

## **GIRLS ABOUT SNAPE (G.A.S.)**

### **Report to Snape Parish Council May 2025**

**G.A.S.** continues to have a lively membership of over 40 women, most of whom live in Snape but some of whom live in the neighbouring villages of Aldeburgh, Benhall, Friston, Yoxford and Leiston.

**G.A.S.** is organised by a small team (GAS BOARD!) but is helped by many members in the running of meetings, walks and the book group.

The **monthly meetings**, which take place on the first Tuesday of each month, take place in the Village Hall. Usually there is a speaker followed by refreshments and a chance to catch up with each other. Several of our meetings are **OPEN meetings** and posters, blogs and emails invite all to attend. The **G.A.S.** annual quiz night continues to be extremely popular and competitive!

Members often bring along friends and neighbours to meetings. Visitors to the village frequently attend having seen the posters in the village or notices on the Snape Village Website. **OPEN** meetings are well attended by Snape residents.

This year Snape Resident Jane Simpson spoke to many women members and non-members on the topic of Pelvic Floor Health, and this proved an enormous success. Nico, from Earsham Street Deli at the Maltings, was another great success. His talk and tasting session, which was **OPEN** to all, left everyone asking for more!

SERV- SC - Service by Emergency Response Volunteers Suffolk & Cambridge – Blood Runners, spoke to us in February about the amazing service they provide, and they continue to be our supported Charity for the year.

The **monthly walking group** continues to be very popular and walks usually offer the opportunity for car lifts, shortened versions of the walk and opportunity to just come to the lunch which rounds off each walk. The numbers attending are between 6 – 12 women.

The **Book Group** is allied to **G.A.S.** and we advertise the Book of the month in **our monthly newsletter** which is emailed to members.

In August a trip to the **Summer theatre** in Aldeburgh is organised and proves to be very popular, perhaps because of Pizza at Prezzo's and cocktails prior to the performance or the ice creams in the interval!

We continue to encourage new members and advertise via **EBB & FLOW**, Snape Village Website, posters and word of mouth.

Our current **G.A.S. Board** consists of the following women all of whom, like all women, can turn their hand to anything and several things at once! But specifically:

Julia Scott Douglas – Ebb & Flow, Summer Trip organiser, Talks organiser

Jackie Whitfield – Treasurer, membership

Linda Wilkerson – Assistant treasurer, refreshments

Jacqui Woods – New members, Walk leader, **G.A.S.** contact

Karen Hudson – Secretary

Jo Roger – Publicity, Walk Organiser

Additionally:

**Walk Leaders**

Erica Wren, Grainne Drummond, Jacqui Wood, Jo Roger

**Book group**

Jill Hills

Jo Roger 15 May 2025

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