

**JANUARY  
2011**



# MERIDIAN MATURE CITIZENS FORUM

## AGM

At the second attempt we were finally able to hold our AGM. The snow prevented the planned event at the Hillcrest Centre in December. As you will see from the contents of your envelope, Keith Hinkley, Director of Adult Social Care, is coming to the Hillcrest Centre in March



*Keith Hinkley addressing the AGM*

to talk to you about changes that are taking place and to answer questions about your concerns. We had already planned a similar programme for the AGM, so the committee decided to bring the AGM to Peacehaven to enable both towns to have their say. A full report of the AGM will follow in our next newsletter. We held a very successful meeting and asked Keith a series of questions which, together with his responses we will write up for you.

The committee remains the same with one vacancy. If anyone is interested in becoming a member please contact us. If you wish to attend the event on 15<sup>th</sup> March at the Hillcrest, please send in your booking form quickly as it is on a first come first serve basis and places are limited.

## Friends of Downlands

Meridian continues to support Downlands, and as part of the Friends of Downland we have recently made a funding bid to expand on the activities that already take place there.

Downlands was built on the understanding that the facilities and activities would be available to the local community. There are already successful groups – for writing, craft activities, reminiscing, singing, cooking, coffee and other social gatherings.

Downlands has wonderful facilities, a yummy café (open seven days a week) and an award winning garden. However it is presently under used.

There is an 'activity room' for darts and snooker which could also be used for Extend classes, Yoga or Pilates. They have already participated in Boccia and Wii challenges.



If we want these groups to flourish (and I have only put down a few possibilities) we will need more volunteers. Downlands is a warm, friendly, pleasant place to become involved with. There is a well established Friends of Group who will support you as a volunteer and help with any new ideas you think the local community will enjoy.

Please contact Sue : **01273 588803** or **joannahill@trustdevcom.org.uk**

Or call in and leave your details with Michelle at the desk.

# FREE COURSES

## INDIAN HEAD MASSAGE

Summerhayes Well-Being  
Centre, Newhaven

**SATURDAY 5 MARCH**  
**10am - 2.30pm**

Come along and learn basic  
Indian head massage  
techniques.

Places are limited,  
so booking is essential

## CREATIVE WRITING

Western Road  
Well-Being Centre  
Lewes

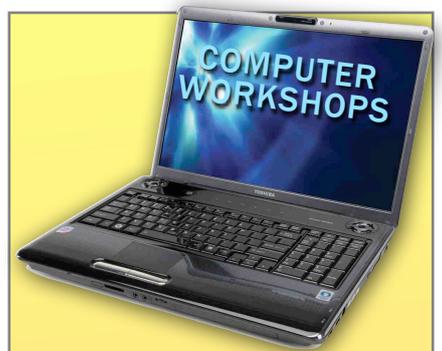
**3 week course**  
**3 - 10 - 17 FEBRUARY**  
**1.30 - 3.30pm**  
Places are limited,  
so booking is essential

## REFLEXOLOGY WORKSHOP

Summerhayes, Well-Being Centre, Newhaven  
**SATURDAY 12 MARCH 10.00am - 4.00pm**

Come along with a partner/friend and use the techniques  
you learn on each other!

For details and to book your free place on any of the above  
courses, call Ronnie Fuller on 01273 612360 or email  
ronnie@ncda.org.uk



*If you need help getting to grips  
with your PC then why not come  
to our monthly computer work-  
shops, open to all members.*

*The aim is for people to leave  
the session with their problem  
solved or having learnt some-  
thing they needed to know.*

*Entry will be by booking only  
and you need to let us know  
your IT problem before the  
session.*

*Bringing your own laptop is an  
advantage, as you will learn on  
the machine you are used to.*

*Numbers are restricted by how  
many helpers we can get, to  
give one-to-one help, so  
booking is essential.*

*Email us your details and let us  
know the sort of things you  
would like help with. Then we  
can tell you where the next  
session will be.*

**info@meridian-sf.org.uk**

## NEWHAVEN FORT



### Memoirs of a WAAF

An Illustrated Lecture by Sue Edwards  
**Tuesday 8<sup>th</sup> March 2011 at 14.00**

'Memoirs of a WAAF' is the true account of 18 year  
old Daphne Dangerfield who joined the WAAF in  
September 1942, having only started full-  
time work a few months before. She was feeling  
bored and wanted to do something useful to help  
the war effort, so she joined up.

To celebrate International Women's Day, Newhaven  
Fort is delighted to welcome Sue Edwards to give an illustrated talk based  
on the original notes, diaries, photos and sketches of Daphne Dangerfield,  
who will also be in attendance. There will be a question and answer session  
after the talk and copies of the book will be available to purchase.

Entry to the lecture is included in your admission to Newhaven Fort.  
Places are limited and must be booked in advance by calling 01273 517622

## HAVE YOUR SAY!

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](mailto:info@meridian-sf.org.uk)  
or PO Box 161, Newhaven, BN9 1AN  
We look forward to hearing from you!

For more information on the MMCF visit our website:  
[www.meridian-sf.org.uk](http://www.meridian-sf.org.uk)

## COMMITTEE MEMBERS

### CHAIR

Kate Davies  
01273 516207

### SECRETARY

Hillary Ryan

### TREASURER

Marilyn Nolan

Maurice Langham

Eileen Wood

Pat Bowman

James Rose

Marian Stanley

### MEMBERSHIP SECRETARY

Bill Kocher

**Membership is free**

so contact Bill on

**01273 515764**

or email

**join@meridian-sf.org.uk**

with your address details