



Our new  
SSBC Logo

## Sunday Scene Breakfast Club

January 2007 Newsletter

Hello folks and a warm  
welcome to our newest members.

Christmas and the New Year presented a special set of challenges for we newly and not so newly bereaved, but together we discovered that by planning for and thinking beyond the festive season (and other special days such as anniversaries), we have our best chance of surviving them with dignity, and moving positively through the emotional turmoil that surrounds them. Now, as we contemplate a new year, once again by making sure there is something to look forward to each day, week and month ahead, we can keep a hold of reality and begin to function more fully as independent individuals. I hope that the Sunday Scene Breakfast Club will continue to act for you as a springboard to new friendships, an enjoyable social life, opportunities to acquire new skills or pursue new interests and greater involvement in your local community.

### Winter Break

**Grosvenor Hotel, Ilfracombe, Devon  
Sunday 28 January—Friday 2 February 2007**

Quite a few of us are now signed up for this five night break at a hotel well recommended by several members. With coach transport from local pick-up points, dinner, bed & breakfast, nightly entertainment and a coach excursion it's excellent value for £99.00. If you've not already booked but would like to join us, the hotel may still be able to accommodate you right up to the last minute. All enquiries to Jacquie.

### Publicity

Our revised SSBC leaflets are currently being printed. This time, thanks to Chichester District Council, they'll be produced on a heavier weight, glossy paper to give a more professional image. We've added lilac to our house colours and the butterfly logo has been updated, reflecting our new website graphics. The leaflets should be available by the end of January so if you know of anywhere they might be usefully displayed do let us know.

### SSBC First Birthday

It was great to see members from the founder group meeting and mixing with those of the current group and we hope there will be many more such occasions in the future. Supper followed village fireworks and the evening was rounded off with none other than Dorset Apple Cake, a firm favourite of those who went to the Kingcombe Centre house party last March.



Seated centre of the picture are Gordon & Maureen who found each other through SSBC. They will be married on 20 January and we wish them every happiness. Our congratulations also go to founder members Barry and Jean who recently became engaged and will marry on 10 March. What a way to celebrate our first birthday!

### Chichester District Council Grant

Just a few days before Christmas, after many hours of form filling and finely tuned calculations for a series of grant applications, we were delighted to receive a cheque from Chichester District Council Environmental Department for £350.00. The grant has been awarded specifically to pay for leaflet printing to promote the Chichester SSBC. Apart from the obvious financial benefit, this represents a significant step forward in having SSBC recognised as a valuable and worthy community service.

## The Future

As you all know, the current membership period comes to an end on 31 January 2007. If you were a latecomer and would like to renew your membership for a further five months for £35.00 commencing 1 March—31 July 2007 please let Jacquie know as soon as possible. Some existing longer term members will continue to attend meetings until we've built up a good sized group (*but see below*).

An introductory talk will be held in late February (*see Programme of Events*) providing an opportunity for all newcomers to be involved in shaping the forthcoming spring/summer programme. This might include social activities, maybe a holiday break and possibly some coaching sessions offering techniques for developing a single and independent life.

The success and continuance of the Sunday Scene Breakfast Club depends on a constant through flow of people but we do like to offer something further for those who are moving out of the earlier stages of bereavement and feel ready to enjoy a more active social life. After discussions with existing members, we're delighted that George Smith & Bryan Fletton have volunteered to jointly host a new group.

Whilst retaining close links with and the sharing of some activities, including input into newsletters, the new group will offer a wider range of social activities and the opportunity of consolidating new friendships. This is an exciting development of the original concept and we know that those of you eventually joining the new group will give George & Bryan your full and enthusiastic support. The group will probably start some time in April 2007 and we'll keep you informed of developments.

Graphic from the  
new website



Alternatively, you might like to talk to Ruth Hare, (mobile number 07967 692 282) who runs Weekday Scene in Chichester for founder SSBC and other members. Weekday Scene (totally separate from SSBC) has a lively and energetic social calendar including parties, theme evenings, dinners, weekend breaks, theatre outings etc. The fee for SSBC members transferring is £35.00 for six months plus a £10.00 transfer fee.

## Volunteering & a New Year Opportunity

Volunteering is the most wonderful way to get out and about, become involved in the local community, make new friends, discover new interests and to feel needed and valued. The Chichester branch of Community Service Volunteers is based at North Street, Chichester, and is run by Caroline Allen, telephone 01243 532765, who's job it is to meet potential volunteers and match them up with appropriate volunteering opportunities according to the times, interests and skills offered.

Opportunities fall into categories such as advice, counselling & advocacy; charity & coffee shops; committee & fundraising; conservation & recycling; drivers & escorts; gardening & horticulture; luncheon & tea helpers or cooking opportunities, reception & administration, support & befriending or youth & children.

If you'd like to follow this up, telephone Caroline Allen for an application form. You are totally free to choose the hours, days, frequency that you would like to be involved and which areas of volunteering you'd like to be considered for.

### Volunteering for SSBC

If you'd like to train as a volunteer facilitator so that we can open more groups to help more widowed people; help with delivering leaflets; offer to hold an event such as coffee mornings etc. please speak to Jacquie who will be delighted to hear about your ideas.

Jacquie Clarke, Founder/facilitator  
**01243 542528**  
Email [editorial@sundayscene.co.uk](mailto:editorial@sundayscene.co.uk)

George Smith Members' representative  
**01243 868275**

### February Grand Dinner 7.00 for 7.30 pm Saturday 17 February Friars Oak, Walberton

This will be a three course meal with wine & coffee. Tickets cost £5.00.

A menu is attached from which to make your choice. Please return to Jacquie with your ticket money by Tuesday 23 January.

*We'll make this as gala an occasion as possible so ladies, pull out the tiaras and posh frocks and don't forget that promised entertainment. Maybe we could put this together whilst in Ilfracombe!*

## Latest SSBC developments

Some of you will have notice that our butterfly logo has changed. This reflects our greatly re-designed and re-launched website

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

Designed by Jacquie's webmaster son Simon, the website is like no other - beautiful, welcoming, cheerful but respectful, clear, user friendly and full of interesting and useful information. It's going to be quite a task keeping it updated so any appropriate pieces of information for inclusion will always be very welcome.

The SSBC house colours have been changed slightly, making the turquoise more green and with the addition of lavender to the remaining orange. The butterfly and lavender graphics were originally photographed in Simon's lovely garden and each floret of lavender coloured by hand to achieve the lovely hues. Notice also the S and it's mirror image S (Sunday Scene) picked out in the markings of the butterfly wings—a unique detail.

## Chat Room

Many searches confirmed our opinion that the Internet offers very little support or information to widows and widowers in the UK or even overseas, so we set out to provide it ourselves.

Through the website we hope to reach out to many men and woman who are currently unable to enjoy the benefits of a Sunday Scene Breakfast Club. One way of doing this has been to set up a chat room that will be moderated at certain times of the week, especially Sundays. The chat room enables people to communicate on line, in real time and hopefully help ease their grief and social isolation.

We invite existing SSBC members who have internet connection to join us on line to help get the chat room up and running with lively exchanges. More details later.

**The website should be fully functional by the beginning of February 2007.**

## Basic Computer Skills Course

It might be possible to set up a short course using a volunteer tutor. Let Jacquie know if you're interested. Age Concern also run introductory courses locally.

## SSBC's Logo

You may wonder why the SSBC chose a butterfly as its logo and there are two reasons. The butterfly represents the metamorphosis that takes place between a sleeping pupa (akin to early bereavement) and the beautiful and miraculous transition that occurs when the pupa finally emerges as a beautiful butterfly (that point in time when we are able to come to terms with our singlehood, pick up life again and move towards becoming all that we can be). Secondly, and rather more frivolously, we're reminded of the 'social butterfly' we may become as a result of new friends and lots of subsequent social activities.

## Music

Many of us have discovered that music previously enjoyed with our partners now reduces us to tears and sets us once again on the roller-coaster of grief and poignant memories. For some, this might help to release grief and support the healing process but for others, it could be too much to handle right now.

For those feeling melancholy, being perhaps it's a good idea to set that music aside, searching instead for music that will help lift the spirits with inspiring lyrics or a good upbeat tempo.

The following is an extract from a book entitled 'How to Win Over Depression' Revised Edition, written by Tim LaHaye and published by Zondervan ISBN 0-310-20326-0.

"Music has a far greater effect on human emotions than most people realise, for it can invigorate, lift the spirits, depress and in some cases aggravate. Not only can it create moods, but it can also perpetuate or dispel them.....If you.....are susceptible to depression, select your music carefully.....select five or ten CD's or cassettes when they (*you*) are in a good mood, so they (*you*) can put them on when they're (*you're*) feeling down."  
*Editor's italics*

*Let us know if you've found a piece of music that gives you a lift so we can all listen to it!*

***If you'd like to discuss any of the items in this newsletter please phone***

***Jacquie Clarke  
01243 542528***