

INFORMATION ON 11th SEPTEMBER 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

AMBERLEY MUSEUM	Wed – Sun Till the end of September	AMBERLEY MUSEUM Tickets need to be booked in advance online or by telephone Contact: 01798 831370 www.amberleymuseum.co.uk
BROADBAND VOUCHERS	RESIDENTS & SMALL MEDIUM ENTERPRISES (SME's) Deadline 21.3.2021	OFFER FROM HDC & WSCC To be eligible the home or premises need to: 1. be within a rural eligible postcode 2. receive down load speeds of less than 100mbps 3. apply in a group of two or more premises and 4. sign up to a broadband connectivity package of at least 30mbps for 12 months Contact: broadband@westsussex.gov.uk https://www.westsussex.gov.uk/business-and-consumers/broadband-in-west-sussex/
CHARITY MARY HOW	UPDATE	MARY HOW CHARITY SHOP , 59 Lower Street, Pulborough, RH20 2AG Open Mons - Fris 09:30 - 16:00; Sats 09:30 - 13:00 Contact: 01798 875009.
CHILDRENS & FAMILY CENTRE	UPDATE	PULBOROUGH CHILDRENS' & FAMILY CENTRE in the Village Hall Open: Tues 09:30 – 16:30 & Wed 09:30 – 12:30 Contact: 01798 871194, horshamhub.info@westsussex.gov.uk https://www.westsussex.gov.uk/education-children-and-families/find-a-children-and-family-centre/horsham-area/pulborough-children-and-family-centre/
CLAIM SUPPORT FOR BUSINESSES & SELF EMPLOYED PEOPLE	CLAIM BEFORE 19th OCTOBER	CLAIM A GRANT THROUGH THE SELF-EMPLOYED INCOME SUPPORT SCHEME If you're self-employed or a member of a partnership and have been adversely affected by coronavirus (COVID-19) use this scheme if you're eligible to claim the grant. The scheme is now open. If you're eligible and your business has been adversely affected on or after 14 July 2020, you must make your claim for the second grant on or before 19 October 2020. You don't have to have claimed for the first grant. https://www.gov.uk/guidance/claim-a-grant-through-the-self-employment-income-support-scheme
COVID-19 DATA		KEEP WEST SUSSEX SAFE https://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-advice-and-information/coronavirus-keep-west-sussex-safe/ SIGN UP FOR DAILY REPORTS FOR EACH LOCAL AREA https://www.covidmessenger.com/signup/choose_county/coronavirus-sussex/ WHEN IT IS COMPULSORY TO WEAR FACE MASKS https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own EXEMPTION FROM FACE COVERING CARD TO PRINT https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own
COVID-19 DATA	NEW RULE OF 6	WITH THANKS TO AMBERLEY COVID-19 HUB TEAM https://www.amberleyhelpline.co.uk/govt-approach/ https://www.amberleyhelpline.co.uk/copy-of-portfolio/
COVID-19 DATA	HEALTH ADVICE	COVID-19 TESTING & SYMPTOMS with thanks to the Amberley Covid-19 Hub Team https://www.amberleyhelpline.co.uk/oximeter-use/ TRACK AND TRACE Government information https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works

DANCE CLASSES	UPDATE	D.F.F. DANCE (Dance for fun) in the Village Hall (David Morris Hall) Now running Tap, Improvers & Intermediate in specially adapted dance studio Contact: Caro Anderson 01403 784934, dffdance@hotmail.com www.dffdance.co.uk
DOG WASTE		DOG WASTE Help keep Pulborough a clean and safe place for everyone. If you don't want to touch the bin, please: <ul style="list-style-type: none"> • Take your dog's waste home with you • Pop it in any public litter bin • Bring along a hand sanitiser to use before and after touching the bin Did you know you can report an overflowing dog bin online? Visit website to fill out online form. Each bin has a QR code sticker you can scan for ease. Report dog bin
ELECTRIC CARS	TESCO'S	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
HAIRDRESSERS	UPDATES	HALOS FOR HAIR , 42b Lower Street, Pulborough, RH20 2BW Open Mons appts only, Tues–Thurs 09:30-15:00, Fris 09:30–17:30, Sat appts only Contact: 07393 438788 REFLECTIONS , 37 London Road, Pulborough, RH20 1AS Jessica Louise has taken over. If you are interested in joining the team text her Contact: 07450 984588, 01798 872282 https://www.facebook.com/Reflectionshairbrowsandlashespulborough/
HEALTH	& OPEN GARDEN	NEAL'S YARD REMEDIES & MAGNETIX HEALTH & WELLNESS are again hosting an event Fri 18 th Sep 16:00 – 19:00 & Sat 19 th 13:00 – 16:00 At Burnbrae, Harborough Gorse, West Chiltington RH20 2RU Hosted by Clare Phillips (Homeopath & Iridologist) and Hollie James (Beauty Therapist) Tickets £5 including a goodie bag & raffle entry. If you would like to attend contact Hollie on 07852 481882
HELP	NEIGHBOURHOOD WARDENS	Vanessa Green 07584 337475 Carol Boniface 07584 337476 Email: Pulborough.wardens@horsham.gov.uk
LIBRARY	OPEN FOR BROWSING	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 Use the library catalogue to reserve specific titles for free in the usual way online or by telephoning Pulborough as above. If you don't know exactly what you want to borrow or prefer a more general selection of books. why not ask Library staff to choose for you by completing Staff Select form at https://arena.westsussex.gov.uk/web/arena/staff-select
LIBRARY CHILDREN		RHYME TIME & STORY TIME https://arena.westsussex.gov.uk/web/arena/currentoffer/rhyme-time-and-story-time
LIBRARY ANCESTRY	ONLY TILL THE END OF SEPT	Family researchers only have until the end of September to research their family history at home using Ancestry . After that date the supplier will no longer be able to offer access from home. However you will still be able to use all the other free Family History resources from home. Ancestry will continue to be available free to library members at any of our libraries but you will need to pre-book a computer in advance of your visit. The enquiry team are also available online with quick family history enquiries - just fill in Ask a Librarian form
MACMILLAN COFFEE MORNING	MONDAY 21ST SEPTEMBER 10:00 - 12:00	TOAT CAFE & CAR WASH Holding a coffee morning in aid of Macmillan Cancer Support inside the new canopy area. If you would like to make anything to sell contact Cia Macari-Grover.
NEIGHBOURHOOD WATCH		BUYING A CAR ONLINE SAFELY https://www.getsafeonline.org/safevehicle/ FREE EXPERT ADVICE TO KEEP STUDENTS SAFE ONLINE https://www.getsafeonline.org/

NHS & HOSPITAL VISITING		VISITING IN HOSPITALS Visiting restriction at the hospitals in West Sussex have been updated. <ul style="list-style-type: none"> • Southlands, St Richards and Worthing hospitals • Princess Royal Hospital in Haywards Heath • Crawley Hospital Information for patients entering & leaving hospital & other health matters https://www.amberleyhelpline.co.uk/health/
PETWORTH FESTIVAL		THE PETWORTH FESTIVAL will be virtual and requests donations Petworth Festival Special will run this Autumn between Friday 16 October and Sunday 1 November. A special online mix 'for 2020 only' of stellar performances & literary events. For schedule of events see https://www.petworthfestival.org.uk
PETWORTH HERITAGE WEEKEND	19th & 20th SEPTEMBER Open to visit	PETWORTH HERITAGE WEEKEND VIRTUAL & SOME VENUES OPEN In conjunction with Petworth Society, Petworth Vision, St Mary's Church, The United Reformed Church, Church of the Sacred Heart & Petworth Town Band https://www.facebook.com/PetworthHeritageWeekend Coultershaw Pump https://coultershaw.co.uk/ 11:00 – 17:00 Burton Mill https://burtonmill.org/open-days/ 11:00 – 16:00 Have a look around the Mill https://youtu.be/OZP1alxpZGc Cottage Museum http://www.petworthcottageuseum.co.uk/ 12:00 – 16:30 Petworth House https://www.nationaltrust.org.uk/petworth-house-and-park
PILATES	JULIE REGAN	PILATES in Pulborough Village Hall On Weds 09:30 – 10:30 & Fris Zoom Classes 09:30 – 10:30 All classes need to be booked on the new booking system and classes are limited in size. Contact: 07973 293585, julieregancoaching@gmail.com http://www.pilatesfitnesswestsussex.com/julie-regans-pilates-classes/
PUBS	UPDATE	THE WHITE HART , Stopham Road, Pulborough, RH20 1DS Open under new management. Contact: 01798 874903 New Website coming soon will be www.whiteharpulborough.com
PULBOROUGH COMMUNITY NEWS	SEPTEMBER	PULBOROUGH COMMUNITY NEWS http://www.stmaryspulborough.org.uk/magazine/September%202020xx.pdf
PULBOROUGH MARKET & CAFÉ		PULBOROUGH VILLAGE MARKET & CAFÉ in the Village Hall 09:00 – 12:30 BACK starting MONTHLY THIS MONTH on 19 th September Entrance and Parking FREE! Things will be a bit different: in accordance with Government guidance, face coverings are to be worn, track and trace will be in use, one way system, social distancing and table service only in the cafe. Support all your local traders who have missed you all so much.
PULBOROUGH VILLAGE HALL	FROM 7th SEPT	PULBOROUGH VILLAGE HALL is opening more – the office will be open on Mons, Tues & Weds for email and telephone enquiries. Tues only for visits It is possible to make bookings, but no parties, no aerobic exercise and permitted numbers are limited in the halls. Contact: 01798 874647 admin@pulbv.org.uk http://www.pulbv.org.uk/
RECYCLING	21st – 27th SEPT	RECYCLING WEEK https://www.recyclenow.com/recycling-knowledge/recycle-week-campaign?utm_medium=email&utm_source=govdelivery
RSPB	BIRD WATCHING	RSPB RESERVE, PULBOROUGH Currently not charging admissions, but donations welcome Car park, trails, visitor centre, children's playground, 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. Card payments only
SOUTH DOWNS LIGHT RAILWAY	SEPTEMBER SUNDAYS ONLY	TRAINS AT PULBOROUGH GARDEN CENTRE Open during September & October - only Sundays from 11:00 – 15:30. Payment by Credit or Debit card only https://www.south-downs-railway.com/index.php

TEA AT TWO		HORSHAM DISTRICT COUNCIL'S TEA AT TWO AT LITTLE BEAN CAFE Participating in Horsham District Council's Tea at Two Campaign, aimed at encouraging those who prefer to venture out when it's a bit quieter. https://www.discoverhorshamdistrict.co.uk/inspire-me/inspire/enjoy-tea-at-2-and-support-local-businesses
THE THERAPY ROOMS	UPDATE	THE THERAPY ROOMS , 85a Lower Street, Pulborough, RH20 2AX Now open. By pre-booked appointment only Clinical and Sports Massage, Myofascial Release, Trigger Point Therapy, Postural Alignment, Holistic Massage, Nails, Reflexology Contact: 07831 466784, thetherapyrooms@live.co.uk https://thetherapyrooms.wixsite.com/thetherapyrooms
VIRTUAL ENTERTAINMENT	GARDENS HOUSES MUSICALS OPERA	NATIONAL GARDEN SCHEME https://ngs.org.uk/virtual-garden-visits/ NATIONAL TRUST https://www.nationaltrust.org.uk/lists/virtual-tours-of-our-places FREE MUSICALS - https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online-51198.html?utm_source=twitter&utm_medium=social&utm_campaign=9July2020 THE ROYAL OPERA HOUSE https://www.roh.org.uk/tickets-and-events?event-type=opera-and-music
WEIGHT WATCHERS	UPDATE	WEIGHTWATCHERS UK in the Village Hall Friendly, weekly meetings on Tuesday mornings. Contact: Caroline Surridge 07966 400124, csurridge@weightwatchers.co.uk
YOGA	UPDATE	YOGA in the Village Hall Mixed ability classes Monday mornings & Thursday evenings Contact: Gail Chandler 01903 746450, chandleryoga@hotmail.co.uk

Thank you Valerie Chapman - The Swan Hotel with Pulborough Garage in the background



FROM FELICITY STROUD Tel: 01798 873504 Email: f.stroud@btinternet.com

With grateful thanks for the help with information and checking from Joyce Brett