



NEWSLETTER

Spring 2017 Edition

Chairs Report

We have had a very busy year this year.

Lots of new strategies being introduced and lots of meetings to attend.



High Weald Lewes and the Havens (HWLH) our Clinical Commissioning Group who decide how the money for health services should be spent have supported the Healthy Havens project, raising dementia awareness in the community and providing real support for those living with

dementia and their carers through the Know Dementia Memory Café in Peacehaven.

ESCC Adult Social Care are combining Health and Social Care under the Better Together strategy which will stop duplication and provide a more stream-lined service. Members of the committee have been attending many meetings to put forward your views and to ensure that new strategies fit in with the Meridian Forum communities of Newhaven, Peacehaven, Telscombe and East Saltdean.

The hard work of the planning meetings are now almost complete the Forum then moves into Phase 2 which is monitoring and evaluating changes using your voices to do so.

Kate Davies Chair MMCF

Meridian Forum AGM

Wednesday 22nd February 2017
Room 2 at the Hillcrest Centre Newhaven.
10am – 12noon

Speaker:

Ashley Scarffe from the High Weald Lewes & Havens (HWLH) Clinical Commissioning Group (CCG) will be presenting an update on health services in the Meridian patch including information on the Newhaven Rehabilitation Centre. You will have the opportunity to ask questions. The forum is always looking for new committee members.

If you are interested but cannot get to the AGM, email us on: info@meridian-sf.org.uk

Light refreshments available at the end of the meeting. Please can you book a place to help with catering numbers. Email above or phone Kate on: **01273 516207**

Afternoon Quiz

Tuesday 14th March 2017
at the Hillcrest Centre, Newhaven,
2pm - 4pm (Room 7)

£2.00 per person to cover the cost of the room hire
Refreshments available in the cafe

Come as a team or come as you are.

For more details phone **Maggie** on: **01273 584994**
or **Kate** on: **01273 516207**

Meridian Forum COMMITTEE MEMBERS

CHAIR Kate Davies (Piddinghoe) 01273 516207

SECRETARY Hillary Ryan (Seaford)

TREASURER Marilyn Nolan (Newhaven)

MEMBERSHIP SECRETARY Bill Kocher (Newhaven)

Marlene Amy (*Newhaven Town Council*)

Eileen Wood / Ruth Rose (*South Heighton*)

Pat Bowman / Chris Bowman (*Telscombe*)

Rani Sharma / Marian Stanley (*Newhaven*)

Zena Gibbs (Seaford) Gill Hart (*Newhaven*)

The Golden Ticket

Transforming dementia care for those with dementia and their carers.

The HWLH Clinical Commissioners have long recognised that an holistic, community based support network was the only way forward to improve the lives of those living with dementia and their carers.

The Meridian Dementia Action Group – working towards creating a dementia friendly community.

With community support from shops, banks, libraries, dentists and hairdressers people with dementia, especially those living alone, can live well.

Dementia Awareness Sessions set up by the Alzheimers Society are available from the Dementia Action Group who have Dementia Champions on their committee. The sessions are free and last about half an hour.

Businesses will be able to display the Dementia Friendly notice.

Call Kate **01273 516207** or email **info@meridian-sf.org.uk**

Know Dementia Memory Café – is held every Friday at the Meridian Centre (Anzac Room) every Friday from 10.00 – 12.30

Those that have been referred by their doctor will get free CTLA transport for themselves and their carers. Make sure your doctor is aware of this.

Contact Mike on: **01273 494300** email **info@knowdementia.co.uk**

Over Christmas, members of the *Memory Café* joined members of the Sunday Lunch Club and the Carers Group to a Christmas Concert – arranged by the Lions Club and a Christmas Lunch organised by the Rotary Club. In the Summer the Meridian Forum took the same group on an outing to Chichester Harbour. Without the generous funding from the House Project this would not have been possible.

Our thanks go to these hard working charities who provide so much support and generous funding in the community.



Need help getting to grips with your PC/Mac/Smart phone?

Want advice about getting a computer, going online, or need to know how to use Windows 10?

Then why not come along to our monthly computer workshops, open to all members.

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

One-to-one help is very dependent on the number of helpers on the day, so time is split between students.

Contact Bill on **01273 515764** email: **info@meridian-sf.org.uk**

Monthly workshops on Mondays 10am at the Hillcrest Centre

**6 February / 6 March
3 April / 8th May**

Sunday Lunch Club

Newhaven Day Club
Sunday Roast & Dessert
£6.50

Free tea and coffee.

Every Sunday at 12.30pm

This is open to all.

Phone **John** on **01273 514377** to book.



Farewell Bill...

Bill Kocher, who has been our Computer Group leader now for a number of years, will be leaving us and moving away in the Summer. He will be greatly missed. He was our membership secretary, Website Manager, poster creator and newsletter organizer. The Computer Group will continue in the same way, but we would welcome new members who could help those like me who need constant support.

We will particularly need help with the website.

Website manager and membership secretary roles do not mean you having to attend all committee meetings.

Bill and Kate often used to meet over coffee in the Hillcrest Café.

We wish Bill and Penny all the best in their new adventure.

We have been fortunate in finding new printing services for the newsletter.

Any comments would be most welcomed.