



Keeping Busy, Keeping Active

Issue No 24, June 2021

Registered Charity Number 1178797

June & July Diary Dates

Health Walk ,Wednesdays : Wed 23 June meet 1:15 Selsey Arms, Coolham. Wed 14 July South Downs Way Taster, meet 12:15, Shipley site.

Cycle Club: Sat 17 July, 10am meet Shipley site.

BBQ Pétanque & Croquet eve: Fri July 23, Shipley site.

Charity Match: Sun 27 June at Roffey FC, including Walking Football demo (see details)

Men's Shed Opens More

Thanks to both Stan and Harry having completed the required First Aid training, the Men's Shed is now able to open on 2 additional mornings – Monday and Thursday. As you can see, the skill of these fellas is never ending... this Monday at the Shed was Pizza time!



The two benches which were made for Thakeham Parish Council have been installed and are widely admired by the locals. They are beautiful pieces of craftsmanship. Picnic benches for Roffey FC have been a more recent project and are in good use already. The men have also made a herb planter for one of our member's garden, and some renovation projects are ongoing. If you have anything you would like to be made or restored, please do pop in and ask.

BBQ, Petanque & Croquet Evening Postponed

We have been waiting so long to be able to get together for the Barbeque, Pétanque and Croquet evening. Sadly, following the extension of restrictions, we are still limited to 30 people. We do not want to restrict numbers – there are 80 members of HSCP and we love you to bring along partners, friends and family. So with heavy hearts we have taken the decision to cancel the June barbeque. At the moment there is no reason why we can not go ahead with the July event, which is **Friday 23rd July**. We are really sorry to disappoint, but through this pandemic our only choice is to follow the government instructions. Let's make July a bumper event. If you would be able to help at that event by providing a dish of salad, please let Helen know. Thanks for your support.

Health Walk Details

On **Wednesday 23 July** the weather forecast looks perfect (18 degrees, sunny spells and a gentle breeze). We are looking forward to walking one of the council's "Horsham Heritage Trails" which Richard prepared for them. It is about 4 miles and may take approx 2 hours (unless we decide to do the full circuit of the Coolham Airfield). It is an interesting walk with lots to learn. **Meet at 1:15pm at the Selsey Arms pub in Coolham.**

The next walk will be the delayed South Downs Way Taster Walk. On **Wed July 14, meet at Shipley at 12.30pm.** We will convoy to the Downs. Approx 7 to 8 miles (and starts with a long steady climb) the walk will finish at the Frankland Arms pub at Washington.

It would be great to know if you plan to join either of these walks. Please let us know by **email to helenkgibbs@yahoo.com** , or **text on 07968 008997**, or **tell Richard on Tuesday.**

Cyclists, Get Pedalling!

The first couple of cycle rides were great fun! The first was about 20 miles, the second 35 miles right up onto the South Downs. Views were amazing and a great time was had by all. The next ride is intermediate level, on **Saturday 17 July. Meet 10am, Shipley site.** North up the Downs Link to the Milk Churn at Rudgwick, 20 miles, 3 hours including a cuppa stop. If you have a decent level of fitness for cycling, please do join us. Some of the group use electric bikes, and some are leg powered. All you need is a bike, a helmet, water, lots of energy and a sense of humour! Rides will be on a mix of roads and cross-country tracks.

Charity Match - Please Support

Sunday June 27th is the annual Charity event! There will be a BBQ, cake stall, raffle, strawberries and cream, tombola etc etc. The main events are the Walking Football demo, and then the veterans 11-a-side football match. All proceeds will go to two charities which are dear to some of our members' hearts - Pancreatic Cancer Research Fund, and Chestnut Tree House Children's Hospice. Last year's event was cancelled so we hope to make this year a bumper for these great causes. We would love your support – please come along. **Sunday June 27 at Roffey FC, Bartholomew Way, Horsham, RH12 5JL. Walking football kick off 11.00am.**



Get in Touch...

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