



NOVEMBER

The Bersted Buzz



What's on at Bersted Jubilee Hall
Subject to change, please call
01243 842221.

Mondays:

Pilates-Jane 12 - 1pm
U3A beginners Astronomy 14 Nov 2 —4pm
Martial Arts 4.30-6.30pm

Contact 07961 761185 or

www.rawlingsmartialarts.academy

Arun A Cappella 7 - 10pm
Yoga—Nicki —Meeting room 6—9pm

Tuesdays:

Mother & Toddler Group 10 -11.30am
Tai Chi (term time only) 12.30—1.30pm
Tai Chi Beginners 2—3pm
U3A History Group 29 Nov 2 —4pm
Council Committee Meetings 7pm

Wednesdays:

Yoga—Nicki —Meeting room 9—10.30am
Aerobics - Jane 10-11am
Pilates—Jane 11-12pm
Carpet Bowls 2-3.30pm
Pilates—Cordelia— 6—7pm

Thursdays:

Yoga 12.30—2pm
U3A Camera Club 2 Nov 2.30-4.30pm
NBWI 10 Nov 2.15 - 5pm

Friday

Happy Heart Toddler Group 9.30-11am
Kerry Taylor—Pilates 11.30—12.30pm
Carpet Bowls 2—3.30pm

Saturdays:

Bognor Regis Art Society 12 Nov 2 - 5pm

Sundays:

Open Heart Church Group 10—2pm

Tea & Coffee Club—

Monday 21 November 2 - 4pm
Quiz & Hoy Bingo



We have availability in our new Meeting Room
for meetings/classes—

capacity for meetings— up to 40 people

Exercise classes—up to 20 people

If you are interested in booking, please call

01243 842221 or email

deputy@bersted-pc.gov.uk

Bersted Parish Council public meetings start at 7pm on a Tuesday.

NOVEMBER

Planning—	1 November
Council—	8 November
Community Action—	16 November
Finance	22 November

Christmas Fair—Holy Cross Church

Saturday 26th November 10am-3pm

If you wish to book a space for a craft stall , please email vicar@holycrossnorthbersted.org.uk or call 01243926415 .



Bersted Parish Council—Xmas Fayre

Saturday 3 December 10am to 2pm

At Jubilee Hall, Chalcraft Lane, Bersted
Stalls, Santa (voluntary contribution), Tombola,
Raffle and Refreshments.

Energy Advice

As food and energy costs rise at an alarming rate, are you struggling to make ends meet?

Are you worried about heating or eating?

Arun and Chichester Citizens Advice in association with SGN, Southern Water, Scottish and Southern Electricity Network and UK Power Networks have a dedicated **Energy Advice team** who can help with energy costs, including eligibility for water tariffs, debt, welfare benefits, income maximisation and carbon monoxide safety.

This is open to anyone in West Sussex and you can call the **Energy Team on 01243 974063** (Mon-Fri 10am-4pm) or email

energy@arunchichestercab.org.uk – they can even provide you with a free Carbon Monoxide alarm.

If you are in crisis and without food and/or fuel, please call their Freephone Adviceline on 0808 278 7969.