



Keeping Busy, Keeping Active

Issue No 22, March 2021

Registered Charity Number 1178797

Dates for Return

We are so looking forward to welcoming you back! Assuming the goalposts don't move, we can restart activities, following Government guidelines, as follows:

Walking Football: Tuesday 30 March at Shipley, 9:30 meet for 10am start.

Pétanque: Tuesday 30 March at Shipley. 10am & 1pm sessions. Book with Russell.

Men's Shed: Full re-opening 18 May at Shipley

Local Health Walk: Wed 19 May, 12:45pm, meet at Shipley.

Pétanque Returns

When we return, two pistes will be in use with maximum 6 on each. We will be able to use all four as soon as 'rule of 6' restrictions are lifted. Until then we will run two sessions again – one match starting at 10am the next at 1pm. **Please book one or the other with Russell.**

With the lighter evenings coming, Friday evening pétanque will restart after Easter, on **April 9 at 5pm**. It is so nice to look forward to these social evenings!

Have a look at the lovely **video** we made of our pétanque club in action. Find it on the pétanque page of the website!

Health Walking Plans

We have had many false starts with the Health Walks over the last 12 months, but now we are sure...almost! The proposed dates to add to your diary are on the next page, and on the Diary Dates website page. Everyone welcome!

We will not have enough time in 2021 to complete our South Downs Way Challenge but in preparation we have added 3 shorter **"taster walks" on the South Downs**. Either circular or one way depending whether we are allowed in a minibus together. Watch this space! With any luck Richard has included a pub at either end of these South Downs tasters!

Get in Touch...

Email: info@HorshamShipleyCommunityProject.org

Website: www.HorshamShipleyCommunityProject.org

Calling all Cyclists

Good news if you are into cycling! We are planning to start a new group activity which will be open to any of our members who can confidently ride a bike for 10-15 miles. The rides will take 2-3 hours, primarily on well trodden paths. We will try to avoid main roads and will not be attempting any off-road activities! Our good friend and experienced cyclist, Michael Haydon, has offered to lead the rides, but as with all of our activities, everyone will join in at their own risk. You need your own bike – which can be leg powered or electric. We envisage the rides being monthly initially, most likely on a weekday afternoon, and numbers will need to be limited. This is a really exciting new opportunity for those who enjoy cycling. At this stage of planning we need to gauge interest, so **please let Helen know if you are interested, including your level of cycling expertise, on the email below.**

Men's Shed Wins Local Connections Fund

The Local Connections Fund is a new £4 million fund from The Department for Digital, Culture, Media and Sport (DCMS) and National Lottery Community Fund, working together to help



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prevent loneliness, strengthen our communities and improve people's lives. We were delighted to be successful in our application for a grant to create more outside working areas for the Men's Shed. This will ensure we have plenty of safe, outdoor places to work when we return, as well as a few gazebos to keep you covered. The work is being done through March & April.



Bar-B-Que and Croquet

Remember these days? The days when we may be able to all get together for our Summer BBQs is getting closer! Proposed dates are **June 25, July 23 & Aug 20**. With great encouragement from Laki we are going to try to make the bottom pitch fit for croquet and the Sheddies are making sets of mallets ready for the BBQ evenings.

Get Fit for Walking Football

Thanks to the hard work of the Green Team, walking football will return straight to the grass and space of Shipley on 30 March. We must follow the "rule of 6" while socialising but can train and play as normal. However, we plan to start slowly because whatever you have been doing over the past few months, it is unlikely to have included too much football! Initially we will train in a similar way to post-lockdown in July, followed by a short game at the end. Check the **video** of one of your sessions on the Walking Football page of the website for a reminder! We will also be experimenting with the 2 versions of **walking and darting football**, both on the top pitch; you can choose which you take part in. Please prepare yourself! Start now with some regular fast walking or gentle jogging to get your cardio-respiratory system ready. When you are warm do some gentle stretches, and strengthen your muscles too – squats, sit-ups/crunches and calf raises. **Strengthen your body and work on those muscles now if you are hoping for an injury-free season!**

Russell for Pétanque : 07803 259190

Richard for Football / Walks : 07503 347811

Philip for Men's Shed : 07786070939

HEALTH WALKS SUMMER-AUTUMN 2021

THE AIM IS TO GET MOVING AND BREATHE SOME FRESH AIR
WHIST ENJOYING THE COUNTRYSIDE ON OUR DOORSTEP



Our walks will be on WEDNESDAY AFTERNOONS, led by Richard

The distance each week will vary from **four to eight** miles; we will let you know the week before how far it is. Most local walks will be fairly flat and we are likely to encounter gates and stiles on some of our walks. The South Downs Way "Taster Walks" will be harder walking and may include some long uphill sections. Proposed dates are below but will be confirmed as the season progresses:

- #1 19 May – local walk meet, Shipley at 12:45
- #2 26 May – local walk meet, Shipley at 12:45
- #3 2 June – local walk tba
- #4 16 June – South Downs Way "Taster Walk"
- #5 23 June – local walk tba
- #6 7 July – local walk tba
- #7 14 July – South Downs Way "Taster Walk"
- #8 21 July – local walk tba
- #9 11 August – local walk tba
- #10 25 August – local walk tba
- #11 15 September – local walk tba
- #12 22 September – South Downs Way "Taster Walk"
- #13 6 October (weather and conditions permitting)
- #14 20 October (weather and conditions permitting)



You must have;

- ✓ Good walking shoes or boots
- ✓ Weather-appropriate walking clothes
- ✓ Water/drinks bottle
- ✓ moderate fitness

You may wish to carry;

- ✓ a day bag (small rucksack)
- ✓ waterproof/warm clothing
- ✓ your drinks
- ✓ snacks / fruit

Dogs are permitted but must be on a lead on lanes, roads and when near other animals.



Logistics most walks will start and finish at the Shipley site, but others may start at Southwater, Copsale, Colgate, Roosthole or other local spots. SDW Taster Walks logistics will be discussed prior to the walk.

South Downs Way Challenge We hope to run this in 2022. This year we have included a few South Downs Way 'taster' walks which will be a little more challenging. If we hire a Minibus for the SDW tasters there may be a small charge to cover the cost.

Please note of all the proposed dates. You must let Richard know if you plan to join the SDW Taster Walks nearer the time so we can plan. For the local walks it is helpful, but not essential to let Richard know.

Any questions please ask Richard on tel: 07503 347811 or email: richardmharris60@gmail.com



Please note all HSCP activities are undertaken at the participant's own risk. Neither the organisers nor the Horsham & Shipley Community Project can be held responsible or be liable for any loss or injury.