



# Sunday Scene Breakfast Clubs

April 2007 Newsletter

Hello to all members past and present!

If the year 2007 carries on the way it started, we're in for an interesting and exciting one.



In **January**, many of us travelled by coach to the Grosvenor Hotel, Ilfracombe, North Devon, for a winter break which turned out to be a very enjoyable experience.



In **February** we launched Sunday Scene Breakfast Clubs at The Restaurant, Manor Nursery, Angmering, sister to The Palm Restaurant, Manor Nursery, Runcton.



In **March** we learned we'd been successful in applying for lottery funding.



Added to that, there have been two lovely SSBCs weddings to attend and we wish both couples every happiness in their life together.

## Awards

To date the SSBCs clubs and their development have been financed by subscriptions and subsidies, but in the light of its evident need and a desire to develop the concept further, we clearly needed to secure some funding. The first stage in this process was to become a Voluntary Organisation with Management Committee, and then in the latter part of last year, many weeks were spent completing lengthy application forms and working out detailed estimates and financial

projections. Our first breakthrough came in December when Chichester District Council Environmental Health Services gave us an award to cover the cost of having our leaflets professionally printed. Next came news from Awards For All with a grant of £9,420.00 and hot on its heels, two further awards, the first from The Chownes Foundation, a private trust fund and the following one from West Sussex County Council Adults' Services, Littlehampton, the latter to develop clubs in Angmering and Worthing. With the exception of the Chownes Foundation, all funds must be spent in the next twelve months on the items specifically designated and for the further development of SSBCs. We are hugely grateful to all our funders, not least for their faith in our project.

## Award Presentation

To mark these events, we're planning an Award Presentation and there could be no better venue than Palm Restaurant, Manor Nursery, Runcton, where management and staff have been so unfailingly welcoming and supportive. The Presentation will take place from 5.30—6.30 pm on Wednesday 25 April in the company of County Councillor Pat Arculus, Cabinet Member for Adult Services, West Sussex County Council. Pat has a great interest in community projects and we'll be delighted to have her present the Awards For All Certificate. Invitations are being sent out now and we hope SSBCs members past and present will join us for the occasion. For the next year you'll see the Awards For All logo associated with all our publicity.

## Angmering Group

Welcome to everyone who has joined us at Manor Nursery, Angmering on Sundays for breakfast and Wednesdays for morning coffee. What a lively group this is turning out to be!

## Grosvenor Hotel, Ilfracombe, North Devon, January 2007



An early morning stroll around Ilfracombe Harbour



Jean getting friendly with the chef!



Coffee & brandy for £2.20 in a quaint old pub in Lynmouth



The fancy hat contest won by Jacquie with *When you Wi(t)sh Upon a Star*

### Grosvenor Hotel, Ilfracombe

Perhaps not the mostly likely place for a winter break but didn't we have fun! With rugged coastal walks, visits to delightful Devon towns, good food and nightly entertainment, we really made the most of our holiday. Other seasoned visitors to Grosvenor Hotel said they'd never had such a good time because we livened things up, especially Jacquie's pole dancing with a delightfully handsome broom! Bob & Connie Clark have sent us a DVD of their time spent at the hotel over Christmas 2006, and it includes many of the friends we made there in January. It's great fun to watch if anyone would like to borrow it.

### SSBCs Website

Have you visited our website lately? It's now updated at the beginning of each week and each month a new research topic is added. So far we've had over 1200 visitors in 8 weeks and quite a few e-mails as a result. The next stage of development is to start building up the links page so if you come across any websites that you think might be of interest to widowed people, do let us know. We'll follow them up and endeavour to arrange reciprocal links.

### Ties & Tiaras Dinner



Another fun evening at Friars Oak—a three course dinner with home entertainment.

There were a few tall stories that evening!



### Words of Encouragement

It's amazing how quite a few of our members have been putting pen to paper and coming up with some very original and heart-warming poems. Jean Voyz, one of our early members has put hers together in a book which is now available from St. Wilfred's Hospice, Chichester. All proceeds go to the hospice.

Meanwhile, Bryan Fletton was inspired to write the following poem for a group that shall be nameless!!!

*You met on Sunday morning,  
For a cup of coffee or two.  
Light had started dawning,  
On what you needed to do.  
You were there for a special reason,  
To achieve social adhesion.*

*An essential stage to overcome,  
Is meeting people and having fun.  
Relax a little, let things flow,  
You've all still got a way to go.  
The success of the club depends  
On everyone becoming friends.*

*Chatting to people is a good first step,  
Now we must inject some pep!  
The meeting people has been done,  
Now it's time to have some fun.  
The situation should be changed,  
Outings need to be arranged.*

*There's museums, theatres and talks,  
Opera, ballet and garden walks.  
How about the National Trust,  
Petworth and Uppark are a must.  
Eating out can be quite fun,  
Far less cooking to be done.*

*The choice of things to do is vast,  
Suggestions should come thick and fast!*

### **Sunday Scene Social Clubs (SSSCs)**

As you know, membership for Sunday Scene Social Clubs is for five months, giving everyone chance to get to know each other, build up mutual trust, self esteem and confidence and begin to embark on a new social life. The first Chichester Group went on to form its own totally independent Weekday Scene but Group 2 has evolved into Sunday Scene Social Club, retaining links with SSBCs who will provide admin. support, newsletters etc. George Smith and Brian Fletton volunteered to be the organisers and between them and their members, have put together a lively and interesting programme of events including a summer holiday in Weston-super-Mare, poetry and music evenings at home, outings, meals out etc.

We anticipate that this will be the way all future SSBCs groups will evolve, and that from time to time we can invite everyone to inter-group events such as the Cheese & Wine evening with Weekday Scene and organised by Ruth Hare at her home on 1 April, a Chichester Canal Boat trip in the summer and perhaps a Christmas Ball. Let Jacquie know if you have any suggestions for us all getting together.

### **Publicity**

Thanks to all of you who agreed to take part in the photographic session and interviews for the article in Sussex Life from which we had quite a few enquiries. Other recent publicity activities have included George and Jacquie recording adverts for daily transmission on Chichester Hospital Radio, an invitation to a reception given by the retiring Mayor of Worthing and the opportunity for Jacquie to address 130 delegates at a ProfitNet launch at the University of Brighton. Plans are afoot for a further feature in the Observer Series and another article, mainly to promote the website, in a national magazine.



Major Tom Wye  
Mayor of Worthing  
2006/07  
Reception for  
Volunteers  
Worthing Town Hall

### **Mobile 'phone texting**

Quite a few of our members have mobile 'phones but don't know how to use the text message facility. Would anyone like to volunteer to do a training session? If so let Jacquie know so we can sort out the details.



### **Trainee Facilitators**

We're delighted that Alex Kennaby has agreed to try his hand at facilitating the new Chichester Group 3. Well done Alex! We hope soon to have a facilitator for the new Angmering group.



*The following are services offered to members but SSBCs can take no responsibility for any work carried out.*

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*Sunday Scene  
Breakfast Clubs*

**Telephone 01243 542528**

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

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

**Po Box 106  
Arundel,  
BN18 8AJ**