



Stay healthy, take control

WHAT'S ON? 2010/11

MONTHLY	Bingo (Storrington Guide Hall) <i>On the 1st Monday of every month</i>
MONTHLY	Mary How Trust Film Society (West Chiltington Village Hall) <i>On the 4th Tuesday of every month (not July & August)</i>
Thurs 23 September	Hand bell concert by KIPHRA (West Chiltington Village Hall) <i>A musical treat in aid of the Mary How Trust</i>
Sat 25 September	Pulborough Harvest Fair <i>Visit our stall at this popular celebration of Sussex country life</i>
Sat 23 October	Giant Indoor Book Fair (Pulborough Village Hall) <i>Chanctonbury Lions' superb book fair in aid of the Mary How Trust</i>
Fri 29 October	Mary How Trust Autumn Gift Fair (Storrington First School) <i>Quality gifts and accessories with wine and nibbles</i>
Thurs 30 September	Life Is For Living (Broadbridge Heath Leisure Centre) <i>Making the most out of life for the over-50's! Visit our stall.</i>
Sun 31 October	Barns Green Half Marathon <i>Support Patrick Heath – running in aid of the Mary How Trust!</i>
Tues 9 November	Illustrated Talk by David Lyon (Pulborough Village Hall) <i>Breathtaking images & a fascinating insight into life in Bhutan, accompanied by mouth-watering Indian snacks and refreshments</i>
Weds 24 November	So India Charity Evening (So India Restaurant, Pulborough) <i>A delicious 3-course meal – and your chance to win a meal for two!</i>
Thurs 6 Jan 2011	Annual Bridge Drive (West Sussex Golf Club) <i>We'll be happy for you to join our ticket waiting list</i>
March (tbc)	Annual Quiz Night (Fittleworth Village Hall) <i>Enjoy a tasty fish supper – and pit your wits against the best!</i>
Thurs 14 July (tbc)	Annual Golf Day (West Chiltington Golf Club) <i>Join our ticket waiting list – we'll be happy to keep you posted</i>
October (tbc)	Annual Garden Talk <i>The 3rd in our series of illustrated talks by master gardeners – please join our ticket waiting list and we'll keep you up to date</i>

Would you like to know more? Can you lend a hand?

Further details from The Mary How Trust Tel: 08452-410956 www.maryhowtrust.org