



NEWSLETTER

10 YEAR SPECIAL ISSUE



CELEBRATION AGM DECEMBER 16th

Can you believe that the Meridian Mature Citizens Forum is ten years old?

Many of you are still supporting us from those very early days.

We will be holding a **special AGM** in December to mark the occasion and I hope you will be there to celebrate with us, so **please join us on the 16th**.

I have looked through the early editions of the Meridian Newsletters and see so many members of the original committee are no longer with us – Fred Bennett the first Chair, Kathleen Manning the driving force behind the Forum and Sheila Chalmers. Also Margaret Whiting who has moved away.

Over the years we have had great support from the three Town Councils in our patch, CTLA and from our local MPs.

Our membership stands at over 500 and still growing.

Our **Computer Group** flourishes, although we would like a few more buddies and the **Sunday Lunch Club** with Toby the new chef is doing well.

Involvement with changes to the NHS, our resolve to block any hint at privatisation and the never-ending battle to maintain a decent bus service to enable you all to get out and about goes on unabated. The Meridian Forum is a very reasonable organisation providing it gets what it wants!

Have a good Christmas and have a go at visiting the Friendship Clubs in your area. They will give you a warm welcome and you will have lots of fun and laughter.

Best wishes: *Kate Davies* Kate Davies Chair

MERIDIAN FORUM AGM

10.00 - 12.00 Tuesday 16th December 2014

Main Hall, Hillcrest Centre, Newhaven

Kate Davies: *Forum Chair will talk about:*
"Meridian Forum - 10 years and still going strong!"

June Pratley: *ESCC Engagement & Equality Officer will talk about:*
"ESSA - the whys & the wherefores"

Followed by light refreshments.

Please let us know if you are coming along so we know how many to cater for.
Phone Kate 01273 516207 or email cate.davies@hotmail.co.uk



Peacehaven Happy Club

Welcome to a new group who comes under the Meridian Forum umbrella.

This group meets on alternate Thursdays at Meridian House (opposite Kempton House) in Peacehaven.

They call themselves the Happy Club because that's what they are.

Art & Crafts, Singing, Chatting, Making Friends whatever takes your fancy.

£1.50 a session. Contact Tony 01273 585473

Dementia Action Alliance

The Meridian Forum is looking into the possibility of setting up a **Dementia Action Alliance** in the Meridian area.

Its aim will be to bring together all members of the community (police, fire services, day clubs, lunch clubs, shops, offices, workplaces, you and me) to create a **Dementia Friendly Community** where those with Dementia can live well and active for as long as possible.

We are planning a public meeting in the new year, so look out for notices and on our website.

www.meridian-sf.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

**Hillcrest Centre
Classes 10.00am**

**Next sessions
5 January
2 February
2 March**

Meridian Forum 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 Highton)

Ruth Rose (South Highton)

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

