



Keeping Busy, Keeping Active

Issue No 29, May 2022

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100 Mile South Downs Way Challenge - Six legs remaining!

We are having a wonderful time on the South Down's Way walks. So far we have completed the 4 sections from Winchester to Amberley. The 6 remaining sections take us to Eastbourne....

Walk 5 – near Amberley to Washington, 9 miles – 1 June

Walk 6 – to Truleigh Hill, 8.5 miles – 15 June

Walk 7 – to Dichling Beacon, 8 miles – 29 June

Walk 8 – to Itford Hill, 11.5 miles – 13 July

Walk 9 – to Exceat, 11.5 miles – 3 August

Walk 10 – to Eastbourne, 7.5 miles – 17 August

The pictures on the next page give you a taster of the walks and wonderful views. Come and join us! We organise transport, so everyone meets at Shipley site at 8am and we head off. We stop for snacks and picnic lunch, and often there is a café/pub at the end for a well-earned cup of something! No cost to members except a contribution to petrol. If you are interested in joining any or all of the remaining walks please let us know (we need to know so don't just turn up!). Contact Helen on 07968 008997 or email helenkgibbs@yahoo.com. We would love you to join us.

Platinum Jubilee BBQ Celebrations

The first Social BBQ Evening of 2022, on **Friday 10th June** will be our Platinum Jubilee celebration! Come to our **oak tree planting ceremony** in the Queen's honour at 5pm, after which Pétanque playing starts and food from 6:30pm. We hope you will join in!



The cost of £10 (payable in advance if possible) includes food, a drink and a raffle ticket! Let us know if you plan to come along to this fun evening by adding your name(s) to the list at Shipley/Holbrook on Tuesday, or emailing helenkgibbs@yahoo.com.



Walking football kit

Well done to the walking football friendly match squad who played in Worthing recently and secured 2-2 draw. They modelled their orange kit, kindly sponsored by PDR, a local engineering company. Thank you PDR, one of our long-term supporters.



Pitch Spring Treatment

The Walking Footballers are playing back at Holbrook for a few weeks while we do the Spring maintenance on our Shipley pitch. Thanks to everyone who turned up a couple of Mondays ago to scarify, seed, and then rake barrow-loads of top soil onto the WHOLE pitch! Many hands makes light work, and special thanks to the green team cavalry plus extras who got stuck in in shifts and did a fantastic job through the day – Richard, Bill, Keith A, Rob, Carol, Keith B, Maggie, Laki, Ken, Phil and Helen. It was a hot day and hard work, but our rain dance worked! The new grass is settling in, and we hope the Walking Footballers can return on the first Tuesday of June. Fingers crossed...!



New! Leisurely Cycle Rides

Last year we trialled a new Cycle Group. It was fun, but we learned that ideally we need two groups – the “Professionals” and the “Leisure Riders”! Derek Tulett, one of our pétanque players, is an experienced touring cyclist and route planner and has offered to lead **three leisurely rides** this summer. The 20-mile, 3-hour rides will meander through some lovely parts of our countryside, mostly on rural back-roads and sometimes on Downs-Link-type tracks, strongly resisting busy roads and tough hills. No Tour-de-France experience required!!

The first ride is on **Wed 22 June**. Meeting at the **Shipley site at 9:15am**, highlights include Honeybridge Lane, deer forests of Wiston, the hide-away hamlet of Warminghurst, and a cafe stop! Email helenkgibbs@yahoo.com if you would like to join, or speak to Derek or one of the Trustees. More details and a WhatsApp group for those interested.



Reynaldo, Memory Man

Our very own pétanquer, Derek Reynolds, alias Reynaldo the Memory Man is working hard to earn funds for the Lions Ukraine Fund. His memory show can be watched via Zoom. Contact him on reynoldsderek48@gmail.com to find out more.

Get in Touch...

Email: info@HorshamShipleyCommunityProject.org

Website: www.HorshamShipleyCommunityProject.org

Russell for Pétanque : 07803 259190

Richard for Football / Walks / Green Team: 07503 347811

Philip for Men's Shed / Cycling: 07786 070939

The South Downs Way, Legs 1-4

Starting point in Winchester overlooked by King Alfred The Great



That was a steep climb!



Spot the red kite over us... just above this writing!



Fields of Dandelions in early May



Elevenes above Stickingspit Bottom!

Maggie conquers a Trigg Point



Distant views of the sea



Parker, our trusted guide who never, ever runs out of energy!

