



THE UCKFIELD VOICE

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thevoice

PARKRUN COMES TO UCKFIELD

This month we are pleased to share the good news - a new initiative coming to Uckfield. Our very own Uckfield Parkrun, which is starting in May!

What is Parkrun?

Parkrun is an initiative that has grown from one person's idea in 2004 to a national and international phenomenon with over 500 taking place each week in the UK and over 1300 worldwide.

It's free!

Parkruns are free, timed events (not a race) over 5km on traffic-free routes which are run by volunteers every Saturday at 9am throughout the year.

Who can go on a Parkrun?

All are welcome. In a typical Parkrun you have a wide range of people and abilities. The fastest runners will take less than 20 minutes to complete the run but some will take over 45 minutes. You run as you want; you can run hard and see how quick you can do it or jog/walk round chatting to your friends. Children can run but under 11s must be accompanied by an adult. The events encourage inclusivity and they have people with all levels of fitness and, whilst they are termed Parkruns, walkers are also welcome. A tail-walker follows everyone at the back.

Register with Parkrun to start

To run in the events you register with Parkrun UK at <https://www.parkrun.org.uk/register/form/>, print off a barcode



and then you can run in any Parkrun anywhere in the world. Parkruns encourage people to take regular exercise with the consequent benefit to their health. They are also great community events which bring people together in a fun and healthy way.

The Uckfield Route

The Parkrun will start at Uckfield Rugby Club and travel through the scenic Buxted Park. It may be muddy!

Refreshments afterwards

Refreshments will be available at the Rugby club after the event. A post run cafe is very much a part of the Parkrun culture making it a great way to finish.

Contact us through:
admin@uckfieldtc.gov.uk



@uckfieldtowncouncil

WHAT'S INSIDE

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- Last month in your council

SPORTS OPPORTUNITIES IN UCKFIELD

The Town Council provides an extensive range of sports facilities, both for organised activities arranged by local sport clubs and for 'spur of the moment' individuals and groups.



Hard-surface tennis courts at Victoria Pleasure Ground

Facilities for all types of sport

Grass pitches for football, cricket and croquet are carefully prepared by the Council's grounds staff at either West Park Recreation Ground or the Victoria Pleasure Ground. Hard-surface tennis courts at Victoria Pleasure Ground are provided by joint arrangement with a local club.

Multi-use games areas

For general public use there are multi-use games areas at Ridgewood Recreation Ground, New Barn Lane (Victoria Pleasure Ground) and at The Drive (Downlands Copse). A grassed area in Mallard Way has football goalposts installed for ad hoc football games.



The cricket pitch at Victoria Pleasure Ground



Skate Park

Also at the New Barn Lane end of the Victoria Pleasure Ground is the popular skateboard layout.

Keep-fit equipment



In the broad sense of sport to assist with the health and well-being of our community, there is free-to-use outdoor keep-fit equipment provided at the Ridgewood Recreation Ground and at the Hempstead field.

Uckfield College

The Town Council was a major funder of the All-Weather Pitch in the grounds of Uckfield College. This is a valuable all-year round training facility, with occasional competitive games played on it.

Play areas for children

The play areas dotted around the town provide children from a very young age with all types of equipment on which to exercise.

Providing for future needs



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We must not be complacent about providing for the needs of the future population as the town begins to grow. There needs to be constant encouragement in the present for people to indulge in healthy activities. It is for these reasons that the Town Council participates in the operation of the Active Uckfield volunteer group which has been established to promote the health and well-being of everyone of all ages and abilities.

LAST MONTH IN YOUR COUNCIL

Campaign to reduce our use of single-use plastic

Brighter Uckfield and Uckfield Town Council were extremely pleased with the turnout at the public sessions held on 27 March, to campaign for a plastic-free Uckfield.

The TV series Blue Planet highlighted the devastating impact that single use plastic, particularly plastic bottles, were having on marine life and wildlife – it was alarming to many of us!



Public Sessions full of good tips

Our public sessions were filled with handy tips and the audience were

actively sharing information alongside the speakers. We were fortunate to be joined by local blogger and Surfers Against Sewage campaigner 'Zero Waste Maman' who attended the lunchtime session, and made a vital point – that this is not a new concept! Society has become addicted to convenience and with that comes packaging, and unfortunately plastic!

Refill campaign in Uckfield

Mrs Noble spoke about the excellent refill campaign that we wish to set up in Uckfield. The purpose of the refill campaign is to have registered water refill stations in the town, that members of the public can visit to top up their water bottles.

One million plastic bottles are bought every minute around the world. By using reusable bottles, we are already making a positive change in our behaviour. To find your local water refill station, download the mobile app 'refill.' We're keen to get this campaign off the ground in Uckfield and have a number of refill stations available, to ensure you stay hydrated, save money and reduce pollution. The Civic Centre is going to become one of your local water refill stations. So watch this space!

UPCOMING MEETINGS

Full Council agendas and minutes can be seen at Uckfield Library. If you wish

to ask a question at a meeting, on items on the agenda, it is advisable to submit

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| TUES 7 MAY | – PLANS |
| MON 13 MAY | – ANNUAL STATUTORY (FULL COUNCIL) |
| MON 20 MAY | – GENERAL PURPOSES |
| TUES 28 MAY | – PLANS |
| MON 3 JUNE | – ENVIRONMENT AND LEISURE |
| MON 17 JUNE | – PLANS |
| MON 24 JUNE | – FULL COUNCIL |

your question beforehand to allow a full response to be given at the meeting.

All questions should be directed to the Town Clerk - admin@uckfieldtc.gov.uk

COMING NEXT MONTH

- Your new Council

