



# Northampton LAMs NEWSLETTER

Autumn Edition

Newsletter - Number 7

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## Visit our Website

<http://www.northampton-lams.org.uk/>

## Contact Us

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## Future Events

- September 18<sup>th</sup> Lunch – speaker Jane Isaac author “the Many Faces of Fiction”
- November 6<sup>th</sup> – Coffee morning/Christmas Bazaar with Bran Tub
- December 4<sup>th</sup> – Christmas Lunch entertainment by The Watling Singers

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*Welcome to the seventh edition of our newsletter*

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### *A Message from our Chairman Gill Bott*

**I am looking forward to sharing with you the events planned for this year and hopefully we have a programme that will interest you. LAMs gives us an opportunity to meet up, share quality time and introduce new people. Our numbers have increased slightly but there is plenty of space for more so please pass on the word.**

**My charity is SANDS which supports people who have suffered the loss of a child either by stillbirth or other neonatal conditions, now or in the past. See more details below.**

**Looking forward to enjoying time with you during the year.**

**Gill**

### **CHARITABLE GIVING - SANDS**

This year we are supporting **Stillbirth And Neonatal Deaths**

At the coffee morning in June we listened to a talk about the very important work this charity is doing with families at a very distressing time. The practical and emotional support enables families to share and come to terms with their loss together. When a baby dies it is devastating particularly for the mother but also for her family members and especially the father. This charity provides support packs including memory boxes and has trained befrienders who work in partnership with health care professionals.

### **MEMBERSHIP**

**TO DATE THERE ARE 68 MEMBERS {10 OF THESE ARE FRIENDS} WE ARE ALWAYS HAPPY TO INVITE LADIES TO JOIN US SO IF YOU KNOW OF ANYONE WHO WOULD LIKE TO LEARN MORE ABOUT US PLEASE BRING THEM ALONG TO A COFFEE MORNING OR LUNCHEON.**

## Profile of

### Maureen Goode

#### When did you become a LAM?

I was one of the earliest members attending Princess Street before the move to St George's Avenue

#### What is your earliest memory?

As a war child I saw the "Coventry Glow" and remember the army camped on the Racecourse

#### What is your guiltiest pleasure?

Dark chocolate. I try to carefully restrict myself to 2 squares a day.

#### When were you happiest?

When I went on my first trip to the Caribbean. I found Bermuda exotic with sand like sugar and enjoyed LIMBO dancing

#### How do you relax?

I like reading and I used to paint. I am interested in all handicrafts but really I think the pleasure is in DOING and so I have a store full of items I have created.

#### What makes you angry?

People who moan and often say WHY ME? I believe we should be content with our lot.

#### What is the most important lesson life has taught you?

We make our own happiness so I "ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE"

## June visit to Brampton Halt

Lunch for a group of us was a treat at this well known restaurant in Chapel Brampton. It was a chance to share a meal together in this setting away from Sheaf Close. Without a speaker we managed to entertain ourselves, getting to know members we perhaps didn't know so well. This was a change from our usual luncheons and if members have ideas of other places we can visit, please tell a committee member.

## ARTS REVIEW

Now that Autumn is approaching why not spend some quiet days with a good book or watch a DVD. This is not wasting time and is a good way to spend a dull rainy afternoon. So here are some suggestions.

### BOOKS

**"The Dry"** by Jane Harper "Riveting" – a real page-turner set in Australia.

**"An Unsuitable Match"** by Joanna Trollope an "Aga saga" about modern family dilemmas and second time round relationships.

### DVDs

**"The Fisherman's Friend"** about a group of fishermen who sing together

**"Goodbye Christopher Robin"** about the relationship between AA Milne and his son.

## LAMS SUMMER OUTING – Althorp House – July 17<sup>th</sup> 2019

The weather was just right for this lovely afternoon at Althorp House, the beautiful and unique home of the Spencer family, dating back 500 years and currently under the direction of Charles, the ninth Earl Spencer.

We travelled to Althorp on an old, red, double decker bus, courtesy of David and Sue Cooper - it's ambiance a fitting reminder of times past.

Access to the house itself enabled us to tour the State Rooms in a "free flow" pattern. This approach enables guests to move around at their own pace and more casually, but the lack of a guided tour in no way diminishes the experience as there are knowledgeable members of staff based in key rooms, all of whom were delighted to talk to us. In fact, the staff members at Althorp, ranging from the young and not so young, were extremely helpful and welcoming.

Many of us took the opportunity to walk down to the lake which is the final resting place of Diana, Princess of Wales. This is a very tranquil place and there is a stillness about it which is tangible. Walking to and from the lake you cannot fail to admire the beautiful Estate scenery and the many and varied trees along the way.

During our visit, we enjoyed a "cream tea" at the Stables Café, sitting outside in the mild weather, where we also had an opportunity to view two exhibitions- The History of the Spencer Family and Animals of Althorp. Of course, a visit to Althorp would not be complete without a visit to the Gift Shop, before we departed on our red bus heading home. All in all, whether it is your first visit to Althorp House, or one of many, it is such a pleasure to visit this unique gem nestling in the Northamptonshire countryside.

**Lynne Clayton**