



Just Good Friends

April 2026 Newsletter

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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 - 4pm **'CUE CONNECTIONS'** - The JGF Snooker Club now meet at the Mayfield Sports Bar on Mayfield Road, St Annes. See below. 
- SATURDAY** 2pm - 4pm **'FUN AND FRIENDSHIP'** - at the Well Community Hub, St Albans Rd, St Annes. Tea/ coffee and chat with Games, Quizzes, Bingo and Music.
- SUNDAY** 12.30pm **'GATHER & DINE' - LUNCH** at the Clifton Park Hotel and **we are back at the St Ives Hotel**. Both venues are popular - book ASAP. Contact Sheila to book Clifton Park on 01253 374009 or 07486 466855 and Beryl for the St Ives on 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 - APRIL	
4th	Easter Theme Words & Easter Raffle
11th	Table Games
18th	An Afternoon with "Queen"
25th	Bingo



Carol Jacques at our Back 2 School event

MONDAYS AT THE LINKS
1pm - 3.30pm DRAMA FOR A CAUSE
 - Drama Class -
 Drama Group is going really well with the support of Director Deborah & Cathy
1pm - 4pm PLAY & CONNECT
 (Chat, Games, Dominoes, Cribbage)
 We need more ideas to get this going again. Please let Bev know if you have any suggestions.

TUESDAYS AT THE VIC

1pm-4pm - APRIL PROGRAMME

Singers:

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

FRIDAYS JGF Snooker Club



1pm - 4pm

Snooker & Pool with Darts

**at THE MAYFIELD
SPORTS BAR**

Come and join us at our new permanent venue.

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



In March we had an enjoyable and interesting meeting at the Palace rooms with Jan Schofield (pictured centre left) who is Lancashire County Council's Champion for Older People. Jan's role is to assist and advise groups such as JGF on service issues across Directorates which support and encourage active, independent and healthy lives for older people.

Martin Bentley, our Charity Operating Officer leaves us at the end of March.



We will miss him and thank him for all the help he has given us in so many areas, not least his invaluable assistance with technology for those of us who have needed his help and advice.

It possibly goes without saying, but as we gave Martin our good wishes, there was a delicious cake to enjoy made by our lovely member Lynn Cordock.

We wish Martin well and leave him with our very best wishes.



It was lovely to see our gorgeous little friend Arlo (see group photo above), the 3½ years old cockapoo who was recently accepted by Pets for Therapy.

He often pops into the Palace on a Wednesday morning with his mum and dad, Dean and Lynn Cordock and they are always given a warm welcome.



A fantastic St Patrick's day at our temporary venue the Town House. Big hats all round - really lively afternoon as we enjoyed our fabulous entertainer Marianne (left).



Lawrence Hathaway & Stephanie Whiteside

The **Back 2 School** event was really good fun and it was easy to suspect that some of those taking part were simulating their own schoolchild selves on the day! Good laughs all round along with dancing and lovely food.

Many thanks to everyone who helped organise the event which raised a fantastic £509.21.



Left - schoolboy DJ Guy alongside the raffle prizes. Centre - Headmasters Andy Jamieson & Richard Alexander with a delighted Helen Munn who won the beautiful gift donated by Beaverbrooks.

Thanks everyone for always donating brilliant raffle prizes and special thanks to our amazing Beaverbrooks who always support us.

Lytham St Annes High School - Hermes House Poetry Challenge

In January this year we told you how delighted we are with the support we are receiving from Lytham St Annes High School. Following this, the students in **Hermes House** were challenged to write a poem inspired by their school charity, **Just Good Friends** and the results were announced as below. Pictured are Hermes House Leaders, Miss Dainty and Mrs Proctor with Bev and Sophie.



After reading the entries, Miss Dainty and Mrs Proctor invited Bev Sykes, founder of the charity, to help choose a winner. Bev shared that it was incredibly difficult to select just one poem, but one entry truly stood out.

Congratulations to Sophie (Year 10), whose powerful

writing particularly captured the moment of "a man sitting on a bench on his own." The imagery resonated strongly with the charity's message. On the Just Good Friends website there is a photo of someone sitting alone on a bench, contrasted with another showing people supported and connected through the charity's work.

To celebrate her thoughtful piece, Sophie received a gift bag of goodies from Miss Dainty and Mrs Proctor, and as a special surprise Bev also gifted her a large Easter egg, a pen, and a copy of the book "Always Remember – The Boy, the Mole, the Fox, the Horse and the Storm" by Charlie Mackesy. A huge well done to Sophie and to all the Hermes students who took part in such a meaningful activity.

*the streets were dark and filled with snow
children laughing with no place to go
a simple laugh snows christmas cheer
and can make someone smile ear to ear.*

*theres a streetlamp that keeps flickering light
sometimes its eerie in the middle of the night
but upon this night, december twenty-fourth
this light is giving someone warmth.*

*A family sits around the fire place
a young boy learning to tie a lace
the father sits, gleaming with proud
goodness me, this silence is loud*

*A lone man sits on the bench of the park
his minds a mess, lost in the dark
A kind man offers a drink with a heart
he takes him home in a horse draw cart*

*Sophie Grimshaw
Y10 10CHL*

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

LUNCH at the Clifton Park Hotel on Clifton Drive South and **we are back at the St Ives Hotel on the Promenade** (see picture below). Both venues are popular so book ASAP. Contact Sheila to book Clifton Park on 01253 374009 or 07486 466855 and Beryl for the St Ives on 07530 588037..



A lovely welcome back from the St Ives to us all. Marie Wyld, Joanne Campbell, Fabulous Chef Chris Ferret, Bev, Jennifer Garside, Beryl Dale, Mike Caro and Joyce Day
Looking forward to more fabulous food and good company.

Easter Eggs

Thanks to all our beautiful kind members who donated these eggs for the Easter event at Lytham St Annes High school.

The school will be donating the funds to us here at JGF.

Huge thanks to the school and all our members.



Book Corner



Don't forget...

...that on Saturday afternoons we have a Book Corner for members to borrow books.

If Spring Cleaning is amongst your April tasks, perhaps you might want to sort out your overfull bookshelves to see if you have any good quality fiction paperbacks you would like to donate to our library.

For further information speak to Jean Mason at our Saturday or Wednesday meetings and thank you so much.



MARCH Birthdays

- 2 Kathryn Brennan
- 4 Douglas Calvert
- 6 Sandra Rixon
- 6 Bev Sykes
- 6 Alan Worthington
- 7 Ross Denwood
- 7 Margaret Holmes
- 11 Michael Coyle
- 11 Clifton Wright
- 15 Margaret Pollard
- 15 Ellen Thomas
- 16 Julie Wright
- 19 John Ashby
- 19 David Riley
- 21 Marie Wyld
- 24 Enid Green
- 25 Beryl Dawson
- 27 Richard Alexander
- 29 Karna Kirk-Drain
- 30 Shirley Skinner

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



I wish you a season filled with love, peace and happiness enjoyed amongst your friends and family.

*With love,
Celia*

