

THE POSH PAPER



SHINE ON BRIGHTON

POSH BECCA TAKES
A SIDEWAYS LOOK AT
LOCKDOWN NEWS IN
BRIGHTON AND HOVE.

ROCKERY 'N' ROLL



**WARBLING WALLFLOWER,
OBVIOUSLY ELVIS,
SERENADES SENIORS
FROM THE SAFETY OF
THE SHRUBBERY.**

The Posh Club team took The King on a whirlwind one day tour of Brighton and Hove. Treating some of our isolated elders to a taste of Posh Club magic with a difference, and some distance. Here in Withdean our lavender menace melted Pat and Reg's hearts and wilted in a polyester jumpsuit in temperatures in excess of 28°.

With everyone keeping a two meter distance from his blue suede shoes he belted out classic hits, this was a performance to remember. A bit like the 1968 comeback performance but outside and with scones.

Full story inside



DID YOU SEE POSH CLUB TELEVISION?

It's not too late to watch our internet TV shows PC*TV. Four live shows recorded in Hastings, London, Brighton and Crawley. Hosted by our resident pretty boy in a bow tie, Dicky from Duckie. Go to theposhclub.co.uk on your computer, phone or tablet to catchup.

BECCA'S BEGINNING BIT

Dear Brighton Posh Clubbers

I am thrilled to present to you the first Brighton Posh Paper!

The following pages have been put together by our wonderful volunteers, who have spent the last few weeks writing articles, interviewing performers and taking photos. They have gone from serving scones and pouring champagne to becoming high-class newspaper editors! It has been great to see their contributions and I hope you will enjoy reading them too.

The last few months have been a challenging time but when I feel down, I think of how much fun we will have and how much happiness we will share when The Posh Club opens again.

We all miss The Posh Club and you, our lovely guests, but making this paper has brought us all some joy and I am excited to share it with you.

Now, sit back with a cuppa (or something stronger!), grab a slice of your favourite cake and enjoy!

Becca - Landlady Brighton

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OH NO, SHE SCONE!

Volunteer Joey Kidnaps 88-year-old Posh Club Guest

Regular Posh Club Volunteer, Joey Clark, got questioned by the police recently for taking her neighbour out for the day and causing a wild panic. Joey, who has lived in Southwick for 22 years, is great friends with her 88-year-old neighbour and they attended The Posh Club together before the lockdown.

As Dorothy had not left the house for 5 months, Joey offered to take her out on a jaunt for afternoon tea in the countryside. Dorothy leapt at the chance and a date was arranged. Unfortunately, nobody else knew about their plans and so when a friend of Dorothy's made her daily phone call and she didn't answer, she called the police! The police went to check on Dorothy, but they couldn't see any sign of her, which caused even more alarm.

Eventually, as Joey was known to be a good friend and neighbour, the police called her to ask if she had seen Dorothy. Joey admitted that she was with her and that they had just enjoyed a delightful cream tea.

They both returned home immediately to find the house surrounded by police! Everyone had a good laugh and they have promised to let everyone know next time that they decide to venture off in search of tea and scones.



Joey (centre)

WHAT'S INSIDE

2. WELCOME / JOEY CLARK

3 - AGONY AUNT / HOUSEHOLD TIP

4 - CRAFT WITH CLASS / BECKY IBRAHAM

5 - DAME VERA LYNN

6 - POSH HOROSCOPES / SEAFRONT GOSSIP

7 - IDA BARR / QUARANTINI CORNER

8 - COCO DEVILLE

9 - COUNT RALPH / WHAT'S ON / POSH MOVES

10 - ELVIS LIVE

11 - DAISY'S HATCH / MARIANNE STONE / BETTY SANDERS

12 - POSH PETS

13 - POSH CLUB TELEVISION

14 - ALFIE ORDINARY / NATALIE COLLINS & HELEN SANDLER /
JUDY BENNET

15. THE REGENT BALLROOM

16 - JEANETTE NORTON-MAZZIER / ANDREW FARR



Supported using public funding by
ARTS COUNCIL
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DUCKIE

AGONY AUNT

Norma Lea Lucid answers
your questions with some help
from volunteer Rachel Adler.



Dear Norma Lea Lucid

I lost my husband 5 years ago and being in my twilight years and quite happy on my own, I never thought I'd be interested in meeting anyone else. However, since lockdown I have realised that life is too short and I would love to try and meet a companion for days out and the odd trip away. I have good friends and participate in some social clubs, but I don't know how else to try and meet people. Please can you give me some advice?

Jean, Hove

Dear Jean

Thank you for your letter, lockdown has been a funny old experience, eh? I don't think we'll ever be the same again. Finding companionship sounds like an excellent idea, but as you've discovered, turning dreams into reality isn't always easy.

Back in my day we would get our gladraggs on, head to the local dancehall and have a ball! Nowadays it isn't quite so straightforward. Social clubs are a good start – you never know who you might meet and your friends will have other friends they can introduce you to. There's no shame at all in being upfront and clear about what you're looking for and asking for help to find it! It's also tempting to use one of the myriad of internet dating options...be warned though, not everyone is who they say they are when hiding behind a computer screen. I'm not ashamed to say I'm a bit old-fashioned when it comes to romance and prefer to be wooed in person rather than by email!

However, you choose to find that special someone, remember not to hide your light under a bushel. Be brave! Be fabulous! You never know who you might meet.

All the best
Norma Lea Lucid

Dear Norma Lea Lucid

I love dancing but my wife is not so keen. I want to start dance classes and I'd love my wife to join me as the thought of dancing with her fills me with joy. My wife absolutely refuses and says she couldn't think of anything worse! This distresses me, not only because we can't dance together but because she has made me feel unimportant and that my needs don't matter. She has told me to go and do dance classes on my own, but I'm not sure if it would be upsetting going along on my own and wishing she was there. What do you think I should do?

Vince, Seaford

Dear Vince

Ooooo...that is a tricky one! I am firmly of the opinion that couples need to do some things separately, as much as they need to do them together. Whilst I can understand that it's upsetting that she doesn't want to join you in tripping the light fantastic, don't be disheartened. I think you should go to dancing lessons (unpartnered men are like gold dust, trust me, I speak from experience) and at the same time also find something new that both you and your wife want to do together. Who knows, maybe when she sees you cutting up a rug on The Posh Club dancefloor she'll decide she does fancy it after all – there are few things more attractive than watching your partner having fun doing something they enjoy! And remember...keeeeeeeeeeeep dancing!

Good luck!
Norma Lea Lucid

Dear Norma Lea Lucid

During lock down I have got to know some of my lovely neighbours very well. They have been so helpful, picking up my medication, buying me essentials at the shop and popping over to check on me. It really has got me through a very difficult time! I would like to repay them in some way, to say thank you. What would you suggest as a nice gesture, there are about 6 people in total and I don't have much to spend?

Maggy, Brighton

Dear Maggy

Absolutely the best thing that has come out of these crazy times is the way people have pulled together and helped each other out. We are often told that the world is a cold, unfriendly place, but, as you have discovered, that is simply not true. Your neighbours sound like absolute stars and I think it's lovely that you would like to repay their kindness somehow. I don't know about you, but I always appreciate something homemade much more than anything expensive. Can you bake? Or sew? Or knit? If you have a garden, then homegrown flowers or plant cuttings are a fabulous gift. And who can resist homemade biscuits or fudge? There's plenty of time before winter to knit some colourful scarves. It doesn't even have to be a gift – a lovely handwritten note or card is such a rarity these days, that it is sure to be treasured. I hope that with the help of your neighbours you keep well and that even as we return to 'normal' we keep this wonderful community spirit for a long time to come.

Lots of love
Norma Lea Lucid

Dear Norma Lea Lucid

Lockdown has left me feeling a bit down and lonely, it has also made me feel very deflated with seeing what the world has become over the last few years. I feel a bit lost and it's made me realise that I don't have many close friends anymore. How can I cheer myself up and have a more active life when everything gets back to normal?

Mr. Reed, Kemp Town

Dear Mr. Reed

I don't know a single person who hasn't felt down in the past few months, so know that you are not alone. I would also say, why wait? Since it might be a while before we get back to normal, why not look at other ways cheer yourself up. Maybe take up a new hobby or, if you are taking a daily walk, vary your route and explore your neighbourhood. If you're computer-savvy there are all kinds of online courses and events you can join in with. There's even The Posh Club Live on Facebook every week, which is great fun. I think the one thing lockdown has taught me is 'Carpe Diem', or 'Seize the Day' – we can't wait for life as we knew it to resume, we have to live now, even if it's a bit different to what we are used to. And when we can all get together again, we are going to enjoy our time together even more. After COVID-19, The Posh Club is going to be even more glorious, and we all look forward to seeing you there.

Best wishes
Norma Lea Lucid

HOUSEHOLD TIP

by Karen Belton

What Clings When Cling Film Doesn't?
A plastic shower hat of course.

Put those freebie shower hats to good use on bowls of salad, plates of leftovers and even the Christmas sherry trifle.

Easy to wash in hot soapy water and reuse, so it's eco-friendly too.



CRAFT WITH CLASS

by Sian Harry

Using a sheet of paper, a pair of scissors, a pin and some scarlet opera gloves (optional), make this beautiful bow to decorate that perfectly wrapped Posh Club Mug.



CAPTION KAREN COMPETITION

Send your answers on a postcard to:

The Posh Club Brighton
c/o 16 Cambridge Road,
Hove, BN3 1DF

You could win a solid ceramic Posh Club mug



SPOTLIGHT ON BECKY IBRAHAM

Volunteer in Brighton

1. Favourite sandwich

I like a cucumber sandwich cut into triangles, crustless of course, because they seem very regal.

2. Favourite song

The music is fantastic at The Posh Club, but I really like when the guests all sing along to 'Sweet Caroline' by Neil Diamond.

3. Best tipple

I love a classic Bellini.

Greatest Posh Club moment

Too many moments to choose from, I love having a good dance with the guests at the end of a fantastic afternoon.

Poshest accessory

My high heeled shoes with pom pom's on. Only at The Posh Club can I get dressed up to the nines at 12 in the afternoon.

Top tip for a happy life

Be kind and drink gin and tonic.

OLD JOKES HOME

Q: What's green and sings?

A: Elvis Parsley

Q: What is a quark?

A: The noise a posh duck makes

Q: What starts with T, has T in it and ends with T?

A: A teapot

Q: What drink brings you down to earth?

A: Gravi-tea



Becky (left)

THERE IS NOTHING LIKE A DAME

A CUP OF TEA WITH DAME VERA LYNN

By Joey Clark



In 2004 I was assigned by my Editor at the time author David Arnold, to interview Dame Vera Lynn for his book *Sixty Years On, stories from 1944-45* of ordinary men and women caught up in extraordinary times. Through that interview we reunited Dame Vera with 3 war veterans from Burma at a concert called *We'll Meet Again* held at Glynde, East Sussex.

Dame Vera welcomed me into her Sussex home, and brought in a tray of afternoon tea for us. As we chatted, I admired her impressive array of awards for a lifetime of singing achievements.

Vera said she first sang in public aged 7. 'In my teens, I auditioned as a Big Band Singer for Billy Cotton,' she said, 'but he sent me home after a week. Nor did I get the job with fellow big band leader Henry Hall. Finally, Bert Ambrose was persuaded to take me on and gradually gave me more and more to do'.

'That was how I met my husband Harry. We were playing the Kilburn Empire when the war started. The band all went to Uxbridge to join up not expecting to be sent into the RAF with immediate effect. They had to give Ambrose their weeks' notice, which influenced my decision to go solo. The boys played together in the famous RAF Band The Squadronaires'.

I remember us all playing with the Joe Loss Band, for a broadcast with Glenn Miller' and working on the variety show *Applesauce*. 'I drove myself in my Austin, from my home in Barking to the Theatre through what was known as bomb alley, because of the bombing of the East End Docks. One day I arrived at The Holborn Empire to find an unexploded bomb had dropped on the stage. It was just as well we couldn't continue with the show, as the theatre later received a direct hit and this time the bomb exploded!

My mum used to really worry about me, but I continued visiting hospitals and camps. I began doing radio shows including *ITMA*, *Music While You Work*, and *Workers Playtime*. *The Forces Programme* began in 1940, and they gave me a half hour request spot, which became very popular. I named it *Sincerely Yours*. I began singing *We'll Meet Again* which I had sung years before with Ambrose, but somehow the sentiment seemed so right for the times'.

I asked Dame Vera about her decision to join Entertainments National Service Association or ENSA. 'Yes Every Night Something Awful' she laughed. I knew the Middle East and



"It was just as well we couldn't continue with the show, as the theatre later received a direct hit and this time the bomb exploded!"

Italy were doing well for entertainers and asked to go somewhere not many entertainers got to. The next thing I knew I was having my injections, was fitted for a uniform and whisked off to the Far East and Burma.

The intense heat and flies were constant. I would turn up at my destination, just me, a driver, and a pianist. I would watch the soldiers walk out of the jungle, sit with their rifles throughout the concert, then disappear back into the jungle at the end. One of the most expensive stages I ever sang on was constructed using crates containing six Spitfire engines and covered with parachute silk'.



Dame Vera survived Burma and the Far East to return safely home. Vera and Harry moved to Sussex and their daughter Virginia was born in 1946. Over the course of her career Vera starred in 3 films, released hit records, toured and hosted her own TV show.

In 1952, Vera became the first artist to top the charts in the United States with her record *Auf Wiederseh'n Sweetheart*. She was awarded The Burma Star, an OBE and later appointed a Dame. In 2017, at the age of 100, following the release of her compilation album *Vera Lynn 100*, she became the Best Selling Female Artist of the Year.

Dame Vera died in June 2020 aged 103, remembered by so many whose lives she touched. With the VE day celebrations this year and the experiences of our Posh Club community in lockdown, her refrain of *We'll Meet Again* resonates once again. Thank you for the music, Dame Vera Margaret Lynn.



POSH HOROSCOPES

by Clare Voyant

Aries

20 March-20 April



You're ready to listen and learn to make a partnership work. A hobnob will always crumble if you dip it in your cuppa for too long. Single? A solo song turns into a duet.

Cancer

21 June-23 July



A visit to a garden centre teashop plants the seeds of a new friendship or romance. Destiny favours the letter P.

Libra

23 September-23 October



Family members might clash, but you'll find it easy to smooth over any conflict. As the justice sign of the zodiac, you know it takes two to tango. Destiny sings a song from a musical.

Capricorn

22 December-20 January



As a cautious Capricorn, this is the perfect time to discover a little uncertainty can add excitement to the ride. Maybe go for a custard cream rather than the usual rich tea?

Taurus

20 April-21 May



Music from your past sounds the beginning of a new chapter. Like Sintra, you want to do things 'My way'. Don't let other people make you dance to their tune.

Leo

23 July-23 August



Laughter is the tonic you need, Leo. Lions need to roar. Watch your favourite comedy or call your funniest friend. A lucky win is the icing on the cake.

Scorpio

23 October-22 November



Venus brings glitz and glamour to your chart today. Dress to impress and your feathers will tickle someone's fancy. Luck signs an autograph.

Aquarius

20 January-18 February



The moon brings your intellect to the fore. Books, talks and new ideas inspire you. As an Aquarian, you are ruled by Uranus. Don't listen to anyone spouting hot air.

Gemini

21 May-21 June



Your chart highlights practical matters. A revamp of your living quarters will shake the moths out of your drawers. Luck comes in the shape of a doughnut.

Virgo

23 August-23 September



Variety is the spice of life. Try a new recipe, pick up a book you've never read, or wear your clothes back to front. An old pal may waltz into your life with a surprise.

Sagittarius

22 November-22 December



You have a reputation as a bit of a fruitcake, but you're brimming with creativity and passion. Tackle that art project that's gathering dust and make hay while the sun shines.

Pisces

18 February-20 March



Your chart sings a musical note – whether that's a sing-along, a twirl around the living room or dusting off that Kazoo and upsetting the neighbours. If they complain, make tea not war.



SEA FRONT GOSSIP

Dolphins

Was anyone lucky enough to see the pod of six dolphins swimming off Shoreham beach? The beautiful creatures played and circled around a group of paddleboarders before heading west. What a fabulous sight that must have been.

Another Brick in the Wall

Pink Floyd Guitarist Dave Gilmore and his wife, the novelist Polly Sampson, will soon be finishing their wonderful new house on Hove seafront next to Morrocco's. The building replaces the original Victorian Medina House which formerly housed a laundry and women's baths.

The building has received much praise for the design which takes much architectural reference from its predecessor. I can't wait to see it when it is finished. It looks stunning.

Mods and Rockers

Remember in the 60's when rival biking groups, the mods and the rockers, would descend on Brighton seafront to clash and fight on Madeira Drive? This was the famous setting of The Who musical *Quadrophenia*. Scooters and motorcycles everywhere – with deckchairs flying through the air!

Brighton and Hove City Council closed Madeira Drive to traffic during the COVID-19 lockdown to give residents more outdoor space to exercise. They are now considering keeping the road permanently closed.

Following this controversial closure, the opposing factions have joined forces (who would have thought!) to try and persuade Brighton and Hove City Council to reopen it. The council will be debating various options for its future in the next few weeks.

SPOTLIGHT ON IDA BARR

Music Hall Artiste

1. Early Riser or Late Nighter?

I'm old darlin', I don't hardly need no sleep. Mad world innit? When I was young and as busy as a bee on a hot summer's day, I needed a lot of sleep. Now I'm time-rich, as my social-worker says, I can manage on a couple of hours.

2. Who is your Celebrity Crush?

Nye Bevan

3. What Super Power do you wish you had?

A fully functioning immune system

4. What makes you happiest?

A sing-song, and also piccalilli

5. Favourite colour socks?

Nude (in a pop sock)



6. What are you looking forward to?

The last question

7. Ideal holiday destination?

Monte Carlo, August, 1931.

Don't ask - my lips are sealed.

8. If you were a biscuit what would you be?

A Jammie Dodger. Luck is the essential part of a long and fulfilling life, but most people like to think they did it all on talent and hard work. It's about being lucky, kids.

9. What is your most annoying habit?

I honestly couldn't say. You'd better ask my Home Help.

10. What do you love about The Posh Club?

The willingness to partake in a sing-song at the drop of a hat. And tea out of a proper cup. I'm too old to embrace a mug.

11. What's the best piece of advice you've ever been given?

If you don't know where to go - stand still. (Unless you've just got off the bus, in which case, clear the pavement immediately)

QUARANTINI QUARTER

by Judy Bennet

Well my dears, after many days of staying in being the new going out, lockdown is starting to ease a little. Hurrah to this, although many of you may be taking a slowly slowly approach to getting out and about.

One thing which can be guaranteed to keep our spirits up during this time is to make yourself a lovely Quariniti.

Quarantinis are the cocktails that you drink at home to cheer yourself up. Made with whatever you find in the back of the cupboard, this idea has captured people's imaginations and you only have to put the hashtag #Quarantini online to see just how many varieties there are.

My Quarantini this summer is sticking to the basic things you might have to hand. It's also healthy - honey and lemon are known to boost your immune system.

BUSY BEE POSH MARTINI

INGREDIENTS

1 measure of vodka (or gin)

Juice from half a lemon

Tablespoon of honey

Tablespoon of water

METHOD

1. Combine the honey and water and place in a microwaveable bowl. Microwave for a few seconds to make a sugar syrup. Allow to cool.

2. Put the spirit, honey mixture and lemon juice into a cocktail shaker and shake. Add ice if you like.

3. Strain into the Poshest glass you have and garnish with a bit of lemon peel.

4. Drink, enjoy and repeat!



NOTHING COMPERES TO YOU

Posh volunteer Joey Clark interviews the brighton posh club's compere Coco Deville

Joey: Hi Coco, thank you for your time. How and at what age did you find you had a gift as a performer or felt you wanted to perform?

Coco: Well, I first found my love of dancing when I was a toddler and I used to go to Carnival with my family. Coming from West Indian heritage, seeing all the costumes, live music and happy people from all walks of life dancing together, from a young age, was wonderful. From there, I knew that somehow I wanted to be a part of this - supporting people to let go of their cares and celebrate life. I never let that dream go and here we are!

Joey: Were any of your family musical too?

Coco: My dad used to be in a band with my uncle and my mother had a huge love of disco, so funky music was a default in my home growing up.

Joey: Who inspires you as a performer?

Coco: I've always adored classic, glamorous yet empowered starlets such as like, Josephine Baker, Mae West and Eartha Kitt. Their balance of beauty, brains and wit is timeless and they kept true to themselves despite social obstacles.

Joey: Live performance is a notoriously risky business – have you had any disasters or surprises during a gig?

Coco: I remember once on stage, I was performing a graceful and elegant burlesque fan dance and my heel snapped clean off. It had an ankle buckle strap and was flapping around so couldn't hide it. I had to stop my show take it off and carried on with a limp. The audience gave me a huge round of applause for continuing, but 'the show must go on!' as they say

Joey: You went to Dartington. (Institute for Performing Arts) achieving a BA Hons Degree in Contemporary Theatre and Choreography. How did that experience help you?

Coco: It helped me to think outside the box and find beauty and inspiration in the smallest of moments in life. Art is everywhere.

Joey: At what point in your career did you choose Burlesque or did it choose you?

Coco: Burlesque certainly chose me. Feminist theatre was my passion and I adore



vintage glamour so found my home in this cabaret art form.

Joey: You are now a firm favourite with The Posh Club guests and volunteers as our gorgeous, velvet voiced compere. How would you describe The Posh Club to others?

Coco: The Posh Club is a fabulous place to make new friends and enjoy theatrical magic with existing chums. You never know what you'll see on the stage, so there'll be something to talk about for weeks on end and new memories to be made.

Joey: Your outfits are always beautiful and a feast for the eyes. How do you create your unique look?

Coco: I'm such a magpie. I adore sparkle! I've found most people have an inner glamour puss, owning pieces saved for that special occasion but why wait?! The Posh Club is the best place to dress up. If a garment makes you feel happy on the inside, then it radiates on the outside.

Joey: What music do you like?

Coco: Wowzers, hard to choose! I have such eclectic taste depending on my mood. But my default is jazz and blues such as Big Mama Thornton and Billie Holiday. Such power and soul. I try and see live shows as

often as I can. I'll never forget seeing Grace Jones, effortlessly hula hooping, covered in body paint in a wild headdress, that women can command the stage!

Joey: When you are not performing, how do you relax?

Coco: I meditate. In my hectic life on the road I try and find moments of calm and stillness.

Joey: Do you have a message for our Posh Club readers?

Coco: Keep being positive, keep being playful, keep being Posh!

Joey: How did you start at The Posh Club?

Coco: My journey and beautiful relationship with The Posh Club started when I did a burlesque turn at Ralli Hall. One day I'll grace the stage with the feathers again but let's see when that will be.

Joey: Where is your favourite place to perform?

Coco: I give 110% to every crowd regardless of size or location. However, I do relish performing in Berlin, the cabaret capital of the world. As an artist it's wonderful to share the historical energy of performers that paved the way.



IN MEMORY OF COUNT RALPH

by Posh Becca

Many of our guests in Brighton will remember the wonderful character Ralph Harvey who came to The Posh Club every week. Sadly, Ralph became very ill in February and passed away in May at the age of 91. He will be greatly missed by everyone at The Posh Club.

Ralph had quite a fantastic life. When I first met him at The Posh Club and he told me some of his stories, I was unsure whether they could possibly be true, but I quickly came to find out that they were.

Ralph served in the RAF and was based in Yemen in 1948 where he learnt Arabic and became an interpreter. Following this he had many weird and wonderful jobs including being a stuntman that specialised in jousting, an escapologist nicknamed 'Reading's Houdini', a private investigator and a Captain Mainwaring impersonator.

He was a prolific author and specialised in writing about witchcraft and the occult. He also wrote a few wink wink, nudge nudge novels, one of which he gifted to me and I have to say, it is rather racy!

Ralph was also a pagan high priest, was respected by pagans across the globe and had a Pagan service at his funeral in June 2019.

We will miss Ralph so much, he was such a lovely character and a real charmer.

WHAT'S ON!

By Sian Harry

COVID-19 has had a big impact on all of us. For many people, it's been isolating and frightening but there is help out there. We have compiled a quick list of organisations and contacts that can help you throughout the next few months if you need a hand.

AGE UK

Age UK offer information, advice and guidance, telephone befriending and doorstep activities such as delivering meals, groceries or medication or activities to do at home to pass the time.

Age UK Brighton can be contacted on telephone: **01273 720603**
email: **brighton.info@ageukwsbh.org.uk**

The Age UK National Advice Line
0800 678 1602. Lines are open 8am to 7pm.

GET ONLINE AT HOME

Whilst social distancing or shielding it's important to keep in touch with family and friends. If you have access to a computer there are apps such as FaceTime, Skype or Zoom, which you can use to make video calls and email is a great and instant way to keep in touch. If you aren't currently online but would like some help to start using the internet, you can call 03719 100 100 to speak to someone from Get Online at Home.

HOP 50+

Hop 50+ offer a whole range of fun activities, over the online video service Zoom. These include exercising, dancing and music discussion. Hop 50+ also produce weekly activity packs and are available for a chat by calling **01273 729603** or search for **Hop 50** in your internet browser

AGEING WELL

Ageing Well lists a whole range of services for older people and is the central point of contact for many local charities and service. You can call them for a chat on **07770 061 072** or go to their website by typing **www.ageingwellbh.org** into the search bar of the internet browser of your computer.

PHONE SUPPORT LINES

If you are feeling isolated and would like to talk to someone on the phone, the following organisations offer a phone support service.

LGBTQ+ SWITCHBOARD

This is a phone support line for people identifying as Lesbian, Gay, Bisexual, Transgender, Queer or Questioning. Call **01273 204 050** for a friendly ear.

INDEPENDENT AGE

Independent Age offers a telephone befriending service – call **0800 319 6789** if you would like to be put in contact with a befriender.

THE SILVER LINE

The Silver Line is a free, confidential 24-hour helpline providing friendship, advice and information. Call **0800 4 70 80 90** if you would like to access their services.

POSH MOVES

by Nicole Barrons

At the Posh Club we know how important it is to have great music to listen and dance to. Music can have such a positive effect on our wellbeing and dancing is great exercise too. We are really missing dancing with you.

As someone who loves to dance to a variety of styles it is almost impossible to select just 5 top dance tunes. So I've narrowed it down to music from the 50s, 60s and 70s. There is so much great music from this era you could easily find at least 5 great songs from each decade.

For me the songs below are all 'feel good' songs that make me want to tap my feet and get up and move.

Why not look them up and see if you find yourself dancing too!

1. 1957 Reet Petite – by Jacki Wilson for a jive
2. 1958 Tequila – by The Champs for some Latin moves!
3. 1965 Dancing In The Street – by Martha Reeves and The Vandellas
4. 1978 Le Freak – by Chic for some disco
5. 1978 Blame it on the Boogie – The Jackson 5

"Keeee.....eeeeeeep dancing"

ELVIS LIVE ON YOUR DOORSTEP

By Posh Becca

On a sunny Monday in August, The Posh Club Brighton team set off on an exclusive doorstep tour with the man himself - Obviously Elvis. Armed with Hove's finest bubbly, sweet treats courtesy of Monsieur Kipling, a red carpet and a camera, we squeezed ourselves into volunteer Joey's supercar, Hogeys the Honda Jazz, and set off. On our whistle stop tour we visited Pat & Reg in Withdean, Geoff & Shirley in Saltdean, Vera & co in Rottingdean, Ruth in Hove and Irene & co in central Brighton.

At each stop we rolled out the red carpet, cracked open the bottles of bubbly whilst Elvis serenaded the guests with a few songs such as *Fever*, *Blue Suede Shoes*, *Return to Sender* & *Teddy Bear*. We had posh gold champagne flutes, retro flower paper plates and we got to showcase our brand new vintage tea trolley, which was purchased especially for the occasion!

Seeing some of our guests again was heartwarming, and a great time was had by all. The bubbly corks were flying and one even landed on the roof of Ruth's house! By the end of the day our feet ached from dancing, our cheeks hurt from smiling, our make-up had run down our faces but the amount of fun everyone had had was just indescribable, big smiles all round!

Simon and Becca enjoyed busting out some of their best moves, Daisy was the hostess with the mostest, Joey was chauffeur and cameraman and Obviously Elvis was our high-profile, A-List performer.

We are planning some more doorstep visits soon; if you'd like us to come to you then please get in touch with Becca on 07703192596 becca@theposhclub.co.uk and we will add you onto the waiting list.



DAISY'S HATCH

Hello Posh Clubbers and welcome to Miss Daisy's Hatch
The place to come for Posh recipes, tips and more...
My motto is 'A little bit of what you fancy does you good'

RECIPE

Miss Daisy's Famous Buttermilk Scones
(Makes 12)

350g/12oz self-raising flour

100g/40z caster sugar

85g/30z butter

175ml/6floz buttermilk (or natural low fat yoghurt)

Whipped cream and strawberry jam to serve

1. Preheat the oven to 200c/gas 6/fan 180c. Mix together the flour and sugar in a bowl. Rub the butter in with your fingertips until the mixture resembles fine breadcrumbs. Make a well in the centre of the ingredients and tip in the buttermilk, all in one go, mix lightly to form a soft dough.

2. Tip the dough out onto a lightly floured surface and knead briefly. Press the dough out to approx. 2.5cm/1" thickness, then stamp 5cm/2" rounds with a cutter. Gather up the trimmings, knead briefly and stamp out more.

3. Transfer the buttermilk scones to a baking sheet, spaced a little apart, and bake for 12-15 minutes until risen and light golden.

4. Leave the scones to cool on a wire rack and serve with jam and whipped cream.
Mmmmmm and remember, it's jam first! Happy Baking

JOKE

Which rock star is always welcome in Daisy's kitchen?

Elton Scone

TIPS

Two cheap, cheerful and chemical-free ways to keep your kitchen clean, sparkly and ultimately POSH

1. White vinegar. It's as cheap as chips, a fraction of the price of your branded kitchen cleaners which are 29p for over 500ml at Asda at the moment. It cleans like a pro, and it shines up your taps and mirrors a treat too. What's not to like?

2. Not sure how to get your microwave clean and sparkly the natural way? Pop a (heat proof) cup of water with half a lemon and its juice in the microwave on a high setting for a minute or two. Leave the mixture in the microwave with the door closed for five minutes to let the steam do its work. Maybe pour yourself a cuppa or have a bit of a dance. Then simply wipe down with a cloth. Fabulous! Now you won't be embarrassed if Elton Scone pops round.

Stay fabulous, keep dancing and see you next time. Please send any kitchen top tips, favourite recipes or kitchen jokes to:
daisy@theposhclub.co.uk



SPOTLIGHT ON MARIANNE STONE

Volunteer in Brighton

1. Favourite sandwich

Smoked salmon & cream cheese. Ideally in a bagel from the Brick Lane Beigel Bake. With their cheesecake for afters. But not their tea or coffee.

2. Favourite song

Diamonds & Rust by Joan Baez.

3. Best Tipple

Advocaat.

4. Greatest Posh Club moment

My first (and only so far) Cake Dance. Even though I lost the pavlova within 3 seconds.

5. Poshest accessory

An amazing bracelet with green & amber colour Swarovski crystals.

6. Tip for a happy life

Don't sweat the small stuff. Easier said than done for a master over thinker like me. But we can only try.

POSH PARTY

Happy Birthday to Brighton guest Betty Sanders, who celebrated by recreating The Posh Club in her back garden.



POSH PETS

We asked our volunteers to show us their furballs and scaley things in all of their finery

This is CaTiger and Boo, they live with volunteer Miranda Radmall

Name: CaTiger

Species: Cat

Age: 6

Favourite titbit: Fish fingers

Worst habit: Bringing in small live animals as gifts and expecting praise

Wearing: Bows and pink ribbon from the fancy aisle in John Lewis

Name: Boo

Species: Bunny

Age: 7

Favourite titbit: Corn on the cob

Worst habit: Chasing CaTiger

Wearing: Sparkly ribbon from a birthday present. Boo is a big fan of upcycling.



Volunteer Karen Belton introduces Speedy

Name: Speedy

Species: Tortoise

Age: At least 57

Favourite Tidbit: ankles

Worst habit: Biting ankles

Wearing: Speedy is sporting a very fetching hand crocheted, shell cover. Knitted by a great aunt, this is one of hundreds of bespoke outfits in Speedy's wardrobe.

SPOTLIGHT ON MARY NICHOLSON

Volunteer in Brighton

1. Favourite sandwich

Egg or cheese and tomato. I am a vegetarian and just love these two the best.

2. Favourite song

I Will Always Love You by Whitney Houston.

3. Best tipple

Bacardi and coke.

4. Greatest Posh Club moment

I love it once everyone is in and we all do the cake dance. And once the shows starts we all

have a great dance with everyone and get to know everyone.

5. Poshest accessory

I love all my jewelry, but my favourite at the moment is my ring with my husband's ashes in it. I also enjoy buying nice clothes to go out in but I love The Posh Club.

6. Tip for a happy life

Relax and put a smile on your face always make an effort to meet new people and do things you enjoy.



POSH CLUB TV



While the doors to The Posh Club are closed, the team have been exploring different ways to stay connected, including 'courtyard' and 'doorstep' versions of the Club, gifts in the post and of course your own Posh Paper.

Now you can also turn on and tune in to Posh Club TV – a new series of four shows broadcast live from the Club's regular venues and available to watch afterwards on The Posh Club's website.

Internet whizz Kirsten will be on hand to make sure anyone who wants to get online to watch can do so.

There will be one show from each Club, co-hosted by Dicky Eton from Duckie and local compères, each with a special local guest star.

In Crawley, the ever-glamorous Annie is joined by guest star Rod Stewart (or someone who looks and sounds just the same – or better). In Hastings, Spaghetti Oops & Beans on Toast are joined by jazz musician Liane Carroll. In Brighton, Coco DeVille and Becca are joined by local legend Chris from Seaford. And in Hackney, co-hosts Rhys's Pieces and Azara are joined by guest star Black Elvis, who'll be whisked all the way from Brixton in a stretched limo to avoid being mobbed by fans on the tube.

The shows will be filmed inside each Club's regular home, hopefully offering a little reminder of the classic Posh Club get-togethers even though they remain off the table for now.

In each Posh Club TV show, local Clubs will provide their own televisual twist on a range of programming ideas.

For instance, each show will also feature a specially created musical lip-sync number. In Hackney, Rhys and Lorraine will share a very special choreographed and socially distanced version of *Summer Nights* from the musical *Grease*.

Every episode will include a singing vicar delivering some personal favourites, ranging from music hall in Hastings, where Father David has a personal connection to Marie Lloyd, to indie pop in Crawley.

There will also be a 'local quiz for local people', with teasers related to the history of each town where the Posh Club takes place, and keep-fit routines from each Club's regulars.

Other bespoke features will include a round of Posh Bingo – have your cards at the ready – and another gameshow format – watch out for Twerk Pong in Hackney!

Some Posh Club TV stars will contribute to all four programmes. There will be cookery tips from Fanny Cradock – better known to Hackney regulars as Tracey.

And the Pink Suits will beam in spectacular dance routines from around the beaches, kitchens and warehouses of Margate. Some bits might get quite steamy – which won't come as a surprise to those who saw Pink Suits member Lennie doing his legendary ballet routine on stage.

Each venue will also have its own unique material. In Crawley, for example, superstar hair and make-up artist Darren Evans will be coiffing local volunteers' hair with an audience phone-in vote to decide the best 'do.

Producers also promise some cutting-edge avant-garde experimental arty content, possibly involving live potato-peeling. They promise it must be seen to be believed.

And what TV format would be complete without an Andrew Marr-style newspaper review? Only this time, they'll be reviewing what's in your very own Posh Paper. Perhaps they'll even tell you what they think of this article!

All four posh club TV shows can be viewed online at theposhclub.co.uk

HOW TO WATCH PC★TV POSH CLUB TELEVISION

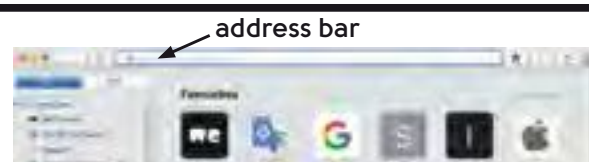


Kirsten

On your ipad, tablet, phone or computer, click on one of these symbols.



2 Click your mouse or tap your finger in the address bar at the top of the window.



3 Using the keyboard buttons, type www.theposhclub.co.uk

4 Press the return/enter key. This key can look different depending on the device or keyboard, look for the button with the words Return, Enter or the arrow symbol printed on it.

5 The Posh Club website will open as shown. Click on the button where it says "CLICK HERE TO WATCH PC★TV" and it will play the show.



Still having trouble?

Call our help line and speak to Kirsten on: 07305 351 797

SPOTLIGHT ON ALFIE ORDINARY

Fabulous Drag Prince

1.Early riser or late nighter?

Early riser.

2.Who is your Celebrity Crush?

Zoe Wanamaker.

3.What 'super power' do you wish you had?

Time travel, so that I can go to Band Aid 1985.

4.What makes you happiest?

A good old fashioned sing-a-long.

5.Favourite colour socks?

Yellow.

6.What are you looking forward to?

Singing, laughing and being with the wonderful people I am lucky enough to meet doing shows.

7.What would be your dream holiday destination?

Club Tropicana (drinks are free).

8.If you were a biscuit what would you be and why?

Custard Cream. Small, sweet and cheap.

9.What is your most annoying habit?

Not being able to multi-task.

10.What do you love most about The Posh Club?

The people. The guests, the volunteers, the acts that come! It feels like one of those big family gatherings where everyone is wearing their favourite outfit and catching up. I love hearing the stories that people tell. At my first ever Posh Club, someone told me about how they went on a night out with Freddie Mercury!



Alfie (left)

CABBAGES AND DRAG KINGS

Ben Walters interviews The Posh Club guests Natalie Collins and Helen Sandler

Natalie: We started going to The Posh Club in Brighton almost as soon as it started. The first time was fantastic – sheer fun! Most things for older people are knit-and-natter and we're not that type.

Helen: The Posh Club? It's been an absolute wonder. I can't tell you, it just opens up a whole new world! You feel so enlightened afterwards. And they're so helpful.

Natalie: It feels like we're seeing old friends. Some of the acts are fantastic! A few I'm not quite sure about. I think when they had nude acts three weeks in a row, some of the older straight women were put off. I was just delighted to see young healthy bodies!

Helen: Well, some of the acts are to your taste, some of them not. You can't always please everyone.

Natalie: You expect a few dodgy acts when go to a variety, don't you? Most are okay, some are amazing, some you want to throw cabbages at. Or, in this case, cream cakes.

Helen: Natalie's been a wonderful sister since I came here from London eight years ago. I wasn't very well. I use a walker and I'm mostly stuck inside.

Natalie: It's been difficult in lockdown. We didn't see each other for three months except over the balcony. My wife died in 2018 and I wasn't going out much last year anyway, so in a way it wasn't that different for me. But you do miss hugs and someone

holding you or just sitting next to you. I went to the doctor's and in the waiting room I said, 'You're the first person I've sat next to for three months!' It was a real shock.

Helen: I have felt isolated sometimes. Where I live, we have a communal hall for bingo, film nights, rummikub – always something going on – but of course now we can't have that. I'm never miserable, though. I speak to Natalie and I have Zoom calls with family

and keep myself amused. I adore Scrabble, I've been playing it for years. I managed to win one of my first games against a couple who were top of the London Scrabble Club and I've had the bug ever since. I play on my iPad though you get lots of advertising and silly games with jewels. I just want to play Scrabble! I'm very pleased we have the digital version now though. We've got to be grateful for small mercies.

SPOTLIGHT ON JUDY BENNET

Volunteer in Brighton

1. Favourite sandwich

I do love a good sandwich – so much so that I probably have one of some kind every day. My favourite is egg mayonnaise – but made with salad cream (please don't throw things!). Maybe with a bit of cress. Reminds me of picnics with my mum and dad.

2. Best tipple

Pink champagne – maybe served with a few strawberries. Gorg!

3. Greatest Posh Club moment

My favourite Posh Club moment comes every week when everybody has got their glass of bubbly and is in the mood for a boogie! Love it!

4. Poshest accessory

My Poshest accessory is a beautiful little handbag bought for me by a dear friend in the shape of an owl....

5. Top tip for a happy life

My tip for a happy life is to keep being curious – about the world around you, the things you can do and the people you meet.



BALLROOM BLITZ

A Brighton Institution: The Regent Ballroom.

by Thomas Aird

I love to dance and remember watching *Come Dancing* as a child and being enthralled by the movement and the costumes. I still couldn't tell you the difference between a foxtrot and a tango though!

We are fortunate to hold The Posh Club, Brighton in the ballroom of the King Alfred Leisure Centre but Brighton had its own premier dance venue long before the King Alfred existed. I am, of course, referring to the Regent Ballroom, which opened in December 1923.

The term *ballroom dancing* comes from the word ball, which in turn originates from the Latin word ballare that means to dance?

Located opposite the clock tower on Queens Road, this multi-purpose venue opened with a cinema in 1921 with the dance hall installed

above it in 1923 in a space originally intended to be a roof garden.

The Regent Ballroom could hold 1500 people and by all accounts, had one of the best sprung dance floors in the country. Decorated in the art deco style it was described as a combination of primary and secondary colours painted in zigzags and squares, illuminated by giant lanterns filled with multi-colored lights.

"I grew up with six brothers. That's how I learned to dance – waiting for the bathroom."

Bob Hope

It was during the interwar period that the dance craze really took off with the big band sound and the American jazz scene.

Tea dances also had become popular. They were initially held in hotels before they moved into purpose-built dance halls such as the Regent. Tea Dances were a flamboyant affair and a great place to show off fashion, style and flair of the day – very much like The Posh Club now.

The Regent cinema had around 2000 seats so on a Saturday night it must have been a major social gathering point in Brighton. I am fascinated by the thought of having a dance floor above the cinema. Could the dancers be heard springing around or was it soundproofed? Does anyone have any recollection?



The Regent also hosted evening dances, cabaret, competitions and of course dance classes. No doubt many relationships began there. I wonder how many people had to suffer the walk of shame across the dance floor when asking someone for a dance only to be rejected? The only option is to style it out and head straight for the bar!

"Dancing is a perpendicular expression of horizontal desire"

George Bernard Shaw

Throughout the 1940's and 50's dancing to the big band and swing sound remained popular. In the 1960's however, tastes in dance and music changed which ultimately brought about the demise of the Regent. In 1967 the ballroom was converted into a bingo hall and in 1974 the building was finally demolished with the dance floor sold to a church hall in Patcham.

Do you have memories of being at the Regent Ballroom? Why not share them with us, we would love to hear your stories.



Thomas Aird



Regent ballroom circa 1950's-60's
From the private collection of Harry Atkins

ICE, ICE BABY

Ben Walters interviews Star Posh Clubber Jeannette Norton-Mazzier, professionally known as Jeannette Raphael about her life on the ice.

I've loved the ice since I was little. When I was 9 or 10, I'd go to the ice rink at the Sports Stadium in West Street and hire these horrible boots. One day I saw these white skates in the window at Co-op on London Road. They were quite cheap but we weren't wealthy people. I pressured my father and one day he got them. I couldn't wait to get on the ice!

I started taking it more seriously and got coached at Bayswater with a top coach. I turned professional at an early age appearing in shows on ice – more of a show skater than competitions. Before that, I'd gone to dancing school, where they taught me elocution, acrobatics and dancing, so I did well. Plenty of people could get the skating technique but there weren't many who were real show people. Not many of us could skate and also project our voice (rather than dubbing).

We used to tour big theatres like Wembley Arena and the Birmingham Hippodrome. I loved playing Lady Jane in Rose Marie on Ice at Harringay. I spoke and sang my own part and I could let myself go. It didn't matter if I fell because it was light comedy. And in 1959 I was in my last show, which was the very last show in Brighton before the rink closed. My old boots are in Brighton Museum now.

I came out of retirement to help a choreographer with some shows at Wembley – a pantomime. We had a very beautiful fairy who started the show. She looked a bit like Marlene Dietrich in a leotard. Her boots were so beautiful! I said I loved them and she asked if I'd like a pair. They were from a very good Austrian bootmaker so I gave her my measurements. I'm delighted with them but I've only worn them five or six times so they haven't been worn in.

I did put them on last year in Brighton though. We have a reunion once a year – we got together at the little open-air rink at the pavilion and those of us that can put our skates on, we do. So, I actually skated, aged 91. Not very well! But when I think about it, it is amazing.



Photo from the private collection of Trevor Chepstow



SPOTLIGHT ON ANDREW FARR

Edith Piaf Impersonator

1. Early Riser or Late Nighter?

To be honest I'm a bit of both, as was Edith, she never slept. Ever!

2. Who is your Celebrity Crush?

I can see what Edith Piaf saw in Marcel Cerdan. See also the second half of my answer to question 8.

3. What 'super power' do you wish you had?

The ability to read other people's minds, although knowing my own might be a good start.

4. What makes you happiest?

When I saw Shirley Bassey's performance of Johnny One Note at the Talk of the Town. It was the unbound joy of the singer becoming the song.

5. Favourite colour socks?

Baby blue or baby pink. Better still a combination of both.

6. What are you looking forward to?

Getting to see the faces of an audience from behind a microphone & stand, placed centre-stage.

7. What would be your dream holiday destination?

The waterways of Kerala, in southern India, on a riverboat; you feel like you've stopped the world and got off.

8. If you were a biscuit what would you be and why?

Fig Roll. I love a diet of all things Mediterranean.

9. What is your most annoying habit?

Having the inability to say no, rather like Ado Annie Carnes in Oklahoma!

10. What do you love most about The Posh Club?

The audience, the volunteers, the atmosphere and the warmth of the welcome. It's uplifting and joyous. Always.