

---

# Friend to Friend Newsletter Spring 2024



---

We are sad to begin by saying that we closed our little Honley Group at the end of 2023. We looked for a new Lead Volunteer and tried to keep everything going for a while but with dwindling numbers it was becoming increasingly difficult to keep the group running.

Here are some great photos of the Honley Group.

Some of the Honley members are now regularly attending in Holmfirth so we have still managed to keep seeing some of our Honley friends.



## Our Meltham Group

### Christmas Lunch

What a great Christmas lunch and 100<sup>th</sup> Birthday Party we celebrated in December! Richard was 100 towards the end of November and his son Andrew and wife Liz also joined us for lunch. Richard and Anita sang his favourite sone, “On Ilkley Moor Baht ‘At” then we all joined Anita for a singalong. Thank you so much to the volunteers who help make such occasions so enjoyable!



### Meltham Group's Spring Trip

It was a typically blustery Spring day as we waited for the coach to arrive to transport us to our venue.

The journey through Holmfirth & the rolling countryside was problem free & we arrived in good time for our 12.15 lunch at the 'White Bull Restaurant' at Cannon Hall.

A section of the restaurant had been reserved so we were all able to sit together & chat amongst ourselves.

Meal choices had been ordered prior to our arrival so there were no last-minute decision to make.



We had a main meal followed by dessert with a plentiful supply of tea & coffee. The staff were all extremely friendly & helpful and nothing was too much trouble.

After lunch we had time to visit the farm & gift shop to purchase some goodies.

Our coachful of members, volunteers and their shopping arrived safely back in Meltham mid-afternoon. (We didn't leave anyone behind, or not that we know about!)

Everyone said how much they had enjoyed the meal and the trip out.

A special thank you goes to Jenny who kindly organised the trip but unfortunately was not able to join us on the day.

~ Jane.





## **Tai Chi at Meltham**



Here are our Tai Chi members being put through their paces at the Meltham group. This gentle exercise is suitable for all, either seated or on your feet. We meet twice a month at Meltham's Methodist Church Hall (details on the last page) and you're welcome to try us out!

## **Our Holmfirth Group**

Hello to you all from Holmfirth. It seems like a long time since we did some of these things but it is always nice to share photographs of our lovely members enjoying themselves.

In November we took over 35 members to Tong Garden Centre for some pre-Christmas shopping and a fabulous lunch. As ever, our driver Steve from Ross Travel looked after us all very well and the lift onto the bus is amazing.



We had lunch in the Mezzanine Restaurant – the staff were very helpful and the meals were very tasty. The best part was the mini puddings!!



The journey home was like being on a party bus!! Steve had an amazing set of Christmas lights and it was all very festive. We have already booked the coach for next time!

What did the big flower say to the little flower?



Hi Budi



Our Holmfirth group have also enjoyed some very interesting and varied speakers so far this year, from the Yorkshire Blood Bikes, one of the Men in Green Jackets (New Mill Male Voice Choir), dance teacher Lizzie. Pip and Oliver also visited, to tell us about Kirklees Library at Home service and the various services offered by the NHS Volunteer Responders:

If you or someone you know cannot get out easily and would love to receive library books (print

or audio) to their doorstep, or if you have a relative who could help with deliveries, please ring 01484 226363.

NHS Volunteer Responders can be called on to help with things such as visiting someone whose family are temporarily away, friendly phone call check-ins for someone lonely, giving someone confidence by joining them on a walk. If this is of interest, please call 0808 196 3646.

**Our Holmfirth group at the moment seems beset with absences due to illness and infirmity. We are very greatly missing our lovely Audrey, Dorrien, Marlene, Monica and Olive and look forward to seeing them soon.**

**We have also had recent bereavements of Julie, Mabel, Joan and Dennis, and send our love to their families. Each leaves fond memories in the minds of their friends and will be thought of often.**





## Our Men's Group

It seems such a long time since I had to put pen to paper (or fingertip to keyboard) and to have to start with our Xmas meal out! We ended 2023 with a lovely time at the Sovereign - as evidenced by the photos below - which was well attended and enjoyed by all, especially since it was kindly funded by Friend to Friend. It was however a bit of a slow and sad start to 2024 for our group with a couple of sessions cancelled due to snow and the funeral of our latest centenarian, Sid Goodwin. We have also recently lost another from our merry band, Dennis Rudd, who was coming up to his 90th when he sadly passed away. Both were lovely men, well-liked by all and will be sadly missed.

We have however welcomed a new member in Andrew Wray who has settled in seamlessly and brought new input to the lively conversations, hopefully he is the first of many new members.

I look forward to the rest of 2024 bringing happier times and the group flourishing as we enjoy time together both at our Meltham Community Centre home and through trips out to local eateries.

All the best  
John



## Our Netherton Group

The Netherton group has started 2024 as it ended 2023, with good attendances and lots of good food and interesting activities. 2023 finished up with our traditional Xmas meal at the Travellers Rest who again looked after us brilliantly and made it a great end to the year.

We did lose a session early in 2024 to the miserable snowy weather but this was a minor blip in our timetable!



We have recently seen the return of volunteer Kath Birt after her health issues and whilst not out of the woods completely, Kath has displayed her usual resilience and unique character! The whole group is glad to have her back and hopes that she continues her journey to good health together with other members who are having their own health challenges.



Netherton group plans for the rest of 2024 are ongoing and will no doubt include some trips out as well as more of the usual bingo, games and our versions of The Chase and Pointless to test everyone's knowledge and in my case, memory!

To finish, I would take this chance to thank the driver volunteers, Sarah and Karen who are regulars and especially Damian who has stepped up to help out at the last minute more times than I like to admit. All efforts are very much appreciated!

Until next time, John.

### **Zumba at Holmfirth**

The Zumba group continues to grow and be a really positive place for our members to keep active and enjoy some gentle exercise with brilliant music and a lot of laughs!

We also managed to have a Christmas Meal all together at The Old Bridge in Holmfirth (no pictures I'm afraid as we were having such a good time we forgot!!).



### **Supporting our local Foodbank**

Meltham Meal and Tai Chi members kindly donated £372 for the Foodbank in December. Group Lead Jenny met their representative at Morrisons and together they bought all this!

We and they would like to thank the Meltham members for their generosity.

## Trustee news

### A note from the Trustees

We have been told by WYCAS (our auditors) that we have too much money in reserves. There is no real reason to keep this money so to try and reduce the reserve we have chosen to waive the annual membership fee of £12 for this year. We have also been encouraging groups to arrange trips for their members as well as our much-enjoyed Christmas lunches.

### Val's Retirement Presentation

In November, Meltham Meal welcomed back our recently retired trustee Val and her husband Peter for lunch and a presentation of Val's retirement gift, a framed sketch of her two Border Terrier dogs.

Gillian, Damian and David, 3 of our 4 trustees, as well as our MP Jason McCartney, joined the Meltham group to thank Val for all her years dedication to Friend to Friend and to wish her a long and busy retirement.



If you have a relative who might consider helping us run Friend to Friend either in the background or helping with a group, we would love to have a chat with them. This doesn't need to be an onerous commitment; anything from a few evening meetings a year to add their thoughts to the future of our charity, to once or twice a month at a group. Please contact Louise (details overleaf).

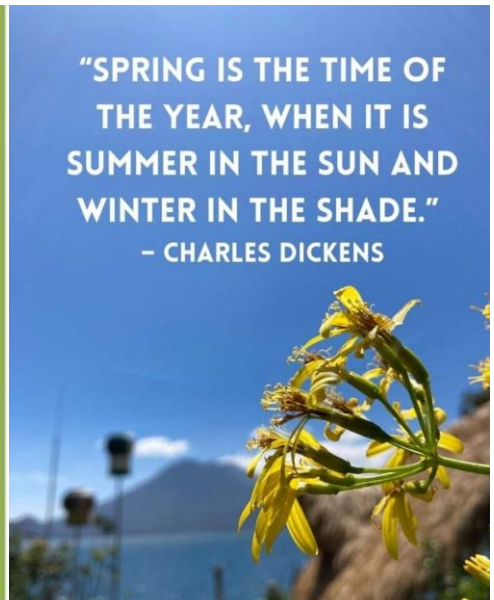


### **Friend to Friend Contact Details**

**Telephone: Louise on 07825 565659**

**Email: [louise.swift@friendtofriend.org.uk](mailto:louise.swift@friendtofriend.org.uk)**

**You can find up to date information about us on Facebook and our website [www.friendtofriend.org.uk](http://www.friendtofriend.org.uk)**





## **Our groups**

You are most welcome as members of our charity to attend any of these:

<u><b>Group Details</b></u>	<u><b>Day</b></u>	<u><b>Times</b></u>	<u><b>Location</b></u>
<b><u>Zumba</u></b> - Gentle exercise to music. Most do this seated. Hot drink & chat. Around 20 members.	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday	1:30 til 3	Holmfirth Methodist Hall
<b><u>Holmfirth Group</u></b> – Listen to a speaker or other entertainment, soup & sandwich lunch, quiz sheet or similar, hot & cold drinks & chat. About 30 members.	1 <sup>st</sup> Friday	11 til 2	Holmfirth Methodist Hall
<b><u>Holmfirth Group</u></b> - Hot 2 course lunch. Quiz sheet or similar, hot & cold drinks and a good chat. Free raffle. About 30 members.	3 <sup>rd</sup> Friday	11:45 til 2	Holmfirth Methodist Hall
<b><u>Meltham Meal</u></b> - Hot 2 course lunch, speaker, hot & cold drinks & chat. About 40 members.	1 <sup>st</sup> Friday	11:30 til 2	Meltham Methodist Hall
<b><u>Tai Chi</u></b> - Gentle exercise. Can be seated. Chat & a hot drink. Around 15 members.	2 <sup>nd</sup> & 4 <sup>th</sup> Friday	2 til 3	Meltham Methodist Hall
<b><u>Men's Group</u></b> – Hot lunch & drinks, licenced bar, table games & conversation. Around 8 members.	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	12 til 2	Meltham Sports & Community Centre
<b><u>Netherton</u></b> – Chat, speaker, entertainment or craft activities, drinks & lunch. Around 8 members.	2 <sup>nd</sup> & 4 <sup>th</sup> Friday	12 til 2:30	North Light Gallery, Armitage Bridge