

THE HARBOUR W.I.

It was Diane Beere's first meeting as the new President of the Harbour WI! She welcomed 54 members, 4 new members and 6 visitors to the July meeting.



The first speaker was Simon Kirkdale from the [Matthew 25 Mission](#). The Mission was started in 1996 in an old school hall in Seaside, Eastbourne and became a registered charity in 2015. Their aim is to help homeless and vulnerable people and they work with other agencies in the area to help deal with issues such as domestic violence, sexual assault, care leavers, addiction and mental health.

They have 5 staff members and 40 volunteers who serve hot drinks and breakfast from 8am - 10am; then lunch from 12 - 2pm; every day of the year. A lot of the food is donated by Marks & Spencers in the town, who also give support financially; but it costs about £230,000 a year to run and they are always looking for donations and also volunteers. They run a charity shop opposite the hall along Seaside that takes everything apart from furniture [due to lack of space]. In the past year 38,000 'guests' [as they are called] have used the facilities. This number increases every year – as do the costs.

Diana Groot-Copp thanked Simon and his team for a very informative talk and presented them with a donation of £85. The Mission is the Harbour WI's Charity this year and members also contributed to the charity bucket.





Everyone was then asked to move their chairs to be ready for the next speaker! Trish has been teaching Yoga for 25 years and was promoting a new class aimed at people with mobility problems. Trish has had her own health problems over the years including breaking her spine and showed the members how they could easily join in her Chair Yoga class at the Community Centre with a few relaxing exercises.

After tea members were told that the Craft Club meet on the 21st July at Sandy Gomam's house, the Lunch Club are going to the Smugglers on the 23rd July and the 4th Tuesday Coffee Morning is in Seasons on the 22nd July with everybody welcome.

The newly formed Family History Club will meet on the 22nd July at Sue Howe's house at 2pm. Even though there is no meeting at the Yacht Club in August the Tuesday Coffee Morning will still take place on the 26th August.

The next meeting is on the 8th September at 2pm in the Sovereign Suite of the Sovereign Harbour Yacht Club with a speaker talking about Make Up for the Mature Woman!?

There is no longer a waiting list to join the Harbour WI and prospective new members are welcome to get in touch with Membership Secretary Frances on tel: 07914 603548 Information on the Harbour WI can also be found on the SHRA website. www.shra.co.uk/wi