

# JollyGood News

## Reflections on last month:

Is it me, or has August just flown by?! A case of 'time flies when you're having fun'? It seems everyone has caught the dancing bug as they have been moving & grooving everywhere I go. It has been so wonderful to see people 85 years+ old up having a boogie, actually out-dancing the young'uns at times. In churches, residential homes and in even hospital wards, we've been feeling the music this summer. I feel so lucky to be a part of it. What a difference the sunshine makes fingers crossed more of it on the way.

It's not all been larking about though, this past month I have been knuckling down and making some exciting new changes to the JGC, victories which I attribute to my wonderful business coach who has taught me the skills needed to grow my brand. She took this picture of me during our last meeting, which she said after looks like an author portrait. I absolutely love it as it may be the first time I've ever seen myself and thought 'yep, that's a business-woman' and after a long struggle with self-confidence which I won't get into oversharing here, I just had to include it as a way of commemorating the progress made both within the business and my own internal battles - although I have no plans to write a book... yet



**Let's go fly a kite:** I've had the honour of portraying the 'practically perfect' Mary Poppins this month for a 'Jolly Holiday' themed summer party (above)

Another August highlight was a 50's themed BBQ party I performed at in Cardiff. All the guests were dolled up in their best dress and, of course, I was more than happy to oblige - *any excuse for a fancy frock!!* (below)

## Quiz Time

Tell me what these things all have in common to win 30% of your next booking this September (Ts&Cs apply)

- The Bristol Channel
- St Baruc
- Gavin and Stacy



## Photo of the Month: Margaret and Heather

Here is a pic sent by one of my (fantastic) volunteers that captures the joy and friendship which grow at a JollyGood afternoon.

You're never too old to make a new best friend

