

Creating
Togetherness

COCKING COLUMN

July 2025
Est. Oct 2021

www.cockingcolumn.com

Sat 5 July, 7.30pm

South Downs Soloists Concert
Boxgrove Priory

Mon 7 July, 11am

Monthly Service
Pendean Nursing Home

Mon 7 July, 6.30pm

Parish Council Meeting
Cocking Village Hall

Tues 8 July, 7.30pm

200 Club
Blue Bell

Thurs 10, 24 July 3pm

Chair Yoga
Cocking Village Hall

Tues 15 July, 11am

Nicene Creed Discussion
Cocking Rectory

Thur 17 July, 10.30am

Village Coffee Morning
Blue Bell

Sun 27 July, 6pm

St James Patronal
St James's Church, Heyshott

Weds 30 July, 9.30am

Monthly Requiem
St Catherine of Siena Church

Thurs 31 July, 7.30pm

Pub Quiz
Blue Bell

July Food Bank Requests

The church serves as a drop-off point for the Food Bank. This month, we are especially collecting **Toilet Paper and Paper Rolls**.

Weekly at St Catherine's

Tues, Wed, Fri, 9.30am

Morning Prayer

Thur Fr Jonathan's day off

Sunday, 9.30am Sung Mass

Blue Bell Hours

Sun Bar 930am-6pm | Food 12pm-6pm

Mon CLOSED

Tue Bar 4pm-10pm | Food 5.30pm-8.30pm

Wed-Sat Bar 930am-10pm |

Food 12pm-2.30pm, 5.30pm-8.30pm

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UPDATES

Blue Bell Hours. Check out the expanded Blue Bell summer hours! Note that the Blue Bell is open from 9.30am Weds-Sun for tea, coffee, and soft drinks—and the Village Shop!

Speed Limit Change. Following recent speed limit rule changes, the Parish Council is considering an application to reduce the speed through the village to 20mph. We welcome the initial views of all Cocking residents.

Please vote on the poll in the village WhatsApp group (to join: send a message to +447799271913). Or email andrew.cornwell@cocking.org with “20mph - yes” or “20mph - no” in the email title to indicate your preference. There is no need to add anything to the body of the message.

Should you wish to engage with this further please attend July’s Parish Council meeting. **Closing date to vote is Sun 6 July.**



WEEKLY PILATES CLASSES
Cocking Village Hall
Mondays 10.30am-11.30am

All are welcome, no experience necessary.
Please contact me to book your space.

From my home in Cocking I also offer:
1-2-1 sessions in Pilates and Yoga
Flower Essence consultations
Reiki
Bodywork

Contact Charlotte at:
hello@charlottewisewellbeing.com • 07946 421989
www.charlottewisewellbeing.com

Wild Fires. People are being urged to take extra care over the coming weeks and months to prevent wildfires. After a particularly dry and warm spring, the risk of wildfires is high. Last month a wildfire – believed to have been started by a campfire – destroyed eight hectares of beautiful heathland at Chapel Common, near Milland, West Sussex.

Advice from the National Parks Heathland Team is that the biggest thing people can do to avoid a repeat of this is to never use disposable barbecues or light open fires in the countryside under any circumstances. Disposable barbecues can be particularly dangerous fire hazards as the ground beneath often remains searingly hot for hours after it has been removed, with the potential to ignite dry vegetation and posing a risk to any human, or animal, that might walk over the scorched earth. Wind can carry smouldering ash and embers from disposable barbecues, spreading the fire to other areas.

If anyone does see a fire, or the first signs of smoke from a fire, make sure to get to a safe place and please dial 999 immediately and request the fire service.

UPCOMING EVENTS

South Downs Soloists Concert. 5 July, 7.30pm, Boxgrove Priory. The Dekker Trust is sponsoring a concert, raising funds for Stonepillow. The South Downs Soloists (conducted by George Hays) presents ‘Palestrina 500’, featuring Palestrina’s music along with that of other composers inspired by him. Tickets priced at £25 or £10 for students from:

- ndekker@hotmail.co.uk
- Chichester Box Office at the Novium www.novium.org/boxoffice
- at the door on the night.

Pendean Nursing Home. The next service is at 11am, Mon 7 July. Do join us there, or let Fr Jonathan know if anyone would like a visit.

Palestrina 500

SOUTH DOWNS SOLOISTS

Director GEORGE HAYNES

Celebrating the perfect choral music of Palestrina, his contemporaries and influences, with new music inspired by their legacies

Saturday 5th July
19:30
Boxgrove Priory
 Church Ln, Boxgrove, Chichester,
 PO18 0EE

TICKETS £25 (students £10)
 available from
 ndekker@hotmail.co.uk,
 on the door,
 or from Chichester Box Office
 at The Novium:
 www.thenovium.org/boxoffice

  Generously sponsored by the
 Dekker Trust (Reg. 1185529)
 in aid of Stonepillow



Parish Council Meeting. The next Parish Council meeting will be held in the Village Hall on Mon 7 July at 6.30pm. All are welcome to attend.

200 Club. Congratulations to Richie Keen who was the lucky winner of the June 200 Club, winning £192.50–the biggest prize yet!

The first six months of draws are now complete, six different people have won prizes and we have also raised £3,000 for the Community Hub, which amongst other things has paid for the long overdue replacement of the pub's kitchen door.

Numbers are still available to be purchased for the last six months of the draw. If you would like to join in and raise the prize pot at the same time please email

200clubcocking@gmail.com

The July draw will be held in The Blue Bell on Tuesday 8 July at 7.30pm, we look forward to seeing you then.

Nicene Creed Discussion Group. The discussion group on the Nicene Creed continues 11am, Tuesday 15 July at Cocking Rectory. This session will be on the Ascension of Christ. No prior knowledge is assumed. Sign up: <https://underthedowns.co.uk/creed/>

Embrace Yoga at Cocking Village Hall
www.midhurstyoga.co.uk

Hatha Yoga
 Weds 6pm

One-to-One Yoga Sessions
 Bookings available

embrace yoga

for more information please visit www.midhurstyoga.co.uk
 or contact Jane Menon
 07841537105 | jane.menon@hotmail.co.uk



Village Coffee Morning. 10.30am, Blue Bell, third Thursday of each month. A wonderful opportunity to catch up with neighbours or get to know village newcomers. No need to book; just turn up–bring a friend. Drinks and biscuits courtesy of *Friends of the Blue Bell*.

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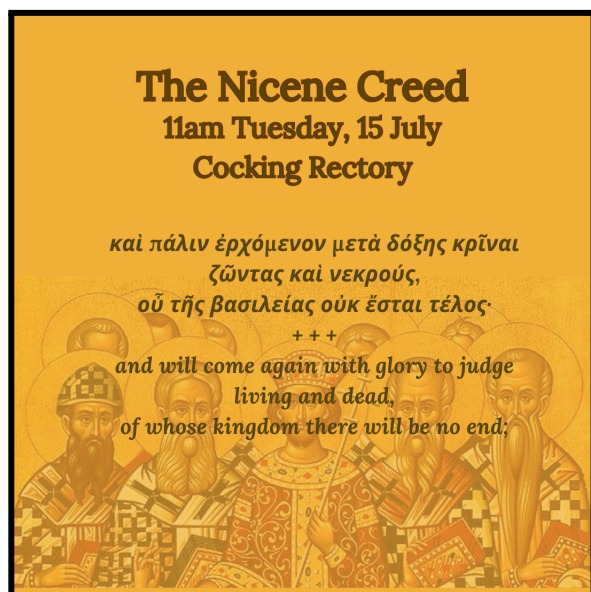
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Monthly Requiem. 9.30am, Weds 30 July at the parish church. Every month, we remember those who have died recently and those whose anniversaries fall during the month. If you would like someone to be remembered, please let Fr Jonathan know.

Pub Quiz. 7.30pm, 31 July. No minimum team, maximum of 6. £2pp, with no obligation to eat beforehand.



Chair Yoga & Cake. Free Chair Yoga & Cake is at 3-4.30pm on the following Thursdays at the Village Hall: 10, 24 July. For details, please contact Portia Charles (portiacharles100@gmail.com).

REQUESTS & OFFERS



Food Bank. The church serves as a drop-off point for the Food Bank. This month, we are especially collecting **Toilet Paper and Paper Rolls**.



Join the Village WhatsApp group! Just send a message to +44 7799271913 or use the QR code below.



You can also receive the Column digitally and in colour by joining the mailing list at: cockingcolumn.com

Cocking

BOULES TOURNAMENT

Competing for the

PAUL HENSHAW MEMORIAL TROPHY

SATURDAY, 23 AUGUST 2025



Team draw @ 5 PM
Games start @ 5.30 PM
Games finish @ 8 PM
Village Boules Pit

The Rules

Cocking residents only

Teams of two

All ages welcome, including children

Boulesdrome next to the playground

*Join us for a fun evening of
boules and community spirit!*

