



Just Good Friends

October 2025 Newsletter

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www.justgoodfriends.org.uk - www.facebook.com/justgoodfriendsNW/

Editor: Celia Burgess

REGULAR WEEKLY MEETINGS

MONDAYS	1pm - 3.30pm	'DRAMA FOR A CAUSE' - Great Drama Class at the Links Pub, Heeley Rd, St Annes. Call Bev (number below) if you are interested in joining the Drama Group.
MONDAYS	1pm - 4pm	'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	10am - 12noon	'WEDNESDAY WARMTH' at St Annes Palace, 18, Garden Street, St Annes. Tea/coffee and chat.
THURSDAY EVENINGS	6.30pm	'CURRY AND COMPANY' has changed to 'TEA TIME FOOD' . Still a friendly get-together at various locations. See note on back page for more info.
FRIDAYS	10am	'YOUR PACE OR MINE' - Fitness walk round Fairhaven Lake then meet up for coffee in the café.
FRIDAYS	1pm	'CUE CONNECTIONS' - Snooker Club at the Victoria Pub, Church Rd, St Annes
FRIDAYS	1pm	'FUN IN THE SUN' - St Annes Square. Enjoy chatting and laughing with friends. Call Bev on number below
SATURDAYS	2pm - 4pm	'FUN AND FELLOWSHIP' - at the Well Community Hub, St Albans Rd, St Annes. Tea and chat with speakers and activities: Quiz - Bingo - Music
SUNDAY LUNCHES	12.30pm	'GATHER & DINE' - at the Clifton Park Hotel. Contact Sheila to book 01253 374009 or 07486 466855 or Contact Beryl for various locations 07530 588037.

Plus Events at St Annes Tennis Club and St Annes Palace – Nights out – Days out – Coach trips – Quiz nights
For more information please call Bev on 07557 734233

Saturday at the Well Community Centre 2pm - 4pm OCTOBER

4th	Steve's Triple Choice Quiz and a Raffle
11th	Table Games
18th	What Number??? A guessing game
25th	Bingo

TUESDAYS AT THE VIC 1pm-4pm

OCTOBER Programme:

Singers:

- 7th** - Johnny Roxx
- 14th** - Johnny Roxx
- 21st** - DJ Guy Griffiths
- 28th** - Paul Allen

MONDAYS AT THE LINKS

1pm - 4pm - Plenty of options

- 1pm - 3.30pm DRAMA FOR A CAUSE - Drama Class
- 1pm - 4pm PLAY AND CONNECT (Chat, Games, Dominoes, Cribbage)

Member subscriptions due 1st November 2025

Please do not make bank payments before 1st November

If you would like to renew and pay your annual membership (£25 per person or £40 per couple) straight into Just Good Friends' bank account, see details below: **Sort Code:** 16-23-13

Account No: 10145809

Account Name:

Just Good Friends (North West) Ltd

Please add your name as a reference

FRIDAYS AT THE VIC

1pm - no specified end time

Our Private Members' Club Snooker & Pool with Darts.

We'd love to see more people joining us and don't forget, you can also bring friends and family along with you.

Please Note!

On Wednesday 8th October at 11am at the Palace, you will

have an opportunity to meet the Trustees.

It will be your chance to ask questions and to make your views known to them about Just Good Friends.

ZUMBA

We had a fabulous time when we joined Zumba Suzy - Dancing Through the Ages. A joyful and good fun gathering and many thanks to Suzy and her group for raising £420 for Just Good Friends.



Bernie Worsfold with Suzy and Right - Sue, Bernie and Joanne.

Hmm, See, Hear, Speak no evil! Wonder what they had just seen to make them laugh!

KEEPING US SAFE

Taking care of our safety Lancashire Fire and Rescue Service (LFRS) offer **Free Home Fire Safety Checks** to all Lancashire residents, which can include advice on fire prevention, smoke alarms and escape plans.

The service is particularly beneficial for those deemed vulnerable, such as people with a disability, living alone, or those who have difficulty moving around the home.

Checks can also provide advice on carbon monoxide (CO) detectors if you have fuel-burning appliances like gas boilers or log burners and advice on acquiring a Key Safe outside your house to ensure people can gain entry in case of emergency. You can apply for a check by completing the online form

at www.lancsfireandrescue.org.uk then click on *Home Fire Safety Check* or by calling them on **0800 169 1125...**



PCSO Trevor Stirling &
Stella Grimshaw

...and then there are the local **POLICE COMMUNITY SUPPORT OFFICERS** (PCSO) who regularly pop in to see us at our meetings checking that we are all OK and asking if anyone needs help or are worried about anything.

A PCSO, or Police Community Support Officer, is a uniformed member of a neighbourhood policing team who acts as a visible, accessible presence in the community, focusing on preventing crime and anti-social behaviour and improving public quality of life.

PCSOs support police officers by performing tasks that don't require an officer's extensive powers, such as identifying vulnerable people, building community links, gathering information, and offering reassurance to the public. They hold some local enforcement powers but lack the full arrest powers of a police officer, requiring assistance for more serious incidents.

We are so grateful for all the support we get at Just Good Friends from so many good caring organisations.



OCTOBER Birthdays

- 1 Judith Mellis
- 1 Frank Ridehalgh
- 3 Marlene Hogg
- 3 Jim Price
- 3 Graham Thomas
- 9 Diane Wareing
- 11 Brenda Bux
- 11 Laura Johnson-Walford
- 12 Edward Morris
- 14 Joy Hunter
- 16 Brenda Lawler
- 17 Ann McGill
- 18 Rod Peabody
- 19 John Darby
- 24 Beryl Dale
- 24 Janet Kay
- 27 Holly Mayland
- 28 Noeleen Ellis
- 31 Laurence Hathaway

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

Our 13th Anniversary



What a fabulous evening we had! Great band, super food including the cake provided by a beautiful volunteer, and lots of lovely dancing.

Graeme McIntyre and Anne Nolan, two of our patrons joined us and it was great to see them both (pictured with Bev) and Anne sang with the band which was so special.

As we celebrated our 13 year anniversary I was touched by the kindness of everyone who came and donated prizes for our raffle which raised £200 for Just Good Friends, thank you all so much.

I'm very proud to be the founder of Just Good Friends and so grateful to all the wonderful people who make it what it is today, from our amazing trustees, our fantastic volunteers and our members who I know love being with us all. There's something very special about you all. Bev x



Our new Drama - "That's entertainment - or is it murder?"



Drama rehearsals are going well and everyone is enjoying them very much, but we are starting to be a little nervous as we get closer to our performance at AKS.

We're hoping the actual date will be the 23rd October, but this still needs to be confirmed - we will announce it as soon as we can!!

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 TEA TIME FOOD

We have changed from the Curry Night to Tea Time Food. Please ring to check which venue where we will meet. It 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 the Clifton Park on Clifton Drive South and other venues.

To meet at Clifton Park call **Sheila on 07486 466855** and for details and to book The Links or any other venue call **Beryl Dale on 07530 588037**.

TEA TIME FOOD

It is a great way to chat over delicious food so come and join us every Thursday but ring first to check the chosen venue for the night.

Among other places, we have recently been tasting the fab food at the

Dip, Drizzle, Drink - Tapas Bar & Deli

at 5b Wood Street in St Annes. They serve tapas food with great food and service. This is a recently opened venue and well worth a visit.

Autumn!



Such a lovely warm orangey month.

Lots of bronze and gold leaves scattering the streets. I'm sure we can all remember the joy as a child or even as a grown up kicking up the crunchy leaves as we walked through them and we certainly have plenty of those, especially in Lytham.

What a marvellous summer we have had. It was very much like school days when it never seemed to rain during school holidays.

But here we are - the odd crisp morning but still occasionally warm sunshine. How lucky we are in our lovely home towns. Celia



ANOTHER FABULOUS FUNDRAISER at St Annes Tennis Club to look forward to!!

Friday, 31st October 1pm to 4pm.



Thank you Alisha

We are sorry to see you go for a while but look forward to seeing you after the baby arrives. We cannot thank you enough for the love and care you gave to us here at Just Good Friends. You have been truly inspirational and we wish you lots of love with your little one and will be happy if you can pop in to let us see your baby.



We will miss you as part of the Beaverbrooks team and look forward to meeting up with your colleague Eleanor Guffogg. In the meantime, we send sincere thanks and love from all of us at Just Good Friends.

Don't be alone at Christmas

Christmas can be a difficult time for many reasons, and it is very important to me that I know people will not be on their own so please let me know if this could be you.

We are a family of friends and we look out for each other so please make sure you let me know if you or anyone you know of in our group who may be worried about this: we are always here to help.

With love, Bev.

