



NEWSLETTER

Winter 2017/18 Edition

Chairs Report

A different sort of newsletter this time, trying to show you some of the things Meridian is doing on your behalf.

The enclosed

Memory Moments newsletter will explain more about our work in creating a Dementia Friendly Community.



- In April, Meridian worked with the charity **Know Dementia** to put on an information event during Carers Week. This was so successful that we are planning to hold a similar event during Carers Week 2018.
This event replaced the Older Peoples Day Information Fair which usually took place in October. This event was becoming increasingly less well attended so we did a spot of re-thinking.
- The **Computer Drop-in** continues to flourish. It is held on the first Monday of the month (not counting bank holidays) and is now led by Ellen (ellencranton@sky.com) with sterling support from Dave.
Just email Ellen or drop in between 10am-12pm.
- The **Sunday Lunch Club** numbers have increased over the year with information about 'what's going on?' and 'who's doing what?' winging around the tables. Mo is organising trips out to mainly eating places during the week and Kate organises the annual Summer Outing and the Christmas Lunch which would never happen without our wonderful cook Cora.

- The **Happy Club** held on alternate Thursdays and is still as popular as ever. For information please contact Margaret 01273 510998
- A new group has been set up in the Newhaven, Peacehaven and Lewes area. It replaces the former Feel Good and Reducing Health Inequalities programmes and their many meetings into one half-yearly meeting in Newhaven.

Its aim is to increase health across our area and is asking all of us to start taking responsibility for our own healthy lifestyles.

- **Wellbeing is the buzz word.**
Healthy eating, more exercise, learning something new, making new friends and keeping in touch with old ones and volunteering will all help to increase your sense of wellbeing.

I have enclosed a list of things you can do this winter, and the Memory Moments Café newsletter, and many of these would welcome volunteers. Making tea, welcoming newcomers and chatting with a bit of washing up and tidying up at the end of each sessions – that's all you would have to do.

Kate Davies
Chair MMCF

Meridian Forum AGM

Tuesday 23rd January 2018

**Meridian Centre (Anzac Room),
10am – 12.30pm. Coffee from 9.45am.**

Guest Speaker:

Teresa Flowers (*Care for the Carers*)
'Creating a Carers Friendly Community'

Followed by a sandwich lunch.

For catering purposes, please contact Kate:
01273 516207.

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: **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 the Tenterten Steam Railway. 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.

Email Ellen at: **ellencranton@sky.com**

Monthly workshops on Mondays
(but not Bank Holidays)
10am at the Hillcrest Centre

Meridian Forum COMMITTEE MEMBERS

CHAIR Kate Davies (Piddinghoe) 01273 516207

SECRETARY Hillary Ryan (Seaford)

TREASURER Marilyn Nolan (Newhaven)

MEMBERSHIP SECRETARY Chris Bowman (Telscombe Cliffs)

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*)

Sunday Lunch Club

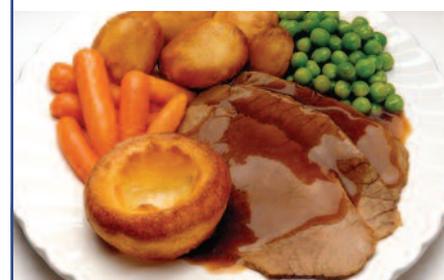
Newhaven Day Club
Sunday Roast & Dessert
£7.00

Free tea and coffee.

Every Sunday at 12.30pm

This is open to all.

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



A special thanks to **Chris Bowman** who has taken over from Bill, and is our whizz on the website and as membership secretary.