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# Copthorne Magazine

December 2019/January 2020

*Village News & Views*



# Merry CHRISTMAS

HOPE

PEACE

JOY

LOVE

# Local contacts



To add your organisation or change details, please contact the Editor – [cophornemagazine@gmail.com](mailto:cophornemagazine@gmail.com)

## Allotments

Burstow Parish Council 01342 841880

## Copthorne Archive

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## Copthorne Art Group

Peter Chatfield - 01342 712010

## Copthorne Cots2Tots

(parent & baby/toddler group)  
Annabelle Mundy - 07732 335193

## Copthorne Carnival

Graham Casella - 01342 714291  
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[www.cophornecarnival.co.uk](http://www.cophornecarnival.co.uk)

## Copthorne Chapel

[www.cophornechapel.org.uk](http://www.cophornechapel.org.uk)

## Copthorne Consort

Sophia - 01342 712742

## Copthorne Cricket Club

Paul Smart - 07913 493974  
[www.cophorne.play-cricket.com](http://www.cophorne.play-cricket.com)

## Copthorne Guides

(including Rainbows, Brownies, and Rangers)  
Jo Wickes - 01342 716094

## Copthorne Junior School

Head: Mrs Joanna Francis  
01342 712372

## Copthorne Ladies Club

Margaret Payne (President)  
01342 713826  
Sheila Wilson (Secretary)  
01293 885675 / 07708704408

## Copthorne Ladies Stoolball Club

Tracey Price - 07961 887504

## Copthorne Players

Jane Burr - 01342 712550

## Copthorne Scouts

Membership Secretary  
Jill Creek - 07720 533875  
[joincophornescouts@outlook.com](mailto:joincophornescouts@outlook.com)

## Copthorne Silver Band

Sheila Feasey - 07889 681268

## Copthorne Table Tennis Club

Karen Lelliott - 01342 719069

## Copthorne Village Association

[info@cophornevillage.org](mailto:info@cophornevillage.org)  
[www.cophornevillage.org](http://www.cophornevillage.org)  
f Copthorne Village Association

## Copthorne Village Badminton Club

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## Copthorne WI

Sandy Ward - 01342 713076  
[cophornewi@gmail.com](mailto:cophornewi@gmail.com)

## Copthorne Youth Football Club

[cyfc.sec@gmail.com](mailto:cyfc.sec@gmail.com)

## Crawley Bridge Club

Helen Kent - 01342 719779

## Fairway Infant School

Head: Mrs. B. Davison  
01342 713691

## Heatherley Cheshire Home

Volunteer Co-Ordinator  
Tess Ashton - 01342 712232  
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## Jack and Jill Pre-School

Registrar - 07756 577317  
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[www.jackandjillcophorne.co.uk](http://www.jackandjillcophorne.co.uk)

## The Little House Montessori Nursery

Principle: Lisa Watkins -07938 524184

## Local Action Team - Vacant

## Mothers' Union

Jaqi Davis - 01342 716870

## Neighbourhood Watch - Vacant

## N T C - TS Swiftsure

Commanding Officer Stephen Gilbert  
01293 571533 - [swiftsure@ntc.org.uk](mailto:swiftsure@ntc.org.uk)  
Chair Andy Carse - 07545 939056  
[www.ntc.org.uk/swiftsure](http://www.ntc.org.uk/swiftsure)

## Peter Pan Playgroup

General Enquiries - 07745 255501  
Waiting List: 01342 714692  
[www.peterpanplaygroup.co.uk](http://www.peterpanplaygroup.co.uk)

## Probus Club of Horley & District

Derek Hanks - 01342 714411  
[www.probusclubhorley.org](http://www.probusclubhorley.org)

## Royal British Legion

Crawley & District Branch Secretary,  
Michael Elliot 07791 778245

## St John's Church Office

01342 712063 [admin@cophorne.org](mailto:admin@cophorne.org)

## Vicar - Revd Wim Mauritz

01342 457064  
[vicar.cophorne@gmail.com](mailto:vicar.cophorne@gmail.com)

## Churchwardens

David Hornsby - 07954 162319  
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## Treasurer

Chris Phillips - 01342 712668

## PCC Secretary

Cathy Sexton - 01342 716813

## Sunshine Preschool

07963 501762  
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[stjohnssunshine@hotmail.co.uk](mailto:stjohnssunshine@hotmail.co.uk)

## Worth Parish Council

Worth Council Offices, The Parish Hub, Borers Arms Road, Copthorne RH10 3ZQ  
01342 713407  
[clerk@worthparishcouncil.co.uk](mailto:clerk@worthparishcouncil.co.uk)  
[www.worthparishcouncil.co.uk](http://www.worthparishcouncil.co.uk)

## Hall hire

### Copthorne Parish Hub

07853 653649  
Joelle - [cophornehub@gmail.com](mailto:cophornehub@gmail.com)

### Copthorne Scout Centre

**Copthorne Guide Hall**  
Lesley Dawson - 01342 716590

### Copthorne Sports and Community Association

[www.cophorne-sca.co.uk](http://www.cophorne-sca.co.uk)  
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### Copthorne Village Hall

Adele Ruddock - 07716864623  
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[www.cophornevillagehall.co.uk](http://www.cophornevillagehall.co.uk)

### Copthorne Junior School

01342 712372

### Delmar Morgan Centre

Christine Cheesmur - 01293 881153

### Fairway Infant School

01342 713691

# Editorial

All of us at the magazine team want to wish all our readers a very merry Christmas and a Happy New Year!



## Lantern Making at St John's

What a brilliant event this was. Lots of plain jars which magically became beautiful with a bit of glue (well lots of glue for some of our little ones!) and some coloured paper and crystals. Difficult to know who enjoyed it most - adults or littlies!

Next time (Sunday, 15th December at 10.30am) we will be making christingles with oranges, ribbon, fruit and candles - what could possibly go wrong! We would love you to come and join us - please!!

**Christmas LUNCH**  
12:30 PM  
Sunday 8th December  
The Parish Hub  
£15 per person, soft drinks available  
BOOK NOW  
[admin@cophorne.org](mailto:admin@cophorne.org)  
01342 712063

Adults £1 Entry Kids Free Entry  
FRIDAY 6TH DECEMBER  
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FOR MORE INFO CONTACT [FAIRWAYPTA@HOTMAIL.COM](mailto:FAIRWAYPTA@HOTMAIL.COM)

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Your parish church is open throughout the week during daylight hours for quiet reflection or prayer, you're welcome anytime or join us during one of our services.

Our Sunday service times are:

|                 |  |
|-----------------|--|
| <b>8:00 AM</b>  | A quiet Holy Communion service<br><i>without music, that follows the pattern set out in the Book of Common Prayer.</i> |
| <b>9:30 AM</b>  | A traditional service<br><i>with hymns accompanied by the organ and choir.</i>   |
| <b>11:00 AM</b> | An informal service<br><i>ideal for young families. This service consists of worship and teaching.</i>                 |

|                         |                                      |                                      |                                      |
|-------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <b>DURING the WEEK:</b> | <b>TUES 9:00AM</b><br>morning prayer | <b>WED 10:30AM</b><br>Holy Communion | <b>THUR 9:00AM</b><br>morning prayer |
|-------------------------|--------------------------------------|--------------------------------------|--------------------------------------|

#### DATES FOR THE DIARY:

**Tea Afternoons** - Fridays 6<sup>th</sup> December and 4<sup>th</sup> January 2pm in the Parish Hub

**Churchyard and Working Parties** - Saturdays 7<sup>th</sup> December and 5<sup>th</sup> January from 9.15am

**Coffee, Cake and Conversation** - Saturdays 7<sup>th</sup> December and 5<sup>th</sup> January from 10am to noon

**Christmas Lunch** - Sunday, 8<sup>th</sup> December - 12.30pm - in the Parish Hub. Everyone welcome - £15 adults/£5, to sign up contact the church office

**Afternoon Tea** - Sunday, 12<sup>th</sup> January - 2.30 – 4.30 pm - in the Parish Hub. Everyone welcome (suggested donation £8, pay on the day), to sign up contact the church office

**Tanzania Focus** - Sunday, 26<sup>th</sup> January – Our CMS Mission Partner, Heather Johnstone will be visiting us. Come and hear more about her work in Tanzania during our Sunday church services and following that with a shared lunch at the Parish Hub

#### CONTACT ADDRESS:

St John's Church Office (at the Church) Church Road, Cophorne RH10 3RD (Mon, Wed & Thu: 9am – 2 pm)

#### ENQUIRIES:

Church : 01342 712063 or admin@copthorne.org  
Parish Hub: 07853 653649 or parishhub@gmail.com  
Vicar: 01342 457064 or vicar.copthorne@gmail.com  
Curate: 01342 717561 or curate.copthorne@gmail.com

copthornechurch.org

GROWING IN LOVE for God & each other

## Wim writes...

### HOPE, PEACE JOY AND LOVE

As the Christmas season is approaching, our country is also facing a General Election on December 12. In recent years the way we discuss important political issues of local and national importance has sadly become bitter and divisive. Trust in the institutions that glue us together and help build community is being eroded at a time when we least afford it. For this reason we at St John's will organise a prayer vigil on the evening before election day (Wed 11 Dec at 8pm). We invite anyone to join in and come together to pray for reconciliation, generosity in debate, wisdom in policy forming and to encourage true community where the voiceless and the most vulnerable have their role.

For many people the Christmas period can be rather stressful, and some may want to escape some of that busyness that seems to come along during this season. St John's is open every day and anyone can visit the church during the week to find a quiet space, for reflection or prayer. For centuries, Christians around the world have used the four weeks leading up to Christmas to prepare themselves for the celebration of Jesus birth. It's a

time when we observe the first coming of Jesus while we also look forward to his second coming. At St John's each of the four weeks of Advent will have a focus on Hope, Peace, Joy, and Love respectively. We will also have a range of different Christmas services such as Christingle, Nine Lessons and Carols, Crib Service. So, join us and invite a friend to come along to celebrate the miracle of God becoming human.

At the start of the New Year, St John's Church will also run another Alpha Course, offering anyone the opportunity to explore the Christian faith in an informal, friendly an open environment. This course invites people to explore the basics of Christianity irrespective of their faith or background. To find out more or to sign up, visit: copthornechurch.org or #TryAlpha.

Wherever you are this Christmas season my prayer for all of us is that we may truly encounter the source that gives us a genuine Hope for the future, a Peace beyond our understanding, a Joy that can sustain us during periods of hardship, and a Love that is everlasting.

Have a blessed season!

### Prayer Vigil

for the  
United Kingdom

8:00 - 9:00 PM Wednesday 11th December 2019

HOPE  
PEACE  
JOY  
LOVE

Merry  
CHRISTMAS

copthornechurch.org

**You're invited.**

**#TryAlpha**

Starts 7.30 pm Wednesday 8th January 2020  
copthornechurch.org





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**Alpha**

**You're invited.**  
**#TryAlpha**

Wednesday 8<sup>th</sup> January  
St John's Copthorne  
RH10 3RD

[copthornechurch.org](http://copthornechurch.org)

**ST JOHN**  
the EVANGELIST  
COPTHORNE

GROWING IN LOVE for God & each other

WELCOME to DECEMBER

Sunday **1<sup>st</sup>** DECEMBER

Hope

- 8:00 AM A quiet Holy Communion service
- 9:30 AM A traditional service celebrating a Baptism
- 11:00 AM An informal service with Communion

Sunday **8<sup>th</sup>** DECEMBER

Peace

- 8:00 AM A quiet Holy Communion service
- 9:30 AM A traditional service with Communion
- 11:00 AM An informal service welcoming St Nicholas
- 12:30 PM Christmas Lunch

Wednesday **11<sup>th</sup>** DECEMBER

- 10:30 AM Carol service with St John's Sunshine Preschool

Sunday **15<sup>th</sup>** DECEMBER

Joy

- 8:00 AM A quiet Holy Communion service
- 10:30 AM All-age Christingle service make a traditional Christingle

Wednesday **18<sup>th</sup>** DECEMBER

- 7:00 PM Carol singing at Copthorne Hotel everyone welcome

Sunday **22<sup>nd</sup>** DECEMBER

Love

- 8:00 AM A quiet Holy Communion service
- 10:30 AM Carol service with Communion
- 6:00 PM Nine Lessons and Carols followed by mince pies and mulled wine

Tuesday **24<sup>th</sup>** DECEMBER

- 4:00 PM Crib service children are welcome to dress as nativity characters
- 11:00 PM Midnight Mass celebrating Communion

Wednesday **25<sup>th</sup>** DECEMBER

- 10:30 AM Christmas Celebration a short service for everyone

Sunday **29<sup>th</sup>** DECEMBER

The Good News

- 8:00 AM A quiet Holy Communion service
- 10:30 AM All-age Carols by request





**All sections** have been busy rehearsing and taking part in the Gang Show at the Hawth and great fun has been had by all!

**Smugglers Beavers** have had a visit to pets at home and Voyagers have been to foot golf and have been doing their skills badge.



**Both Cub Packs** attended County camp and had fun attending 3 different zones with lots of different activities including laser tag, giant slides, water rockets, crafts and boogie trampoline.



**Both Scout Troops** attended survival camp at Broadstone Warren, where they built their own fires and cooked all their own meals on them. They slept in hammocks and took part in a tunnelling activity.

**All sections** took part in Remembrance Day parade and service.



## GIRLGUIDING COPTHORNE

We have been to the Zoo Zoo Zoo!

You could come too too too!

Copthorne Guides have; camped at a festival, visited a zoo, planted seeds, explored our new programme, learnt first aid, made meals, celebrated Remembrance, performed in a Gang Show, raised funds for McMillans and learnt skills for life!



### However, we need your help!

We are looking for support with our enthusiastic, experienced Guiding teams. Girlguiding is a unique, girl only organisation, empowering girls and young women from 5-18 to be the best they can be. We currently have 2 units each of;

- Rainbows (age 5-7), Brownies (age 7-10),
- Guides (age 10-14) and a Ranger unit (14+),
- meeting every week night, except Friday.

We are a very active District in Copthorne, offering a wide variety of opportunities for the girls as you can see.



Everything we do for girls – all the badges, trips away, adventures and activities – wouldn't be possible without all the amazing volunteers who use their time to make Girlguiding happen. Without volunteers we cannot offer these opportunities and we need your help now.

Please get in touch. Most units meet for around an hour, once a week.

And .... it's not just the girls who benefit from being a part of Girlguiding, helping out is hugely rewarding. We are able to try new experiences, have immense fun and really make a difference in the lives of the girls and young women of Copthorne.



We need your help to continue with the wonderful experiences we offer!

Please don't hesitate – get in touch!

One hour a week can make all the difference. Contact Jan Burke – [enquiries@girlguidingcopthorne.co.uk](mailto:enquiries@girlguidingcopthorne.co.uk)

Visit our website [www.girlguiding.org](http://www.girlguiding.org)



If you would like to add your child to the waiting list for Scouting please visit our website [1stcopthorne.scoutsites.org.uk](http://1stcopthorne.scoutsites.org.uk) or contact us at [joincopthornescouts@outlook.com](mailto:joincopthornescouts@outlook.com) or 07720 533875

Girlguiding Copthorne District (Rainbows, Brownies, Guides and Rangers) - Registered as a Charity: No 1033759  
For Volunteering Opportunities, Membership Information and Hall Bookings please contact us - [enquiries@girlguidingcopthorne.co.uk](mailto:enquiries@girlguidingcopthorne.co.uk)



## In the Spotlight with...



## Copthorne Players

Copthorne Players proudly present

# Jack AND THE Beanstalk

16th-19th January 2020

Copthorne Village Hall

Written and directed by Megan Birch

The lights are going up, the shops have put on their seasonal playlists, and the Copthorne Players are back with their fantastic new pantomime, Jack & the Beanstalk. Featuring an all-new script from writer and director Megan Birch, with choreography from Charlotte Bailey and musical direction from Shaz Dudhia, this production promises to be fun for all the family.

Book your tickets early to make sure you don't miss out on this fabulous show, jam-packed with songs from your favourite bands and musicals, and bursting with jokes. Make sure you take advantage of our discounts for family tickets, and we'll look forward to seeing you at the Copthorne Village Hall from 16th-19th January. Tickets are available on our website - [copthorneplayers.co.uk](http://copthorneplayers.co.uk).

We're well into rehearsals now and the cast and crew are certainly in the panto spirit! (Oh yes they are!) Panto regular Dr Jon Birch is back as Dame Trot, along with other old friends from the Copthorne Players including Charlotte Bailey as Jack, Alysha Finch-Parsons as his friend Jill, Marcus Kirby as the evil Fleshcreeper, and Ellie Skipper as the ethereal Fairy McLairy. They're joined by newer faces including Katherine Whinn as Billie the farmhand and Bradley Barlow as harried local landowner Lord Sprat, and we're very excited to have them on board.

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## ST CATHERINE'S HOSPICE

### Hot foot to Horsham for St Catherine's Hospice Firewalk!

St Catherine's Hospice is looking for fearless fundraisers to walk barefoot across 15 feet of red hot embers at Horsham's second ever Firewalk on **Friday 13 March 2020** at 7pm, in the Carfax. Alongside the Firewalk, there's also a Lego brick walk for under 18s who are keen to prove they're not bricking it! Sign up online at: [www.stch.org.uk/firewalk](http://www.stch.org.uk/firewalk), call St Catherine's events team on 01293 447355 or email [events@stch.org.uk](mailto:events@stch.org.uk).

### From Twickenham to Tokyo: Hospice supporter arrives home after epic cycling challenge

After more than 4 months, 8 countries and 7,200 miles, intrepid cyclist and triple cancer survivor Patrick McIntosh has arrived home to Surrey this week (Tuesday 1 October) following his epic Lifecycle challenge.

Patrick set himself the ultimate test of endurance, cycling from Twickenham to Tokyo in time for the opening game of the Rugby World Cup on 20 September to raise money to build a new home for his local hospice.



Once again Family Support Work are requesting donations of Festive Food to be included in the Christmas Hampers for our families. There will be a collection at our Advent Service on December 1st or you can leave at the back of Church.

Each year a local farmer donates many turkeys for their Christmas meal and the Hampers provide the extras that the families cannot afford. In October alone FSW made 212 food deliveries. Thanks to all our congregation, who are always so generous and it is really appreciated by all our families.

FSW helps families in Sussex to overcome their difficulties and prevent crisis. It supports families struggling with issues such as poverty, ill health, learning difficulties, bereavement, family break-up and domestic abuse.

If you would like any more information on FSW please contact Margaret on 01342 714651 or find us online at [www.familysupportwork.org](http://www.familysupportwork.org). Many thanks.

**ST JOHN the EVANGELIST COPTHORNE**  
GROWING IN LOVE for God & each other

## Prayer Vigil for the United Kingdom

8:00 - 9:00 PM  
 Wednesday  
 11th December 2019

Come together in prayer & unity to bless the nation

[copthornechurch.org](http://copthornechurch.org)

**ST JOHN the EVANGELIST COPTHORNE**  
GROWING IN LOVE for God & each other

Sunday 15th DECEMBER

10:30 AM All-age Christingle service  
*make a traditional Christingle*

[copthornechurch.org](http://copthornechurch.org)



# HAPPY CHRISTMAS

The Leaders and Members of  
1<sup>st</sup> Copthorne Scouts

Would like to wish  
all residents  
a very Merry  
Christmas  
And say  
Thank You  
for your support  
during the year



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INVITE YOU TO THEIR

## Senior Citizens Party 2020

on  
**SATURDAY 8th FEBRUARY**  
In the Village Hall

Doors open at 2pm for a 2:30 start with entertainment by the Beavers, Cubs & Scouts, followed by tea. Everyone is very welcome – please tell your friends. This is an open invitation to all Senior Citizens of the Village.

If you need a lift to and from the Village Hall please ring Kelly on 07732 922969



Sunday **22nd** DECEMBER

**10:30 AM** Carol service  
*with Communion*

**6:00 PM** Nine Lessons and Carols  
*followed by mince pies and mulled wine*



[copthornechurch.org](http://copthornechurch.org)

The Mag's  
New Youth  
Forum



Calling all young budding writers, journalists, artists and poets, if you have something that you want to talk about send in your articles to us and make your voices heard!

## Junior School Council Report

Welcome to Copthorne CE Junior School, we are the School Council and we are going to tell you a little bit about our school. Unlike a Primary school, we only have Key Stage 2 pupils in our school. We have two classes in each year group.

We do lots of exciting trips in our school ranging from the British Wildlife Centre in Year 3 to a week long residential at PGL in Lymington. Other trips include a two day residential in Year 5 to Bowles, Year 4 dressing up as Victorians to visit Preston Manor and a Year 5 Tudor trip to the Tower of London.

We also participate in lots of special sport events with other nearby schools. Our football and netball teams join in leagues and have fun along the way. Last year our outstanding team won the football league. For children who like running, there are lots of opportunities including a Cross Country race. This year two of our pupils came third (out of over 100 runners). We also participate in sporthall athletics.

The curriculum the school covers fits every child's dream because we cover so much including science, history, RE, computing, Spanish, art, music etc.

Our school has something special in our outdoor area. We have a roundhouse with a thatched roof and mud walls which was made by the children, which sits next our beautiful sensory garden which is a peaceful part of the school. We have an outdoor classroom and next to this we have "Buggingham Palace" which is a hotel for insects.

**Cooper, Inayah, Ethan and Neev (Year 6) School Council**



Chapel Lane, Copthorne  
Part of the Countess of Huntingdon's Connexion.

For more details please phone 01342 713172

[copthornechapel.org.uk](http://copthornechapel.org.uk)

With the evenings drawing in, we have turned our attention to Christmas and decided this year to have a traditional tea party in the schoolroom on Saturday, the 7th December. Carol and Margaret Watson will be providing the entertainment with piano and harp for an old fashioned sing/song.

On the **15th December** we will be holding our usual **Carol Service** at 2 pm with Gordon Hamilton officiating and Margaret Watson playing for us, followed by festive fayre.

Gordon will also be taking our services on Christmas Day and the 29th December with collections over Christmas going to St. Catherine's Hospice. All welcome.

We wish our readers a very happy Christmas and a peaceful new year.





# Burstow Nurseries & Garden Centre

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[admin@head2toephysio.co.uk](mailto:admin@head2toephysio.co.uk)

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# WORTH PARISH COUNCIL

## NEWSLETTER - Christmas 2019



### CHAIRMAN'S REPORT

It seems that this year has flown by, but don't we say that every year?

During the past year we have continued to work on both our Neighbourhood Plans, for Crawley Down as well as for Cophorne.

Consultation has just closed on the Mid Sussex District Council Site Allocations document, in which it identifies potential additional sites. In Cophorne, this included an extension to the industrial park proposals West of Cophorne – the St Modwen's site.

The Parish Council has objected to the inclusion of this site, as it was agreed in the original proposals to plant this area to screen the industrial units.

We understand that the court hearing date for the challenge against the District Council's decision to permit the Gypsy & Traveller site at Pot Common is due to take place at the end of November. The Council objected to the proposals, and has given financial support to the Pot Common Association. We will be following the outcome of the court hearing with interest.

If you have any issue that you would like the Council to address, please contact one of the Councillors below, or our Clerk.

In the meantime, I wish you and your families a very Merry Christmas and a Happy New Year.

*Elaine Anscomb, Chairman*

### FLOOD ACTION GROUP

The Council received funding via West Sussex County Council Watershed scheme some years ago for improvements to the stream as it flows through Cophorne Green. It took over management of the project recently in an effort to get matters moving.

The Clerk is currently trying to source a new trash screen; this is the grille that traps rubbish from going downstream.

Shane, our Cophorne groundsman, does check and clear the existing trash screen regularly, daily in fact in time of heavy rain, to ensure that the stream is flowing freely. Whilst this area did flood recently, this was down to a blocked gully or drain in the vicinity. This is

being investigated by WSCC.

However, WSCC suggests that we try to form a local Flood Action Group of volunteers. Activities would include assisting in routine maintenance thus reducing flood risk, being involved in discussions on future plans and works and helping to reduce the impact should a flood occur. Localised flooding could be monitored via volunteer Flood Wardens.

If you are interested in becoming involved in a Flood Action Group, please contact the Clerk. Full training will be given; more information can be found on the West Sussex County Council website under "Flood Action Groups".

### LASHMERE RECREATION AREA

We recently consulted with the residents in Lashmere for ideas to refurbish the redundant play area at the end of the close. Based on the feedback we received, we will be removing the play surface, grassing over the area,

and providing a bench and bin. Once this is complete, we will look at some planting.

## WORTH PARISH COUNCIL Christmas 2019

### GRANTS

Did you know that you can apply to the Parish Council for a grant? It gives grants of up to £500 to village organisations during the year. The money must be spent within six months of receipt, and a report must be given to the

Annual Parish Meeting in April. Contact the Clerk for an application form and guidance notes.

### COPTHORNE NEIGHBOURHOOD PLAN

Work is currently under way in processing the data received via the recent housing need survey. Over 600 surveys were sent back, which was an excellent response.

We have also decided to set up a Facebook page to keep residents updated as to the

progress of the Plan; please ask to join "Cophorne Neighbourhood Plan" on Facebook.

If you have any spare time to assist the Neighbourhood Plan Working Party, we would be very grateful - please contact email [nplan@worth-pc.gov.uk](mailto:nplan@worth-pc.gov.uk) for further information.

### SPEED INDICATION DEVICES (SID)

Due to the favourable comments we have received when our two shared cameras have been out and about, the Council decided that it would but its own SID. Delivery is imminent and this will be a welcome addition to local traffic safety measures. A reminder that we

can download the data from the SIDs and use this as evidence to Sussex Police to identify problem areas. Keep an eye for them in the future but remember to drive past within the speed limit!

### SPEEDING LORRIES

The Road Safety Team at West Sussex County Council have set up a new Facebook page to help deliver important road safety messages to its' residents, as well as the wider public who also use the roads of West Sussex.

By creating this Facebook page, the Road Safety Team will be able to support their partner's campaigns happening throughout the country, write specifically about seasonally related topics, provide advice to support all modes of transport and much more – essentially delivering a whole wealth of important

and much needed road safety information. Ultimately, the aim is to help reduce the Killed and Seriously Injured (KSI's) statistics on the roads of West Sussex, by delivering as much information and advice as possible.

If you are interested in keeping up to date with road safety issues, or have any questions you wish to ask, please go to [www.facebook.com/RoadSafetyWSCC](http://www.facebook.com/RoadSafetyWSCC) and follow this page! Thank you for your support.

Keep safe on the roads.

### LOVE WEST SUSSEX

A reminder that you can report you can report potholes, damage to inspection covers,

overhanging vegetation and much more via [love.westsussex.gov.uk](http://love.westsussex.gov.uk)

### COUNCIL MEETINGS

Council meetings take place every other week. See our website for further details. Agendas are published on the council's notice boards and website, with at least three working days' notice. Unless otherwise stated all meetings

are open to the public and are held at 7:30pm at the Parish Council Offices, First Floor The Parish Hub, Borers Arms Road, Cophorne.



## WORTH PARISH COUNCIL Christmas 2019

### Parish Councillor Contact Details

To assist compliance with data protection, any email contact regarding council matters should be made via the email addresses listed below.

#### Copthorne & Worth Ward

|                |                                |              |
|----------------|--------------------------------|--------------|
| Graham Casella | Graham.casella@worth-pc.gov.uk | 07710 019516 |
| Tony Dorey     | Tony.dorey@worth-pc.gov.uk     | 07802 359123 |
| Andrew Dymond  | Andrew.dymond@worth-pc.gov.uk  | 07834 486098 |
| Trevor Hodson  | Trevor.hodson@worth-pc.gov.uk  | 07771 810220 |
| Chris Larkin   | Chris.larkin@worth-pc.gov.uk   | 01342 714350 |
| Eddie Lord     | Eddie.lord@worth-pc.gov.uk     | 01342 714905 |
| Chris Phillips | Chris.phillips@worth-pc.gov.uk | 01342 712668 |
| Vacancy        |                                |              |

#### Crawley Down Ward

|                  |                                  |              |
|------------------|----------------------------------|--------------|
| Elaine Anscomb   | elaine.anscomb@worth-pc.gov.uk   | 01342 715213 |
| Phillip Coote    | Phillip.coote@worth-pc.gov.uk    | 01342 713443 |
| Alex Cruickshank | Alex.cruickshank@worth-pc.gov.uk | 01342 714328 |
| Les Flanagan     | Les.flanagan@worth-pc.gov.uk     | 07763 121124 |
| Ian Gibson       | Ian.gibson@worth-pc.gov.uk       | 01342 716790 |
| John Hitchcock   | John.hitchcock@worth-pc.gov.uk   | 01342 716831 |
| Mel Hollands     | Mel.hollands@worth-pc.gov.uk     | 01342 713799 |
| Kerry Scott      | Kerry.scott@worth-pc.gov.uk      | 01342 712213 |
| Roger Webb       | Roger.webb@worth-pc.gov.uk       | 01342 719029 |

### Mid Sussex District Councillor Contact Details

#### Copthorne & Worth Ward

|                |                                 |              |
|----------------|---------------------------------|--------------|
| Paul Budgen    | Paul.budgen@midsussex.gov.uk    | 07710 184331 |
| Chris Phillips | Chris.phillips@midsussex.gov.uk | 01342 712668 |

#### Crawley Down & Turner Hill Ward

|               |                                |              |
|---------------|--------------------------------|--------------|
| Phillip Coote | Phillip.coote@midsussex.gov.uk | 01342 713443 |
| Ian Gibson    | Ian.gibson@midsussex.gov.uk    | 01342 716790 |
| Roger Webb    | Roger.webb@midsussex.gov.uk    | 01342 719029 |

### West Sussex District Councillors Contact Details

#### Imberdown Ward

|               |                                 |              |
|---------------|---------------------------------|--------------|
| Heidi Brunson | Heidi.brunson@westsussex.gov.uk | 01342 327200 |
|---------------|---------------------------------|--------------|

#### Worth Forest Ward

|              |                                |              |
|--------------|--------------------------------|--------------|
| Bill Acraman | Bill.acraman@westsussex.gov.uk | 01444 400079 |
|--------------|--------------------------------|--------------|

### Parish Council Officers

|                 |                   |                          |
|-----------------|-------------------|--------------------------|
| Clerk           | Jennifer Nagy     | clerk@worth-pc.gov.uk    |
| Finance Officer | Ellen Smith       | rfo@worth-pc.gov.uk      |
| Assistant Clerk | Tracy Cruickshank | astclerk@worth-pc.gov.uk |

The Council Offices are open to the public 9:30 am to 12 noon Monday – Friday.

Worth Parish Council, First Floor, The Parish Hub, Borers Arms Road, Copthorne, West Sussex, RH10 3ZQ  
Tel: 01342 713407 www.worth-pc.gov.uk



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Tuesday 24th DECEMBER

4:00 PM Crib service  
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11:00 PM Midnight Mass  
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## Peter Pan Playgroup



What a wonderful start to the academic year we have had, catching up with returning children and welcoming new ones. This term we have welcomed Sarah moving up into the Managers role and Shelley becoming her Supervisor. The team have all done an inspiring job planning the term's "Celebration" topic. We have been learning about different cultures, events and ways to celebrate, along with celebrating the differences within our own families. For Children In Need we dressed up, made cakes and considered those less fortunate than us. We provide a nurturing environment for our children with a staff ratio of 1:5. This allows the children to free flow between our indoor space and large private garden. With the extra staff available we can run both focused activities and follow the children's interests. We have introduced rolling snack, which has been less disruptive to the children's focus when learning and playing. The children have enjoyed the independence of choosing when to eat and when to play, whilst building on their time awareness and management skills.

### OPEN TERM TIME ONLY

**Monday 9-12, Lunch Club 12-1 (Our World)**  
**Tuesday 9-12**  
**Wednesday 9-12, 12-3**  
**Thursday 9-12 Lunch Club 12-1 (Music & Movement)**  
**Friday 9-12**

If your child is of preschool age, get in touch as we would love to show you around. Follow us on Facebook for event updates.



**f Like our Facebook page!**  
**Jack & Jill Preschool Copthorne**

The Delmar Morgan, Copthorne Bank,  
 RH10 3QX Tel: 07756 577317  
 www.jackandjillcopthorne.co.uk  
 jackandjillregistrar@yahoo.co.uk

With Autumn upon us, the children have been helping to tidy up our garden before winter sets in, from sweeping up the leaves, some of which we used for collaging pictures, to planting bulbs, herbs and bedding plants in our tubs and tyres. A small group collected apples which were then used for printing and making patterns with autumn colours. We also had great fun making our own scarecrows for the garden which the children have named as Rosie and Jim! Look out for them if you pass by!

We celebrated Diwali decorating candles, Halloween making potions, and Bonfire night with firework pictures using various techniques. The children also made poppies and we observed a two minute silence on Remembrance Day. Preparations are now underway for Christmas with exciting activities planned - Ho, Ho, Ho!

Open term time for children aged 2 to school age, Mon-Fri, 9.15am-3.15pm, with the option of an early start from either 8.45am or 9am, 30 hours free entitlement available for eligible working parents of 3-4 year olds or 15 hours free entitlement available for children aged 3 years+ and eligible 2 year olds. Optional lunch clubs are available each day until 1.15pm. We still have some spaces so please feel free to email or telephone. Further details are available on our website.



**f Like our Facebook page!**  
**Peterpan playgroup Copthorne**

Village Hall, Copthorne Bank  
 RH10 3RE Tel: 07745 255501  
 www.peterpanplaygroup.co.uk  
 info@peterpanplaygroup.co.uk



What amazing first half term we have had, all our new children have all settled so well, and lots of amazing new activities have been enjoyed by both children and adults.

We had an open day on Friday 4th October; it went so well that three new children signed up and started straight away and others signed up to start in January. We will be holding another open day in the Spring term.

The children have been taking part in lots of different art and messy activities, one of which was Diwali. We made Divas, tried lots of different foods and made patterns with coloured rice.

We took part in the Fruit & Produce show at the church, the children all picked fruit from our growing area and all took part in making jam. We came 1st, so well done to all the Sunshine children! We also made a Noah's Ark and the children each painted an animal to go into the Ark.

St John's Sunshine Pre-School has gone through lots of different changes, with new management and a brilliant team coming together, to make the day to day running of the pre-school work with all the different areas of learning. There has been lots positive feedback to the changes that have been made already by our parents and new starters.

If you are looking for a pre-school, then we are open term time for children 2 years to school age, Monday to Friday 9.15 to 12.15 with the option of an early start at 8.45 and the option of 2 lunch clubs and afternoons on Mon and Tues. Please take a look at our new updated website.



**For further details, please call, email or pop in and see us at the Parish Hub**

The Parish Hub, Borers Arms Road,  
 RH10 3ZQ Tel: 07963 501762  
 www.stjohnssunshinepreschool.co.uk  
 email: stjohssunshine@hotmail.co.uk



Here at the Coach House Nursery at Copthorne Prep School we are all enjoying the colours that Autumn is bringing. We are fortunate enough to have our own forest to explore and the children are learning so much about change, colours and the environment. The younger children in Pippins and Acorns class have been crunching leaves, looking for signs of Autumn and collecting pine cones, acorns and conkers to look at and learn about; whilst the older children in both Oaks classes have been making bonfires and learning how to stay safe around fire whilst also looking at how the forest changes with the seasons. We always feel so lucky to be able to have such a wide space to explore in any weather!

This half of term there has been a special emphasis on building self confidence and this will hopefully be seen in our wonderful Nativity plays during the penultimate week of term. All of our older children have been learning new songs and practising lines in readiness for the big day where they will perform to an audience of eager parents and friends in our little theatre. We are always so proud and amazed by how the children shine on the stage: all the hard work and effort pays off!



**f Like our Facebook page!**  
**Copthorne Prep School**

The Coach House Nursery,  
 Copthorne Prep, RH10 3HR  
 www.copthorneprep.co.uk  
 headspa@copthorneprep.co.uk



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**(term-time)**

**at Copthorne Parish Hub**

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We can offer you a plot size to suit your needs, a friendly community, fresh air and exercise, (with advice available, if you want it, from those who think they know what they're doing!). Why not come along and have a look? We're situated opposite the Jubilee Pavilion.

Congratulations to our allotment tenants who entered and were placed in the vegetable, fruit and flower sections of the Michaelmas Fair at St John's in September.

We're always looking for sources  
of manure, and wooden pallets!

Please ring Ken Luttmann on  
01342 713527 before 6pm,  
or email ken.luttmann41@gmail.com

## Copthorne WI

Our thoughts are turning to our Christmas meeting, which is also our birthday meeting. The birthday being the anniversary of the founding of the Copthorne WI in the early part of the 20th century. Just a few years to go now until our centenary. This year we are inviting friends from other local WI's to join us to celebrate, enjoying a festive buffet provided by members followed by a relaxing time listening to musical entertainment. We are planning a special Christmas raffle and a Secret Santa present swap. There will also be a small Christmas tree decoration for every member and visitor to take home, all individual and created by members of the craft group.

Visitors are always welcome to join us at our meetings in the Village Hall on the second Wednesday of the month, 7.30p.m. Contact us on copthornewi@gmail.com for more information.  
Jacquie Barwell

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## THE COPTHORNE ARCHIVE

### Copthorne Village Millennium Group

The Copthorne Archive,  
The Parish Hub, Borers Arms Road,  
Copthorne RH10 3ZQ

CopthorneArchive@gmail.com  
Facebook: The Copthorne Archive  
Tel: 01342 713807



### Brooker family update:

Following the article on the Brooker family in the last edition the current owner of Compasses Cottage got in touch - unfortunately no telephone number was given, so please do get in touch again.

Further research on the Brooker family of Roundabouts Farm has connected them to another Copthorne Brooker family (to whom they were previously thought not to be related), by way of Thomas Brooker born 1777, died 1826. Thomas was the grandfather of Peter Brooker of Roundabouts Farm and his cousin Alice Snelling (nee Brooker) of Akehurst Farm. More research to be done!

**Can you help?** Whilst doing some research on an unconnected item we uncovered the story of Sydney Vardell, who was master of the Crowhurst Otterhounds from 1904 for well over 30 years. Otter hunting was a very cruel "sport", but very popular particularly in Sussex and Kent in the early 1900s. A VC hero, Stanley Vardell lived at a property in Copthorne called Berrylands, where the hounds were kennelled, and the hunt met three times a week, going as far afield as the Wentworth Golf Course at

Virginia Water. As part of our work on the history of local houses we would like to identify the location of his house - is it still called Berrylands? Did any local people work at the kennels?

### We have Twittens in Copthorne!

Do you know this Sussex word? It means a narrow alleyway, usually between hedges or walls. So, next time you walk through the alleyway between Brookhill Road and the Meadow you're walking through The Twitten! Carry on walking as if going to McColls and you'll come to more Twittens; one on the left leading from The Meadow into Church Road/Bakers Hill, and one on the right from The Meadow into Akehurst Close, then into Church Lane. We need to preserve the use of these local dialect words, so don't forget, it's not an alleyway, it's a Twitten!

**Other Projects:** Interviewing and recording of people's lives in Copthorne continues - please do get in touch if you would like to share your memories and thoughts on any aspect of living in Copthorne.

Scanning and archiving continues as and when we have time. We're always pleased to receive any documents, maps, deeds, photos, family history etc.



Mr Vardell and Otterhounds



House of Mr Vardell, Copthorne.  
Where is it?

Don't forget, copies of our book *Copthorne, the story so far* are available for £10 - a very interesting read for anyone new to the village.

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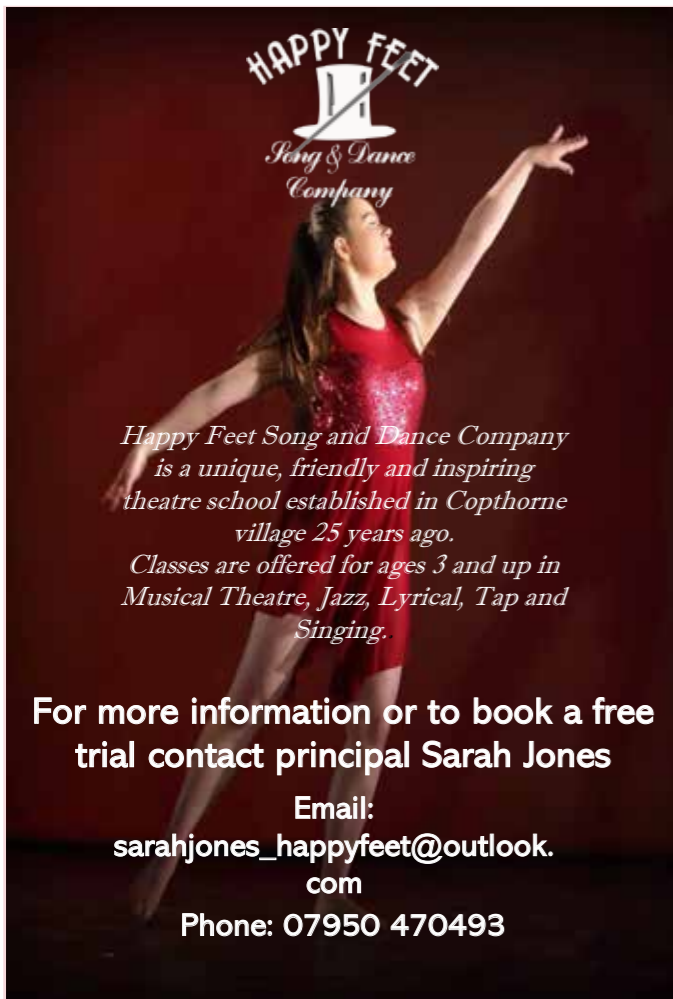


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**HAPPY FEET**  
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Company

*Happy Feet Song and Dance Company is a unique, friendly and inspiring theatre school established in Copthorne village 25 years ago. Classes are offered for ages 3 and up in Musical Theatre, Jazz, Lyrical, Tap and Singing.*

**For more information or to book a free trial contact principal Sarah Jones**

Email:  
sarahjones\_happyfeet@outlook.com

Phone: 07950 470493

I would like to start off with a big thank you to the village for its continued support of Happy Feet Song and Dance Company! Established 25 years ago with the aim of teaching children dancing, singing and acting, Happy Feet is proud to be known for its professional standards and a friendly, caring approach with young students.

At classes students learn ballet, jazz, contemporary, tap, acting and singing techniques alongside developing performance skills, building their confidence and (most importantly) having lots of fun too! Performance opportunities include our Christmas Showcases and shows at the Hawth Theatre.

We are currently accepting students from ages 3 and up in our wide range of classes! Musical Theatre on Tuesday afternoons and Saturday mornings, Jazz on Wednesday afternoons, Tap on Friday afternoons and Singing on Saturday afternoons. With the addition of adult Jazz and Tap classes (Wednesday and Friday evenings) you can be sure to find something for you and your little ones!

Come and join the Happy Feet family!

To book a free trial or for more information please feel free to contact us.

Like our Facebook page!  
**Happy Feet Song and Dance Company**  
Tel: 07950 470493  
Email: sarahjones\_happyfeet@outlook.com  
www.happyfeetcopthorne.co.uk



## Copthorne Carnival 2020

Planning is now well underway for next year's event which will take place on Saturday 27th June on the Village Green.

The main band and one other have already been booked, and we are now on the look out for a band to start the entertainment. If you know of a good local band who would like to perform, please let us know.

One change for next year is that we will not be having fireworks to close the event. This is purely down to economics. As the event gets more popular, we have to increase the toilet facilities to cater for the numbers, and next year we are upgrading the portable toilet block again. Sadly we do not

have enough in our projected budget for 2020 to cover both.

Don't forget that this is a FREE event which now costs around £8000 to put on, all of which we have to recover to carry forward to the next year. We also have to maintain and replace equipment that is needed for the event to be run.

May the committee and I wish you all a Merry Christmas and a Happy New Year, and hope to see you all on The Green next June.

Graham Casella **Chairman**

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## What's On at Copthorne Jubilee Pavilion

Copthorne Sports & Community Assn Ltd promoting Fitness, Sport & Health for all ages in Copthorne.

King George V Field, Copthorne Bank RH10 3JQ  
info@copthorne-sca.co.uk www.copthorne-sca.co.uk Twitter: @csca2

Why not join our Facebook page?  
Facebook - Copthorne Sports & Community Association

### MONDAY

18.30 Piyo with Janet Hanspal  
19.30 Legs Bums and Tums  
<http://www.newmoi.co.uk>

### TUESDAY

Baby Ballet Classes beginning  
3rd September 2019 10.00 - 12.00  
[www.babyballet.co.uk](http://www.babyballet.co.uk)

17.30 Slimming World  
19.30 Slimming World

### WEDNESDAY

09.00 Slimming World  
11.00 Slimming World

19.15 Ballroom Dancing Lessons  
[www.dance2night.co.uk](http://www.dance2night.co.uk) or email  
[chriscrowhurst1@gmail.com](mailto:chriscrowhurst1@gmail.com)

### THURSDAY

11.00 Seated Pilates  
12.00 Pilates stand & mat  
[www.facebook.com/PilatesontheMove](http://www.facebook.com/PilatesontheMove)

15.45 Pre-Primary Ballet and Tap  
16.30 Musical Theatre  
17.15 Contemporary  
[www.inspireacademyofdance.co.uk](http://www.inspireacademyofdance.co.uk)  
18.30 Mutts with Manners - Pavilion  
19.30 Mutts with Manners - Pavilion  
[www.muttswithmannersdogtraining.com](http://www.muttswithmannersdogtraining.com)

### FRIDAY

09.15 Piyo with Janet Hanspal  
10.15 Legs Bums and Tums  
[www.newmoi.co.uk](http://www.newmoi.co.uk)  
12.00 Walking Football - Field

16.00 Happy Feet Song & Dance Company  
[www.happyfeetcopthorne.co.uk](http://www.happyfeetcopthorne.co.uk)  
Various classes & times. Term time only.

### SATURDAY

09.30 Inspire Dance Academy  
[www.inspireacademyofdance.co.uk](http://www.inspireacademyofdance.co.uk)  
Various classes & times. Term time only.

Copthorne Youth FC Matches - Field  
Copthorne Rovers Football Matches - Field

### SUNDAY

10.00 Make it Fit - fun filled group training session suitable for all fitness levels!  
[Find Make it Fit on Facebook](#)

**Ask about our Meeting Room**

See website for more details: [www.copthorne-sca.co.uk](http://www.copthorne-sca.co.uk). News & blog. This programme is a guide only and may change or cancel at short notice. It is your responsibility to check details with each individual organiser. This report has been compiled to the best of her knowledge & belief by Suzanne Jones.

## Walking Football

For those of you of a certain age, or does it have to read 'the more experienced amongst us' these days, Copthorne now has a male walking football team.

It started earlier this year using the hard court pitch at The Ark, Turners Hill, before building up numbers and moving to the King George's Field operating within the Copthorne FC family. This group of strolling footballers play for an hour on Fridays beginning at midday, before taking on board liquid refreshment afterwards. The

laws of walking football do vary across groups but we play a game with up to 6 a side, no heading and no balls above head height, all free kicks are indirect and running, jogging and tackling from behind are not allowed. Apart from these and a few other variations, it is pretty much just a walking pace version of the beautiful game.

A recent study confirms the significant health benefits from playing and I can confirm that is surprising how much hard work is required to pass and move without running onto passes. It really is a good and cheap

workout and all done amongst excellent company.

We do play the occasional match too, we got soundly beaten in our first game away but got an honorable draw on our last home outing against a team who have been together for nearly 4 years, so we were chuffed.

If you are interested in playing call or text me on 07771 810220 or simply come along; pimped Astro trainers or boots in the wet are ideal footwear.

Trevor Hodsdon



# Christmas Market

Saturday 30th November 11am-3pm



- Mulled Wine
- Gifts & Present Ideas
- Games & fun for children
- Santa's Grotto
- Mince pies & Refreshments

## AT A GLANCE CLASSES & GROUPS AT THE HUB

|       | Morning        | Afternoon  | Evening                                  |
|-------|----------------|--|--|
| Mon   | Springfit      | Springfit Gymnastics                               | Penrhyn PT                               |
| Tues  | Hartbeeps      | Springfit Gymnastics                               | Copthorne Consort<br>Penrhyn PT          |
| Wed   | Gracie Grooves | Cots2Tots<br>Springfit Gymnastics                  | Penrhyn PT<br>Act One Beginners          |
| Thurs | Gracie Grooves | Copthorne Art Group                                | Penrhyn PT                               |
| Fri   | Gracie Grooves | Friday Friends<br>Tea Afternoon /<br>Mothers Union | AVAILABLE TO HIRE FOR PARTIES AND EVENTS |
| Sat   | Get Crafty     | AVAILABLE TO HIRE FOR PARTIES AND EVENTS           |  |
| Sun   | Penrhyn PT     | AVAILABLE TO HIRE FOR PARTIES AND EVENTS           |  |

Activities in the Main Hall    Activities in the South Room    Sunshine PreSchool

CONTACT If you wish to enquire about hiring the hall, please contact Joelle:  
parishhub@gmail.com 07853 653649 www.copthorneparishhub.org

Copthorne Parish Hub • The Parish Hub, Borers Arms Road, Copthorne RH10 3ZQ

## HIRERS DIRECTORY

**St John's Sunshine PreSchool**  
07963 501762  
stjohnssunshinepreschool.co.uk  
stjohnssunshine@hotmail.co.uk

**Springfit**  
Mon to Wed 3.30 - 6.30pm  
07763 720692 - 0203 478 0203  
info@springfit.org

**Penrhyn PT**  
07763 720692 www.penrhynpt.co.uk

**Hartbeeps**  
Baby & Toddler Music Classes  
10am - 1pm 07590 371923  
laura@hartbeeps.com

**Gracie Grooves**  
Thurs 10.30 - 12.30pm  
grace.meeking@sky.com  
07590403232 www.graciegrooves.com

**Copthorne Art Group**  
Thursday 2 - 4pm 01342 712010

**Get Crafty**  
(Craft class for children)  
9.30 - 11.30am  
lizziemckenzie@hotmail.co.uk

**Cots2Tots**  
Term time Wed 1.30 - 2.30pm

**Copthorne Consort**  
Tues 7.30 - 9.30pm 01342 712742

**Act One Beginners**  
Drama Classes for children  
5.30-7.30pm (term-time)  
www.actonebeginners.co.uk

DON'T LIMIT YOUR CHALLENGES, CHALLENGE YOUR LIMITS!



## WINTER TRAINING... IT'S ONLY COLD IF YOU'RE STANDING STILL!

Penrhyn PT have been providing circuit training at The Hub since August 2016 and we have gone from strength to strength – along with our fantastic clients!

With us you can challenge your limits and take control of your goals. Do you have a dream to be able to do a sponsored walk, run, cycle ride? A triathlon maybe or even a long-distance trek, but you don't know how to initiate your training to achieve it? At Penrhyn PT, we have helped clients train for Tough Mudders, marathons and more. It is proven that with regular exercise, you will become physically fitter, stronger and improve your mindset. This will ultimately give you the confidence to achieve your goals. Join our friendly family of clients and make the changes you wish for become a reality. Don't let the winter weather stop you before you start!

We have an exciting offer open to all new members who are keen to make positive changes.

Commit to 3 months training (during October) and receive the 4th month FREE!

T&Cs apply

Visit our online coaching at penrhynpt.co.uk



▶ WANT TO GET FIT OR IMPROVE YOUR FITNESS LEVELS? ▶ LOOKING FOR A GREAT WORKOUT IN A FRIENDLY NON-GYM ENVIRONMENT? ▶ MAYBE YOU ARE STRUGGLING WITH POSTURE AND BACK PAIN? ▶ WANT TO INCREASE YOUR CONFIDENCE AND SELF-ESTEEM?

Call or Text Gareth on 07763 720692 quoting "October Offer" to claim your FREE INTRODUCTORY SESSION

### Circuit Training:

Monday 7-8pm (main hall)  
Tuesday 7.30pm (south room)  
Wednesday 7pm (main hall)  
Thursday 7.30pm (south room)

### Pilates Timetable:

Monday 8pm (main hall)  
Tuesday 6.30pm (south room)  
Wednesday 8pm (main hall) (stretch/meditation)  
Thursday 6.30pm (south room)

### Bootcamp Timetable:

in Maidenbower during winter months  
Saturday 9am

Head to our Maidenbower site for more morning options!

"I have found the classes at Penrhyn Personal Training (PPT) to be fun and suitable for everyone. The non-judgemental, highly experienced trainers are motivational, friendly and professional. All exercises can be adapted to suit individual needs ensuring that the classes are positive and well structured. I have been attending classes for nearly a year and have made new friends, enjoyed setting personal goals and with the help of the supportive trainers have definitely felt the benefit of the fitness sessions. My mobility, strength, general fitness and confidence have all increased significantly since I started attending and I have noticed that training has helped with my depression and anxiety issues too. I highly recommend PPT!"

Phil Stewart-Johns - Copthorne Member





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