



NEWSLETTER

SPRING 2014

AGM REPORT

The AGM took place on Tuesday 14th January at the Meridian Centre, Peacehaven.

The committee remains the same and their names appear on the back of the newsletter.

The chair reported on the difficult series of meetings attended by the committee where cuts to services were announced and we were asked to comment. In January we knew only of the cuts that had taken place and then realised that a second round would take place in April.

The **Bus Pass** for the Lewes area is now in line with the rest of the county and from April 1st *cannot be used until 9.30.*

Many of you will have had cuts to your personal budgets and it is a constant source of worry to us. We asked ESCC Adult Social Care to abolish the 15 minute visit as many of you have told us it's a waste of time. We asked that more thought should be given to self-funders who need help in finding the right resources for their needs. We asked that more work should be done to reduce isolation and loneliness.

We campaigned with Lewes Seniors to keep the Phoenix Centre in Lewes opened and asked that it become a fully functioning facility. Tenders for the running of the Centre will begin this year.

We invited **Alan Keys** Lay Member on the Clinical Commissioning Group - responsible for the successful management of health services in the High Weald, Lewes and the Havens group to give a progress report. New initiatives are always difficult to get to grips with - Will it be the same? Will it be better? – were the questions put to Alan. What was very clear was the need for members to become involved with their Patient Participation Groups attached to each of the surgeries. Through these groups questions can be asked and ideas put forward for improvements to surgeries - better information, appointments, out-of-hours service, special clinics, hospital appointments - indeed any concern or information you would like to learn.

Kate Davies

Chair MMCF



Alan Keys addressing the AGM



“COLD CALLERS NOT WELCOME IN PEACEHAVEN & TELSCOMBE”

No Cold Calling Zone – this is now gathering pace, but not quite yet in place. Not sure of launch date. Police say: “Police and council officials are working together to try to stop vulnerable residents being targeted on their doorsteps in East Sussex.”



Peacehaven Neighbourhood Policing Team is working with Peacehaven Town Council and Telscombe Town Council to launch a No Cold Calling Zone in the area.

PC Anna Batchelor said: *"This will be a great opportunity for the police and the community to work together and make Peacehaven and Telscombe safer areas to live in. The Zone will help to deter unscrupulous cold callers and give residents the confidence to say no to them."*

Officers are looking for volunteers to help deliver stickers and leaflets to residents in the area.

If you would like to volunteer call PC Batchelor on 07827 993075 or email anna.batchelor@sussex.pnn.police.uk

Forthcoming events

The One Show

Wednesday 28 May

Meridian Centre

10.00 – 2.00

Tables, activities, refreshments, fun and games for all the family
Come and find the Meridian stall

Newhaven Fish Festival

Saturday 14 June

Annual event at West Quay
Meridian table in the marquee
Come and say hello

“HAVE YOUR SAY”

Monthly Meetings at the Hillcrest Centre every second Tuesday at 10.00am on topics of interest to you

April 9 - CTLA

“What’s New? Where do I want to go?”

May 14 - Newhaven Library

Plans for the new Library – at last!

June 11 - Falls Awareness

Learn how to prevent falling over!

July 9 - Active Lifestyles

Come and have fun at this free taster session

No meeting in August

September 10 - OPD Launch

Older People’s Day Booklets, information, signing up at the Hillcrest Centre.

Wednesday 1st October

Older People’s Day event
at the Hillcrest Centre

Look out for adverts and in the press for more details

PEACEHAVEN GETS A SURPRISE VISIT FROM THE PRIME MINISTER



Photo from Cabinet Office

announced in the recent Budget. I would like to invite you to be in the audience and have the opportunity to ask any questions you may have. The event will be held in Brighton on Monday 24th March and is likely to last from 9am until 11.00am.

I would have loved to have attended, but could not. At this stage, it was not made public who the Senior Cabinet Minister was, nor was it divulged where in Brighton the meeting was! Imagine my surprise – we had just delivered our passengers to the Meridian Centre for their club. We had noticed a couple of Police cars nearby, appearing to be blocking a road, and some more police on foot with large rucksacks on their backs. It was then that I logged on to the internet, to find that the “surprise” visitor was David Cameron, and the police were from Special Branch! David Cameron was conducting the Q & A Session in the Meridian Centre, Peacehaven and not in Brighton. By the time we had arrived, Mr Cameron had already held the Q & A session, (at which he answered various questions, including pensions, and funding for the £420m revamp of the Royal Sussex County Hospital in Brighton) and left to fly to The Hague for a G7 Summit Meeting about the Ukraine, with all the G7 leaders.

And just to think – I could have attended after all.....”

Chris

Christine Bowman (Telscombe)

On Monday 24 March 2014, Peacehaven received a surprise visit from PM David Cameron.

The meeting was arranged for Saga Magazine before an invited audience of about 100. One of our members was invited to the meeting, but could not attend due to a prior commitment, driving a group of elderly ladies in a minibus to their weekly Good Companions Club at the Meridian Centre in Peacehaven.

Committee member Christine Bowman writes:

“I received an email from MP Simon Kirby on 21 March 2014 which read - Dear Christine - I would like to personally invite you to a Q&A session with a senior cabinet minister to talk about the changes

Pen to Paper

DOWNLANDS COURT WRITING GROUP

Every Saturday 10.30 - 12.30

Downlands Suite, Downlands Court
Roundhay Avenue, Peacehaven

Memories · Creative Writing · Poetry
Wordplay · Sharing · Journal · Diary

All welcome - we are a friendly group,
so do come and meet us.

£1 a week (with tea, coffee and biscuits)

Contact Sue Sayers 01273 588803



healthwatch
East Sussex

Your Local Consumer Champion for Health and
Social Care Services

Get involved

www.healthwatcheastsussex.com.uk

info@healthwatcheastsussex.co.uk

0333 101 4007



Volunteering is good for you

Volunteers needed for Royal Voluntary Service's befriending scheme which covers the area from East Saltdean to Newhaven. Becoming a befriender won't just transform the lives of older people, it will change your life too.

Our volunteers love sharing time with older people because it's enjoyable, rewarding and inspiring.

You could be visiting someone in their home or helping them get out and about to continue doing the things they enjoy.

If you would like to volunteer
please contact Jan or Julie
Royal Voluntary Service
Get Well Stay Well Scheme
Room 134, Newhaven Rehab Centre
Church Hill, Newhaven, BN9 9HH
01273 611441
getwellstaywell@royalvoluntaryservice.org.uk



Need help getting to grips with your PC/Mac then come to our monthly computer workshops, open to all members.

Bring a laptop if you have one, as you will learn on the computer you use.

We try to give one-to-one help, depending on numbers of helpers, **so booking is essential.**

Email us your details and let us know what you would like help with.

If you just need help about getting a PC or going online phone Bill on 01273 515764 to book to come along.

info@meridian-sf.org.uk

Classes 10.00am
Hillcrest Centre
28th April
2nd June
30th June

COMMITTEE MEMBERS

CHAIR Kate Davies (Piddinghoe) 01273 516207

SECRETARY Hillary Ryan (Seaford)

TREASURER Marilyn Nolan (Newhaven)

MEMBERSHIP SECRETARY Bill Kocher (Newhaven)

Maurice Langham (Newhaven Town Council)

Eileen Wood (South Heighton)

Ruth Rose (South Heighton)

Pat Bowman (Telscombe)

Chris Bowman (Telscombe)

Rani Sharma (Newhaven)

Marian Stanley (Newhaven)

Zena Gibbs (Seaford)

Gill Hart (Newhaven)

Let us know your views!

This is your opportunity to let us know YOUR views.

Tell us what YOU want from the Meridian Mature Citizens Forum and what would make YOUR life better living in the Meridian area.

Contact us: info@meridian-sf.org.uk

We look forward to hearing from you! For more information on the Meridian Forum visit our website: www.meridian-sf.org.uk

Sunday Lunch Club

Newhaven Day Club

Lunch, dessert and coffee (£6.50) is served at 12.30. The club is open to all, but you must book by 12.00 on Fridays, so we know how many to cook for.

Bookings can be added to the list at the Day Centre or phone Kate on 516207

