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# Friend to Friend Newsletter Spring into Summer 2025

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## Our Meltham Group

The generous contributions of our Meltham Meal members at their Christmas lunch enabled lead volunteer Jenny to go shopping for the foodbank, to support those in need over the Christmas period.

Their £350 will have made such a difference to families in need of a festive boost!



Our February attendees were entertained with music by the ukelele band and in April they welcomed 'Ship to Shore' sea shanty group.

In between these two sessions we enjoyed a coach trip and a delicious lunch at the White Bull restaurant at Cannon Hall.





In May, our Meltham diners were treated to music from 'Rhythmic Reeds', pictured here.

Jenny and her team have entertainment planned for you for the rest of the year and are always looking ahead to your next lunch date.

### **Tai Chi**

After a couple of cancelled sessions due to snow in the early new year, our Tai chi group, meeting on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month from 2 to 3pm at Meltham Methodist Church Hall, continues from strength to strength.

*This is from one of our fabulous volunteers, the superstars who support our groups so loyally:*

*I volunteer because I love  
to help other people. It's always  
nice to meet other people socially too.*

*If you have a friend or family member who might like to volunteer with us, please pass on our details (at the end of this newsletter).*

### **Our Holmfirth Group**

After a lovely Christmas lunch at Meltham Golf Club, with chocolates for all to take home, our new year began with a return visit by dance teacher Lizzie. In February we were treated to songs and stories by Nicola Mills, and sea shanties in March by returning favourites 'Ship to Shore' group. April saw another visit from speaker Alan, on the theme "Sister Act". Our caterers, Heidi and Andrea, have so far this year made us meat and tatie pie, a regular favourite of most members, then roast pork, cottage pie and a hearty casserole. This in addition to recently becoming grandma and great grandma to the very lovely little Luca. We know they adore their time with him

and we continue to be grateful for all they do for us at Friend to Friend (Holmfirth and Meltham).

We were hugely grateful to the friends and family of the late Margaret Howley for their very generous funeral donation to us of £315 in her memory, which we used to subsidise our recent lunch trip to Cannon Hall's restaurant, and we raised a glass to toast her memory. A truly lovely lady.



## **Zumba**

Here are our Zumba ladies showing how it's done. Details of the group are below, for any of you who would like to try us out.



## **Our Men's Group**

In December, our members enjoyed a Christmas lunch at the Huntsman, and our 2025 sessions eventually got off to a good start following cancellation of the January session due to us all being snowbound. Long may the good company, good food and dominoes continue! New members are always welcome to come and try out our legendary pie and pea lunch.







On 1<sup>st</sup> April, former lead volunteer John joined us for lunch so we could thank him formally for his sterling services and commitment over the last several years. The members had held a collection, and a rather nice bottle of single malt whisky was presented as a token of their gratitude. At the session we also had a guest speaker and enjoyed an informative talk on 'legal and

financial matters in retirement'. We have recently welcomed a couple of new members to our twice monthly pie and pea lunches at Meltham Sports and Community Centre but there is always room for a few more. If you would like to know more, please contact Damian on 07931 961091. He has heroically stepped up to manage our Men's Group but steadfastly refuses to continue John's tradition of wearing shorts all year round!



Here's another account from one of our lovely volunteers:

I volunteer as my Mum used to go to the Hornfair Group. and I saw how much the social aspect of F to F gave her. I got as much pleasure from helping at F to F & meeting people as I hope the members do.

## **Trustee news**

While John has stepped down as lead volunteer for our Men's Group, he is now, as of October's AGM, a trustee for our charity, along with Jenny, lead volunteer for our Meltham Group, and Elaine, one of our Holmfirth Group's regular and treasured volunteers. They join Gillian, Damian and Louise, meaning that Friend to Friend will have continuity and a strong team at the helm as time moves on.



John



Gillian



Damian



Elaine



Louise



Jenny

In February, our Meltham group were visited by a Kirklees Food Hygiene inspector, assessing us with yet another level 5 award. We are proud to say that both Holmfirth and Meltham have achieved level 5 on every inspection in our time providing lunches for our members.

Holme Valley Lions recently made a very generous and unexpected donation to us of £500, and we have also benefitted recently from a donation of £465.82 from a Netherton couple, Patricia and Simon, from the winding up of a charitable group they were involved with in Netherton over 30 years ago. We are hugely grateful for this generosity and will ensure their donations are used for the direct benefit of our members, as they have requested.

## **Date for your diary**

2026 will see the 30<sup>th</sup> Anniversary of our charity. Please consider yourselves; members, volunteers and drivers, invited to a special lunch event from 11:30 on Friday 20<sup>th</sup> March 2026 at the Sports and Community Centre in Meltham. Pencil it in and watch this space for more information.



## SCAM ALERT

The image below has recently been identified as a **SCAM**, trying to trick people into clicking on the link, where their details would end up in the hands of criminals. Please spread the word and be wary of clicking on links like this. If you receive anything like this, check with your own GP.

**NHS**

IMPORTANT NOTICE

### Action Required: GP Register Update

Dear Patient,

We are updating our General Practitioner (GP) register. To remain registered with your current practice, please complete the following actions:

1. Using a computer, click the button below labeled "I don't want to change my GP".
2. Update your address records with the NHS to help us locate your GP.
3. Download and install our e-signature software to sign and confirm your details.

*This software is only available for Windows or Mac and may not work properly on mobile devices.*

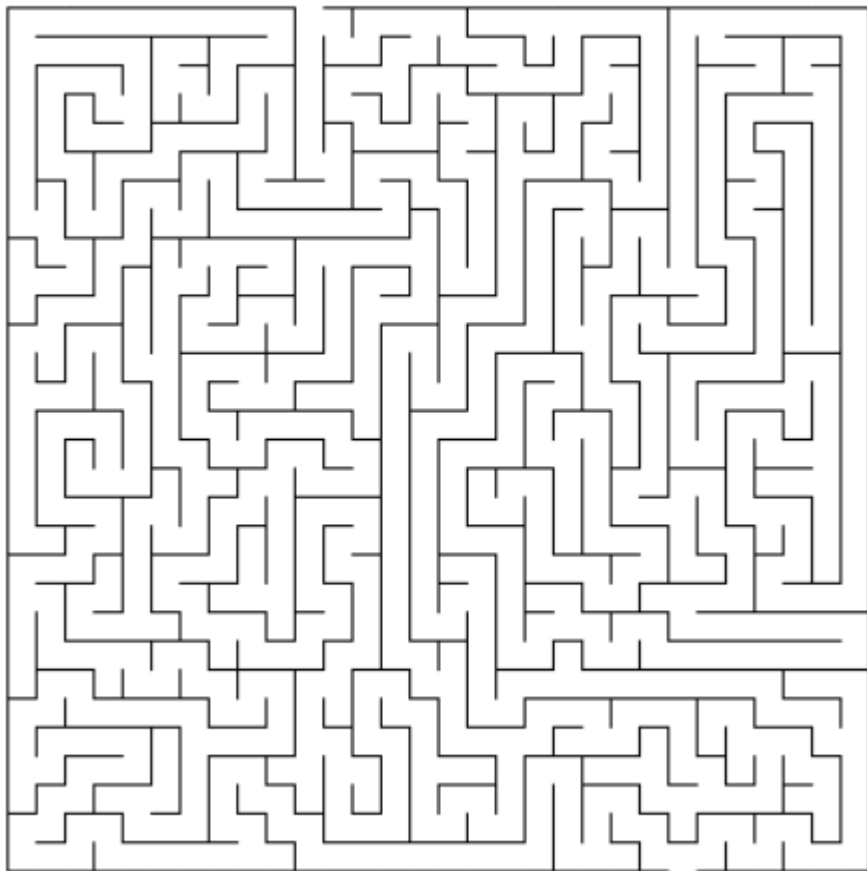
**I don't want to change my GP**

If no action is taken, your registration may be subject to change. We recommend completing these steps as soon as possible to avoid any disruption to your care.

Thank you for your time.

Kind regards,  
NHS UK Team

A puzzle for you: Can you help the swallow get back to its nest?



## **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:

<b><u>Group &amp; Details</u></b>	<b><u>Day</u></b>	<b><u>Times</u></b>	<b><u>Location</u></b>
<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. About 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. About 10 members.	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	12 - 2	Meltham Sports & Community Centre.