



Summer Play Activities and Skateboard Coaching



We've had some useful feedback from residents so far about the free children's activities we arranged but would love more, so if you have a view on whether this is something you like the council putting on, or not, let us know. Did your family or someone you know with young people participate? What was good, what could be better? Drop us a line or email us at office@aldwickparishcouncil.gov.uk, as all comments will help us plan for future activities and budget accordingly.

Improved park security

You might have noticed over spring and early summer that West Park, Avisford Park, Queens Field Recreation Ground (West Meads) and Aldwick Village Green (The Pound) had earth bunds installed around perimeters where possible. Along with additional gating and robust padlocks, this is part of Arun District Council's measures to protect parks from unauthorised encampments and vehicle access. Topsoil and seed are being added to the bunds, so they will become green and blend more with their surrounds in time.



Dementia Advice Bus

If you would like advice and support about dementia, the Dementia Advice Bus is coming to Aldwick. It will be at Pryors Lane/Willowhale Car Park (behind Grove House Surgery, Library, Community Centre and Parish Council) from 10am-12pm on Thursday 9th October. Drop in to speak to a Wayfinder about dementia or visit www.dementiasupport.org.uk/bus for more information, or find them at Dementia Support, Sage House, City Fields Way, Tangmere, West Sussex PO20 2FP, tel. 01243 888691, email info@dementiasupport.org.uk.

Tea and conversation!

To help combat loneliness, there are a number of local places offering a warm cuppa and chat. Drop in to Willowhale Library Tea and Chat on Mondays 11am-12pm; Pop along to the Chatty Café table at West Park Café on Wednesdays 1.45-2.45pm; Grove House Surgery is running regular Tea & Chat sessions at the Arthur Griffiths Clinic, Pagham – contact the surgery for details on 01243 265222.



Free health support for residents

Did you know that Arun District Council's Wellbeing Team provides free preventative health services: They help individuals to work towards healthy eating, weight loss, smoking cessation (with free nicotine replacement therapies), alcohol reduction and getting active, amongst other services. They also provide NHS Health Checks and Workplace Wellbeing Visits. You can find out more online at www.arunwellbeing.org.uk, by calling 01903 737862, or email wellbeinginfo@arun.gov.uk.



Council Meeting dates Please check our website for meeting details in case of changes.

Planning Committee, all 7pm - Tuesday 7th October, Tuesday 21st October, Tuesday 4th November, Tuesday 24th November. Full Council meetings **7pm** if there is no Planning Committee meeting but at **7.15pm** if preceded by a Planning Committee meeting.

Full Council - Tuesday 21st October, Tuesday 24th November.