

# Friend to Friend Newsletter Autumn to Winter 2024

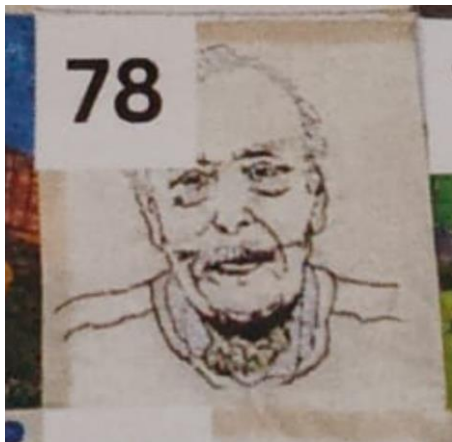


## Our Meltham Group

In September our speaker talked about the amazing work of the RNLI, with members able to buy RNLI fundraising bits and pieces to show their support.



We have also had our first glimpse of this beautiful patchwork quilt made by members of the Meltham community. Square number 78 is an embroidered stretch of 100-year-old Richard Styán who is a member of Friend to Friend as well as being the oldest resident of Meltham!





Meltham member Audrey, pictured here, recently celebrated her 90<sup>th</sup> Birthday and was presented with a plant from the group.

Our lead volunteer Jenny has had several runs of ill health recently, meaning she has not been able to be with her friends as much as she would have wanted. We all wish her the best and hope her luck will soon turn and she will be back with us, as before.

Here are our Tai Chi group enjoying a cuppa and biscuit at the end of their session. You can join them on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month at Meltham Methodist Church Hall, 2-3pm.



### **Our Holmfirth Group**

In the second half of this year, our visits and visitors have been quite varied! In May we welcomed dance teacher Lizzie Gregory, who shared the story of her journey through dancing professionally to eventually taking the plunge and starting her own dance studio. We will see her again when she joins us towards the end of the year in her role as ambassador for 'Santa's Seniors', a charity who arrange Christmas gifts for some of the area's older residents. Narinderjit, a local shopkeeper, came to tell us her story of settling in England from India, and then kindly hosted us for a trip to the Sikh temple in Huddersfield, where we enjoyed lunch and a brief tour of the prayer room upstairs. On the next page you will see our lovely Avril and Daisy, modelling some of the beautiful clothing brought for us to try on by Narinderjit, and our group enjoying our free lunch as guests of the Temple.



We had talks from Viv of Holmfirth 'Sharing Memories' group, who would love to welcome anyone interested in joining their group (Louise has contact details) and we were joined one session by some local Police Cadets and PCSOs, who talked about doorstep and phone fraud and gave out freebie bags including useful reading material.

David Cockman joined us again in August with a musical hour to make us smile, and former senior fire fighter and safety advisor Gary Laird entertained us in September with tales of meeting the queen, mistaking soup for custard and a runaway horse!! Our October guest taught us lots about apples and in November we welcome the founder of charity, 'Santa's Seniors'. We are very much looking forward to our Christmas lunch, this year at Meltham Golf Club.

### **Our Men's Group**

Trustee Louise was delighted to be able to join the fellas for lunch recently, enjoying their regular lunch of steak pie and mushy peas followed by trifle plus a cuppa and several hotly contested games of dominoes. A friendly, small group of gentlemen who would give a warm welcome to any potential new members wanting to try them out. The group contacts are John (07880 730242) and Damian (07931 961091).

### **Our Netherton Group**

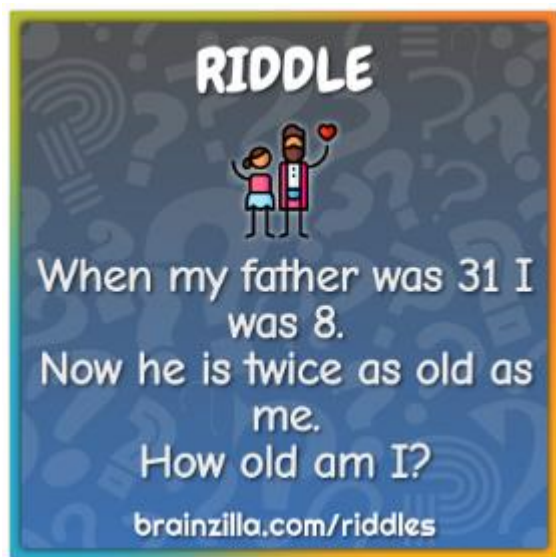
It is with sadness that our Netherton group will meet for the last time this season. John, the group's lead volunteer, wants to free up a little more time for family after a busy career in banking, work for the Bridgwood Trust followed by volunteering with us, both driving people to various groups and as lead

volunteer for both Netherton and our Men's Group for some 6 years! We are hugely grateful to him for the time and commitment given to Friend to Friend, and will not say goodbye just yet, as John will help with driving when he can, as well as his new role, which you will learn about below!

As well as John, we also owe a huge debt of thanks to his regular Netherton volunteers Kath and Isabel, who we have learnt have given some 19 and 13 years respectively to our Netherton group! The generous commitment offered by you has been so very much appreciated by your members, who join the trustees in thanking you and wishing you all the very best in your future endeavours. A presentation to John was made at our recent Annual General Meeting, and gifts were presented to Kath and Isabel at the group's last regular meeting in November.

Netherton members are most welcome to try out any of our other groups. Please see information on times and places at the end of this magazine and get in touch if you would like to visit another group to try them for size. Transport can often be arranged.

Test your brain on this:



*(The answer is on the last page)*



## A Friend to Friend wordsearch

u t a b m u z l u d h z l h o l m f i r t h i  
y g e f o v i u i o n h y t v e l b a i c o s  
v a o n p d f n t l m z l r l g m e c v c q i  
p o t p t z m c m u s i c a c z j e r u s b o  
y q l l b e q h w v q q j n k z g d l m p b z  
t b t u h j r o n r u d m s h i m x y t e p y  
a v r x n h q t e e h b m p a c f i j e h d a  
i x i v m t w k a g s d c o y e q d t k p a t  
c o p i s q e r d i d o f r i e n d s n e f m  
h a s v r o j e o v n c p t k j k l w v k e g  
i d a z e l s g r m f m i v w v j n b s p d r  
z l s x k f c m e s m x e w j n n e x y p c j  
j p a o a s d c o n l p m n l p c b l s x d a  
w w m t e l j i d o q h p z t x s v r p d y i  
j e y t p x b v v k r u f t a l w w c e q y e  
y u p z s u f i z j i k d m o s n z l p s d z

Find the following words in the puzzle.

Words are hidden     and .

entertainment  
volunteers  
holmfirth  
transport  
sociable

speakers  
meltham  
friends  
tai-chi  
cuppa

zumba  
lunch  
music  
trips

"A friend is one of the best things you can be and one of the greatest things you can have."

## **Trustee news**

We were delighted that at our Annual General Meeting in October, Gillian, Louise and Damian were joined as trustees by 3 new volunteers!! Trustee David had to step away earlier this year after a bout of ill health, and we remain indebted to him for sharing his expertise and wealth of experience from his career in the charities sector.

Here is a snapshot of our trustees for the coming year. Each of our current trustees has volunteered with Friend to Friend for years, so we are very fortunate to have such a dedicated team at our helm.



**John**



**Gillian**



**Damian**



**Elaine**



**Louise**



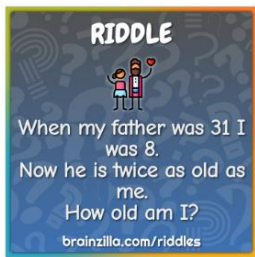
**Jenny**

We will aim to introduce each trustee to you properly over coming editions of our newsletter, so watch this space!

## Our groups

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

<u>Group &amp; Details</u>	<u>Day</u>	<u>Times</u>	<u>Location</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 - 3	Holmfirth Methodist Hall
<b><u>Holmfirth Lunch Club –</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 - 2	Holmfirth Methodist Hall
<b><u>Holmfirth Big Meal</u></b> - Hot 2 course lunch. Quiz sheet or similar, hot & cold drinks & chat. Free raffle. About 30 members.	3 <sup>rd</sup> Friday	11:45 - 2	Holmfirth Methodist Hall
<b><u>Meltham Meal</u></b> - Hot 2 course lunch, speaker, hot & cold drinks & chat. About 45 members.	1 <sup>st</sup> Friday	11:30 - 2	Meltham Methodist Hall
<b><u>Tai Chi</u></b> - Gentle exercise. Can be seated. Chat & hot drink. Around 15 members.	2 <sup>nd</sup> & 4 <sup>th</sup> Friday	2 - 3	Meltham Methodist Hall
<b><u>Men's Group</u></b> – Hot lunch & drinks, licenced bar, chat, table games. Around 10 members.	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	12 - 2	Meltham Sports & Community Centre.



Answer: I must be 23 if my father is twice as old as me.

### **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)**

