

NEW**Stretch and Relax Classes**

On Thursdays from 10.30am to 12.00pm, at Alfred Davey Court, Bread Street, (off North Road), Brighton. Sarita, regular teacher at Age Concern is taking on this class from 5th February 2009. Cost £2.50. Wear loose, comfortable clothes and bring a blanket.

Contact Sarita on 01273 819114 or email sarita108@btinternet.com for more details.



*Bear Road, Brighton, Tuesday 2nd February 2009
© Cree Northcott-Clark*

**The History and Meaning of Saint Valentine's Day**

The origins of Valentine's Day, like the origins of love itself, are somewhat obscure — a combination of myth, history, destiny, chance and marketing.

Saint Valentine was a Roman who was killed for his faith on February 14, 269 A.D. He had refused to worship pagan gods, and some stories say he was a priest who would marry young couples in secret who loved each other but who did not have parental permission. In 496, his 'saint day' was established. He is associated with love because he fell in love with the daughter of his jailer, and would pass notes to her. His final note, before he was executed, read 'from your Valentine'.

In Italy, with its romantic and religious roots, St Valentine's Day became the traditional day to be engaged. Young Romans would spend this day gathered together in gardens to listen to romantic poetry and music.

As with many holidays, the celebration of St. Valentine's Day became a mixture of the new Christian rites as well as the older pagan rites of that same time of year. St. Valentine's Day happened to fall on the Roman festival of Lupercalia. This festival was held each February to protect the villages from wolves, who would at this point be starving and cold and begin to make their village raids.

During the festival of Lupercalia, young men would playfully whip women with stripes of animal hide, chasing them around town. It was felt that this festival made the women who were 'whipped' more fertile. The young men would sometimes draw the names of girls from a jar, to choose their partner for the day for any singing and dancing.



Are you on the allotment waiting lists?

Ever seen an unused garden and wished you could grow your own food there? Or do you have a garden on which you'd love to see food grown? Grow Your Neighbour's Own wants to help remedy the situation...

There are many residents of B&H who don't have gardens but would like to grow their own food – there are around 1200 people on allotment waiting lists and the lists have been closed for over a year. Many other residents have gardens but aren't able to grow food, whether for time, knowledge or mobility reasons. Grow Your Neighbour's Own is about matching these people together. It wants to help form lasting (gardening) relationships between people, preferably people who live near each other – the garden owner and volunteer gardener arrange between them what they will grow and how often the gardening will take place, and share the produce as it is harvested!

The scheme is for owners with gardens of any size, and gardeners of all levels of experience – The scheme will aim to pair people who have similar expectations from the scheme.

How to get involved:

Find a nearby garden owner yourself.

You don't need Grow Your Neighbour's Own to start growing food at all. Know an neighbour who has a garden but who can't grow food for whatever reason? Have a look at the website guidelines for growing in someone else's garden if you

need to and the *growing links* for how to go about it.

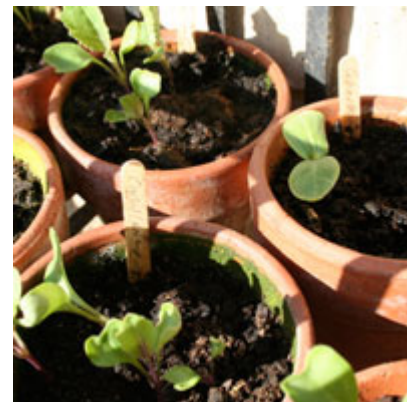
or: **Register your details with Grow Your Neighbour's Own**

In the first few weeks the scheme (which began on 9 December 2008) will concentrate on compiling a list of garden owners, so that it has a number to choose from when matching with gardeners – that way it can match people who will be suitable pairings for each other. So garden owners, please register you details, but note that it might take a few weeks after registering before a gardener is paired up with you. Gardeners, feel free to register your interest now – and you'll be asked to come and meet members of the scheme to find out more about which gardens you might be paired with.

You can register your interest on the Grow Your Neighbour's Own website at <http://grow.transitionbrightonandhove.org.uk> Or you can phone Julie on 01273 735795 who will register your details and tell you more about the scheme.



Grow Your Neighbour's Own is a scheme set up by Transition Brighton & Hove, an organisation encouraging community responses to the challenges of climate change and peak oil. www.transitionbrightonandhove.org.uk



Relaxing Therapies

Ongoing Reflexology treatments and Head, Neck and Shoulder massage on Fridays from 9.30am 'til 12.30pm with Trudie.

Call Age Concern on 01273 720603 to make an appointment. Special rate for the over 50 @ £16 per session. *Treat yourself and feel good!*

Exercise Class for the over 60

- Improve mobility
- Improve strength and balance
- Meet other people
- Have fun and feel good

Every Thursday, 2pm-3pm at Courtney King House, Eastern Road, Brighton (next to the hospital). Gentle chair based exercise with qualified teacher. Cost £2 per session. Call 01273 686322 for further details.

The Spotlight Players proudly present

"The Sun and Moon Cabaret 2009"

In aid of the Alzheimer's Society, Brighton and Hove Branch*

Friday 20th February 7.30pm, Windmill Theatre

Saturday 21st February, 2.30pm and 7.30pm, Windmill Theatre

Starring students from Blatchinton and choreographed by former students. Includes music from Abba, Queen, Chicago and Hairspray. Tickets still available for matinee performances. Tickets £11 each including nibbles. Licensed bar and grand raffle. Seating is in round tables of eight. Contact Jo Heard for tickets on 01273 387755 / 07815443174.



Donations of clothes and volunteer help wanted in the shops

Donations

By donating good quality goods to us, you are helping us to stock our shops, attract new customers and raise money for older people who need our help. We take many goods such as :

- Fashion for all the family
- Household goods
- Books' cds' videos' dvd's
- Children Clothes

Retail volunteers

Volunteering can be fun and your help and support is vital in ensuring the smooth running of the shops. You can also enjoy being part of a team and knowing that your time and effort will contribute to the promotion of the well being of all older people.

The tasks are varied and you may help with sorting clothes, filling rails, stacking book shelves, serving customers, using the till, pricing items.

To find out more about donating your goods to the shops or how you may help with volunteering contact us at :

- 16 St James Street, Brighton, tel. 01273 679217
- 48 London Road, Brighton, 01273 686366



Sussex Symphony

Orchestra

Valentines Concert

Come to an evening of some of the world's most romantic music, including

Tchaikowsky's Romeo & Juliet Overture, Elgar's Salut D'Amor, excerpts from the Piano Concertos of Rachmaninov, Chopin & Shostakovitch, Puccini's arias from Madam Butterfly, Tosca, La Boheme and many more.

Tickets are £13, £10 (Concessions) and £5 children under 12, available from the Martlets Box Office 01273 747455 Saturday 14th February, Hove Town Hall
In aid of the Martlets Hospice.



Martlets Musical Spectacular

Come along and revell in the best of Broadway and West End shows featuring well loved

favourites from The Mikado, My Fair Lady, Just the Three of Us and many more! Plus special guest and compere Katie Neiman

With two shows on Sunday 1st March - 4.30pm Matinee & 8pm Evening it's a real family affair.

Tickets from £12, available from the Theatre Royal Box Office 0870 606 650 or www.ambassadors.com/theatreroyal
For general information call Robert Blass 01273 563063.

Staff and Volunteers' update

LifeLines have welcomed June, Bethany, Sybil, and Suzanne. Information & Advice have welcomed Patrick, and Liz. Michael has joined the Computer Drop in Centre, Ivana the Meeter/Greeter team, and Leonard is the latest recruit on the Counselling service.

Chris is ACBHP minibus driver and Elizabeth is the senior care assistant on the Crisis service.

Welcome to you all.

Work Placement

Amanda has joined the Crisis team as a trainee social worker to learn all aspects of Crisis service to enhance her knowledge of social care for the elderly. She will be with the service until June.

We wish her the very best with her study and in her future career.

SNOWFLAKES

They shine like silver butterflies
Drifting in the sun,
As though they fly on crystal wings
That winter cold has spun.
They catch and hold each soft sunbeam
And then, without a sound,
Turn into sparkling gossamer
Before they touch the ground.

~~By Sandra Liatsos.~~