



King Size

PLUS NEWS

Online Magazine of the National Federation of Eighteen Plus Groups
Autumn 2005

A Titanic Week in Ibiza



The 8th National Holiday sees 26 enjoy a week of sun, lamp posts and jellyfish in the Balearics, but for whom did Cupid strike? And has the British Cuppa really overtaken the mighty Frog?

Publicity Revamp



Some Bull from Matt



Who got Hitched?



Kirsty gets dizzy



Deputy National Chairman's Bit

I was a bit surprised when Ian asked me to write a piece for the Chairman's bit in Plus News!

As I'm also Northern Area Chairman I must mention the Bradford Bargain Break, thanks to everyone who attended and made it such an enjoyable event, I'd also like to thank Janet Rintoul who was the chief organiser and motivating force behind the event – well done. Well done also to Richard Morton, this year's winner of the National Go-Karting competition which was held on the Saturday. We are investigating the possibility of running the event again in 2006.

The latest NEC meeting was held in early October, this was the second that I chaired; I may be starting to get the hang of it now. Sandra Brogan said I was "masterful", just don't mention the apple pie!

The NEC and others are working hard to put the Area Lead Option for the restructure into practice. Read more about this further on and in the Gazette.

While writing this article the thought struck me that in a way 18 Plus will be a new organisation next year, so why not have a recruitment drive to Publicise the new 18 Plus?

All the Groups, Areas and National should be involved.

New 18 Plus!

New events!
New membership fee!
New organisation!

New 18 Plus!

It's all very well having a new structure to make 18 Plus well organised at the administrative level, but if 18 Plus isn't recruiting new members then we're going nowhere. This would be a good topic for Onelist; let's talk about recruitment ideas, but more importantly, let's put the ideas into action as well!



A rare sighting of our Deputy Chair without his hat...

I was recently asked where I'd like to see 18 Plus this time next year – settling in to the new structure, members getting involved in their Area Conferences to make decisions to ensure the continuation of 18 Plus into the future, new 18 Plus and Quest Groups being opened and all existing Groups

recruiting new members.

When I first joined 18 Plus the slogan was;

The more you put into 18 Plus, the more you get out of 18 Plus!

John A Smith
Deputy National Chairman

New Contact Number for our HQ



The July National Gazette incorrectly published the 0870 number that can be used for contacting HQ and in your marketing materials. Please

use 08708 747587 (087087-4-plus). Please use it in conjunction with your web marketing, programmes, leaflets etc.

Francis Wallington

Editor's Column

Greetings all,

Well, to use a 'Majorism' of old, a considerable amount of time has passed since the last Plus News. This is partly my fault as I spent the summer attending 3 weddings as a dress rehearsal for my own, if you will, and in addition adventured outside of Europe for the first time in a decade! However with Winter fast approaching and my age fast approaching that of the Birthday Celebrants (below) I am returning to the inside lane for a little while.

By the time you read this that great weekend known to us as WASH will be upon us, if not already passed. Once again Keith Israel and his team are working behind the scenes to put on what promises to be a fantastic event with activities old and new. I am already looking forward to my first "WASH Bierfest"! I hope to see many of you at WASH, it is only by supporting these events and the people organising them that they are able to continue to run and provide joy to future generations of Plussers.

This Plus News contains some important information regarding the latest progress concerning the Area Lead Option voted in at this year's ANC. While groups are not affected too much, members need to be aware of the forthcoming changes and in particular the plan to re-invent Eighteen Plus as a new company of Areas, and close the current 'company' at the



2006 ANC. This ANC will be shorter than usual, but no less an excuse to get everybody together.

Thank you once again to all those who have submitted articles either direct to me, or indirectly via the Onelist. The need for articles and pictures remains as great as ever. On that note, please note that I can only use pictures above a certain quality, and sadly that has ruled out many of the pics I received which were taken by mobile phone.

Plus News resides on our website www.18plus.org.uk under the link to Plus News. If you do have access to the Internet and are reading it this way, please consider printing off some copies and distributing them around your group – Plus News normally prints to 8 or 12 pages.

Do enjoy the run up to Christmas and the New Year and remember to get involved; Eighteen Plus is as good as you make it!

Ian Crawshaw, Editor
plusnews@18plus.org.uk

Contributions to this issue have come from Adam Redshaw, Adrian Barnard, Adrian Partington, Alison Cumbers, Francis Wallington, Iain Parkes, Jarrett Smith, Joan Clifford, Joe Gurney, John Smith, Kirsty van Lieshout, Mark Hewson, Richard Leach, Stephen Gibbs, Tina Bunyan, and Tom Seddon

If you're at a loose end on Saturday 19th November and you live in the South then you really shouldn't be as there are not one but two 40th Birthday Parties to choose from.

For the Essex boys and girls Havering are celebrating 40 years of existence by having a bash at Harold Wood Hospital Social Club, Harold Wood Hospital, Gubbins Lane, Harold Wood, Romford with a late bar and sixties



theme, all for £5 in advance / £6 members / £7 non-members.

For the "WestEnders" the place to be is Slough where the second of those milestone celebrations takes place at the Powerleague Soccer Centre, Ragstone Road, Slough. For just £6 entertainment is provided by guest DJ Craigy B and a buffet and other goodies means you should not be going home empty handed (or empty!).

At a Screen Near You...

Well folks it's finally arrived – The National DVD which has been on its way for a few years now is coming your way.

By the time you read this draft copies should have been circulated across the Federation. For those of you who have not seen it then please ask because there are copies out there.

This is still very much a demo version and I hope that once we have seen some of the footage people may come forward to submit footage of their own. I hope that as I am out and about the range of events will improve and so will my editing skills.

You may have already seen Adrian Barnard's comments on the Onelist about the potential members who signed up after seeing a working progress version.

For those of you who have not seen it here is a summary.

Intro to the DVD has some clips of people saying what they think the best things about plus are.....

Then you come to a menu where you can choose from 7 options. After each option you get a contact information page displayed, and are returned to the menu to select again. The menu options include NGOOT, Wash, SADY, Multi Activity Weekend, and Activities.

A section on contact information breaks the country into areas and then groups. If each group wishes to send me contact information along with a selection of photos I will try and expand the section for them.

I hope you all enjoy it. It's about 32 mins in length. Why not get some popcorn and beer and host a plus DVD night. Invite friends or family and anybody else you know to see what we get up to.

I know there's a whole host of stuff that could be included – but let me know what you think.

Adam Redshaw

Inspire Review

Imagine organising a major event to empower volunteers to receive an email saying venue had cancelled due to catastrophic incident. A sunny Friday spent on the telephone after an internet quest using Venuemasters and Inspire was held on Warwick University campus.

Twenty-six people braved the Coventry road-works to receive training in preparation of the reorganisation and strengthening of the groups. Members were able to acquire skills and ideas in managing projects, team building, post training, publicising groups and developing membership systems.

As is usual at such events, evening entertainment was innovative provided by Shelia

M and friends, a mixture of comedy, music and song. An excellent blues harp performance. Living the Plus spirit of old, members gate-crashed and explored the venues of the campus. Mrs Brogan led the strange and dark initiation ceremonies of the wide-awake kitchen club. Huw Morris for once became incoherent and Francis slept.

Participants were encouraged and motivated to take their groups and areas further into success. Some to continue in their committee posts. Inspire works on two levels, the second level encouraging others to stand up, communicate and share ideas as trainers.

Francis Wallington



Bradford Bargain Break

It didn't matter how we got there
By car or coach or plane...
Loads of 18 Plussers
Had Bradford on their brain

Dancing without a single care
A night cap to finish the day
Late night chats about eye hair
Now time to hit the hay!

We came up to have a curry
And a late night drink or two
A weekend of no worry
No time for feeling blue...

Stayed over at a friend's pad
The sofa bed of course!
Breakfast baps made us glad
On Sunday we learnt Morse...

A few laps around the track
And a black flag around a bend
Excitement we did not lack
With a celebration at the end

Told to dress up very smartly
For some tasty grub and wine
And then we had a party
This weekend was going fine!

Treasure Hunt Results

1 st	Peter, Ralph & Huw
2 nd	Kings Lynn + Tracy
3 rd	Mission Impossible
4 th	Leeds
5 th	Bradford + Jo
6 th	Coventry
7 th	Bob, Claire & Mike
8 th	Solihull

A full English breakfast
Started the day off best
Determined not to come last
Some questions we just guessed!

A few hours hunting for clues
Going from 5 to 3 to 2's
Handed paper in without boos
Sat down to admire the views

Didn't come first (answers didn't fit)

But we have reached the end...
Now time to tell everyone about it!
Just press the button and send...

Iain Parkes

EAA Multi Activity Weekend

I would like to thank everyone who turned up to the Multi-Activity weekend at Mepal in Cambs this year - especially Barry Healey who organised it, and Owen Davies, who did the Music Quiz on the Saturday night.

We had a great time doing Archery, Kayaking, Vertex (my personal favourite), Windsurfing, Climbing and Air-Rifle Shooting.

Many of the members discovered talents they did not realise that they had. Tracy discovered she was a highly capable rock climber and dead shot with a rifle, Owen and Will beat the toughest Vertex challenge "Jacob's Ladder" and Andy discovered a



knack for windsurfing. In the evening there was entertainment in the form of a music quiz and films, also a tent party and barbecue. All members thoroughly enjoyed the event that has been run for the last 5 years although there were a few minor mishaps, like Matt sinking in his Kayak and getting stung twice in the same night by a vindictive wasp in his sleeping bag (including in a very unfortunate place!). Next year the Multi Activity Committee are planning a change to the venue and format for this event.

Joe Gurney

Spitbank Fort Visit and BBQ

There was a good turnout for this mid August event, with approximately 30 people in attendance from several 18 Plus groups. We all met next to HMS Warrior in Portsmouth dockyard at 2:30 ready to embark on the boat taking us out to the fort. After a safety briefing and a quick stop at Gunwharf Quays to pick up a couple of passengers, we set out for the ten minute journey to the fort. Fortunately the sea was relatively calm, although disembarking from the boat onto the fort was temporarily delayed due to a sudden swell.

Once in the fort we enjoyed a guided tour, where we admired the massive (replica) guns and shells on display, and observed the 10cm thick steel armour plating that said shells were designed to penetrate. Fortunately for all concerned, the guns were never fired in anger!



We also explored the seemingly endless dark and rather damp corridors that honeycombed the interior of the fort, and then took in the fine views of Portsmouth & the Isle of Wight from the top. For those who were hungry or thirsty drinks and snacks could be bought from the little bar there.

All too soon it was time to return to the mainland. Once this had been done we all decamped to Chris & Alison Lincoln's house for a slap up BBQ which lasted well into the evening. We were blessed with a superb warm & sunny day, with barely a cloud in the sky. Roll on Fareham's next area event!

Adrian Partington
Fareham 18plus

(We're going to) Ibiza – National Holiday Review

Here we remember some of the finer moments of the 8th 18 Plus Holiday in Ibiza. We look back at Richard's cup of tea episode, Suzy and her belts, Joan being chatted up, and Lucy's sex on the beach!

Cup of Tea Please -
It was a fine Chinese meal, and the big round table at the back accommodated all 12 of us. But as we were ordering



Tom gets his coffee

beers, wines etc, Richard politely asked after a good old cup of tea. Now you normally get a Chinese tea after your meal, albeit without milk, but to our waitress this was such a bizarre request that she didn't serve him! We asked again - A CUP OF TEA PLEASE! but still no. By now half the table were requesting it on his

behalf. After about 20 minutes and 3 different waiters and waitresses it finally came - to a loud cheer. But not before they had asked 'hot or cold?'

Lucy on the Boat - You can't go to Ibiza and not visit the clubbing heaven San Antonio, so off we all went and took delight in a nice cruise around the San Antonio Bay, where we not only saw the second homes of famous celebrities, but were also filmed for Sky TV. Lucy got into the swing of things early with a Titanic like dance on the boat!

Suzy, the belts, bins and lamp posts - Until Thursday night Suzy had very much behaved herself, but all that was to change when I declined to share her bottle of wine, leaving her to drink the lot. But add 5 Harvey Wallbangers into the equation and before you know what's hit you; Suzy has your belt off! And the fun didn't

stop inside. After we had rescued the bin from the middle of the road, she took a liking to lamp posts performing her 'Sexy routine'. In the end Mike and I had to carry a couple of limbs each as we carried her upstairs to bed.



Boys and girls...

Night time in Ibiza - You could count on finding an 18 Plusser in either Charlie's Bar or the Karaoke bar on most nights. But on Thursday the Thomas Cook reps treated us to their speciality acts, which of course, we joined in. In fact, at the airport on the way home we all got personal hugs! I really do think they were sorry to see us go.

Mike almost missing the flight – It's always worrying when the plane takes off in a couple of hours, and you are in Chiswick! Such was the predicament of Mike (seen in the picture standing on one of Richard's favourite tables) which is why he drove at 105 mph to reach Gatwick on time.



Quotes of the Week

"New Pants Please" - Richard as the plane flew into unexpected turbulence

"Cup of Tea Please" - Richard J

"Sex on the Beach" - Lucy who received 6 of these vodka based drinks

"I haven't seen any jellyfish" - Tom, moments before I was painfully stung on the shoulder

"Spanish Waiter" - Lucy, in love with the sexy way he took our orders

"He's a farmer" - Joan, having been invited to spend romantic moments on a combine harvester

2006 Holiday Abroad - Details for September 2006 will be out soon. Watch this space!



Tom Seddon

P.S. Please send any photographs etc that you want to contribute to Tom Seddon at info@stevenageplus.co.uk

Hi all you fellow Plussers,

What can I say... Saturday 15th September, Lucy B and I both excited to face the most exciting holiday we would ever have experienced. But when we landed the next day, it rained (boo hoo), but we got to our accommodation, chatted to Lucy S and then went to bed. When we woke up it rained again (this is pigging me off), but me and the two Lucys decided to go and watch Liverpool v Man United in a bar (surprise surprise) after our meeting with the Reps and had a meal which was very nice. Came back and got ready for a good night out with the others ie Tom, Susie, and the rest of the gang. It was a laugh, saw a drag act and then there was a disco. Then we all went back to the accommodation all very merry, During the holiday, we had fun, laughter, a Titanic tribute from our Lucy S, Palm Trees and Belts (hi Susie), bathrooms (say no more), nasty staff from 1 restaurant, tables (hi Richard), etc etc etc. I shall not say anymore due to maybe embarrassing innocent parties ie me.

All I can say is it was a very enjoyable holiday and I am never going to forget this one in a hurry (hee hee). Many many thanks Tom and Susie and roll on next year.

Love Joanie xx

Mostly Closed

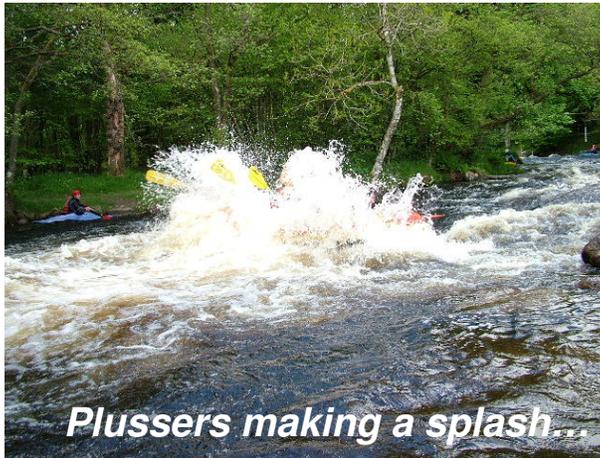
An alternative view of the White Water Rafting Weekend

Out on the westward bulge of a small insignificant land sits a lump of rock that shall form the basis for our article. The heroes of our story consist of a dozen Plussers from various backgrounds... sadly despite rumours to the contrary none had two heads and none were crowned galactic president, though one or two might have thought they were. The Southern Area 'White Water Rafting' experience will likely be far more ably related by another who did it, but here's my 'report'.

This intrepid third of our heroes arrived as the light was failing at the legendary place of Bettws-y-coed. Pre-warned by a phone call from the forward team organiser that said 'Bring a tent' and 'Book the hotel', we arrived at our 'final' destination. We were all booked to stay in a mountain hut about 400m up the beaten track from a posh hotel. Hmm... Okay I think 18 places gets round the fire regs by virtue of the fact that being made essentially of slate it won't burn, no matter how many gas bottles you surround the walls with or noxious gases introduced into non members' sleeping bags. I got the feeling we were already overbooked by virtue of the fact that the midges had taken over as the dominant life form in that neck of the woods, and were rapidly increasing in numbers upon the arrival of fresh food. All the others had long ago arrived and indeed abandoned this haven of sweaty socks and underwear for the drinking establishments below. *Reference Drink; Nobody is quite sure why the ape descendants of this planet get off on pouring copious amounts of the distillate of various seed grains and fruits down their throats, the best plausible suggestion to date has indeed been, why not!?*

Snowdon consisted of discovering the mountain train closed due to high winds, which amazingly

meant that due to the prevailing economic conditions the restaurant, cinema and gift shop also shut down and much to the chagrin of the climbers so did the restaurant and toilets up top. *Reference erosion; It is perhaps wise to always get a receipt for deposits made while up a mountain given the erosion caused by the many visitors annually, it is not yet policy at Snowdon to weigh climbers both before and after, surgically removing the equivalent weight difference and returning it to the environment, but it might be.*



The next day saw white water rafting for the advance bookers, and a pretty, out of place construction by the name of Portmerion for the rest. Here the sport of watching one's fellow humans get very wet is much recommended given the sand flats of the estuary are just that! The effects of the

planet's natural satellite can be observed literally by the second as the water rises visibly 'stranding' those having such a good time on the sand bar offshore. Given the warning signs about, it is a wonderful example of natural selection at work. Portmerion has kind of abandoned its claim to fame as 'The Prisoner was filmed here you know', and gone over to 'don't we look quaint'. As a reverse to the pervading entropy of the region many of the buildings are now actually residential and therefore closed to all but their residents.

Not for the first time the mobiles refused to communicate with each other so the hut party ended up with two BBQ purchases for that evening. We exited and stopped by Tesco's to find it closed, so no surprises there then. High altitude BBQ's notwithstanding, alternative eateries were sought... hmmm, well eateries that were open were full, some looked closed, given the lack of custom in evidence they likely were, or soon would be and others were obviously shut. So, we ended up at our hotel

again and had an hour wait in the queue for food, which I must add was very nice, but then pizzas always are. *Reference Pizza; It is a misconception that pizzas are always nice as certain parties' carbonised frisbees and meat laden vegetarian options can attest to this author's experience, but that's another story.*

Monday arrived and the third of our party in the author's transport was reunited for a ride on the Ffestinog Railway, or at least they would have been had the railway had anything like a working timetable. With the first train at 11:25 for a 2½ hour trip it wouldn't prove particularly conducive to returning home before 5pm. So we went to the beach nearby and ate an ice cream, discussed boats, and departed. We finally stopped at a Co-op and purchased sandwiches returning after a 610 mile journey around 5:15pm. After three days away slumming it...

well, 10 did, 2 sort of lived in the lap of luxury and missed out, or at least weren't back in time to see Dr. Who on the hotel rooms TV (what else was the £225 hotel bill for?). After introducing some artificial and inconsequential tension into the story line we can reveal that our hero's video recorder worked just fine while away... on this occasion. So after our update fact finding mission what can we boil the report down to?

Reference Wales... Mostly closed... (sorry guys but on the second bank holiday in May in excess of 75% of the businesses there for tourism and leisure we approached were closed - personal experience).

Adrian Barnard (picture from Jarrett Smith)



Congratulations



Solihull members Paul Tomblason & Claire Barrett tied the knot on 3rd September 2005 at St. Patrick's Church, Earlswood followed by a reception at The Kings Court Hotel, Alcester.

The following day they jetted off to the Rocky Mountains of Canada for their honeymoon. All of us at Solihull wish them all the best in their future life together.



Restructuring on the Web

There is now a page on the National Website devoted to Restructuring. This will enable members to obtain information and understand the issues that the NEC has discussed. Among the documents placed will be an up to date constitution and a document called Restructuring Overview. This document was prepared by Tony Burgess HLM outgoing NFO for the July NEC meeting. It seeks to highlight the conflicts and issues within Area Lead Option following professional advice from solicitors and accountants.

What can you do?

- ❖ Ensure your group budgets and participates in ANC 2006
- ❖ Read the documentation provided and discuss it with fellow members. If you have any professional skills that you can contribute, please volunteer them
- ❖ Recruit more members through publicising your groups

Francis Wallington

[The restructuring info can be found at www.18plus.org.uk/nec-meetings/restructuring – Ed]

The Business Page

It's an ANC, Jim, but not as we know it!

The transitional arrangements for the implementation of the Area Lead Option, as agreed by the NEC, will be as follows:

On the same weekend as the January 2006 NEC meeting, there will be held the Inaugural Meeting of a new "National Association of 18 Plus Areas", which will eventually form the new National Tier. The new Constitution of this National Association will be ratified and implemented at the Inaugural Meeting. Between the Inaugural Meeting and the ANC 2006, each Area will hold a Special Area Conference, in order to implement a new Area Constitution.

There will be an ANC 2006 after all – at which the NEC will propose two motions:

- Firstly – to transfer ownership of all the Federation's property (the Reserves, intellectual property rights, etc) to the new National Association; and
- Secondly – to close the "National Federation of 18 Plus Groups of Great Britain".

Thus, for a short while – from the January NEC meeting to the end of the transition period, there will be two bodies existing side by side – the old National Federation and the new National Association. Once the Federation is closed, Areas will remain members of the new National Association only.

Selected Questions

Q. What will happen to my membership?

A. As an individual, you will become a member of your Area, not of the National Federation. When each Area passes its new constitution, each Area will mutually recognise the validity of each others' members. Hence you will continue to be able to visit other Areas and attend National-scale events as before.

Q. Why isn't the new National Constitution being debated at the ANC?

A. By law, when a Club's Constitution is implemented for the first time, it must be voted

on by the Members of that Club. However, because the National Association will only have 6 members – i.e. the Areas – it is only the representatives of those 6 members who will be entitled to adopt the constitution of the National Association. Hence, the new National Constitution can be implemented by holding the Inaugural meeting of the National Association during the January 2006 NEC meeting.

Q. Why will Special Area Conferences be held?

A. Each Area must adopt a brand new constitution, so that it can assume its responsibilities under the Area Lead Option. Its new constitution will recognise the new National Association, so it can start dealing with it properly. Most importantly, without a new constitution, the Areas will not be empowered to collect individuals' membership fees!

Q. How will this affect individual groups?

A. Each Group will have to amend its own constitution, to replace the words "National Federation of Eighteen Plus Groups" etc to the name of its own Area ie. as far as the Group is concerned, it will be its Area which takes over the role formerly taken by the Federation. Otherwise, the Groups will be the least affected throughout the whole process.

Election of National Officers in the New Association

All National positions under the new National Association will be up for election, and the elections will take place at the January NEC meeting.

Joe Gurney
National Training Officer

[The above presents a summarised provisional view of the situation, and is subject to the professional advice of a solicitor to ensure it is legally compliant. For a full version of this article, including details on the nomination / election process for National Officers, please see the latest Gazette – Ed]

Party in the Park

Canvassing for the cause and a whole load of fun besides!

We woke up bright and early (well, didn't really wake and we didn't even look bright, but it was early) and drove to Oxford. Simon had organised us parking close to the park, which was great, but hard to find (told you we weren't bright and awake). Since everybody was already there, we walked to the park and saw the hundreds and hundreds of people queueing up at the entrance. Luckily all we had to do was phone Eddie and he came to collect us and told us where we could set up shop.



Richard gives Kirsty a lift

It was a nice hot sunny day and we had a great spot; water and toilets were near, as was shade and food on a small distance. We put up the gazebo (which was held in place by some strong men, who made sure we wouldn't have lift-off all day) and the rest of the stall. After a little drill speech about who, what, how and why we started chasing people who at least looked over 18 and under 36 by asking them if they wanted to take part in a free competition...

What information people are willing to share if they see the possibility of winning some free

chocolate and sweets... Names, DOB's, email addresses and phone numbers... Unbelievable (but right on the mark for us)!

While the music (or noise) was playing with Lemar, Fader, Girls Aloud, KT Tunstall, McFly, Texas, Chesney (the one and only) Hawkes and loads of others which I can't remember, we got 106 leads in the age range of 18-35 and 17 in the age range of >35 (yes, we do think bigger and Quest here!) for Oxford, Didcot, Banbury and Abingdon

(including one for Coventry, two for Reading and two for a London group).

Not bad for a day's work in the sun...

We're sorry that we missed the Multi Activity Weekend because of this publicity event, but by advertising ourselves as being a Multi Activity Club we got loads of interested people, who we will take with us next year to Ely!

Kirsty van Lieshout

Adrian Pembroke 1959 – 2005

It is with deep regret that I have to announce that one of Barking and Dagenham's long standing members passed away on Friday 23rd September – Adrian Pembroke.

Adrian had been a member of the group for a number of years and he only found out a few months ago that he had cancer.

A book of remembrance was available for people to sign at Barking and Dagenham's venue which will be passed onto his family at a

later date.

Anyone wishing to know more details please contact me.

With heavy heart
Richard Leach
Barking and Dagenham 18plus Chairman

[Please accept my condolences as well, on behalf of Plus News – Ed]

Going Dutch....

If you thought this article may have something to do with the country of Holland, you would be wrong!

However what you are about to read does have some very loose connection with Holland even though the Havering 18 plus group did not leave the country, not even the concrete jungle of Havering.

Yes you've guessed it, because as part of our cultured events programme, the group had a day out at Upminster windmill. Fair enough it probably wasn't the social highlight of the programme but surprisingly this was not a bad day out and a chance to see local history that has not been turned into another housing development or shopping mall.

The group was taken to the very top of the mill where the original machinery is still there. After 200 years the mechanisms do show a few signs of woodworm and not surprisingly it was not working.

We were then taken down stairs to view the stones that would have grinded the wheat to make a flour and bran mixture as well as being shown how the two would have then been separated 200 years ago.

The mill has now closed for this year however if anyone is interested they are re-opening for tours next year, so that they can raise funds to restore the mill and get it working once again.

Stephen Gibbs
Havering 18 plus

Other Forthcoming Events 2005 - 06



Fri 4 th – Mon 7 th Nov	National: Weekend at Sunny Hunstanton
Sun 13 th Nov	Midland: Pool Competition, Suzi Q's, Coventry
Sun 13 th Nov	Southern: Area Council Meeting / Ten Pin Bowling, Basingstoke
Sun 13 th Nov	East Anglia: Area Conference, The Crown, 260 London Road, Romford
Sun 13 th Nov	Northern: Area Conference, O'Neills, Great George Street, Leeds
Sat 19 th Nov	Midland: Area Conference & Dance, Hagley Golf & Country Club, Stourbridge
Sun 20 th Nov	East Anglia: RGT Ten Pin Bowling, Dagenham Bowling, Dagenham
Sun 27 th Nov	Northern: "War of the Roses" Competition
Fri 25 th – Mon 28 th Nov	Southern: Centre Parcs, Elveden
Sat 3 rd Dec	East Anglia: Rainham Christmas Festival, Royals Youth Centre, Rainham
Sat 3 rd Dec	Southern: Area Chess, Didcot
Sat 10 th Dec	Northern: Christmas Disco, The Stanley Arms, Lee Moor Road, Wakefield
Sat 10 th Dec	Southern: Christmas Meal, Anton Arms, Salisbury Road, Andover
Sat 17 th Dec	Midland: Christmas Dance
Sat 7 th Jan 2006	North Thames & Chiltern: Barnet Dance, Golden Lion, London Colney
Sat 14 th – Sat 21 st Jan	National: Skiing holiday, Bulgaria
Sat 28 th – Sun 29 th Jan	National: NEC Meeting, Newent. Check with your Area Chair before attending
Sat 4 th Feb	East Anglia: Romford Disco, venue as for Havering's 40 th (see P3)
Fri 24 th – Sun 26 th Mar	National: Brean Sands, Weston-Super-Mare
Sat 22 nd – Sun 23 rd Apr	National: Annual National Conference, Coventry
Fri 28 th Apr – Mon 1 st May	National: 18 Plus Outdoor Pursuits
Fri 26 th – Mon 29 th May	National: Now Get Out of That

More information on these and other events may be found on the World Wide Web at www.18plus.org.uk

PLUS NEWS is edited by Ian Crawshaw. Please email articles, programmes and comments to him at plusnews@18plus.org.uk or 17 Maurier Close, Northolt, Middlesex UB5 5JY. Please note that pictures can only be used if sent electronically and are of sufficiently high quality. The articles herein do not necessarily represent the opinion of the Editor, Plus News, or the National Federation of Eighteen Plus.

National Federation of Eighteen Plus Groups, 8-10 Church Street Chambers, Church St, Newent, Glos. GL18 1PP Tel: (01531) 821210