



Just Good Friends

February 2026 Newsletter



For information telephone: Bev Sykes: 07557 734233
www.justgoodfriends.org - [instagram.com/justgoodfriendsnw/](https://www.instagram.com/justgoodfriendsnw/)
www.facebook.com/justgoodfriendsNW/ Editor: Celia Burgess

REGULAR WEEKLY MEETINGS

- MONDAY** 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.
- MONDAY** 1pm - 4pm **'PLAY AND CONNECT'** - Chat, Games, Dominoes, Cribbage at the Links Pub
- TUESDAY** 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.
- WEDNESDAY** 10am - 12noon **'WEDNESDAY WARMTH'** at St Annes Palace, 18, Garden Street, St Annes. Tea/ coffee and chat.
- THURSDAY** 6.30pm **'TEA TIME FOOD'**. A friendly early evening get-together at various locations.
- FRIDAY** 10am **'YOUR PACE OR MINE'** - Fitness walk round Fairhaven Lake then meet up for coffee in the café.
- FRIDAY** 1pm **'CUE CONNECTIONS'** - Snooker Club at the Victoria Pub, Church Rd, St Annes
- SATURDAY** 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** 12.30pm **'GATHER & DINE' - LUNCH** at the Clifton Park Hotel and other venues. Contact Sheila to book Clifton Park on 01253 374009 or 07486 466855. 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

Saturdays at the Well Community Centre 2pm - 4pm FEBRUARY	
7th	Family Fortunes
14th	Steve's Valentine's Quiz and a Raffle
21st	Table Games
28th	Bingo

FRIDAY 30 JANUARY

You may still be in time to attend. Speak to Bev, Julie or Joanne for details.

TUESDAYS AT THE VIC

1pm-4pm - FEBRUARY

Programme: **Singers:**

- 3rd - Paul Allen
- 10th - DJ Guy Griffiths
- 17th - Marianne Ryan
- 24th - Johnny Roxx

FRIDAYS - AT THE VIC

1pm - no specified end time

Our Private Members' Club Snooker & Pool with Darts.

Please Note!

Please note that the Vic Pub will be closed for refurbishment on Tuesdays 3rd, 10th and 17th MARCH & will reopen on Tuesday 24th MARCH.

MONDAYS AT THE LINKS

1pm - 4pm

Plenty of options to select

1pm - 3.30pm DRAMA FOR A CAUSE - Drama Class

1pm - 4pm PLAY & CONNECT (Chat, Games, Dominoes, Cribbage)

BEAT the January Blues

Join us for a CRAZY - fun filled afternoon

Carry on DOCTORS AND NURSES PARTY

BEST FANCY DRESS PRIZE
 -Our hospital radio DJ GUY GRIFFITHS
HOSPITAL FOOD SERVED TO YOUR BED
 Friday 30th January 1-4pm - £15
 St. Annes Tennis Club,
 Avondale Road.
 Tel: Bev: 07557734233

FUNDRAISING EVENT

Combating Loneliness and Isolation
 Just Good Friends
 Made with Passion

Afternoon Tea at AKS

Last Wednesday afternoon was an incredibly special day for JGF. We were delighted to be invited for Afternoon Tea by our friends and partners at AKS School and to be entertained by the wonderful students.



Pictured left are Graeme McIntyre, Lynn Cordock with Arlo, Julie, Anne Nolan, Helen Hotchkiss, Bev, Jennifer Djebbar and Elaine Webster and below: three stars from Les Misérables - Henry, Lila, Jenny with our Patron Anne Nolan - such beautiful voices!

What a fantastic performance they put on for us, treating us to songs from their Les Misérables musical production which they are performing this month, playing Bingo and Guess the Tune Quiz with the music clips being played live by the students and we also sat with the Year 8 students who helped produce our War Babies podcasts.

Needless to say the Afternoon Tea was exceptional and thoroughly enjoyed by everyone.

As well as enjoying a fabulous afternoon we wanted some good to come from it so we created a fundraiser to help our friends in the community Wesley's Community Café & Larder on Church Road. They are a fantastic organisation who cook food for people in need and we are incredibly proud to have raised £400 from this event to help Wesley's.

We're super grateful to AKS Lytham for constantly thinking about how they can help us, they really are an amazing school.



What brought a smile to your face this morning?

- For me, it was looking down the garden and seeing bright yellow flowers on a few daffodils - *amazing*.
- Then a tradesman arrived at the start of a promised appointment time of 'between 1pm and 4pm! *Fantastic*.
- I lost some Apps and Contacts on my mobile yesterday but just managed to find them and got them all back! *Too scary for words*.



What a lovely morning - I am now a very happy bunny but that's enough excitement for one day.

Have you had a happy morning? Send an email to my distribution contact and let us know.

Celia



Our New Website

You will hopefully have heard about and already seen the new website following Martin Bentley's announcement a few days ago (please see below).

Over the last few months our team members and board have been working tirelessly with a very talented local website designer and developer to completely refresh and redesign our entire website that better reflects and represents our fantastic charity in this modern world.

Working together with Ryan we have managed to create an online presence that now shows the world our best side and truly represents this fantastic community.

We are absolutely delighted with the outcome and we think you all will be as well.

Please take some time to have a look and let us know in the comments what you all think.

Click the link below to take a look or from the top of the cover page of the Newsletter.

www.justgoodfriends.org



Amongst the new members we were pleased to welcome to Just Good Friends this month were Dean and Lynn Cordock and Aldo their gorgeous mini Cockapoo who Lynn has kindly volunteered to us through Pets for Therapy.

Lynn also baked this beautiful cake for us which was eaten in a flash - it was delicious.



ARLO



Arlo is a 3½ years old mini cockapoo who gives us so much pleasure I just wanted other people to enjoy him too.

Arlo loves the attention of meeting new people, so I looked into Pets for Therapy to see if this would be suitable for him and he was accepted straight away.

He was then assessed to make sure he was suitable and the assessor was very impressed with him within a few minutes.

As a volunteer you are interviewed and references are needed, also safeguarding training has to be completed with ongoing training throughout the year.

We are so very proud of our baby Arlo and we hope you will enjoy our visits to just good friend on a Wednesday morning.

Lynn

VALENTINE'S DAY

Saint Valentine was executed on the orders of the Roman Emperor Claudius II on the 14th February 269AD for defying Claudius who had outlawed marriage for young men, thinking it would make them more dedicated soldiers.

Valentine defied this decree by secretly performing Christian weddings and also illegally converting pagans leading to his arrest and ultimately being martyred and condemned to death.



Legend has it that while imprisoned, Valentine healed the jailer's blind daughter and on the day of his execution, he left her a note signed "From your Valentine," cementing his connection to love and romance.

However, he was not associated with romance and love for another thousand years when the English poet Chaucer was credited with popularising 14th February as a day for lovers with his poem 'The Parlement of Foules', and this theme was taken up by Charles, Duke of Orleans whose love letter to his wife written on 14th February 1415 while he was a prisoner in the Tower of London after the battle of Agincourt, is the first known Valentine letter. It is now in the British Museum.

The text above re the life of Saint Valentine is extracted from various versions on-line .

I'm quite sure Hallmark and other stationers are quite happy with whatever is written about St Valentine which subsequently started the tradition of sending cards as tokens of love.

I hope you all have a lovely day on the 14th February and whether or not you get a card, you are all very well loved at Just Good Friends.

Celia 

Free data for those who need it most

If anyone is struggling financially and cannot afford to put data on their mobile phone, please contact your nearest O2 store as they can supply you with free data from the [National Databank](#). (click on underlined links for access)

Data is essential to everyday life – from banking and job hunting to simply staying in touch, but many people in the UK are struggling to stay connected and access these vital services.

The UK charity is dedicated to closing the digital divide by helping people gain digital skills and access to technology, offering free data via its National Databank (which is like a foodbank but for mobile data) providing:

- free mobile SIM cards for people who can't access the internet
- refurbished devices through its [National Device Bank](#)
- and training via its [Learn My Way](#) platform

and working with local community hubs to support digitally excluded individuals across the UK.

The nearest one to us is The O2 Store, Victoria Street, Blackpool FY1 4HU. Tel: 01253 621717.

Drop by and see us and ask for the [National Databank](#) in any of our O2 stores.

This is a collection of people's comments on how in the 1930s through to the 1960s we entertained ourselves, how we ate and played as opposed to life today.

However did we survive?

- Well, first, we survived having been born to mothers who smoked and/or drank sherry while they carried us after which we were placed in our baby cots covered with brightly coloured lead-based paints.
- When not in school, we would leave home in the morning and play all day, as long as we were back before it went dark. No one was able to reach us all day but we were OK. We had family rules and we knew we had to stick to them or be in trouble.
- We would spend hours building go-carts out of old prams and then ride down the hill, often without brakes. We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents: we built tree houses and dens and swung on a thick rope from a tree branch hanging over rushing streams.
- When we rode our bikes, we had no helmets and sometimes even no shoes, not to mention the risks we took hitch-hiking when we got tired from walking in the fields and woods.
- We ate white bread and beef dripping, milk from the cow, real butter and drank sweet fizzy pop, but we weren't overweight because...WE WERE ALWAYS OUTSIDE PLAYING!!
- Take-away food was limited to fish and chips (cooked in beef dripping or lard), no pizza shops, McDonalds etc and although all the shops closed at 6.00pm and didn't open on a Sunday, somehow we didn't starve to death!
- We had TV in the 50s but no mobile phones, personal computers, internet or chat rooms...WE HAD REAL FRIENDS and we went outside and found them!
- Not everyone made the rugby/football/cricket/hockey team: those who didn't had to learn to deal with disappointment. Imagine that!! Getting into the team was based on MERIT.
- Our teachers used to hit us with canes and thick wooden rulers and throw the blackboard duster at us if they thought we weren't concentrating, yet we managed to add up, string sentences together, spell and have proper conversations due to a good, solid three R's education taught by teachers who were always referred to as Sir or Miss.
- Woe betide anyone who got in trouble with the police as the idea of a parent bailing us out if we broke the law was unheard of, they actually sided with the law!
- We had freedom, failure, success and responsibility and we learned HOW TO DEAL WITH IT ALL before the lawyers and Government et al began to regulate our lives.

Ah well, it was good that some things eventually changed, but we did survive and when I look back on my own childhood in the 40s and 50s enjoyed with my two sisters when all of the above still applied I can truly say I loved every minute of it - except that I have never forgotten the blackboard duster catching me on the side of the head for a misdemeanour I can no longer remember!! Happy, happy days, Celia

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

Please ring to check which venue where we will meet. It is a great early evening gathering - 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.**



FEBRUARY Birthdays

6	Keith Duffield
7	Joe Martins
9	Philip Cook
9	Rosemary Jones
12	Chris Anderton
13	Kathleen Barcock
13	Gemma Parker
15	Audrey Nicholas
16	Jean Lee-Maskel
18	Christine Baines
18	Jane Savill
19	Eira Neads
19	Tracy Reid
20	Helen Williams
22	Graham Clark
22	Kevin Potts
26	Mary Hopkins
28	Dorothy Shenton

Happy birthday to you all and congratulations to those with extra 'special' birthdays.

Subscriptions due 1st November 2025

Thank you to those of you who have already paid your new subscriptions, but we would appreciate those of you who wish to renew Membership would make your payments as soon as possible.

Details for those who wish to pay (£25 per person or £40 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

Please remember to add your name as a reference

