



MERIDIAN MATURE CITIZENS FORUM

OLDER PEOPLE'S DAY NEWSLETTER

Jubilee Fish Festival

Saturday 2nd June 10.00am - 4.00pm

Huggetts Green, West Quay, Newhaven.



- Dieppe Market
 - Children's Parade
 - Community Olympics
- & lots, lots more.

Kate and the team will be in the marquee until about 2.00pm so please come and say hello.

Newhaven Day Club

Saturday June 2nd

10.00am – 12.00pm

The Newhaven Day Club will also be open on the day of the Fish Festival, for teas, coffees and light refreshments and a welcomed sit down.



Peacehaven 'Jubilee Celebrations'

Sunday 3rd June

3.00 - 6.00pm

Tea in the Park at Piddinghoe Avenue Sports Park

Fancy dress competition, music and lots of entertainment
Bring your own food and join in the fun.

All enquiries Peacehaven Town Council 01273 585493



Monday 4th June

7.30 - 11.00pm

The Dell Recreation Ground

Jazz band, barbeque and refreshments.

10.00pm Lighting of the Official Jubilee Beacon

Jubilee Sunday Lunch

Sunday 3rd June 12.30pm

Newhaven Day Club



Pierre's choice of Main Course, Dessert & Coffee
£5.50

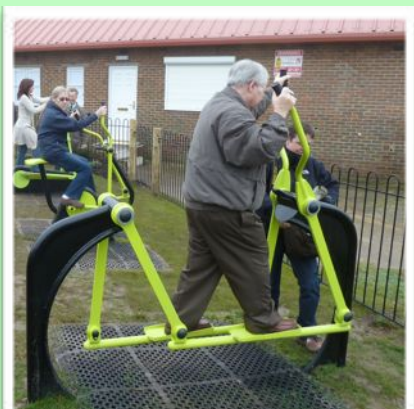
All welcome

Book at the Day Club, at our Fish Festival table or phone Kate 516207 by 12.00pm Friday 1st June

Healthy Life-Style Event

Tuesday 19th June

Shakespeare Hall, Newhaven, 10.00am – 12 noon



To celebrate **Falls Awareness Week** the Forum invites you to a free morning of gentle exercise. (Jenny Coote), talks on how to keep healthy (Ellen Cranton & Debbie Evans) and a Taster Session around healthy eating.

Weather permitting we hope to have a trainer from Wave Leisure at the Green Gym to ensure that you are all doing your daily sessions properly.

Open to non-members

To book a place, contact Kate **01273 516207**
info@meridian-sf.org.uk

MERIDIAN MATURE CITIZENS FORUM WEB SITE



www.meridian-sf.org.uk

Please make full use of the Forum's web site. The main page has all the latest on forthcoming events.

From the **links** tab you can get directly to various organisations and the **Local Links** takes you to a page of logos with links to local web sites including ESCC, Lewes and Newhaven councils. Bus & train times, even opening times for the Newhaven bridge. If you have a site you feel would be useful for other members, submit it to us and we will consider adding it to the page. Also if you have ideas of what would make the site better, do let us know.

info@meridian-sf.org.uk

Bill Kocher

Web site manager



Jubilee Lifeboat Summer Fete

Saturday 7th July 1.00 - 4.00pm

Huggets Green/West Quay

Kate's team will be there with an information table
so please come and find us and have a chat

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
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

COMMITTEE MEMBERS

CHAIR

Kate Davies
01273 516207

SECRETARY

Hilary Ryan

TREASURER

Marilyn Nolan

Maurice Langham

Eileen Wood

Pat Bowman

Ruth 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