



LAUGH LIVE LOVE

*community
interest company*

Spring 2019

Introduction

Laugh Live Love CIC is a not-for-profit organisation. Officially called a Community Interest Company, and registered with Companies House.

We are a fairly new organisation providing activities and programmes for older people on the Fylde to keep and improve their physical, mental, emotional, social, spiritual health and well-being.

Laugh Live Love CIC, or just Laugh Live Love for short, is managed by four Directors, Richard Golding the Chair, Bev Wells Treasurer, Julie Webb and Jane Hirst.

The projects we have running at the moment are our Monday CAMEO (*Come and Meet Each Other*) Luncheon Club, which is attended by around 45 regular members.

We have a Friday session where we try to be a bit more

active and which is open to anyone over 55. Both sessions are held weekly in St Paul's Church Hall in Fairhaven.

Our third project is our monthly meeting, Friends After Bereavement (FAB). At present we are without a home but we are hiring a room in St Paul's Church Hall until we can secure a more permanent base.

Through conversations with our service users we are also looking to provide a project specifically for men. Our Treasurer is presently looking into applying for a grant to cover the cost of a variety of activities.

If you have any ideas for activities you would be interested in please let us know.

We have good teams of volunteers but we can always use more. If you know of anyone who would be interested please tell them about us.

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Laugh Live Love CIC

Promoting the physical, mental, emotional, social and spiritual health and wellbeing of older people on the Fylde

Cameo Christmas Lunch



60 people, including guests, enjoyed the CAMEO Christmas Lunch with all the trimmings.

It began with a short Carol Service in St Paul's Church Fairhaven led by the Vicar, the Revd Paul Bye. Lunch was then served in the Church Hall next to the church.

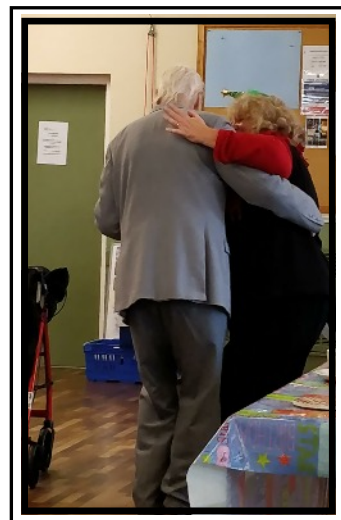
Pauline and the Team of volunteers cooked an amazing

meal. Starters was a delicious prawn cocktail, followed by a fabulous roast turkey dinner, including pigs in blankets, roast potatoes, sprouts and gravy with a glass of wine, or two, and finished with a scrumptious trifle.

Before and after the meal we were entertained by singer, Jay. And some members danced along to the songs.

A great big thank you to the cooks, and waiting on staff who all volunteered their time to give everyone a fabulous time. We are so fortunate to have such a great team.

Friends and guests are welcome to join us any Monday for lunch but, for catering purposes, please make sure they book in advance.



Congratulations James



James is one of our volunteers at the CAMEO Luncheon Club. He has also started working as a volunteer with AFC Fylde Community Foundation.

Here is James sporting his new AFC Fylde CF uniform.

Friday sessions

Between 12.30 and 2pm each Friday since September, in St Paul's Church Hall, we have been holding Sporting Memories sessions.

In partnership with AFC Fylde Community Foundation, we begin each session with soup, sandwiches, fruit and drinks followed by some gentle chair based exercises for those who want to. We then have a short film, or a talk, or remember sporting hero's and famous people and achievements from the 60's.

We've had lots of fun and so many laughs; especially watching black and white videos starring Laurel and Hardy.

We have recently received a grant from the Police Crime Commissioners Office which is enabling us to bring in guest

speakers to talk about personal safety and specialist support.

Recently, we met Rob, our local Police Community Support Officer, who gave a talk on his role as a PCSO and has promised to pop in to our activities every now and again.

We welcomed Michele Scott, from Wyre Borough Council, who came to talk about the Care and Repair Service which, for a small charge, provides help, advice and support with repairs, maintenance, adaptations and improvements to homes for householders in Wyre and Fylde aged 65+, or adults with a disability.. If you need help ring 01253 887569.

The Friday sessions, at just £3.50, are open to anyone aged 55+. Come and see what we get up to, or ask Julie for more information. (See page 3 for a name update).i

New name for Friday lunchtime group



After six months we have got a name for our Friday group - POPPIES - Promoting Older People's Pastimes, Interests, Exercise and Socials.

If you're interested in coming along to POPPIES on Fridays 12.30-2pm or want more information please ring Julie on 07517 086 530.

Keep your ears open for information on outings, excursions and activities.

Everyone is welcome to join us at any time. There is a free minibus available until the summer for those who need it.

Personal Safety at Home

PCSO Rob Hey visited POPPIES recently, he gave a talk on how to help us feel safe in our homes and the communities where we live.

We thought it worth sharing that information in this newsletter. Rob talked about door to door salesmen who sell household goods as their first employment since leaving the prison system. These people are often exploited by a 'master' who drops them off in an affluent part of the country and then they have to sell a certain amount of items (often way overpriced) in order to be fed that evening. Rob advised

to use a door chain at all times when opening the door and not to open it after dark. He gave us permission to shut the door if, after asking the person to leave politely, that person is persistent or abusive.

Always ask to see ID and if the caller is genuine they will not mind waiting whilst you call their employer (shutting the door first before making that call).

Passwords are given out these days, so you will be given a password by their employer and the caller at the door will tell you that password.

Rob brought a range of information especially about online fraud and reminded us all that passwords should be at least 8 digits long, with mixed characters and DO NOT use the same password for everything! **Thank you Rob.**

On 5th April our next visitor will be the Manager from Ansdell Library – Vicky Ward sharing with us the range of services that the library offers from Knit and Natter to Library Home Service.

Do come and join us you will be made most welcome.

Our Members and Friends

Here are some of the positive comments from our Friday members - "very enjoyable, welcoming, and something to do on a Friday", "good company, good food", "everyone is so friendly", "minibus drivers are so caring and helpful", "like the different speakers".

These are some of the suggestions people would like to do now and again, play bridge, outings to the cinema & theatre and quizzes. Let us know your ideas!!

Amongst our Friday group, we have a very active lady, Martha, who is 106!! She was born in Wakefield in 1912 and moved to St Annes 47 years ago when she married her second husband. Please join us in wishing Martha a

very, very happy 107th birthday in April. She is an amazing lady!

On a sad note, we say a very fond farewell to a loyal member of CAMEO Luncheon Club and very active supporter of all our groups, Kay Shortland. Kay will be missed by all her friends locally and her daughter Linda and her extended family in London and Gibraltar, and also her dear friends at CAMEO. We shall miss Kay, and it was in fact her suggestion for chair exercises on Fridays, an inclusive activity for all. Thank you Kay.

Here is a short tribute from her daughter Linda Packham.



Kay, a long standing member of CAMEO, died on Sunday 17 March aged 98. She lived for over 50 years in St Annes; until recently she was a very active lady and led life to the full. Kay visited Lytham Cafe every day; attended the WI and various luncheon clubs including CAMEO where she always felt welcome. She loved meeting people and being active, playing tennis into her 80's, and she loved walking her dogs.

She travelled far and wide visiting Hong Kong, China, Indonesia, Korea, Russia, America and the Caribbean.

Kay's funeral was held on the 29th March and donations in lieu of flowers came to CAMEO.

Thank you to Kay's family for thinking of us.

A few admin reminders to keep the groups running smoothly

Please let us know as soon as possible if you are not able to attend any Monday or Friday. You are automatically counted in for catering purposes and it helps keep food waste to a minimum. One or two people absent, or extra, we can manage, especially on the day if you feel unwell we understand, but a few times we have had 10 -12 people not attend which we were not aware and that is not ideal as we end up with waste - £60 worth of food not required.

Please do phone or leave a voicemail for Julie on 07517 086 530 or email julie.webb@laughlivelove.org.uk or let John know at the registration table.

Please can you complete an up to date registration form. Most people have completed them, but there are a few to be returned. This helps our organisation comply with the General Data Protection Regulations.

PLEASE NOTE, ALL GROUPS RUN TERM TIME ONLY

WE ARE CLOSED OVER EASTER

MONDAYS – CAMEO Luncheon Club– Closed on the 8th; 15th & 22nd April and reopens on Monday 29th April.

FRIDAYS – POPPIES – Closed on the 12th; 19th & 26th April and reopens on Friday 3rd May.

Finally, do use the subsidised Dial a Bus Service on a Monday if you are finding driving difficult or using public transport is not ideal. We have 2 places available - £4.00 return. Alternatively, use a Community Car - 0.40p per mile. Both door to door services. Speak with Julie for more information.

At the moment all of our activities take place in St Paul's Church Hall and we thank the volunteers and staff of St Paul's for the care and support they give to us behind the scenes.

CAMEO Luncheon Club

Mondays 11.45am – 1.30pm
in St Paul's Church Hall,
42 Lake Road North, Fairhaven, FY8 1AG
£6 for a three course meal
freshly made, healthy & locally sourced
Booking essential.

POPPIES

Promoting Older People's Pastimes, Interests, Exercise and Socials
Working in partnership with AFC Fylde
Fridays 12.30pm – 2pm
starting with home-made soup, sandwiches and the occasional treat
in St Paul's Church Hall,
42 Lake Road North, Fairhaven, FY8 1AG
£3.50 per session.

Friends After Bereavement

help and support for bereaved people who have lost a loved one, friend or simply would like to meet some exceptional likeminded people
First Wednesday of the month starting April 2019 in
St Paul's Church Hall
12.30pm – 3.30pm
£5 Hot Lunch – booking required
Monthly membership £2

Julie, Bev, the
Directors and all the
team of volunteers
wish all our service
users and guests a
very

Happy Easter

Keep well and safe
and summer will be
here when we return
together!

For more information, please do not hesitate to contact
Julie on 07517 086 530 or email julie.webb@laughlivelove.org.uk.
Transport can be arranged for people struggling with public transport.
Please ask.