



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

Greetings....

...and in the words of the song, 'Bring me (us) sunshine!' There may be changes ahead but for now it's very much business as usual with lots of club activities individually and inter-group. Along with club facilitators and co-ordinators we've been looking at how the Sunday Scene Breakfast Clubs name can continue to be used and the individual clubs continue to communicate with each other and I've no doubt all will be well. Enjoy all that the summer has to offer. Jacquie

A Message from our Chairman

It is with some sadness, but also with considerable pride, that I write these notes, on the end of a very successful three year pilot project.

As we all know things don't necessarily end, but evolve into what's needed now. The website and the links with the clubs continue for those who want it to.

These three years have given me a tremendous pleasure to be Chairman, and be part of the project. But that rather cold word disguises the difference the SSBCs has made to so many lives it has touched, and for that we have to thank primarily Jacquie!

To show your appreciation of what has gone before, I do hope you will support Jacquie, in her research project with Brighton University.

Finally, we have our AGM on the 4 September, and I hope as many of you as possible will be there, and to have lunch and raise a glass to a unique initiative.

Mike Nixon

Research Project Brighton University

Brighton University Occupational Therapy department has two MA students embarking on thesis into the impact of widow(er)hood on home and leisure and are very keen to involve SSBC/SSSC Club members in their research. This is a year long project and nothing much is likely to happen until 2009 but it's hoped that you'll be willing to complete questionnaires to help generate more understanding about this major life transition and to help people who won't have the opportunity of benefiting from SSBCs. Jacquie will be responsible for distributing questionnaires and the university and students will have no access to SSBCs/SSSCs data.

NEWS FROM THE CLUBS

Palms, Gill Graham



We had a great skittles lunch at the Richmond Arms, West Ashling with four Runcton SSBCs/SSSCs represented. We had a hot buffet which included roast chicken pieces and chicken Tikka with rice which was hot and plenty of it. It was a very relaxed atmosphere and we had three games of skittles. The wood burning fire made it very warm and cosy. The new landlord and his wife were very accommodating and I think we shall return, and the next time it could be darts!

CAMEO Elaine Lee We have been busy during the past few months especially with eating out. Apart from our Pub Grub Club we've taken the opportunity to use vouchers from the local press to enjoy food in various restaurants around the area. Other outings have included Opera Live from the Met at the cinema, other cinema and theatre visits and pampering evenings at a local beauty salon. There have been cream teas, visits to the TV studios to see Loose Women televised and an enjoyable afternoon at the Sweet Pea Open Day. Coming up, trips to Chichester Festival Theatre, a cream tea on board a canal boat, a trip to a lavender farm, a 4 day break in Devon, tickets for Son et Lumiere and lunch on board the Saga Rose. Our diaries are very full and already we're organising events for March 2009. As we come to the end of an era in September, we are all agreed that we shall continue as an active group. The SSSC's have helped all of us. As one of our members said recently "Apart from our weekly meetings do you realise we have nothing in the diary for two weeks at the end of July?". It took us about five minutes to rectify that!!

Just Us Brian & Hazel Hi everyone, We have been quiet since the last newsletter, a lot of our members having been on holiday, but we are starting to organise a few things. We have a skittles evening on Wednesday 25 June at the Black Horse, Climbing and will start playing at 6.30 pm. We're joining the new SSBCs group in Angmering on 19 July in Eastbourne for a rock 'n roll show and fish & chips supper. We're also hoping to go to Denbies Vineyard at Dorking in August and are even thinking ahead to our Christmas programme. Hoping to see you all at the AGM.

SSBCs Angmering Jacquie "What a lovely group of people", said our very newest member as she met with Just Us, NB's as well as SSBCs members. What we lack in numbers is made up for in enthusiasm and a willingness to join in just about anything that's going.

A poem from Charlie Horner who didn't feel ready to join SSBCs but shared with us one of his beautiful poems.

Whenever I see a butterfly,
I know that Mary's near,
Whenever I see a butterfly,
I'm afraid I shed a tear,

She said the sun would always shine
whenever they flitted by
So when I see those gentle things,
I have to question why,

Just why she had to leave us so,
just why the fates conspired,
To take her now before her time,
that girl I so admired.

She's never very far from me
when I am in the garden,
I pull the weeds or trim a shrub,
my resolve I try to harden,

The roses that she loved so much
don't seem so fragrant now,
The blooms somehow have lost their sheen,
but I have made this vow,

No matter what the future brings,
she'll always be my mate,
The one who gave so much to me,
so I can surely wait,

Just like that summer butterfly
whose presence gives me heart,
I know that we will meet again,
Never more to part.

Volunteering

Chichester Canal Trust, Chichester Canal Basin need volunteers to help with serving in its shop, helping with steward(ess)ing on the boat, crewing, clearing tow path etc. Working with nature. Opportunities for regular mornings/afternoons, Mon—Sun (particularly weekends) all through the year—lots of development planned. Portacabin shop at present.

Beautiful environment, good team spirit, people needed particularly at weekends.

Contact Maureen Clake (correct)
01243 784195

Website

The website is well used, currently attracting 500 – 700 unique (previously unrecorded) visitors each month. It is currently being updated to make it more interactive (Blog or Facebook) and accessible in line with website protocol. Eventually it will offer a section accessible by registration to SSSCs members, a general section available to anyone and possibly a learning platform from which to offer on line training/tutoring/mentoring and evaluation. A regular newsletter will be available and downloadable for distribution to members and it will also be possible to post details of SSSC's events and other notices (via Jacquie) accessible to members only. Over time the website will become a source of reference for anyone needing advice or information about widow(er)hood. There are other websites related to the subject but ours is recognised by visitors as being particularly welcoming, informative, encouraging and user friendly.

MUSIC TO GET YOU UP AND GOING!

Is there a particular piece of music or a song that rouses you and is guaranteed to get you going for another day?

We'd love to hear suggestions from you that we can share with others. Music previously enjoyed may have lost its' appeal or perhaps brings back painful memories, but there is a whole world of other music to discover, enjoy and be uplifted by so let's share it.

Tell us what works for you by e-mailing editorial@sundayscene.co.uk Send us the name of the piece or song, the composer, details of recordings and a brief description of the music so we can list it on the website to inspire or bring comfort to others.



Future Facilitator/Co-ordinator Meetings

A the recent meeting it was agreed that a regular get-together for those SSSCs wanting to remain 'connected' and including Jacquie, would be a good idea. The first of these has been arranged for 6.00 pm Tuesday 15 July at Gill Graham's home. At the meeting the finer points of the future running of the clubs can be discussed. All present Facilitators, Co-ordinators and potential Co-ordinators welcome. Pot luck supper so bring a small amount of food and drink to share. Gill will supply salads. Gill 07789 822663

Please send copy/photos for the next newsletter to

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**Next Committee Meeting
2.00 pm Monday 21 July 2008**

**Next Facilitator/Co-ordinator Meeting
6.00 pm Tuesday 15 July 2008**

**Annual General Meeting
To be followed by a
buffet lunch**

**11.00 am
Thursday 4 September 2008
Walberton Village Hall
(main hall)
The Street, Walberton**

More details later