



Southern Befrienders

Spring 2024 Newsletter

A Message from Suzanne – Scheme Manager

Hello from me! I can't believe we are heading into the spring/summer session already. My only question is, will the rain ever stop, and shall I buy a 'hat' umbrella or not?

This next event diary is absolutely packed with fabulous events, lots of regular ones, plus some new ones. Make sure you have a proper look through and get your place booked as soon as possible. Some of our events were full within a week or so of the diary going out last time. Not that we are complaining, it means you are all enjoying our events, and getting everybody together is what we are about.



We have now started our minibus service, although it is still only on a Tuesday and Thursday and does have to be booked. We only have a small bus, 7 seats, so it gets full quickly. We are looking out for a bigger van, so if you hear of one, please let me know.

As the new minibus service started, so did our minibus driver, Mike, who I introduced on our FB page, hopefully you have all seen the picture, don't worry if not, I've added one below. Say hi to him next time you see him. 😊

We had a few new events on our last programmes, some we hope to continue. One such event was a taster Mindfulness session, held in April, this was a follow on from our Hand Massage session in March, both went down well, and we are hoping to bring you more of these sessions this year, so keep a look out for them.

We have two very exciting events coming up during the summer. The first will be in June so you should see it on the event programme and is a day out to watch the Euro's. I can't give too much away now, but it is a two-game afternoon on a day that the England Game is played, with food included. Let's hope that we all go home from it with a smile on our faces!

The second is a Holiday in September. For those of you who haven't had the information yet, please take look at the back of this programme and let us know if you are interested. We still have a few places left so don't waste time letting us know if you want to join us.

As ever keep your eyes on our Facebook page, we will make sure everything is added, so you shouldn't miss out. Our new website is up and running and includes all the information you may need on our events.

I would like to say thank you for your continued support, we really wouldn't be where we are without you.

New Minibus Service

The new service comes off the back of a Lottery Grant and means we can collect those members who have difficulty joining us to our events on a Tuesday and Thursday. We can collect them from home and then drop them back off at home afterwards. It's a fabulous service and means that we can support more of our members to enjoy being back in the community and seeing old, and making new, friends. It's what we are all about – please call us if you think you could use the service. Mike will be more than happy to chat with you about the event and collection – call: 833025. 😊

MIKE.



For information on events, fundraising, volunteering, or our befriending service, please contact us on 01624 833025.

Email: southernbefrienders@manx.net. Website: www.southernbefrienders.im

Southern Befrienders, Thie Rosien, Castletown Road, Port Erin, Isle of Man IM9 6BD. Manx Registered Charity: 939

New Volunteers are Vital to our Services - We will always need more volunteers as our referrals increase and our need to raise much-needed funds continues. Our New Volunteer Evening in June went really, really, well. We had many people come to see us to discuss what volunteering with us offered. In the end we gained 8 new volunteers, which is fabulous. We do still need more though, if you do know anybody who would like to volunteer then please let us know, we are happy to post or email details to them! We only ask for 2hrs a week.

Southern Befrienders & Alfa Travel **Summer Holiday**

This is something we haven't offered previously but after lots of requests from our members, we decided to go for it. Alfa loved the idea of working with us and we have a whole coach to ourselves, so it's a Southern Befrienders only holiday! 😊

If you would like to join us for the holiday, then please fill out the form below and send it back to us with your deposit. Once we have the information regarding payment, we will let you know via letter.

We can't take full payment, just the deposit, and the payment for the Ferry, which we will organise in the next few weeks.

We will have a holiday get together in July to go through final preparations and make sure you have all met before H-Day.

Your Name _____

Your Address _____

I would like a single room YES / NO

I would like to share with _____

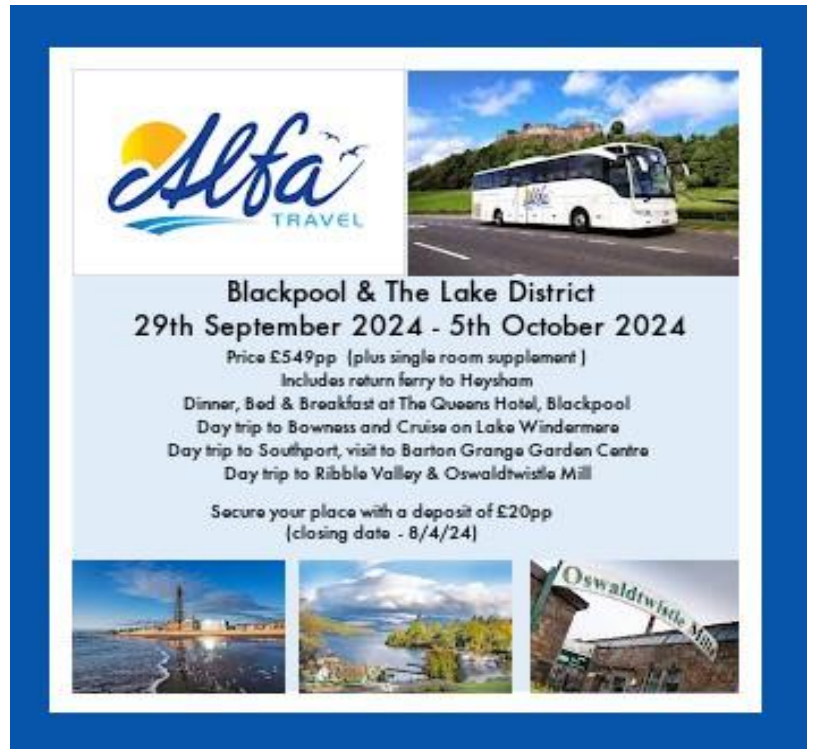
Please find enclosed my deposit of £20 which I understand in non-refundable YES / NO

I confirm that I am both medically & physically fit enough to go on this trip and engage in the activities included.

I also confirm that I have my own travel insurance which includes repatriation.

Signature _____

Please note: Once we have received your form, we will pass everything on to Alfa Travel, we will then be allocated a booking reference. We will send out the details to you via letter, it will be your responsibility from then to contact them to arrange payment when requested. Please do not attempt to contact Alfa until you have your booking reference.



Alfa TRAVEL

Blackpool & The Lake District
29th September 2024 - 5th October 2024
Price £549pp (plus single room supplement)
Includes return ferry to Heysham
Dinner, Bed & Breakfast at The Queens Hotel, Blackpool
Day trip to Bowness and Cruise on Lake Windermere
Day trip to Southport, visit to Barton Grange Garden Centre
Day trip to Ribble Valley & Oswaldtwistle Mill
Secure your place with a deposit of £20pp
(closing date - 8/4/24)

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