



Warden Monthly Report
February 2025 – Pulborough Parish

Project Work

Community Allotment

As we thankfully move into the warmer months and the growing season, we are creating a detailed project plan to take us through the spring and the rest of the year ahead and creating volunteer work parties to help get the work completed. If you are interested in getting involved, please have a look at our Facebook page

Community Allotment Facebook page <https://www.facebook.com/profile.php?id=61563502016842> or contact deputy@pulboroughparishcouncil.gov.uk for more information.

Journey Support Group – New Venue – Pulborough Library

Journey
A support group for
Parents and Carers of
Autistic and SEN Children

Come along this month to any of our sessions and meet with other parents on a similar journey to you.

No diagnosis required, no pressure, just a free cuppa and a chat.

Ashington
ashington.wardens@horsham.gov.uk
Friday 17 Jan | 10am - 11am
Friday 14 Feb | 10am - 11am
Friday 14 Mar | 10am - 11am
Ashington Church, Church Lane, RH20 3JX

Pulborough
pulborough.wardens@horsham.gov.uk
Thursday 16 Jan | 10am - 11am
Thursday 13 Feb | 10am - 11am
Thursday 13 Mar | 10am - 11am
Pulborough Library, Brooks Way, off Lower Street, Pulborough. RH20 2BP

Storrington & Sullington
storrington-sullingtonwardens@horsham.gov.uk
Tuesday 21 Jan | 10am - 11am
Tuesday 18 Feb | 10am - 11am
Tuesday 18 Mar | 10am - 11am
Storrington Library, (North Street) Car Park, 6 North Street, Storrington. RH20 4NZ

Southwater
southwater.wardens@horsham.gov.uk
Thursday 23 Jan | 10:30am - 11:30am
Thursday 20 Feb | 10:30am - 11:30am
Thursday 20 Mar | 10:30am - 11:30am
Beeson House, 26 Lintot Square, Fairbank Road, Southwater. RH13 9LA

Billingshurst
billingshurstwardens@horsham.gov.uk
Monday 13 Jan | 9.00am - 10.30am
The Depot, 83a High Street, Billingshurst.
*further dates to follow

This was our second session at the new venue, made possible by the generosity of the Pulborough Library. We were delighted to welcome two parents to this month's session. We hope the conversations, company, and coffee were enjoyable and look forward to seeing more people join us in the future.



Future Table Tennis Club for Pulborough

We are in the initial stages of exploring the feasibility of establishing a table tennis club in Pulborough for community members from Key Stage 2 and above. Our vision includes offering multiple sessions for both children and adults. Currently, we are developing a proposal to present to the Parish Council, assessing interest, and seeking funding to provide tables and other necessary equipment.



How can table tennis improve MENTAL HEALTH?



THE FACTS



ONE IN FOUR

of us will be affected by mental or neurological disorders at some point in our life

70,000,000
WORKDAYS A YEAR

are lost in the UK every year due to mental illness - this means that mental illness is the leading cause for sickness and absence from work

THE EFFECT OF EXERCISE



REGULAR PHYSICAL ACTIVITY CAN:

- Reduce the risk of depression
- Reduce stress
- Reduce anxiety
- Improve self-esteem



RESEARCH SHOWS:

Lack of physical activity is linked to depression. People with severe mental health problems are more likely to be inactive.



Just 10 minutes of moderate activity can improve your **MENTAL WELLBEING**

WHY TABLE TENNIS?

Overall, research has found that **low-intensity aerobic exercise ... was best at increasing positive moods**



HEALTH BENEFITS

- Improves cognitive function
- Develops social skills
- Builds confidence and self-esteem



ADAPTABLE

- Suitable for all
- No barriers to play
- Available for all budgets



FLEXIBLE

- Easy to deliver in short bouts
- Fits easily into everyday life
- Space efficient



PLAY HOW YOU WANT

- No change of clothing/footwear required
- Variety of places to play - community centres, cafes, clubs, workplaces, outdoors
- Space efficient

The Mental Health Foundation



www.tabletennisengland.co.uk



@TableTennisEngland



@tabletenniseng



@TableTennisENG

Events & Meetings

New Carers Support West Sussex Hub – Monday 3rd February



We attended the new Carer Hub at the Pulborough Community Café on 3rd February. Attendance at the hub was really good and the wellbeing advisor from Carers Support was busy for the whole session, showing there is a real need for carers locally to have somewhere to go for help, advice and support. The carers hub is being held quarterly in Pulborough, with the next session being held on Monday 12th May.

More information can be held at the Carers Support website here:

<https://www.carerssupport.org.uk/>

CARER HUB

Information & Guidance For You



Are you supporting a family member or friend who relies on your help?

If yes, visit our Carer Hub.

Chat with our Wellbeing Team for information, guidance, and support for the care you are giving.

No need to book

Simply check the HUB details below and drop in.

HUB Details

Venue: Pulborough Sports & Social Club
Rectory Close, Pulborough,
RH20 2AJ

Time: 11.00am - 12.30pm

Dates: • 3 Feb • 4 Aug
• 12 May • 3 Nov

Registered Charity No. 1123359 Company No. 6418743

To find out more or to register contact our friendly team:

Call: 0300 028 8888

Email: info@carerssupport.org.uk

Visit: www.carerssupport.org.uk

Follow our social media channels to stay up to date with wellbeing information and groups:

 facebook.com/CarersWSussex
 [@carerswsussex](https://twitter.com/carerswsussex)
 [carerssupportwestsussex](https://www.instagram.com/carerssupportwestsussex)



Older, Vulnerable People and Youth

Older People

Silver Bullet Men's Social Group - Tuesday 4th February



MACKLINS

Silver Bullet

Men's social group in Pulborough

The 1st Tuesday of every month 2pm – 4pm



Macklin's @ The Riverside
Swan Bridge
Pulborough
RH20 2BJ

For more information call 01403 260560
or email info-horsham@ageukwsbh.org.uk
No booking necessary - just turn up!

@ageukwsbh www.ageukwsbh.org.uk

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There is still plenty of room for more men to attend, so please do spread the word about the group and come along and join in.

Youth

School visits to St Mary's Primary

We love spending time with the pupils during their Tuesday lunch break play sessions. As a special treat this month, we were surrounded by children dressed as Egyptian Pharaohs, Princesses, and cats!

Weekly Multi Sports for Autistic & SEN Children



This weekly event hosted by the Storrington and Pulborough Wardens continues to thrive and provide vital resources and respite. Please do come along.

Modern Board Games Club

We were thrilled to welcome attendees to the second session of our club, currently centred around the Dungeons & Dragons role-playing game. Just like last week, we were oversubscribed, with 16 enthusiastic young people eager to participate. Fortunately, our Dungeon Master (DM), Oscar, anticipated the demand and brought a friend to co-DM. This allowed us to split the group into two sessions—one continuing the previous game and the other setting up characters and game sheets for newcomers.

The new players quickly got into the swing of things, and it was wonderful to hear their creativity come to life as the games unfolded. One player even messaged his mum midway through to share how much fun he was having and that he couldn't wait for the next session.

It's safe to say this club has been an unexpected success. A conversation with one parent, who also works in a local school, highlighted just how needed it is—she mentioned that while the district offers over 300 sporting activities for young people, non-sporting options are scarce.

Although we didn't have exact figures when we started, we were well aware of the lack of diverse youth activities in the area. This is exactly why we set up this club—to create a space where young people can connect, imagine, and explore new worlds together.

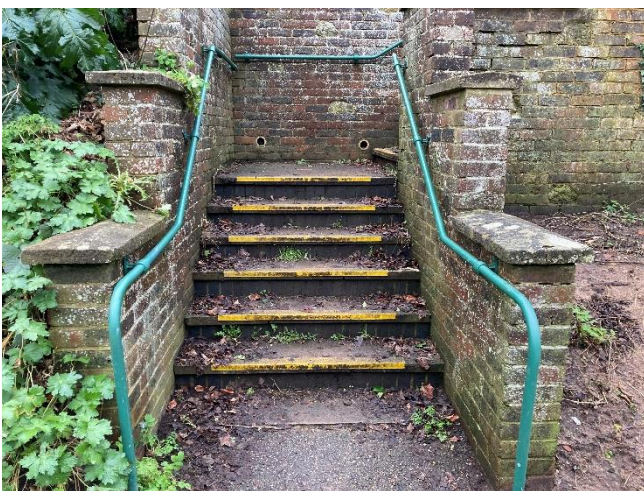


Parish Specific/Other

Steps leading to Barnhouse Lane from Lower Street Car Park

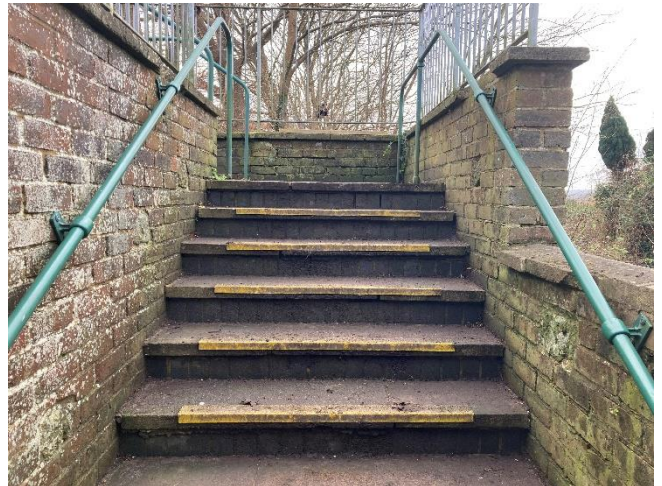
Building on a post in the Pulborough Village Facebook Group about the poor condition of the steps leading from the Lower Street car park into Barn House Lane, Ross took the initiative to make a difference. While Horsham District Council is responsible for the car park and steps, he borrowed some tools from the Village Hall, and got to work cleaning and improving the steps to ensure they were safe for pedestrians.

The before-and-after photos speak for themselves, and the community's response has been overwhelmingly positive. It's inspiring to see how small acts of care can make such a meaningful impact!





Before



After

Anchorage Care Home:

As a direct result of our very successful visit with Lucy the 'Robocat' last month, we were delighted to be told that the Anchorage Care Home had purchased their own 'Robodog' Benji for their residents to enjoy.



(Photos courtesy of the Anchorage Care Home)

Youth Forum



We have been exploring the idea of a Youth Forum for some time now, and while it hasn't yet been launched, the concept is to create a platform where young community members can voice their opinions and influence decisions that impact them both now and in the future.

Two years ago, I engaged with a group of young people to gather their input. After setting aside some of the more whimsical suggestions like a 'cloud machine' and a popcorn dispenser, one practical request stood out: the installation of a trampoline in the playground at the main recreation ground.

Following discussions with the Parish Council, we are optimistic that this project will come to fruition. The Council has identified a small budget for this initiative and has already obtained quotes. Stay tuned for further updates!



Wallet Theft from the Village Stores

A community member asked for my help after his wallet was stolen. He had accidentally left it behind in the Village Stores, where someone found it and took it without returning it to him or the shop. This situation is known as 'Theft by Finding.'

Liaising with Sussex Police we viewed the CCTV but were unfortunately not able to identify the suspect.

Investigations into the identity of the individual are ongoing.

Fly Tipping

Unfortunately, we have seen a dreadful amount of domestic rubbish dumped in our lovely rural lanes this month including what appears to be a large amount of kitchen cabinets and equipment.

We do keep a keen eye on the area as part of our regular patrols and either report this ourselves or help people to report it to our colleagues in HDC using the links below. HDC will attempt to clear fly tipping the same day if possible.





Unfortunately you can see the dump from the day before further up the lane!

Useful links for reporting litter, fly tipping or graffiti:

You can report litter issues to HDC at the following link:

<https://www.horsham.gov.uk/waste-recycling-and-bins/litter-and-street-cleaning/litter>

You can report a damaged or overflowing litter bin here:

<https://www.horsham.gov.uk/waste-recycling-and-bins/litter-and-street-cleaning/report-a-damaged-or-overflowing-litter-bin>

If you witness fly tipping in action, please call Sussex Police and if possible, provide them with the registration of the offending vehicle and subsequently any relevant dash cam footage you may have.

You can also report it direct to HDC at: <https://www.horsham.gov.uk/waste-recycling-and-bins/litter-and-street-cleaning/fly-tipping>

Abandoned shopping trolleys can be reported on the “Trolleywise” website at:

https://www.wanzl.com/en_GB/360-degree-service/TrolleyWise

You can report incidents of graffiti direct to Horsham District Council via their website:

<https://www.horsham.gov.uk/waste-recycling-and-bins/litter-and-street-cleaning>

Dog Related Issues

Dog fouling can be reported via the HDC website:

<https://www.horsham.gov.uk/waste-recycling-and-bins/litter-and-street-cleaning/dog-fouling>

Any attacks by dogs need to be reported immediately to Sussex Police. Their advice is that if there is an immediate threat to human or animal life to call 999. Otherwise report to the police on 101 or via the Sussex Police website reporting form.

<https://www.sussex.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

Dogs Roaming Free

If you find a dog roaming free and not being supervised, you may wish to consider reporting it to Horsham District Council's approved contractor on 07512 089777 and they will come and collect. ***This is a 24/7 service, but the dog does need to be contained for them to collect.***

***** Please note Horsham District Council does not have dog wardens *****

Social Media

Please do follow us at:

<https://www.instagram.com/pulborough.wardens/>

<https://www.facebook.com/HDWardens>

<https://twitter.com/HorshamWardens>

Reporting crime and anti-social behaviour

<p>☎ 999</p> <ul style="list-style-type: none">• A crime is happening now.• Someone is in immediate danger or at risk of harm.• Property is in danger of being seriously damaged.• A serious disruption to the public is likely.	<p>☎ 101</p> <p>or report online www.sussex.police.uk</p> <ul style="list-style-type: none">• All non-emergency incidents where the crime has already happened or there is no immediate risk of harm.	<p>CrimeStoppers.</p> <p>☎ 0800 555 111</p> <p>crime stoppers-uk.org</p> <ul style="list-style-type: none">• To report crime 100% anonymously.• Crimestoppers is not the police – it is an independent charity working to help communities.• Information given will be shared anonymously with the police.	<p>British Transport Police</p> <p>☎ 0800 40 50 40</p> <p>Text 61016</p> <ul style="list-style-type: none">• Non-emergency incidents on a train or at a station can be reported direct to the British Transport Police online: www.btp.police.uk/reportcrime.• There is also a Railway Guardian app.	<p>Horsham District Council</p> <p>communitysafety @horsham.gov.uk</p> <ul style="list-style-type: none">• Report general anti-social behaviour and repeated public nuisance to the ASB team at Horsham District Council.• You can also report litter, fly-tipping, graffiti, dogs and dog fouling online: www.horsham.gov.uk/report.
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See it. Report it.

Reporting crime and ASB means we can work together to reduce it.

 Horsham District Community Safety Partnership

 Horsham District Council

L34_CS09



NEIGHBOURHOOD
WARDENS

YOUR NEIGHBOURHOOD WARDEN

Pulborough Parish



Ross Phillips
07584 337476

If you wish to speak to us in confidence, please give us a call or email
pulborough.wardens@horsham.gov.uk

@HDWardens

@HorshamWardens



Horsham
District
Council



NEIGHBOURHOOD
WARDENS

THE WORK WE DO IN YOUR COMMUNITY

Based within the community, your Neighbourhood Wardens work alongside partner agencies to improve the quality of life for everyone and promote community cohesion and resilience. The Wardens undertake a number of activities, ranging from enforcement to community development.

Neighbourhood Wardens can help the community in the following ways:

- Meet the needs of the community and improve the quality of life for the residents, through engagement, promotion and support.
- Develop projects that benefit the local residents, to tackle community safety issues and promote inclusivity.
- Promote community cohesion, resilience and solidarity to encourage and empower communities to resolve issues.
- Support vulnerable members of the community with activities, advice, welfare checks and signposting.
- Engage with residents daily to get to know their local community and become a trusted friend to offer advice and guidance.
- Offer education and advice when required, before taking enforcement action.
- Contribute to the delivery of the Community Safety Partnership plan by working with other agencies.
- Provide a highly visible and reassuring uniformed patrolling presence.
- Provide an effective eyes and ears service aimed at reducing the fear of crime and improving quality of life.
- Work alongside the Police and submit reports regarding drug use, criminal damage and anti-social behaviour.

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In an emergency always dial 999



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