



Lancing Village Newsletter

Brought to you by Lancing Parish Council



We're delighted to bring you our Autumn 2025 newsletter, created especially to keep our community informed, connected, and engaged. Here at Lancing Parish Council, we're committed to serving you better by sharing important updates, upcoming events, local news, and opportunities to get involved in making our parish an even better place to live, work, and play.

VJ Day

A thank you to all the veterans, local councillors, and members of the public who joined us to commemorate the 80th Anniversary of VJ Day, which officially marked the end of World War II.

The morning began with a flag raising ceremony, accompanied by words of commemoration from Chair Denyse Whillier, Father Michael, and our Village Crier, Bob Smytherman.

We then continued the celebrations in our Community Hub with coffee, cake, and fantastic live entertainment from Sarah Simmonds with her wonderful renditions of classic wartime songs.



Summer Holiday Activities

Phew! What a summer it has been! It's been a month since our Summer Holiday Activity programme came to an end, and we're so proud of what we've achieved together.

Over 300 children and families joined us across eight fun-filled activities, making this one of our most successful programmes yet.

From Bubble Wrap Painting and Art Attack to a Tideline Treasure Trail, Pom Pom Pals, Pebble Painting, Nature Art & Craft, Canvas Bag Painting, and even cupcake and biscuit baking, there was something for everyone. Each event gave children and families the chance to explore, create, and most importantly, enjoy quality time together.



The feedback has been heart-warming:

- "It looked amazing this morning. The children were so absorbed and obviously loved the whole morning."
- "Great activity for the children. Really enjoyable. Thank you Lancing Parish Council."
- "Loved it! It was so well organised and we came home with so many tasty treats."
- "As a grandparent and sometimes struggling with ideas on what to do with the grandkids, these activities are perfect, affordable and we love that we can just walk to them."

Our Bubble Wrap Painting session alone attracted an incredible 110 attendees! In fact, it was so popular that we introduced advance booking for some activities to make sure everyone had the best experience - something we'll continue to review moving forward.



Of course, none of this would have been possible without the support of our wonderful community partners. A big thank you goes out to Lancing Community Garden, Keep Lancing Lovely, Worthing Coastal Office, the Knit and Natter group, and Sonia, our Lunch Club chef. Their involvement made these events extra-special and highlighted the community spirit in Lancing.



What we loved most was seeing families of all ages share laughter, learning, and creativity. These intergenerational moments are what make our activities so meaningful and rewarding.

And while summer may be over, we're already looking ahead. Plans for our October Half Term programme are now here, with exciting collaborations with Men in Sheds and the Worthing Table Tennis Club.

This summer has truly been a celebration of community and creativity - and we can't wait to do it all again soon.



Council News

Lancing Village Centre

Adur District Council is moving ahead with plans to improve Lancing Village Centre after listening to the views of the community.

Over the Summer, around 300 people took part in the public consultation on the proposed redesign of North Farm Road and Penstone Park junctions, aimed at making the area more attractive and pedestrian friendly.



The consultation showed that residents were not in favour of narrowing the entrance to Penstone Park and making it one-way. A key concern raised was that it could lead to more heavy and larger vehicles using Annweir Avenue.

In response, the council has confirmed that it will not be progressing with the proposed changes to Penstone Park. Instead, redesigns are now being developed for the closure of the North Farm Road junction, which would include a pocket park featuring trees, planting and seating to improve the area.

The scheme is being supported through the West Sussex and Adur Growth Deal, which funds projects that aim to improve local areas and strengthen communities.

Adur District Council has said it will continue to give residents and businesses the chance to have their say. Once more detailed plans for the pocket park are ready, they will be shared again for public feedback.

Key aims of the scheme include:

- Creating a green destination and central meeting point
- Improving east-west connections through the centre
- Designing inclusive spaces for people of all ages
- Introducing new seating and informal play areas
- Adding trees and planting to improve air quality and attract wildlife

For further details, please contact:
LancingFuture@adur-worthing.gov.uk

Spotted our Planters ?

Over the summer, Lancing Parish Council funded and planted the village planters and plants, bringing a welcome splash of colour to the centre!

Staff, Councillors and local volunteers helped to plant them up and are now being cared for by Lancing Parish Council to keep them looking their best.



Coming up...

The Lancing Village Halloween Fayre & Trail

📅 Sat 25th October 📍 Lancing
🕒 10am to 1pm Parish Hall

Enjoy pumpkin crafts, children's activities, market stalls, entertainment, face painting, balloon modelling, Halloween trail with prizes, and fire engine!

Table Tennis

Book here:



📅 Mon 27th October 📍 Lancing
🕒 1pm to 3pm Parish Hall

Get active and try out a new sport this half term with the Worthing Table Tennis Club!

Bird Box Building Workshop

📅 Wed 29th October 📍 Community Hub
🕒 10am to 12pm

Join us and Men in Sheds for a fun children's workshop building bird boxes to encourage local wildlife. Please book via Eventbrite.



Family Friendly Film Screening

📅 Thurs 30th October 📍 Lancing
🕒 Film starts at 10:30am Parish Hall

A family-friendly Halloween screening of Coco with snacks and drinks available for donation!

Free Public CPR & AED Familiarisation Session

📅 Mon 10th November 📍 Lancing
🕒 2pm to 3:30pm Parish Hall

Join us for a free 90-minute CPR and defibrillator familiarisation session, led by a Community First Responder.

Please book via Eventbrite.



The Lancing Village Christmas Fayre & Trail

📅 Sat 29th November 📍 Lancing
🕒 10am to 1pm Parish Hall

We have live entertainment, stallholders, the Village Trail and even Santa himself making an appearance with his mischievous elves!

Join us on Sunday 9th November for our Remembrance Day Parade and Service at the War Memorial outside the Parish Hall, with armed forces representatives, local organisations and residents paying their respects.

14:15pm - Parade musters on South Street by Robert Luff Estate Agents

14.30pm - Parade down to St Michael & All Angels Church

14.45pm - Wreath Laying at the War Memorial

15.00pm - Remembrance Service at St Michael & All Angels Church



Lancing Village Halloween Fayre & Trail

Join us on Saturday 25th October, 10am - 1pm, for the Lancing Village Halloween Fayre & Trail 2025.

📍 Lancing Parish Hall, 96-98 South Street

Here's what you can enjoy on the day:

- Pumpkin Craft & Children's Activities
- Market Stalls
- Halloween Trail & Street Entertainers
- Fire Engine Visit
- Face Painting & Balloon Modelling
- Live Entertainment

Follow the trail map, and find the hidden images to Halloween themed prizes. Maps will be available to pick up from Lancing Parish Hall or can be downloaded from our website shortly.



A big thank you to Gary Evans, National Parking Control, and The Barn Caravan Park for sponsoring the pumpkins for our pumpkin activity, and to John Dale for sponsoring a range of additional children's activities.



Lancing Village Christmas Fayre & Trail

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📍 Lancing Parish Hall, 96-98 South Street

Here's what you can enjoy on the day:

- Children's activities
- Market Stalls
- Mischievous elves & reindeer
- Christmas Trail
- Live Entertainment
- A visit from Santa and a FREE GIFT FOR EVERY CHILD!

Follow the trail map, and find the hidden word for the chance to win a £20 TGJones voucher.

Maps will be available to pick up from Lancing Parish Hall or can be downloaded from our website shortly.

Check our Facebook page for updates nearer the time!



In Our Community

Lancing Beach Green Parkrun



"Lancing Beach Green parkrun is a free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

It takes place every Saturday at 9am on Lancing Beach Green.

It's completely free to take part but please register before you first come along at www.parkrun.org.uk/register. You only need to register once and please bring along your parkrun barcode.

Everyone is welcome - whatever your pace. We are entirely organised by volunteers so if you would like to help please get in touch at lancingbeachgreen@parkrun.com.

We hope to see you there!"

Hair Today, Gone Tomorrow - All in a Good Cause

Lancing resident David Wren has raised an impressive £1,200 for charity by braving a sponsored haircut and shave after five years of growing out his hair and beard.

The fundraising trim took place at Harv's Barbers in South Street, where proprietor Harvey Baker, who has served the community for nearly 40 years, gave David a fresh "short back and sides."

David, 73, decided to take on the challenge to support three causes close to his heart: The Children's Society, Turning Tides, and DePaul UK, each set to receive a £400 donation.

A long-standing member of St Michael & All Angels, David said he was determined to make the cut to help others, adding that he felt no regrets about his transformation.

His fundraising success highlights the generosity and community spirit that continues to thrive in Lancing.



Time to Talk Befriending

Building Connections in Lancing

"In Lancing and nearby Shoreham, many older people spend days, sometimes weeks, without a meaningful conversation. At Time to Talk Befriending we believe no one should feel forgotten. That conviction is at the heart of our story and the reason we exist today.

The charity was founded in 2013 when our CEO, Emily, discovered through her research that hundreds of older people in Sussex felt invisible. They longed not for more services, but for companionship. Out of that discovery grew a movement, connecting people of all ages to share stories, laughter, and the reassurance of knowing someone cares.

What makes us different is that befriending benefits both people. Time and time again, volunteers tell us they gain just as much as the person they visit, whether through shared wisdom, new friendships, or the sense of doing

Time to Talk Befriending

in the heart of the community

something that truly matters. Befriending boosts wellbeing, reduces loneliness, and helps us all feel more connected.

Although we are now well established in the local community, Lancing continues to be an area where the need is greater than the number of volunteers available. That means many local older people are still waiting for a befriender. Just one hour a week or fortnight could change that, bringing joy and companionship into someone's life, and unexpected benefits into your own.

The beauty of befriending lies in its simplicity. A chat over a cup of tea can turn a lonely day into one filled with warmth and connection. Small, ordinary moments create extraordinary change.

Our belief has always been that relationships are gifts which enrich both lives. That belief continues to guide us today, shaping the experiences of volunteers and older people we support."

Could you be part of this story in Lancing?
Find out more at www.tttb.org.uk/volunteer



Can You Save a Life?

YES - Anyone Can!

Cardiac arrest can happen to anyone, anywhere, and bystanders can play a life-saving role. The best chance of survival is if you witness it happen. The person will be unresponsive and not breathing normally, they may not breathe at all, or have laboured breathing, snorting, gurgling, or gasping.

Act Fast - Every Second Counts

1. Call 999 immediately. Put the phone on speakerphone so the operator can guide you step by step.
2. Check for safety and lay the casualty on their back. Open the airway using the head-tilt, chin-lift technique.
3. Check breathing for up to 10 seconds. If there is no normal breathing, start CPR:
 - Hands together in the middle of the chest (between nipples).
 - Push hard and fast, around 2 compressions per second, 5-6cm deep (about one-third of the chest).
 - Let the chest rise fully without taking your hands off between compressions.

Compression-only CPR buys 12–15 minutes of oxygen to the brain until help arrives. You are buying time.

Using a Defibrillator (AED)

- If possible, send someone else to get one - the call handler can advise if one is nearby.
- Switch it on - every AED gives clear voice instructions on what to do.
- All clothing must be removed from the chest. Important: Women are 27% less likely to receive CPR because people hesitate to remove clothing. Just explain

what you are doing. You may need to lift the left breast to place the pad.

- Remember BODO - Bra Off, Defib On (BraOffDefibOn is a registered charity).

If you are unable to access a defibrillator every ambulance is equipped with one.

You can do no harm.

If you do nothing this person will not survive.

You can do no harm with a defibrillator!

Why Acting Quickly Matters

- Each minute of delay in giving compressions reduces survival by 10%.
- Someone who has a witnessed cardiac arrest is 5 times more likely to survive.
- If a casualty breathes after CPR and defibrillator use, survival rises to 93%.

Every action counts. By acting quickly and confidently, you can literally save a life.

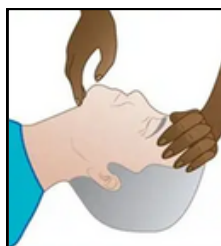
SO YES - YOU CAN SAVE A LIFE!

Worthing & District Community First Responders are local volunteers responding to 999 calls between Littlehampton and Lancing, often reaching casualties before the ambulance. They run CPR and defibrillator familiarisation sessions for community groups and councils. Details of the next session at Lancing Parish Hall are on page 4.

For more information, contact:

Sally Holmes, CFR Tutor

Sally.fholmes@secamb.nhs.uk | 07752 755599





Looking for a warm, hearty meal at a fantastic price?

Come along to the 📍 Community Hub at Lancing Parish Hall for a delicious two-course meal, freshly prepared and cooked from scratch!

Just £6 per person - It's the perfect way to enjoy great food and even better company!

Lunch is served at 12:30pm

Keep an eye on our social media and notice boards around the village for upcoming dates!

You can book via the sign-up sheet in our Community Hub (Open Monday to Thursday 10am-12pm) or by calling 01903 753355.

Monthly Market

Upcoming Monthly Market Dates:

- 6th November
- 13th December

Join us at Lancing Parish Hall, between 10am and 12:30pm, to shop a wonderful selection of locally baked goods, handcrafted items, and more. A great way to support local businesses and find something unique. See you there!

Please email umbrella-events@outlook.com for any stallholder enquiries.

KEEP LANSING LOVELY



BEACH LITTER PICKS IN 2025

Signing in from 10am. Weighing up, photos and packing away at 11:30am. Look for the Keep Lancing Lovely flags on Beach Green near The Kiosk/The Perch

26th January

23rd February

30th March

27th April

25th May

29th June

27th July

31st August

28th September

26th October

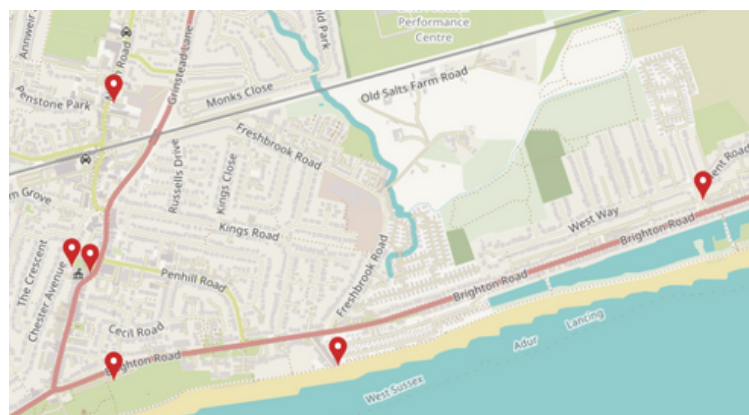
30th November

28th December



Did you know that Lancing has six notice boards with up-to-date news and event info from the Parish Council? You'll find them at:

- Lancing Sailing Club
- Beach Green
- Lancing Parish Hall (Front Entrance & Car Park)
- Ladbrokes, North Road
- Orient Road



Notice Boards Locations



Gallery Space For Hire

Looking for the opportunity to display your work?

Whether your looking to display artwork, photography, an exhibition or any creative work that tells a story, we'd love to hear from you.

Lancing Parish Hall is an public space that is busy with locals and the perfect space to get your work out there!

For any enquiries, email admin@lancingparishcouncil.gov.uk

Issue #3

Issue #3 will be out in the Winter!

We'd love to hear from you - if you have a story, event, or idea to share, please email us at admin@lancingparishcouncil.gov.uk

Deadline for submissions is **Friday 28th November 2025**

Meeting Schedule

The public can attend council meetings to stay informed and have their say.

8th Oct - 6:30pm
Planning Meeting

8th Oct - 6.45pm
Amenities, Community & Environment Committee Meeting

29th Oct - 6:30pm
Planning Meeting

29th Oct - 6.45pm
Full Council Meeting

5th Nov - 6:30pm
Finance & Governance Meeting

19th Nov - 6:30pm
Planning Meeting

19th Nov - 6:45pm
Amenities, Community & Environment Committee Meeting

10th Dec - 6:30pm
Planning Meeting

10th Dec - 6:45pm
Full Council Meeting

Lancing Parish Hall, 96-98 South Street, BN15 8AJ

COMMUNITY HUB

**CHAT, CONNECT,
RELAX AND ENJOY
A CUPPA**

Free WiFi

Tea, coffee & cake, donate what you can!



**EVERYONE
WELCOME**

Every Tuesday, Wednesday & Thursday morning
10am - 12pm

Lancing Parish Hall, South Street, BN15 8AJ

Follow Us On Socials!

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[lancing_parish_council](https://www.instagram.com/lancing_parish_council)

