



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

From Bev, Julie and the Volunteer Teams

Welcome back members old & new to the Autumn term 2025 and all those at home receiving hot meal deliveries.

Of course, our Thursday POPPIES Drop-In session and Wednesday evening Chat and Craft sessions never stop and have been meeting throughout the summer months.

Thank you all for your support, and welcoming and supporting each other, it so helps settle in new members just like 'first day' at school it can be quite daunting arriving at a group for the first time.

We now have a waiting list for Monday Luncheon Club, so it is essential to book and pay a week in advance to secure your place.

There are still places available on Friday Afternoon Tea and Chat, and the same applies when booking for these sessions as it all helps with the food planning and shopping and avoids food waste – which we are very conscious about.

If you need to cancel your place, please give 48 hours' notice by ringing Julie on 07517 086 530. Obviously in the case of an emergency please let her know as soon as possible.

Thank you.

NEWSLETTER FOR AUTUMN 2025

Fundraising

Hello just a quick thank you to everyone who supported the fund raising event in the Spring for the North West Air Ambulance Charity (NWAA). We raised £230.

The NWAA is close to my heart, literally, as the Helicopter, hopped over the fence at Blackpool Airport and revived me from a Cardiac Arrest while playing golf. Every pound raised goes to saving lives and your contribution is gratefully welcomed.

*Thank you
Andrew Thornton*

Andrew and Jane Thornton are volunteers at both the Monday and Friday sessions.

Thanks also to the Travelling Strings for providing the entertainment and will be back to entertain us again at our Christmas Lunch.



Hello everyone

My name is Sue and I have been a volunteer with LLL for 3 years.

My older brother, Mike encouraged me to join, as he is a volunteer driver

and I'm so glad he did!

My husband and I moved to the area from London in the 80s to open a nursing home, which we owned for 23 years. After that, grandchildren came along and I continued to be busy.

Later on, I volunteered as a mentor with a children's charity, until family life got too busy again!

Volunteering has fulfilled me in so many ways. Especially with LLL. Everyone, both volunteers and lunch club members, are delightful and I really look forward to seeing everyone every week.

Life passes by so fast, especially nowadays. I think we all agree, modern society is so fast paced. Having conversations with people who are a bit older and wiser is always a treat. I would highly recommend to anyone, with free time on their hands, to volunteer. We all have talents and experiences that we can hopefully use, to enhance both our lives and the lives of others.

What is our Chatterbox service?

It is our befriending service which is offered through our trained Laugh Live Love Befriending Volunteers. Laugh Live Love is a member of the Befriending Network which is a national charity established in 1994 and now has the largest network of befriending services in the world.

Ethne is one of our volunteers and this is what she says:

"Befriending is listening to you and thinking beforehand about you.

It's making a connection with someone not known or perhaps never to meet, but gradually whose voice you will recognise.

Conversation is a wonderful way to find common ground plus ways of communication to express your thoughts and concerns in confidence, which can be helpful, satisfying and enjoyable.

You may initially feel that you have nothing in common and nothing to say, but a befriender may suggest topics that interest you for example family, friends or food, your history or life now and previously.

If you feel isolated, a friendly voice may be welcome. It's up to you to try."



Join Us, Join In

Come along and try one of our Laugh Live Love groups. It may be just what you need, it is for this member "I have suffered with mental health for a long time now. I had got to the point of not going out of the house unless I really had to. I was introduced to Laugh Live Love through my GP. It has made a big impact on me. I now enjoy going to the groups twice a week. I have made new friends, and I am not lonely anymore. I am very grateful to them for helping me turn my life around".



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

Exercise is good for you!

Exercising as you get older offers numerous benefits, including improved physical health, enhanced mental well-being, and a better quality of life.

We offer two chair based gentle exercise sessions each week; one at our Monday Luncheon Club starting at 11am (£3) and the Thursday Drop-In at 11.15 (£2).

You're never too old; we have several people in their 90s who take part. Join us for either session and feel the benefit for yourself.



Session at St Johns Court—awaiting the next instruction from Lorraine

Obituaries

Some of our members who have died in recent months who we shall miss very much are;

Arlene Rodgers - A vibrant lady of 91. She was born in Cambridge, loved sport, singing and acting, playing the piano, and a passion for music, particularly operatic. She studied to be a secretary and book-keeper and was secretary for the 1982 Open at the Royal Lytham Golf Club. She has two sons Paul & Mark.



Vincent Lutas - A lovely gentleman of 71. He was born in London; his parents moved to this area for work. He lived with cerebral palsy, and he was very involved with St Joseph's Catholic Church all his life. He enjoyed Luncheon Club and liked his food and the quizzes at the Afternoon Tea & Chat, and had such a wide general knowledge. Always good to have Vincent on your team!



Betty Lyon - A very pleasant lady of 96, thankful for everything, received our twice a week hot meal deliveries. Betty was born in Darwen and loved to dance as many times a week as she could. She met her husband at a dance and thought "I am going to



marry him", she said he was very handsome, a great dancer and didn't smoke or drink. They both worked very hard all their lives with a bed & breakfast, he was also a milkman, and she a waitress.

Later Betty trained to be a secretary and worked for Sykes Picavant in St Annes. She has a son Paul & daughter Carol and a large extended family.

Vera McLaughlin, was born in 1926 in Droylsden



Manchester. She was always young at heart, loved life and had a strong Christian faith. Vera spent 2yrs of her teenage years in a convalescence hospital while recovering from TB. She quickly realised how

important it was to have laughter through the tough times.

She met the love of her life, John, and was married in 1951. They ran a pub in Sowerby, Yorkshire, then moved back to the area where Vera worked for Cookson's Bakery. They spent many happy years in their home in Lytham and she loved spending time in her garden. After John passed away and Vera was diagnosed with Macular Degeneration she moved to The Homestead, in her words, the best decision she ever made. Vera loved the social life, and she especially enjoyed the luncheon club.



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



FYLDE LUNCHEON CLUB

Monday's (term-time only) in
St Paul's Church Hall, Lake Road North,
Fairhaven, FY8 1AG

11.00am	Seated Exercise Class	£3.00
12noon	Hot Meal Deliveries	£10.00
12.15pm	Two Course Sit Down Meal	£10.00
1.15pm	Coffee and Chat	

Numbers are limited so booking is essential.

To book and pay, or to arrange transport,
contact Julie Webb 07517 086 530



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

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 **£10**

Soup, main course and dessert

To book and pay contact Julie on 07517 086 530



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



Fancy an evening out in Freckleton in a relaxed atmosphere where you can chill, chat have a cup of tea or coffee and enjoy a couple of hours with others who want the same thing. Make new friends, catch up with old friends. Learn new skills, share your experiences and stories.

All for just a £1 donation each week.

Join us on Wednesday evenings 6-8pm in the Communal Lounge at Croft Court Independent Living scheme on Naze Lane, Freckleton, PR4 1SR

To find out more contact Bonnie on 07986 758 501 or Tracy on 07872 014 080



POPPIES Drop-In session

(Promoting Older Peoples Pastimes Interests Exercise and Social)



**Thursdays
11am – 2pm**

Join us anytime for a free cuppa

Want more info?

Ring Bev 07742709995

Every Thursday 11am – 2pm
In the Communal Lounge of St Johns Court, Warton Street, Lytham, FY8 5JB

11.15 seated exercise session £2
12 noon Soup, sandwich and sweet £6

Digital support available from 1pm

Board games, crochet and chat, knit and natter, card making, bingo, beetle drive and loads more

Or just relax in the comfy warm lounge

Afternoon Tea, Chat and Activities

in St Paul's Church Hall

Lake Road North, Fairhaven

Fridays (term-time only)

1.30pm – 3.30pm

£6

Booking is essential.

If you need transport to access the group or for further information, contact Julie Webb on 07517 086 530

POPPIES GROUP



Promoting Older People's Pastimes Interests Exercise Socials



As we get older, we need to look after our physical health. Join us for some gentle chair-based exercises sessions.

11.00 – 11.45am Mondays (term-time only) in St Paul's Church Hall, Lake Road North, Fairhaven, FY8 5AG - £3.00, or,

11.15 – 11.45am Thursdays in St Johns Court, Warton Street, Lytham, FY8 5JB - £2.00

To book contact Bev 07742 709994



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

Chatterbox

telephone and/or face to face

Receive a regular phone call from, or meet up with, one of our volunteers, make new friends, share stories, laugh, cry, just talk. It's good for your mental health.

For more information contact

Julie on 07517 086 530



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

