

Happy New year from Four Seasons

Welcome to our first newsletter, Four Seasons is based at 224a Liverpool Road, Southport, PR8 4PD. We are a non-profit making organisation offering day provision and real life work experience to adults with disabilities and additional needs.

We have a café where you can come and relax and enjoy a drink or something off our menu. We also have a shop that you can look around and buy things for all occasions, as well as a small garden centre with outdoor play area for young children.

News

Our very own athlete

Sarah B has started her training ready for a triathlon on Sunday 18th Junes. Sarah will be raising money for a charity, more details will follow.



Inner Wheel, Southport

Ruth, Joyce, Anne, Sarah, Elizabeth, Colleen and Joe went along to the Clifton Hotel to give a talk to the Inner Wheel, Southport. We all had a fantastic time and would like to thank the Inner Wheel for inviting us and for their kind donation to our fundraising.



Student of the month

This month, our student of the month goes to: **Anne Bannister**
Well done for working so hard Anne, especially with helping to do the newsletter.



Birthdays

This month we say Happy Birthday to: Joe, Hannah and Olivia and Mark O, we hope you all have had or will have a fantastic day.

News cont.....

Lottery Funding

We are all excited for the future after hearing the news that we have been successful in our bid to gain lottery funding, meaning we can now buy the premises we use. We will be able to make alterations and upgrades to our premises, look out for further updates on this.

Monty

Joyce, our friend, neighbour and volunteer has just got a new dog, named Monty. He is settling in well and we all look forward to his visits.

Raffle winner

Congratulations to Sue Edwards for winning first prize in our Christmas raffle. Sue won the use of a Mercedes of her choice for the weekend and went to pick it up to use on the weekend of her birthday. Many thanks go to Mercedes for the wonderful prize they donated.



Holy Trinity Church

This week we received a kind donation towards our fundraising from Holy Trinity Church and we would like to give them a big thank you.

We are always fundraising and at present are raising money for a new minibus with wheelchair access, we hope to be doing some of our own fundraising events very soon so please look out for details on this as your support is important to the work we do.

Friends of Four Seasons

We are a charitable group who work alongside Four Seasons to support them in their work. Ways we support include promotions, volunteering and fundraising. If you have spare time and would like to join us in supporting Four Seasons and your local community, we always welcome new members.

Please contact us via our website: friendsoffourseasons.org.uk
or by phoning Four Seasons on: 01704 551521

Disabled Football Team

We are setting up a disabled football team which will take place on a Thursday night at 5.45-6.45 at Greenbank High School. Please contact us for further details.

Events

Chinese New Year

Chinese New Year is on the 28th January we will be serving a special menu in our café from
23rd January to the 28th January

Chicken and sweetcorn soup (with prawn crackers)	£2.50
Veg Spring rolls (with soya and chilli sauce)	£2.50
Duck spring rolls (with soya and chilli sauce)	£3.00
BBQ Spare Ribs	£4.00

Chicken and Noodle stir fry	(veg £3.50) £5.50
Sweet and sour chicken and fried rice	£5.50
Chinese chicken curry	£5.50
2 courses £7.50 (vegetarian 2 course £6.50)	
(A supplement may apply on some dishes)	

Valentine's Celebrations

Following the popularity of this event last year, we will be opening exclusively for clients on
Sunday 12th February, serving Valentine's Benches. £15.00 Booking essential
Available for everyone from Sat 11th – Sat 18th (excluding Sun 12th, clients only) £25.00 Booking essential

Valentines Bench

Sweetheart sandwiches
Pork pies and sausage rolls
Chicken goujons and fries
Passion fruit cheesecakes
Shortbread love hearts
Chocolate covered strawberries and marshmallows
Tangy lemon meringue mess
Mini chocolate brownies
Love potion and fruity fizz
£25.00 per bench (for 2 people)
£15.00 (clients)
Tea and coffee included

Please come and visit us in our café, shop or garden centre

Here are some of the things on offer.

Cafe

Coffee + cake
Breakfast Bench
Afternoon Tea Bench [Booking required]
Hot + Cold meals
Variety of hot + cold drinks
Specials Board, including a slimming world main course
(Highchairs are available and Children's outdoor play area)
Come and see our rabbits + guinea pigs

Shop

Our gift shop sells cards, balloons, gifts for all occasions as well as handmade crafts by local people.

Garden Centre

We sell a variety of plants as well as compost, garden ornaments and gardening accessories. We also have a selection of pet supplies.

Flowers for all occasions (to order)
Funeral flowers + grave pots (to order)

We are always looking for volunteers to help in a variety of ways

Contact details: Four Seasons, 224a Liverpool Road, Southport, PR8 4PD

Tel: 01704 551521

E mail: info@fourseasonssouthport.com

Website: www.fourseasonssouthport.com

Please also look for news and updates on Facebook and Twitter