



NOVEMBER 2020

# Newsletter

## Well hello!

Welcome to the first Sgt. Pepper's Friendship newsletter – kindly paid for by our friends at the National Lottery.

This year has been a year like no other. The lockdown has had an impact on all of our lives and it's still not clear when we'll properly get back to normal, locally or nationally.

It's been a challenging and sometimes scary few months and it's become crystal clear how important friends are to one another and how we've missed not being able to spend time together. However, looking on the bright side, it's been fantastic to see how new and different friendships have been formed during the pandemic. Neighbours helping neighbours and strangers looking out for one another. Let's hope that community spirit carries on as we head into winter and we can continue to stay strong and resilient together.

At Sgt. Pepper's we know that life is that little bit better if you've got a couple of extra friends in your corner. Sometimes we find them in groups like our Friendship Club at Wall Heath, or through our 'On the Move' project. Possibly

you'll listen to our new podcast, enjoy this newsletter or maybe it's a friendly wave from your regular dog walker or a chat with your postie that makes a difference to your day.

We're planning to publish this newsletter regularly for the next six months. Inside you'll learn more about Sgt. Pepper's Friends, find some useful information, a couple of quizzes and have a few giggles along the way. All designed to keep you occupied, active and in touch during this unsettling time.

We'd like to hear from you of course and you can get in touch in a variety of ways.

Telephone: 07512 338594

Email: [sgtpeppersfriends@aol.com](mailto:sgtpeppersfriends@aol.com)

Website: [www.sgtpeppersfriends.co.uk](http://www.sgtpeppersfriends.co.uk)

 [Sgt-Peppers-Friendship-Club](https://www.facebook.com/Sgt-Peppers-Friendship-Club)

 [SgtPeppersPals](https://twitter.com/SgtPeppersPals)

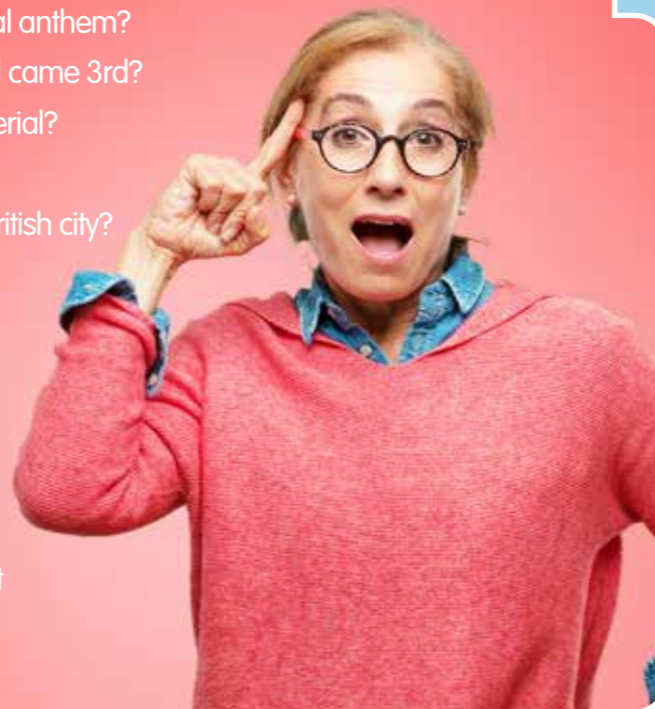


# PEPPERPOT MADCAP QUIZ



This is the only quiz where you're NOT expected to know the answers - the fun is in the guessing. Enjoy!

1. What is the most common colour of toilet paper in France?
2. If you dug a hole through the centre of the earth starting from Wellington in New Zealand, which European country would you end up in?
3. Native to the Caribbean, what sort of animal is the mountain chicken?
4. What is the correct term for a question mark immediately followed by an exclamation mark?
5. The average person does what thirteen times a day?
6. In 1978 an Iowa judge dismissed a drink driving charge for what obscure reason?
7. In which country are there six villages called Silly, 12 called Billy and two called Pratt?
8. It's illegal in Texas to put what on your neighbour's cow?
9. Which European country has 158 verses to its national anthem?
10. Who entered a contest to find his own look-alike and came 3rd?
11. French artist Aquaboue paints cows with what material?
12. Coprastastaphobia is the fear of what?
13. The UK's Dyslexia Research Trust is based in which British city?
14. Henry VIII introduced which tax in England in 1535?
15. What were the first ice hockey pucks made out of?
16. Which country has the most tomatoes by area?
17. True or false: you can sneeze in your sleep
18. Who invented the word vomit?
19. Which bird is nicknamed The Laughing Jackass?
20. What nickname was given to Rembrandt's 'The Night Watch' after being over-restored in the 1940s?



## PEPPERPOTS OF WISDOM

If, like us, your favourite machine at the gym is the vending machine then maybe some of these words of wisdom are for you!



"Don't worry about the world coming to an end today. It's already tomorrow in Australia."

"If you think marriages are made in heaven, just think! So is thunder and lightning."

"If your computer always beats you at chess, remember that it's no match for you at kick boxing."

"And finally, never go to a doctor whose office plants have died... :)"

## FIND OUT MORE ABOUT SGT. PEPPER'S FRIENDS ROGER, CHRIS AND JAN

Sgt. Pepper's Friends hit the ground running just two years ago. Its aim was to create a number of projects where people who feel they could use another friend or two could get together and enjoy some good times. As simple as that!

Since then we've built a vibrant and fun filled club in Dudley, fuelled on tea and cake (which like many other clubs is currently on hold), gone 'On the Move' with our travelling VW Campervan and have just started podcasting. It's been a blast and we've met and supported many people in Staffordshire, Shropshire and Wolverhampton.



Roger, Chris and Jan are the people that have made this happen, along with some fantastic support from our volunteers (you know who you are)! Here's a little insight in to Sgt. Pepper's three amigos.



### ROGER

**Favourite meal:** eggs, chips and peas and a cup of tea

**Favourite animal:** giraffe (because they can look over fences)

**Best childhood toy:** a wet, leather football (that would knock you out if you ever tried to head it!)

**If you were stuck on a desert island, what would be your luxury item:** an acoustic guitar



### CHRIS

**Favourite meal:** Chicken fajitas

**Favourite animal:** Queenie the cockapoo

**Best childhood toy:** Spacehopper (the original tough orange one – not the lightweight nonsense of today)

**If you were stuck on a desert island, what would be your luxury item:** solar charged Applemac



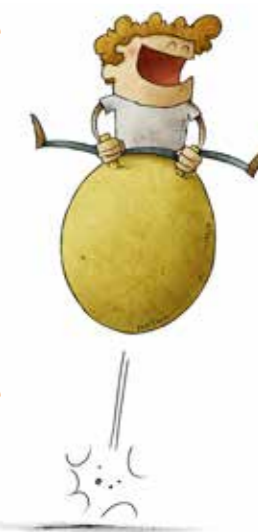
### JAN

**Favourite meal:** Fish & chips from The Swan in Southport

**Favourite animal:** Dog – specifically Sunshine our Bolognese beauty

**Best childhood toy:** Spirograph

**If you were stuck on a desert island, what would be your luxury item:** a four-poster bed. Never had one but I'm thinking it's functional and comfy!



# USEFUL INFORMATION



The NHS has lots of great information on different parts of the internet. We think their Only You website captures everything really well in a single place.

## THERE'S ONLY ONE YOU



Making better choices today can have a big impact on your health. **One You** is here to help you get healthier and feel better with free

tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

The charity **Mind** also has some helpful hints and tips about staying mentally fit during



Coronavirus. If you do suffer with mental health issues, remember you're not on your own.

**It's OK not to be OK** and Covid-19 is affecting everyone in different ways. Things

are changing fast, and many of us are worrying about what it all means for ourselves and for our loved ones. Those of us already living with mental health problems are facing extra challenges too. Here you'll find reliable information and tips to help you cope during this time.

<https://www.mind.org.uk/information-support/coronavirus/>



If you're having a difficult time and

you're struggling to get by or you're worried about someone else, **The Samaritans** are always at the end of the phone and offer a confidential service, run by trained volunteers. You can call them day or night on 116 123 or if you feel better writing things down you can email them at:

[jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org>

**And we are here too of course. You can get in touch by phone, email or Facebook and take a look at our website:**

<https://www.sgtpeppersfriends.co.uk>

## Answers to the Peppertot questions

- 1. Pink
- 2. Spain
- 3. Frog
- 4. Interrobang
- 5. Laughs
- 6. Too drunk to sample
- 7. France
- 8. Graffiti
- 9. Greece
- 10. Charlie Chaplin
- 11. Cow dung
- 12. Constipation
- 13. Reading
- 14. A heard tax
- 15. Frozen cow dung
- 16. England
- 17. False
- 18. William Shakespeare
- 19. Kookaburra
- 20. The Day Watch



# It starts with a smile

[www.sgtpeppersfriends.co.uk](http://www.sgtpeppersfriends.co.uk)

 Sgt-Peppers-Friendship-Club

 SgtPeppersPals

