

JACK & JILL COMMUNITY

ISSUE NO 2 | JANUARY 2024



What's happening in our community this month...?

Check out [Hello Horsham](#) for lists of classes, groups and casual meet ups in the area.

Major Road Closure (Worthing Road Horsham)

Taken from <https://www.metrobus.co.uk/service-updates>

19th Jan 2024 - 10th May 2024

Affected routes:

23

98

39

From Monday 19th January 2024 for up to 13 weeks, Worthing Road Horsham will be closed for Gas Main replacement works.

Buses will be unable to serve the stops at Cricketfield Road, Larksfield, Salsbury Road and Horsham Football Club.

Route 23 will not serve Horsham Park & Ride whilst the diversion is in place, however Route 98 will continue to provide a regular service to the Park & Ride.

Buses will be diverted via the A24 and Bishopric in both directions. This is also the posted diversion route so extra traffic is expected on these roads and delays are expected.

DID YOU KNOW...?

On the corner of Rusper Road and Lemmington Way there is a hidden historical gem. Chennelsbrook Motte and Bailey Castle.

Horsham District's only listed Ancient Monument and yet many people drive past it every day with no knowledge of it's existence.

Horsham holds the UK record for the biggest hailstone ever to fall. It was a similar size to a tennis ball weighing 140g(4.9 oz).

HEALTHY START

THE 'EATWELL PLATE' has had a much-needed upgrade!

CHECK IT OUT HERE ...

<https://www.healthy-magazine.co.uk/healthy-eatwell-plate/>

RECIPE OF THE MONTH

Carrot Cupcakes

Click the link in the picture for the recipe.



Upload pictures of your yummy creations to your accounts, we'd love to see them.

"You are never too old to set another goal or to dream a new dream."

— C.S. Lewis

There is fantastic news for our local area, with regards to two main children's play spaces!!

The Roffey Rec ... off Leith View Road and the Holbrook East play areas are getting a thorough re-model. There are exciting new ideas being incorporated into the spaces and we look forward to the results.

[More info here ...](#)

Our Favourite Self Care tips to get off to a positive start this year!



Find balance in time spent with friends, family and by yourself.

Use scents to boost your mood, relax or energise yourself.

Try writing down your thoughts and feelings.

Have a bath ... and think about the ways you can upgrade the experience; candles, music, relaxing scents, Epsom salts etc.

Get out in nature - fresh air to clear your head and movement for your body.

Prioritising and time management - write lists, set timers, create a schedule!!!

News from the children at Jack and Jill Childcare ...

LITTLE CHICKS

Our toddler group has now finished while we wait for works to be carried out ... we look forward to a re-launch in the Spring!

Save the New Year's Resolutions for the Spring!

WHAT TO EAT IN JANUARY

Budget Friendly Tips & Tricks when it comes to feeding the family

Speech and Language support

DON'T FORGET our Jack & Jill stay & play session, which will be on

SATURDAY 10th February 2024

Open to all, so bring a friend & we look forward to seeing you soon.