan got things off to a flying start.

A great atmosphere has always followed this famous Women's running event and this year was no exception although supporter numbers seemed to be down on previous years. In recent times it has been increasingly difficult for it's organisers to gain support from official quarters and the event itself has been considerably scaled down.

I fear that Liverpool in it's year as Capital of Culture lost its chance to hold a very impressive event which could have attracted dynamic international interest, particularly with the build up to the Beijing Olympics.

All in all £222 was raised for the Pre-School. This money is being re-invested in the building and facilities for the children. New kitchen units are being installed soon and in the near future it is intended to fit disabled and child sized toilets. A sink unit has very kindly donated by Cabriolet Interiors, Aigburth and paint by Vale Decorators, Speke. If you would like to help with these quests, please email us at: pavilionpreschool@live.co.uk

Pavilion Pre-School(Aigburth) would wish to thank everyone who sponsored our Mums!



L to R: Marie Greenway, Claire McVeigh and Liz Brown



Joanne Fortune who also ran for Pavilion Pre-School

Spring Holiday to Valkenburg, Holland

At 7 am on Monday April 19th 45 travellers set off from SARA Hall for Holland with Five Star Travel. We were once again fortunate enough to have Frank as our driver. The morning was cold but bright and after a fairly good journey with a stop at Crawley, we arrived at Dover. After a short wait we boarded the ferry and off we sailed to Calais, then back on the coach and off on the journey to Holland. En route we were delayed by a nasty traffic accident so arrived later than expected at the Valkenburg Hostellerie. There we were made very welcome and then sat down to a four course dinner which was much appreciated. The Hostellerie was very rustic in appearance, with red brick inner walls and some wrought ironwork. The rooms were very comfortable and I think most of us enjoyed a welcome night's sleep.

We awoke to a very cold, bright, frosty morning and after a buffet breakfast we had the day to ourselves. Valkenburg, although not a large town, is quite historic. It is set in rolling countryside and boasts the remains of a hilltop castle with a labyrinth of caves beneath it. These are called the Velvet Caves and were made by quarrying the Marlestone (which is sandy in colour) from the hillside to build the castle. Some of us took a tour on foot with a guide carrying a torch to light our way. These caves were used as a refuge by priests during the Napoleonic period when the Catholic churches were closed down because the priests would not swear allegiance to France. Whilst they were there they built a chapel which has a baptismal font and a beautiful altar. There are charcoal drawings copied from the Dinosaur period and also signatures of American servicemen who were in the area during the liberation of Holland from the Germans. The town also has a cable car, casino, thermal baths and some very nice shops.

On Wednesday we visited Cologne. The weather once again was lovely. The most impressive landmark in the centre of Cologne is the beautiful Gothic cathedral, which is a world heritage site and claims to house the relics of the three Magi. The cathedral is set in a large square and in the square were pavement artists and human statues, so still it was unbelievable. The city is situated on the Rhine. Some of our party took a boat trip, others went on the small open air tourist train which visited the old part of the city and then paid a call at the Lindt chocolate factory on the banks of the river and others just walked 'til they dropped through the pedestrian shopping area.

On Thursday it was just a short trip to Maastricht which is the capital of the Province of Limburg and claims to be the oldest city in Holland having been granted a charter in medieval times. It has two large squares, one of which is the home of the city hall, also a Barsing or basin which is an inner harbour with landing areas and restaurants.

Alas, Friday the last day of a wonderful holiday came all too soon and we set out for the long journey home. A raffle was held on the way which raised £70 for SARA's Youth Recognition Awards. Our thanks go to Barbara and Eileen for their patience and good humour throughout the trip.



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

SARA Hall Weekly Events

Monday

Gymboree see page three for details

Painting and Drawing for All (22nd Sept start) 1.45pm - 3.45pm

Police Surgery 21 July, 22 Sept, 20th Oct, 10 Nov, 15 Dec 6.00pm - 7.00pm

Karate (age 5+ Boys & Girls) 5.30pm - 6.30pm

Tuesday

Novelty Cake Decoration (23rd Sept start) 10.00am - 12.00noon

Tea Dance £2 per session 1.30pm - 3.30pm

Pilates 6.30pm - 7.30pm

Wednesday

Music For Pleasure (8th Oct start) 10.30am - 12.30pm

Craft/Card making 1.00pm - 3.00pm

Yoga £4 per class 6.30pm - 8.00pm

Swimming at IM Marsh Campus 7.00pm - 8.00pm

Tai Chi £4 per class (except for first Wed of each month) 8.15pm - 10.00pm

Committee Meeting (First Wed of each Month) 8.15pm - 9.15pm

Thursday

Craft £1 per class 9.30am - 11.30am

Acrylic Painting and Drawing (25th Sept start) 2.15pm - 4.15pm

Karate (age 5+ Boys & Girls) 5.30pm - 6.30pm

Pilates 7.00pm - 9.00pm

Friday

Local History Class (26th Sept start) 1.30apm - 3.30pm

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

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