



Keeping Busy, Keeping Active Issue No 26, August 2021 Registered Charity Number 1178797

August & Sept Diary Dates

Local Health Walks: Wed 11 Aug, 25 Aug, 15 Sept. Meet 12:45pm, Shipley site.

South Downs Way "Taster" Walk: Friday 24 September, meet 9:30am, Shipley site

Cycle Club: Sat 21 August, 10am meet Shipley site. Choice of Easy or Difficult rides.

BBQ Pétanque & Croquet eve: Fri 20 Aug, Shipley site, from 5:30pm.

BBQ, Pétanque & Croquet Evening

We loved being able to hold the BBQ evening again last month! Such a relief after so long. Thanks to everyone who supported it, had a game of pétanque and/or croquet and eventually enjoyed the food! There were over 60 of us in the end which was fantastic. We are planning to do it all over again on **Friday 20th August**. Please save the date and come along. It will probably be the last one this year as end Sept can be too chilly. Please write your details on the sheet at Shipley, or email Helen on helenkgibbs@yahoo.com if you plan to come. Bring partners, family etc. If you can help with a dish of something please let Helen know.




Gary Keeps for Parkysaurus

Gary Giles, our long term goalie who is living with Parkinson's disease, recently played in the 7-a-side "Parkinson's Cup" in Worcester. In goal for the South London side (called Parkysaurus F.C.!) he kept 3 clean sheets in the round robin, before losing 1-0 in the semis. He said "Afterwards we showcased walking footers with some exhibition games. There was a brilliant atmosphere and all in all it was a great day".

Shedders Sort Out Seating

These beautiful benches and seats have been made for Roffey FC by Harry and Colin, two of our amazing Shedders. They look superb and are being well used by the local community in North Horsham.




Green Team Appreciation



Thanks to everyone who has been involved with the Richard's Monday "Green Team". We really appreciate the wonderful job they are doing to keep our pitches, and the site, looking lovely. Special mention for Rob who has concentrated on transforming the scrub land on the drive in, into something really pretty. We particularly like the 3 gnomes named Richard Phil & Russell!!

We also love the big rockery which has been so pretty this year. Francis and Robin did a wonderful job in planting the majority of this bed in 2019 and it has come into it's own now.

Cyclists, Easy or Hard ? Take your pick!

The next cycle ride is going to cater for those who want a more leisurely, easy ride, as well as those who are looking for something more strenuous! **Saturday 21 August, 10am meet** at Shipley. The ride will start heading south on the Downs Link, pausing at a coffee and lookout stop, at around 5 miles. At that point riders can chose to return. The more experienced adventurers can then continue south, culminating in a heart-pumping climb up Devils Dyke before the return! Please let Phil know if you would like to come, either for the long haul or the more leisurely first section.

South Downs Way Taster Walk & Local Walks

The next South Downs Taster Walk will move to a Friday morning, and we hope that this day/time will suit our walkers better. **Friday 24 September, 9:30am meet** at Shipley. Save the date if you would like a more testing, longer walk on the South Downs!

The next Local Health Walks will be on Wed 11th and 25th August, and 15th September, meeting at 12:45, Shipley site. Come and explore the locality with us.