



November 2018

# The Bersted Buzz



## What's on at Bersted Jubilee Hall

### Mondays:

Weight Watchers	9 -11
Pilates	12 - 1
Carpet Bowls	2 - 5
Arun Sounds	7.00 -10

### Tuesdays:

Mothers & Toddlers (Term time only)	9.30-11.30
Tai Chi (term time only)	12.30 -1.30

### Wednesdays:

Aerobics	10-11
Pilates	11-12
Carpet Bowls	2 -3.30
Wondergirls	6 - 9

### Thursdays:

Yoga Bellies (Term time only)	9.30-11.30
Yoga (Except August)	12.30 -2
NBWI (2nd Thursday in the month only)	2.15—5.30
BR Sugarcraft (1st Thursday in the month only)	6.30-10
BR Winecircle (2nd Thursday in the month only)	7.30-10.30
BR Horticultural (4th Thursday in the month only)	7 -10

### Fridays:

Carpet Bowls	2 -3.30
Judo	7pm

### Saturdays:

Weight Watchers	9-11
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### Sundays:

Church Group	10 - 2
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**Sundays no bookings after 5pm**

**See website for hire costs and further info**

[www.bersted-pc.gov.uk](http://www.bersted-pc.gov.uk)

Or telephone the office on 01243 842221

Email [deputy@bersted-pc.gov.uk](mailto:deputy@bersted-pc.gov.uk)

Welcome to the November edition of the **Bersted Parish Council newsletter**  
**Come and Join us all our meetings are open to the public**

**November Public Meetings**  
**at Bersted Jubilee Hall**

**Planning Committee:**

Tuesday 6 November at 7pm

**Full Council Meeting:**

Tuesday 13 November at 7pm

**Community Resources Meeting**

Tuesday 20 November at 7pm

**Featuring at 7pm**

**Age Concern Presentation**

**Finance Committee**

Tuesday 27 November at 7pm

**Come & Join us**

**Free Tea & Coffee Club here**  
**Tuesday 20 November 2-4pm**

## Victim Support Volunteer Recruitment

*Victim Support (VS) is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. Our purpose is to provide specialist help to support people to cope and recover to the point where they feel they are back on track with their lives.*

*Our volunteers play a wide range of vital roles within Victim Support, providing emotional and practical support to people affected by crime, supporting our office teams with project work or administration, and raising much-needed funds. Victim Support volunteers generously give their time to help people move beyond crime. Their support helps people feel stronger, understood and able to move forward with their lives.*

*We always need new volunteers to join our local Sussex teams so please get in touch - we'd love to hear from you!*

*For more information see our website: <https://www.victimsupport.org.uk/get-involved/volunteer/being-volunteer> or email [SussexVolunteering@victimsupport.org.uk](mailto:SussexVolunteering@victimsupport.org.uk)*