

Winter 2021

Middleton News

• COMMUNITY MAGAZINE FOR THE PARISH OF MIDDLETON-ON-SEA •

Merry Christmas

TO ALL OUR RESIDENTS OF MIDDLETON & ELMER
and to all our Advertisers in Middleton News,
Volunteer Distributors and the Production Team

A BIG **THANK YOU** FOR ALL YOUR
SUPPORT

*Happy New Year
to you all*



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The words of the Scout Promise are:

*“On my honour, I promise that I will do my best,
To do my duty to God and to the Queen, To help other people
And to keep the Scout Law”.*

CHRIS ARKLE has upheld this Promise for the last 42 years with her involvement in the Scouting Association, 27 of these years, here, in Middleton.

Chris was born in Eastbourne, the second child of Rupert and Mildred Purdye. At the age of about 6 months the family moved to Chippenham in Wiltshire when father Rupert took up a job with Westinghouse. Chris attended Ivy Lane Primary School and then went on to Hardenhuish Girls School. She was never enrolled as a Brownie or a guide, opting instead for horse riding whenever she could.

So just how did Chris become so involved in the Scouting Association? Well, when son Rob was aged 8 years she went along to help in his Cub section of the 5th Chippenham Scout Group and enjoyed it very much. Later, in 1975, she became Akela of the Cub section of the 10th Chippenham Scout Group and took the Cubs on many camps in local farmers’ fields and often to Sunbury-on-Thames.

In 1985 Chris, husband Paul and family moved to Middleton just at the time when 1st Aldwick and Pagham Cubs needed an Akela. After serving there for one year Middleton Cubs needed an Assistant Leader and so from that day until 2013, Chris has been involved in Scouting in Middleton. She was also Queen’s Scout and Chief Scout’s Award Co-ordinator for West Sussex County Scouts and Local Training Manager for Bognor District Scouts.

She was awarded the Silver Acorn by Chief Scout, Bear Grylls, in 2011 to recognise her “Specially Distinguished Service to Scouting”. Husband Paul remains involved with the movement, both as Assistant County Commissioner for

Activities in West Sussex and as a Volunteer Manager for Scout Headquarters.

Over recent years, Chris developed a love for making glass objects, using stained glass, copper foiling and fused glass techniques.

Diagnosed with lung cancer in July 2020, Chris underwent 4 cycles of Chemotherapy before embarking on 32 sessions of radiotherapy treatment which completed in January 2021. Unfortunately, she then suffered a severe stroke in February and sadly died in March. To add to the grief of the family, 18 days later her 17 year old disabled Grandson, Nick, also passed way suffering from Chondrosarcoma (rare bone cancer).

As mentioned in the Autumn Edition of “Middleton News”, the new seat at the southern end of the village pond was part sponsored by Chris’s husband Paul and the 1st Middleton Scout Group in remembrance of Chris. It provides a good north-south vista of the pond. Sit, enjoy and unwind!!



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St. Nicholas Church



Since 1086, or even earlier than that, ST NICHOLAS' CHURCH is very much the beating heart of our community. Generations of priests and deacons, Churchwardens, PCC members and worshipers formed the very fabric of our village.

By their faithful witness to the Gospel of Jesus Christ they created a safe and beautiful space for all of to live in.



For centuries our village church has been at the heart of our community -

- It was a place for baptism of children, the new members of our faith family.
- It was a place where couples got married and started their new life together.
- It was also a place where we said goodbye to our loved ones, and where they were laid to rest.
- It was the Church where we celebrated the national joys and when we mourned our defeats.
- It was a place where in the time of chaos, fear and uncertainty we could find the peace which overcame every fear.
- Because St Nicholas Church was and is a beating heart in the centre of our community.

This presence of a church in every village, town and city in England, is not only about the beauty of the building and its rich history. It is all about the community. Today, perhaps more than ever, we need those places of peace, where we can find solace and consolation in moments of uncertainty and anxiety, we need those places of peace when we are navigating our lives through the troubled waters of the ever-changing reality.

The simple beauty of the Church of England lays in its system. There is a parish church in every town and village. There is a church open to all and ready to serve all. No matter who you are, no matter where you are in your journey of life, faith, persuasion or age - YOU are always welcome, because it is YOUR Church. Our mission is to serve everyone, is to help everyone, is to be open and to embrace everyone, sharing the love and the compassion of Jesus Christ.

The past years have proven to be more difficult than we would ever have anticipated - for all of us individually but also for many institutions, including the Church. The declining number of worshippers across the country and ever increasing costs has forced

the Church authorities to make impossibly difficult decisions of closing down many smaller churches across the country and changing the way of managing the existing Parishes.

The dark vision of closure is an existing threat which hangs over the head of St Nicholas Middleton and has done so for some time now. We are determined however to do all we can to keep our church open.

Since my arrival in Middleton in September this year, I have seen an exponential growth of the congregation and a new energy driving forward to discover new ways of being the Church in the heart of the community. To survive this difficult period we now need the support of the community.

Firstly if you are a Christian, and you are worshipping in churches outside Middleton, please consider joining our congregation. There is nothing better than being part of your own parish church community.

If you are not a person of faith or you are not a church-goer, please be encouraged to visit and to get to know us. You will always find a warm welcome here.

Finally if you would like to support the ministry of our Church you may consider supporting us as 'A Friend of St Nicholas'. It's a new initiative started to help us to raise funds to keep our church going.

To learn more please visit our website:

www.stnicholasmiddleton.co.uk or get in touch with our Churchwarden Mr John Madell (madejo989@aol.com).

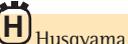
I have all confidence that together we will save our Church so it can continue to serve our community in years to come.

May God bless you all. **Fr Dominik**, your Priest.

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COMMUNITY PROJECT - CREATION OF A MEMORIAL GARDEN



THE PARISH COUNCIL ARE LOOKING TO CREATE A MEMORIAL GARDEN WITHIN THE GROUNDS OF SHRUBBS FIELD AND ST NICHOLAS CHURCH.

THE PARISH COUNCIL WANT THIS TO BE A COMMUNITY PROJECT AND WITH THE HELP OF THE COMMUNITY WE CAN CREATE A SPECIAL PLACE.

It is early days and a suitable location, design and funding are still to be addressed but discussions will start in the New Year and will hopefully provide solutions to these issues. There are a number of grants that are available and once we have design costings then grant applications can be made.

What is a Memorial Garden?

Dealing with the loss of a loved one is a challenge that nearly everyone will experience during his or her lifetime. While the only way to heal from a loss is with time, creating a memorial garden in honour of your loved one is an inspirational way to pay tribute to their life while giving you a quiet place to remember your loved one.

The beauty of a memorial garden is that there are no rules when it comes to creating this special place. What makes it significant is what it symbolizes and how it makes you feel when you visit it.

How can making a Memorial Garden help?

When healing from a loss it is important to resist the urge to suppress your feelings, this can be a painful task, creating a memorial garden will give you that peaceful place to retreat to when working through your emotions

Memorial Garden – Probable Needs

- If possible, make it private
- Incorporate water
- Incorporate things they loved – special flower or other symbolic memories
- Choose an area that gets some sunlight
- Include seating
- Make the space peaceful
- Planting of flowers and trees for wildlife

What is a Community Project?

A typical community project is made up of content from those of you that wish to participate in this project and are invited to submit their ideas on how the project should go forward in terms of agreeing the location, design, obtaining estimates of the cost of the project and ways to fund it and then starting work.

If this is of interest to you and you would like to be involved then in the first instance please contact **Joe Lake, Parish Clerk**
by phoning 01243 585262
or email mospc@btconnect.com



Parish Council Update



Parish Council Update



RESIGNATION OF PARISH COUNCILLOR – Graham Jones has decided to resign from the Parish Council so that he can spend more time with his family. Graham has been a County Councillor, District Councillor and a Parish Councillor spanning over 15 years in local politics and he also served for 10 years in the military.

The Parish Council will miss his experience and knowledge but completely understand his reasons for leaving and we wish him well for the future.

VACANCY FOR A PARISH COUNCILLOR – Following the resignation of Graham Jones the Parish Council have a vacancy and will be seeking approval from Arun District Council that the Parish Council will be able to co-opt a suitable person following the recruitment process. The Parish Council will be placing notices advising of the vacancy on the parish website and notice boards and if this is of interest to you then please contact the Parish Clerk.

SHRUBBS FIELD CAR PARK – Arun District Council have recently issued a report with regard to a review of car parks and car parking charges for 2022/2023. Included in this report is the Shrubbs Field Car Park, it is included because it is free and all car parks are being reviewed to see what opportunities there might be for Arun District Council to receive additional future income.

The report if approved by Arun District Council includes a proposal to trial the introduction of charging within the car park with the first hour being free of charge. Before any agreement for a trial to take place Arun District Council will consult with the Parish Council on a number of issues before a final decision is made.

The Parish Council currently pay £1,780 to Arun District Council as their contribution towards Shrubbs Field Car Park being free. The Parish Council will be seeking to keep this arrangement in place for future years and an increase in this figure to Arun District Council may be required to obtain this permission but at this time no decisions or discussions have taken place by the Parish Council.

PARISH CLERK - Joe Lake
 Telephone 01243 585262
 Email: mospc@btconnect.com
 North Avenue East, Middleton-on-Sea Bognor Regis
 West Sussex PO21 3QJ
PARISH COUNCIL WEBSITE
www.middleton-on-sea.co.uk

DEFIBILLATOR POINTS



- Jubilee Hall, Middleton
- The Cabin, Elmer
- Middleton Sports Club, Sea Lane



St Wilfrid's Hospice
 Making a difference to local lives



ST WILFRID'S CHRISTMAS TREE RECYCLING SCHEME RETURNS!
 The simplest, greenest and most charitable way to recycle your Christmas tree this year is to get involved in St Wilfrid's Christmas Tree Recycling Scheme.

Let St Wilfrid's wonderful team of volunteers collect and recycle your tree in early January 2022, in return for a donation to the Hospice.

Register your interest now at:
stwh.co.uk/christmastrees

Bookings start 1st December. Serving Chichester, Bognor Regis and the surrounding area.

Your donation will mean the gift of quality time for patients facing terminal illness to spend with their loved ones. St Wilfrid's Hospice is there for patients and their families all day, every day of the year. So while we are all enjoying some festive cheer over Christmas, our nurses, chefs and housekeeping staff will be here doing their bit to give patients and their families the best Christmas possible.

Want to start the year in Santa's good books?
 Volunteer to be a tree collector or van driver by getting in touch with us at:
fundraising@stwh.co.uk

*If you respond to any of the businesses that advertise in the "Middleton News", then please let them know that you saw their advertisement **HERE***



Community Noticeboard

Arun West U3A (Bridge Group)	Jubilee Hall, Shrubbs Field	Phil Butler	01243 583604
Arun West U3A (Art Workshop)	Jubilee Hall, Shrubbs Field	Alison Peplow	07515 727133
Middleton Art Group	Jubilee Hall, Shrubbs Field	Carole Keen	01243 584399
Bridge Club	Jubilee Hall, Shrubbs Field	Roger Bill	01243 582548
Elmer Entertainers	Jubilee Hall, Shrubbs Field	Rosemary Phillips	01243 584254
Felpham Flower Club	Memorial Hall, Vicarage Lane	Sandra Dean	01243 542684
Felpham & Middleton Country Dance Club	Small Jubilee Hall, Middleton	Barbara Oakley	01243 582627
Felpham & Middleton Horticultural Society	St. Mary's Centre, Felpham	Paula Puleston (Member Sec)	01243 584843
Felpham & Middleton Horticultural Society	St. Mary's Centre, Felpham	Don Faircloth (Shows)	01243 587753
Middleton Autumn Club	Jubilee Hall, Shrubbs Field	Joyce Weston	01243 583298
Middleton Bingo Club	Jubilee Hall, Shrubbs Field	Joyce Weston	01243 583298
Middleton Camera Club	Jubilee Hall, Shrubbs Field	Steve McKye	01243 696438
Middleton-on-Sea Women's Institute	Scout Hall, Shrubbs Field	Sally Isherwood	01243 586214
Modern Sequence Dancing	Jubilee Hall, Shrubbs Field	Pam Green	01243 585192
MusicSmart SingSing Ladies Choir	Jubilee Hall, Shrubbs Field	Hilary Bishop	01243 842150
MusicSmart Felpham Community Singers	Felpham Methodist Church	Hilary Bishop	01243 842150
Organ Club	Jubilee Hall, Shrubbs Field	Mrs Scott	01243 824070

HALL HIRE DETAILS:

Church Hall: Fr William 01243 586348 • **Jubilee Hall:** Joyce Weston 01243 583298 • **Scout Hall:** Margaret Minty 01243 583034

PARISH COUNCIL WEBSITE

The Parish Council website has been upgraded to Version 2 and has a new format which is different from Version 1.

The Parish Council decided to upgrade in line with over 85% of other Councils who have migrated to Version 2 which ensures ongoing compliance in future years.

The new upgrade needs to be investigated as it offers new features that need to be looked at to improve the website and there are a number of video tutorials to review to bring these new features into the website

Why not take a look at the website and see what it now offers especially with regard to the new layout to see if it is easier now for you to find what you are looking for.

We would appreciate any comments that you may have and please send them to me by email on mospc@btconnect.com.

The website address is the same at: www.middleton-on-sea-pc.gov.uk



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ST NICHOLAS PARISH CHURCH

MIDDLETON-ON-SEA, ELMER ROAD, BOGNOR REGIS PO 22 6ET
Office: 01242 855539, stnicholas.mos@gmail.com, Vicarage: 01903 882811

Parish Priest: The Rev'd Dominik Chmielewski

WEEKLY SERVICES

Thursday Eucharist - 10.00am

SUNDAYS:

8.00am Holy Communion (1662 Book of Common Prayer)
10.00am Parish Eucharist with Sunday school for children
Follow by refreshments

SPECIAL CHRISTMAS EVENTS

- 17 December** 7.00pm Church Christmas Party (tickets available in the parish office)
- 18 December** 2.30pm - St Nicholas Christmas Fayre
- 19 December** 5.00pm - 9 Lessons and Carols
- 24 December - Christmas Eve**
4.00pm - Family Crib Service - with Carols
11.30pm - Midnight Eucharist
- 25 December - Christmas Day**
10.00am Family Eucharist - followed by refreshments

If you are in need of prayer, home Communion, conversation or any other support, please get in touch with Fr Dominik or with the Parish Office. You can call on **01243 855539** or write: **stnicholas.mos@gmail.com**

Felpham Methodist Church

Discovering God • Welcoming all • Serving the community

Face to Face Worship

Sundays @ 10:30am

✓ COVID-safety in place

Minister: Rev Dan Balsdon

Tel: 01243 823895

dan.balsdon@methodist.org.uk

Due to the ongoing pandemic, some other events and activities are currently meeting online, including:

- Toddler groups
- Youth groups
- Prayer meeting
- Online coffee morning

Please contact us for up to date information, or visit our website for more details.

Stay Safe | Stay Connected | Live in hope

www.felpham-methodist-church.org.uk



@Felpham Methodist

Out and about!

December

8 Dec - Alexandra Theatre presents:

2nd Jan "Jack and the Beanstalk"

The Regis Centre, Bognor Regis.

The Alexandra Theatre & Spillers Pantomimes are back with a 'giant' of a show. Panto classic 'Jack and the Beanstalk' tells the story of Jack, his brother Silly Billy and his mother, as they attempt to beat the evil giant in the sky and save the village.

Tickets and prices vary, for details please refer to:

www.regiscentre.co.uk or call the Box Office: **01243 861010**

January 2022

4 Alexandra Theatre presents:

"Bobby Sings" 2 0'Clock Cub (Studio 1) 2.00pm

The Regis Centre, Bognor Regis. Tickets - £6/£5cons / Friends £4.50

Come and start your New Year off with great music! Join Bobby Barnes on a musical journey from Frank Sinatra, Nat King Cole to Neil Sedaka and Kenny Roger plus many more. Free hot drink & biscuits.

For information:

01243 861010 or **www.regiscentre.co.uk**

February

1 Alexandra Theatre presents:

"Shirley Sings" 2 0'Clock Cub (Studio 1) 2.00pm

The Regis Centre, Bognor Regis. Tickets - £6/£5cons / Friends £4.50

Shirley Morris will sing a range of very well known female artistes songs from the 60's era, come and join in. Free hot drink & biscuits.

For information:

01243 861010 or **www.regiscentre.co.uk**

24 Felpham & Middleton Horticultural Society. 7.30pm

HEAVENLY HOSTAS - Illustrated talk by John Baker,

Holder of National Collection

St. Mary's Centre, Grassmere Close, Felpham PO22 7NU.

Contact: Linda Wilson

01243 867899

26 Alexandra Theatre presents:

"ABBA Forever" 7.30pm

The Regis Centre, Bognor Regis. Tickets - £26.50 / Cons £24.50

Forever ABBA is one of the UK's leading international tribute shows & theatre audiences from across Great Britain & Sweden have long enjoyed this superb recreation of possibly the world's greatest pop group.

For information:

01243 861010 or **www.regiscentre.co.uk**

March

12 Felpham & Middleton Horticultural Society. 2.00pm - 4.30pm

SPRING SHOW

Non-members welcome to exhibit. Children's Classes (Free entry)

St. Mary's Centre, Grassmere Close, Felpham PO22 7NU.

Contact: Don Faircloth

01243 587753

24 Felpham & Middleton Horticultural Society. 7.30pm

TREADING GENTLY THROUGH THE BORDERS

- Illustrated talk by Ben Pope, Head Gardener, Grayshott Manor

St. Mary's Centre, Grassmere Close, Felpham PO22 7NU.

Contact: Linda Wilson

01243 867899

To advertise in
"Middleton News"

please contact

Gillian Fowler
on **07759 048322**

or email:

nightowl654@hotmail.com





FRIENDS OF MIDDLETON-ON-SEA POND AND GREEN (CHARITY No: 1170594) CHAIRMAN'S REPORT FOR 2020/2021

It gives me great pleasure and pride to begin my report by highlighting the transformation that has been achieved following the extensive de-silting works carried out in July/August last year.

Within a couple of days of the contractor moving off site the committee and volunteers were hard at work turning what in effect can only be described as a bomb crater back into the beautiful, tranquil and flourishing area that can be seen today.

The first 4-5 months of the year saw a riot of colour from the spring bulbs. The coir rolls pre-planted with marginal plants that were positioned surrounding the pond edges have flourished, giving plenty of cover and habitat to the wildlife and additional colour from early Spring throughout the Summer. There was plenty of frog spawn and it was reassuring to know that for the first time in years there was enough depth of water for them and other amphibians to finish their life cycle and thrive. Tiny common newts have been spotted along with plenty of insect species. Our pair of resident moorhens have once again provided much entertainment to our 'locked down community', producing a clutch of 7 chicks initially, closely followed by a further 5 and then with 2.5 meters of water still in the pond, another 3 in August.

During some torrential rainfalls this year the re-contoured northern ditch ensured that water drained off Middleton Road and flowed into the pond as planned. For many weeks the ditch itself held quite an amount of water which looked an attractive feature in its own right.

Unfortunately Covid restrictions meant that we had to scale back our Spring fund raising efforts but the amazing public support and generosity received at the May plant sale topped up our Charity account by £741. A larger Autumn event is currently being planned which will hopefully give it another boost especially as some essential tree work needs to be carried out to prevent damage to neighbouring telephone wires.

Managing the many mature trees around the pond

continues to be a major expense. The condition of a couple of trees are giving concern which our tree surgeon is keeping his eye on. We have opted at this stage to try and manage them by reducing some of the height and weight rather than remove them completely. This should gain us enough time to plant new trees fairly close that will grow as replacements when the need arises. Safety of the public is our utmost concern in any decisions made about work done on the trees but, like everything, comes at a price.

The trustees were pleased to see the native British hedge that they planted in 2019 getting established on the north western boundary. As it continues to mature it should provide ideal habitat and food for small birds and mammals.

This Spring a new seat, once again made from recycled plastic milk bottles, was positioned at the southern end of the pond facing north west which has proved very popular and like the other two seats around the pond, very well used.

Looking forward, plans are afoot to festoon the trees with fairy lights again over the Christmas period and although restrictions will make it unlikely that the school children will be able to come and sing we are hoping to have a small Pond and Green community celebration with Christmas music, mince pies and some of Richard and Mel's famous mulled wine.

Finally of course I must thank my dedicated fellow committee members and volunteers for the many hours of work that they put in come rain or shine to manage this very special area both for the wildlife and your enjoyment. Extra special thanks must go to Don Faircloth who not only leads and guides the Saturday morning work parties but puts in so much more additional time voluntarily cutting the grass, planting bulbs and plants and generally keeping an

Middleton Pond & Green Chairman's Report



eye on things.

As I close my report I would like to thank local residents for all the thanks and support the Friends of Middleton-on-Sea Pond and Green Charity receive. You have made it clear how much you appreciate and enjoy this community asset. The volunteers really get a buzz from hearing your positive comments while they work and are always happy to chat and explain what and why things are happening and what we hope

to achieve. You can also keep up to date by reading Don's Diaries in every edition of the Middleton News.

This Autumn we will be planting more bulbs and plants and like you will look forward to the results from early next Spring – enjoy!

Nicky Mills
(Chair of the Trustees)

OUR 2021 AUTUMN FUND RAISING EVENT

A big **THANK YOU** to everyone who worked hard to provide all the stalls and to you the public who came along to support our fund raising event which raised us a terrific total of £905.00.



Friends of
MIDDLETON-ON-SEA POND & GREEN
CHARITY 1978

FUNDRAISING

AUTUMN EVENT

on the **GREEN** by the **POND**
Saturday 18th September
10.00 - 12.00

**Coffee & Cake, Tombola, 50/50 Game,
Cakes and Plant Sale**

The committee would be grateful to receive suitable prizes for the grand tombola.

Please contact:
Caroline Leete on 01243 582510 for collections.

Donations of plants and cakes (labelled with ingredients) can be brought along on the day from 9.00am or Caroline can co-ordinate collection.

WE LOOK FORWARD TO SEEING YOU ON THE DAY





DON'S DIARIES

FRIENDS OF MIDDLETON-ON-SEA POND AND GREEN (CHARITY No: 1170594)

Well, another year nearly over, and the Pond and Green is still flourishing on all fronts. Since the last update, we have been treated to one of the most colourful Autumns for years, with trees a host of yellows, golds, browns and greens of all hues. Our work parties have now cleared all the leaves and cutting back of shrubs and dead foliage from the Summer is being undertaken ready for new Spring growth.

This year we observed 11th November Remembrance Day by putting up large poppies on the trees and street furniture to enhance what the Parish Council does on street lamps in the vicinity. We have purchased more Christmas lights, and the area of the Pond and Green will be lit up throughout December from approximately 4-10pm to brighten up the area.

Each year we buy some 2,500 bulbs, a mixture of crocus, English daffodils, English bluebells and snowdrops, and have done so again this year. We have also planted more wild primroses ready for Spring.

Our tree surgeon has carried out pruning to various trees to aid light, and ensure safety. We have also



planted a new tree on the north west bank, in preparation for the possible removal of a sycamore in years to come on safety grounds.

Water levels in the Pond have even exceeded our expectations this year following the de-silting work of 2020, with 2.5metres of depth in the deepest areas throughout the Summer. There are regularly in excess of a dozen mallards on the water, adding to the moorhens who have been there all Summer. It is lovely to see how many children now visit with parents, to view their antics.

Covid has again frustrated our plans for a carol service involving the local school, but we continue to plan for future community events which will be advertised at the Pond and Green in due course.

In the meantime our work parties continue to meet every 4 weeks, with the number of volunteers healthily increasing, and we regularly have attendances in double figures. Thank you to our volunteers, and also you the community of Middleton-on-sea who have been so supportive of what we are trying to achieve.

See you in 2022, stay safe and healthy
Your Trustees

TO HELP SUPPORT THE FRIENDS OF MIDDLETON-ON-SEA POND & GREEN CHARITY PLEASE COMPLETE THE DETAILS BELOW.

I would like to make a one off donation to the Friends of Middleton-on-Sea Pond & Green Charity & enclose £-----
OR

I will donate £----- by bank transfer.

Friends of Middleton-on-Sea Pond & Green Charity:

TSB Sort code: 77-65-91, Account number 02338360 with reference - P&G donation.

GIFT AID IT! If you are a UK tax payer the Friends can claim back the tax you pay from HMRC.

If this applies to you please sign this declaration and give your address details below.

By signing and dating this form I am confirming that I am a UK tax payer and want to Gift Aid this donation and any other future donations..

Signature----- Date:-----

Name:----- (Print)

(PLEASE COMPLETE YOUR ADDRESS AND POST CODE AS REQUIRED BY HMRC)

Address-----

----- Post code-----

Completed forms and any cash or cheques (made payable to: **The Friends of Middleton-on-Sea Pond & Green Charity**), can be placed in an envelope and left with **Barley's Hardware store** (opposite the Pond and Green).

NB: By completing this form you are agreeing that the above data is held in paper and electronic form by the Friends. It will not be shared with any other body, company or person unless required by law.

Meals on Wheels in West Sussex delivered by Appetito



Meals on Wheels in West Sussex delivered by Appetito



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There are no contracts which makes the service very flexible and enables you to stop and start the service whenever you like. The cost of a 2 course meal is £5.85 and you can add an extra course for just £1. They also offer a tea time pack which consists of a sandwich, piece of cake and fruit.

To find out more or to sign up to the service please call: 01903 718893 or visit: www.apetito.co.uk/meals-on-wheels.



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