



Chair's Report 2010

2010 began with the usual enthusiasm from City Synergy members with the first of a series of Healthwalks which took place in Stanmer Park. This month's lunch was at Zafferellis.

As we left chilly January behind some of our members quick stepped into February by attending a dance workshop. That's one way of keeping warm at this time of year.

At the marina members tried their hand at Tenpin Bowling. A number of our members have a bit of a flair for this activity and display a variety of intriguing techniques in order to move to the top of the score board. This month also saw a visit to the Brighton Museum. This gave us a valuable insight into the essential role played by the Land Girls during the war. This exhibition was well received by our members. The personal experiences of some members added depth to this period of our history. There was also a visit to the Police Cells at Brighton Town Hall this month. I will quickly add that this was a purely voluntary visit and not an enforced one.

During March we went to Fat Leos for lunch. Fat Leo isn't a member of City Synergy but an Italian restaurant in Brighton. We went walking again this month through Shoreham. We were well into spring now and put together a Sight Awareness training day for our New Volunteers. We also held a First Aid Course for our wonderful volunteers, without whom City Synergy would not function as it does.

This month a number of members turned their hands to Short Mat

Bowls. Our hosts were Southwick Bowls Club who proved to be very welcoming. A great time was had by all. During May we returned to Southwick for more bowling. We love to walk and so off we went to East Brighton Park in order to stretch our legs and fill our lungs with some good fresh air. Lunch this month was at the Bombay Restaurant.

June saw us attend the Take Part Festival of Sport for the second year running. We held sessions of Boccia within the Amazing Zone. We also had a stall where we provided information about City Synergy. Lunch this month was at the Red Gardens and a Healthwalk took place at Hove Park.

Mid summer saw a sponsored walk from Brighton Pier to the Carats Café and back by Ray Woolven and his friend John Reason joined by some of our members and volunteers. This helped to provide income for the group, those that were not on the walk received the walkers in Pavilion Gardens with a picnic.

More dancing this month but with the twist that one of our volunteers, Sue Joseph, played with her band and provided a marvelous accompaniment to an afternoon of folk dancing in Hassocks. A great time was had by all.

Two trips to Eastbourne were enjoyed during August. One to see a production of Oklahoma, and the other to see Eastbourne Airborne. Both events were spectacular in their own way. Back in Brighton the Fabrica Exhibition was enjoyed and our lunch this month was at Pablo's Restaurant.

The beginning of autumn brought a walk to Mount Caburn and lunch at La Tasca.

October was a very busy month for City Synergy. The yearly event of Rolling out The Old at Harvey's Brewery attracted loyal

fans of this most wonderful activity. A number of City Synergy members showed their unwavering support for this traditional event by the selfless consumption of Harvey's products. Members went to see Carl, one of our volunteers, giving a confident performance in the production Of Mice and Men. This was at the New Venture Theatre.

Chris and Jonathan organised a delicious evening of cheese and wine. Such an array of cheeses was on offer along with wine. A scoring system was devised and the result was almost unanimous on which cheese was the best. Later in the evening City Synergy performed an impromptu musical extravaganza from a big box of percussion instruments. To be honest, the only suitable application for such a performance would be to ward off bad spirits or unwanted guests.

Among activities this month was a visit to Sheffield Park. This was a perfect setting to experience the fragrant, sounds and colours of autumn. This was the first time that our Volunteer, Sue, had driven a mini-bus after her driver training. Sue proved to be a wonderful chauffeur.

In November, members went bowling again at Southwick. There was also a visit to the Montreal pub where we entered and won a quiz.

December brought our Christmas lunch in Saltdean. This was very well attended and very well received. Carol Singing this month brought the season alive. We had planned another evening of singing but unfortunately snow prevented a number of members from attending.

So 2010 saw a busy year, full of activities. I would very much like to thank our wonderful volunteers. Thank you for the support you have given our members over the last year and we very much

hope that you have had as much fun as we have had. I would also like to thank those that have assisted in identifying sources of funding for City Synergy. Due to your foresight and hard work City Synergy will continue and provide another year which will be full of activities.