

**CHRISTMAS  
2011**



# MERIDIAN MATURE CITIZENS FORUM

## Message from the Chair

Once again I am writing our Annual Report in preparation for the AGM and it seems to me no time at all since I was writing the last one.

We have decided to have another go at holding the AGM at the Hillcrest Centre. I like to think that we have a pre-Christmas get together as well as discussing issues that are important to us. The committee is ignoring any adverse weather predictions and believe that we couldn't possibly be snowed out again!

Our speakers this year will be looking at the shaping and development of the Local HealthWatch.

The Department of Health's vision for Local HealthWatch is that it will become *'the local consumer voice for people who use and need health and social care services'*. Your views and experiences as patients and as members of the public will be taken into account when looking to improve the quality and safety of these two important services.

East Sussex County Council has the responsibility for setting up Local HealthWatch and members of the forum attended a focus meeting at Denton Island to enable us to inform you when LINK finishes and Local HealthWatch begins.

This will be an ongoing process and you need to be involved, so please come along and learn more.

*Kate Davies*

## AGM

**WEDNESDAY 7TH DECEMBER**

Hillcrest Centre, Hillcrest Road  
Newhaven BN9 9EA

**10am - 12.30pm**

Free tea or coffee from 9.30am

**"Your Health - Your Choice"**

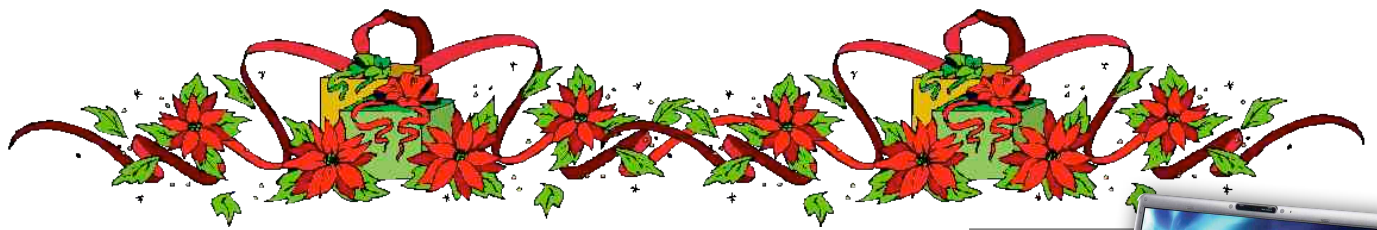
**Local HealthWatch**

**What does it mean?**

**What's in it for me?**

This will be a Q&A session  
followed by buffet lunch.

To help with catering please let us know if you will attend. Phone Kate Davies on 01273 516207 or email [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)



# HAPPY CHRISTMAS

## OLDER PEOPLE'S DAY EVENTS

We held several events to support Older People's Day.

There was an **Information Fun Fair** at The Meridian Centre Peacehaven.

**Tea & Talent** at Downlands Court

And **A Taste of the Raj** in Piddinghoe.

The Taste of the Raj talk (shown right) was well attended and enjoyed by all who attended. Including the tea and Indian nibbles supplied!



*Need help getting to grips with your PC then come to our monthly computer workshops, open to all members.*

*Bring a laptop if you have one, as you will learn on the PC you are used to.*

*We try to give one-to-one help, depending on numbers of helpers, so booking is essential.*

*Email us your details and let us know what you would like help with and tell you when the next session will be.*

*If you just need help about getting a PC or going online phone Bill on 01273 515764 to book to come along.*

**info@meridian-sf.org.uk**

# COFFEE MORNING!

Meridian Forum and the Breakout Centre volunteers are holding a

**Coffee Morning** at the **Breakout Centre** Newhaven Square

(adjacent to the Co-op)

**Saturday 10th December 2011**

**10am - 12pm**

Come and celebrate Newhaven's Christmas Event in the warm.

Cup of tea or coffee available

*(this is a joint operation between us and Breakout)*



## COMMITTEE MEMBERS

### CHAIR

Kate Davies  
01273 516207

### SECRETARY

Hillary Ryan

### TREASURER

Marilyn Nolan

Maurice Langham

Eileen Wood

Pat Bowman

James 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

## 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](mailto: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](http://www.meridian-sf.org.uk)