



Keeping Busy, Keeping Active

Issue No 18, October 2019

Registered Charity Number 1178797

Don't Miss our Christmas Events

- ❖ **Members Lunch** : Tuesday 17 Dec, Holbrook Club, 12:30. Menu and booking details to follow.
- ❖ **The Xmas Family Disco** : Saturday 21 Dec, Horsham Sports Club. All HSCP and HFL members & families welcome. Adults £6, Under 18s £4. Get your tickets from Richard or Sean.

Raise Funds with Online Xmas Shopping (free to you!)

Will you or your family be Christmas shopping online? Raise funds for HSCP every time you shop online – it costs you NOTHING! Just register with 'Give As You Live', choose our charity, and then add the donation reminder to your browser. Hundreds of stores give a tiny % of the purchase price to the charity; Debenhams, Tesco, Amazon, John Lewis, M&S, Argos, Boots...and many more! It's so easy! www.giveasyoulive.com/. See flyer for more details.

RAF Bench in Situ At Coolham



Have you seen the fantastic article in the County Times this week about the Bench of Contemplation? Designed and built by the Men's Shed, using timber from one of the only oak trees to survive the construction of the airfield, it has the RAF wings skilfully carved into the back.

Age UK Quiz Fancy dusting off your brain and having a go at a quiz? Age UK has the answer! **Friday 8th Nov 7pm**, Lavinia House, Dukes Square, RH12 1GZ. Teams of up to 6 people, £30 per team. There will be drinks to purchase and snacks. Why not get a team together? Book a table by calling 01403 751304.

Macmillan Coffee Morning

Thanks to everyone who contributed, we were able to send £55.30 to the charity to support its good work.

Christmas Present Ideas

Looking for present ideas? Don't forget the lovely gifts made by our Men's Shed, all hand made and unique. Ask the Shedders. Also assorted Xmas cards available.



Health Walks

Although last week's Health Walk was cancelled due to poor weather, the rest have been really enjoyed by those taking part. Next walk is **Wed 30 October**, leaving the football site at **12:30pm**. Wear, mud-proof shoes just in case! Richard will try to find suitable routes to walk for as long as possible through Autumn, so come and join us!



Hills Farm Lane Vets & Supervets

The vets have successfully progressed in the 'Sussex Vets Challenge Cup' after Craig thumped the winning penalty into the top corner to secure a place in the 2nd round. Two new league players have just signed bringing the league squad to 27 players. Injury and other commitments can make it difficult to get a full squad out each match.

Meanwhile the 'SuperVets' walking footballers drew 4-4 vs Copthorne last week in a well fought away match.



In the first 3 weeks of the HDC lottery 4 people supporting our charity have won extra tickets!



Get in Touch...

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www.HorshamShipleyCommunityProject.org
See "Timetable & Dates" on website for all dates