



February 2020

What's on in EASTBROOK

FREE outdoor activities in your neighbourhood

WHAT	WHERE	WHEN
<p>'Community Bushcraft' NEW DAY!</p> <p>Build confidence using a range of tools and creating items from natural materials, natural art works and environment-based activities.</p> <p>Contact Graeme or Deborah</p>	<p>Secret Garden by Fishersgate Rec's carpark Fishersgate Rec (Shark Park) West Road, Fishersgate, BN41 1PN Spot our TCV flag</p>	<p>EVERY TUESDAY 10am-12pm</p>
<p>'Stepping Stones Family activities' NEW!</p> <p>Nature themed activities for families registered at Stepping Stones Nursery ONLY</p> <p>Contact Donna or Gwenn</p>	<p>Stepping Stones Children & Family Centre 109 Gardner Rd, Fishersgate BN41 1PN Spot our TCV flag</p>	<p>EVERY THURSDAY Term time only 8.30am-10.30am</p>
<p>'Eastbrook Gardening Group' NEW DAY & HOURS!</p> <p>Gardening group working on different sites across Southwick & Fishersgate. Learn about conservation, food growing and do some varied gardening tasks.</p> <p>FACEBOOK @EastbrookGardening Contact Graeme or Deborah</p>	<p>Main site Stepping Stones Community Garden 109 Gardner Rd, Fishersgate BN41 1PN Spot our TCV flag <i>*Wear appropriate foot wear & clothing</i></p>	<p>EVERY THURSDAY 2 sessions 10.30pm-12.30pm 12.30pm- 2.30pm</p>
<p>'Walk to Fitness' NEW!</p> <p>Laps around the park with gentle exercise. FACEBOOK @vidaactive.club Contact Donna or Gwenn</p>	<p>Southwick Green The Green, Southwick, Brighton BN42 4FX Spot the flag. Meet on the lawn by the playground <i>*Wear appropriate foot wear & clothing</i></p>	<p>EVERY THURSDAY 2.15pm -3pm</p>
<p>'Fun Club'</p> <p>Adults & children cook, play and eat together during the school holidays. Cooking for all with UK Harvest. Junior Archery. Gardening. Doodle & Art...</p> <p>Contact Donna</p>	<p>Fishersgate Lighthouse Church 54 St Aubyn's Rd, Fishersgate, BN41 1PE Spot our TCV flag</p>	<p>TUESDAY 18th February THURSDAY 20th February 11am to 2pm</p>
<p>'Eastbusters meeting' NEW!</p> <p>Sounding board for Southwick & Fishersgate communities sharing ideas, wishes and feedback on what is going on (or not) in public green spaces. Tasty treats included.</p> <p>Contact Gwenn</p>	<p>The New Port Arms Pub Lady Bee Marina, Southwick, BN42 4EG Room upstairs. Free parking if you ask pub staff for a ticket</p>	<p>TUESDAY 25th February 6.30pm to 8.30pm</p>
<p>'Board Games Afternoon'</p> <p>Board Games for All AGES FACEBOOK @Eastbrook gaming Carcassone, King of Tokyo, Pandemic, Small World, Exploding Kittens & more! Contact Donna or eastbrook.gaming@gmail.com</p>	<p>Eastbrook Manor Community Centre West Rd, Fishersgate, BN41 1QH Spot our TCV flag</p>	<p>SATURDAY 29th February Last Saturday of every month 1.30pm –4.30pm</p>
<p>'Moon Walk'</p> <p>Evening walk, a nocturnal version of our Town to Downs walk from Fishersgate Rec to Southwick Hill (&back!). With additional astral gazing with Worthing Astronomers.</p> <p>Contact Donna or Gwenn</p>	<p>Fishersgate Recreational Ground car park (Shark Park) West Road, Fishersgate, BN41 1PN <i>*Wear appropriate foot wear & clothing</i></p>	<p>FRIDAY 6th March 6pm –8pm</p>
<p>'Train the Trainer'</p> <p>Action-oriented workshops to support volunteers in greenspaces. Organised by Adur & Worthing Green Spaces Volunteers Contact Beth or email adurworthingssp@gmail.com</p>	<p>Eastbrook Manor Community Centre (EB) West Rd, Fishersgate, BN41 1QH Maybridge Keystone Club (NB) Raleigh Way, Worthing BN12 6JD Venue remains to be confirmed. Booking essential</p>	<p>Attend 1 or 2 workshops TUESDAY 3rd March (EB) WED 25th March (NB) 10am to 1.30pm</p>
<p>'Apple Trees planting' day</p> <p>We are hoping to be planting some apple trees on the former Cricket training ground by Impulse Leisure Centre to form a Community Orchard. Contact Gwenn to register your interest</p>	<p>Southwick Leisure Centre Old Barn Way, Southwick, Brighton BN42 4NT</p>	<p>Date to be confirmed</p>

FREE & WELCOMING - ALL TOOLS ARE PROVIDED - NO EXPERIENCE NEEDED

Donna, 07764 655 656 , donna.martin@tcv.org.uk
Graeme, 07970 860 938, graeme.brooker@tcv.org.uk
Deborah, 07483 050 773, deborah.nicolls@tcv.or.uk
Gwenn, 07740 899 718, gwenn.parker-tregcoat@tcv.org.uk
Beth, 07764 655 609, b.osmond@tcv.org.uk

Check our Gallery & Events on our WEBSITE growingcommunities.org.uk
Book Now your free space on FACEBOOK @TCVGrowingCommunities

*Follow us  on for any changes due to weather



February 2020

What's on in **NORTHBROOK**

FREE outdoor activities in your neighbourhood

WHAT	WHERE	WHEN
<p>'Walk to Fitness' NEW!</p> <p>Laps around the park with gentle exercise. FACEBOOK @vidaactive.club <i>Contact Donna or Gwenn</i></p>	<p>Durrington Rec/ Pond Lane Park Durrington Lane, Worthing BN13 2RQ</p> <p>Spot the flag. Meet on the lawn by the playground <i>*Wear appropriate foot wear & clothing</i></p>	<p>EVERY TUESDAY 3.30pm– 4.15pm</p>
<p>'Green Gym'</p> <p>Conservation group based in the ancient woodland of Whitebeam Woods in the heart of Durrington. Clear a path, plant some trees, learn about wildlife and much more. <i>Contact Graeme or Deborah</i></p>	<p>Whitebeam Woods Whitebeam Road Worthing BN13 3PJ Meet by the pond</p> <p><i>*Wear appropriate foot wear & clothing</i></p>	<p>EVERY WEDNESDAY 10am-1pm Tea break included!</p>
<p>'Fun Club' all about FOOTBALL!</p> <p>Adults & children cook, play and eat together during the school holidays. Football training with Worthing Football coach & new goals posts on Monday! <i>Contact Donna</i></p>	<p>Anson Road Pocket of green Off Anson Rd, Worthing BN12 6JB</p> <p>Spot our TCV flag</p>	<p>MONDAY 17th February FRIDAY 21st February 11am to 2pm</p>
<p>'Northbusters meeting' NEW!</p> <p>Sounding board for Durrington community to share ideas, wishes & give feedback on what is going on (or not) in public green spaces. Tasty treats included. <i>Contact Gwenn</i></p>	<p>Durrington Community Centre 2 Romany Rd, Worthing BN13 3FJ</p>	<p>TUESDAY 18th February 6.30pm to 8.30pm</p>
<p>'Train the Trainer'</p> <p>Action-oriented workshops to support volunteers in greenspaces. Organised by Adur & Worthing Green Spaces Volunteers <i>Contact Beth or email adurworthinggsp@gmail.com</i></p>	<p>Eastbrook Manor Community Centre (EB) West Rd, Fishersgate, BN41 1QH Maybridge Keystone Club (NB) Raleigh Way, Worthing BN12 6JD</p> <p>Venue remains to be confirmed. Booking essential</p>	<p>Attend 1 or 2 workshops TUESDAY 3rd March (EB) WED 25th March (NB) 10am to 1.30pm</p>
<p>'Board Games Afternoon'</p> <p>Board Games for All AGES FACEBOOK @Eastbrook gaming Carcassone, King of Tokyo, Pandemic, Small World, Exploding Kittens & more! FACEBOOK @Eastbrook gaming <i>Contact Donna or eastbrook.gaming@gmail.com to register your interest</i></p>	<p>Venue to be confirmed</p> <p>Register your interest!</p>	<p>Date to be confirmed</p>
<p>Any more ideas & wishes? <i>Contact Gwenn</i></p>		

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