

Just Good Friends

December 2024 Newsletter




For information call Bev Sykes: 07557 734233
 www.justgoodfriends.org - Facebook: Just Good Friends - North West
 Newsletter Editor: Celia Burgess

REGULAR WEEKLY MEETINGS - see page 3 & check for Festive changes to this Schedule

MONDAYS	1pm - 3.30pm 1pm - 4pm	DRAMA CLASS at the Links Pub - on hold until the new year.. PLAY AND CONNECT: Chat, Games, Dominoes, Cribbage at the Links Pub
TUESDAYS	1pm - 4pm	PARTY WITH PURPOSE: Entertainment, dancing, food, fun and laughter at the Victoria Pub, Church Road, St Annes with Johnny Roxx and other entertainers.
WEDNESDAYS	10.30 - 12 noon	WEDNESDAY WARMTH at St Annes Palace, 18, Garden Street, St Annes. Tea/ coffee/biscuits and chat.
THURSDAYS	6.30 pm	CURRY & COMPANY: Friends get-together at the Water's Edge, Heyhouses Lane, St Annes.
FRIDAYS	10am 12.30pm	YOUR PACE OR MINE: Fitness walk round Fairhaven Lake then meet up for coffee in the café. CUE CONNECTIONS: Snooker Club at the Victoria Pub, Church Road, St Annes
SATURDAYS	2pm -4pm	FUN AND FELLOWSHIP at the Well Community Hub, St Albans Road, St Annes. Tea and chat with speakers and activities: Quiz - Bingo - Music
SUNDAY	12.30pm	GATHER & DINE Lunch at the Clifton Park Hotel. Contact Sheila to book 01253 374009 or 07486 466855 or Contact Beryl for The Water's Edge 07530 588037.

Saturday at the Well Community Centre 2pm - 4pm DECEMBER	
7th	Graham's Christmas Music Quiz & Raffle
14th	Christmas Party - buffet & games. £8. Please see Jean for tickets.
21st	Christmas Hits on the Big Screen
28th	Bingo

 **The 75+ Club Draw**

The winning number in the NOVEMBER 75+ Club draw was 77 and the lucky lady was Marjorie Ward (pictured below). If you wish to take part in the Draw, have a chat with Jean Mason at any of the meetings on a Tuesday, Wednesday and Saturday and she will be happy to give you all the details.

Member subscriptions due 1st November 2024

If you would like to renew and pay your annual membership (£15 per person or £25 per couple) straight into Just Good Friends' bank account see details below:

Sort Code 16-23-13;
Account Name: Just Good Friends; (North West) Ltd
Account No: 10145809
ensuring that you put your name as a reference




THE VIC PUB ST ANNES
1pm-4pm every TUESDAY
December Programme:

Singers:

- 3rd - Johnny Roxx
- 10th - Mike Dean, Christmas Disco
- 17th - **Christmas Party at the Vic - £10**

The next Tuesday - 24th - is Christmas Eve and we are not at the Vic Pub; we will be at the Tennis Club 1-4pm. **This event is almost full.**

 **Please Note!** **Tuesday 31st December** is New Year's Eve. Again not at the Vic Pub. Meet for lunch. Venue to be confirmed.



Saturday gathering at the Well Hub in November for Graham's Race Afternoon. Looks like a great meeting with plenty of tension and excitement! Ah well, some you win - some you lose, but still great fun. See December programme on cover page. Everyone welcome.



AFTERNOON TEA AND GAMES AT AKS

We had a fantastic afternoon again at AKS - it's amazing being part of the Bring Me Sunshine students.

We all at Just good friends have so much love and gratitude for every student including Priyanka, head of Bring Me Sunshine, and also so much love for Graeme Macintyre - pictured leading us through the games - who always helps us in so many ways.



Ninety members were treated to afternoon tea, games, fantastic singing and acting too.

We are all looking forward to going to see them in Sweeny Todd next year.

Thanks again you wonderful people.

Bev

Upcoming **EVENTS**

Saturday 14th December 2 - 4pm at THE WELL HUB

Christmas Party - Buffet £8. See full programme on cover page.

Tuesday 17th December 1 - 4pm at THE VIC PUB

Christmas Party - Buffet £10. See full programme on cover page.

Tuesday 17th December 7pm AKS SENIOR SCHOOL CAROL SERVICE

We have been invited to attend the above annual Carol Service at St Thomas' Church. Refreshments will be served after the Service. If anyone would like to attend please let Bev know as soon as possible and before 11th December.

Wednesday 18th December 1 - 4pm - JGF MURDER MYSTERY AT THE LIBRARY

All tickets for this event at AKS have now been sold. We are all looking forward to a great night at this event.

Monday 23rd December 1 - 4pm CHRISTMAS PARTY at THE LINKS PUB

We are having a change and eating meat and potato pie and mushy peas with strawberry roulade for afters!! Tickets £7.50 - see Joanne to book.

24th December 1 - 4pm CHRISTMAS EVE PARTY at St Annes Tennis Club

We have our fabulous singer Paul Allen entertaining us and there will be a Christmas quiz and of course our own Chef Julie preparing a wonderful buffet - tickets £10 - see Julie to book.

Thursday 26th December 10am - 12noon BOXING DAY at St Annes Palace

This takes the place of our normal Wednesday meeting. Tea, coffee and cake.

31st December - NEW YEAR'S EVE - VENUE AND MORE DETAILS TO BE CONFIRMED

JGF CHRISTMAS CHARITY NO. 1 SINGLE

In the November Newsletter we wrote about our quest to have Johnny Roxx's song, written by him and specially for us called *Just Good Friends To Me* to be entered as the Christmas Charity No. 1 single.



Just a few of us getting ready to go on stage to promote Johnny's song for JGF

MAKE
**JUST GOOD FRIENDS
NUMBER ONE
THIS CHRISTMAS**

LISTEN HERE

www.justgoodfriends.org
@justgoodfriends4

At the end of November we were pleased to join Johnny on stage in St Annes Square as he sang and promoted the song and we were delighted that it was so well received by onlookers.

Thanks Johnny for doing this for us - we love you.

You will see at the bottom of the poster on your left, that there is a QR code for you to click on to listen to it (you may have to enlarge your screen).

If we are lucky, then details of its progress will be announced as and when available.

Just Good Friends Support

I am reaching out from NHS Talking Therapies (formerly Mindsmatter) to share how we can support mental health and well-being in Fylde & Wyre.

Our services are available for anyone over 16 who may benefit from brief therapy, including support for:

- Generalised anxiety, panic, and stress
- Depression and sleep issues
- OCD and PTSD
- Social and health anxiety
- Challenges with acceptance and adjustment

Please let me know if anyone would like to chat about the above. Bev



DECEMBER Birthdays

2	Kathleen Gell
5	Margaret Chadwick
7	James Rodgers
9	John Burgess
9	Sylvia Sylvester
10	Joyce Day
10	Sheila Gardner
12	Linda Ballinger
12	Keith Jones
12	Valerie Ramsden
14	Tony Murphy
14	Mary Waller
18	Patricia Russell
19	Barbara Shepherd
21	Paul Atkins
26	Gillian Ellis
28	John Munn
28	Denise Potts
29	Marie Sheridan
30	Paul Millington
31	Barbara Field

Happy birthday to all with December birthdays & congratulations to those with extra 'special' birthdays.



Getting ready for Christmas - Julie, Laura & Joanne along with Graham & Ellen Thomas

SKIPTON BUILDING SOCIETY

Thanks to everyone who voted for Just Good Friends. I've had a telephone conversation with the Skipton and they informed me WE WON. This is really exciting news as I believe its £1,000. I'm just waiting to hear from them regarding receiving the cheque but I'm sure they will want some of you lovely people to be on the photo. Bev

JGF DINING OUT

Wednesdays

Bev books a table at various venues for us on a Wednesday after our meeting at St Annes Palace. Please let her know if you would like to join us. **Her number is 07557 734233.**

Thursdays CURRY NIGHT

Curry Night at the Water's Edge on Heyhouses Lane is a great evening out - come and join us every Thursday 6.30pm.

Please call Bev if you would like to attend.

SUNDAY LUNCH - 12.30pm

We meet at both the Water's Edge and Clifton Park on Clifton Drive Sth. If you would like to join us at the Water's Edge call **Beryl Dale on 07530 588037.**

To meet at Clifton Park call **Sheila on 07486 466855.**

The food is great at both venues and it's a lovely way to spend a Sunday afternoon after lunch with friends.

Dear Friends

As you all know there has been so much happening this year, lots of events, dinners, lunches and most of all being there for each other: so much enjoyment, fun and the Art of Happiness is in everything we do.

I wish you all a very Happy and Healthy Christmas and New Year and hope that you have a wonderful time this festive season with your friends and family.

However, if there is anyone who finds themselves on their own on Christmas Day, please let me know ASAP. There is always somewhere for you to go or to have food delivered to you.

Merry Christmas!!

With all my love, Bev

