



Southbourne & District CIO

The Old School, New Road, Southbourne, PO10 8JX

# Newsletter

## June 2025



Our 50th Anniversary  
25th June 2026

Southbourne Age Concern enquiries:  
Email: [ageconcernsouthbourne@gmail.com](mailto:ageconcernsouthbourne@gmail.com)  
tel: 075478132 69  
Facebook: Southbourne Age Concern

**Age Concern Southbourne and District**  
Charity Registration. CIO 1182153

**CIO Trustees and Committee 2025**  
Margaret Melliush, Janet Mort,  
John Le Poidevin, Alice Smith, Sue Talbot.

We are a small local charity providing a lunch club every  
Wednesday for seniors.

Members have a wholesome 2 course meal  
for £6 (suggested donation)

Help is always appreciated including cooking,  
gardening and paper work.

More drivers would spread the load as would more  
Wednesday helpers between 12 and 2.30pm.

We take it in turns on a rota, so no need to commit  
to every week, the more the merrier.

We are a happy band of volunteers so do join us



**Make friends and help make a difference**

**AGEconcern**  
Southbourne & District CIO



**Wednesday Transport to the centre:**  
if you wish to cancel the bus would  
you please ring 07547813269  
by 9am on the Wednesday morning

**Volunteer drivers are always welcome**  
aged over 25 but no special licence  
required and training given.

**Southbourne  
Parish Council  
Community Award 2024**

**Presentation to  
Age Concern  
Helpers and Trustees**



**Our VE Day 80th  
Anniversary Lunch  
was held on 7th May**

**Regular events at the centre**

**Wednesday Lunch Club 10.30 to 2pm**

10.30 tea, coffee and biscuits  
Snooker, Scrabble, dominoes

12 noon Home Cooked 2 course lunch - Suggested donation £6

Social Time - includes monthly Bingo,  
Gentle Exercise, Raffle and Quiz

**Thursday 2pm Gentle Tai Chi** suggestion donation **£3.50** per week

**Thursday - Chiropodist by appointment - special price**

**Julie Berkley MCFHP. MAFHP.**

**07766 731176 email: [juliegb@outlook.com](mailto:juliegb@outlook.com)**  
home appointments available



**Men's Shed 09:30 to 12:30**

**Tuesday and Thursday**

**Enquiries Email: [southbournemensshed@gmail.com](mailto:southbournemensshed@gmail.com)**

## Volunteers

We are run entirely by volunteers  
which means we need to continually recruit  
as personal circumstances change.

We started in 1976 so it's our 50th Anniversary in 2026.  
One wonders how many volunteers have contributed  
to the running of our Southbourne Age Concern?

Founded by Mary Marrs she was the first Chair  
and signed the original lease for the centre.

Volunteers come each week to drive the bus,  
provide tea, coffee, lunch and afternoon tea  
for our 30+ regulars, some of whom attended  
this building when it was a 3 classroom annexe to  
Southbourne Council School, (where the Social Club is)



Picture late 1940s

HORSA is the acronym for the 'Hutting Operation for the  
Raising of the School-Leaving Age', a programme of  
hut-building in schools introduced by the UK Government  
to support the expansion of education under the  
Education Act 1944 to raise the compulsory  
education age by a year to age 15. between 1945 and 1976.