



# June/July 2023 Newsletter

## Mi-CAN Family Day

A CALLOUT FOR VOLUNTEERS!

On Sunday 30th July we are hosting a Family Day. This FREE event will take place at St. Ann's Hill and The Old Library in Midhurst.

The day will include a host of activities for children, free refreshments, and a competition for the best picnic! It's also a chance to have your say on climate change and to shape the actions we take as a community.

We are totally reliant on volunteers to make this day run smoothly and would love to hear from you if you have time to get involved.

To find out more, and to see how you can help, email [michelefacer@hotmail.com](mailto:michelefacer@hotmail.com)



Mi-CAN



Midhurst\_CAN

Give us a **LIKE** and a **FOLLOW** - it really helps us to reach more people.

## Event Calendar

See our website [Mi-CAN.co.uk](http://Mi-CAN.co.uk)  
for further details



July 16th - Jumble Trail  
All Around Midhurst  
See website for details



July 30th - Family Day  
St. Ann's Hill / Old Library  
10am - 4pm FREE!



August 24th - Film Screening  
Memorial Hall, Midhurst  
FREE Entry



September 15th - Philip Lymbery  
Memorial Hall, Midhurst  
A talk by the author of "Sixty  
Harvests Left"



October - Sustainable Dinner  
Location & Date TBC  
See website for details



YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF A DIFFERENCE YOU WANT TO MAKE.

- Jane Goodall



## Make a pledge for food and nature!

Coronation Gardens in an initiative we're really excited about. Over the next three years it aims to enthuse millions of people to grow their own food in wildlife-friendly gardens, window boxes, and community spaces. We are big fans of community gardens and Emily recently got permission to grow food on the verge outside her house. It's been a big hit with everyone pulling together to get this new food garden up and running. To pledge your Coronation Garden, head over to [mycoronationgarden.org/get-involved](http://mycoronationgarden.org/get-involved) - and join the greenspace revolution!

## What can you do in July?

- Get a bamboo toothbrush**
- Use refillable cleaning products**
- Swap clingfilm for beeswax paper**
- Make your own fizzy drinks**
- Buy unpackaged fruit and veg**

Plastic Free July is a global movement that helps millions of people become part of the solution to plastic pollution. You can find out more and sign up to be part of this movement at [plasticfreejuly.org](http://plasticfreejuly.org)

Globally, there are millions of people each doing their best to give up as much plastic as they can. Collectively, that adds up to a massive difference in our homes, communities, oceans and rivers. This July (and beyond) choose to say no to single use plastic.

## Look Ahead

On 24th August we will be screening the film "Tomorrow" at the Memorial Hall in Midhurst. This film is an optimistic and inspirational look at solutions to social and environmental challenges in 10 different countries. After the film we will be encouraging people to stay and chat over drinks and nibbles. Memorial Hall has a capacity of 170 and we'd like to get as close as we can to filling it! So mark the date in your diary and book your place now at Eventbrite. Entry: FREE



**JOIN US! - Come to our events, sign up to be part of Mi-CAN, be part of the community**

**HUGE THANKS to PeCAN, ERA, ACAN, HartingCAN and others who have helped us get started**