



# Sunday Scene Breakfast Clubs and Sunday Scene Social Clubs Spring 2008 Newsletter

*Greetings.....and a warm welcome to our new members.*

*As ever there is much going on and SSBCs is continually evolving. In this newsletter you'll find many bits of useful information, all gleaned from people and organisations who've expressed an interest in what we're doing.*

*There has been a fair bit of interaction between the clubs already this year and this is now reflected in the inter-group list of activities attached (see also page 2).*

## News from the clubs

...and **Gee Bees** Bryan in verse...

### Our Club

Sometimes we go to galleries  
Sometimes to concerts loud  
Sometimes we sit and contemplate  
The pattern of the clouds

We go to ballet and to folk  
Most of us quite like a joke  
What we try hard not to do  
Is sit around and mope

All of us have sad times  
When things do not feel right  
But with the help of others  
We try with all our might

So off we go on visits  
To gardens in the Spring  
Pub lunches on a Sunday  
And other types of thing

We try to fix up holidays  
These are quite a hit  
Enjoying the company of friends  
Change our scene a bit

Life is for the living  
Forget how old you are  
Just try to remember  
There's whiskey in the jar!

### 'Just Us'

Hi everyone we missed the deadline for the last newsletter so making sure this one's on time. We had a busy run up to Christmas with the usual round of Xmas lunches and meals out. Some of us saw the New Year in at the Arun View in Littlehampton which was great. Then we joined in the inter group quiz and the skittles lunch which as always great fun. We had a night at the greyhound racing at Hove on the 1st march which we all enjoyed. Next we are playing the 'New Beginnings' group at 10 pin in Chichester at the end of March. We have just passed our first birthday as a group and look to another busy year. Hope to see you all soon.

Brian & Hazel.



A big thank you to Facilitator Liz from **Angmering 2**. Members of both clubs showed their appreciation to our wonderful volunteer facilitators with gifts and cards but this is the only pic we have.

### Inter-group Angmering Bowls Challenge

Three teams plus supporters turned up for this fun event at Chichester, the highest individual score of 140 being achieved by Peter Wase, Just Us.



### **Palms, Runcton**

The Snowdrop Trust, a local charity for West Sussex children with terminal illness, is SSBCs chosen charity and Lizzie Watson, Palms SSSC is organising a fund raising event. We hope many of you will be able to attend and guarantee that Lizzie's cream scones will be mouth watering!

### **Afternoon Tea for the Snowdrop Trust,**

2.30 – 5.00 ish pm Saturday 14 June  
26 Fairlea Road,  
Emsworth,  
Hants  
PO10 7SX  
Mainly street parking

Cream tea or cake with tea or coffee  
£5.00

There will also be a raffle – prize donations welcome

**Please contact Lizzie 01243 373322  
or Gill Graham 07789 822663**

### **Members' Sponsorship**

**This summer two of our energetic Angmering members are participating in fund raising and would welcome support.**

### **Chris King, Angmering 3 SSBC**

Seeking sponsorship or participation in event. For which the organisers are aiming to raise £201,00.00

*UK Race for Life 2008* 5K walk, jog or run event, for Cancer Research UK, at Worthing RFC, Worthing BN16 4AX  
11.00 am 20 July 2008

The only entry to the venue is off Roundstone Lane and delays are likely. Car sharing is recommended. Not suitable for wheelchairs

**Chris 01903 733981**

### **Laura Mills, Angmering New Beginnings SSSC**

Sponsorship or participation for *Foresight Project*, fund raising for the blind and visually impaired.

Norfolk Estate, Arundel, Sat 16 August 2008. 5 or 10 miles, Pimms after event.

**Laura 01903 810239**

### **News from the SSBCs Management Committee**

Following unanimous agreement from those members responding, the revised Constitution was signed on Monday 31 March 2008. Copies will be held by Jacquie and Vivien Stillings, Secretary.

SSSCs Club leaders will now be known as Club Co-ordinators and Jacquie's title, previously Co-ordinator, has changed to Chief Executive.

Gill Graham & Bob Needle have participated with Jacquie in an article due to appear in the local Observer series, Chichester, Bognor Regis, and Midhurst & Petworth editions in early April. We anticipate that it will attract new members for the current SSBCs Chichester club.

Whilst recognising the constraints of running clubs with small numbers, it was agreed to leave things as they are for the time being in the hope that more members will come along in the next few weeks. Meanwhile, some of our SSSCs will be helping out by attending some SSBCs meetings and inviting new members to some of their activities. This is a lovely example of how we can all help each other and generate more inter-group activity.

### **Inter-group activities**

The attached inter-group events sheet is a further example of how the various groups are beginning to interact in a very spontaneous way. It's also good to see how individual members are using their unique skills and experience for the benefit of the groups. An example of this is Alan who is a volunteer Guide at Arundel Castle. He has offered to organise a tour of the castle for members and will rope in more Guides if necessary so that everyone can be accommodated.

Please let Jacquie have details of any events you organise open to members from other SSBCs/SSSCs clubs so that a monthly list can be updated and distributed. Closing date for entries 20th of each month for distribution at the beginning of each month.

## Helpful Information

### **Also for the Snowdrop Trust 'Little Holland' Pancake House Aldwick Road, Bognor Regis SNOWDROP Sundays 2008**

9 March 8 June 14 September 14  
December

Open at lunch for: Lemon & Sugar  
pancakes £1.-each

All profits will be donated to the  
Snowdrop Trust

Book now for one of the sittings 12-1 pm  
& 1-2 pm

### **Making West Sussex Safer - free home safety checks**

Fitting or maintaining smoke detectors and assessing fire hazards in our home is a job that many of us inherit from our partner. If you'd like some help, free home fire safety checks are being offered by West Sussex County Council Fire & Rescue Service in a major initiative that is part of its drive to reduce the numbers of people killed or injured by fires in their own homes. West Sussex Fire & Rescue Service works to make our community a safer place to live, work and enjoy

Apply on-line for this free service at  
[www.westsussex.gov.uk](http://www.westsussex.gov.uk) Emergency  
Services or telephone 01243 777100

### **Thinking of throwing out some furniture!**

Sofas and Stuff is a local registered charity involved in recycling furniture & household goods by collecting them from households in the Arun area and then selling them at low prices to those in need. Phone Kevin 01903 714812

### **Daily Strength**

Largest, most comprehensive network of people sharing their advice, treatment, experiences and support for the bereaved and many more challenging life situations.

<http://dailystrength.org/c/Bereavement/>

## The Bereavement Register

The Bereavement Register is a service with one simple aim: To reduce the amount of direct mail sent to those who have died. Our names and addresses appear on many databases and mailing files which means, unfortunately, that we are often bombarded with mail we just don't want. Imagine if that mail is sent to a family member or friend who has recently died. The distress and upset that can cause is immeasurable. Launched in 2000, The Bereavement Register is a service specifically designed to remove from databases and mailing files, the names and addresses of people who have died. Bereaved can register their loved ones free of charge by calling 01732 467940 or can register on line at [www.thebereavementregister.org.uk](http://www.thebereavementregister.org.uk) St George's House, 15 Pembroke Road, Sevenoaks TN13 1XR  
Tel: 01732 460000, email  
[info@thebereavementregister.org.uk](mailto:info@thebereavementregister.org.uk)  
[www.the-bereavement-register.org.uk](http://www.the-bereavement-register.org.uk)

### **Willow Nursery Organic Vegetables**

Hill Lane, Barnham, West Sussex

01243 552852

E-mail [organic.veggies@virgin.net](mailto:organic.veggies@virgin.net)

Organic veggie boxes delivered to your door. Why not share a box between several of you!

### **Link Rumania Local Charity Appeal Fill a shoe box full of smiles! October 2008**

Send a Christmas gift to a desperately poor family in Eastern Europe.

Angmering 2/NB's organised their own shoe boxes last year but this year, for those who feel called to participate, we'd like to make it an inter-group activity early in October. Please save your unwanted shoe boxes and have in mind gifts such as a yoyo, simple jewellery, doll, brush, comb, toothbrush, soap, soft toys, felt pens, school items, toy car, small bouncy ball. More details later.

## How the Royal British Legion can help



By Jesse Lyons, Welfare Secretary.

In the Royal British Legion we have, since our inauguration in 1921, been helping the families of those that have served this country; reaching far back to the First World War and up to the current confrontations and fatalities in Afghanistan.

Sadly we all lose someone close to us and this sudden loss can affect the way we feel about ourselves and those around us. We have a group of experienced contacts and caseworkers who are familiar with the difficulties that the loss of a partner can bring. Short or long term financial loss can be a worrying thing when you have nowhere to turn; but if you are a dependant of an ex-service person, or been in the forces yourself, then help is at hand.

As an ex-service person, or previously married to an ex-service person at any time, you are entitled to all the help and assistance that we can afford you. **This is your right** and by contacting us you can discover exactly how we are able to help. This service is totally free and there are no hidden catches.

In addition, if you feel that you would like us to check whether you are in full receipt of your pension and benefit rights, then contact us and we will willingly, and in the strictest confidence, put the right wheels in motion.

Jesse Lyons can be contacted at The Poppy Support Committee, East Preston & Kingston Royal British Legion, The Street, East Preston, BN16 1JL 01903 782134 (24 hr. Ans.)

## Trips to Far Flung Places

We've heard of members going to some wonderful places over the winter, Malta, Teneriffe and exotic cruises to name just a few. Please will you share some of your experiences with us to encourage we less adventurous souls!

I'm off to stay with a friend in her Spanish mountain village cottage in May and promise to bring back some pics. JC



**However much publicity we generate there will always be more recently widowed people who haven't heard about SSBCs so it would be great if you would help spread the word by -**



Writing a letter to your local paper telling them how you've benefited by being a member.



Offering to distribute leaflets at places like your doctor's or dentist's surgery, local CAB, Tourist Information Office, council offices, pharmacy, library or any other place that seems appropriate



Referring people to the Sunday Scene website [www.sundayscene.co.uk](http://www.sundayscene.co.uk)



Letting us know of any articles, books, films, plays, TV or radio programmes relating to widowhood that you come across. These can often be used to generate more pages for the Sunday Scene website or provide introductions for us to promote SSBCs to more people.

**Please send copy/photos for the summer newsletter to**

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**Telephone 01243 542528**

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[editorial@sundayscene.co.uk](mailto:editorial@sundayscene.co.uk)**

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



**Next Committee Meeting  
2.00 pm Tuesday 29 April**

**Next Facilitator/Co-ordinator Meeting  
6.00 pm Friday 18 April.  
Bring a small supper dish to share.**

