



Just Good Friends

August 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	11.30am	'COFFEE AND CHAT' - please contact Bev for venue.
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 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 - AUGUST	
1st	Marie's Quiz and a Raffle
8th	Race To The Finish - a dice game
15th	Wheel of Fortune
22nd	Table Games
29th	Bingo

MONDAYS AT THE LINKS 1pm - 3.30pm DRAMA FOR A CAUSE - Drama Class - 1pm - 4pm PLAY & CONNECT

FRIDAYS 1pm - 4pm



JGF Snooker Club at THE MAYFIELD SPORTS BAR

We'd love to see more people joining us and you're also very welcome if you just want to come and watch.



Paul French & Steve Mason at the snooker Club wearing their special JGF snooker shirts! See page 3...

**SATURDAY MORNINGS
11.30am**
Come and join us for
COFFEE AND A CHAT
Call Bev for the selected venue

**TUESDAYS AT THE VIC
1pm-4pm - AUGUST PROGRAMME Singers:**

4th	- Johnny Roxx
11th	- Johnny Roxx
18th	- Marianne Ryan
25th	- Paul Allen



Great afternoon at St Annes Palace with Evie volunteering with us and doing her bronze Duke of Edinburgh Award: also joining us were members from the amazing King's Trust. We are so proud of them all.

A NEW CHALLENGE



Many people enjoy playing the card game Bridge and we are asking if anyone would be interested in setting up a regular Bridge session for Just Good Friends using large playing cards.

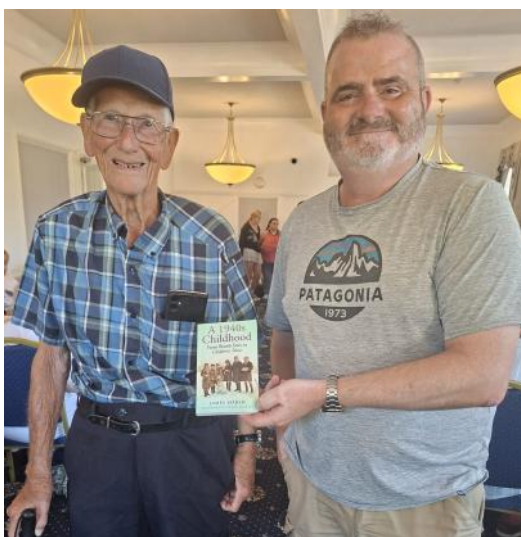
Bridge is a popular card game played in many social organisations not least because it has been reported as providing beneficial results for players' overall well-being keeping players socially engaged and cognitively challenged.

It may be that many amongst us already play elsewhere and if so this would be a good way of introducing and helping new members/learners to join in when they felt ready.

If this is something you feel would be popular, perhaps have a chat amongst yourselves to get a feel for the interest.

It really would be good to start up a new activity which could be enjoyed by us all.

Let Bev have your thoughts - it's an exciting idea and well worth investigating.



Eddie Morris and our Patron Graeme McIntire from AKS met up at our Ward Babies Project



St Annes Carnival – Our Amazing Team Shines Again!

For the last three years we have proudly taken first place in our category, and I couldn't be more delighted. Every single person gets involved, dresses up, and throws themselves into the occasion.



This year's theme was "Through the Ages", so our group had everything — cave people, flower power, the roaring 20s, the stylish 30s and more. Everyone embraced the spirit beautifully.

The night before, a few of us headed to AKS School to decorate the minibus, and it looked absolutely fantastic. We were ready to go. Our Patron, Graeme McIntire, had asked a teacher from AKS if he would drive the minibus, and John Ridding immediately said yes — such kindness and support.



L: Andrew Jamieson, Jean Richards & Alan James, C: our decorated transport, R: Beryl Dale, Joyce Day & Josephine Evans

But then... a little hiccup!

Graeme arrived to meet us with the minibus — but not the one we had decorated! The original had broken down, leaving us with a completely undecorated replacement. Time was ticking. However, thanks to Amanda Joynt, four of us dashed back to AKS, stripped every decoration off the original minibus, and threw them onto the new one as fast as we could. It was a mad rush, but we weren't going to be late. We arrived just in time — and once again, we won First Place. I was so proud of every single one of us. Things don't always go perfectly, but with wonderful people around you, everything works out.

WELL DONE EVERYONE, YOU ARE ALL AMAZING. ROLL ON NEXT YEAR! Bev xxx



Many thanks to two of our members, Sue Hornby pictured and David Cowan who generously donated £100 each to Just Good Friends.



Thank you to all of our lovely members who kindly donate prizes for our raffles with special thanks to Andy Jamieson who donates fantastic mystery hampers each week at The Vic Pub. Very much appreciated Andy.

Thank you also to our latest Volunteer Ann Marie Booth who is helping us with our monthly statistics plus helping out on Wednesday mornings at The Palace with the check-in desk. This helps us hugely with the running of Just Good Friends.



... and here is the back view!!
Brilliant JGF shirts guys!

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 the St Ives Hotel on the Promenade. Both venues are popular so book ASAP. Contact Sheila to book Clifton Park on 07486 466855 and Beryl for the St Ives on 07530 588037.



AUGUST Birthdays

- 1 Maria Broadbent
- 1 Nick Ireson
- 4 Julie Evans
- 7 Margaret Stevens
- 8 Doreen Jamieson
- 10 Gemma Jebson
- 10 Lorraine Lay
- 10 Clive Tandy
- 11 Jenny Bettaney
- 12 Ann Snell
- 13 Mark Nutley
- 17 Ann Kidby
- 17 Lynn Lyddon
- 18 Simon Slater
- 20 Geoffrey Hodgkinson
- 25 Janet Jones
- 29 Jon Harrison
- 29 Joyce Nichols

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

Barton Grange Barge Trip - Friday 24th July



Fabulous day out on the Lancaster Canal from Barton Grange.

It was a lovely day with good food, good company and a very relaxing journey whilst sauntering along spotting many interesting birds and wildlife along the canal and towpath.

Massive thanks to Joanne for arranging this.

Upcoming EVENTS

What's on at Just Good Friends

Regular Meetings detailed on cover page

FRIDAY 21st AUGUST 1pm - 4pm

£20

Summer of 76 Party at the Tennis Club, St Annes
DJ with all the 70s hits. Buffet, raffle etc.

FRIDAY 25th SEPT - 6.00 - 6.30pm

Just Good Friends 14th Year Anniversary

At the Glendower Hotel, St. Annes - Entertainment with the PHOENIX BIG BAND

Buffet, Raffle £30

NB: Please always check times and dates of events as sometimes changes become necessary after the Newsletter has been issued.

Just Good Friends
Combating Loneliness and Isolation

JGF 14th Year Anniversary Celebration

Phoenix Big Band Swing Band

Dance the night away with our fabulous local swing band: **PHOENIX SWING BAND**
Special guest appearance: the sensational **ANNE NOLAN**

Friday 25th September 6.30pm £30

Plus Lasagne - Raffle

THE GLENDOWER HOTEL NORTH PROM, ST ANNES

For more details call Bev: 07557734233

