



Sunday Scene Breakfast Clubs and Sunday Scene Social Clubs January 2008 Newsletter

Greetings,
This update is somewhat delayed because of my December house move but how pleasant to be able to start off the New Year with a New(s)letter! Christmas presented many of us with emotional challenges and the prospect of a New Year can be equally daunting but if you've come through Blue Monday (see below) you can give yourselves a pat on the back and meet the coming eleven months of 2008 with varying degrees of positivity, helped along by all the activity surrounding SSBCs & SSSCs.

New Year in Sorrento

Determined to handle New Year in her own way, Gill Graham, one of our Runcton SSBCs club facilitators and member of Palms SSSCs, joined a Just You singles event and this is what she says about it.....

I went to Sorrento for the New Year with the singles company called 'Just You'. There were 13 in our group, mainly women as usual with 2 very pleasant and generous men. Just for a change it was waiter service with a menu instead of a buffet. The service was wonderful, the Italians really do take a pride in serving you. We had some great conversations as there were 2 tables for our group and we mixed and matched. Good variation of tours, going to Pompeii, the Island of Ischia, wonderful journey to Amalfi with a boat trip, the Cathedral and lunch and on our last one I found enough puff to go up Mount Vesuvius. I must admit I was disappointed not to see fire and bubbling lava in the Crater, just grey with a little smoke here and there. But at least I can say I have done it. The evenings were taken up with much jollity and laughing and cocktails either in the Hotel or a local bar. The Hotel served us with an 8 course meal which was superb but I could not do it justice (although some of the other guests in the Hotel ate every scrap.) It was followed by a superb party with singer and dancer entertainment with English music we all knew, and finished up with a terrific Fireworks display. We all got on very well and felt we had all had a fantastic New Year holiday.

Thanks Gill!

Just You For more information about holidays like Gill's see www.justyou.co.uk, telephone 0870 252 8080 or call at your local travel agents for a brochure. There is also an e-newsletter available.

Blue Monday (the third Monday in January)

This is apparently an annual post Christmas international phenomenon. The good news is that the British handle it better than most other nations and that here in the South we cope with it pretty well. Nonetheless, if your spirits took a nose dive around that day, take heart and know that, widowed or not, millions of other people were affected too.

and as reported in the Daily Mail.....

Dr. Cliff Arnall, a Cardiff University psychologist, devised the formula that shows today is the most depressing. Monday 22 January His equation takes into account six factors: weather, debt, time since Christmas, time since failing our new year's resolutions, low motivational levels and the feeling of a need to take action.

.....And the perfect affirmation for those of us rebuilding our lives as single and independent people.....

I don't want to be perfect, I want to be an individual.

Kelly Osbourne (daughter of Ozzy & Sharon Osbourne) Sunday Mail Magazine 13 Jan 2008

Kelly may be considered young, trendy, controversial and unconventional but her attitude to life enables her to make mistakes, learn from her experiences, move on and further develop her own unique style.

If you feel like having a go at something this year, do it! Even if it doesn't work out the way you expected, it will have given your life a new dimension or purpose and helped you to discover more of your potential—the essential and unique 'you'.

We can benefit a lot from being with younger people who, with their energy, vitality and enthusiasm, are fully embracing all that the 21st century has to offer and it's good to have them in our lives.

Website Chat Room Volunteer Co-ordinator needed

Not very active at present, we're looking for a member with computer/internet skills to help us make the chat room a lively and interactive part of our website. Starting with existing members who have internet connection, all that's required is to e-mail participants regularly to co-ordinate chat room discussions. Once up and running and lively, other non-member widows and widowers may sign in and make it even more interesting.

Contact *Jacquie* for more information if interested.

Your Management Committee 2007/2008



From left to right, back row, Mike Nixon chairman, Mike Belman. Front row, Vivien Stillings, Jan Hawkins, Jacquie Clarke, Elaine Lee.

As agreed at the last AGM, having seen us through almost three years of SSBC's accounting, Mary Leahy has now stepped down as Treasurer. We're very grateful indeed for all that Mary has done personally and professionally in helping us steer SSBC's to where it is today and send our good wishes for more relaxing times ahead.

Vivien Stillings, Secretary, has now taken on the role of Treasurer with Elaine Lee (our Quiz Queen) joining us as our new Secretary. Both are members of the current Chichester SSBCs.

Our next committee meeting will be at 3.00 pm on Thursday 7 February 2008.

Introductory Talks

New clubs will be commencing 1 March 2008 and as usual, we're arranging Introductory Talks for anyone interested in joining. It's really helpful and reassuring for newcomers to have a chance to chat to existing members so we hope some of you will be able to come along and support us.

Angmering (Manor Nursery)
3.00 pm Wednesday 27 February
Runcton (Manor Nursery)
3.00 pm Thursday 28 February.

New SSSCs (or triple SCc)

Both current SSBCs will become SSSCs at the end of January.


The Chichester (Runcton) club has chosen **Cameo** (Come and meet each other) as it's name and the


Angmering club will be known as **New Beginnings (NB's)**


The existing Roundstone SSSC will in future be known as **Just Us**


News from Palms SSSC and Gill


The group from Runcton joined nearly 5 months ago. There are about 18 in total, and we have 9 - 12 fairly regularly. They are a fun bunch of people and wanting to try most events on offer and are beginning to organise themselves, so I hope there will be different venues to try. It has been great meeting them all and has certainly made my life brighter helping them, as I hope I have, which I'm sure goes for the other Facilitators Ben and Anne. Good luck to you all in your journey forward and I hope we will keep in touch.

 **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**

 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

 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.



Going to the dogs!

Angmering SSBCs was first but others have followed! The 'dogs' being Shoreham Greyhound Racing Stadium—anything for a bet! We didn't hear of any big wins but it was a new experience for many. The Angmering club members are active walkers and/or dog owners and go out for a walk and lunch together most Mondays. *Thanks for pic Liz!*

Facilitators

Our thanks go to our six Facilitators, especially those none SSBCs members, who took up the challenge of becoming facilitators to the two most recent clubs and have done the job brilliantly. If you sometimes wonder why they're at meetings or whether they're needed, they are in fact doing their job very well because their role is to 'facilitate' members in getting things off the ground keeping things running smoothly.

New Facilitator

We're delighted to welcome to the team two more SSBCs members, Laura Mills from Angmering and Sue Roe from Chichester (Runcton). Both will be training during January and they look forward to welcoming new people in March.

So that we can keep the lines of communication flowing between clubs and build on existing relationships, we have regular Facilitator meeting to which SSSCs Club Leaders are also invited. If there is anything you'd like discussed at these or Management Committee meetings, please let us know in good time.

Inter-group events

These are becoming increasingly popular, and we're now reaching the stage where people from different clubs are starting to recognise each other.

Skittles & Sunday lunches have attracted up to 40 members, with hilarious quizzes a close second. We've enjoyed meals together and have taken up several rows at a local theatre. In addition to this type of social event and in response to suggestions from members we're now looking at organising interesting talks such as self protection, safer and better driving, assertiveness and image makeover, for the spring and summer. We're also looking for a suitable venue for an inter-group darts event so if you know of anywhere please let your Facilitator, Club Leader or Jacquie know.

More details of inter-group events to follow.

It's perfectly natural for members of individual clubs to develop very close bonds but all our clubs are evolving, members are developing in their unique ways and group dynamics have been seen to change over time, so that if too much reliance is placed on the companionship and mutual support of a relatively few people, these changes can be unsettling. People move on for a variety of reasons—a change of location, ill-health, a new partnership etc. so it's good to keep widening one's circle of friends and acquaintances. Thank you very much for your support in making these events successful.

Amendments to the Constitution

Thanks to all of you who've already returned your postal voting form and a reminder if you haven't yet done so that the final date for inclusion of your vote in the count is 15 February. If we receive sufficient postal votes the Management Committee can carry out the proposed amendments without the need for calling an Extraordinary General Meeting.

Photograph Album

I've hardly any photographs of club events over the last six months. If you have some and can send them by e-mail I would be so grateful.

JC

SSSC's Subscription Renewals

For the clubs that this applies to, subscription forms will be distributed very soon.

Publicity & GP's

One of our Management Committee members, Jan Hawkins is currently visiting GP practices in the area to promote SSBCs. Her efforts are being supported and additionally promoted by the PCT Mental Health Development Team.

A new baby

We're delighted to announce the safe arrival of Charlie Ben, son to Clare, our GP Medical Adviser and Keri Matthews. Congratulations!

Message from Jacquie

Well, what a lot has happened for me since the last newsletter! Commuting back and forth between Hampshire and Sussex presented it's drawbacks but I had the joy of regularly driving through spectacular countryside in a perfectly golden autumn that seemed to go on for ever. I also spent precious time with my youngest son, was an hour's drive closer to my oldest son and his family, had a complete break from my former life but also discovered just how much I'd have been giving up if I'd moved away from the Arundel area permanently.

As you all know, I'm now very happily settled in my very modern new home and look forward to developing SSBCs further.

You have all shown me great kindness during this quite major transition and I would particularly like to thank you for all the cards of good wishes, the beautiful plants, flowers, a surprise bouquet, bottles of nectar!, your love and support and even vouchers for me to buy garden pots. What a lucky lady I am to have all of you and such bounty in my life.

Dancing Through the Void

A Personal Approach to Working Through Widowhood

Jacquie Clarke

Through the grief and pain of aloneness and first anniversaries, the prospect of selling the family home, a trip of a lifetime holiday in Hawaii, a magical encounter with her late husband, hula dancing in a sexy sarong, the beginnings of a new business venture and a journey of introspection, self discover, understanding and acceptance, the author shares her experiences of bereavement with clarity, honesty and poignancy.

Wendy Dadd MSc. BAC registered counsellor working with bereavement and loss, says -

"A sensitively written account of loss and its consequences. Jacquie touches the core of bereavement and the complexity of relationships during this transitional period, whilst giving others hope, encouragement and the impetus to move forward in their lives."

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£9.95

Copies are available from Jacquie— founder
of Sunday Scene Breakfast Clubs



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**Next Management Committee
Meeting
3.00 pm Thursday 5 February**