

NEWSLETTER



SUDLEY AREA RESIDENTS' ASSOCIATION

A charitable incorporated organisation, registered charity no. 1190529

SARA Hall, Rundle Road, Aigburth, Liverpool L17 0AQ

Telephone: 0151 726 0805 Email: secretary@sudley.org.uk January 2025 Issue 50

NEW SESSIONS

Menopause Yoga™ with Sian Lincoln (Tuesdays 5.30-7pm)

Learn some simple techniques to help ease menopause symptoms in tailor made Menopause Yoga™ classes that include breath work, yoga poses, meditation and time to talk! Given the nature of the classes, booking is essential.

Contact Sian on sirayogaliverpool@gmail.com

Jo Jingles Liverpool (Wednesdays 10-10.45am)

We're excited to bring fun, music and movement to children aged 3 months to 5 years across Liverpool! Jo Jingles will help develop your little ones' speech, language, social communication, listening and attention skills. Come join us for singing, dancing and joy as we help little ones learn and grow. Contact Kate on 07542 914748

Crafty Art Club (Wednesdays 5-6.15pm)

Offers children aged 5-8yrs a fun, playful creative environment to make their own artworks and learn new techniques. Imagine, paint, draw and create!

Contact Alexandra on artclubcrafty@gmail.com

ANNUAL GENERAL MEETING

Our AGM this year will be incorporated into the cinema evening on **Friday 27th June 2025**. The meeting will start promptly at **7pm** followed by the film.

HALL TIMETABLE

visit www.sudley.org.uk for updates

Monday

09:15 - 10:15 Nicola Parker Pilates
13:30 - 15:30 Gordon Brown's Art Class
17:30 - 19:00 Beginners/Intermediate Yoga (Carole Griffith)
20:00 - 21:00 Nicola Parker Pilates

Tuesday

09:30 - 11:30 Private Group
13:30 - 15:30 Tea Dance
17:30 - 19:00 Menopause Yoga (Sian Lincoln) ****NEW****
19:30 - 21:30 Wu Shu Kwan Kung Fu

Wednesday

10:00 - 10:45 Jo Jingles Liverpool ****NEW****
14:00 - 16:00 Local History with Alan Makin
17:00 - 18:15 Crafty Art Club (5-8yrs) ****NEW****
19:30 - 20:30 Sudley Sings

Thursday

09:30 - 11:30 Coffee Morning
13:00 - 14:30 Chair Yoga (Carole Griffith)
16:00 - 16:50 Drama Adventures for ages 4/5+
17:00 - 18:00 Drama Creators for ages 7+
19:00 - 20:30 Yoga (June Bradshaw)

Friday

10:00 - 10:45 Mossley Hill Children's Centre Active Play
13:30 - 14:30 Book Club (2nd Fri. of month)
18:00 - 19:00 SARA Trustees Meeting (1st Fri. of month)
18:00 - 19:00 Councillors Surgery (4th Fri. of month - Not Dec)

Session Contacts:-

All Pilates sessions contact Nicola Parker on 07913 668599
Gordon Brown's Art Class contact Gordon on 07808 669655
Yoga with Carole Griffith call 07748 260353
Tea Dance contact Valerie Jefferies on 07860 178101
Menopause Yoga email sirayogaliverpool@gmail.com
Wu Shu Kwan Kung Fu contact Steve Bishop on 07525 032511
Jo Jingles Liverpool contact Kate O'Brien Fay on 07542 914748
Local History contact Alan Makin on 07847 934546
Crafty Art Club email artclubcrafty@gmail.com
Sudley Sings email sudleysings@gmail.com
Drama Adventures/Creators email info@teenytinytheatre.org
Yoga with June Bradshaw call 07772 892353
Mossley Hill Children's Centre call 07849 300061
For any other enquiries, leave a message on 0151 726 0805



SARA COMMUNITY CINEMA

7pm on the following Fridays

**24 Jan, 28 Feb, 28 Mar, 25 Apr,
23 May, 27 Jun, 25 Jul, 26 Sep,
24 Oct and 28 Nov 2025**

Cinema evenings are **FREE** to attend and refreshments will be on sale during the interval. For film details, check the noticeboard at SARA Hall or call SARA on **726 0805**



SARA DAY TRIPS 2025

Wednesday 2nd April 2025

SKIPTON

Coach leaves at 9am Cost £18
(booking on 12th March)

Saturday 10th May 2025

HALIFAX

with an optional visit to SHIBDEN
HALL (additional fee applies)

Coach leaves at 9am Cost £18
(booking on 19th April)

Friday 20th June 2025

TWEEDMILL ST ASAPH & CONWY

Coach leaves at 9am Cost £18
(booking on 30th May)

Thursday 17th July 2025

GARSTANG MARKET & LYTHAM ST ANNES

Coach leaves at 9am Cost £18
(booking on 26th June)

Wednesday 6th August 2025

OSWESTRY MARKET & LLANGOLLEN

Coach leaves at 9am Cost £18
(booking on 16th July)

Wednesday 3rd September 2025

LLANDUDNO

Coach leaves at 9am Cost £18
(booking on 13th August)

Saturday 27th September 2025

YORK

Coach leaves at 9am Cost £20
(booking on 6th September)

Friday 17th October 2025

BURY

Coach leaves at 9am Cost £17
(booking on 26th September)

HOW TO BOOK

Bookings are taken from the day listed for each trip and not before. You must phone SARA Hall on **0151 726 0805** to book – we will need to know how many seats you want and a contact number. If you are booking for more than yourself it is expected that you will deal with payment for everyone in your party. Confirmation that your booking has been successful will be by telephone.

Payment is by cash or bank transfer only. Payments are non-refundable.

PAYMENTS BY CASH: Please place cash in a sealed envelope with the names of those you are booking for and the amount of cash enclosed written clearly on the front. Cash can be handed in at SARA Hall on **Thursday mornings (9.15 - 11.15am)** or at the start of our **Cinema Evenings (6 - 7pm)**. Please **do not** leave money at SARA Hall at times other than these.

PAYMENTS BY BANK TRANSFER: SARA's bank account details are:

Account Name: **Sudley Area Residents Association**

Sort Code: **40-29-01**

Account Number: **81306480**

Please use your surname as a payment reference and advise us you are paying by bank transfer.

**ALL COACHES DEPART FROM AIGBURTH ROAD
(Lay-by outside St Anne's Church)**



SARA MEMBERSHIP

If you receive our newsletter through your letterbox, you live in the Sudley Area. If you aren't already a member, it would be great if you would sign up.

SARA membership is **FREE** and there's no requirement for you to do anything other than send an email with your name, address and phone number to **secretary@sudley.org.uk** If you don't have an email address, you can also leave a message on our answerphone **0151 726 0805**.

DISCLAIMER: The publishers accept no responsibility for misinformation or incorrect spelling therein. All articles and information are accepted on individual merit and in good will.