

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #34 : Jan. 2018

Free
Please help
yourself!

An aerial photograph of a village, likely Hurst, showing a large church with a tall spire, residential houses, and a large green field in the foreground. The image is used as a background for the magazine cover.

Dog trainer Ella talks wins

p.16

Charity shop reopens this month

p.30

If you go down to the Library today...

p.20



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EDITORIAL

By David Tingley, Editor

Now, first things first, if you would like someone to take the pain away from **recycling your Christmas tree** then turn to **page 5** - where **Paul Wilkinson** will be glad to help, as he collects for charity. Well done Paul!

Still on the Christmas theme, on **page 6** we have this month's game of 'spot your friend' as **Louise and Richard Sullivan** perfectly captured **Santa's Fun Sunday** for us. For more on this, and other matters from the Traders, you can turn to **page 26**.

On **page 20 Clair Stanton** shows us just what a rich resource the **Library** in Hurst is. She highlights the various groups and facilities that are available - do have a look!

It was a pleasure to meet **Ella Hubbard** recently, who has won a national Dog Agility competition with her Kelpie **Eddie**. You'll find the story on **page 16**.

The big news from last month was the opening of the **Co-op**, back in its renovated High Street store (see **page 26**). This month we are pleased to announce the reopening of the **Hurstpierpoint Community Charity Shop**. **Michèle Copeland** gets the history and the latest in the feature on **page 30**.

As ever, **What's On** (**page 38**) is a little sparse this early in the year, so with your extra time you might like to read a book (**page 32**), do one more **Sudoku** (**page 37**) or knock up one of **Belle Amatt's** amazing burritos on **page 34**.

We do love interaction from you, our readers, so don't forget that we always need **cover photos**, **'5 Minutes With...'** candidates and anyone whose story we can tell on our pages in 2018. A great starting point is an email to editor@hurstlife.co.uk where Michèle or myself will get right back to you.

Have a fantastic start to the New Year and I look forward to gathering the Hurst news for 2018!

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Hurst from the air



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We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@hurstlife.co.uk

Plans to improve the village street scene

Suggestions have been made at recent council meetings that both residents and visitors would find Hurstpierpoint more attractive if they were clearer indicators to the built-up area, past the main thoroughfares, into the High Street. These indicators would demonstrate that the village is cared for and that the local community takes pride in its environment.

A number of ways of achieving these were suggested by the Strategic Working Group, however it was decided that these would be mainly based on visual indicators, such as signs and floral displays.

As a premise to further schemes, such as tree or floral planting in Sayers Common, entrance 'gateways' to Hurstpierpoint and Sayers Common and replacement of the bus shelter at the Village Garden in Hurstpierpoint will be part of the project.

Paul Mayne, assistant clerk at the Parish Council commented: "We are planning to install some flower baskets on poles along the High Street in Hurstpierpoint and some flower beds at Fairfield Crescent, Iden Hurst and College Lane. This is part of the Council's work to improve the appearance of our village and we hope to have them in place by the Spring."



Artists impression of the potential position of flower baskets



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Let Paul remove your Christmas tree...

Hurst resident Paul Wilkinson is once again on the roads of the village collecting up Christmas trees when they are finished with.

Paul has carried out this service for the last two years, and, in doing so, has raised over £7,000 for charity. He is hoping to beat the 2016 total of £4,050 this year, as he collects trees in exchange for any donation. The charities Paul will be supporting this year are both Hurstpierpoint-based – Cancervive and Hope.

"This village has served me very well over the years," Paul explains, "both in work and life in general. So being able to give something back is very important to me."

Once your tree has served its useful purpose you can either text or call Paul on 07879 897241 and arrange the collection. There is no fixed amount for your donation and 100% of it will go directly to the two chosen charities. Paul adds: "Even if people don't have a real Christmas tree I will happily collect any donations that people would like to give."



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Jan



High Street turned Christmassy

SANTA'S FUN SUNDAY

In early December Hurstpierpoint's High Street was packed with residents, traders and stallholders alike as we all came together to celebrate Santa's Fun Sunday.

Photographers Louise and Richard Sullivan were out in force too, capturing the best bits of the action, including David Gold and Lesley Jill Manning switching on the lights (above).

See page 27 for more information and all the many thanks to those who made this event happen.





Photo: Richard Sullivan

Photo: Richard Sullivan



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Start yoga in 2018?

If you are looking for better fitness and wellbeing in 2018, Hurst Yoga has a new six-week Beginners Course starting on Friday 12th January, taught by Justine Rowan.

Hurst Yoga also offers daily drop-in group classes for all ages and levels, mornings and evenings. Classes are small and friendly, maximum 8-10 students, run by Hurst resident Tory Papenfus and Justine Rowan, both experienced, registered Senior Yoga teachers.

Why not go along and try a free trial class at the beautiful garden studio on Hassocks Road. Classes starting on 8th January. For more information see page 7.



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Young people scoop award at London ceremony

A group of local young people have been the recipients of an award at a glittering ceremony in London's Leicester Square recently.

Five members of the Youth Catholic Council, which is part of the work of St Edwards the Confessor, Keymer and St Luke's Church in Hurstpierpoint, collected the Cardinal Hume Award - given for 'living out the option for the poor'.

The YCC chose their charity to focus on as Off The Fence in Brighton and their Project Antifreeze. Together they organised a number of fundraising events including a 'Big Sleep Out' and winter collections. They also hosted a Youth Mass, where the readings and songs linked to their views on poverty and were presented in a less traditional way.

The London event was hosted by charity Million Minutes, in partnership with St Mary's University, Twickenham.

St Luke's priest Father Trevor Welland said: "This is a fantastic achievement by some of your young people in the parish and at St Paul's Catholic College. They have taken this idea of raising awareness about the issues that can affect the homeless and challenged us all to participate in some very practical ways of doing something about this very visible social issue. In doing this, these young people are showing us ways of living out the Gospel of Justice in our little part of Sussex."

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Join in with Cycling Without Age

By Bridget Hamilton

If you're wanting to help others in 2018 then I'd really appreciate some assistance setting up Cycling Without Age Hurst & Hassocks, to give local elderly residents the opportunity to feel the wind in their hair.

Cycling Without Age (CWA) is a fantastic global movement which gives free trishaw rides (see picture) to elderly people who are no longer able to cycle themselves. It gets older people out in the fresh air to explore their local area and share stories with pilots (volunteers doing the cycling). The joy it brings is quite incredible, especially to those who spend a lot of time inside and on their own. Please visit the CWA website and watch some videos for more details at:

<http://cyclingwithoutage.co.uk>

I met Ole Kassow, the inspiration behind this movement, and just thought it was such a brilliant idea that I needed to get involved to benefit older people in Hurst and Hassocks. So I applied and was accepted as a CWA Affiliate and I'm now looking forward to hopefully enabling lots of inter-generational friendships.

CWA began in 2012 and there are now over 450+ chapters around the world, including ones in Brighton, Eastbourne and Arun District, and over 50,000 elderly people have had rides.

To make CWA a reality for our elderly residents what I'm looking for initially is help with fundraising as we'll need to raise money to buy our trishaw, get it insured etc. Anyone with experience with fundraising and crowd-funding, social media and project management systems (CWA use Podio) please step forward. There are lots of resources available to us and other CWA chapters are happy to share their experiences. I've already received some great advice from Duncan, who set up the Brighton chapter, which has successfully raised funds for two trishaws.

Once we've sorted out the funding then we'll be looking for volunteers to be trained up as pilots. If you're not the fittest cyclist that's OK as the trishaw is an electric bike.

If you're into cycling or just want to give something back and be involved in something really positive then it would be great to hear from you. And also if you are a care home or group already working with the elderly it would be wonderful to hear from you too and see how we might work together.

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By Simon Anckorn

Whenever friends get together it usually isn't usually very long before the subject of the property market and the familiar gossip commences....'Did you know so and so has just bought that house in whatever street?', 'Really? How much was it?', and 'No, really?'

As a nation, we really are deeply immersed in the property market and throughout our lives strive to move up the property ladder in order to eventually capitalise when we downsize. For decades this has been the routine way in which the market across the UK has been flowing. However, every now and then there are changes in the market which can upset the equilibrium of the flow chart and at these times it is crucial to be seeking the advice of those that have integrity and can be trusted within the market.

With fewer properties available, yet many estate agents seeking instructions to list, the other problem can be false expectation on pricing. Many estate agency employees are targeted on the number of instructions that they list, alongside their sales figures, which often can result in a far more 'bullish' pricing structure than is realistic, or more importantly achievable. Of course, everyone should expect to get the highest possible price for their home, but the marketing price should be fully justified by recent comparable evidence and a sound understanding of the local and national market trends.

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A new challenge for spring singers

The Spring Concert for Hurstpierpoint Singers will be held on Saturday 24th March, once again at the United Reformed Church in Hassocks, but will be rather different from anything the choir has done in the last few years.

The programme will consist of a mix of popular and less well-known pieces from opera and operetta including a number of works by Gilbert & Sullivan – a chance to show some different sides to the choir's repertoire.

The choir will start rehearsing from Monday 8th January at the Methodist Church in Cuckfield Road, Hurstpierpoint, with practises running from 7.30 to 9.30pm and singers, of all voices, are warmly welcomed to join them.

For more details, please contact David Redd on 01273 831801.

An act of heroism and 'daring do'!

The day hadn't started brilliantly for Hassocks window cleaner Dan Southcombe, but it certainly improved

- all thanks to three Downlands students - Leo Watts (Year 8), Charlie McGhee and Ewan Williamson (both Year 9).



On their way to school on Tuesday they found a wallet - not just any old wallet but Dan Southcombe's wallet filled with over £170 in cash! What did they do? They brought it into Downlands Reception and handed it in.

With a little of detective work, ably assisted by Facebook, Mrs Pryor and Mrs Smith were able to track Dan down - who happened to be a former Downlands student. Dan was so delighted he gave the students a financial reward as well as a free window cleaning voucher for their parents. He told our receptionists that this incident had restored his faith in humankind!

Mr Wignall, Headteacher, at Downlands said: "I am proud of the fantastic students at Downlands and the wonderful citizens they are becoming."

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Ella & Eddie bag rosettes

Sayers Common resident Ella Hubbard has had some excellent results in recent Dog Agility competitions with her dog Eddie.

Ella and Eddie came back from the Discover Dogs show in October having won their class in 'Novice ABC Large'. Then, earlier in December, the duo took part in the Olympia Horse Show and bagged a 2nd Place overall in the same class.

"I was very happy," said Ella, "I even got to meet The Duchess of Cornwall after the Olympia event – which was very exciting!"

Ella started competing about ten years ago, and has done so every summer since. She's been training Eddie (a Kelpie) for four years, but she says she still doesn't know how he's going to be on the day. "He's either amazing or awful! I call it 'joker mode' when he has a big grin on his face and just sits there!"

She's really pleased with the results and hopes one day to be able to represent Great Britain at the top level.



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Debut novelist from Hurst

A Hurstpierpoint writer has had her first book published and it's now available on Amazon in print and eBook. Liz Young has actually lived in Hurst since 1967, although she's spent 15 years living in Tenerife, returning two years ago.

"I have been writing all my life," Liz said. "Taking early retirement from my Housing Association job gave me the time to begin writing novels."

Liz's debut novel – *A Volcanic Race* – is about people who are formed in the volcanic heart of the Earth and, although immensely strong, they are extremely susceptible to cold. But cold is not the only danger Tom's clan faces on their journey to find an elusive volcano, and Tom grows from youth to manhood in one action-filled summer of adventure.

Tenerife's volcanic landscape inspired *A Volcanic Race*, the first in her Living Rock series. You can follow her on Facebook and read weekly flash fiction on her blog <http://lizy-writes.blogspot.com> - and no, she doesn't miss the weather: "Summer in Tenerife is too hot to be comfortable for more than a brief holiday!"



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A great doorstep resource

HURSTPIERPOINT LIBRARY

By Clair Stanton

Sharing premises with the Village Centre, the public library is situated conveniently close to town and receives around 34,000 visits a year, but less than half of the village's population are members. So we'd like to remind you of all the things we have to offer - and see if we can tempt you to join us in 2018.

At Hurst Library we have a good range of fiction, popular non-fiction, large print, audio books, DVDs, and children's books. We move items around the county to refresh the stock regularly and if we don't have the book you want you can request books and they will be delivered to Hurst for you to collect. In the year 2016/17 we loaned 35,142 items and customers placed 1,181 reservations, so the staff are kept busy!

Anyone who lives, works, or studies in West Sussex can join the library and it's free. You can borrow 20 items - we issue books for three weeks at a time and you can renew in person, online, or via our library app. You can even sign up for an email reminder that will let you know when you have three days left on your loans, so library fines can be a thing of the past.

The opening times at Hurst Library may be inconvenient if you work away, but once you have a library card you can download our e-books, e-audio, and e-magazines, so you can borrow items without visiting the building at all. You can join by visiting the library or use the online form. If you join online you will be given a temporary library card number and can make reservations straight away. You will not be able to borrow items or use online services until you receive your library card, but this will be sent to you in the post.

If you can't make it to the library at all, you can apply to join our 'Home Library Direct' scheme - a DBS checked volunteer will visit you at home and bring you library books. We are currently recruiting volunteers to help with this, so if you are looking for a volunteering

opportunity, please check our website for details of how to apply.

With a library card you can use the library computers for two hours a day and we have a colour printer, a photocopier with scanning capabilities and Wi-Fi, so the library is a great place to work or study. We subscribe to a lot of online resources, most of which may be accessed from home using your library card number, but for some things (like Ancestry, Find My Past or Which?) you will need to use a library PC.

If you do plan to study in the library make sure you don't come in during rhyme time! Every Wednesday morning (10-10.30am) we hold a sing-a-long session for under 5s and it gets a bit lively.....



During the summer we run a Summer Reading Challenge for primary school age children and Hurst Pierpoint was praised for having the highest percentage of finishers this year - so thank you to all of our volunteers for supporting us through this busy time! Thanks also to the local schools who support the scheme so enthusiastically and the parents and carers who made library visits over the summer to ensure their children completed the challenge and received a medal.

The library is used as a venue for events during Hurst Festival including a film screening of 'The Battle of the



Somme' in 2016 and a 'Jane Austen and the military' talk in 2017. As part of the festival we host the annual 'Loud Literature' event organised by Belle Amatt, which features local writers.

The Library Service can help you find information too. Our team of information librarians can help you access all the information you need and they can be contacted using an online form (available via the library service website), or library staff can pass your enquiry along.

If you need a 'Blue Badge' you can hand in your application form at the library and library staff can certify your supporting documents, then you can come back to collect your badge when it has been processed.

We have recently added to our collection of Reminiscence Packs and will have an example on display at the library from January – March 2018. These packs are great resources and are not only for people living with dementia, they can be borrowed by anyone and have proved to be popular with care homes, teachers and family carers. Subjects include: Afternoon Tea, Childhood Toys, Football and Games, Gardening, Getting Ready to Dance, High Days and Holidays, Make Do and Mend, Men's Night on the Town, Schooldays, Seaside, Tools and DIY, Transport and World War II.

We recently started a reading group at the library and there are still a couple of spaces left, if you would like to

join us, the next meeting is on Wednesday 10th January (11am – 12 noon) when we will be discussing 'Old Filth' by Jane Gardam.



We currently have a 'Relax with colouring' group every Thursday (2pm-3pm), but this has been slow to take off and may close down, so if you are interested in colouring please come along soon...

We would love to hear your ideas of what you would like to see happening at the library - if you have any queries or ideas, please get in touch by emailing: clair.stanton@westsussex.gov.uk



Hurstpierpoint Library – Trinity Road, Hurstpierpoint, BN6 9UY Tel: 01273 832609

24 hour renewal line – 01243 642110 (calls charged at local rate)

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Amazing care at home

OPEN FOR BUSINESS

Immediately after Christmas is often a time when families evaluate their elderly relatives' needs – having spent a good number of hours in their company. David Dimelow, director of Everycare Mid Sussex, explains why this is the case: "We always get an increased number of enquiries in January and it's simply due to the family seeing small changes in their loved ones. Comments like 'mum doesn't make the trifle quite like she used to' and 'dad seemed to struggle carving the turkey this year' have both been mentioned to me by worried children."

David, who used to work in the IT industry, decided to make a change in career direction after experiencing some good (and not so good) care for his own parents while he was living 200 miles away. "I was adamant that only the highest quality home care services possible would do when it came to entering the home care market myself," he commented. "Having been a worried son on the other side of the table, I knew what level of customer care I had to be able to deliver."

David researched the domiciliary care market widely and visited a number of franchisors to make sure they shared the same ethos. "Everycare ticked all the boxes for me, with its enviable high standards." He started the business, serving Hurstpierpoint and the whole Mid Sussex area, four years ago. David has an office team based in Burgess Hill and employs over 45 carers visiting many of the Mid Sussex villages.

The team is able to provide a variety of assistance to its service users. This includes doing housework, preparing meals, companionship, help with showering and bathing, waking night and sleeping night services, welfare checks and prompting medication.

One principal that is strongly held to is that Everycare makes sure that service users receiving regular care know the carers involved. "We know the vulnerable folk we work with don't like a string of different people arriving at different times," David said.

Everycare Mid Sussex can also offer more temporary care packages. This includes cover when regular carers

are away on holiday, or for rehabilitation when returning from hospital.

"Folks coming out of hospital will need to regain their confidence in all manner of normal tasks. We work with the family and NHS to define their care plan and then help them to get back on track."

The care services at Everycare aren't menu-based but, rather, outcome-based. David continues: "We ask 'What does success look like?' in order to develop a truly personal solution. When a service user is back on their feet and no longer has need for our help, we consider that to be a very positive result."

For some families, the ability to relinquish caring duties on a temporary basis can be enormously helpful. "We know that many carers just need a break, and often don't enjoy their own holidays if they are worried about loved ones for whom they usually care. Our carers can be briefed to act just as you would have done, so you can relax!"

Another important facility that Everycare Mid Sussex is pleased to be able to offer is Live in Care. As it sounds, this level of service places a carer to live with them 24/7. This service is ideal for folk who have been recommended to consider a move to a Care Home but who desperately don't want to leave their home, for whatever reason. This means the service users stay in familiar surroundings and locality, and the cost can be a lot cheaper than a weekly care home bill too.

If you are concerned about someone you love and their ability to cope, or indeed if you fancy working in the care industry, why not call Everycare Mid Sussex on 01444 244770 today. You'll speak to Emma, Jenny or Katie in the first instance, who will then organise a free assessment meeting in the person's home. You can also see www.everycare.co.uk/midsussex for more information about the range of services.





By Mike Thatcher

A Happy New Year to all, we hope you all had a good festive season and gorged yourselves on Christmas films. It's a good time to be introducing the classics to the next generation and when there was a one off showing of the original 1947 version on **Miracle on 34th Street** showing at our local multiplex I grabbed the chance to take Oliver, my 11 year old. On the way there he admitted he was 80% coming along because I wanted him to but on the way back he was buzzing about this Christmas classic.

We have two films later in the month to offer in January. Friday 26th January at 8pm we start with **Internal Affairs (15)**. A tense thriller combines exhilarating action with utter coolness. The Hong Kong police have had a mole buried in the Triads for 10 years who has risen up the criminal ranks but would like to be brought in. The Triads also have a mole within the police force, leading to tense and head spinning situations. Remade by Scorsese as the over-long and over-violent *The Departed*, this original is an outstanding example of drama and suspense.

Two days later on Sunday 28th January at 3pm we screen **My Cousin Rachel (12A)**. Starring Rachel Weisz, who proved so popular in our November screening of *Denial*, it is based on the Daphne du Maurier novel. Weisz's sheer charisma makes her a great villainess; mean, minxy and manipulative. Her character uses the promise of sex for her own ends and yet keeps alive the possibility that she isn't what we suspect.

January is traditionally a good month for film fans, with the studios releasing Academy Awards favourites and we will keep an eye on what does what and see if, in our opinion, any great films slip through the net.

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Christmas crafts winner announced

Hurstpierpoint's craft creation shop Poponin hosted a Winter Wonderland Competition which was judged by the public on Santa's Fun Sunday before Christmas. More than 130 votes were cast during the day and the creation that won was by Glesni, aged 7 years (above). Jess Adams of Poponin commented: "We had some wonderful creative entries and the lovely thing overall was that all entries received a vote."

Final meeting of club goes well

Hurst Afternoon Club finally closed its door after 50 years meeting in the village.

Former president Geoff Farmer commented: "We could not have had a more rousing closure to our last meeting," as he described the children's choir of over 90 voices wishing a 'Merry Christmas'.

"I would also like the final thank you to go to Thelma Wright without whom the club would not have existed for some years now. Thelma, and her team of helpers, served us tea on our final afternoon, and helped make the 'goodbye' a real success!"

Got a fab photo?

If you've taken an amazing photo of Hurstpierpoint, do please email it in to photos@hurstlife.co.uk - you never know, it might make it on to the cover!



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Shoppers and children invited to the official opening of the new Co-op store

The Co-op finally officially opened its doors again last month, with a special ceremony on the High Street.

The management of the store had invited a group of children from St Lawrence School to be part of the celebrations, as the Co-op also handed over a cheque for £500 to the school.

Another recipient of a £500 donation was Cancervive. Helene Huggett, from the charity, sung store manager Andy Wadey's praises: "He has supported Cancervive so actively for the last two years – I can't thank him enough," she commented. "Whether it's a raffle prize needed or supplies for a coffee morning – he always delivers."

Cancervive is currently a Community Charity at the Hurst store, which means that it will benefit from a percentage of the spend on shoppers' Co-op cards.

Resident Ina Spink was asked to officially cut the ribbon at the opening. Ina has lived in Hurst for over 40 years and has been a Co-op customer for most of that time. She explained: "I worked in retail in my career and so I love to 'talk retail' with Andy when I'm in. I also feel like the staff are all part of my extended family."



The Hurst Traders are getting ready to share the love! Look out for our Valentines gifts and card in stores.

Christmas came early to Hurst...

And we know how to party in Hurst! Hurst Traders, in partnership with the Co-op, put on a spectacular Christmas event to bring families and the community together in early December.

We would like to say a huge thanks to the Co-op and The Hurstpierpoint Charity Shop who sponsored Santa's Fun Sunday. The shops were very busy and there was a festive atmosphere and, as usual, the villagers of Hurst supported us: Thank you!

We have to thank so many people for making this event such a success:-

David Gold, chairman of West Ham United FC and Gold Group International and his fiancée Lesley Jill Manning, who kindly switched on the lights and sponsored the snow machine.

Sam and Helen for organising the Open Mic on the Green and all the musicians who gave their time and talent for free! Hurstpierpoint College for their wonderful choir. Mickey for organising art on the green and all are local artists. Burgess Hill Lions for sponsoring Santa's Grotto. Huge thanks to Christine and Cliff Coxshaw and their team. Zoe from Create Space and all her magical singers and dancers. The New Inn for hosting the after party. Morleys for their festive cooking on the High Street. The church for the opening bell ringing peal. The Parish Council who sponsored the huge tree. David Tingley and the team at Hurst Life for all their free promotion. Millie for designing the fabulous poster. Steve and his son from Trident leisure who always work so hard. All the High Street residents, some of which donated their electricity for the event. Phil, Jools, Kat, Robbie, Gail, Gary and all the people that manned the road closure. Neil, Kat and Sarah, Anne-Marie and Sarah, Maria, Jane and Sally. And finally, Louise and Richard Sullivan for the amazing photos - see page 6.

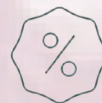
January News

Look out for TWO new businesses opening on the High street: One in the old Jam Pot and the other next to Poponin.



What's New | Offers

- **Bradshaw and Lloyd** - Extensive range of men's fine leather belts
- **South Downs Cellars** - If you are feeling the need to detox after Christmas, we have the perfect solution – our delicious loose-leaf Detox tea, made from a blend including fennel, lemongrass, lemon peel and burdock root, which will balance your digestive system and boost your metabolism.
- **Le Chic Fashion Exchange** is offering a complete range of winter attire at bargain prices.... not to be missed
- **Marram** January sale starts 3rd January
- **Raven** January sale starts 27th December
- **Hampers** have a sale of delicatessen products



The prize

Wild Birdfeeder
from Pierpoint Pets



Competition Time

- Look for the 'Where am I?' sticker in shop windows on Hurst High Street
- Go into the shops and find where the photo (left) was taken
- Check with the shop assistant that you're right!
- If you are, message the 'Hurst Open for Business' facebook page with your name, phone number and answer, or leave your details with the shop
- The winner will be selected at random and notified by text message
- The winner will also be published in next month's issue of Hurst Life and posted on the Hurst Open for Business Facebook page

Last month's winner was:
Imogen Boucke





5 MINUTES WITH...

Emma Lowries

Emma Lowries is a Secondary School Music Teacher in Crawley. She loves all things musical and is married to David, the pastor of the Evangelical Church in the village. Much to the bemusement of many she doesn't eat sugar!

How long have you lived in Hurstpierpoint?
Just three months

What's the best thing about being here?
I am a village girl at heart, so love being part of a village community and it is such a beautiful part of the world to live in.

Favourite ice cream flavour?
Coffee

How many houses have you lived in?
Five (excluding student ones!)

Your most enjoyable event in the village?
I haven't really been here long enough to know, but am looking forward to finding out this year!

Do you share your home with anyone?
Yes, my husband David

Song you play the most?
At the moment I'm teaching 'Seven Nation Army'

Mac or PC?
Definitely Mac

Your most frequented shop in the village?
Marram

What's your proudest moment?
Playing in an orchestra at the Royal Albert Hall

Coke, juice or water?
Water

Your advice for life?
As a Christian, I would say if you have never tried reading the Bible give it a try. It might just surprise you!

If you would like to provide your own answers for 5 Minutes With, simply email them to editor@hurstlife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!

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Charity Shop to open once again

HURSTPIERPOINT COMMUNITY CHARITY SHOP

By Michèle Copeland

Nestled in the heart of our village, adjacent to the Trinity Road car park, can be found the Hurst Community Charity Shop. It had to be vacated over a year ago to re-home the Co-op, after it had been partially destroyed by a fire, which affected the rear part of the shop and the adjoining pet shop in the High Street. "The pop-up situation was very basic and very chilly during the previous last year's winter months," Co-op staff remembered.

An agreement was eventually reached between our local council and the Co-op management, to enable the Co-op to re-home in the Charity Shop, after some upgrading was done, whilst the necessary work was undertaken in the High Street premises.

"All our stock had to be stored elsewhere," recalls manager Wendy Box, which was no mean feat, as the shop stores the most incredible amount of objects, anything from clothes to jewellery, haberdashery, toys, books. You name it. Anything but edibles!", she says laughing.

The concept of a Hurst Community Charity Shop goes back to the mid 1990s. "In 1995 the Scouts vacated their charity shop near the roundabout, as they had then reached their fundraising target," says Michael Barnes, who chairs the Trustees. "The shop had been so successful over the years, that it was decided the

Parish Church should take over the premises in order to build up a fund, which would be used for any future development of the facilities at Holy Trinity Church. Right from the beginning it was decided that the funds raised should also be shared with the local community, especially St Lawrence School, as this was being upgraded at the time."

"Thus," he continues, "the Hurst Community Charity Shop started trading on 5th March 1995, with many of the previous scout-helpers continuing to give their support to the scheme. In March 1996 the rent-free period was over and the premises were let commercially to Columbines. We were not to be daunted, so by May of that year we had taken over the old printing works by the Post Office. It was in a sorry state when we started, so it was all hands on deck to get the place shipshape and ready to open, but sadly we had to close in the December, as new landlords wanted the space.

"By this time," he adds, "We had raised about £18,000 for the Church Fund and had distributed the same amount to local organizations and individuals thus helping and encouraging them to also achieve their aims; all this had been enabled in just over a year and a half from the shop opening, but, sadly, we had nowhere suitable to continue with our venture. Then, in May 1997, the Parish Council said we could lease the Old Scout



Hut from them, but it was in need of restoration and refurbishment before it could be used. So we shared the costs with the Council in order to get the building ready for opening in January 1998, just one year after we had been forced to close. With a new and bright building, giving good window and interior display areas, our takings have gone from strength to strength."

All this had been achieved with a committee acting under the auspices of Holy Trinity's Parochial Church Council (PCC). In August 1999 the shop was granted Independent Charity status and so 'The Hurst Community Charity' officially came into existence then.

The Hurst Community Charity Shop has been able to continue to help others in the area to reach their goal and at the same time build up a good fund for the church. To date the venture has given or promised to give away over £351,500 to over 85 different organisations and individuals all within our area of Hurstpierpoint, Albourne and Sayers Common.

"None of this could have been done without the dedication of the many people, who voluntarily help the Charity, some in the shop and some behind the scenes and also the many of you who come in to buy what others have freely given," he continues.

On 5th June 2016, the Charity Shop celebrated its 21st anniversary, where several beneficiaries were invited to Holy Trinity Church, and also to celebrate the 80th birthday

of our then manageress, Rosslyn Stenning, who had been with the charity since the beginning.

Rosslyn retired as our manager at the Annual General Meeting a few weeks later.



"The Hurst Community Shop functions on an entirely voluntary basis, so if you think you could spare a couple of hours a week to help your local community in this way then please call in; we would love to see you," says Michael Barnes.

Manager Wendy Box is very pleased to be opening again. There will be a special opening ceremony on Thursday 18th January when David Gold and Lesley Manning will officially reopen the building at 10am. "We are delighted to have all new lighting and flooring since the Co-op moved out, as well as a fantastic new notice board fitted for us by the contractors." Wendy would also like to thank all the volunteers for their continued support throughout the past year.

The team will be ready to accept new donations from Monday 15th January, between 9am and 12noon only.

After 18th January, the normal opening times will be 9am-1pm and 2-4pm Monday to Saturday but closed Wednesday afternoon.

If you would like to offer to help at the Charity Shop then do drop in and speak to one of the team.

Header photo shows: Wendy Box, Michael Barnes, Joel Kalani & Jan Knott

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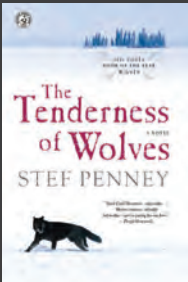
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The Tenderness of Wolves by Stef Penney

BOOK REVIEW

By Clair Stanton

A thoughtful novel set in Canada in 1867: the snowbound settings make this a perfect winter read and Scots born Stef Penney clearly has first-hand knowledge of cold winters.

The novel begins with the discovery of a body and the disappearance of the main suspect (teenager Francis Ross), but this is not really a crime novel as the identity of the killer is never the main focus for the reader. The unexpected actions taken by the suspected killer's mother are what drive the plot.

British-born Mrs Ross is a quiet woman with no close friends and a determined nature, which is slowly revealed as the plot unfolds. She finds a guide to help her follow her son's tracks, hoping to clear his name, but there are others who are also trying to find him, with less benign intent. Many people are drawn into the search, and their varying reasons for hitting the trail add many layers to the story.

When the book was first published Penney was criticised for not having travelled to Canada to do her research: relying instead on libraries and her imagination - but as she remarked at the time, she didn't visit 1867 either!

Pick up a copy on your next visit to Hurst Library, there will be copies on display throughout January.

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Preparing for colder winter weather

An update from Hurstpierpoint & Sayers Common Parish Council

Last winter was very mild but we can never be sure what the weather will bring. We work with the other local councils to try and ensure the best arrangements with the limited resources, in dealing with any snow and ice that might come our way.

When necessary, the County Council will grit these main roads :

- Hassocks Road and the High Street to Albourne (B2116)
- Albourne to Sayers Common and the A23 (B2118)
- Cuckfield Road (from the High Street to Goddards Green and A2300)
- Brighton Road (B2117)

In severe conditions the County Council enlist the help of some local contractors and farmers to clear, but not grit, some other minor roads in Hurstpierpoint following heavy snowfall:

• Trinity Road, Western Road, Marchants Road and College Lane.

These have been chosen because of their particular location and where gradients can cause problems. If you live on any of these please try to keep your car off the road, to help the snow clearance.



Photo: David Gingell

Wherever possible bulk bags of grit will placed as follows:

- Western Road, in front of the allotments gate,
- Willow Gardens, corner of Willow Way,
- Iden Hurst, corner of Cuckfield Road,
- Marchants Road, corner of Cuckfield Road,
- Charity Shop/Chantry Stables noticeboard,
- Health Centre, Trinity Road, next to footpath/bench,
- Cherrington Close, corner of Highfield Drive.

These are available for nearby residents' use on pavements – but not for private use. Where possible our local maintenance team will be around to help organise their use. You only need to lightly sprinkle the grit – otherwise it is wasteful and adds to water pollution.

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Hurst *Life*



Butternut and Black Bean Burritos

FINE FOOD

Ingredients

1 medium butternut squash, peeled, cubed & roasted
½ cup uncooked basmati rice
1-2 tsp olive oil
1 large onion, chopped
3 garlic cloves, finely chopped or minced
1 large red pepper, chopped
Pinch of salt, or to taste
Black pepper
2 tsp ground cumin
¼ tsp paprika

Juice of one small lime
One 15-oz can black beans, drained and rinsed
Tube of garlic puree, requires 1 tsp
Grated cheese for sprinkling (optional)
4 large beetroot tortilla wraps (Tesco) or normal ones from the Co-op
Chopped coriander

Toppings (Optional):
Mashed avocado/ guacamole/salsa/
sour cream/shredded spinach

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Belle Amatt is a Hurst resident and nutrition consultant, author and lecturer in Naturopathic Nutrition. She holds workshops and talks on a variety of healthy eating topics.



January is a month when we often want to bring in some healthy meal options, up the exercise and step away from the indulgences of the festive period. This doesn't mean that we need to sacrifice taste or be in any way hungry. Big on flavour, this recipe certainly satisfies not just the taste buds but the appetite too as its full of fibre, protein and delivers a spicy kick to keep us fuller for longer. It is one recipe of many that makes up my January Health Kick plan.

Prep time 25 Minutes, Cook time 50 Minutes

Method

Preheat oven to 180C. Whisk olive oil up with 1 teaspoon of garlic puree, coat the squash cubes and season with pepper. Massage with hands. Once thoroughly coated roast the chopped butternut squash for 45 mins or until tender. Half way through cooking time, stir the squash flipping over the chunks to allow them to brown on all sides.

Cook the basmati rice until al dente, then rinse and leave to drain for a few minutes.

In a large frying pan over medium-low heat, add some oil, the diced onion, and chopped garlic. Sautee for about 10 minutes on a low heat, stirring frequently. Now add in spices and lime juice. Stir thoroughly.

Add chopped red pepper, drained black beans, and

cooked rice and sauté for another 10 mins on a low heat.

When the butternut squash cubes are tender remove from the oven and allow to cool slightly. Add 1.5 cups of the cooked butternut squash to the pan and stir well.

Warm the tortilla wraps flat in the hot oven for a few minutes until they are floppy. Lay flat on plates. Lots of delicious options with different fillers but this one works well: smear the wrap with mashed avocado. Then add bean filling to tortilla along with a little salsa. A drizzle of sour cream plus shredded coriander and spinach works well too. Avoid over-filling as then it's hard to eat.

Leftover rice/bean mixture can be reheated the next day for lunch in a wrap or with a baked potato.

(Based on a recipe by OhSheGlows)

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Sudoku #18

	5			4				3
		3	1		2	7		
4				8		2		
	4	5						1
9			7					5
8	2							
	3		8	1				
					5			
						6	9	

Find the solution to #18 in next month's magazine

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

#17 Solution

2	8	5	7	6	3	1	4	9
9	4	7	2	8	1	5	6	3
1	3	6	9	5	4	8	2	7
6	2	4	8	3	7	9	1	5
8	1	3	5	2	9	6	7	4
5	7	9	4	1	6	2	3	8
4	9	2	1	7	5	3	8	6
7	6	1	3	9	8	4	5	2
3	5	8	6	4	2	7	9	1

Belle Nutrition

How to Maximise your January Health Kick

I'm offering a package of 4 one hour consultations designed to develop a health kick which will work for you as an individual. We'll focus on your aims whether these be weight gain, fatigue, disordered eating, constant hunger or other on-going symptoms.

There is no one diet fits all approach but rather a bespoke plan which entirely suits your needs.

4 consultations will keep you motivated and on track for a healthier 2018

Consultations are held at the charming Sussex Osteopath and Complementary Health Clinic

Also, in May 2018 I'm taking a group of clients to cleanse in the wonderful Amchara Retreat in Gozo, for more information on how this will run I'm holding a retreat information evening 8 pm 8th January at Sussex Osteopath and Complementary Health on Hurstpierpoint High St

For information/booking on either of the above please email

bellenutrition@gmail.com/call 07786 232594

or visit my website www.belleamatt.com



What's on this month

AT THE VILLAGE CENTRE

Regular events

- Sun **Sunday Afternoon Cream Tea Dance** – 2-4.30pm, nearly every Sunday
- Mon **The Sanctuary** – 9.30-11.30am, weekly (term time only) – a welcoming place where friendships can form over coffee and cake
- Tues **Afternoon Club** – 2-4pm, 1st Tuesday
Wolstonbury WI – 7.45 pm, 3rd Tuesday
Scottish Dancing – 7-10pm, weekly
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Hurstpierpoint Dance Club** – 8pm, 3rd Saturday
Ballroom and Latin dance, any skill level welcome

January

- 9th **Hurst Horticultural Society** – 7.45pm
'Hedgehogs, Apples and Wine' - Two short talks – Hurst Hedgehog Haven by Ann Winney and Hurst Meadows Heritage Orchard by Martin Sadler plus drinks, nibbles and social (Members £2 non-members £3)
- 16th **Wolstonbury WI** – 7.45pm
From Sheep to Knitting Wool by Carol and Peter Goodman. Visitors welcomed (Enquiries 01273 834421)
- 27th **Hassocks Badminton** – TBC
Main Hall

Hurstpierpoint Village Centre, Trinity Road BN6 9QT
www.hurstvillagecentre.org

AND ELSEWHERE

January

- 10th **Mothers' Union Meeting** – 2.30pm
Long Melford, Albourne Road
Talk on the voluntary work by members at the Special Care Baby Units at Haywards Heath and Brighton (Admission £2 for non members to include tea and home made cakes)
- 17th **Mothers' Union Meeting** – 8pm
Holy Trinity Church, Hurstpierpoint
Victoria Hall-Smith will be talking about some of the international work of the MU seen on her exciting trip to Kenya this year (Admission £2 for non members to include coffee/tea and home made cakes)
- 20th **Coffee Morning** – 10am-12noon
Holy Trinity Church, Hurstpierpoint
Our young bell ringers will be demonstrating the skills required for rope making, and there will be the usual variety of stalls to enjoy (free admission)

Running an event in 2018?

Tell us all about it - see www.hurstlife.co.uk for copy dates for the year. Email in your What's On entry to editor@hurstlife.co.uk

Friendly badminton group seeks new players

Part of U3A Hurst, Hassocks and Ditchling there is a friendly badminton group that meets every Friday at the Hurstpierpoint Scout Hut.

They welcome experienced players in the group. It is not suitable for beginners. Players need their own racket and we operate on a pay as you go basis. For more information contact: Marie Burgess by email (mariebee68@talktalk.net) or phone 01273 843821.

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