

INFORMATION ON THE 23rd 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

This is to say a big thank you from me to Joyce Brett who checks the Update each time checking for errors

ART		THE NATIONAL GALLERY The doors are temporarily closed but the collection and stories are open to explore https://www.nationalgallery.org.uk/
ARUNDEL CASTLE		TULIP FESTIVAL https://tulipfestival.co.uk/videos/
BEERS		HEPWORTH BREWERY 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 http://hepworthbrewery.co.uk A wide range of ales, lagers and stouts all brewed from locally grown ingredients Contact: 01403 269696, mail@hepworthbrewery.co.uk
CAFÉ		LITTLE BEAN CAFÉ , 46 Lower Street, Pulborough, RH20 2BW Contact: 01798 875890, info@littlebeancafe.co.uk Open for takeaway only Tues – Sat 09:00 – 15:00 – Closed Sun & Mon Try to pre-order by phone and pay contactless when picking up. 2-3 Customers only and only 1 member per household https://littlebeancafe.co.uk/
CAFE		THE CORN STORE – NOT OPEN YET, BUT HAVE BEEN REDECORATING
CANCELLED & STARTING AGAIN	PULBOROUGH	PULBOROUGH'S FUN ACTIVITIES & SUPPORT FOR LOCAL CHARITIES The Duck Race 6 th June has been cancelled for this year The Harvest Fair 26 th September has been cancelled for this year The Heritage Weekend 12 th & 13 th 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, terriashpool@uwclub.net
CAR WASH		PULBOROUGH GARDEN CENTRE OPEN TOAT HAND CAR WASH Starting again on the 14 th May – Café open for takeaway
CHARITY	HORSHAM DISTRICT COVID-19 APPEAL	SUPPORT OUR LOCAL VOLUNTEERS WORKING IN HDC VOLUNTEER HUBS https://app.donorfy.com/donate/XCOEDUA2L3/CommunityHubs
CHEMIST	PRESCRIPTIONS ADVICE, MEDICAL SUPPLIES	KAMSONS/CORDENS PHARMACY Are not shutting for a lunch hour. Numbers will be restricted, stand back from the counter, only contactless payments are accepted. https://111.nhs.uk 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
CHILDREN	RSPB	BIG WILD SLEEPOUT LOCKDOWN EDITION – LOTS TO DO https://www.rspb.org.uk/fun-and-learning/for-families/big-wild-sleepout/?utm_source=notes_on_nature_bitesize_23May&utm_medium=email&utm_content=2&utm_campaign=covid-19
CHURCHES	PULBOROUGH CHURCHES	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 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 continued.....

		<p>THE PARISH CHURCH The May Parish Magazine is on line now at: http://www.stmaryspulborough.org.uk/index.html If you have any particular request for prayer email: Fr. Paul at pulbpccerector@btinternet.com or ann.kaiser@live.co.uk THE ROMAN CATHOLIC CHURCH www.stgabrielbillingshurst.org.uk THE UNITED REFORMED CHURCH www.pulboroughhurc.co.uk</p>
CLEANING		<p>MISS MOP Contact: 01798 874355, info@missmop.net Slowly starting to help customers again</p>
DENTISTS	NHS & PRIVATE	<p>KEN HALL 01798 874487 PULBOROUGH DENTAL CARE 01798 875185 VITALITY DENTIST WEST SUSSEX 01798 872004 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>
DOCTOR		<p>PULBOROUGH MEDICAL GROUP 01798 872815 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. Apologies for any inconvenience. Patients will be updated regularly with any further changes. 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>
DOCUMENTARY FROM 15 MAY AT 19:00		<p>THE BARBICAN 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. https://www.barbican.org.uk/read-watch-listen/watch-complicites-the-encounter-from-fri-15-may Look at other podcasts https://www.barbican.org.uk/read-watch-listen</p>
ELECTRICAL	TV/ELECTRICAL RETAILER / SERVICE PROVIDER	<p>HAMILTON COLE, Station Road, Pulborough, RH20 1AH Contact: 01798 872237, office@hamiltoncole.co.uk The shop is shut, but the office is manned and the service side is still operating (domestic electrical, aerial/satellite & TV repair work and also dealing with Smart TV issues. Home deliveries are also available.</p>
ELECTRICAL	WHITE GOODS, SMALL APPLIANCES, LIGHT BULBS	<p>WILLMERS, 64 Lower Street, Pulborough, RH20 2BW Contact: 01798 872866, info@willmers.com 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 Key workers only – there is an offer of free installation and disposal on major electrical appliances from selected brands until 30th June. Call or email to discuss your needs.</p>
FLOWERS		<p>THE FLOWER SHOP, 56 Lower Street, Pulborough, RH20 2BW Open from 09:00 – 16:00 and till 14:00 Respect social distancing. Hand sanitizers available. Dogs are welcome. Contact: 01798 875488</p>
FOOD	BREAD	<p>PULBOROUGH VILLAGE HALL / LIBRARY CAR PARK Every Tues & Thurs at 11:15 – this is now set time and days https://m.facebook.com/trufflesbakery www.trufflesbakery.co.uk</p>
FOOD	BUTCHER	<p>COUGHTREYS, Stane Street Nurseries, Stane Street RH20 1BQ Contact: 01798 872206 http://www.coughtreys.co.uk/ The Pie Shop is now open - from 5th May</p>

FOOD	BUTCHER	M J SUTERS , 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 Bank Holiday Opening times: Thurs – Sat 08:00 – 13:30, Sun 24 th Closed, Mon 25 th Closed
FOOD	GREENGROCERS	DYKES FARM SHOP , West Chiltington Road RH20 2EE Open 09:00 – 14:00 Closed Saturdays. Only 4 customers at a time in the shop Contact: 01798 872447
FOOD	GROCERIES	THE GREENHOUSE GROCERY STORE – BACK TO BASICS Stane Street Nurseries, Stane Street 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.
FOOD	HEALTH	BENEFICIAL HEALTH , 48 Lower Street, RH20 2BW OPEN Wed & Sat 09:00 – 14:00 All other days 09:00 – 15:00 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 http://www.beneficialhealth.co.uk
FOOD	LOCAL SHOP	PULBOROUGH STORES , 83 Lower Street, RH20 2BP FRESH FRUIT, VEGETABLES & MILK AVAILABLE Telephone: 01798 875311 – Delivery Service Available Mon-Fri 08:00 – 19:00 Sat: 08:00 – 19:00 Sun: 08:00 – 16:00 https://www.londis.co.uk/our-stores/londis-pulborough-stores
FOOD	PIE SHOP	THE PIE SHOP opposite Coughtreys in Stane Street Contact: 01798 873672 is now open again
FREE DIGITAL RECORDS	NATIONAL ARCHIVE	WHILE KEW SITE IS CLOSED TO VISITORS www.nationalarchives.gov.uk 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 th century Cabinet Papers and Security Service files Domesday Book AND LOTS MORE
GARDEN CHELSEA FLOWER SHOW	VIRTUAL	CHELSEA FLOWER SHOW https://www.rhs.org.uk/shows-events/virtual-chelsea Opens 19th May
GARDEN MACHINERY & SERVICES		BURGESS & RANDALL , Station Road, Pulborough, RH20 1AH Open – knock & wait 09:00 – 17:30 Contact: 01798 872506, info@burgessandrall.co.uk
GARDEN VISITS	VIRTUAL	NATIONAL GARDEN SCHEME https://ngs.org.uk/virtual-garden-visits/?utm_campaign=2658299_F04_14569_Members_News_290420&utm_medium=email&utm_source=woodlandtrust&MailingCode=P20DED004&dm_i=2D76.1KZ5N.9J98RV.5D0JZ.1
GOVERNMENT INFORMATION	INFORMATION IN A CLEARER WAY	WITH THANKS TO AMBERLEY COVID-19 HUB TEAM https://www.amberleyhelpline.co.uk/govt-approach/ https://www.amberleyhelpline.co.uk/copy-of-portfolio/
HEALTH ADVICE	GOVERNMENT	COVID-19 TESTING with thanks to the Amberley Covid-19 Hub Team https://www.amberleyhelpline.co.uk/government-health-advice/
HELP		SELF ISOLATION HELP If you need help with:- Picking up shopping; Picking up medication; A friendly phone call PULBOROUGH VOLUNTEER HUB: 07514 134664 – ONLY FOR PEOPLE THAT DO NOT HAVE SUPPORT FROM FRIEND, FAMILY OR NEIGHBOURS Call Horsham District Council's Volunteer Hub on 01403 215230 https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/

HELP	NEIGHBOURHOOD WARDENS & weekly quiz	<p>Vanessa Green 07584 337475 Carol Boniface 07584 337476 Email: Pulborough.wardens@horsham.gov.uk</p>  <p>L20_CS20 Warden Newsletter_Week 4_I</p>
KEEP FIT	EXERCISE	<p>FIT FOR GOOD Monday 11:00 – 11:45 Wednesday 11:00 – 11:45 Thursday 11:00 – 11:45 Friday 11:00 – 11:45 Seated Sessions https://www.fitforgood.com/ffg-online/ https://www.nhs.uk/live-well/exercise/ 19-64 https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/ 65+</p>
KEEP FIT	121 PERSONAL TRAINING SESSIONS	<p>PERSONAL TRAINER - ROB DALE BSc (Hons) Contact: 07793 036189, rob@gtfitbootcamp.co.uk www.getfitbootcamp.co.uk ALSO ZOOM CLASSES A trainer with Fit for Good has been given permission by the government and the Parish Council to run 1 to 1 personal fitness sessions in a public park adhering to the 2 metre rule Facebook: https://www.facebook.com/121exerciselimited https://mailchi.mp/766f024ab558/fukit2zje7-4724314</p>
LECTURES	LOCKDOWN	<p>UNIVERSITY OF MANCHESTER https://www.manchester.ac.uk/coronavirus-response/coronavirus-home-learning/lockdown-lectures/</p>
LIBRARY	JOIN THE E-LIBRARY	<p>PULBOROUGH LIBRARY is closed until further notice If you have a computer or laptop you could join the e-library https://www.westsussex.gov.uk/libraries/join-the-library/ eLibrary service, includes free access to eBooks, eAudiobooks and eComics 1000s of eMagazines and eNewspapers, as well as a number of quality online reference resources. Need help with the eLibrary? send an email to library.digital@westsussex.gov.uk with your name, telephone number and a brief description of the help you need</p>
MUSIC	CLASSICAL	<p>LONDON SYMPHONY ORCHESTRA https://lso.co.uk/whats-on/alwaysplaying.html#read-watch-and-listen Different full length concerts on different days. From 14th May</p>
MUSIC	LOCAL ARTIST	<p>JIMMY LEE – DO YOU REMEMBER THE BLUE COCONUT CLUB? https://soundcloud.com/jimmyleeartist http://jimmyleemusic.co.uk/biography https://www.amazon.co.uk/Broken-Childhood-Mended-Dreams-Misadventures/dp/1999628411 His book</p>
NEIGHBOURHOOD WATCH		<p>BEWARE EMAILS RE TV LICENSING & DELETE We're sorry to let you know that your TV License could not be automatically renewed. As we couldn't take the latest payment from your bank account, this amount will also need to be paid when you set up your new Direct Debit. STAY SAFE ONLINE https://www.getsafeonline.org/safeemail/ STAY SECURE ONLINE https://www.ncsc.gov.uk/cyberaware/home</p>
PARHAM HOUSE		<p>PARHAM HOUSE are sorry that they will not open during 2020 season</p>
PARISH COUNCIL		<p>THE PARISH OFFICE Can be contacted through Clerk@pulboroughparishcouncil.gov.uk Latest update information from the Government on Covid-19 https://www.gov.uk/coronavirus</p>

PETS	PULBOROUGH GARDEN CENTRE	PETS CORNER OPEN
PLANTS		<p>GARDEN CENTRES ARE NOW OPEN – SOCIAL DISTANCING APPLIES EXCEPT FOR</p> <p>ARCHITECTURAL PLANTS – Telephone: 01798 879213 Free delivery & Collection Service – Still closed to the general public</p> <p>HILLSIDE NURSERIES, Bury Common, Bury, RH20 1NR are doing a click and collect service – Visit the Website STILL CLOSED https://www.hillsidenurseries.co.uk/ Telephone: 01798 831325</p>
POST OFFICE		<p>ELITE GARAGE, 5 London Road, RH20 1AP Post Offices are trying to remain open – remember social distancing 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>
REGISTRATION SERVICES Closed in Storrington	<p>BIRTHS</p> <p>DEATHS</p> <p>CEREMONIES</p>	<p>Registering a birth: We ask that parents consider keeping those attending the appointment to a minimum, accepting that both parents need to attend if unmarried. For further advice please ring 01243 642122 https://www.westsussex.gov.uk/births-ceremonies-and-deaths/births/register-a-birth/</p> <p>Registering a death: In light of the current guidance, we are asking that only the main person informing us of a death attends the appointment. We would also ask that anyone who is in self-isolation arranges for an alternative informant - who has not been in contact with anyone who has the virus - to collect the Medical Certificate of Death and attend the appointment. Ring 01243 642122 https://www.westsussex.gov.uk/births-ceremonies-and-deaths/deaths/register-a-death/#who-can-register-a-death</p> <p>Marriage, Civil Partnerships NO NEW BOOKINGS TAKEN FOR 2020</p>
RSPB & WOODLAND TRUST	BIRD WATCHING	<p>RSPB RESERVE, PULBOROUGH HOPING TO OPEN TRAILS EARLY IN JUNE. CAFÉ & SHOP NOT OPENING TILL LATER BUT PUBLIC FOOTPATHS & BRIDLEWAYS ARE STILL OPEN FROM THE WOODLAND TRUST – Ospreys on live cam https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/osprey-cam/</p>
THEATRE	CHICHESTER FESTIVAL THEATRE	<p>THE MIDNIGHT GANG by David Walliams – FREE UNTIL 29th MAY https://www.cft.org.uk/the-midnight-gang-broadcast?utm_campaign=1740404_MKTG%20General%20Newsletter%206%20May%202020&utm_medium=email&utm_source=Chichester.Festival.Theatre&dm_i=31LM,11AWK,22X3RN,3Y5GX,1</p> <p>THE BEAUTY & THE BEAST AVAILABLE UNTIL THE 30th JUNE https://www.cft.org.uk/beauty-and-the-beast-broadcast?utm_campaign=1748308_MKTG%20General%20Newsletter%2021%20May%202020&utm_medium=email&utm_source=Chichester.Festival.Theatre&dm_i=31LM,11H04,22X3RN,3YVRC,1</p>
THEATRE		<p>SHOWS, MUSICALS & OPERA ONLINE THE SOUND OF MUSIC FREE THIS WEEKEND from the Friday 22nd for 48 hrs https://www.whatsonstage.com/london-theatre/news/the-sound-of-music-stream-free-22-may-51632.html?utm_source=dailytickets&utm_medium=email&utm_campaign=21may2020</p> <p>The Royal Albert Hall A series of one-day specials artistes from their homes:- Concerts (Classical & modern, Readings, etc https://www.royalalberthall.com/tickets/series/royal-albert-home</p> <p style="text-align: right;">Cont....</p>

		<p>The National Theatre – all screenings start 19:00 and are available for a week A STREETCAR NAMED DESIRE https://www.youtube.com/watch?v=BJEpYaD3yTw</p> <p>Globe Theatre - Macbeth https://www.shakespearesglobe.com/learn/secondary-schools/playing-shakespeare-with-deutsche-bank/macbeth-2020-playing-shakespeare/?utm_source=wordfly&utm_medium=email&utm_campaign=FWMacbethstream24hournoticeGENERAL(10May)&utm_content=version_B&promo=6073</p>
TRANSPORT	<p>BUSES</p> <p>TRAINS</p>	<p>In line with government advice, you should only be travelling if you are a key worker or it is essential. If you must travel, always practice social distancing, especially remembering bus drivers</p> <p>If you really have to travel, public transport is still running but a very limited timetable. Elderly bus passes are valid all day including before 09.30.</p> <p>COMPASS 100 only runs five buses a day, Monday to Saturday, in each direction between Pulborough Station and Horsham on the usual route. Details on www.compass-travel.co.uk and look for Emergency Timetables.</p> <p>There is <u>no</u> service between Pulborough and Storrington, Washington and Steyning.</p> <p>STAGECOACH NO.1 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 Still every 2 hours according to the website https://tiscon-maps-stagecoachbus.s3.amazonaws.com/Timetables/South/Worthing/Temporary%20Covid%20Timetables/WG%20Route%201%20Midhurst%20-%20Worthing.pdf</p> <p>SOUTHERN RAILWAY are running a Saturday Service, but please check their website for times as they may have changed. The Ticket Office is Open www.southernrailway.com</p>
V&A MUSEUM		<p>THE HISTORY OF THE KIMONO from the V&A Museum https://email-vam.org.uk/45GA-UACR-F1AFE42FD/cr.aspx</p>
VET	ANIMALS	<p>ARUN VETERINARY GROUP They are open 24/7 Storrington 01903 746028 Pulborough Branch open Mon, Tues, Thurs & Fri 08:00 – 18:00 Contact: 01798 872089 by appointment only</p>
VICTIM SUPPORT		<p>SAFE SPACE SUSSEX 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.</p> <p>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>
VOLUNTEER		<p>CARING 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 <u>get in touch</u> now https://www.proudtocarewestsussex.com/get-in-touch/. 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 proudtocare@westsussex.gov.uk or search for jobs <u>here</u> or at https://www.proudtocarewestsussex.com/search-for-jobs/</p>
VOLUNTEER	PARISH COUNCIL	<p>SUPPORTING VULNERABLE PEOPLE DURING THE CORONAVIRUS SITUATION 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.</p> <p>Please see Register as a volunteer to help during the coronavirus situation https://digital.horsham.gov.uk/outreach/coronavirusvolunteer.ofml?utm_medium=email&utm_source=govdelivery Register for help during the coronavirus situation - https://digital.horsham.gov.uk/outreach/coronavirusrequest.ofml?utm_medium=email&utm_source=govdelivery</p>

<p>WASTE & RECYCLING</p> <p>ALL</p> <p>LARGE ITEMS</p> <p>RECYCLING SITES (TIPS)</p>	<p>HDC</p>	<p>HOUSEHOLD COLLECTIONS www.wastepreventionwestsussex.co.uk COVID-19 UPDATE ABOUT RUBBISH DISPOSAL 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> <p>HELP BY SANITISING THE HANDLES OF YOUR BINS before & after collection</p> <p>LARGE ITEM COLLECTION CREWS ARE STILL COLLECTING 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. Find out more about the service and how you can book a collection https://www.horsham.gov.uk/waste-recycling-and-bins/large-item-collection</p> <p>HOUSEHOLD WASTE RECYCLING SITES The County Council has confirmed, subject to further government guidance to safely reopen Household Waste Recycling Sites next week (commencing 11th May). Social distancing measures will be in place ONLY GARDEN WASTE grass cuttings & hedge trimmings RESIDUAL WASTE 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. ONLY CARS WILL BE ALLOWED ON THE SITE. A visit should only be undertaken if the journey can be considered essential. 09:00 – 18:00 CLOSED WED & THURS</p>
<p>WATERSPORTS</p>		<p>FLUID ADVENTURES open now for canoe & kayak hire https://fluidadventures.co.uk/hires/river-arun/</p>
<p>WINE & SPIRITS</p>		<p>HENNINGS WINE MERCHANTS London House, Lower Street, Pulborough, RH20 2BW Free Deliveries https://www.henningswine.co.uk/shop/ Contact: 01798 872671, pulborough@henningswine.co.uk</p>
<p>YOUTH GROUPS</p>		<p>WEEKLY VIRTUAL YOUTH GROUP ON LINE WITH ZOOM Between 16:00 & 18:00 Contact: jo.bell@sussexcyp.org.uk https://sussexcyp.org.uk/online-training-activities/</p>

With thanks to Rob Aylott



1950's



1905