



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

Greetings,

This has been a busy autumn with our first AGM and the welcoming of new committee members, facilitators and club members. Added to that we had our first inter-group activity of the season, a Sunday lunch and skittles at the Spur, Slindon at which all clubs, including our founder club Weekday Scene were represented. It was a very successful occasion and one that we will repeat. From a personal perspective, the sale of my cottage and move to temporary accommodation in Hampshire has been challenging but all is now settling down and it's back to business! If you need to contact me the details are at the end of the newsletter.

Enjoy all the autumn events planned.

Jacquie

A message from the Chairman

Being involved with the establishment of SSBCs has been professionally satisfying, and has given me personally, much pride and pleasure.

The leadership given by Jacquie has been an inspiration to all the Committee. She has touched many peoples lives in such a positive way, and our collective thanks goes out to her.

Now to build on these solid foundations in year two.

The Boss

AGM Thursday 6 September 2007

The AGM, which was attended by 40 members & committee members, set the scene for the coming year. The Chairman, who agreed to stand for a further year, thanked the three committee members standing down and welcomed three new members. Matters involving the SSBCs Constitution and membership of SSSCs will now be fine tuned, a budget and business plan drawn up and a strategy developed to help move SSBCs towards sustainability for the future.

Medical Adviser to SSBCs

We're delighted to confirm that Dr. Clare Matthews BM DCH DRCOG DFFP MRCP, a local GP, has agreed to be our medical adviser. Clare has both personal and professional experience of widow(er)hood and is very supportive of what SSBCs has to offer widowed patients.

Secretary for Committee

At the AGM, whilst agreeing to remain as Treasurer until the end of our funding year (Jan/Feb 2008), Mary Leahy announced her intention to resign. We are fortunate in having on the committee Vivien Stillings who is currently Secretary but will take on the treasurer's role in the New Year. Our committee is proactive, creative, dynamic, positive, forward looking, fast moving and every member has an active part to play. If you're interested in joining us as Secretary and have computer skills, we'd love to hear from you. Please write to Mike Nixon, Chairman, Sunday Scene, PO Box 106, Arundel, BN18 8AJ by 30 November 2007 telling us about yourself and how you feel you could fill the role. In the event of no willing volunteer there could be some arm bending!!!!

Website Chat Room

The web site chat room offers an opportunity to chat on line, in real time with club members and possibly other widowed people around the country. As autumn progresses into winter and the evenings are longer and darker, it's good to be able to go on line at pre-arranged times and find someone to chat to. So far this hasn't really got off the ground, but now we have quite a few members using the internet I'm wondering if we could set up a particular time(s) of day or day(s) of the week when the chat room could be used.

You can find instructions for using the chat room on the relevant page of the website www.sundayscene.co.uk and you can register/log-on using either your own name or a nickname by which you'll be known when in 'conversation'. I'll send a message to everyone who has an e-address to find out when the best days/times might be and organise a trial run to see how we all get on. There are sensible guidelines to be followed when communicating on line and we can make sure everyone is aware of them.

Who's going to join me! JC

Woodman Arms Dinner Thursday 8 November 6.30 for 7.00 pm

Don't forget to let me know well in advance if you'd like one of the vegetarian options.

JC

Letting GP's in on the secret of Sunday Scene Breakfast Clubs

Whilst our publicity has reached many parts of the local community via newspapers, local radio, magazines articles, leaflet distribution etc. there is still a very real need to get the message through to local GP's who are at a loss to know how to help recently widowed people. Working on the basis that word of mouth is often the most effective way of passing on information, it would help us greatly if you would be willing to supply us with the names and addresses of your GP's and give us permission to use your name when making a direct approach. Alternatively you might choose to hand a letter prepared by us to your doctor on your next visit.

Please help and send details to Jacque.

Inter-group Quiz



Thirty nine members attended our very first inter-group quiz at Walberton Village Hall on Thursday 18 October. The quiz, put together and organised with great enthusiasm, expertise and good humour by Elaine Lee from the current Chichester SSBC, covered a broad spectrum of knowledge and offered a pleasingly challenging set of questions.

Congratulations to Master Class, an inter-group team, which was pronounced winner. It was encouraging to see some intermingling of members and we hope that as more inter-group events take place, there will be greater interaction.



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.

News from the clubs

From Brian & Hazel, Roundstone

Well here we are again, another newsletter, doesn't time fly! We moved from Manor Nurseries to Haskins in July, but this didn't work because of the late start so we've now moved to Marine Gardens in Worthing which seems ok so far. We still meet at the Manor on Thursdays at 2.30 plus other events. We went on a canal trip, a tour round the BBC studios and also enjoyed Casino and Cockney nights. The skittles lunch was a great success and coming up we have a Hallowe'en night and several meals arranged leading up to Christmas. Lastly to Jacquie thanks again, without whom we wouldn't be doing all this.

and from Palms & Runcton 2—Ben, Anne and I have had a great time meeting the new members of Sunday Scene at Runcton. What a wonderful group of forward thinking people, 17 so far. They're looking forward to the various events whether inter-group or just themselves. A day at the races with Christmas lunch is booked in December and we're certainly counting the days to the inter-group dinner in November to meet up members from other groups again, as the Quiz was such a success. Five of the Palms group joined forces with the very first group from Runcton and went to a Warners Hotel on the Isle of Wight, for a 4 day 60's weekend. Lots of Rock and Roll to include Nostalgia and EXERCISE. Unfortunately too loud for some. Saturday and Sunday night entertainment was very good and later watching the Karaoke or playing the tables was good fun. We had 2 pre-dinner drink hours and that was most enjoyable. We did tend to do our own thing during the day so it was nice to catch later up in a relaxed atmosphere. Unfortunately trying to get Archery or a massage into our day, didn't seem to work with our timings. We were looked after very well and the food was really quite good. We all laughed a lot and I think that is just what we needed.

Gill Graham. A very happy bunny!

New Facilitators

Our first six volunteers have been busy training, taking on their responsibilities and generally getting two new clubs off the ground. It's been heart-warming to see the commitment and enthusiasm each facilitator has brought to the role and the amount of activity already generated within the clubs is very impressive. Anne Davis, Gillian Graham & Ben Mills were all members of the previous Runcton SSBCs, and at Angmering we have Carol Davis, a former Angmering SSBCs member and Elizabeth Ling and Marilyn Weir, who, whilst not previously members of SSBCs have both experienced recent widowhood and volunteered to help run the Angmering club. It's all a case of team work—the more ideas for activities and offers to organise them coming from members the more we can help 'facilitate' them.

There are regular 'facilitator' meetings to which SSSCs Leaders are also welcome. This is a good way to keep communications going between clubs as well as being a pleasant social evening.

The next meeting will be at 6.30 pm on Monday 3 December, venue yet to be decided but most likely at The Spur pub, Slindon.

Clubs Aid Boxes for Romania project

Thanks to the encouragement and action of Elizabeth Ling, one of our Angmering Club Facilitator's, members have generously donated items to make up several Christmas Shoe Boxes for poverty stricken families in Eastern Europe. Despite the accession of Romania to the EEC there is still great need for aid and some support is also given to Moldava and Albania. Christmas can be a very emotive time, one in which we may struggle to find joy and meaning in the absence of our partners, but with very little time or effort, we can bring a smile to the face of a child on Christmas Day. By the time you read this newsletter, the closing date for boxes will have passed but it would be good if we could get more involved in the project next year.

www.linkromania.co.uk

Photograph Album

If any of you take photos of club activities on digital cameras I'd be so grateful if you would e-mail a few to me at editorial@sundayscene.co.uk. As the club expands, it's impossible for me to attend and photograph all the events. Apart from having a record of SSBCs growth, it's good to have pics for members, future members, funders, the website and newsletters
JC

IT equipment

Hot off the press!!! Thanks to Awards for All funding, we are now proud owners of a laser printer which will greatly speed up the printing of newsletters, handbooks, leaflets and all our other literature. What a blessing!

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."

Published by Woodfield ISBN 1-903953-95-2 A5 75p pb
£9.95

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

Message from Jacquie

As many of you will know, I sold my cottage in September and after a brief spell staying with my youngest son, had intended to return to the village and temporary accommodation until I found a new property. As ever, things didn't turn out quite as planned and for the next few months at least, I'll be residing in Hampshire. This arrangement has many advantages and thanks to the generous hospitality of family and friends, I'm also spending several nights a week staying around Sussex. Having this breathing space and being in the position of a cash buyer gives me an opportunity to weigh up various options before deciding what will be best for myself and my family in the future. Meanwhile the good work of SSBCs goes on and you can contact me via any of the ways below.

Telephone

Skype Internet line 020 7193 5294
If I'm *not* on line and able to take your call an ansaphone service will cut in. If you leave a message I'll return your call as soon as possible.

Correspondence

P0 Box 106
Arundel, BN18 8AJ
or
e-mail editorial@sundayscene.co.uk
www.sundayscene.co.uk

**Next Committee Meeting
2.00 pm Thursday 15 November,
Walberton Village Hall**