



Keeping Busy, Keeping Active

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Sad News

We have been extremely saddened by the sudden and untimely passing of Colin Milne after a very short illness. Many



of you will remember Colin from the Men's Shed and also pétanque. Colin enjoyed popping in when he wasn't busy with one of his volunteering activities, often at a cat protection centre. His lasting gifts to us are the picnic benches which he made almost singlehandedly, located at the Shipley site and Roffey FC, and are enjoyed by so many. His funeral is 17 Feb at Worthing Crematorium.

2023 Walking and Cycling dates

Our walking and cycling dates for 2023 are on a 3 week rota.

Walks : We have 11 walk dates. Please step forward if you have a nice circular walk (3-4 miles or 9-12 miles) starting and finishing where there is a suitable car parking and a watering hole (cafe or pub)...en route or at the finish. More detail to come.

Walks dates : 22 March , April 12, May 3 & 24, June 14, July 5 & 26, August 16, September 6 & 27, October 18.

Cycling : 12 country rides, lead by Derek T. Circular, 20 miles, medium difficulty, mid-morning to lunchtime. Electric bikes welcome too!

Cycle dates : March 15, April 5 & 26, May 17, June 7 & 28, July 19, August 9 & 30, September 20, October 11, November 1.

Real "walking" football

We have had a couple of mishaps on the artificial surface at the Holbrook Club so are looking forward to getting back to the more forgiving grass of Shipley as soon as possible. Richard and the Green Team have done their bit brilliantly, now we need the weather to play ball! In the meantime the footballers will be slowing it down with proper "walking" football!

Christmas fun

It was ages ago, but we want to say thank you to all who came to our Christmas Lunch and helped to make it an enjoyable event.

Looking after our Welfare...

As Trustees, we are responsible for making our activities as safe as we can. Activity leaders are DBS checked, and we ensure that we have enough members with training in First Aid, Food Hygiene and Data Protection. Our Safeguarding Officer is Russell Wood and Deputy Phil Gibbs. Both have been trained in Safeguarding and would deal with any issue, should one arise.

In January we successfully ran another First Aid course bringing the totals to 9 trained in First Aid at Work (FAW) and 9 in Emergency First Aid (EFA), and we have the appropriate equipment available so that any incident can be properly and safely dealt with. Please approach any of our first aiders if you need help.

FAW Trained: Phil, Richard, Russell Harry, Stan, Colin S, Derek T, Bill & Rob.

EFA Trained: Dawn, Helen Gibbs, Keith Allingham, Mike Jones, Geoff Cooper, Derek Reynolds, Roy, Val and Susan.

Thanks to all of our First Aiders!



What does a birdie mean to you?

Some of our members from across HSCP have expressed an interest in getting together for a **round of golf, or a golf day!** If you like the idea, please let Phil, Dawn or Keith Baker know, or email Helen on helenkibbs@yahoo.com.



Men's Shed "making" fun

The Men's Shed is always looking for new people to use their old or new skills in making things. The Shed is open on **Monday mornings and Tuesdays**, fully equipped with a variety of tools, machines and wood ready and waiting! If you are interested, or know anyone who would like to give it a try, please get in touch.

Recycling the unexpected

We owe our thanks to Roy for his continued good work in making sure our recycling is properly dealt with ☺. In addition, we currently collect **plastic milk carton tops, stamps and keys and cards**. Please bring yours along! This week we had a visit from Carrie Cort from Sussex Green Living who is going to give us more ideas of what we can collect for recycling/reuse. Watch this space!



Only rain stopped play

A shout out to our hardy pétanque players who have battled through the winter in the coldest of temps! Only serious amounts of rain has stopped play this Winter. Well done, you hardy lot!

When one door closes...

You might have noticed that the club house door has finally been replaced and the changing rooms are next, thanks to our wonderful Dan. We are glad to see the back of the old ones which we have battled with for years!

Get in Touch...

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