

## HACVS E-bulletin Number 33-HW-2010

Due to the increase in the amount of information that needs to be cascaded out to our members, we have decided to introduce two categories of e-bulletins. One will be a specialist 'Health and Wellbeing' bulletin which will refer mainly to information around the health and wellbeing agenda, and the other will be a 'General' bulletin which will refer to everything else. These will be indicated by the suffixes 'HW' or 'G' respectively. We have also decided to commence at number one each year and to detail the current year for our own reference and ease of filing. We hope that you will find these improvements to be of benefit.

(1) Dangers of the Sun (2) Celebrating 10 Years of Health Walks in the Horsham District (3) Head Forward E-News Issue 4: August 2010 (4) 'Learn to Run' course (5) Parkinson's Event - Information and Research (6) Latest news: Minister Backs Personal Health Budgets

Dear Members,

- 1 Skin specialists pull on their bathers to warn others of the dangers of the sun. "People visiting Worthing seafront this week will take a step back in time as they get health advice from Victorian bathers..." [Read more...](#)
- 2 To celebrate 10 years of health walks in the Horsham District, Horsham District Council has organised a great walk around Horsham on Saturday 14 August. Please see the news release from HDC. **Two Attachments:** HealthWalk\_newsrelease HealthWalk\_rearview
- 3 Please see the copy of the latest Head Forward newsletter attached. If you have any queries, comments, or news for the next issue, please get in touch with Steve Byhurst, West Sussex Advice & Information Coordinator, Alphacom House, 8a Oakhill Road, Horsham RH13 5SB. Tel 01403 750165. **Attachment:** HeadForward
- 4 If you ever thought that running could be for you, a new 'Learn to Run' course with Horsham Joggers may be the answer. For more information, see the information attached and also the flyer, or call Catherine on 07552 755490. **Two Attachments:** LearnToRun\_info LearnToRun\_flyer
- 5 Jonathan Smith, Information and Support Worker for Parkinson's UK in the Crawley and surrounding area, is inviting locals to join him for an information drop-in session on Monday 13 September, at the Haven Centre, Hophurst Lane, Crawley Down, from 10-11am. For more information on this free event please see the **attachment:** Parkinsons
- 6 "A ground-breaking scheme which will give some West Sussex patients their own 'personal health budgets' has been backed by the new government..." [Read more...](#)

*JANET BROWN*  
Manager

Please note below our new email address for all general communications – all previous email addresses are now obsolete and should no longer be used, thank you.

**Horsham Area Council for Voluntary Service**  
**Lavinia House**  
**Dukes Square**  
**Denne Road**  
**Horsham**  
**West Sussex**  
**RH12 1GZ**

Telephone : **01403 255277** Email : <mailto:janetbrown@hacvs.org> <http://www.hacvs.org>  
Charity Number:**1117718** Company Limited By Guarantee Number:**5999908** Registered in England & Wales

The information contained in this email is intended for use of the addressee only. Any dissemination, distribution, copying or use of this communication is at the discretion of the addressee only. Every effort has been made to ensure that any attachment does not contain a virus. While every reasonable precaution has been taken to minimise the risk, neither **HACVS** nor the sender accept liability for any damage which you sustain as a result of software viruses. You may wish to carry out your own virus checks before opening any attachments

