

# INFORMATION ON THE 16<sup>th</sup> MAY

## 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](mailto:f.stroud@btinternet.com)

This is to say a big thank you from me to Joyce Brett who checks the Update each time and gives clarification and checks for errors of all types which has been some effort recently with the number of Updates.

<b>ART</b>		<b>THE NATIONAL GALLERY</b> The doors are temporarily closed but the collection and stories are open to explore <a href="https://www.nationalgallery.org.uk/">https://www.nationalgallery.org.uk/</a>
<b>ARUNDEL CASTLE</b>		<b>TULIP FESTIVAL</b> <a href="https://tulipfestival.co.uk/">https://tulipfestival.co.uk/</a>
<b>BEERS</b>		<b>HEPWORTH BREWERY</b> Stane Street, Pulborough RH20 1DJ Offering free delivery service & contactless Drive Through service at the shop for large orders 10:00 – 17:30, Mon-Fri <a href="http://hepworthbrewery.co.uk">http://hepworthbrewery.co.uk</a> A wide range of ales, lagers and stouts all brewed from locally grown ingredients Contact: 01403 269696, <a href="mailto:mail@hepworthbrewery.co.uk">mail@hepworthbrewery.co.uk</a>
<b>BUSINESS SUPPORT GRANT</b>	<b>HDC</b>	<b>SMALL BUSINESS RATE RELIEF</b> <a href="https://br-grant-hdc.lgss-revs-bens.com/?utm_medium=email&amp;utm_source=govdelivery">https://br-grant-hdc.lgss-revs-bens.com/?utm_medium=email&amp;utm_source=govdelivery</a>
<b>CANCELLED &amp; STARTING AGAIN</b>	<b>PULBOROUGH</b>	<b>PULBOROUGH'S FUN ACTIVITIES &amp; SUPPORT FOR LOCAL CHARITIES</b> The Duck Race 6 <sup>th</sup> June has been cancelled for this year The Harvest Fair 26 <sup>th</sup> September has been cancelled for this year The Heritage Weekend 12 <sup>th</sup> & 13 <sup>th</sup> September still on at the moment Pulborough Market Starting again in September – if you want to order anything from the stalls contact: Terri Ashpool 01403 588996, <a href="mailto:terriashpool@uwclub.net">terriashpool@uwclub.net</a>
<b>CAR REPAIRS</b>		<b>ELITE GARAGES</b> , 5 London Road, RH20 1AP Phone for an appointment: 01798 875371 <a href="https://elitegarages.co.uk/pulborough">https://elitegarages.co.uk/pulborough</a>  <b>LMC AUTO REPAIRS</b> Unit 8 Station Industrial Estate Phone for an appointment: 01798 873281, 07765 941220 <a href="https://www.lmcautoservices.co.uk/">https://www.lmcautoservices.co.uk/</a>  <b>PREMIER AUTO REPAIRS</b> Beside the station Phone for an appointment: 01798 875182 <a href="https://pulborough.cylex-uk.co.uk/company/premier-auto-repairs-14554897.html">https://pulborough.cylex-uk.co.uk/company/premier-auto-repairs-14554897.html</a>
<b>CAR WASH</b>		<b>TOAT HAND CAR WASH</b> Starting again on the 14 <sup>th</sup> May – Café open for takeaway
<b>CHARITY</b>	<b>HORSHAM DISTRICT COVID-19 APPEAL</b>	<a href="https://app.donorfy.com/donate/XCOEDUA2L3/CommunityHubs">https://app.donorfy.com/donate/XCOEDUA2L3/CommunityHubs</a>
<b>CHEMIST</b>	<b>PRESCRIPTIONS ADVICE, MEDICAL SUPPLIES</b>	<b>KAMSONS/CORDENS PHARMACY</b> <b>Are not shutting for a lunch hour.</b> Numbers will be restricted, stand back from the counter, only contactless payments are accepted. <a href="https://111.nhs.uk">https://111.nhs.uk</a> If you want to know if your prescription is ready please email and they will email you back when it is ready <a href="mailto:pulborough@kamsons.co.uk">pulborough@kamsons.co.uk</a>
<b>CHILDREN</b>	<b>OUR RIVERS</b>	<a href="http://arunwesternstreams.org.uk/sites/default/files/uploads/Arun-and-Rother-Explorer-%28low-res%29.pdf">http://arunwesternstreams.org.uk/sites/default/files/uploads/Arun-and-Rother-Explorer-%28low-res%29.pdf</a>
	<b>WILDART TRAIL</b>	<a href="https://www.discoverhorshamdistrict.co.uk/things-to-do/pulborough/pulborough-wildart-trail">https://www.discoverhorshamdistrict.co.uk/things-to-do/pulborough/pulborough-wildart-trail</a>

<b>CHURCHES</b>	<b>PULBOROUGH CHURCHES</b>	<p>All Churches are shut at all times in line with the national guidelines, but below see the websites for our local Pulborough churches which have Services, Bible readings, thoughts and prayers appropriate to the week</p> <p><b>THE BAPTIST CHURCH</b> <a href="http://www.pbbaptist.co.uk">www.pbbaptist.co.uk</a></p> <p>Currently Sunday services are taking place 10:30 -11:15 using ZOOM. For information contact <a href="mailto:andytwilley@gmail.com">andytwilley@gmail.com</a></p> <p><b>THE PARISH CHURCH</b> <b>The May Parish Magazine is on line now at:</b> <a href="http://www.stmaryspulborough.org.uk/index.html">http://www.stmaryspulborough.org.uk/index.html</a></p> <p>If you have any particular request for prayer email: Fr. Paul at <a href="mailto:pulbpccerector@btinternet.com">pulbpccerector@btinternet.com</a> or <a href="mailto:ann.kaiser@live.co.uk">ann.kaiser@live.co.uk</a></p> <p><b>THE ROMAN CATHOLIC CHURCH</b> <a href="http://www.stgabrielbillingshurst.org.uk">www.stgabrielbillingshurst.org.uk</a></p> <p><b>THE UNITED REFORMED CHURCH</b> <a href="http://www.pulboroughhurc.co.uk">www.pulboroughhurc.co.uk</a></p>
<b>CLEANING</b>		<p><b>MISS MOP</b></p> <p>Contact: 01798 874355, <a href="mailto:info@missmop.net">info@missmop.net</a></p> <p>Slowly starting to help customers again</p>
<b>DENTISTS</b>	<b>NHS &amp; PRIVATE</b>	<p><b>KEN HALL</b> 01798 874487</p> <p><b>PULBOROUGH DENTAL CARE</b> 01798 875185</p> <p><b>VITALITY DENTIST WEST SUSSEX</b> 01798 872004</p> <p>In isolated emergencies with an immediate risk to health please call the dentist and you will be pointed in the right direction if your problem cannot be dealt with through advice, painkillers or antibiotics. There are now several NHS Urgent Dental Care hubs in the region and in the very short term you may be referred to one of these.</p>
<b>DOCTOR</b>		<p><b>PULBOROUGH MEDICAL GROUP</b> 01798 872815</p> <p>A triage telephone system is operating.</p> <p>No pre-bookable appointments and you will only be offered a face to face appointment once you have had a telephone consultation.</p> <p>Telephone lines will remain open from 08:00. Due to high volumes of calls there is likely to be a wait.</p> <p><a href="https://www.gov.uk/government/publications/coronavirus-action-plan">https://www.gov.uk/government/publications/coronavirus-action-plan</a></p> <p><a href="https://www.nhs.uk/conditions/coronavirus-covid-19">https://www.nhs.uk/conditions/coronavirus-covid-19</a></p>
<b>DOCUMENTARY FROM 15 MAY AT 19:00</b>		<p><b>THE BARBICAN</b></p> <p>The true story of National Geographic photographer Loren McIntyre lost in a remote area of Brazil in 1969, told through binaural audio by Simon McBurney.</p> <p><a href="https://www.barbican.org.uk/read-watch-listen/watch-complicites-the-encounter-from-fri-15-may">https://www.barbican.org.uk/read-watch-listen/watch-complicites-the-encounter-from-fri-15-may</a></p> <p><b>Look at other podcasts</b> <a href="https://www.barbican.org.uk/read-watch-listen">https://www.barbican.org.uk/read-watch-listen</a></p>
<b>ELECTRICAL</b>	<b>TV/ELECTRICAL RETAILER / SERVICE PROVIDER</b>	<p><b>HAMILTON COLE</b>, Station Road, Pulborough, RH20 1AH</p> <p>Contact: 01798 872237, <a href="mailto:office@hamiltoncole.co.uk">office@hamiltoncole.co.uk</a></p> <p>The shop is shut, but the office is manned and the service side is still operating (domestic electrical, aerial/satellite &amp; TV repair work and also dealing with Smart TV issues. Home deliveries are also available.</p>
<b>ELECTRICAL</b>	<b>WHITE GOODS, SMALL APPLIANCES, LIGHT BULBS</b>	<p><b>WILLMERS</b>, 64 Lower Street, Pulborough, RH20 2BW</p> <p>Contact: 01798 872866, <a href="mailto:info@willmers.com">info@willmers.com</a></p> <p>Although the shop is not open, they carry a significant range of stock and are now receiving deliveries and are happy to take telephone and email orders</p> <p>Key workers only – there is an offer of free installation and disposal on major electrical appliances from selected brands until 30<sup>th</sup> June. Call or email to discuss your needs.</p>
<b>FLOWERS</b>		<p><b>THE FLOWER SHOP</b>, 56 Lower Street, Pulborough, RH20 2BW</p> <p>Open for telephone orders for flowers and plants and deliveries from Monday 9<sup>th</sup> May. Look forward to further news. Contact: 01798 875488</p>
<b>FOOD</b>	<b>BREAD</b>	<p><b>PULBOROUGH VILLAGE HALL / LIBRARY CAR PARK</b></p> <p>11:15 Tues 19<sup>th</sup> &amp; Thurs 21<sup>st</sup> – followed by Weds 20<sup>th</sup> &amp; Fri 22<sup>nd</sup> - the days are alternated each week, but check facebook page to be sure</p> <p><a href="https://m.facebook.com/trufflesbakery">https://m.facebook.com/trufflesbakery</a> <a href="http://www.trufflesbakery.co.uk">www.trufflesbakery.co.uk</a></p>
<b>FOOD</b>	<b>BUTCHER</b>	<p><b>COUGHTREYS</b>, Stane Street Nurseries, Stane Street RH20 1BQ</p> <p>Contact: 01798 872206 <a href="http://www.coughtreys.co.uk/">http://www.coughtreys.co.uk/</a></p> <p><b>The Pie Shop is now open - from 5<sup>th</sup> May</b></p>

<b>FOOD</b>	<b>BUTCHER</b>	<b>M J SUTERS</b> , 54 Lower Street RH20 2BW Staying open. For self-isolating or vulnerable customers they are offering FREE delivery service in the local area of all products. Contact: 01798 872441
<b>FOOD</b>	<b>DIY COOKING</b>	<b>HELLO FRESH</b> Ingredients delivered for the recipe you choose and for and the number of people being cooked for and delivered free <a href="https://www.hellofresh.co.uk/">https://www.hellofresh.co.uk/</a>
<b>FOOD</b>	<b>GREENGROCERS</b>	<b>DYKES FARM SHOP</b> , West Chiltington Road RH20 2EE Open 09:00 – 14:00 Closed Saturdays. Only 4 customers at a time in the shop Contact: 01798 872447
<b>FOOD</b>	<b>GROCERIES</b>	<b>THE GREENHOUSE GROCERY STORE – BACK TO BASICS</b> Stane Street Nurseries, Stane Street RH20 1BQ Contact: 01798 874445, <a href="mailto:info@thegreenhouse.shop">info@thegreenhouse.shop</a> <a href="http://thegreenhouse.shop/">http://thegreenhouse.shop/</a> 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. Please state quantities clearly. Leave your telephone number so that when your order is completed you can be informed if any items are not available, to arrange payment over the telephone, confirm time for collection and give you an order number. Remember to take your order number when collecting.
<b>FOOD</b>	<b>HEALTH</b>	<b>BENEFICIAL HEALTH</b> , 48 Lower Street, RH20 2BW <b>ARE OPEN</b> Mon-Sat 0900-1500 Telephone: 01798 874433 Order & pay over the phone subject to availability. If the phone is engaged leave a telephone number and you will be called back <a href="http://www.beneficialhealth.co.uk">http://www.beneficialhealth.co.uk</a> is offline due to high demand
<b>FOOD</b>	<b>LOCAL SHOP</b>	<b>PULBOROUGH STORES</b> , 83 Lower Street, RH20 2BP <b>FRESH FRUIT, VEGETABLES &amp; MILK AVAILABLE</b> Telephone: 01798 875311 – <b>Delivery Service Available</b> <b>Mon-Fri 08:00 – 19:00 Sat: 08:00 – 19:00 Sun: 08:00 – 16:00</b> <a href="https://www.londis.co.uk/our-stores/londis-pulborough-stores">https://www.londis.co.uk/our-stores/londis-pulborough-stores</a>
<b>FOOD</b>	<b>MEALS ON WHEELS</b>	Deliveries are currently operating as normal and new clients are being accepted. Call 01903 718893 to find out more They are working with Carers Support West Sussex, as well as the voluntary and community sector on increasing support to family and friend carers
<b>FOOD</b>	<b>PIE SHOP</b>	<b>THE PIE SHOP</b> opposite Coughtreys in Stane Street Contact: 01798 873672 <b>is now open again</b>
<b>FOOD</b>	<b>SPECIAL OCCASION READY TO COOK IN YOUR HOME</b>	<b>CÔTE AT HOME</b> French restaurant quality meals delivered to your door for you to cook Tel: 020 3900 1287 between 09:00 & 18:00 Mon - Sat <a href="https://coteathome.co.uk/">https://coteathome.co.uk/</a>
<b>FOOD</b>	<b>SUPERMARKET</b>	<b>SAINSBURY'S</b> Telephone 01798 875609 Store Manager: Henry Beacher 07:30 – 08:00 NHS workers every day (NHS ID Required) 08:00 – 09:00 Elderly, Disabled & Carers – Mon, Wed & Fri 09:00 – 20:00 Mon, Wed & Fri General Opening except Sunday 10:00 – 16:00 Priority on-line delivery slots for the elderly etc. If you consider yourself vulnerable, visit Groceries Online Website for information Only one family member allowed at a time – partial one way system in operation To help people shop for others easily, a new volunteer gift card has been introduced: <a href="https://sainsburysgiftcard.co.uk/?utm_source=email&amp;utm_campaign=200423_SE_Corona_07&amp;cmp=200423_SE_Corona_07&amp;link=VolunteerCard">https://sainsburysgiftcard.co.uk/?utm_source=email&amp;utm_campaign=200423_SE_Corona_07&amp;cmp=200423_SE_Corona_07&amp;link=VolunteerCard</a>
<b>FOOD</b>	<b>SUPERMARKET</b>	<b>TESCO</b> Telephone: 09042 895143 09:00 – 10:00 Elderly, Disabled & Carers – Mon, Wed & Fri 09:00 – 10:00 NHS Workers, Sun, Tues & Thurs 07:00 - 22:00 Opening hours, except Sunday 10:00 – 16:00 Deli Counter is closed One way system in operation. Only one family member allowed at a time Some distancing measures at checkout. Swifter to pay by card. Shop online or choose Click+Collect where possible. <a href="https://www.tesco.com/groceries/?icid=dchp_groceriesshopgroceries">https://www.tesco.com/groceries/?icid=dchp_groceriesshopgroceries</a>

<b>FOOD</b>	<b>TAKEAWAY</b>	<p><b>DOMINO'S</b> online only Delivery only  <a href="https://www.dominos.co.uk/pulborough">https://www.dominos.co.uk/pulborough</a>  <b>LEES GARDEN</b> 01798 872467 from 17:00  <b>PAPA PIZZA</b> 01798 872121 from 16:00 earlier for pre-orders  <a href="https://papapizzapulborough.co.uk/Menu">https://papapizzapulborough.co.uk/Menu</a>  <b>RIVER MOON</b> 01798 874141 from 17:00  <a href="https://www.rivermoon.co.uk/menus/takeaway/">https://www.rivermoon.co.uk/menus/takeaway/</a>  <b>SO INDIA</b> 01798 873318 from 17:00  <a href="http://soindia.co.uk/">http://soindia.co.uk/</a>  <b>THE STATION FRYER</b> 01798 875353 <b>Open</b>  <b>THE LABOURING MAN</b> 01798 873337 Daily 12:-14:30 &amp; 18:00 – 20:00  Shop in the pub selling basic foodstuffs including flour. You can go there – only two people allowed in at any time. Groceries can also be delivered as well as takeaway meals  <a href="https://www.labouringman.com">https://www.labouringman.com</a>  <b>WHITE HORSE, Mare Hill</b> 01798 872189 <b>Temporarily Closed</b>  <a href="https://www.whitehorsepulborough.com/">https://www.whitehorsepulborough.com/</a></p>
<b>FREE DIGITAL RECORDS</b>	<b>NATIONAL ARCHIVE</b>	<p><b>WHILE KEW SITE IS CLOSED TO VISITORS</b> <a href="http://www.nationalarchives.gov.uk">www.nationalarchives.gov.uk</a>  First and Second World War Records including medal index cards  Military records, including unit war diaries  Royal and Merchant Navy records including Royal Marine service records  Wills from the jurisdiction of the Prerogative Court of Canterbury  Migration records including aliens' registration cards and naturalisation case papers  20<sup>th</sup> century Cabinet Papers and Security Service files  Domesday Book AND LOTS MORE</p>
<b>GARDEN VISITS</b>	<b>VIRTUAL</b>	<p><b>NATIONAL GARDEN SCHEME</b>  <a href="https://ngs.org.uk/virtual-garden-visits/?utm_campaign=2658299_F04_14569_Members_News_290420&amp;utm_medium=email&amp;utm_source=woodlandtrust&amp;MailingCode=P20DED004&amp;dm_i=2D76,1KZ5N,9J98RV,5D0JZ,1">https://ngs.org.uk/virtual-garden-visits/?utm_campaign=2658299_F04_14569_Members_News_290420&amp;utm_medium=email&amp;utm_source=woodlandtrust&amp;MailingCode=P20DED004&amp;dm_i=2D76,1KZ5N,9J98RV,5D0JZ,1</a></p>
<b>GOVERNMENT INFORMATION</b>	<b>INFORMATION IN A CLEARER WAY</b>	<p><b>WITH THANKS TO AMBERLEY COVID-19 HUB TEAM</b>  <a href="https://www.amberleyhelpline.co.uk/govt-approach/">https://www.amberleyhelpline.co.uk/govt-approach/</a>  <a href="https://www.amberleyhelpline.co.uk/copy-of-portfolio/">https://www.amberleyhelpline.co.uk/copy-of-portfolio/</a></p>
<b>HAIRDRESSING</b>		<p><b>HALOS FOR HAIR</b>, 42b Lower Street, Pulborough, RH 20 2BW  New telephone number 07393 438788. Expecting to open on the 4<sup>th</sup> July</p>
<b>HARDWARE SHOP</b>	<b>BILLINGSHURST</b>	<p><b>AUSTENS</b>, 48-52 High Street, Billingshurst, RH14 9NY  Contact: 01403 782963, <a href="mailto:office@billingshursthomehardware.co.uk">office@billingshursthomehardware.co.uk</a>  Open from 10:00–16:00. Queuing outside the shop and a one-way system inside</p>
<b>HEALTH ADVICE</b>	<b>GOVERNMENT</b>	<p><b>COVID-19 TESTING</b> with thanks to the Amberley Covid-19 Hub Team  <a href="https://www.amberleyhelpline.co.uk/government-health-advice/">https://www.amberleyhelpline.co.uk/government-health-advice/</a></p>
<b>HELP</b>		<p><b>SELF ISOLATION HELP</b> If you need help with:-  Picking up shopping; Picking up medication; A friendly phone call  <b>PULBOROUGH VOLUNTEER HUB: 07514 134664 – ONLY FOR PEOPLE THAT DO NOT HAVE SUPPORT FROM FRIEND, FAMILY OR NEIGHBOURS</b>  Call Horsham District Council's Volunteer Hub on 01403 215230  <a href="https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/">https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/</a></p>
<b>HELP</b>	<b>NEIGHBOURHOOD WARDENS</b>	<p>Vanessa Green 07584 337475  Carol Boniface 07584 337476  Email: <a href="mailto:Pulborough.wardens@horsham.gov.uk">Pulborough.wardens@horsham.gov.uk</a></p>
<b>KEEP FIT</b>	<b>EXERCISE</b>	<p><b>FIT FOR GOOD</b>  Monday 11:00 – 11:45  Wednesday 11:00 – 11:45  Thursday 11:00 – 11:45  Friday 11:00 – 11:45  <b>Seated Sessions</b>  <a href="https://www.fitforgood.com/ffg-online/">https://www.fitforgood.com/ffg-online/</a> includes instructions on how to take part  <a href="https://www.nhs.uk/live-well/exercise/">https://www.nhs.uk/live-well/exercise/</a> 19-64  <a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/</a> 65+</p>



<b>LIBRARY</b>	<b>JOIN THE E-LIBRARY</b>	<p><b>PULBOROUGH LIBRARY is closed until further notice</b>  <b>If you have a computer or laptop you could join the e-library</b>  <a href="https://www.westsussex.gov.uk/libraries/join-the-library/">https://www.westsussex.gov.uk/libraries/join-the-library/</a>  <b>eLibrary service</b>, includes <b>free</b> access to <b>eBooks</b>, <b>eAudiobooks</b> and <b>eComics</b>  1000s of <b>eMagazines</b> and <b>eNewspapers</b>, as well as a number of quality <b>online reference resources</b>.  <b>Need help with the eLibrary?</b>  send an email to <a href="mailto:library.digital@westsussex.gov.uk">library.digital@westsussex.gov.uk</a> with your name, telephone number and a brief description of the help you need</p>
<b>MUSIC</b>	<b>CLASSICAL</b>	<p><b>LONDON SYMPHONY ORCHESTRA</b>  <a href="https://lso.co.uk/whats-on/alwaysplaying.html#read-watch-and-listen">https://lso.co.uk/whats-on/alwaysplaying.html#read-watch-and-listen</a>  <b>Different full length concerts on different days. From 14<sup>th</sup> May</b></p>
<b>MUSIC</b>	<b>JAZZ</b>	<p><b>INTERNATIONAL JAZZ DAY</b> WAS 30<sup>th</sup> APRIL – See past concerts  <a href="https://www.un.org/en/observances/jazz-day">https://www.un.org/en/observances/jazz-day</a></p>
<b>MUSIC</b>	<b>LOCAL ARTIST</b>	<p><b>JIMMY LEE – DO YOU REMEMBER THE BLUE COCONUT CLUB?</b>  <a href="https://soundcloud.com/jimmyleeartist">https://soundcloud.com/jimmyleeartist</a>  <a href="http://jimmyleemusic.co.uk/biography">http://jimmyleemusic.co.uk/biography</a></p>
<b>MUSICALS</b>	<b>STREAMED FREE FOR 24 HOURS FROM FRIDAY 7PM</b>	<p><b>ANDREW LLOYD WEBBER – THIS FRIDAY IT’S “CATS” WITH ANDREW LLOYD WEBBER GIVING A LIVE COMMENTARY</b>  Streaming a Musical or Concert each week for 24/48hrs from 7pm on Fridays on his YouTube Channel “The Shows Must Go On”. From 15<sup>th</sup> May: “Cats”  <b>You can donate to NHS charities if you wish.</b> May need to search but try  <a href="https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos">https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos</a></p>
<b>NEIGHBOURHOOD WATCH</b>		<p><b>THE MAY NEWSLETTER</b>  <a href="https://www.ourwatch.org.uk/sites/default/files/documents/2020-04/May%20Our%20News%20v5.pdf">https://www.ourwatch.org.uk/sites/default/files/documents/2020-04/May%20Our%20News%20v5.pdf</a>  <b>STAY SAFE ONLINE</b>  <a href="https://www.getsafeonline.org/safeemail/">https://www.getsafeonline.org/safeemail/</a>  <b>STAY SECURE ONLINE</b>  <a href="https://www.ncsc.gov.uk/cyberaware/home">https://www.ncsc.gov.uk/cyberaware/home</a></p>
<b>PARISH COUNCIL</b>		<p><b>THE PARISH OFFICE</b>  <i>Please note, the Parish Council Office is now closed due to the pandemic crisis: Calls cannot be accessed. Officers are working remotely and will be monitoring emails during our normal office hours (Mon-Fri 9am-3pm).</i>  Can be contacted through <a href="mailto:Clerk@pulboroughparishcouncil.gov.uk">Clerk@pulboroughparishcouncil.gov.uk</a>  Latest update information from the Government on Covid-19  <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a></p>
<b>PLANTS</b>		<p><b>GARDEN CENTRES ARE NOW OPEN – SOCIAL DISTANCING APPLIES</b>  <b>ARCHITECTURAL PLANTS</b> – Telephone: 01798 879213  Free delivery &amp; Collection Service  <b>HILLSIDE NURSERIES</b>, Bury Common, Bury, RH20 1NR  are doing a click and collect service – Visit the Website  <a href="https://www.hillsidenurseries.co.uk/">https://www.hillsidenurseries.co.uk/</a> Telephone: 01798 831325  <b>VILLAGE NURSERIES</b>, West Chiltington RH20 2JX Tel: 01798 813040  <a href="https://www.villagenurseries.co.uk/page_1781741.html">https://www.villagenurseries.co.uk/page_1781741.html</a>  <b>THE LABOURING MAN</b>, Coldwaltham has some plants &amp; compost for sale  Telephone: 01798 873337  <a href="https://www.facebook.com/labouringmancoldwaltham">https://www.facebook.com/labouringmancoldwaltham</a>  <b>PULBOROUGH GARDEN CENTRE</b>  Telephone 01798 872981  <a href="https://britishgardencentres.com/pulborough-garden-centre/?v=79cba1185463">https://britishgardencentres.com/pulborough-garden-centre/?v=79cba1185463</a></p>
<b>POST OFFICE</b>		<p><b>ELITE GARAGE</b>, 5 London Road, RH20 1AP  Post Offices are trying to remain open – <b>remember social distancing</b>  Petrol pumps are particularly infectious places, so wash hands/wear glove  09:00 – 17:00 Mon – Fri, 09:00 – 12:30 Sat, Closed Sunday. Subject to change</p>



	<p><b>BUSES</b></p> <p><b>TRAINS</b></p>	<p><b>STAGECOACH NO.1</b> runs five buses a day, every day, on the usual route, including Storrington and Washington, between Worthing and Midhurst and return calling at Pulborough station and stops along Lower Street. Details on <a href="http://www.stagecoachbus.com/timetables">www.stagecoachbus.com/timetables</a></p> <p><b>SOUTHERN RAILWAY</b> are running a once-an-hour service every day north and south but you are strongly advised to check their website <a href="http://www.southernrailway.com">www.southernrailway.com</a> for the latest details.</p>
<b>VET</b>	<b>ANIMALS</b>	<p><b>ARUN VETERINARY GROUP</b></p> <p>They are open 24/7 Storrington 01903 746028 Pulborough Branch open Mon, Tues, Thurs &amp; Fri 08:00 – 18:00 Contact: 01798 872089 by appointment only</p>
<b>VICTIM SUPPORT</b>		<p><b>SAFE SPACE SUSSEX</b></p> <p>It's vital that residents are aware of the support that is still available if they need it. <u>Safe Space Sussex</u> 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.</p>
<b>VOLUNTEER</b>		<p><b>CARING</b></p> <p>Our most vulnerable residents require round the clock care and a resilient workforce is required to look after their needs at this difficult time. If you are able to step in and take on a job in care please <a href="https://www.proudtocarewestsussex.com/get-in-touch/">get in touch</a> now <a href="https://www.proudtocarewestsussex.com/get-in-touch/">https://www.proudtocarewestsussex.com/get-in-touch/</a>. Don't worry if you haven't worked in care before as full training and on-going support is given. Our friendly Proud to Care team can help you find the right role - email now at <a href="mailto:proudtocare@westsussex.gov.uk">proudtocare@westsussex.gov.uk</a> or search for jobs <a href="#">here</a> or at <a href="https://www.proudtocarewestsussex.com/search-for-jobs/">https://www.proudtocarewestsussex.com/search-for-jobs/</a></p>
<b>VOLUNTEER</b>	<b>PARISH COUNCIL</b>	<p><b>SUPPORTING VULNERABLE PEOPLE DURING THE CORONAVIRUS SITUATION</b></p> <p>Horsham District Council is very aware the need to support vulnerable people across our communities, and the enormous response from people wanting to help in any way they can during the coronavirus (COVID-19) situation. Please see <b><u>Register as a volunteer to help during the coronavirus situation</u></b> <a href="https://digital.horsham.gov.uk/outreach/coronavirusvolunteer.ofml?utm_medium=email&amp;utm_source=govdelivery">https://digital.horsham.gov.uk/outreach/coronavirusvolunteer.ofml?utm_medium=email&amp;utm_source=govdelivery</a></p> <p><b><u>Register for help during the coronavirus situation -</u></b> <a href="https://digital.horsham.gov.uk/outreach/coronavirusrequest.ofml?utm_medium=email&amp;utm_source=govdelivery">https://digital.horsham.gov.uk/outreach/coronavirusrequest.ofml?utm_medium=email&amp;utm_source=govdelivery</a></p>
<b>WASTE &amp; RECYCLING</b>	<b>HDC</b>	<p><b>HOUSEHOLD COLLECTIONS</b></p> <p><a href="http://www.wastepreventionwestsussex.co.uk">www.wastepreventionwestsussex.co.uk</a></p> <p>COVID-19 UPDATE ABOUT RUBBISH DISPOSAL</p> <p>If you have a confirmed case in your household, used tissues and disposable cleaning cloths should be put into a rubbish bag. The bag should then be put into a second bag and tied securely. You should then wait 72 hours before putting it into your outside household waste bin. Other household waste can be disposed of as normal</p>
<b>ALL</b>		<p><b>HELP BY SANITISING THE HANDLES OF YOUR BINS before &amp; after collection</b></p>
<b>LARGE ITEMS</b>		<p><b>LARGE ITEM COLLECTION CREWS ARE STILL COLLECTING</b></p> <p>Large item collection crews are still working, collecting beds, mattresses, sofas, fridges and other big household items from residents across the District. If you have any large household items that you need to dispose of, it's easy to book a collection with us.</p> <p><b>Find out more about the service and how you can book a collection</b> <a href="https://www.horsham.gov.uk/waste-recycling-and-bins/large-item-collection">https://www.horsham.gov.uk/waste-recycling-and-bins/large-item-collection</a></p>

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<b>RECYCLING SITES (TIPS)</b>		<p><b>HOUSEHOLD WASTE RECYCLING SITES</b>  The County Council has confirmed, subject to further government guidance to safely reopen Household Waste Recycling Sites next week (commencing 11<sup>th</sup> May). Social distancing measures will be in place  <b>ONLY GARDEN WASTE grass cuttings &amp; hedge trimmings</b>  <b>RESIDUAL WASTE</b> which is other waste that presents a risk of injury or harm to health will be landfilled. This does not include electrical items, textiles, bulky items, furniture or general recycling.  <b>ONLY CARS WILL BE ALLOWED ON THE SITE.</b>  A visit should only be undertaken if the journey can be considered essential.</p>
<b>WATERSPORTS</b>	<b>RESTRICTION LIFTED</b>	<p><b>CANOEING, KAYAKING, PADDLE-BOARDING ETC</b>  Watersports allowed with two people from the same household  <b>Beware of aggressive swan by flats to the west of Swan Bridge</b>  <a href="https://www.britishcanoeing.org.uk/news/2020/british-canoeing-statement-on-return-to-paddling-in-england">https://www.britishcanoeing.org.uk/news/2020/british-canoeing-statement-on-return-to-paddling-in-england</a></p>
<b>WINE &amp; SPIRITS</b>		<p><b>HENNINGS WINE MERCHANTS</b> London House, Lower Street, Pulborough, RH20 2BW  <b>Free Deliveries</b> <a href="https://www.henningswine.co.uk/shop/">https://www.henningswine.co.uk/shop/</a>  Contact: 01798 872671, <a href="mailto:pulborough@henningswine.co.uk">pulborough@henningswine.co.uk</a></p>
<b>YOUTH GROUPS</b>		<p><b>WEEKLY VIRTUAL YOUTH GROUP ON LINE WITH ZOOM</b>  Between 16:00 &amp; 18:00  Contact: <a href="mailto:jo.bell@sussexcyp.org.uk">jo.bell@sussexcyp.org.uk</a> <a href="https://sussexcyp.org.uk/online-training-activities/">https://sussexcyp.org.uk/online-training-activities/</a></p>

### The Golden Boot in Lower Street



Does anyone know the date that this might have been taken please?

FROM FELICITY STROUD Tel: 01798 873504 Email: [f.stroud@btinternet.com](mailto:f.stroud@btinternet.com)

With help with information and checking from Joyce Brett

NEIGHBOURHOOD WARDENS

Vanessa Green: 07584 337475

Carol Boniface: 07584 337476

Email: [pulborough.wardens@horsham.gov.uk](mailto:pulborough.wardens@horsham.gov.uk)