



Glovers Lane, Netherton, Liverpool, L30 5PW

Tel: 0151 291 8010

Charity No: 1074508

April 2026 Issue 7

**Hold the front page!**



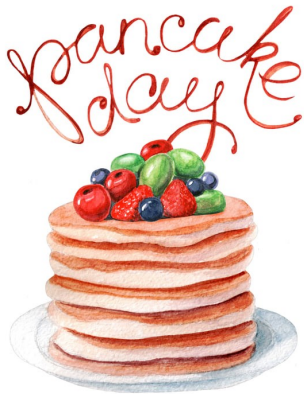
**THE VIBE**

**GOES MONTHLY!!!**

**This is the first issue of your new monthly Vibe Newsletter which we hope will prove interesting not only to volunteers but also to staff, service users and visitors to our building. We plan to publish the Newsletter each month but will need your help in submitting articles, information, photos (with appropriate captions), puzzles etc.**

**Events planned for 2026** include those listed below. We will need volunteers to help make these events a success so please note the dates in your diaries and/or contact the relevant staff member for further details.

| Date                                     | Event                        | Staff Member (s) |
|--|------------------------------|------------------|
| 11 <sup>th</sup> to 17 <sup>th</sup> May | Mental Health Awareness Week | Lucia/Alison     |
| 1-7 June                                 | Volunteer Week               |                  |
| 17 <sup>th</sup> June                    | Great Get Together           |                  |
| 3 <sup>rd</sup> August                   | Grief Day                    | Lucia            |
| 6 <sup>th</sup> August                   | Summer Fete                  |                  |
| 29 <sup>th</sup> August                  | Flower & Produce Show        | Sandra/James     |
| 10 <sup>th</sup> October                 | Mental Health Day            | Lucia/Alison     |
| TBC                                      | Christmas Fete               |                  |



Our Tea and Talk regulars, Eileen and Sue, tuck in to scrummy pancakes served up by Malcolm while Sandra keeps Hettie occupied.



The Scottish Borders was where I chose to spend Easter this year; enjoying Abbotsford House, near Melrose, the home built and lived in by Sir Walter Scott; Edinburgh city centre and Gretna Green with its amazing handfasting arch.

# Helen's Mini Mania

## Meet the Family



Ashton House is the lovely home of GP Dr Alistair MacDonald, his lovely wife, Flora and their children Fiona, aged 8 and baby Angus, just 18 months old.

Dougal is Dr MacDonald's faithful companion and brings the newspaper to his master in the study every day.



Mrs Isla Cruickshank, the children's nanny, keeps a careful eye on baby Angus as he enjoys playtime.



Euphemia takes a well-earned rest in a warm corner of her kitchen having baked a cake she will share with Rory, the Postie, who has just arrived with the daily mail.

Mairead Hamilton is Fiona's governess and is quite strict. She lives at the top of the house where she keeps her many books and her sewing machine.



It's 1905 in the Ribble Valley.

Our busy local doctor has a young family to support, and faithful family retainers are vital to the upkeep of this beautiful house and happy, well-run home. Learn more about Ashton House in our next issue.



Gumbo, the cat, lives in the kitchen and chases any mice who cheekily invade his space!!



# COULD YOU HOST A COFFEE MORNING?

Could you gather some friends and family and raise money for Feelgood Factory at the same time?

If **YES**, collect a pack for more information and ideas.

Choose the style/theme of your gathering.

**Coffee & cake, afternoon tea, cheese & wine, lunch with the gurlies are all possibilities.**

Chat, laugh, even play games. Just enjoy your time together and raise much-needed funds for our charity and your community.



## MUSICAL INTERLUDE QUIZ

Inspired by the outstanding world of science  
(from The Astounding Science Puzzle Book by Matt Brown)

1. Which Russian composer was also a professor of chemistry and discovered the Aldol reaction—an important cornerstone of organic chemistry?
2. Hugh Everett III first postulated the many-worlds interpretation of quantum physics, which we won't go into here. Name the band fronted by his son, Mark Oliver Everett, whose hits include "Novocaine for the Soul".
3. Name the process which Leo Szilard first worked out while crossing Russell Square, London, in 1933, and Diana Ross and the Bee Gees found themselves "in the middle of" in 1985.
4. Which follicly challenged singer-songwriter alluded to the process of nucleosynthesis in his 2002 song "We are all Made of Stars"?
5. How many planets feature in Gustave Holst's "The Planets" (1914-16)?
6. In 2013, a newly discovered species of extinct lizard was named after which similarly extinct pop star?

(Answers at foot of next page)

## TAKING BACK WHAT IS YOURS

By Kevin P Crilly

We're taking back our community

We're doing it with pride  
We want to start a snowball  
For the whole of Merseyside

We all should work together  
To drive out all the thugs  
It's the only way to tackle  
Knife crime, guns and drugs

Confidential phone lines  
Take away the shame  
Of ridding us of criminals  
Give the cops a name.

The more they get away with it  
You turn the other cheek  
The more your life's a misery  
From week to week to week.

If bikers ride through your streets  
Thinking they're Evil Knievel  
Perhaps they'll kill a kid one day  
And you could have stopped it, are you evil?

Police are there to help us  
Without them, terror reigns  
So let us keep our community  
Free of these lame brains



Gift Aid is a simple way for our charity to increase the value of gifts of money we receive from UK tax payers. Tax has already been paid on that money and we can reclaim it from HM Revenue & Customs.

We can claim back 25p for every £1, boosting the value of your donation by a quarter.

All we need from you is your permission to reclaim the tax you have paid.

If you are a donor who has paid UK tax, please **GO EVEN FURTHER**. Ask us for a Gift Aid declaration form and **TICK THE BOX**.



Answers to Musical Interlude Quiz on Page 4

1. Alexander Borodin
2. Fels
3. Chain Reaction (nuclear)
4. Moby
5. Seven. The planets are linked to astrology so Earth does not feature. Pluto had not yet been discovered.
6. Jim Morrison of The Doors; *Barbarex morrisoni* is a play on the late frontman's nickname "The Lizard King"