



Horsham  
District  
Council

*Community Link*  
*Calendar 2021*





River Adur by competition winner, Emma Varley

### *Did you know?*

The river Adur is 20 miles long and up to the early 1800s boats could navigate to Mock Bridge where the A281 crosses it.

# January

**Dry January** is the UK's one-month booze-free challenge that helps millions reset their relationship with alcohol every year. 86% of participants saved money. 70% of participants had better sleep and 65% of participants had generally improved health.

**Tick when you have**  
 Tested your Pendant   
 Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 <i>New Year's Day</i>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30


**Is drink sneaking up on you?**  
**Catch it out & cut it back**


 For more information contact our Alcohol Wellbeing Advisor on **01403 215111** or email [info@horshamdistrictwellbeing.org.uk](mailto:info@horshamdistrictwellbeing.org.uk)

**Horsham District Council**







### *Did you know?*

In medieval times the area now known as Buchan Country Park was heavily used for wood extraction and grazing for sheep. As a result, the original woods became heathland.



# February

**National Nestbox Week 14-21 February** puts the spotlight on breeding birds and asks everyone to put up more nestboxes in their local area.

**Tick when you have**  
 Tested your Pendant   
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Valentine's Day</i>	15	16 <i>Shrove Tuesday</i>	17	18	19	20
21	22	23 <i>Community Link Virtual User Forum</i>	24 <i>Community Link Virtual User Forum</i>	25	26	27
28	1	2	3	4	5	6



Stay independent with help at the press of a button



For more information:  
 call us on 01403 215230 or  
 email [community.link@horsham.gov.uk](mailto:community.link@horsham.gov.uk)



Horsham District Council







Early Spring on The Causeway by Jack Morrice

*Did you know?*

This street consists of houses erected in the 17<sup>th</sup>, 18<sup>th</sup>, and early 19<sup>th</sup> century and is lined with ancient London Plane trees.



# March

**National Bed Month 2021** – Like proper nutrition and exercise, sleep fulfils a vital role in keeping us healthy and happy. We need a good night's sleep to ensure we're feeling fit, thinking sharply and generally to give us the appetite and enthusiasm to make the most of everyday living.

**Tick when you have**  
 Tested your Pendant   
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Mothers's Day</i>	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3







### *Did you know?*

A mirror-like reflection, in which light from a single incoming direction is reflected into a single outgoing direction is called a "Specular Reflection."






# April

**It is a new financial year** – have you reviewed your entitlements recently? Remember to check you gas and electricity tariffs to see if you can get a better price.

**Tick when you have**  
 Tested your Pendant   
 Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 <i>Good Friday</i>	3
4 <i>Easter Sunday</i>	5 <i>Easter Monday</i>	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1


**Concerned you're not as Strong & Steady as you used to be?**

 For people who wobble, trip and stumble and those who think they are too old to exercise. Our programme of free courses and workshops for the over 65s could help you improve strength and balance, maintain independence and regain your confidence. Call **01403 215111** for more information.
 
 Horsham District Council







St. Andrews Church, Nuthurst by Penelope. M

### *Did you know?*

The church well predates this earliest recorded reference. The eastern part of the nave and the adjacent part of the chancel are late 11<sup>th</sup> Century.



# May

## Mental Health Awareness Week 18-23 May

Being able to talk with others should be an everyday event. Don't put off having a chat.

**Tick when you have**  
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 Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 <i>Bank Holiday</i>	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <i>Bank Holiday</i>	1	2	3	4	5



Spring awakens at  
Warnham Local Nature Reserve



Nature Walks | Discovery Hub and Trail | Café | Visitors Centre  
 Warnham Road, Horsham, RH12 3RA  
 Telephone: 01403 256890 | [www.horsham.gov.uk/warnhamlnr](http://www.horsham.gov.uk/warnhamlnr)



Horsham  
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### *Did you know?*

The medieval style manor that you see today is not as old as it seems. Before the Messel family lived here, Nymans was a plain Regency style house, built around 1839.



# June

**National Growing for Wellbeing Week 1-7 June** is a celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

**Tick when you have**  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 <i>Bank Holiday</i>	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 <i>Father's Day</i>	21	22	23	24	25	26
27	28	29	30	1	2	3



**1-7 JUNE**  
**VOLUNTEERS' WEEK**  
 Community volunteer

“I laughed so much, ate so much and went home exhausted.”



**Volunteering... not what you expected?**

Visit [www.volunteerhorshamdistrict.co.uk](http://www.volunteerhorshamdistrict.co.uk) to find out more about volunteering in the Horsham District.



**Horsham District Council**







*Did you know?*

Storrington is an old market town that dates back to the Saxon period. At the time of the Domesday Book Storrington was known as Estorchestone, or place of the storks.

“Magic Gate” Chantry Lane, Storrington by Katarzyna Kedziora



# July

**National World Friendship day 30 July** – The Silver Line, partnered with Age UK, is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year: 0800 470 8090

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Discover the parks and countryside of the Horsham District



Find out more about your local area at [www.horsham.gov.uk/parks](http://www.horsham.gov.uk/parks)



Horsham District Council







Swans at the Adur by Alan Robinson

*Did you know?*

In the wild, swans can live to be over 20 years old.



# August

**Good hydration is one of the most important aspects of the diet** – drinking enough liquids to keep the fluid levels in the body topped up helps to ensure that all bodily functions can take place as normal. As it gets warmer, remember to stay hydrated!

**Tick when you have**  
 Tested your Pendant   
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 <i>Bank Holiday</i>	31	1	2	3	4



Advice to reduce your energy bills, help to switch tariff, benefits advice and free energy saving measures.  
**Call us on 0800 060 7567 [www.applyforleap.org.uk](http://www.applyforleap.org.uk)**  
 Freephone to book your free energy advice call, or apply online.



**FREE**  
FOR LOCAL RESIDENTS







*Did you know?*

The name Faygate was first recorded in 1614.

Harvest at Faygate by Dawne Davis



# September

**Remember to book your flu jab this autumn** – contact your GP or pharmacist for more information.

**Tick when you have**  
Tested your Pendant   
Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 <i>Bank Holiday</i>	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2







### *Did you know?*

Owlbeech is restored heathland. This rich variety of habitats means that wildlife thrives and many of the butterflies, birds, reptiles and amphibians often spotted in the woods are very rare.



# October

So here it is fellow chocolate lovers, **National Chocolate Week! 14-19 October**  
 Even though we all like naughty piece of chocolate, Diabetes UK recommends  
 70% Dark Chocolate as it can contain up to 20g less sugar.

**Tick when you have**

Tested your Pendant

Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

**Community Link  
Keysafe**



A key safe is a secure box that can be attached to the exterior of your property to store spare keys. It is opened using a unique code and can assist contacts and emergency services to enter when you are unable to get to the door. If you are interested in the provision of a key safe, contact the team on **01403 215230**.



**Horsham  
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### *Did you know?*

The poppy began to spread in Europe after the soils in France and Belgium had large amounts of lime left over from the rubble during the First World War.

# November

Even though the nights have drawn in,  
one small positive thought in the morning  
can help change your entire day!

**Tick when you have**  
 Tested your Pendant   
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Remembrance Sunday</i>	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



**The Capitol**  
 HORSHAM  
 THEATRE • CINEMA • CAFE



*Your  
 local venue*

**Live Theatre • Films • Functions**



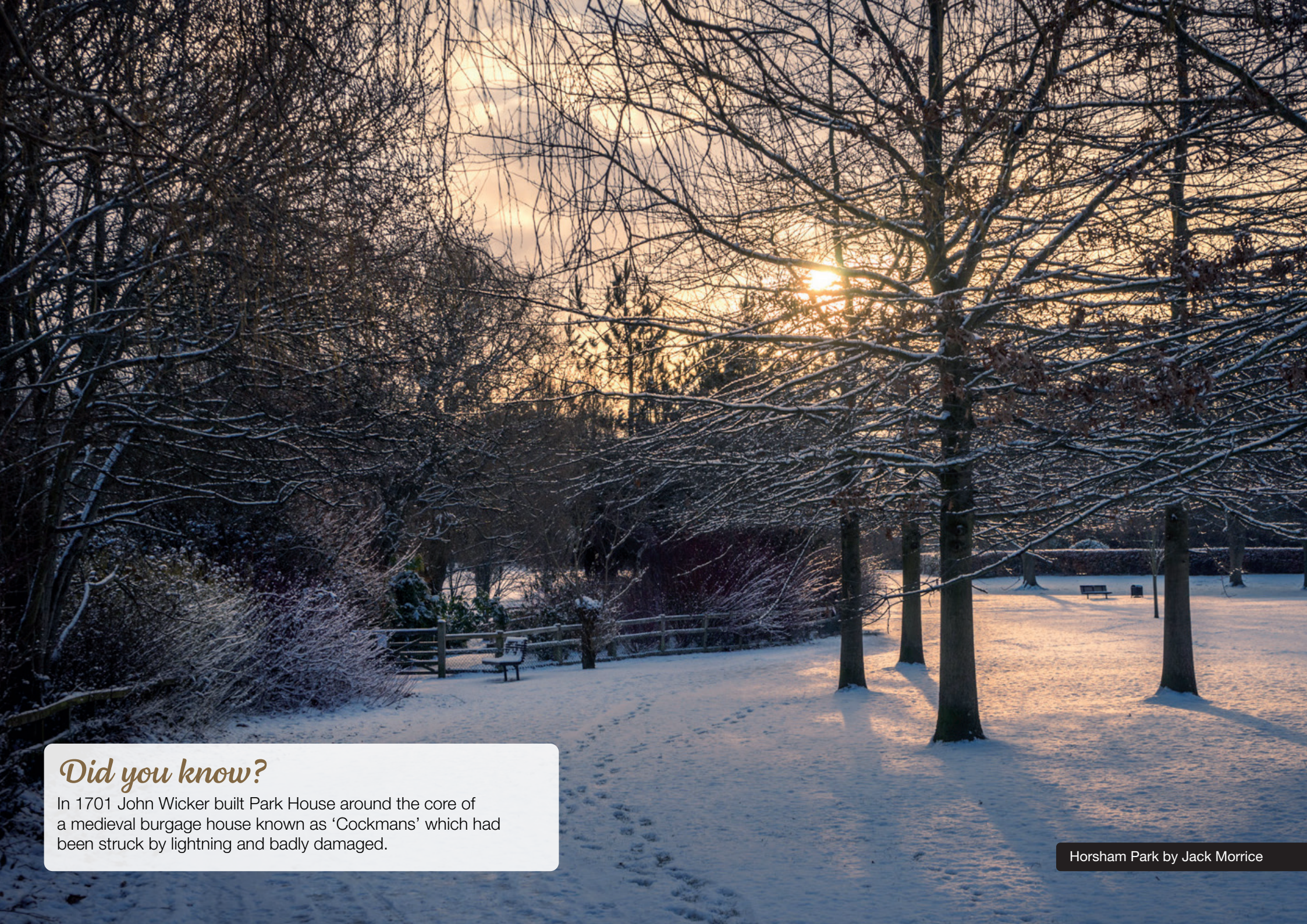
**Box Office: 01403 750220**  
[www.thecapitolhorsham.com](http://www.thecapitolhorsham.com)



**Horsham  
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### *Did you know?*

In 1701 John Wicker built Park House around the core of a medieval burgage house known as 'Cockmans' which had been struck by lightning and badly damaged.



# December

**Tick when you have**  
 Tested your Pendant   
 Tested your Smoke Alarm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
					<i>Christmas Eve</i>	<i>Christmas Day</i>
26	27	28	29	30	31	1
<i>Boxing Day</i>	<i>Bank Holiday</i>	<i>Bank Holiday</i>			<i>New Year's Eve</i>	<i>New Year's Day</i>





# Our Neighbourhood Wardens



Based within the community, our neighbourhood wardens work alongside Community Link and other partner agencies to improve the quality of life for everyone and promote community cohesion and resilience. The wardens undertake a number of activities, including enforcement to community development. They have been working hard throughout 2020 and you may have seen them out and about, helping test your lifeline alarms or delivering emergency supplies during the lockdown.

*Our neighbourhood wardens would like to wish you all a happy and healthy 2021.*



## Ashington Parish wardens

**Bryony Sparks** (left):  
07764 146368

**Christina Arnold** (right):  
07764 146367

**Email:**  
ashington.wardens@  
horsham.gov.uk

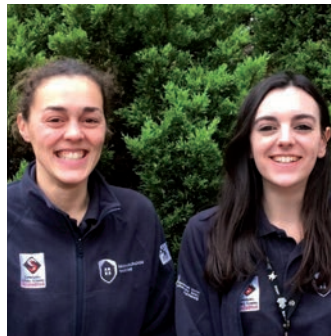


## Billingshurst Parish wardens

**Barry Faust** (right):  
07795 051516

**Julie Green** (left):  
07795 051529

**Email:**  
billingshurstwardens@  
horsham.gov.uk



## Horsham Town wardens (Denne, Trafalgar and Forest Neighbourhoods)

**Alison Page** (left):  
07795 051555

**Lucy Hallett** (right):  
07795 051561

**Email:** horsham.  
neighbourhoodwardens  
@horsham.gov.uk



## Pulborough Parish wardens

**Vanessa Green** (right):  
07584 337475

**Carol Boniface** (left):  
07584 337476

**Email:**  
pulborough.wardens@  
horsham.gov.uk



## Southwater Parish wardens

**Jacquie Cave** (right):  
07789 943156

**Dominic Woodhead** (left):  
07789 943193

**Email:**  
southwater.wardens@  
horsham.gov.uk



## Steyning, Bramber and Upper Beeding wardens

**Paul Conroy** (left):  
07734 387889

**Michael Pearce** (right):  
07734 387888

**Email:**  
SBUB.wardens@  
horsham.gov.uk



## Storrington and Sullington Parish wardens

**Steve Christian** (left):  
07789 943201

**Chris Poore** (right):  
07795 046743

**Email:** storrington-  
sullingtonwardens@  
horsham.gov.uk

Crime and anti-social behaviour should be reported to the police on 101. In an emergency, always call 999.



# *How was the Competition judged?*

*This year the Community Link team were lucky to have local photographer, Joe James judge the photo competition.*

Joe is Autistic and incredibly proud of it. He takes photographs to help him with anxiety and they let him escape to another world. His art is his mindfulness and his dream is to share it.

Joe says: "We are defined by our environment and life experiences." And this shows in the beauty of Joe's art. He regularly hosts neuro-diverse photography trips for children, adults and their families.

We would like to thank Joe for taking his time to carefully select this year's winner. (River Adur by Emma Varley).



If you would like to see more of Joe's photography or read about his experiences, please visit:  
[www.facebook.com/JoeJamesNeurodiversityawareness](https://www.facebook.com/JoeJamesNeurodiversityawareness)







Horsham  
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Community Link

Telephone: 01403 215230

Email: [community.link@horsham.gov.uk](mailto:community.link@horsham.gov.uk)

£4.99

