

Winter 2022



Worsham Farm, Bexhill

Welcome to the latest edition of the Worsham Farm Newsletter. Read on to find out what is happening in your local area and to find out about the various travel options available to you. If you would like to contribute towards future issues or provide us with any feedback, please email us at travelplans@stuartmichael.co.uk

Cycling in the winter

Cycling in winter weather has some special challenges but that doesn't mean you need to put the bike away. British Cycling has some advice to help you cycle safely during the winter period.

Road Positioning— Be assertive and don't ride in the gutter. Use the primary and secondary riding positions, both of which keep you in the eye-line of drivers.

Routes—Where practical, choose lightly trafficked, segregated or traffic-free routes. You'll minimise your exposure to potential hazards and also have a less stressful commute, avoiding noise and road spray.

Allow extra time—Harsh weather conditions may slow you and the surrounding traffic. Factor in a few more minutes so you're not late for work.



There are various family friendly sports clubs in the local area to participate in, with a small selection detailed below. They offer a great way of meeting other people in Bexhill, as well as a place to improve fitness.

Bexhill Ramblers Club:

Bexhill Ramblers Club is a friendly and sociable group of walking enthusiasts who meet on Tuesdays and Saturdays. The Club is open to all ability levels, from beginners to experts and beyond. Their routes take them around Bexhill, providing its members with exciting variety. It is the perfect way to maintain or even boost fitness levels, in a way that the whole family can join. More information is available at:

<https://bexhillramblers.wixsite.com/walking>

Hastings Parkrun:

Worsham Farm residents can take advantage of the nearby Hastings Parkrun. Parkrun is a free 5k running event held every Saturday morning at 9am at Seaside Road, TN38 0AG. Parkrun offers the perfect place for beginners to develop their running skills, or for the more experienced to beat their personal best.

Find out more at: <https://www.parkrun.org.uk/hastings/course/>

Bexhill Cricket Club:

An Inclusive, family friendly club that has a number of competitive senior times, junior teams, and social teams. Games are typically played on Saturdays, with training throughout the week. The clubhouse is located at Polegrove Sports Ground, TN39 3HA.

Find out more at: <https://bexhill.play-cricket.com/Aboutus>



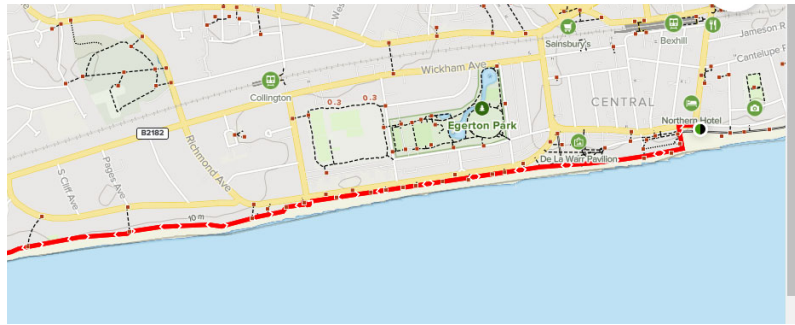
Bexhill Promenade to Cooden Beach Walk

The walk along Bexhill Promenade to Cooden Beach is a scenic coastal 6.3km loop. It is accessible to walkers of all ages and abilities, making it the ideal location for a weekend family stroll.

The route is flat and easy to navigate, meaning you can give the stunning views your full attention. Along the route, there are various places to take a break and explore. Adjacent to the beach is the De La Warr Pavilion, which hosts art exhibitions, live music, and comedy nights. It also has a Café Bar that provides a much needed rest after your walk.

Parking is available in the Pavilion car park, at the beginning of the route.

For more information, head to : <https://www.alltrails.com/trail/england/east-sussex/bexhill-promenade-to-cooden-beach>



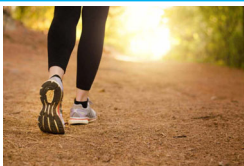
Bexhill Wheelers

Bexhill Wheelers is a social cycling club who's members who aim to promote healthy lifestyles through cycling, open to cyclists of all ages and ability levels, it is a truly inclusive group. Rides are held on Thursday mornings at 10:30am, meeting at the De La Warr car park. For more information visit: <http://www.bexhillwheelers.org.uk/>.

Cooden Beach Sports and Social Club

Cooden Beach Sports and Social Club (CBSSC) is a thriving sports club located close to Cooden and Little Common in the western part of Bexhill, East Sussex. We have 6 outdoor tennis courts, all of which are floodlit, and 3 squash courts.

For more information, visit <https://cbssc.co.uk/>.



Where to find your bus stops:

The nearest bus stop to your home is Glovers House Bus Stop, located on Mount View Street, approximately 750m from your home. From this bus stop you can access the different areas of Bexhill from 07:00am (Monday – Saturday) via the 98/98A service (Operated by Stagecoach).

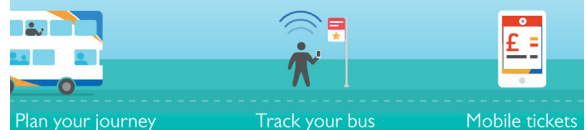
Bus Time Information

Real time bus information can be accessed on the Stagecoach app. It is also possible to download mobile day and weekly tickets and view timetables from the app. Download from the App Store on Apple or Android by searching 'Stagecoach'.

New to the App? Head to <https://www.stagecoachbus.com/> and click 'FAQs and Contact' then 'Help Using the App' for more information on how to use the app and neat tricks, or head to [The Stagecoach Bus App](#) | [Stagecoach Bus](#) for a tutorial.

To help you plan your journey you can text the bus stop code from which you are travelling from to **Traveline '84268'** and receive the real time information for upcoming services. Or you can visit www.nextbuses.mobi and search for your bus stop online.

Everything you love about stagecoachbus.com on the new **Stagecoach Bus App**



STUART MICHAEL ASSOCIATES For more information relating to the implementation of the Travel Plan please contact us at:

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