

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



January 2020, Issue 42

ANNUAL GENERAL MEETING

Friday 5th June 2020 at 7pm

with guest speaker Mike Farnworth
who will present a talk with slides on

Welsh Liverpool and The Liverpool Welsh

A talk about the strong connections between Liverpool and Wales. It looks at the Welshness of Liverpool the place: as village, then town, then city, over two thousand years, and sets this in the context of Welsh history generally.

It also looks at the arrival and rapid growth of the Welsh-speaking community which developed in Liverpool during the boom years of the Nineteenth Century. Large numbers of The Liverpool Welsh still live in the city, although not so many of them speak *Yr Hen Iaith* nowadays.

Wine, tea, coffee and cake will be served before the business of the AGM when the Chairman will give an overview of the 2019/20 annual report and accounts along with a look at SARA's plans for the next twelve months. The event is free but for catering purposes, please call **0151 726 0805** for tickets.

**JOIN
TRUSTEE**
and make a difference

Would you be interested in joining us as a Trustee? We are actively seeking to increase our number by two or three. We would particularly welcome interest from anyone who lives in the Sudley Area (receives the newsletter through their letterbox) and has an interest in the community where they live. Also, anyone looking to get involved with local area issues such as planning and environmental issues, or issues that affect our local community e.g. the recent proposals with the 82 bus. Please call **0151 726 0805** for more details or to register interest.

PRIZE BINGO NIGHT

7pm, Friday 13th March 2020

Ticket includes 4 games of prize bingo and tea/coffee. An additional 'full house cash flyer' (£1 on the night) will close the evening.

Call **726 0805**
for Tickets **£4**



ALL PROCEEDS FOR SUNFLOWERS
supporting people living with cancer

82 Bus Service Update

In our last Newsletter we featured the plans to change the 82, 82C and 82D bus services this January. We understand that the changes being proposed were as a result of the bus companies seeking to remove some services from Hanover Street as congestion was affecting their timetables.

The recent Merseytravel consultation has shown overwhelming support for 82 services running along Renshaw Street and Hanover Street as well as the 82D service that operates during peak times towards Dale Street.

It is our understanding that at this current time, bus priority measures will be installed on Hanover Street to alleviate congestion and services will not be removed.

However, there are a number of proposals to alter traffic flow around Lime Street so there is still the possibility that the 82 service may see changes later in the year, in particular, the 82D route may change if buses are not able to travel along Lime Street and down through Queens Square.



Yoga for Healthy Lower Backs

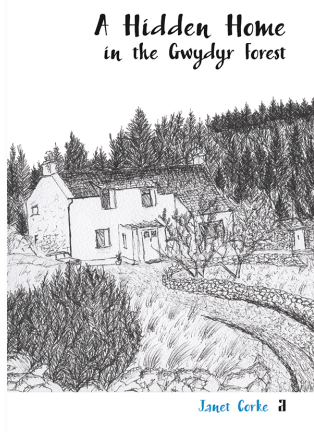
A 12-week **Yoga for Healthy Lower Backs** course starts on **Tuesday 18th February** from **5.30pm - 6.45pm**. For details please ring **Carole Griffith** on **07748 260353** or e-mail **crigrffth@gmail.com**

Children of War Book



FREE copies of our **Childhood Memories** book are still available on the bookcase at **SARA Hall** or by calling **0151 726 0805**. Please leave your name and address on the answerphone.

A Hidden Home in the Gwydyr Forest by Janet Corke



Local resident Janet Corke has recently published her memoir ***A Hidden Home in the Gwydyr Forest***, the remarkable story of a couple's restoration of an abandoned cottage and vivid account of rural life in 1950's North Wales.

The book is available for £6.99 from **Janet Corke** on **0151 352 9681**, at **Prom News, Aigburth Vale** or visit

www.theartelpress.co.uk and quote "**SARA**" in the checkout.

Adult Education Classes

SARA's adult education classes are run by independent tutors. There are a number of sessions throughout the year - if you miss the start date but are still interested, please do make contact.

Gordon Brown's Art Class

A ten-week course on Mondays (1.30pm-3.30pm) from 6th January 2020. Working in all media and at all levels. Everyone is welcome though pre-booking is required. **Gordon Brown** can be contacted on **07808 669655**.

Painting with Acrylics

A ten-week course on Tuesdays (10am - 12pm) from 14th January 2020. Anyone interested in joining should contact **Steve Strobe** on **07900 380372** or e-mail **stevestrobe1@gmail.com**

Local History with Alan Makin

A ten-week course on Wednesdays (1.30pm - 3.30pm) from 15th January studying **Liverpool's theatre and cinema history**. Contact **Alan Makin** on **0151 284 2216** or e-mail **amakin2@blueyonder.co.uk** for further information.

Members' Raffle

Congratulations! Our members' raffle winner for this edition is **Sara** from **Hailsham Road**. Sara wins a £10 gift voucher. To be entered into our members' raffle, all you have to do is become a member of SARA - see the membership form below.

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. NB Members are registered until we are told otherwise - it is not necessary to complete a new form every year.

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 have a significant number of helpers and supporters but not all have formally joined us in membership so we are now asking that you do so by filling in the form opposite and sending it to **SARA Hall, Rundle Road, Liverpool L17 0AQ**. Alternatively call **0151 726 0805** and leave your details or email these to **secretary@sudley.org.uk**

Eddie Chinn Drama Workshops

From January 2020, Eddie Chinn Drama Workshops are expanding their senior group. Anyone aged between 14 and 17 with an interest in acting is welcome. The new sessions will be held on the first Sunday of each month between 2pm and 5pm.

Morning sessions for ages 11-13 will still run between 10.15am and 1.15pm. Pre-booking (essential for both sessions) by calling **Tracie Nelson** on **07514 098684**.



Are you a Strictly Fan?

Why not come and join 'Strictly Fit' on Mondays 5-6pm at SARA Hall.

No dance experience is necessary; we move/dance/tone/laugh to Waltz, Cha Cha, Rumba, Foxtrot, Swing Jive, American Smooth, Samba etc..... Just come and move your body. Take it as you want to... learn or follow the trainer, low impact or more intense; it's your choice.

We focus on functional movement, core stability and balance and strengthening muscles and joints to help avoid injury. £4 per class or 5 class card for £15. Text **Frances Burke** on **07474 805060** for more details.



Get fit while you sit!

Exercise, relax, meet new people and have fun - all from the comfort of your chair! Seated exercise and relaxation sessions are held each Wednesday morning



from 11.15am - 12pm to help you relax and stay mobile. If you're wary of exercise, have limited mobility or simply want a gentle approach - do please come along. All are welcome. Contact **Pip Bellis** on **07813 359622**.

The basics of Mindfulness Meditation

Drop-in sessions for beginners begin **Wednesday February 5**, from 10am till 11am. Contact **Pip Bellis** for more info. on **07813 359622** or pipbellis@hotmail.com

Aigburth Karate Club at SARA Hall

Club student Daniel Wall passed his Black Belt grading on 27th October in Nottingham after years of hard work and dedication.

Dan has been a member of the club since he was 6 years old and passed his examination with flying colours. Here he is pictured with Chief Instructor John O'Neill after the grading. The club meets at SARA Hall on Monday and Thursday evenings.

For session details, contact **John O'Neill** on **07590 309462**.



SARA DAY TRIPS

Tuesday 7th April 2020

YORK

Coach leaves at **8.30am** Cost **£15**
(booking on 17th March)

Wednesday 6th May 2020

BALA LAKE RAILWAY JOURNEY & BALA

Coach leaves at 9am Cost **£23**
(booking on 15th April)

Thursday 11th June 2020

KESWICK (Market Day)

Coach leaves at **8.30am** Cost **£16**
(booking on 21st May)

Tuesday 7th July 2020

WHALEY BRIDGE & BUXTON

(includes canal cruise and lunch of hot
pot and apple pie - vegetarian options
available)

Coach leaves at 9am Cost **£34.50**
(booking on 16th June)

Thursday 13th August 2020

LLANDUDNO

Coach leaves at 9am Cost **£15**
(booking on 23rd July)

Wednesday 9th September 2020

OSWESTRY

Coach leaves at 9am Cost **£15**
(booking on 19th August)

Places can be booked by calling **0151 726 0805**
(answerphone) on or after the booking date shown.

Please leave your name, phone number and
number of seats required.

ALL COACHES DEPART FROM AIGBURTH ROAD
(Lay-by outside St Anne's Church)



Weekday Sessions

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Mixed Ability Dynamic Pilates
13:30 - 15:30 Gordon Brown's Art Class
17:00 - 18:00 Strictly Fit
18:30 - 19:30 Karate for older children and adults
20:00 - 21:00 Pilates

Tuesday

10:00 - 12:00 Painting with Acrylics
13:30 - 15:30 Tea Dance
17:30 - 18:45 Yoga for Healthy Lower Backs (Carole Griffith)
19:30 - 21:30 Wu Shu Kwan Kung Fu

Wednesday

10:00 - 11:00 Mindfulness Meditation (Pip Bellis)
11:15 - 12:00 Seated Exercise & Relaxation (Pip Bellis)
13:30 - 15:30 Local History with Alan Makin
16:00 - 17:30 SARA Trustee Meeting (first Wed. of month)
18:30 - 20:00 Yoga (Pip Bellis)

Thursday

09:30 - 11:30 Craft
13:30 - 15:30 Drawing
17:30 - 18:30 Karate for all ages
19:00 - 20:30 Yoga (June Bradshaw)

Friday

10:00 - 11:00 Sing-Along-a-Tots
11:15 - 12:15 Gentle Pilates

Session Contacts:-

All Pilates sessions contact Nicola Parker on 07913 668599
Gordon Brown's Art Class contact Gordon on 07808 669655
Strictly Fit contact Frances Burke on 07474 805060
Karate contact John O'Neill on 07590 309462
Painting with Acrylics and Drawing classes contact Steve Strode on 07900 380372
Tea Dance contact Valerie Jefferies on 07860 178101
Yoga with Carole Griffith contact on 07748 260353
Wu Shu Kwan Kung Fu contact Steve Bishop on 07525 032511
Yoga, Mindfulness and Seated Exercise & Relaxation classes with Pip Bellis contact on 07813 359622
Local History contact Alan Makin on 0151 284 2216
Yoga with June Bradshaw contact on 07772 892353
Sing-Along-a-Tots contact Linda Wooding on 07747 047814

For any of our other weekly events or for regular hall hire enquiries, please contact SARA Hall on 0151 726 0805

Weekend Sessions

A number of sessions take place at SARA Hall during the weekend. All are currently monthly so please check our calendar at www.sudley.org.uk for dates and times.

CLlr Hurley's Surgery
(10am - 12pm on the first Saturday of each month)

Tai Chi Workshops*
(Various Saturdays throughout the year)

We have some space available for regular monthly sessions - call SARA on 0151 726 0805

Eddie Chinn Drama Workshops*

first Sunday of each month (except August)

Ages 11-13
10.15am - 1.15pm

Ages 14-17
2pm - 5pm

Session Contacts:- * session must be booked in advance.

CLlr Patrick Hurley via email patrick.hurley@liverpool.gov.uk

Tai Chi Workshops contact Angela Howarth on 07568 567602

Eddie Chinn Drama contact Tracie Nelson on 07514 098684



SARA Community Cinema

Films start at 7pm prompt on:-

**31 January, 28 February, 27 March,
24 April, 22 May, 26 June,
24 July, 25 September, 23 October
and 27 November 2020.**

FREE to attend although refreshments will be on sale during the interval.
For film details, check the noticeboard at SARA Hall or call SARA on 726 0805



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.