



Sunday Scene Breakfast Clubs and Sunday Scene Social Clubs July 2007 Newsletter

Hello to all members past, present and maybe even future!

As ever, it's been a busy three months since our last newsletter. The lighter evenings have provided opportunities to get out and about more and many of you have done just that. There have been coach trips, shopping expeditions, a harbour water tour, dinners, lunchtime concerts, folk evenings, walks, gardens visits and home entertaining. For some, a casino experience (local pub), a pamper day, and an inter-group skittles evening are amongst other things still to come. Enjoy!!!

Meanwhile, we're preparing for current members at Runcton and Angmering to fly the nest and set up their own Sunday Scene Social Clubs (*see below*), and already have waiting lists for new people who would like to join SSBCs in the autumn.

Annual General Meeting & Cream Tea 3.00 pm Thursday 6 September

Walberton Village Small Hall, The Street, Walberton (near Maple Parade shops).

Since becoming a Voluntary Organisation last August a team of dedicated people have been beavering away behind the scenes to help keep SSBCs on track and moving forwards. Their support and commitment has been invaluable and we are very grateful indeed. As we approach our first AGM there will be a few changes, with George Smith standing down as Members' Representative, Stella Martin as Minutes Secretary and Jan Wood as Committee Member. However, other people have kindly volunteered their services and we look forward to welcoming some of them to the committee in the autumn.

All SSBCs/SSSCs are entitled to a vote so we hope many of you will attend and join us for the cream tea afterwards.



Award Presentation,
25 April 2007
Palm House Restaurant, Manor Nursery,
Runcton, Chichester,

At our recent Award Presentation, attended by club members past and present, representatives of local organisations, the Managing Director of Manor Nursery, Chairman Mike Nixon, members of the Management Committee and other Sunday Scene Breakfast Clubs supporters, Councillor Pat Arculus, Cabinet Member, Adult Services, West Sussex County Council presented the Awards for All Certificate to Jacquie.

We're very grateful to the Management of Palm House Restaurant, Manor Nursery who kindly hosted the event.

Inter-group Events

With a growing number of SSBCs members and SSSCs affiliated members we're now looking forward to organising more inter-group events and these will include an exclusive coach trip with Frances Farrer-Brown who is our local Blue Badge Tour Guide, regular Sunday lunch and skittles sessions, quizzes and an annual skittles championship. Along with the activities organised within each group, it looks like being a busy and interesting autumn filled with companionship and fun!

News from the Clubs

In honour of it's leaders George Smith & Bryan Fletton, the Runcton 2 group that subsequently became our very first Sunday Scene Social Club has adopted the name Gee Bees—no prizes for guessing why!

Hi there and greetings from the Gee Bees. June was a very active month with events at home and away including an evening watching The Glen Miller Story, our own quiz and visits to Hayling Island for lunch, the Corpus Christie Carpet of Flowers at Arundel, and the Spinnaker Tower at Gunwharf Quays. We also continue to meet regularly at Palm House Restaurant and the Royal Norfolk Hotel for coffee, tea or lunch, the Willows Folk Club on Wednesday evenings, Chichester Cathedral lunchtime concerts and for Thursday rambles with Bryan.

July has seen us wine tasting at Wickham Vineyard and we've also arranged visits to Pallant House Art Gallery, Parham House & Gardens, The Railway Gala Weekend at Amberley Chalk Pits Museum and the Bognor Regis Sunfest Music & Arts weekend, before packing buckets, spades and cozzies for our week away in Weston-Super-Mare at the end of the month.

Here comes summer!
George & Bryan

And from Angmering 1, soon to become Roundstone SSSC


Hello! We're a lively group of eighteen and whilst it took a while to get ourselves going we now have a very active social diary. So far we've done coach trips to the London Eye and Kintbury for a horse draw barge trip and enjoyed a splendid meal at Angmering Manor. Next on the agenda are a cream tea & talk by an ex-Bluebell/Tiller Girl (but sadly no demonstrations), a casino night in a local pub, a day cruise from Worthing to the Isle of Wight on the good ship Balmoral, a picnic on Littlehampton foreshore and a skittles evening at Findon.


We're now looking forward to graduating to a Sunday Scene Social Club and also to sharing many inter-group events.
Hazel & Brian


Leavers Questionnaires


Receiving feedback from members about how SSBCs has helped them is a very important part of our market research, the information being used to help with publicity, grant applications, reports and contact with organisations that have an interest in widowed people such as the Primary Care Trusts and GP's. We hope you'll help us by taking a few minutes to complete the Leavers Questionnaire and return it to Jacquie by Sunday 29 July.


How you can help more widowed people


 *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

 Coming along to one of the Introductory Talks at Runcton or Angmering to share your experiences of SSBCs/SSSCs with potential new members (see events list).

 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.

Winter break

Last January many of us enjoyed a winter break at the Grosvenor Hotel in Ilfracombe. If you know of or hear of any more really good deals offering single accommodation we'd very much like to hear about them. Hopefully we can organise something for early spring 2008.

Helpers/training etc.

We're delighted to be able to say that several SSBCs members and two others have volunteered to become helpers for the new clubs starting 2 September. This means that each will have a team of three to facilitate activities etc. plus Jacquie who will act as Co-ordinator and share her time between the two clubs. Training will start in August and we welcome Anne Davies, Gill Graham & Ben Mills to the Runcton venue and Carol Jones, Elizabeth Walby & Marilyn Weir to Angmering.

Days Out at the Races

We've been contacted by Richard Reynolds who runs Double-R-Racing, a club mainly targeted at over the 50's, and especially single people. Club membership costs £185.00 for one year and members enjoy cost price racing tours, corporate racing days, opportunities to have shares in race horses, many other activities and most of all — lots of fun with like-minded people. If you'd like to know more, contact Richard Reynolds - Phone 07903 155630 e-mail double_r_racing@yahoo.co.uk or log onto the website www.double-r-racing.com

The Sussex Snowdrop Trust

We're pleased to tell you that The Sussex Snowdrop Trust, a local charity established 14 years ago to help children with terminal illnesses, has been adopted as our chosen charity.

Fund raising events are held throughout the year and mostly at weekends when volunteers are hard to find, just the time of the week that many SSBCs/SSSCs

members find the most difficult to fill. If you'd like something else interesting, enjoyable and worthwhile to do on a Saturday or Sunday, contact -

Di Levantine,
The Sussex Snowdrop Trust,
3 Kingley Centre,
Downs Road,
West Stoke,
Chichester
PO18 9HJ.

Telephone 01243 572433 or
e-mail sussexsnowdrop@btconnect.com
Jacquie also has some leaflets/application forms available.

Runcton club member, Elizabeth Watson is planning to organise a fund raising tea party for The Sussex Snowdrop Trust, more details later.

University of the Third Age (U3A)

With branches across the UK, U3A is a self help organisation for people no longer in full time employment, providing educational, creative and leisure opportunities in a friendly environment. The membership includes many widowed people and activities are often organised for the weekends. Local branches -

Chichester 01243 785760
www.chichesteru3a.org.uk

Arun 01903 772425
www.arunu3a.co.uk

Worthing 01903 247510
www.u3a-worthing.org.uk

Sunday Scene Breakfast Club

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Sunday Scene Social Clubs

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PS Please could anyone help with the teas at the AGM?

Casino Night, The Windmill, Rustington



Being entertained by a very nimble fingered Table Trickster. We hear he's magic with kisses too!

A lucky chip!
With an excellent three course meal, £200 each of gaming chips, Roulette and Black Jack tables and good company, this was a very successful evening and all for £15.00 per head.



Blue Badge Guided Outings, Talks & Walks

Frances Farrer-Brown, our Blue Badge Guide, is a very lively and amusing lady, a mine of information and a great raconteur.

Our very first event with Frances will be on 4 October for a coach trip to Polesden Lacey, a National Trust property in Surrey.

Polesden Lacey, has opulent Edwardian interiors, a fine collection of Old Masters and elegant gardens with sweeping valley views. Our exclusive coach will pick up mid morning from either Runcton or Bognor Regis and Angmering (so only 2 pick up points) and arrive at Polesden Lacey in time for lunch. Hot lunches, snacks, cakes etc. are available in the Tearooms or you might prefer to take a picnic lunch.

After the visit, we'll rejoin the coach for a tour, with commentary by Frances, around some very pretty and interesting Surrey villages before making our way homewards via The Old Barn Nursery near Storrington for tea and a wander around the excellent garden centre.

We need a minimum of 30 people to make this trip viable and to keep the cost of the coach hire/guide to about £10.00 per head. Entrance to Polesden Lacey house & gardens house for groups of 15 or more is £8.10 per head and the gardens alone £6.50.

Please let Jacquie have £10.00 per head by Sunday 2 September but depending on numbers, we may need to charge a little more nearer the time. Specific details later.

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