

NEWSLETTER

SUDLEY AREA RESIDENTS' ASSOCIATION

A charitable incorporated organisation, registered charity no. 1190529

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

Telephone: 0151 726 0805 Email: secretary@sudley.org.uk August 2026 Issue 53



SARA WELCOMES NEW HONORARY MEMBER



Following the AGM in June, one of our long-serving trustees, Brenda Brown, retired from the SARA Board after many years of dedicated service.

In recognition of her commitment and valued contribution, we are delighted to announce that Brenda has been made an Honorary Member of SARA.

Brenda joined SARA in 2004 alongside her late husband, Ray, and has played an important role in

supporting the organisation over the years. Her dedication, enthusiasm and willingness to give her time have been greatly appreciated by trustees, volunteers and members alike.

We extend our sincere thanks to Brenda for everything she has done for SARA and congratulate her on this well-deserved honour. We wish her every happiness for the future and look forward to continuing to see her as part of our SARA community.

SARA BOOK CLUB

SARA Book Club meets on the **second Friday of every month at 1.30pm** in the Hall. Members contribute £3 per month towards the running costs of the Hall.

Books are chosen by the group, with members either borrowing copies from the library or purchasing their own.

Upcoming reads are:

August: *Spook Street* by Mick Herron – a gripping spy thriller.

September: *The Loop* by Nicholas Evans – a compelling story centred on a wolf rescue mission.

October: *The English Teacher* by R. K. Narayan – a touching love story set in India.

With such a varied selection, there's something for everyone! If you'd like to join us or find out more, please call **0151 726 0805** and leave your details. We'd love to welcome new members.

HALL TIMETABLE

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Nicola Parker Pilates
10:45 - 11:45 Salsacise Gold
13:30 - 15:30 Gordon Brown's Art Class
17:30 - 19:00 Beginners/Intermediate Yoga (*Carole Griffith*)
20:00 - 21:00 Nicola Parker Pilates

Tuesday

10:00 - 12:00 Physiotherapist-Led Exercise Class
13:30 - 15:30 Tea Dance
17:30 - 19:00 Menopause Yoga (*Sian Lincoln*)
19:30 - 21:30 Wu Shu Kwan Kung Fu

Wednesday

14:00 - 16:00 Local History with Alan Makin
19:30 - 20:30 Sudley Sings

Thursday

09:30 - 11:30 SARA Coffee Morning
13:00 - 14:30 Chair Yoga (*Carole Griffith*)
16:00 - 16:50 Drama Adventures for ages 4/5+
17:00 - 18:00 Drama Creators for ages 7+
19:00 - 20:30 Yoga (*June Bradshaw*)

Friday

10:00 - 10:45 Dovedale Family Hub Active Play
13:30 - 14:30 SARA Book Club (**2nd Fri. of month**)
14:00 - 15:00 SARA Trustees Meeting (**1st Fri. of month**)
18:00 - 19:00 Councillors Surgery (**4th Fri. of month - Not Dec**)

Session Contacts:-

Please make contact with session leaders before attending.

All Pilates sessions contact Nicola Parker on 07913 668599

Salsacise Gold contact Amy Murray on 07507 015227

Gordon Brown's Art Class contact Gordon on 07808 669655

Yoga with Carole Griffith call 07748 260353

Physio-led exercise email physio@southliverpoolphysio.co.uk

Tea Dance contact Valerie Jefferies on 07860 178101

Menopause Yoga email sirayogaliverpool@gmail.com

Wu Shu Kwan Kung Fu contact Steve Bishop on 07525 032511

Local History contact Alan Makin on 07847 934546

Sudley Sings email sudleysings@gmail.com

Drama Adventures/Creators email info@teenytinytheatre.org

Yoga with June Bradshaw call 07772 892353

Dovedale Family Hub call 07849 300061

For any other enquiries or for activities without a specific contact number, please leave a message on 0151 726 0805

DAY TRIPS

THURSDAY 20th AUGUST 2026

GARSTANG & BARTON GRANGE

Coach leaves at 9am Cost £18
(booking on 30th July)

SATURDAY 26th SEPTEMBER 2026

SKIPTON

Coach leaves at 9am Cost £18
(booking on 5th September)

WEDNESDAY 21st OCTOBER 2026

SHREWSBURY

Coach leaves at 9am Cost £18
(booking on 30th September)

HOW TO BOOK

Bookings open at **midnight** on the booking date listed for each trip - **not before**. To book, please phone SARA Hall on **0151 726 0805**. We will need to know how many seats you require and a contact number. If you are booking for more than yourself, you are expected to handle payment for everyone in your party. A maximum of **four seats** can be booked per call. Confirmation of your booking will be given by telephone. **Our preferred payment method is by bank transfer we also accept cash. All payments are non-refundable.**

BANK DETAILS

Account Name: **Sudley Area Residents Association**

Sort Code: **53-70-44**

Account Number: **85464406**

Please use your **surname** as a payment reference.

In the event you are unable to make payment by bank transfer, we will accept cash payments. Please place cash in a sealed envelope with the names of those you are booking for and the amount of cash enclosed written clearly on the front. Cash can be handed in at SARA Hall on **Thursday mornings (9.15am-11.15am)** or at the start of our **Cinema Evenings (6pm-7pm)**. Please **do not** leave money at SARA Hall at times other than these.

**COACHES LEAVE PROMPTLY FROM AIGBURTH ROAD
(Lay-by outside St Anne's Church)**

Kindly note that seats are available by advance booking only. We regret that we are unable to accommodate anyone who arrives on the day of the trip without a prior booking.



FAMILY
CHRISTMAS CINEMA
Afternoon
AT
SARA HALL
SUNDAY 20th DECEMBER 2026
AT 3PM
COME ALONG AND ENJOY A FESTIVE FILM TOGETHER!

SARA COMMUNITY CINEMA

7pm on the following Fridays
25th September, 23rd October and
27th November 2026

Cinema evenings are **FREE** to attend and refreshments will be on sale during the interval. **(Please note we do not accept coins of less than £1.)** For details of upcoming films, check the noticeboard at SARA Hall or call SARA on **726 0805**

SARA
Coffee Morning



EVERYONE WELCOME

THURSDAYS

9.30 - 11.30am

£2

will buy you
a tea or coffee
and a warm
Welcome

Come along and give it a go!

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