

Parish Council Report – July

Love Parks Week



LOVE PARKS
29 July - 2 August 2024

Coming to a park near you...
a day of FREE activities for everyone to enjoy

Monday 29 July
Human Nature Garden,
Horsham Park

Tuesday 30 July
Memorial Field,
Henfield Common

Wednesday 31 July
Leechpool Woods, Horsham

Thursday 1 August
Fletchers Croft, Steyning

Friday 2 August
Bennetts Field Recreation
Ground, Horsham

Join us between 10-4pm

THEATRE | CRAFTS | SPORT | MUSIC | ACTIVITIES

For the full details of events taking place in each location, visit www.horsham.gov.uk/loveparksweek

Pre-booking is essential for selected sessions

KEEP BRITAIN TIDY. 50 YEARS Horsham District Council

#LOVEPARKS



As part of the national 'Love Parks Week' campaign, Horsham District Council is encouraging everyone to get out and about and enjoy all that our local parks and green spaces have to offer.

This year Love Parks Week is being celebrated in Horsham from 29 July to 2 August and the Council will be supporting the national Keep Britain Tidy sponsored campaign by offering a packed programme of free activities at several of its most attractive and popular green spaces across the District.

The aim of the initiative is to get out and about in the great outdoors and have fun, enjoy the wellbeing benefits of reconnecting with nature and appreciate the beauty of our local parks.

Starting on **Monday 29 July** children, adults and families will be able to participate in a wide range of free activities designed to appeal to all ages, abilities and interests.

This year, please do check our website as some of our activities are limited in numbers and you will need to book to avoid disappointment.

For more information and to book for events and activities please go to:

<https://www.horsham.gov.uk/parks-and-countryside/love-parks-week>

The schedule:

Monday 29 July – Horsham Park's Human Nature Garden

We will be hosting a day of Wild and Wellbeing activities including live theatre from The Fabularium who are back by popular demand, to tell the tale of Reynard the Fox. Performances are at 11am and 1pm. We also have Wild and Well Yoga and Meditation sessions at 9.45am and 3.30pm and Friends of Horsham Park will be hosting one hour walks around the park at 10.30am and 2.30pm which are open to all with no need to book.

There are also limited spaces to get involved with Wonderbugs Wellbeing Crafting sessions using natural materials from 11.30am and Artworks with the wonderful Paintbox people are also available to book.

Tuesday 30 July – Henfield Commons

We invite you to come together to have another chance to see Reynard the Fox and take part in Wild and Well Yoga. You can also try your hand at a range of circus skills with Twisted Bliss Entertainments from 10am to 1pm and 2pm to 4pm.

Enjoy a wander into the woods where you can take part in an hour of nature crafting sessions with Wonderbugs Carnival Crafts. Sessions must be booked in advance. Paintbox will be on hand again throughout the day with workshops to create festival lanterns.

Wednesday 31 July – Leechpool Woods

'Woodland Wonders'. The Japanese art of Forest Bathing is brought to you by Hinoki, helping you to relax and de-stress as they guide you through the forest. There are limited spaces so please book.

The Wonderbugs Forest School will be hosting sessions too across the day – remember to book.

Reynard the Fox performances and Wild and Well Yoga workshops will also be featured and don't miss the 'Woodland Spirit' Selfie Station hosted by Happy Accidents to find out which woodland creature you are most like. |

Thursday 4 August – Fletchers Croft in Steyning.

Book early to enjoy a Plant Pokes Workshop using clay to create a decoration for your home or garden. Local charity Steyning for Trees will be providing community information on how we can all fight climate change by planting more trees.

Twisted Bliss Circus Skills, The Fabularium, Happy Accidents and Wonderbugs Nature Crafting will also all be at Steyning for the day. Some sessions require pre-booking so please check ahead.

Friday 2 August – Bennetts Field in Horsham

Learn to Run taster sessions (please book), along with a host of different sport sessions on offer. Join The Fabularium animals as they host the Woodland Games, a time honoured traditional competitive sports day that has been around for centuries between the animal kingdom. These are at 10.30am and 1pm ending with a community soft ball tournament at 3pm. All are welcome to take part.

For more information please go to:

<https://www.horsham.gov.uk/parks-and-countryside/love-parks-week>

Weight Off Workshops

Our next Weight Off Workshops will start in September

We are now taking bookings for our popular Weight off Workshops (WOW) in **Cowfold, Southwater & Horsham.**

Our courses are designed to help support you to lose weight in a healthy and sustainable way. Each week will focus on a different topic relating weight management such as sleep, stress, portion sizes, meal planning and eating out.

There will be the option to have a weekly weigh-in and you will also get a WOW toolbox which includes a food and exercise diary, weight tracker card, recipe and exercise booklets along with a resistance band. Our WOW Plus courses also include a weekly exercise class.

If you're ready to stop the yo-yo dieting, get active and commit to making sustainable changes, please [contact us](#); we think you'll love WOW.

12-week course starting in September

- - Cowfold WOW+ starts 9th September, 13:00-15:00pm
 - Southwater WOW+ starts 10th September, 13:00-15:00pm
 - Horsham WOW starts 11th September, 18:00-19:30pm

[Enquire Here](#)

Alcohol advice service

If you feel you have slipped into an unhealthy drinking pattern or a health professional has suggested you should cut down, Horsham District Wellbeing's **FREE Alcohol Support Service** is here to support you. Our trained advisors provide up to eight 1:1 sessions. These sessions can take place face-to-face, over the phone or by video call and are always confidential. Your communication and interaction with our service is not shared with other organisations.

"My habitual drinking at home resulted in me consuming in the region of 50 units a week. I was also extremely tired after any exercise. Lucy helped me identify the triggers and barriers of my behaviour, before we discussed potential strategies to change it. These included substituting alcoholic beer with a non-alcoholic replacement and keeping a drink diary. Just honestly recording my units of daily alcohol consumption was a tangible and simple method that made me realise I had to make changes.

I am extremely grateful to Lucy and other members of the Wellbeing Team for their constructive, confidential, friendly, non-judgemental advice and support. I have no hesitation in recommending the Horsham District Wellbeing Hub to anyone who wants help to adapt and change their alcohol and lifestyle habits."

[Find out more](#)

Events in Horsham Park

Children's Fun Sessions

Our children's fun sessions are free 45-minute children's entertainment shows on Horsham Park Podium.

Shows are every Tuesday, Wednesday and Thursday at 2pm and 3.15pm during the summer holidays.

There is no need to book - just turn up and enjoy. Each show lasts approximately 45 minutes. Parents should remain with their children - fun for everyone!



[Find out more](#)

Big Band Sundays

Get ready for the ultimate musical experience at Big Band Sundays! Join us at the Park Podium throughout the summer holidays and enjoy performances from various talented ensembles.

[Find out more](#)



SkateJam 2024

Saturday 10 August 2024
12pm - 4pm

On Saturday 10 August, the professionals from Team Extreme will be back in Horsham for Skate Jam 2024.

Join us between 12noon – 4pm for a free afternoon of live demos, music, competitions and workshops with pro riders.

There will be music, food, drink and good vibes! Spread the word and see you there.



[Find out more](#)

London Hearts Defibrillator Funding - Applications open now

London Hearts charity have launched a scheme to support the distribution of defibrillators across the UK. Applicants will be required to part fund £660 per unit, and London Hearts will cover the rest of the cost on a first come, first served basis.

If you are a charity or community group who could benefit greatly from having a defibrillator at your premises, submit your application now!

[Apply](#)





Horsham District Council

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We are again urging residents to recycle responsibly following another fire, this time caused by a replacement laptop battery, in one of its waste collection vehicles. 🖥️

Thanks to the quick-thinking waste collection team the situation, which happened on Friday, July 12, was controlled but the crew were forced to dump a lorry load of recycling onto a road in Horsham. It took more than two hours for the waste to be cleared away.

♻️ Residents can find full details on our battery disposal service via the Council website: <https://orlo.uk/bD7dZ> and book a small electrical collection via the website too: <https://orlo.uk/Oe4Fd>

