



**Southend-on-Sea & District Group**

**Newsletter- January 2026**

### **Group Meetings and Venues 2026**

Happy New Year! This letter is being circulated for us by HQ, and has news for both existing and potential members of our Group. if you have friends you would like to invite to our activities, please do.

*(In case you wonder, any scan square above, and any figures around it, are, we understand, added by HQ's outsourced printer. Our material is below.)*

1. About the Group
2. Monday 9 February: Meet at Patisserie Valerie at 2.15 pm
3. Thursday 12 March: Spring Lunch at Sunflower Bistro.
- 4 Monday 13 April at SAVS: Local AGM
5. Renewing Group Membership or becoming a new member.

### **1. About the Group**

The Group is run by retired members for all CSPA members, their current or surviving spouses and partners (or you can bring a friend). The Group meets monthly (except January), in Southend-on-Sea which is normally on the second Monday of the month. (We may, of course, have to make an exception from the second Monday, e.g. if our chosen activity is only available on another day. Twice a year we meet at the SAVS Centre, 29-31, Alexandra Street, Southend-on-Sea, SS1 1BW at 2pm for 2:15 to about 4 pm. Refreshments are available. The SAVS Centre is the HQ of Southend Association of Voluntary Services, of which our Group is a member. Meetings at SAVS include our annual AGM in April and an illustrated talk in November. Lunches, coach outings, or other activities, will be held on intervening months when separate venues or pick-up points are announced.

## **2. Monday 9 February: Meet at Patisserie Valerie**

We meet at 2.15 pm to 3.30pm at Southend café, Patisserie Valerie (near Marks & Spencers) for tea, coffee cake and a chat. (For those who prefer a less sugar rich fare, the menu includes sandwiches scones and bagels. If you plan to come, please contact Betty Anderson by phone or email, (see below) by 30 January, so that she can let the café know the likely number coming.

## **3. Thursday 12 March: Spring lunch at Sunflower Bistro**

**Time and Venue:** We meet at 12.00 noon at Sunflower Bistro, 75 Queens Road, Southend on Sea, SS1 1NL

**To book a seat:** Please get in touch with Betty Anderson preferably by 28 February –see contact details at the end of this letter.

## **4. Group AGM – Monday 13 April 2026**

(The Group AGM will be held in SAVS conference room (see item 1 above for the address) arriving at 2 pm for a 2.15 start. The conference room is on the 1<sup>st</sup> floor, which can be reached by a small lift near the reception desk, or you can ask reception to let you use the staircase. At SAVs there is a separate entrance fee of £2 to help with the rent. Optional items are tea and coffee at £2 per person (refills free), and a raffle at £0.50. These should be paid for on the day (by cash or cheque). See item 5 for the Local Group subscription. The agenda will be circulated early March

## **5. Renewing Group Membership or becoming a new member:**

The annual Group membership subscription for 2026 is £6.00 (the same as last year). This Group subscription is for those Group expenses not met from subscriptions to HQ, e.g. the occasional rent of a local conference room. It can be paid at a Group meeting, or send a cheque - payable to CSPA (Southend & District) – to our Membership Secretary: Betty Anderson (15 Cromer Road, Southend-on-Sea, Essex SS1 2DU). Please include your address, phone number and email address (if you have one). By providing these, you confirm your wish to be a Group member, and agree to the Group officers contacting you, when appropriate, about Group activities or other CSPA matters. (Note: when we meet at the SAVS Centre, there is a separate entrance fee of £2 each meeting to help further with the rent. Tea, coffee, etc, are always optional extras!)

## **Contact details:**

If we may be able to help with further information, or you would just like to chat, our contact details are:

Membership Secretary: Betty Anderson Tel: (01702) 466335(evenings) e-mail: [iandbanderson@btinternet.com](mailto:iandbanderson@btinternet.com)  
Committee member: Richard Rubin Tel: (01702) 529712

Yours sincerely

Mary King (Group Chair and Secretary)