



NEWSLETTER

Summer 2019 Edition

Chairs Report

Meridian's Annual General Meeting was held at the Hillcrest Centre, Newhaven in January.



The present committee was unanimously re-elected. We always hope that perhaps some members will come forward to join the committee but alas no offers this year. The Meridian Forum committee is a very friendly one, we do not have to seek funding all the time nor do we have stressful 'events' to organise unless of course the Chair comes up with a mad idea but that doesn't happen very often. We are well supported in the community and work alongside other groups including the Happy Club, Care for the Carers, Downlands Court, St Davids Court, The Lewes Dementia Action Alliance and the Deans Seniors Tea Club.

Our speaker at the AGM was Anne Sabine, Patient Director of the Muscular Skeletal Service supported by Martin Lau of Arthritis Action who gave a shortened version of the Living Well with Less Pain event that has taken place in various venues across the county. Anne told us she would like to hold the full workshop in our area. The committee suggested why not the Hillcrest Centre? This was agreed. See details for the event advertised on the right.

If you have difficulty using the online booking form the library might be able to help or give me a call and I will book a place on your behalf. 01273 516207.

Older Peoples Day events have been organised and the booklet will be available in August. If you would like to have a hard copy posted to you please contact Chris on 01273 583213 Email info@meridian-sf.org.uk

We have chosen Stan & Ollie for our afternoon film matinee, a coach trip to Battle for lunch and an afternoon enjoying the Battle Festival and our last event will be a Beetle Drive at St David's Court, Peacehaven followed by a musical entertainment from the UKE 3A Ukulele Band.

Kate Davies

LIVING WELL WITH LESS PAIN

Are you living with lower back pain, hip or knee osteoarthritis? Is your pain stopping you doing the things you enjoy?

Sussex MSK Partnership East in collaboration with charity Arthritis Action, will hold a **FREE** workshop bringing together top healthcare experts who will advise on what you can do safely, how to lower your pain and live a fuller life.

You will hear from:

- Clinical Specialist Physiotherapists
- Dietitian
- Pain specialists
- Patient organisations
- Health & wellbeing experts
- Patients



Wednesday 10th July, 9.30 am - 1pm
The Hillcrest Community Centre, Newhaven
Book on Eventbrite: [Living Well with Less Pain](#)

or
Call: 01323 408 617 to reserve a place



Sussex MSK Partnership
East



Silver Swans ballet classes for over 55s

Here's news of the Silver Swans classes up and running in the locality. They are proving to be very popular as there is no pressure, no stress, no competition, and everyone is able to have a laugh together.

Whether you've never danced before or want to get back into the swing of it, Silver Swans® classes have something for everyone! Based on research into dance practice for older learners and developed by the Royal Academy of Dance, this program can only be taught by Silver Swans® Licensees. These classes are based on the classical ballet technique, adapted for over 55s but of course there is no age limit. They offer a gentle, graceful way of exercising the whole body to a wide variety of music, improving posture, balance, coordination and memory. There is no need to have had any previous dance experience, everyone is welcome.

This is a lovely way of exercising and moving to music that so many enthusiastic ladies (and gentlemen) are enjoying. Why not try Silver Swans classes in Peacehaven at the Meridian Centre on Fridays at 12 noon - 1pm.

For more information contact Amanda on: **07523 200381** or email: **amandamorgan12a@gmail.com**

Sent in by Pam, a long time member who is thoroughly enjoying herself.



Need help getting to grips with your Computer?

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.

Email Dave at: **D.A.Harley@brighton.ac.uk**

First Monday of the month (*unless a bank holiday*) 9am to 11pm, at the Hillcrest Centre, Newhaven.

Meridian Forum COMMITTEE MEMBERS

CHAIR Kate Davies (Piddinghoe) 01273 516207

VICE CHAIR Pat Bowman

SECRETARY Hillary Ryan (Seaford)

TREASURER Marilyn Nolan (Newhaven)

MEMBERSHIP SECRETARY Chris Bowman (Telscombe Cliffs)

Eileen Wood (*South Heighton*)

Pat Bowman / Chris Bowman (*Telscombe*)

Marian Stanley (*Newhaven*)

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

Sunday Lunch Club

Newhaven Day Club
Sunday Roast & Dessert
£7.00

Free tea and coffee.

Every Sunday at 12.30pm

This is open to all.

Phone **Kate** on **01273 516207** to book.

