Aldwick Parish Council Newsletter – November 2026

After the very hot and sunny summer, it took a while to get used to the cooler days, but autumn and winter are definitely upon us now! Below is a round up of information that we hope is of interest to the community.

Councillor Surgeries



Have you got a burning question, or not sure where to go for advice? Want to meet a councillor to discuss things? Drop in to the Councillor Surgery at the Parish Council meeting room, 10am-12noon on Friday 27th November for a chat!

Take the nearest exit into nature!

We're all facing growing pressures on our mental health and the natural world – time to take some action! Research shows that spending at least two hours a week in nature is associated with better health and wellbeing - that's just 17 minutes a day. There's no wrong way to get your 17, whatever the weather: You could walk, play, pause, grow, notice, eat lunch outside or simply spend some time somewhere green. You don't have to be outdoorsy, have a garden or know anything about nature. So, when you need a boost, take the nearest exit and swap a little screen time for Greentime.

Kinship - Support for those caring for the child of a friend or family member



Kinship care is when a child is cared for by a relative or family friend because their parents are unable to look after them. If you are a Kinship Carer, you are not alone: There are more than 500 Kinship Carers supporting over 650 children across West Sussex, many navigating significant challenges while providing safe, stable and loving homes for children. The dedicated Kinship Support team can provide help with any concern or worry, as well as specialist training and advice. They can be contacted by email at kinship.support@westsussex.gov.uk, by telephone 01403 229900, or visit www.westsussex.gov.uk/kinship.

Remembrance Day



The Parish Council will mark Armistice Day as usual, on Wednesday 11th November, with a short, secular service in the Millennium Garden off Pryors Lane. All are welcome to join us for the simple wreath laying ceremony and two minute silence and should assemble by 10.50am. We are usually joined by representatives of local armed forces services, veterans and cadet groups who help us to commemorate this important day. A hot drink/biscuits will be available afterwards in our meeting hall. The Order of Service will be available on the day.

Dementia Advice Bus

The Wayfinder bus is back here on Thursday 12th November, offering advice and support about dementia. It will be in the car park at Pryors Lane (behind Grove House Surgery, Library, Community Centre and Parish Council) 1-3pm- note new time! Drop in to speak to a Wayfinder about dementia or visit www.dementiasupport.org.uk/bus for more information.

Council Meetings: Please check our website for details in case of changes. Public are welcome to attend, and there's an item for public questions on agenda items. **Planning Committee, Tuesdays, 7pm** - 3rd November, 1st December. **Full Council, Tuesdays, 7pm** - 17th November, 15th December.

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