



HENFIELD TRAINER GIVES BOOST TO BEREAVEMENT CHARITY

Henfield pilates trainer Liz Marks gave the proceeds from a week's sessions at Henfield Leisure Centre to the charity Winston's Wish.

The charity, which supports bereaved families, is dear to Liz's heart because of the work they did after her husband Nick died in 1998 when her two children were only six and 18 months.

She donated more than £300 from the week in December, having already raised money from the London 10k run in July and the seafront Sunrise Walk from Littlehampton to Worthing.

"Winston's Wish was tremendously supportive for me and the children - Emma and Oliver - and does a massive amount of work," says Liz who runs Pilates For Life in Henfield. "We do as much as we can to raise funds to help them and spread the word about their work."

Henfield Leisure Centre donated the room free of charge for the week to help the fund-raising.

Mike Beardall. Photograph by Mike Beardall



ROYAL BRITISH LEGION 90TH ANNIVERSARY NIGHT OF CELEBRATIONS

The Sussex Weald Branch of Royal British Legion will be celebrating 90 years of the founding of the "Legion" with an evening of entertainment.

The popular 'Swing Commanders' will play a wonderful selection of music for guests to dance and listen too on Saturday 5th March doors open 7.30pm.

You can, if you wish dress to represent any of the nine decades of the "Legion" (flappers for the 20's.) You will be very welcome, but it is not compulsory. Bar and nibbles will be available, so book early to avoid disappointment. Tickets cost £13. Please contact Bob Farren for details 01403 864544.

RED OAKS JUMBLE SALES

Every Saturday in February Red Oaks Care Home will be holding Jumble Sales to raise funds for improvements to the home. The sales will take place from 10am-12pm at Red Oaks, please do come along and support them.

SHELL GARAGE REFURBISHMENT

To the disappointment of local residents, the Shell Garage in Henfield is closed for 'an indefinite period' according to a Shell spokesperson.

The garage was closed in mid-January with two days' notice, while heavy machinery arrived to dig-up the forecourt.

Several calls to Shell head-office have produced no estimated period of closure and no reason for the temporary closure, while local residents and businesses who rely on the garage are left with no information.

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