



# NEWSLETTER

## *The Widow Who Ran The World*

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*Many of us feel the call to do something significant to honour the life of our late partner and to mark it in some meaningful way. This is the amazing story of how one remarkable lady did it.*

Following the death of her husband to prostate cancer in 2002, Rosie Swale-Pope decided to go for a run to raise money and awareness. Not content with a local route, Rosie chose to run around the world and after an extraordinary adventure, arrived back to her Welsh cottage home five years later.

Needing to do something to cure her grief and sorrow, Rosie had meticulously planned her route and put in hours of training including

30 mile daily runs wearing an increasingly heavily laden back pack.

After sixteen months of preparation Rosie set off pulling behind her a purpose built, bicycle wheeled truck containing kit and equipment. Running first to London, then Harwich, she boarded a ferry to Holland then continued on through Europe, Russia, Siberia, Alaska, Canada, America, Greenland and Iceland before returning to the UK.

En route Rosie encountered a pack of wolves, a naked gunman, bitter cold, accidents that involved broken bones and she also survived double pneumonia but the memory image of her husband's face gave her

the strength to continue and complete the journey.

Rosie Swale-Pope's book 'Just A Little Run Around The World'

is published by HarperTrue £6.99

### Special points of interest:

- Widowed World film wins award
- Humming is good for your health
- National street party Sunday 19 July 2009

## *'Merry Widows' broadcast on Radio 4* *featuring Jacquie Clarke, Founder of Widowed World*

Mon 31 August 2009

11.00 am

*fm 92—96 MHz*

One of a series of programmes about widowhood broadcast on Radio 4 over recent months, 'Merry Widows' will focus on how women have coped with

the major life transition of widowhood and gone on to reshape their lives as independent and fulfilled individuals.

Jacquie Clarke, Founder of the Widowed World website will be one of the ladies featured.

Quote from Jacquie "For men and for women, the more widowhood is openly discussed the better. With greater knowledge we can all become better prepared and those offering support services to widowed people will have a deeper understanding of what's required."

## Volunteering in the UK



*Anthony Devanney doing voluntary work at PAWS animal sanctuary. See article in 'New Beginnings' on Widowed World website*

According to The University of Westminster (2008)

- One survey suggested that volunteering is second as the greatest source of individual joy, after dancing.
- Twenty two million adults are involved in volunteering each year.
- Formal volunteers put in some ninety million hours of voluntary work a week.

Volunteering is a great way to get out and about, to meet new people and make new friends, learn a new skill and begin to develop an enhanced social life.

There is something for just about everyone—crewing or piloting a canal barge, countryside conservation, caring for animals, preparing for the 2012 Olympics, theatre chaperoning child performers, fund raising, befriending, local committee involvement and more.....

To find out more about volunteering opportunities -

- See our new 'Spotlight on Volunteers' article under New Beginnings on the website
- Visit [www.navca.org.uk](http://www.navca.org.uk) to locate a 'Council for Volunteering Services' office in your area.
- Ask people you know and meet, tell them what you'd like to do.

## Putting the 'hum' into human Rod Paton LifeMusic

Do you ever wonder where the whistlers went? Do you recall with nostalgia the happy sound of men and women going about their day's work with a cheerful whistle or a few snatches from a popular song? Nowadays it seems music is mostly something one listens to rather than something that can be participated in.

According to Rod Paton, a

Senior Lecturer in Music & Performing Arts at The University of Chichester, "*Everyone is a creative musician. We all share the capacity to make our own music in a manner of our choosing.*"

Music making at whatever level of ability can be uplifting and is also said to have therapeutic benefits. The most accessible and

purest of instruments is the human voice, well recognized by The Natural Voice Network – quote

*"For thousands of years all over the world people have sung—to express joy, celebration and grief, to accompany work and devotion, to aid healing—without worrying about having a 'good voice' or 'getting it right'."*

[www.lifemusic.org](http://www.lifemusic.org)  
For 'community' music  
[www.naturalvoice.net](http://www.naturalvoice.net)  
To find your local  
Natural Voice Choir

## Spotlight on voluntary groups for widowed people This issue—The Glee Club, North Wales



If you have a group for widowed people running in your area, we'd love to hear about it. Jacquie is always happy to share her experiences of setting up and running clubs.

For copy or queries send to - [jacquie.clarke@widowedworld.co.uk](mailto:jacquie.clarke@widowedworld.co.uk)

The Glee Club, for widowed & all lonely people.

Joyce Riddick, North Wales  
Tel: 01492 543768

*Everything going great at the moment. Sunday lunches every week. Coffee mornings every Wednesday in a local hotel (St. Winifred's) as the group was getting too big to go to*

*houses. Canasta, Scrabble & Chess Tuesday afternoons at Craig-y-don Community Centre and a coach trip to Bridgemere Gardens. Prestatyn & Rhyl are about to get together too. Thanks for your help. Joyce*

Ed: Twice widowed and now in her seventies, Joyce has recently set up the Glee Club and is doing a great job.

## Too soon to think about Christmas ?

Christmas can present the newly widowed person with many challenges but as with all the anniversaries, the better we prepare for it the better we'll be able to manage it.

'Christmas is a Shoebox', tells the story of how a group of widowed people in West Sussex got together in early October 2008 to prepare **Link Romania** Christmas Shoeboxes for needy people in Eastern Europe and how in doing so, it helped them to ease into the festive season.

If you live in W. Sussex and would like to become involved, it's time now to start looking out for items for the boxes — small toys, hats, gloves, toiletry articles, paper and crayons etc. and full details can be found at **[www.linkromania.co.uk](http://www.linkromania.co.uk)**

Link Romania, a registered charity, is based in West Sussex and its main collection point is at Worthing on the South Coast. *'Christmas is a Shoebox' will soon be available to view on the website*

Other Christmas Shoebox appeals -

There are many Christmas shoebox appeals including the registered charity **Support Our Soldiers** which, by assembling and delivering boxes, also known as 'square stockings', aim to deliver festive cheer to UK forces risking their lives on our behalf at Christmas.

Last year 11,956 boxes were put together by SOS donation and sponsorship.

**[www.supportoursoldiers.co.uk](http://www.supportoursoldiers.co.uk)**

### Widowed World film wins award

**'Christmas**

**Is A Shoebox'**

awarded

The Founders Cup

For Best Overall Entry

Selected by a panel of

Guernsey judges

for

Chichester Film

&

Video Makers

Annual Competition

2008/2009

With grateful thanks to SSSC members and the film crew.

## Eden Project 'Big Lunch' - the perfect way to get to know neighbours & meet more people

Isolation, either real or imagined, is often one of the worst afflictions to beset recently widowed people so whilst valuing and honouring long standing friendships, one way of managing it is to take ourselves out and make a whole new set of single friends who are available for social events. Easier said than

done, but the current groundswell of concern in the UK about the general lack of 'community' and a perceived breakdown of respect and understanding between older and younger generations can work to our advantage.

The Eden Project and its Partners is calling for people throughout the nation to meet

together in their streets to eat lunch, drink, sing and dance together on Sunday 19 July 2009 as a way of encouraging people to communicate on a personal level. The organizers envisage a 'bring your own—open air party' for 61 million people'. How about taking the initiative and helping to make it happen in your community!

**The Eden Project**

**Big Lunch**

**[www.edenproject.com](http://www.edenproject.com)**

**For more information**

## New Contributors

It's always good to include new contributors to the website who can provide fresh insights into topics affecting widowed men and women.

This time we're pleased to welcome the following people and to thank them for their generous offerings -

Alison Smith for her own story 'Like a Phoenix' in the 'New Beginnings' section.

Anthony Devaney who is featured in our first article on Volunteering (see New Beginnings, Volunteering). Early each morning Anthony looks after two miniature horses and a donkey at a

local animal sanctuary before going off to do other voluntary work. He finds working with animals particularly rewarding, has overcome a fear of horses and finds them good listeners when he needs to share his innermost thoughts and feelings.



## Widowed World

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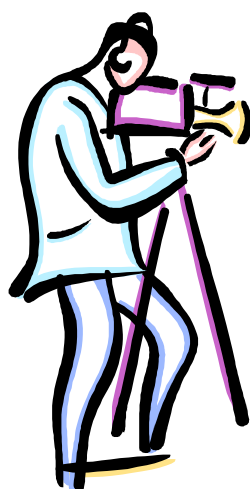
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Find us at  
[www.widowedworld.co.uk](http://www.widowedworld.co.uk)

Widowed World is for widowed people everywhere and also for all those who seek either privately or professionally, to offer support and encouragement to anyone going through this major life transition.

*At Widowed World we aim to provide information, exchange views, share tips, gather information, make friends in the 'Forum' to ease the social isolation that often surrounds recent bereavement and generally support and encourage you in taking positive steps to rebuild a meaningful, fulfilling and rewarding life.*

## You can do it! Focus on amateur film making



*It's never too late to take up a new interest and there are so many to choose from.*

*In this issue we're focusing on amateur film & video making clubs because they offers something for just about everyone.*

Whether you feel drawn to directing or producing, filming, editing, script writing, continuity, selecting incidental music, costume & makeup, set design, film projection, acting, general handyperson/tea making or even committee work you will find a warm welcome at your nearest film or video making club.

In my experience, members are incredibly generous with their time, skills and

knowledge in helping new members to quickly become involved in the practicalities of film making and some clubs may even loan equipment to help you get going.

Annual programmes of meetings and events include a variety of internal and inter-club competitions, workshops and social events and even if you don't feel ready to start making your own films, there will be opportunities to get involved in club filming projects or to help individual members with their own films.

There appears to be a predominance of men in these clubs but there's no reason why women shouldn't

equally get to grips with camera and editing skills and their unique approach would be greatly welcomed.

Film making is a highly creative but slow and sometimes tedious process. Shots and scenes may be repeated many times until the best 'take' is captured so film making requires a totally different approach to activities such as amateur dramatics or other performing arts. Patience and the ability to remain still and quiet are as important as the technical and creative skills.

*Enquire at your local library, council offices or Tourist Information Centre for local clubs details.*

<http://www.theiac.org.uk>  
The Institute of Amateur  
Cinematographers (IAC)