



## Keeping Busy, Keeping Active

Issue No 20, March 2020

Registered Charity Number 1178797

### South Downs Way Walking Challenge

Do you love walking and need a goal for 2020? Try our new **South Downs Way 100 Mile Challenge!**

- #1 27 March - Winchester to Exton
- #2 3 April - Exton to Buriton
- #2 17 April - Buriton to Cocking Hill
- #4 15 May - Cocking Hill to Bury Hill
- #5 22 May - Bury Hill to Washington
- #6 5 June - Washington to Truleigh Hill
- #7 19 June - Truleigh Hill to Ditchling Beacon
- #8 3 July - Ditchling Beacon to Rodmell
- #9 17 July - Rodmell to Exceat
- #10 7 Aug - Exceat to Eastbourne



Led by the intrepid Richard, each leg varies in distance from 8 to 13 miles of undulating terrain. See flyer for more details or contact Richard on [richardmharris60@gmail.com](mailto:richardmharris60@gmail.com). We would love you to join us.

### Calling all Men's Sheddors

Keith, our **Head of Shed**, needs volunteers to take on a few tasks, so if you are one of our Sheddors, please talk to him about what you could do. Meanwhile as our membership grows we all agree we need to be increasingly aware of making the work space **suitable for all our Sheddors**. This means being more careful about health and safety inside the shed, and also making use of the outside area. Inside **all members** MUST make sure their **work bench area is cleared** when they finish, ready for whoever will work in that space next. Sheddors must use **eye protection and dust masks**, and use the **dust extractors** religiously to protect **everyone's** lungs. We are planning to install more dust extraction. Outside we will be creating a covered area for "**outside jobs**" like fine sanding, spray painting etc, or for use as work areas when the weather is warmer. If everyone works within these guidelines we stay safe, and can concentrate on the enjoyable things going on in this creative place!

In other news, many thanks to Stan, Chris and Gerry for fixing the changing rooms and ladies toilet doors for the benefit of everyone at the site. Very much appreciated. Our first 2020 **fête** will be Shipley Village Day, bank holiday **25 May**; get ready! The new Owl Box has been fixed into one of the oaks near the entrance gate, about 20' high. Look out for a resident!

### Thank you **britweb**

A really big thank you to Dan Purchase and his team at Britweb who continue to support our HSCP website. We are really grateful.

### Pétanque

Despite the weather the pétanque players carry on! The start time of the Tuesday games has been brought forward half an hour to 10:30, but **please arrive 15 mins earlier** so we can form teams and start on time together. We look forward to re-starting Friday evenings once the clocks change and it is a bit warmer!

### Local Health Walks

Our programme of Wednesdays walks exploring the local area between 4-7 miles, recommences this Spring. Most walks will start and end at the Shipley site, but others may start at Southwater, Copsale, Colgate, Roosthole or other local spots, so watch out for instructions. On **18<sup>th</sup> March** we meet at Shipley ready to leave at 12.30. Bring snacks, water and suitable footwear. For your diary, April and May dates are 22 April, 6 & 27 May. Everyone welcome.

### Walking Football

Our squad of Walking Football Supervets have not been beaten by the weather. Record numbers have been turning out come rain or shine (rain mainly!). We look forward to returning to the grass of Shipley when it has had a chance to dry out, probably mid-May, but watch this space. Quick request – can people please arrive around 9:45 so we can kick off promptly at 10:00. Thanks

Meantime on 15<sup>th</sup> March some of the braver Supervets are taking part in the over-50s internal 11-a-side match with the over-50s Veterans of Hills Farm Lane FC. 3.15pm at Horsham FC. Good luck guys and gals!



### Hills Farm Lane Vets

The vets are on a winning run in 2020, having won all their league and friendly matches since January, including the last round of the vets cup (decided on penalties)! Next cup match vs Lancing is at home on **29 March**. Weather-related postponements mean we still have 10 league matches to play! Training is well attended on Wed evenings and we have new players joining the squad. On March 15<sup>th</sup> at 3.15pm a **HFL internal over-50s match** will be held at Horsham FC including some walking footballers. **Come and watch the fun!!**



In February, two of our lottery supporters won cash of £25 £250, and someone supporting a different cause won £2000! Join in and help make good things happen. Tickets cost £1 per week and 50p comes to us. Find out more online at... [www.horshamdistrictcommunitylottery.co.uk](http://www.horshamdistrictcommunitylottery.co.uk)

### May 29 Summer Friday Eve Social BBQ & Games 2020

June 26 Would you provide a dish for one of these dates? Please let Helen know: [helenkgibbs@yahoo.com](mailto:helenkgibbs@yahoo.com)



### Get in Touch...

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[www.HorshamShipleyCommunityProject.org](http://www.HorshamShipleyCommunityProject.org)  
See "Timetable & Dates" on website for all dates