

MERIDIAN MATURE CITIZENS FORUM

NEWSLETTER

**PO BOX 161,
NEWHAVEN, BN9 1AN**

EMAIL : MERIDIANFORUM@AOL.COM

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CHAIR'S REPORT

Our Forum is changing. We are growing and broadening our remit. We have co-opted members on the committee who have a particular expertise and can help us push our proposals forward. We have also formed four sub-groups - Transport Steering Group, Health and Well-being Group, Research Group and Editorial Group.

Transport Group

Gill Hart (Chair), Kate Davies (Secretary), Cllr. Angela Simmons (Newhaven), Carol Kelly and Jan Moodey (Get Well, Stay Well), Katey Welsh (Age Concern England), Pam Hayward (Newhaven Rehabilitation Centre), Kathy Fordham (Action In Rural Sussex), David Copps (Peacehaven) and Eileen Wood (South Highton).

We exchange information with Peacehaven and Telscombe Councils at their Town Forum meetings.

Health and Well-being Group

Kate Davies and Maurice Langham.

We attend a variety of 'health matters' meetings across the County, (eg Extracare in Peacehaven, POPP Reference Group) and have contributed to consultation meetings where we speak on your behalf.

Research Group

Kate Davies, Gill Hart, Margaret Whiting, Eileen Wood and Elizabeth Harrison.

We continue with Phase 2 - Being Heard. This entails putting forward the research findings and to see how ESCC will incorporate our recommendations into their strategic planning.

KATHLEEN MANNING

We were all saddened to hear of the death of Kathleen Manning, a founder member of the Forum. She would not have wanted me to go into great raptures about the wonderful things she had achieved in her long life. We knew her as a friend and dedicated committee member. I knew her as a campaigner for better nursery education for all our children.

On Saturday, 29th March there was a Celebration of Kathleen's life at Kempton House in Peacehaven where many of her friends and colleagues met up to reminisce.

Kathleen requested that money instead of flowers should be given to Kempton House to use as they wished.

She will be greatly missed.

Kate Davies.

Editorial Group

Kate Davies, Margaret Whiting, Di and Dan Smith.

This group is responsible for the Newsletter and all publicity, plus the update and running of our website:

www.meridian-sf.org.uk

The Forum welcomes any members who have a particular interest in any of these groups to contact me, Kate Davies, for dates of meetings etc. We especially want to hear from people who want to get actively involved.

COMMITTEE

MEMBERS

Kate Davies

(Chair)

Tel: 01273 516207

Margaret Whiting

(Secretary)

Gill Hart

(Treasurer)

Jean Couture

(Membership Secretary)

Maurice Langham

Brenda Sawyers

Eileen Wood

Cllr. Angela Simmons

Co-opted

Newhaven

Cllr. Eileen Russell

Co-opted

Peacehaven

**We are keen to co-opt
additional committee
members**

THINK TWICE

THINKTWICE seems to me to be an excellent publication. Everything you need to know in a handy sized book. During our travels we often see new publications hot off the press. We thought you would like this one.

Please see the enclosed booklet 'THINKTWICE' for general consumer and safety advice for senior citizens.

Inside you will find advice on many topics including:

- Doorstep sellers and bogus callers
- Misleading prices in shops
- How to buy with confidence
- What to do if things go wrong when you buy something
- Food supplements
- Junk mail and unwanted telephone calls
- Mobility Goods
- Metrication
- Second-hand goods
- Fire and safety in the home

FREE FORUM COFFEE MORNINGS

The Meridian Mature Citizens Forum are holding their first free coffee morning in the Saltdean area.

Monday, 12th May 08

Saltdean Community Centre

In the lower hall (use the library entrance)

10.00 - 11.30

The next free coffee morning will be:

Wednesday, 4th June 08

The Breakout Centre, Newhaven

(The old Friday Ad Shop)

10.00 - 11.30

Our Forum coffee mornings are for existing members or for those who would like to join. Come and meet other members and members of the committee.



EASTBOURNE SENIORS FORUM

The Eastbourne Seniors Forum held a launch party on the 14th April 2008 at the Winter Gardens in Eastbourne.

The Forum is to be run by local people, for local people, as a democratic, inclusive and non-political Organisation. Once formally launched, it will be affiliated to East Sussex Seniors Association (ESSA), a county-wide group with similar aims and objectives to the Eastbourne

Seniors Forum.

The Meridian Forum would like to welcome Eastbourne aboard and looks forward to working with them in the future.

Senior and Mature Forums are now established throughout East Sussex and are a powerful voice for the over 50s.

Make your voice heard and make a difference.

Sign up today!

POPP PARTY

Thank you to all those who attended. What a wonderful show we put on! We lost count of the actual number of those who came through the doors as David (Project Manager) was too busy giving out roses! What a lovely thought.



Our POPP Party was the first of its kind in the County and he was thrilled at how successful it was. Enclosed in the Newsletter is the Independence First newsletter. You may see some familiar faces inside. Those of you who came to the party probably met all sorts of people offering help and support to those who need it. Your job now is to pass the message on. We can answer questions at the coffee mornings. Look in the Parish Pump (Sussex Express). These are usually held at the beginning of the month at venues across the Meridian Area and are free. If you are unable to get the help you want take the Newsletter with you to your doctor and ask for advice.



MERIDIAN FORUM INFORMATION EVENT**MERIDIAN COMMUNITY CENTRE, PEACEHAVEN****THURSDAY, 2ND OCTOBER 2008****10.00 - 12.00**

Following the success of the POPP Party we think it would be a good idea to hold a similar event to bring together all those voluntary groups who work in the area and who don't often get the chance to meet up together.

October the 1st is International Older People's Day, and we are having our day on Thursday, 2nd October. This **free** event will be held at the Meridian Community Centre in Peacehaven in the foyer and the Anzac room. There will be no charge for tables. The kitchen is available to those who wish to run it.

If you would like to book a table please fill in the enclosed booking form and send to:-

PO Box 161, Newhaven, BN9 1AN

Enquiries phone Kate on: **01273 516207** or e-mail: **meridianforum@aol.com**

**GROWING OLDER, BEING HEARD CALENDAR**

Were you one of the people who were interviewed?

Some of you were given disposable cameras which were going to be used to illustrate the research publication. Unfortunately as many of you soon realised the photos did not develop well and do not reproduce at all clearly. We can use some of them however, and to make up for the disappointment I thought it would be a good idea to

produce a calendar for next year.

We will use as many photographs as we can but if you have any photos of your group that you think we could use, please e-mail them to us at:

meridianforum@aol.com

When choosing your photos think in terms of 'The Time of Our Lives' to show us what your group gets up to and how you enjoy yourselves.

SPRING RECYCLING

I was delighted to see that the Wyevale Garden Centre on the Lewes Road has a recycling bin for flower pots, trays and all the other plastic bits we collect when we start our Spring planting.

I never knew what to do with it all before except to put it in the dustbin. Well now it will all be chopped up and re-used.

NEWHAVEN FISH FESTIVAL

SATURDAY, 7TH JUNE 2008
WEST QUAY, NEWHAVEN
9.00 AM - 5.00 PM

DIEPPE MARKET - Stock up on fresh cheeses, cold meats, olives and other deli items and of course those fresh baguettes.

There will be a children's parade at 10.30 as well as Morris Dancing, Punch & Judy, fun fair rides and a marquee with stands, displays and activities from local groups.

Hotdogs, ice creams, home baked goods and other refreshments will be available throughout the day.

For more information contact Sally:

Phone: **01273 612539**

E-mail: **enquiries@ncda.org.uk**

POST OFFICE CLOSURES

The post office closures went ahead as planned. In spite of letters, petitions and appeals to both local and national leaders nothing would alter the decisions that had already been made. Part of the Research that we have been doing is to question what exactly is meant by consultation. What's the point if nobody is listening?

Kate went to the 'wake' mourning the loss of all the Sub-post-offices east of the river, Amy's Stores on East Side, the shop at South Heighton and now the last Post Office counter at Mount Pleasant. The shop itself will remain open and with a large and intensely loyal group of customers it will continue as before. There is now a PayPoint there where you can pay practically all your household bills. It is simple and quick and there are no counter charges. Go into the shop and ask.

The Forum's task is to gather information about how the loss affects our members. We know that we will have to travel into Seaford or Newhaven but what worries me is that we will have to queue longer (it's bad enough as it is!) and we will not be able to buy a newspaper or carton of milk at the same time. We will have to take another walk to another shop and stand in another queue! I think this is what they call progress.

THE PERKS OF GROWING OLD!

- Kidnappers are not very interested in you.
- In a hostage situation you are likely to be released first.
- No one expects you to run—anywhere.
- People call at 9 pm and ask, Did I wake you?
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- Things you buy now won't wear out.
- You can eat supper at 4 pm.
- You can live without sex but not your glasses.
- You sing along with elevator music.
- You get into heated arguments about pension plans.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in no matter who walks into the room.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate meteorologists than the national weather service.
- Your secrets are safe with your friends because they can't remember them either.
- Your supply of brain cells is finally down to manageable size.
- You can't remember where you read this list.

DON'T LET INTERNET FEARS HOLD YOU BACK

What could you do online?

Whatever you want to do, using computers and the internet could save you time, money and hassle.

At UK online centres, we'll help you learn how to get online quickly, easily and safely. It doesn't matter who you are, if you've never been near a computer or the internet before, or friendly staff are there to help.

To find your nearest UK online centre call free now on 0800 77 1234

 **UK onlinecentres**
www.ukonlinecentres.com

Fears about online safety are putting off Britain's over 50's and holding them back from getting to grips with computers and the internet.

A survey from UK online centres has found that 43 per cent of over 50s living in the South East are concerned about internet safety and personal security. 38 per cent worry about coming across inappropriate content, and both are key factors stopping older people using the world wide web.

Of those "silver surfers" in the region who do use the internet, 80 per cent admitted to not feeling comfortable and secure online. Topping the list of safety concerns for older people is identity theft, followed closely by worries about giving out credit card details.

Don't let safety fears hold you or someone you know back. To find out your nearest UK online centre, call free on **0800 771234**.

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.

Email us at: meridianforum@aol.com

Or write to us at: **PO Box 161, Newhaven, BN9 1AN**

WE LOOK FORWARD TO HEARING FROM YOU!

For more information on the Meridian Mature Citizens Forum visit our website:

www.meridian-sf.org.uk