

Friend to Friend Newsletter June 2019



HOLMFIRTH PROJECT AND BIG MEAL

March saw the Holmfirth group make soda bread and have a go at writing our own poetry. Lots of us started with 'I can't do that, it's not for me!', but our creations (I think) are really something, and worthy of sharing! I will add a couple at the end of my piece here.

In April we welcomed a fabulous speaker, Kiren, from Huddersfield Hindu Centre, who told us all sorts about Hindu culture and customs. She has invited us to visit the Hindu Centre, a trip we hope to organise soon. Any members from other groups please let us know if you are interested.



May saw another of Tony's Tai Chi sessions, when a 'spinning jumping hook kick' by his son Jacob accidentally brought the bunting down, a visit from a Makaton teacher who taught us some basic sign language, and Charlotte, a superb local cellist, came to play for us and share some of her knowledge of string instruments.

Upcoming events:

June:

- BBC's Masterchef ¼ finalist Jim with a talk about his time in the competition
- Tai Chi
- Mick, wildlife photographer extraordinaire, to show us some gorgeous photos

July/August:

- No session on 5th July due to Art Week
 - Tai Chi
 - Another ear-bashing from Katie when she, Audrey and Hazel teach us more drumming!
 - No session on 16th August due to Church booking
- ~ As ever, your activity suggestions & feedback are most welcome!!

Louise



My wishes for you

May every day bring you all you desire,
May you be one of those we admire.
May you discover that dreams can come true,
May you be able to find a way through.
May you eat all the delicacies of life,
These are my wishes for you.

May you never be short of a friend to call,
May you always be able to stand up tall.
May you decide what your future will hold,
May life bring you silver or gold.
May you become all you want in the future.
These are my wishes for you.

By Maureen, Lise and others
From Friend to Friend Holmfirth



I am...

I am loving and kind.

I wonder what the world will be like for my great-grandchildren.

I hear voices telling me to get up.

I see formations of birds.

I want a pair of new legs.

I am loving and kind.

I pretend I'm sixteen again;

I feel like I'm a hundred and six.

I worry about tomorrow.

I find it hard to cry.

I am loving and kind.

I understand I will not live forever.

I say, "Be thankful for today".

I dream of really silly things.

I try and remember them.

I hope for calmer times.

I am loving and kind.

By Anon of Holmfirth

HONLEY GROUP

MARCH

This month, as spring is in the air, we had a discussion about what we used to do in the way of spring cleaning. Beating carpets, washing curtains, washing down paintwork etc. Did you wear a scarf to do the spring cleaning? My mum did and I had a go at putting one on like she did but I wasn't very good at it. This picture shows what I mean! Old fashioned cleaning remedies also featured in our discussion and it was generally decided that we could save money using some of the old recipes for stain removal and cleaning etc! We also had a spot the difference quiz of a house that needed a good spring clean and followed that with a spring flower quiz. We managed to name a flower beginning with every letter of the alphabet. No mean feat!



Thank you as ever to Gill and Sylvia for their help and we look forward to a meal out next month.

Suzanne

APRIL



This month, we planned to go out for a meal and chose the Foxglove near Kirkburton as our venue. We fancied a change from the usual places like Cannon Hall and the Traveller's Rest in Brockholes. The advantage of this place was its size, its large car park and the fact that there are no steps for those with walkers and sticks.

So we arrived for a 12.30 lunch and the menu suited everyone. There was a huge choice and various options

like 2 courses for a certain price and mini puds if you didn't want to be overfaced. Only one person, Eileen, chose a starter and she tucked in to a huge portion of prawn and lobster cocktail. This was followed by an enormous steak pie too! I think it's fair to say our feelings about the food were fairly mixed. Unfortunately, we waited a very long time for it to arrive and then when it did, we found some parts rather luke warm. My vegetables were certainly not hot but my pie was piping hot. On the other hand desserts were lovely, the best part of my meal for sure. I think the problem today was one of staffing. There was our party booked in and then another turned up which hadn't been booked. No excuse I know but they did seem rather short staffed. Still, the Honley ladies never moan. We had a bit of a laugh about it and a good gossip so all was well in the end. We may not be rushing back though



We managed the trip due to the generosity of people taking their own cars so thank you to Pat, Ann and Gill for their driving.

Suzanne

MAY

This month we had a speaker, Alan Schofield, who came to talk to us about school life over the years. Alan was a Woodwork teacher who had made his way up the ladder in a number of schools in and around the Saddleworth/Manchester area. He had certainly taught in some rough places and had many tales to tell about life as a teacher. It reminded us of our own school days and Hilda had a very interesting tale to tell about how, after some incident in the class, she was made to stand in a waste basket and told not to move until she was allowed to by the teacher. Unfortunately, the teacher must have forgotten her and poor Hilda was left. This incident is still very clear in her mind! Nancy recalled a signet ring which was bent and buckled from all the canings she had and Jean remembers standing on a chair having her calves hit by a ruler! Times have certainly changed.

Thanks to Gill for her help again today.

Both Suzanne and Gill will be away next month so Gillian Scarborough has stepped in and we may have a couple of new volunteers. Fingers crossed! See you all in July.

We will be planning another trip out in the near future and also some more speakers. Watch this space!

Suzanne

NETHERTON GROUP

The Netherton Group continues to thrive and been boosted by a number of new attendees necessitating an increase in the table settings at the Sons of The North café where we meet!

Apart from the usual games and chatter we have been busy recently with a visit to the Carding Shed, a very well received talk on 'Life in the Big House' by the excellent Graham Smith, an Easter Raffle and an informative Energy Savvy presentation by the SAFER Project team.

The next quarter sees a similarly busy and varied offering including a virtual herb walk with focus on brain health by Sue Salmon, medical herbalist; an art storyboard session and the ever popular barge trip. Highlights for later in the year are a Coal Queens talk by the National Coal Mining Museum team; trips to Cannon Hall and Blackpool and another visit by the Movement and Games in Chairs (MAGIC) volunteers as well as that annual event at the end of the year. I refuse to use it's name until December 1st at the earliest!

With regard to the full activity plan and the increasing numbers, the need for volunteers especially car drivers, is becoming more acute so if anyone knows someone who wants to volunteer or simply provide transport please contact John McFarlane or any of the other volunteers for more information.

John

MELTHAM MEAL

In March we had a return visit from Xylosound, a group of musicians who, with the support of their carers, entertained us with a wide variety of music and some dance routines. Sarah and Jen performed the Fire Dance.

Supporting instruments included a violin, drums, maracas and a flute. The performance was introduced and led by Mike on the accordion. Everyone thoroughly enjoyed the music which included Mull of Kintyre and Scarborough Fair for us to sing along to.

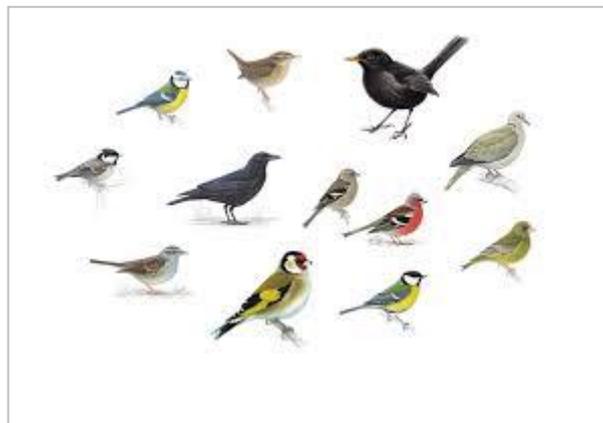
We were pleased to see Jenny who was able to join us for a short time.

Our April speaker was Alan from the National Trust who spoke to us about Marsden Moor where there are still Commoners who cut peat and heather and use the Moor for grazing sheep.

He stressed how vital the work on Marsden Moor was to retain what is there and to improve what has gone. Having been a volunteer for 25 years he had been involved in many of the projects including blocking drainage and planting sphagnum moss to increase the retention of water and prevent the washing away of the peat into local streams after heavy rain. His slides showed us just how important the work is in preserving the flora and fauna in what is an SSSI (Special Site of Scientific

Interest) on our doorstep.

May's speaker, Mike, gave us a slide show of garden birds - part of his extensive collection of photographs. Identifying the birds came very easily to lots of his audience whilst those of us who could only manage robins and blue tits kept very quiet. His final shot of a very plump and well fed fledgling alongside its underweight and weary looking parent summed up the effort required to raise the next generation!



Each month Richard introduced and thanked our guests and thanked the volunteers for their hard work and enjoyable lunch.

For the first time this year Jenny was able to take up her Lead role once again.

Our future plans include a Christmas shopping trip to Wentworth Garden Centre in November.

Pat Craven

ARNOLD LODGE

Arnold passed away on 5th May aged 100. The Arnold smiling we all remember enjoyed being with people, always had something to say and loved to keep up with what was going on. Until recently he was in charge of the raffle at Meltham Meal – a great way to keep in touch with everyone. He will be greatly missed by both Members and Volunteers.



He reached his 100th birthday on 30th April and his family and friends celebrated for him.



Since Christmas we have all been in awe of the way in which Jenny, with support from Michael and Lisa, cared for Arnold, firstly at home and then being with him at Greenacres Care Home. Our thoughts are with Jenny and her family.

Arnold snugly wrapped at home in Jenny's care.

Pat Craven

Friend to Friend Contact Details:

Telephone: 01484 852056 or

01484 851722

Email: friend@friendtofriend.org.uk

Registered Office for post:

The Carlile Institute Business Centre

54 Huddersfield Road,

Meltham,

Holmfirth HD9 4AG



Honley Remembers

PEACE DAY CENTENARY 1919 - 2019

A weekend to commemorate the official ending of World War 1

Saturday & Sunday 20th-21st July 2019

Celebrate the Peace with us at various venues around the village Music, Parade, Food, Drink, Games & Stalls. Something for all ages! Make a note in your diaries.

Saturday is in the People's Park and Sunday is the Remembrance Service at St Mary's Church 10.00 am with a parade through the village to the People's Park then a short dedication service of the board and the bench.

Vintage afternoon tea party for Honley Remembers.

The tea party is on in the village hall at 3pm on the Saturday and it is £3 per ticket. Tickets are available from Zebra, the Sweet shop or from Margaret Wadsworth on 07787197534.