

SHOPS & SERVICES

FROM THE PULBOROUGH UPDATE

Whilst every effort is made to make sure the information is correct, please let me know if there is anything that needs to be added or changed f.stroud@btinternet.com

BARBER		<p>BLAKES GROOMING, 20 Lower Street, Pulborough, RH202GB Appointments are from 09:00 and can be booked through online app or https://blakesgrooming.nearcut.com/. Contact: 01798 875500.</p> <p>BOOMERANG BARBERS, 42a Lower Street, Pulborough, RH20 2BW Open from 07:30 – usual queuing system, but only 2 customers inside at any one time. Contact: 01798 873030</p>
BEAU CANDLES		<p>BEAU CANDLES made in Pulborough and sold on the internet https://www.beaucandles.com/shop?category=Wax+Melts</p>
CAFÉS		<p>LITTLE BEAN CAFÉ, 46 Lower Street, Pulborough, RH20 2BW Contact: 01798 875890, info@littlebeancafe.co.uk Open for takeaway & outdoor seating Tues – Sat 09:00 – 15:00 – Closed Sun & Mon. https://littlebeancafe.co.uk</p> <p>THE CORN STORE CAFÉ Contact: 01798 875067, enquiries@thecornstorepulborough.co.uk Mon – Fri 09:30 – 16:00, Sat 10:00 – 16:00, Sun 11:00 – 16:00</p> <p>THE STATION CAFÉ The café will open as soon as more people start using the trains</p>
CHARITY MARY HOW		<p>MARY HOW CHARITY SHOP, 59 Lower Street, Pulborough, RH20 2AG Open Mons, Weds & Fri 09:30 - 16:00; Sats 09:30 - 13:00 Contact: 01798 875009.</p>
CHEMIST	PRESCRIPTIONS ADVICE, MEDICAL SUPPLIES	<p>KAMSONS/CORDENS PHARMACY, Spiro Close, Pulborough, RH20 1FG https://www.nhs.uk/Services/pharmacies/Overview/DefaultView.aspx?id=6402 If you want to know if your prescription is ready please email and they will email you back when it is ready: pulborough@kamsons.co.uk</p>
CHURCHES	PULBOROUGH CHURCHES	<p>FACE MASKS MUST BE WORN IN ALL PLACES OF WORSHIP</p> <p>THE BAPTIST CHURCH www.pbbaptist.co.uk Currently Sunday services are taking place 10:30-11:15 using ZOOM. For information contact andytwilley@gmail.com</p> <p>THE PARISH CHURCH www.stmaryspulborough.org.uk Open on Tuesdays, Thursdays, Saturdays & Sundays from 14:00 – 16:00. Parish Eucharist has resumed at 10:30 each Sunday. Numbers may have to be restricted and names and telephone numbers of those attending will be requested. Alternatively, there will continue to be a recorded version of the service on the website for those who feel unable to join just now. Community News: http://www.stmaryspulborough.org.uk/magazine/August%202020x.pdf</p> <p>THE ROMAN CATHOLIC CHURCH www.stgabrielshurst.org.uk The church is now open for an hour each morning 11:00 to 12:00 and each evening 19:00 to 20:00 Tuesday to Saturday (except Thursday evening). Mass will be celebrated: Sunday 08:30 and 10:30, Tues, Wed, Fri & Sat at 09:30 and Thurs at 19:00 The Sunday 10:30 service will be live streamed for those who cannot attend. Please register your intention to attend Mass.</p> <p>THE UNITED REFORMED CHURCH www.pulboroughurc.co.uk Building remains closed, but there is a Service every Sunday at 18:00 on Zoom. Everyone welcome. For details & joining invitation please contact Rev Anne Lewitt: minister@pulboroughurc.co.uk</p>
DANCE CLASSES	CLASSES ARE RUNNING	<p>D.F.F. DANCE (Dance for fun) in the Village Hall (David Morris Hall) Tap, Improvers & Intermediate in specially adapted dance studio. www.dffdance.co.uk Contact: Caro Anderson 01403 784934 dffdance@hotmail.com</p>

DENTISTS	NHS & PRIVATE	<p>KEN HALL 01798 874487 Currently dealing with emergencies only, but hope to be up and running shortly</p> <p>PULBOROUGH DENTAL CARE 01798 875185 Currently dealing with emergencies only, but hope to be treating other patients soon</p> <p style="text-align: right;">Continued.....</p>
DENTISTS		<p>VITALITY DENTIST WEST SUSSEX 01798 872004 Looking at starting to get back to normal. In the meantime call for advice.</p>
DOCTOR		<p>PULBOROUGH MEDICAL GROUP 01798 872815 YOU MUST WEAR YOUR OWN FACE MASK WHEN VISITING THE PMG Flu Jabs ONLY by appointment this year – you can pre-book online or by phone. Following guidance from NHS England the type of appointment available for online booking has been changed. The only appointments available to book are online triage slots. The doctor will phone the patient around the appointment time and do a consultation over the telephone. A follow-up face to face appointment can then be booked if required. Patients will still be able to book a face to face appointment by phoning the reception team. For non-urgent help, information, sick note, test results, admin, contact www.pmgdoctors.co.uk & click eConsult. Complete form & a doctor will reply by close of next business day https://www.nhs.uk/conditions/coronavirus-covid-19</p>
DRY CLEANING		<p>PULBOROUGH DRY CLEANERS, 59 Lower Street, Pulborough, RH20 2AG Open 10:00 – 15:00 Monday – Friday & 08:30 - 13:00 Saturday 1 customer at a time</p>
EDUCATION		<p>BRINSBURY COLLEGE, North Heath, Pulborough, RH20 1DL Contact: 01243 786321 Discover the range of horticulture and arboriculture courses available from September 2020 https://www.brinsbury.ac.uk/</p>
ELECTRIC CAR CHARGING	TESCO'S	<p>FREE CHARGING OF ELECTRIC CARS AT PULBOROUGH TESCO'S https://www.wscountytimes.co.uk/business/consumer/new-scheme-let-electric-car-owners-charge-vehicles-free-pulborough-2937656?fbclid=IwAR1wNel2_bEUBIyyG1teeUijs9LotBUbev7iE_AEM7mVMlffxD5Bmue536w</p>
ELECTRICAL	TV/ELECTRICAL RETAILER / SERVICE PROVIDER	<p>HAMILTON COLE, Station Road, Pulborough, RH20 1AH Contact: 01798 872237, office@hamiltoncole.co.uk Open Mon-Fri 08:30 – 17:00, Sat 09:00 – 13:00 for sales and service (domestic electrical, aerial/satellite & TV repair work and dealing with Smart TV issues). Home deliveries available</p>
ELECTRICAL	WHITE GOODS, SMALL APPLIANCES, LIGHT BULBS	<p>WILLMERS, 64 Lower Street, Pulborough, RH20 2BW Contact: 01798 872866, info@willmers.com The shop is open, Mon – Fri 08:30 – 16:00, Sat 08:30 – 13:00 Unless otherwise agreed deliveries & installations will be between 14:00 – 18:00.</p>
EQUESTRIAN	HIRE OF FACILITIES	<p>COOMBELANDS EQUESTRIAN Hire of both All-Weather Arena & Cross Country Course must be booked and paid for online http://www.coombelands-equestrian.co.uk/events to ensure regulation of numbers and social distancing. Hire of Main Show Jumping Arena from £30 Hire of Cross Country Course £30 per horse. Any problems email: ben.parks@harwoods.uk.com Tel: 07552 900168 Hire of Gallops call Amanda Perrett 01798 873011 or visit www.amandaperrett.com</p>
FLOWERS	FLOWERS	<p>THE FLOWER SHOP, 56 Lower Street, Pulborough, RH20 2BW Contact: 01798 875488. Open Mon-Fri 09:00 – 16:00, Sat 09:00 - 13:00.</p>
FOOD	BREAD	<p>PULBOROUGH VILLAGE HALL / LIBRARY CAR PARK Every Thurs at 10:30 Village Hall/ Library Car Park Every Thurs at 11:15 Station Industrial Estate www.trufflesbakery.co.uk</p>
FOOD	BUTCHER	<p>COUGHTREYS, Stane Street Nurseries, Stane Street, Pulborough, RH20 1BQ Contact: 01798 872206 Open Tues – Fri 07:00 – 18:00, Sat 07:00 – 15:00 http://www.coughtreys.co.uk/</p>

FOOD	BUTCHER	M J SUTERS , 54 Lower Street, Pulborough, RH20 2BW Contact: 01798 872441. Open Mon-Sat 08:00 - 13:00.
FOOD	GREENGROCERS	DYKES FARM SHOP , West Chiltington Road, Pulborough, RH20 2EE Contact: 01798 872447. Open 09:00 – 17:00 Closed Saturdays
FOOD	GROCERIES	THE GREENHOUSE GROCERY STORE – BACK TO BASICS Stane Street Nurseries, Stane Street, Pulborough, RH20 1BQ Contact: 01798 874445, info@thegreenhouse.shop http://thegreenhouse.shop/ Ordering & collect system in operation. Email order by 17:00 Mon-Fri and your order will be ready for collection between 12:00 & 15:00 Tues–Sat subject to availability. Remember to take your order number when collecting. YOUR LIST http://thegreenhouse.shop/wp-content/uploads/2020/06/TGH_Product_sheet_010620.pdf
FOOD	HEALTH	BENEFICIAL HEALTH , 48 Lower Street, Pulborough, RH20 2BW Open Mons, Tues, Thurs, Fris & Sats 09:00 - 16:00 (closed for lunch 12:30 - 13:30), Weds 09:00 - 14:00 Contact: 01798 874433 Free local delivery http://www.beneficialhealth.co.uk
FOOD	LOCAL SHOP	PULBOROUGH STORES , 83 Lower Street, Pulborough, RH20 2BP FRESH FRUIT, VEGETABLES & MILK AVAILABLE Contact: 01798 875311 – Delivery Service Available Mon-Fri: 08:00 – 19:00, Sat: 08:00 – 19:00, Sun: 08:00 – 16:00 Hermes parcel collection is available, but completely self service https://www.londis.co.uk/ourstores/londis-pulborough-stores
FOOD	PIE SHOP	THE PIE SHOP opposite Coughtreys in Stane Street Mon-Fri 07:00 – 17:00, Sat 07:00 – 15:00 Contact: 01798 873672
GARDEN CENTRES		ARCHITECTURAL PLANTS Contact: 01798 879213, enquiries@architecturalplants.com To visit please call for an appointment. Garden design, planting and creative maintenance services fully operational. Café and toilets are closed. PULBOROUGH GARDEN CENTRE & RETREAT CAFÉ Contact: 01798 872981, pulborough@britishgardencentres.com Open: Mon – Sat 09:00 – 17:00, Sun 10:00 – 16:30 Gardener’s Retreat Café with brand new menu & ‘ Little Bugs’ Soft Play Area, South Downs Light Railway on Wed & Sun during August, Crosdil Leisure Swimming Pools and Spas, Regatta & Tigi Clothing, Pets’ Corner.
HAIRDRESSERS		HALOS FOR HAIR , 42b Lower Street, Pulborough, RH20 2BW Open Mon appts only, Tues – Thurs 09:30 - 15:00, Fri 09:30 – 17:30, Sat appts only Contact: 07340 544412 PAUL ANDREWS HAIR & BEAUTY , 1 Station Road, RH20 1AH Open Tues & Wed 09:00 – 17:00, Thurs 09:00 – 17:30, Fri 09:00 – 20:00, Sat 09:00 – 14:00 . Contact: 07545 431219 Open for beauty and nails now REFLECTIONS , 37 London Road, Pulborough, RH20 1AS Contact: 07450 984588 Jessica Louise has taken over. Phone providers have been changed so call Georgia for an appointment 07450 984588 If you are interested in joining the team message Jessica Louise https://www.facebook.com/Reflectionshairbrowsandlashespulborough/
HELP	NEIGHBOURHOOD WARDENS	Vanessa Green 07584 337475 Carol Boniface 07584 337476 Email: Pulborough.wardens@horsham.gov.uk
HELP	WELLBEING	MENTAL HEALTH with thanks to the Amberley Helpline https://www.amberleyhelpline.co.uk/wellbeing
KEEP FIT	EXERCISE	FIT FOR GOOD Healthier, happier ageing for older adults. Over 60 FREE fitness sessions

		already online to choose from, with new sessions posted every Monday, Wednesday & Friday, and seated sessions posted every Thursday for those with limited mobility or recovery from injury. https://www.fitforgood.com/ffg-online/
KEEP FIT	PULBOROUGH BOOT CAMP	BEN BANBURY (Certified Personal Trainer) & ROSIE ARE WAITING On the Recreation Ground https://www.facebook.com/BenJBanbury THE FULL TIMETABLE 7am - Mon / Wed / Fri 7pm - Mon / Wed
LEISURE CENTRES	HORSHAM DISTRICT COUNCIL	HDC LEISURE CENTRES Open. Reduced activities and enhanced cleaning regimes and hand sanitizing & cleansing stations. https://www.horsham.gov.uk/sport-and-leisure
LIBRARY		PULBOROUGH LIBRARY , Brooks Way, Pulborough, RH20 2BQ Limited opening hours: Weds: 14:00 – 17:00, Fris & Sats: 10:00 – 13:00 Contact: 01798 872891, pulborough.library@westsussex.gov.uk
OSTEOPATHS		PULBOROUGH OSTEOPATHS , Winterfield Farm, Wiggonholt RH20 2EJ Contact: 01798 874736/07808 571991, rsadler@pulboroughosteo.co.uk https://www.pulboroughosteo.co.uk RIVERSIDE OSTEOPATH , 39 Arun Bank, Lower Street, Pulborough RH20 2BH Contact: 01798 368078, Rhian@riversideosteo.co.uk https://www.riversideosteo.co.uk
PARISH COUNCIL		THE PARISH COUNCIL OFFICE Can be contacted through Clerk@pulboroughparishcouncil.gov.uk
POST OFFICE		ELITE GARAGE , 5 London Road, Pulborough, RH20 1AP Mon, Tue, Thu & Fri 07:30 – 17:15, Wed 08:00 – 17:15, Sat & Sun 07:30 – 14:00
PUBS		THE ODDFELLOWS , 99-101 Lower Street, Pulborough, RH20 2BP Open: Mon – Wed 12:00 – 20:00 Thurs – Sat 12:00 – 21:00 Sun 12:00 – 18:00 Contact: 01798 875282, theoddfellowsarmspulborough@btinternet.com THE WHITE HART <i>currently not open due to changing hands</i> THE WHITE HORSE , Mare Hill, Pulborough, RH20 2DY Contact: 01798 872189, info@whitehorsepulborough.com Open: The hours are a little flexible but are currently Bar weekdays & Sat: 11:00 – 10:00 ish, Food 12:00 – 14:00 & 17:30 – 20:00 Saturdays Food: 12:00 - 14:30 & 17:30 – 20:00, Sun 12:00 – 16:00
PULBOROUGH VILLAGE HALL	FROM 7th SEPT	PULBOROUGH VILLAGE HALL is opening more – the office will be open on Mon, Tues & Wed for email and telephone enquiries It is possible to make bookings, but no parties, no aerobic exercise and permitted numbers are limited in the halls. Tel: 01798 874647 Email: admin@pulbvh.org.uk http://www.pulbvh.org.uk/
P&DCCA		PULBOROUGH & DISTRICT COMMUNITY CARE ASSOCIATION There has been severe disruption to the various support activities that are usually available and unfortunately nothing will change for the moment. Community Transport has been operating – phone 07591 258409 Nail Cutting Service is available in your own home at a slightly higher cost. Call Mrs Jean Seagrim on 01798 872540 or Christine Wells on 01798 875291 The Wednesday & Lunch Clubs are not operating at present https://www.pdcca.org.uk/
REGISTRATION SERVICES		STORRINGTON REGISTRATION OFFICE , Storrington Library, Ryecroft Lane RH20 4PA Open by appointment only. Contact: 01243 642122 https://www.westsussex.gov.uk/find-my-nearest/registration-office/details/api/type/registrationoffice/view/storrington-registration-office
RSPB	BIRD WATCHING	RSPB RESERVE, PULBOROUGH Currently not charging admissions, but donations welcome Card payments only. CHILDRENS' PLAYGROUND NOW OPEN Car park, trails, visitor centre, toilets & shop are open. Hides closed at present. There are passing places on trails to allow for social distancing. Try to go early in the morning or later in the afternoon. Shop (using face covering) & toilets open

		at the reduced times of 10:00 – 16:00 Wed – Sun. Café remains closed, but there are a selection of hot & cold takeaway drinks, snacks and ice creams.
SHOP LOCAL	SHOPS & SERVICES	PULBOROUGH TRADERS WEBSITE Have a look at the shops and services available in Pulborough and let us know if someone should be there https://www.pulboroughtraders.co.uk/
SUSTAINABLE SUSSEX		THE PULBOROUGH EXCHANGE , 81 Lower Street, Pulborough, RH20 2BP Open Mon – Sat 10:00 - 17:00 Contact: 01798 873752, consign@ThePulboroughExchange.co.uk Helps people generate value from high-quality household items they no longer need or want. These items are offered for sale both locally and far beyond through online sales. Consignors receive 40% of the sale proceeds. https://www.thepulboroughexchange.co.uk/
THE CORNSTORE EMPORIUM	+ TEA ROOM	THE CORNSTORE EMPORIUM & TEA ROOM , Swan Bridge, RH20 2BJ Open Mon-Fri 09:30-16:30, Sat 10:00-16:30, Sun 11:00-16:30 Contact: 01798 875067, enquiries@thecornstorepulborough.co.uk Antiques, gifts, furniture and home interior items. Freshly prepared food on the premises with a new fresh look café and extended seating with more outside undercover seating available shortly.
THE WHITE HART FITNESS CENTRE		THE WHITE HART FITNESS CENTRE Unit 10, Station Industrial Estate, RH20 1AQ Contact: 01798 874667, hello@whitehartfitness.com https://www.whitehartfitness.com/
TRANSPORT	BUSES	FACE MASKS ARE COMPULSORY ON PUBLIC TRANSPORT & RAILWAY STATIONS, BUT LEISURE TRAVELLERS & COMMUTERS ARE NOW WELCOME BACK ON TRAINS COMPASS 100 https://www.compass-travel.co.uk/download/west-sussex-bus-services/100.pdf STAGECOACH NO.1 https://tiscon-maps-stagecoachbus.s3.amazonaws.com/Timetables/South/Worthing/covid%20uplift/WG%2028%20Jun/WG%20Route%201%20Midhurst%20-%20Worthing.pdf
	TRAINS	SOUTHERN RAILWAY www.southernrailway.com
TRAVIS PERKINS		TRAVIS PERKINS , Station Approach, Pulborough, RH20 1AQ Open Mon – Fri 07:30 – 17:00. Contact: 01798 873811
VET	ANIMALS	ARUN VETERINARY GROUP Open 24/7 in Storrington 01903 746028 Pulborough Branch open Mon, Tues, Thurs & Fri 08:00 – 18:00 by appointment only. Contact: 01798 872089
VICTIM SUPPORT		SAFE SPACE SUSSEX Safe Space Sussex has been equipped with a new search tool so that within 10 seconds, victims of any crime can find the service they need. It also has a 'leave site now' button that users can press to quickly exit the site. Victims can also covertly let Sussex Police know they are in danger. The '55' technology is in place for those too scared to speak, to alert a call handler to the fact they need help by pressing 55 on mobile phone once they've dialled 999.
WASTE & RECYCLING	HDC	HOUSEHOLD COLLECTIONS To check on regular waste & recycling collections at your home, enter your postcode on this website https://www.horsham.gov.uk/waste-recycling-and-bins/household-bin-collections/check-your-bin-collection-day A reminder of what can and cannot be recycled: http://www.recycleforwestsussex.org/recycling-guidance/?l=C
WASTE & RECYCLING SITES (TIPS)		HOUSEHOLD WASTE RECYCLING SITE Billingshurst Recycling Site, Newbridge Road, RH14 9HZ OPEN 09:00 – 18:00 CLOSED THURS & FRI. Due to coronavirus certain changes & restrictions to normal services apply.

		Please check http://www.recycleforwestsussex.org/recycling-sites/billingshurst/
WEIGHT WATCHERS	ON TUESDAY MORNINGS	WEIGHTWATCHERS UK in the Village Hall Friendly, weekly meetings. Contact: Caroline Surridge 07966 400124, csurridge@weightwatchers.co.uk
WINE & SPIRITS		HENNINGS WINE MERCHANTS London House, Lower Street, RH20 2BW Open Tues – Thurs 09:00 – 17:00, Fri & Sats 09:00 – 18:00 Contact: 01798 872671, pulbrough@henningswine.co.uk https://www.henningswine.co.uk/shop/
YOGA	MONDAY A.M. & THURS EVE	YOGA in the Village Hall Mixed ability classes Contact: Gail Chandler 01903 746450, chandleryoga@hotmail.co.uk
YOUR MP	PARLIAMENT	ANDREW GRIFFITH MP House of Commons, London SW1A 0AA Email: andrew@griffithMP.com www.AndrewGriffithMP.com

FROM FELICITY STROUD Tel: 01798 873504 Email: f.stroud@btinternet.com
With grateful thanks for the help with information and checking from Joyce Brett