



OCTOBER

# 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 10 Oct 2—4pm  
Martial Arts 4.30-6.30pm

Contact 07961 761185 or

[www.rawlingsmartialarts.academy](http://www.rawlingsmartialarts.academy)

Arun A Cappella

7 - 10pm

## **Tuesdays:**

Mother & Toddler Group 9.30-11.30am  
Tai Chi (term time only) 12.30—1.30pm  
U3A History Group 25 Oct 2—4pm  
Council Committee Meetings 7pm

## **Wednesdays:**

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 6 Oct 2.30-4.30pm  
NBWI 13 Oct 2.15 - 5pm

## **Friday**

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

## **Saturdays:**

Bognor Regis Art Society 15 Oct 2 - 5pm

## **Sundays:**

Open Heart Church Group 10—2pm  
Table top sale 2 Oct 3—5pm  
contact : [alisonbarnham@yahoo.com](mailto:alisonbarnham@yahoo.com) or call  
07795162521 for details

## **Tea & Coffee Club—**

**Monday 17 October 2—4pm**



**With Dave Harris—  
Musician**

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

## **OCTOBER**

**Planning—4 October  
Council— 11 October**

## **Litter Pick Schedule around the Parish**

Sunday 9 October@ 1pm—Bersted Park

Contact—[k.greenway@bersted-pc.gov.uk](mailto:k.greenway@bersted-pc.gov.uk)

Look out for posters of where to meet, all welcome  
to join, equipment will be provided.



## **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](mailto:vicar@holycrossnorthbersted.org.uk) or call 01243  
926415 .

## **Time for Dementia**

Local families affected by dementia are being invited  
to take part in an award-winning programme, to help  
train the healthcare professionals of tomorrow and  
improve dementia care.

The Time for Dementia project, supported by Alzheimer's  
Society, pairs families affected by dementia  
with undergraduate students, helping to better edu-  
cate them about life with dementia and the challeng-  
es that come with it.

This autumn a new cohort of Brighton and Sussex  
Medical School medical students will be taking part  
and Alzheimer's Society are now seeking families in  
the area who would like the opportunity to make a  
difference to training health professionals.

**Time for Dementia is a fantastic way for the next  
generation of healthcare professionals to gain first-  
hand knowledge of what it's like living with demen-  
tia.**

If you would like to know more about the project, or  
you know someone with dementia and a family carer  
who would like to take part, please get in touch with  
us at [timefordementia@alzheimers.org.uk](mailto:timefordementia@alzheimers.org.uk) or call  
07483 137539. More information can also be found  
at [alzheimers.org.uk/timefordementia](http://alzheimers.org.uk/timefordementia)

## **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**

**office@bersted-pc.gov.uk**