



# LAUGH LIVE LOVE

*community  
interest company*

## Spring 2022

## *Glad to be back!!*

It has been great to see many of our members back at the Luncheon Club after the unsettling times we have been through over the last two years.

Some members have found it difficult to socialise after isolating for so long and it has been an honour to continue to deliver hot meals to those who need them.

It has been exciting to welcome some new members too over the months.

There have been a few changes over the last six

months since we restarted. We welcome Ali who is our kitchen manager and doing a fantastic job. We will let Ali introduce herself later on.

The chair-based exercise sessions have been popular, led by Heidi from AFC Fylde Community Foundation.

Our Coffee and Computer sessions, for those who haven't used or who haven't got access to, a digital device, have helped people get online and learnt how to use a smartphone, tablet or laptop.



Meet Ali pg 2



A BIG thank you to all the volunteers - pg 3

HAPPY  
EASTER



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

# Please welcome Ali our Volunteer Kitchen Manager



Ali, on the right of Claude, says “Joining the LLL kitchen team in January has proved to be fun and challenging in equal measure. The opportunity to work with and learn from Claude, Sheila, Gilly, Julie B and Debra has been truly rewarding, As a team we have made and served over 500 meals this year.

As an engineer who spent 25 years in the corporate world, most of it at BAE systems, I still work with a number of UK engineering & construction companies but am now fortunate enough to have the spare time to volunteer in the community. As well as LLL I

support Lytham Hall, Barnardos and the Samaritans which keep me busy.

I have always enjoyed cooking and will try almost any cuisine. I particularly enjoy making vegetarian and Middle Eastern food but also love making traditional British dishes. I spent some time living in New Zealand and got involved with a local charity called Food for Love where we cooked meals for local people who just needed that extra support. We relied entirely on food donations from local supermarkets and restaurants so had to be creative in making sure we could turn “surplus” into tasty healthy meals for all ages & dietary requirements.

Being part of the LLL Volunteer Team and sharing the cooking is fun and so worthwhile.

I am looking forward to moving into my new home in Ansdell in May when I will finally be able to unpack all my cookery books.

The next couple of months menus are being planned and I hope we can add in some new meals for you to try alongside your favourites.

Spring ushers in lots of lovely new vegetables which aren't in season long so we will do our best to make the most of these. Any suggestions welcome ...”



Would you like a hot three course meal delivered to your door on a Monday and/or a Friday by one of our wonderful volunteers?

Do you need a boost to your weekly meal intake? Maybe you've been in hospital and need someone to cook you a few meals to get you back on your feet again. Perhaps you just want to treat yourself, and why not?

**Freshly cooked good wholesome food for just £8.00.**

**Soup, main course and dessert**

*Minimum booking of four meals and payment in advance*

To book and pay contact Julie on 07517 086 530

**Laugh Live Love CIC** Promoting the physical, mental, emotional, social and spiritual health and wellbeing of older people on the Fylde

# A Right Proper Do

The volunteer team was treated to Afternoon Tea in the Georgian Room at Lytham Hall last month. It was a thank you and a celebration for all the hard work and commitment of our volunteers. At Christmas members gifted monies towards a Christmas Party to say Thank You Christmas was such a busy time so we waited and it was well worth the wait and very much appreciated by all.

Having Afternoon Tea as a team in such beautiful surroundings was absolutely wonderful and a special time together.



Elaine Aucott: 14th  
June 1929 - 16th  
March 2022



My mum couldn't sing the praises of Laugh Live Love loud enough and that's

saying something! She had very mild nature but with lots of grit and determination and some amazing and sometimes difficult life experiences..

Mum was born in Leicester, she met my Dad (Ralph) when she was 16 and they married at 21. They lived in a caravan in the middle of a field for 2 years where my sister was born; they were often chased by a bull while she trudged across the field to the road with the pram.

In 1955, now with two children, they hiked over to Nairobi Kenya East Africa where I was born 6 years later.

She learnt many skills throughout her life including sewing, upholstery, tatting, knitting, lace making, embroidery, screen printing, spinning, weaving, dying fabrics; she even became a self-taught Property Manager and was hands on with any job that needed doing from the floor to the roof and anything in between. She was also a fantastic gardener.

Dogs were a feature in her life and she showed and bred Golden Retrievers and miniature Dachshunds. She could have her hands full with 15+ big and wee beasties running about at times but still found time to be part of the Nairobi Orchestra playing violin.

Mum and dad moved to the remotest part of rural Ireland in 1992 and again mum was faced with setting up a home in a strange land, picking up her music with the Limerick Orchestra, gardening and to some extent her crafts. Boy did she succeed and even when my dad died 13 years ago she continued to make

great friends and started up her spinning and weaving again – even teaching these.

In 2018, at nearly 90, Mum decided she needed to be closer to family whilst she was still active, driving and getting on with life, leaving Ireland, she settled in Lytham. None of us expected her to have a fall that shattered bits of her spine and put an end to her running about. And that's where Laugh Live Love enters Mum's story. She began to recover and after 6 months joined POPPIES ... the craft days and the social lunches and exercise. They made a massive difference to her and she loved all the food but especially the soups and puddings. The support over lock down has been superb. On her last morning she would have been furious had she known she would be missing the Wednesday Fish 'n' Chips!

THANK YOU for the love and support that the Laugh Live Love volunteers gave to Mum and us as a family



## Notices

Please let us know as soon as possible if you are not able to attend the Club, giving at least 48 hours notice. 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 if a handful of people don't attend unexpectedly it isn't ideal as we do end up with waste which is just thrown away. If you're ill on the day and we have enough notice we could potentially deliver your meal to you.

Please call or leave a voicemail for Julie on 07517 086 530 or let John know at the registration table.

Do let us know if you have any food allergies or food preferences and we will do our best to accommodate your needs.

If you haven't already, or any of your information has changed, please can you complete a registration form to help us keep our records up to date and to help us comply with the General Data Protection Regulations.

### PLEASE NOTE THAT WE ARE CLOSED OVER EASTER

The **Luncheon Club** is closed on Monday 11th & 18th, re-opening on Monday 25th April (with Coffee and Computers at 10am in St Josephs Church Hall, Gentle chair-based exercise 11am in St Pauls Church Hall followed by lunch at 12.15; deliveries from 12 noon).

We will be delivering light lunches (£5) on Monday 11th and fish and chip deliveries (£5) on Wednesdays and Fridays. If you want to book a light lunch of soup, sandwich and a cold dessert or fancy fish and chips please give Julie a ring to be added to the list.

**Transport:** if you live in Rural Fylde you may wish to use the subsidised Dial a Bus Service on a Monday- £4.00 return. To register call Lisa or Paul on 01772 537 290. The bus is able to transport wheelchairs.

Alternatively, you can book a Community Car @ 40p per mile. To register for this service contact Julie Pole on - 01772 516 208. Community Cars can be booked to take you to a GP / hospital appointment.

Laugh Live Love has a new Voluntary Community Wheels service - if you are local and need help getting to the Club let us know. It costs just £3 for a return journey in the FY8 area and we have a wheelchair accessible vehicle for any wheelchair users.

**Home support:** over the last few months members have asked if we were aware of organisations that did shopping or housework. We know of the Care & Repair Service for the older person & disabled person. If you have little outstanding jobs that you always used to do yourself, but find it impossible to do now, like changing light bulbs, fixing a doorbell, putting up a picture .... you can contact Care & Repair Fylde on 01253 658658 .

It is a handy person and minor works service and the charges are kept to a minimum, no labour cost, you just pay for materials at cost price.

For more information on any of the above please ring Julie 07517 086 530

Please spread the word about Laugh Live Love, invite any friends or family who would benefit from attending our Club activities.



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