

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #3 : June 2015

Free
Please help
yourself!

St Lawrence Fair: the countdown

p. 16

5mins with Stuart Barbour

p. 33

Plus village news

p. 4



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EDITORIAL

By David Tingley, Editor

Now we are into June and the excitement for the **St Lawrence Fair** is almost at fever-pitch! Not long to go now and **Linda Levett** brings us right up to date with everything we need to know about the event on 4th July. See **pages 16 & 17** for all the details.

Elsewhere in the magazine we talk to **Fi Koderisch** of **Kiki & Cole**, whose coffee and flower shop has recently undergone some changes. Read all about it on **page 25**.

New to Hurst Life this month is a **healthy living** column by **Jane Roweth** on **page 32**.

On **page 33** we spend **five minutes with** professional musician and Hurst resident **Stuart Barbour**. This feature gives us just a glimpse into others' lives in the community. Anyone can do it, so do please ask your friends and neighbours and then email us to make the suggestion, along with contact details.

While the **Hurst Film Club** season is technically taking a break, **David Saitch** shares about last month's events but also teases us about what's to come in the next month or two. Read the column on **page 29**.

Another regular comes in the form of **Pete Hampson** as he shares his **recipe** for Ham Hock; a perfect accompaniment for a pre-summer platter. Salivate your taste buds on **page 22**.

Hattie Parish has been talking with **Derek Middlehurst** about the **Community First Responders**. On **page 10** we highlight the fantastic work they do, highlighted perfectly by helping to save Hurstpierpoint resident **Peter Holroyd's** life after he suffered a heart attack. The group needs volunteers, so do have a read and see if you can help.

Finally, this month I'm pleased to say that we have lots of **news stories**; and many of them are local events coming up. Get started over the page on **page 4**.

Thanks for all your comments and suggestions - do please keep them coming!

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Hurst Life

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Hurst Life
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Anthony Parham
Holy Trinity Church,
Hurstpierpoint in the
distance

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We'd 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

School Literary Festival

During the week of 15th-20th June Downslands Community School in Hassocks is holding its inaugural Literary Festival. Partly funded by The National Lottery, the week-long celebration of reading, writing and performing literary works has been designed to appeal to the whole community!

The free Park Read event features a fantastical Storytelling Journey performed by local actors and will be held in Aadastra Park. The Reading Champions evening is designed to get non-readers back into books - led by renowned author Dan Friedman and Brighton and Hove Albion FC. Plus there's a Big Book Swap. For further details on each of these events, visit our website, Facebook page or see advert on page 15.

Writing competitions will be launched through the local schools and online for all age groups, with prizes for the winners awarded at the celebratory Gala Dinner! Local schools have been invited to take part in a 'Readathon' event to get everyone reading and raising money for CLIC Sargent Children's Cancer charity.

Here's to looking forward to a scintillating summer celebrating all things literary!



Albourne School plan family fun this month

Albourne School will be holding their Family Fun Day on Saturday 20th June at the school in Albourne.

It is a traditional fair that includes stalls plus arena events throughout the afternoon set in the school grounds surrounded by beautiful countryside.

All are welcome at the event which takes place between 2pm and 4.30pm.



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High Street closure still planned

Over the last few months there has been a lot of talk in Hurstpierpoint about the scheduled closure of the High Street in order to carry out certain improvements to the road/pavement layout.

Hurstpierpoint & Sayers Common Parish Council have been in consultation with retailers on the High Street and have decided to delay the closure until 1st August 2015 in order to minimise disruption to the local shops and businesses. At the time of going to print this start date is still proposed by the contractor appointed by the Parish Council.

According to the Parish Council: 'The traffic in the High Street has been a problem for many years. As traffic increases so difficulties with parking, congestion and pedestrian safety have grown. In 2011 we asked specialist consultants Stilwell Partnership to investigate the High Street and come up with some options for solving the problems.'

The works will include some 'built-out' kerb lines to prevent unhelpful parking which can cause traffic gridlock and a safer route for pedestrians.

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Helping to create strong families

For 125 years the Hurst-based charity Family Support Work (FSW) has been adapting to the needs of families in Sussex.

Many families are facing social challenges, including poverty, debt, abuse and mental health issues. This can cause families to withdraw, making them feel isolated and can lead to further problems of depression and anxiety.

Through home visits, school clubs, supported respite breaks and food donations FSW is able to deliver a service that is free and independent of government funding and targets, which allows workers to build up trust, confidence and give long-term support to families.

Funding has traditionally come from donations, grants and fundraising events, and support through local church and community fundraising groups.

"Our aim is to help to create a strong family for every child in Sussex," explains Director Martin Auton Lloyd. "Helping to resolve family issues and relieve deprivation will always be at the heart of our mission."

More info at www.familysupportwork.org

Join the Midnight Pyjama Walk

4SIGHT West Sussex Association for the Blind is holding a sponsored midnight walk – a 10k circular route around Burgess Hill.

Everyone is welcome to join the walk, which leaves The Triangle at midnight on the 27th June. The walk finishes with a free breakfast for all walkers at the leisure centre.

Entrants are encouraged to wear pyjamas/nightwear if you wish and there will be prizes for the best outfits. Walkers are asked to pledge to raise a minimum of £50 through sponsorship and there is a £10 registration fee.

This will be a fun way of showing your support to the blind and partially sighted community of Mid Sussex and will help 4SIGHT to continue its invaluable work in the area.

To register please email anne6bramber@gmail.com or ring Anne on 01444 456026.

Former College student joins Coro Nuovo

Leading Sussex choir Coro Nuovo are off to the Movies on Saturday 27th June at 7.30pm at the Church of the Ascension, Haywards Heath. The choir consists of top singers from Sussex choirs, many of whom are soloists in their own right. They are led by the international opera singer, Andrew Rees.

The repertoire for the evening will be celebrating famous tunes which have been used in film – Amadeus, My Fair Lady, Sister Act, Shine and much more.

As part of their outreach the choir aims to support and give opportunities to young performers. For this concert the choir is delighted to introduce local Corey Wickens, violinist, who attended Hurstpierpoint College. Corey is in her final year at the Royal Northern College in Manchester and she has worked with some of the world's most renowned violinists, such as Dona Lee Croft, Steven Wilkie and Alina Pogostkina. She has also been accepted by the Liverpool Philharmonic Orchestra. Hurstpierpoint College are delighted to sponsor Corey's performance at the concert and she is looking forward to playing locally again so that her old music teachers can hear her play – Manchester is a bit far!

Tickets are £15 (concessions £12.50) and available at www.coronuovo.org.uk or by ringing Kate on 07740 946276.



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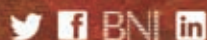


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Could you save a life?

COMMUNITY FIRST RESPONDERS

By Hattie Parish

In May 2006 Derek Middlehurst responded to an appeal for volunteers he saw in a Hurstpierpoint newspaper. After training in the Scout Hut, the Hurstpierpoint & Hassocks Emergency Area Response Team (HEART) was born. Now, 10 years on, Derek is Senior Team Leader for Hurst First Responders, a branch of South Mid Sussex Community First Responders (CFR).

Community First Responders are volunteers trained by the Ambulance Service who give their time freely to attend life-threatening incidents in their local communities. When someone makes a 999 call to the ambulance service, CFRs in the area are notified at the same time as the closest available ambulance. Sometimes they beat the ambulance there and sometimes they support paramedics on scene. Either way, Community First Responders provide a life-saving service.

CFRs also train members of the community in CPR and using defibrillators. With the help of Burgess Hill District Lions Club, they provide safe and novice-friendly public access defibrillators around the community.

Their work has caught the attention of world famous crime writer Peter James, who became their Honorary Patron in September last year, yet their help can often go unnoticed.

Now the Hurst First Responders need your help.

"One of the biggest issues we face is raising awareness of who we are and what we do, closely followed by the continuous need to recruit new members into our team," says Derek.

The team's coverage area has greatly increased and has been given high priority status, so new recruits are essential.

Hurst First Responders are looking for people aged 21 or over with a clean driving licence, access to their own car and a spare six hours a week.

"There's no age limit. As long as people are fit, healthy

and can carry a fairly heavy bag (as we carry defibrillators), then we'd love to hear from them. We've got a mixture of people from all different walks of life," Derek says.

"You've got to be the sort of person who wants to give something back to the community free of charge. Whether or not you have any medical experience or have been involved in any first aid training is immaterial. The key thing we want is people who can talk to people and have got compassion and empathy."

Derek won the team leader of the year award a few years ago but his proudest moment occurred in June 2013 when CFRs helped save Hurstpierpoint resident Peter Holroyd's life.

Peter had suffered a heart attack and collapsed whilst out cycling with friends on the Downs. After friends kept him alive for 30 minutes with CPR, a responder arrived and brought him back with their defibrillator.

"I can't say enough for them. Unfortunately many people and their friends and families only find out their true worth when a heart attack takes place. All people like myself can do is to help them get more defibrillators out there and get people trained up in how to use them so that they can be there when people need them most," Peter says.

Peter is only one of a number who have benefited from the help of the CFRs. "In our 10 years, if we'd only saved one life that would be amazing but I know we've saved a lot more," says Derek. "The difference we make is immeasurable, because you can't put a value on life."

Derek stresses that working as a CFR is a rewarding experience that is open to anyone.

"It's nice to know you've done something to help somebody who's in a less fortunate place than yourself," he says. "And anybody can be trained to save a life."

If you'd like to find out more, go to www.smscfr.org.uk



Photos by: Claire Goldsmith Photography


New shoe shop moves into Hurstpierpoint

Ditchling resident Richard de Winter (pictured) established Bradshaw & Lloyd in 1990 and has been selling premium English men's shoes to discerning buyers via mail order and the internet ever since. Originally based in London he has recently opened a shop at 84 High Street, Hurstpierpoint.

"I've been delighted with the welcome and response from residents who have been into the shop," Richard commented.

The shop has the largest range of Loake and Sebago shoes in the South East of England. The shop is open five days a week from Tuesday to Saturday 10am to 5pm, with late night opening on Thursdays until 8pm.





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Hurstpierpoint College launch BN6 Scholarship Awards

Hurstpierpoint College is offering up to two fully-funded scholarships for entry into the school in Year 7 in autumn 2016. The awards are means-tested and will run from Year 7 through to the Sixth Form.

The award is aimed at academically able children who are living in the BN6 postcode area or attending a state-maintained primary school in the BN6 postcode area. They will therefore be those going into Year 6 at their current school for the academic year starting in September 2015.

Applicants must be interested in pursuing the extra-curricular opportunities that Hurst offers and demonstrate a willingness to embrace the Hurst ethos of supporting and encouraging one other.

To find out more, visit the College website www.hppc.co.uk or contact the Admissions Team on 01273 836936.



Photo: Margaret Carey

Tennis Club can play in the dark

Hurstpierpoint Tennis Club is a local club open to all ages and abilities. Situated in the park, off South Avenue, it has been operating for many years and always welcomes new members. The club has recently had floodlights installed and we are now able to play in the winter evenings, long after the Wimbledon dust has settled.

Members are able to book courts to play with friends or come along to any of the group sessions. There is also coaching and sessions for children and teenagers. Further details on all the sessions can be obtained from www.hursttennis.org or via chairman@hursttennis.org.

The tennis club will be open on St Lawrence Fair Day on Saturday 4th July, so they are happy for anyone to visit and have a chat if they are interested in joining the club.

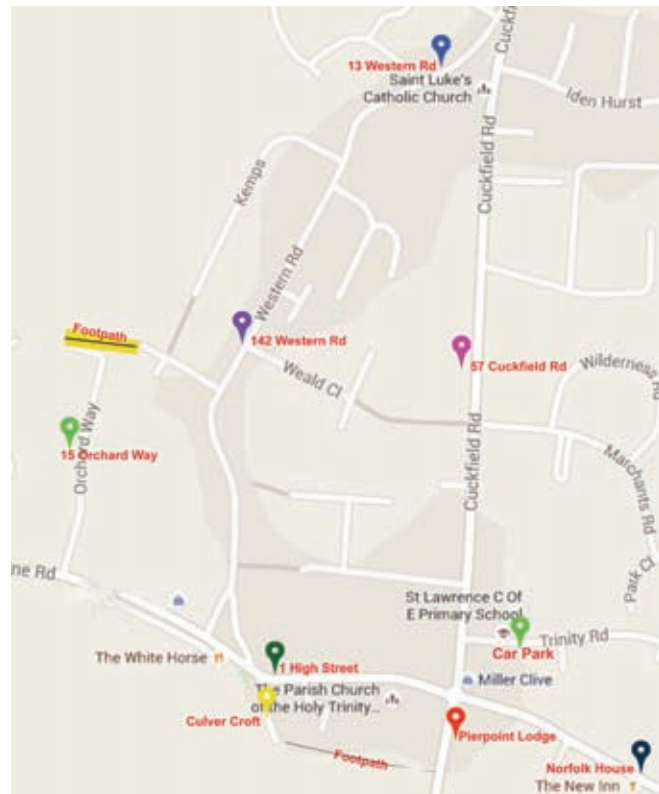
Hurstpierpoint gardens on display

By Prue Heron

The final count has been made and this year's Hurstpierpoint Open Gardens will have no less than eight gardens opening, centred around the Trinity Road car park end of the village. The charity event takes place on Sunday 14th June 1-5.30pm.

We have a real variety of gardens to welcome you - from the 'blink or you'll miss it' 13 Western Road, to the splendid walled garden of Norfolk House built in the last quarter of the eighteenth century, as well as seven other beautiful gardens offering everything in between! Crammed with plants and vegetables and offering fantastic views, you won't fail to have a happy afternoon. Two gardens are offering teas and cakes and others are offering elderflower cordial, ice cream, glasses of red wine, as well as sales of plants, jams and chutneys, cakes, lavender bags, art and energy bars.

There is free Sunday parking in Trinity Road car park and a hop-on, hop-off minibus. Last year was a huge success and St Peter and St James Hospice was delighted with the remarkably large £6,000 donation from Hurstpierpoint. We hope to make a substantial donation again this year and that you will help us by supporting this colourful and convivial annual Hurstpierpoint village event. Keep an eye out for posters around the village and see our website www.hurstpierpointpengardens.org.uk which has more details.





Locks and lots more besides

OPEN FOR BUSINESS

Have you paid a visit to Locks & Cobblers in Haywards Heath yet? Although the shop is relatively new (it's only been open in The Orchards Shopping Centre for just over a year) the owner is no stranger to the trade or to the town.

Matt Aartsen was co-owner of a similar business in Haywards Heath for seven years but took the opportunity in 2014 to take on a larger unit next door – thereby creating Locks & Cobblers.

Matt grew up in Sutton and went to work for a local locksmith immediately after leaving school at 16. "It was what you'd call an 'old school' apprenticeship I think," Matt explained. "On my first day my boss took apart a Chubb lock and threw all the pieces on the bench in front of me. My next instruction was simply to 'put it back together and make a key for it'. I cut keys for years."

Matt learned his craft alongside Bruce Magrath for ten years. He recalls taking annual leave to go and work with a specialist safe engineer for two weeks to gain more knowledge and experience. He even took books on security systems on holiday rather than novels!

And that sense of learning has continued to this day. "Every day's a school day," Matt says, and he means it.

Matt went on to work for one of the largest suppliers of locks to locksmiths as a sales rep and travelled the South East forging relationships with all kinds of locksmiths. "I was watching Rogue Traders on TV and recognised one of the dodgy tradesmen as one of my customers," Matt admitted! After this sales role Matt decided to work for himself and he set up as a jobbing locksmith in and around Sutton. "I saw all sorts. I was even shot at at one address!"

Does Matt miss the day-in-day-out call out work? "Actually I do sometimes," he says. "It's the click of having picked open the lock I miss. This is all I have ever

done and there is still something captivating about working with a lock."

However, Locks & Cobblers does still work up close with locks in situ and Matt offers a 24 hour emergency locksmith service for both residential and business customers. They can also repair and restore old locks in store. Matt shows me a 30 year old lock the like of which hasn't been manufactured for years. The unit has been reconditioned and now looks brand new, saving the customer from buying a new door for the period property.

Matt's colleague Aaron Duplock also serves in the shop and helps to deliver not only key cutting services but also engraving, Video-DVD transfer, replacing watch batteries while-you-wait and shoe repairs using genuine British leather.

The pair can also help motorists with car locks, including reprogramming modern central locking fobs, and even keyless entry systems. The shop stocks branded keys from almost all car manufacturers, plus you can save as much as £150 when compared to a main dealer.

The shop is packed full with thousands of products too, from the biggest selection of shoe laces in Haywards Heath to luggage bags, trophies, security chains, shoe care products and safes. In fact Locks & Cobblers can supply and install a safe in your home if you are worried about protecting your valuables.

Matt's maxim is to be a one-stop shop. If you have a problem there's a very good chance Locks & Cobblers can help solve it!

Locks & Cobblers is open 8.30am-5pm Monday to Saturday in The Orchards Shopping Centre. Call 01444 412 521 for a 24-hour lock service or visit the website for more information: www.locksandcobblers.com

M.E. Charity walk

A Sponsored Walk is taking place this month. The event goes from Clayton Windmills to Ditchling Beacon and back, and is being organised by local charity reMEMber on Sunday 28th June, starting at 10.30am.

This fun walk can happily include children and dogs, plus walkers can get lunch at the Jack and Jill pub afterwards if they wish. Sponsorship forms are available from reMEMber. Or sponsor us by going to our website www.remembercfs.org.uk and click on our Just Giving button.

All proceeds from the charity's events go to help local adults and children who suffer from M.E. Last year's walk raised £683, a figure the charity are hoping to beat this time.

reMEMber's VE Day Anniversary Dance last month at Danny House raised a staggering £1,500. Bill Kent (pictured wearing the T-shirt signed and donated by Usain Bolt) commented: "We want to thank everyone who supported us, especially Mishon Mackay who provided the publicity."



Book launch at Danny

On Friday 15th May Danny House, Hurstpierpoint, played host to around 80 literature lovers, a local award-winning author and a story singer.

Sheila Rance's final book in her fantasy Sun Catcher trilogy, *Story Singer*, was given a somewhat unusual launch. Sheila's humorous anecdotes, reflections on her writing process and readings from the book were interspersed with a haunting soundtrack from the ethereal Lou Beckerman, story singer for the evening.

Sheila chose to hold the launch in aid of Sightsavers, a charity that works to eliminate avoidable blindness and support people who are irreversibly blind or unable to live independently.

Sun Catcher and *Storm Chaser* complete the full trilogy, which is available at The Mint House.

Hurst Festival Treasured Transport Parade Mark 2



By Shaughan Parish

Following the success of the first, 'toe in the water', parade and exhibition of much loved and quirky vehicles that ignited the 10th Hurst Festival last year, the committee has been inundated with requests to hold it again but make it bigger and better.

Last year it was almost called off when, with just three weeks to go, there were only six entries. Then, the wonderful people of Hurstpierpoint and surrounding areas cranked up a few gears and an amazing procession of wide ranging vehicles formed; Brush Runabout to Land Rover, WWII Jeep to Vauxhall DX, one steam driven traction engine and one state of the art electric sports car to mention just a few!

It was a brilliant start for a new venture but it needs everybody to pull together to make the 2015 Festival start, on Saturday 12th September, with a bigger bang. If you have, or know someone who has, a cherished charabanc, adored auto or beloved bike please get in touch.

If you love it, others will too. Email committee@hurstfestival.org or call Shaughan on 07974 690858.

Why not become a 'Friend' of the Festival and receive priority booking as well as the chance to win a case of wine? There is more information on the Hurst Festival website www.hurstfestival.org

Got a village photo?

Anthony Parham did it this month and has bagged himself a £20 shopping voucher to spend in Hurstpierpoint!

Could you take a great photo in the village and email it in to photos@hurstlife.co.uk?



Would you like to be a Parish Councillor?

If you live in Hurstpierpoint, there is a vacancy for a Parish Councillor in the Hurstpierpoint Ward. If you are interested or want to learn more, please contact the Parish Council office on 01273 833264 or email hurstpierpoint.pc@btinternet.com.

You will be sent information about the process and what you need to include in your Expression of Interest letter, which must be back to the Parish Council by Thursday 11th June 2015.

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15 - 20 June 2015

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Park Read
Wednesday 17 June 3.30pm - 5pm in Adastra Park
Free event, aimed at parents, grandparents, carers and young children; join us in Adastra Park for an exciting story journey with Katie Foster-Barnes & Dominic Hecht and a celebration of reading—bring a rug and a favourite book! Refreshments will be available.

Reading Champions
Thursday 18 June 5.30pm - 7pm at Downlands Community School (£5 adults/children free)
Want to encourage your sports' mad book-shy child to read more?
Be inspired by Dan Freedman (Jamie Johnson series) and Brighton & Hove Albion to pick up a book!

The Big Book Swap
Saturday 20 June 10am-11.30am on the forecourt of National Tyres in Hassocks
Swap your unwanted book for one that can be read and loved (and swapped again!)
Drop your books at Orion News (Hassocks) and The Mint House (Hurstpierpoint)
Please visit the school website for dates, timings and venues or Like Us on Facebook!

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Photo: Steve Parish

702nd St Lawrence Village Fair

SATURDAY 4TH JULY

By Linda Levett

Only a few weeks now to our amazing Village Fair. The Committee is working hard putting all the final arrangements together to make sure that this year's Fair will be as good as – if not better – than last year!

Harris' Fun Fair will be there - they have been coming to Hurstpierpoint for the Fair for over 100 years! There will, of course, be a Tug of War, so teams of eight come and show your strength.

Casino Night

What a fabulous evening ... the Scout Headquarters was completely transformed! Everyone looked very posh and enjoyed taking part in the Black Jack and Roulette tables! The committee would like to thank everyone who came along and supported them.

Quiz Night

The New Inn continue to hold their monthly Quiz Nights – the next is 2nd June at 7.30pm for 8pm. Proceeds from subsequent quizzes will go towards next year's Fair.

Entry is only £2 per head and all money raised is going directly to support the Fair. There's a round of drinks for the winning team! Teams up to a maximum of six – and it is great fun. Different rounds on various subjects – something for everyone! Plus, it's to support our Fair!

Hurst's Got Talent

The Committee are holding Hurst's Got Talent again this year for children under 16. This will be held in The New Inn on Saturday 6th June, from around 4pm, after the St Lawrence School Fete. If your child would like to apply, please email stlawrencefair@gmail.com to register their interest. Get them rehearsing now to become Stars of the Village!

Parade - Hollywood

As you know, the theme this year is 'Hollywood', so you could dress up and join in the fun with the Floats. The procession through the High Street is planned to start at 1pm on Saturday 4th July.

Beer Tent

Proudly announced at the Casino Night was the new name for the Beer Tent. It will now be known as Hurst'Bar'Point. The reason for this change was to make it more clear to people that they don't just sell beer but wine and prosecco too. We plan to run the bars as efficiently as last year with no queues, so come along and enjoy real ales, lagers and wine.

Live Bands

On the evening of Friday 3rd July at the Recreation Ground, South Avenue, we will be enjoying our own young talent as well as JukeBoxJam and, to finish off the evening in style, the fantastic FranClassic will be playing again. There will also be the kids Tug of War and children's disco earlier in the evening. Friday evening will get us in the mood for the busiest weekend of the year in Hurstpierpoint! And don't forget the newly named Hurst'Bar'Point will be open too!

So spread the word – invite all your friends and family to join in the fun – and we'll see you there!

St Lawrence Fair children's Events

saturday 6th June
4pm, The New Inn

HURST'S GOT TALENT
Application forms on our website

20th June - 2nd July

'STAR FINDER' WINDOW COMP
Entry forms from Mishon Mackay

sunday 14th June
From 12pm, Scout HQ

PET SHOW
small animals: 12-12.45pm
dog show: 1-3pm

sunday 14th June
3pm, Scout HQ

SCAVENGER HUNT

Friday 3rd July - South Av. Green

12.30pm - 2.30pm

TEDDY BEAR'S PICNIC
plus fun activities

6pm - 7.30pm

JUNIOR DISCO
Age 4+

From 6pm

FAMILY BBQ & LIVE MUSIC

6.30pm

KIDS TUG OF WAR

saturday 4th July - South Av. Green

From 12pm

FAIR DAY!
procession, Harris' FunFair, fun run,
arena events, stalls, street food market

visit www.stlawrencefair.org.uk for more details



Contemporary jewellery & silver that excels



This will be the 7th Year that John Higgins, owner of the Contemporary Silver Gallery in Lindfield, has held his major Summer Selling Exhibition that brings together in one place, wonderful examples of work from top British Silversmiths and Enamellers together with over 250 examples of superb Contemporary Jewellery from the very best Designer Makers in the UK.

The result is an awesome and unique display of beautiful and desirable objects, and it is certainly an Exhibition you just should not miss.

"We have concentrated this year in exhibiting work that has been designed and made specifically for the exhibition by the very top Master Silversmiths and Enamellers working in the UK," says John. "Their work is very collectable but normally rarely available. Some of the pieces we will be exhibiting in June and July were commissioned by us over two years ago and it has taken immense effort to bring these pieces together at the same time. The result will be a stunning display of over 200 individual pieces of silver and enamel from 35 silversmiths."

Commissioned pieces from top silversmiths such as Rod Kelly, Angus McFadyen, Ray Walton and enamellers such as Jane Short, Phil Barnes, and Ruth Ball will sit alongside work by International experts, including Hiroshi Suzuki and Junko Mori.

"Beautiful designs,
executed to perfection,
and stunning to wear"

In terms of contemporary jewellery, John says: "this is our third year of showing beautiful contemporary jewellery and each year we have progressively refined and improved the standard of work available. In addition to a small group of designer/makers whose work has been particularly popular (including Jane Adam, Daphne Krinos, Rachel Emmerson, and Jane Macintosh) we are absolutely delighted to be exhibiting for the first time jewellery by Catherine Mannheim, Beth Gilmour, Anna Wales, Kayo Saito, Victoria Coleman and Ruth Thomlinson – all of whom are extremely accomplished designer/makers. Definitely the very best display of Contemporary Jewellery we have ever had," John commented. "Beautiful designs, executed to perfection, and stunning to wear."

Don't miss it!

Photos: Above Left is a silver and enamel dish by Ruth Ball; Above Right are Gold butterfly earrings by Kayo Saito; Above shows a group of silver and enamelled bowls by Elizabeth Auriol Peers.

John Higgins Contemporary Silver

Lindfield • West Sussex



Alistair McCallum



Katherine Priest



Jane Short



Anna Wales



Catherine Mannheim



Cara Murphy



Phil Barnes



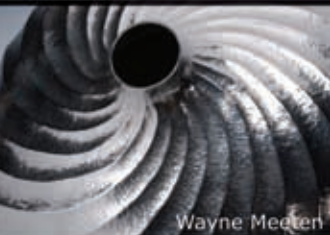
Jane Macintosh



Ray Walton



Kayo Saito



Wayne Meeter



Theresa Nguyen



Jane Adam



Miriam Hanid

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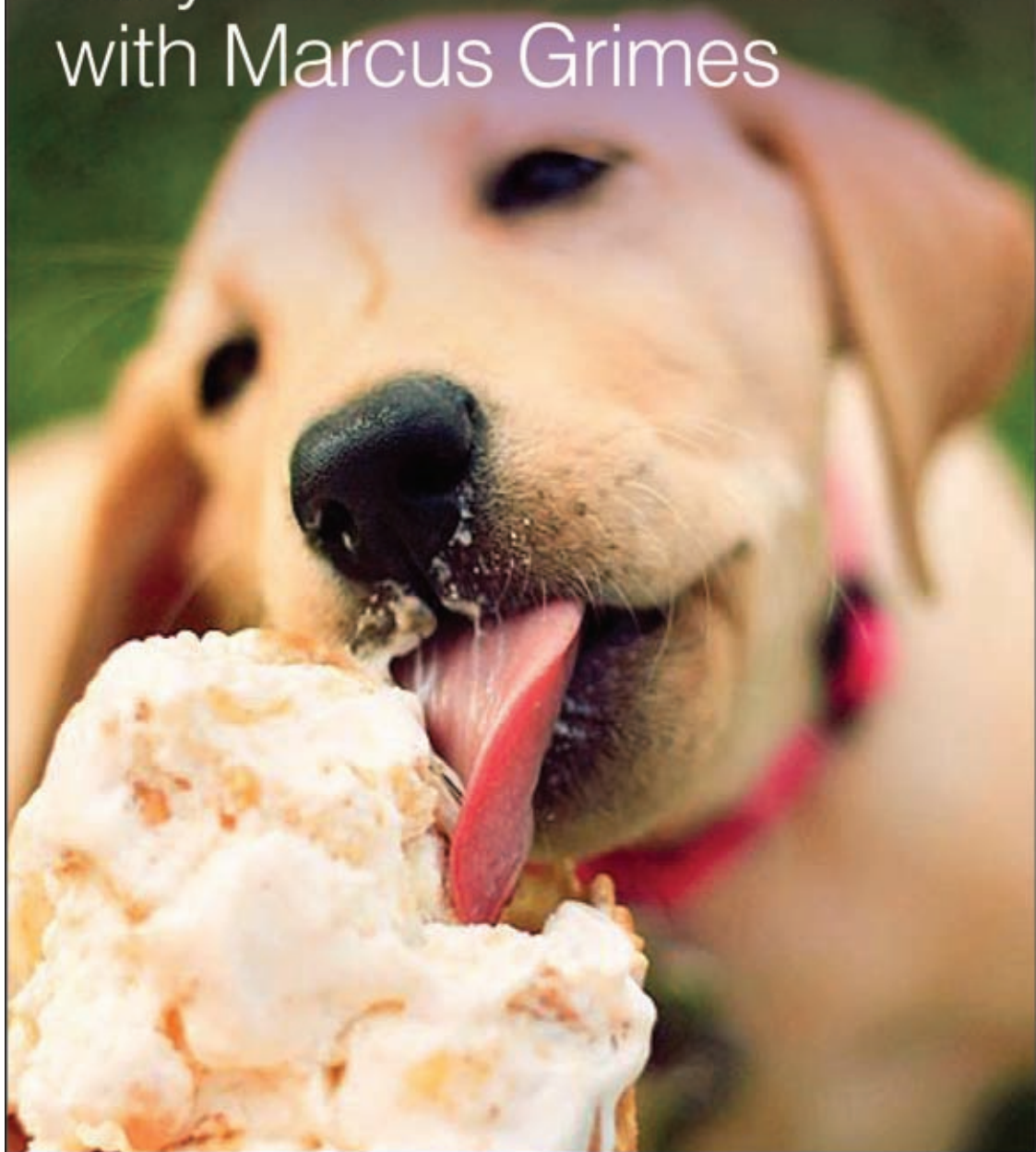
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Summer delights

FINE FOOD

Ham Hock Terrine (serves 4)

1 ham hock approx 2kg
2 onions peeled and halved
3 sticks of celery trimmed and diced
2 carrots peeled and diced
1 bay leaf
2 fresh thyme sprigs
6-8 cloves
8 black peppercorns

3 large fresh flat leaf parsley sprigs
chopped
2 shallots peeled and diced
4 gherkins, diced
1 tsp Dijon mustard
1 tsp capers
Salt and pepper
3 gelatine leaves

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Head Chef at the New Inn, Pete Hampson, shows us here how to create a deliciously tasty Ham Hock Terrine. Pete has lived in Hurstpierpoint since he was two and his ambition is to complete his recipe book before he gets too old to remember all the recipes!



Method:

Soak the ham hock in cold water for an hour, then place in a large pan with all the vegetables, bay leaf, thyme sprigs and spices with fresh water. Bring to the boil, reduce heat and simmer for two hours until the ham hock is soft. Remove the hock and allow to cool. Strain the stock through a sieve into a pan and cook to reduce the liquid by about a third, then remove from heat.

Once cooled, shred the meat into small pieces, including the fat. Put the shredded meat and fat into a mixing bowl with the diced shallots, gherkins, Dijon mustard, capers and chopped parsley, season with salt and pepper and mix well.

Line a terrine mould with two or three linings of cling film and press the mixture into the mould.

Gently reheat 300ml of the reduced stock.

Bloom the gelatine in a bowl of cold water for about ten mins. Squeeze the excess water out and whisk into your reheated stock until it has completely dissolved.

Carefully pour this mixture over the pressed meat, then chill overnight.

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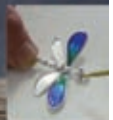
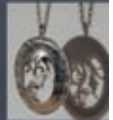
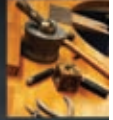
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Lunch is served

KIKI & COLE RE-LAUNCH



Quirky café and flower shop Kiki & Cole has recently undergone a facelift, but the changes go further than simply a lick of paint.

Started as a flower shop five years ago, owner Fi Koderisch explains why they were keen to snap up the garage next door when it became available: "I wanted to create a coffee shop with a different atmosphere. Having a shop and a café means there is always more going on here."

Fi always wanted to be a florist since she was a young girl. Her passion was so great that she eventually quit her office job in a PR firm in London to work in a tiny corner flower shop. "It's what I love to do," she goes on, "and with the café buzzing it makes it a lovely place to work here in the centre of Hurstpierpoint."

But the recent transformation at Kiki & Cole has seen the flower shop and café swap sides. The taller (former garage) unit is home to the flower preparation area and also now includes women and children's fashion wear. In fact Fi has recently returned from a buying trip in India for this new line in sales at the shop.

On the other side a new servery kiosk has been created, with an increased capacity for seating up to 40 customers. The interior is contemporary and unfussy with a mix of bright floral wallpaper, exposed brick and dark painted rough plasterwork. Light bulbs dangle in a relaxed fashion from the ceiling and the shop window

is adorned with the metal hooks left over from the butcher's shop before it.

Outside there are another 40 colourful seats on the decking made from wood panelling salvaged from Brighton's West Pier. In the garden you will also find a comfy sofa and a piano planter adding to this delightfully calm space away from the bustle of the High Street.

With the new look to Kiki & Cole also comes a new lunch menu, which includes many warm options in addition to sandwiches. The cheeseburger was very popular in the first week after the refurb!

The usual range of beverages is supplemented with fresh juices and smoothies, and they also serve the latest in fashionable teas - the Tey Latte. Try it, you might like it!

Finally, there is one more new element to the offering. Launched just two weeks ago, you can now go to Kiki & Cole on Friday, Saturday and Sunday for Tapas Nights from 6.30pm. A great tasting tapas menu from just £15 per head, and diners bring their own wine - so it could be a great value night out with friends. "We've asked around and think that customers would prefer to bring their own bottles for a small corkage," Fi continues.

Kiki & Cole creates flower arrangements for all occasions, including weddings and parties. The café is open Mon-Sat 10-5pm. Call Fi, Louise or Georgie on 01273 832 246.



Round Hurstpierpoint by Bike

SUSSEX NOMADS CYCLING CLUB

Lewes Loop – 34miles / 55km

Follow this link to see a detailed map of the route, which you can download to a GPS device:
<https://connect.garmin.com/course/8971445>

By Ashley Knowles

In this month's ride you'll discover two contrasting routes to Lewes. On the way out, you'll punch through short climbs but generally glide downhill, then returning you'll climb in peace among the hidden Cooksbridge back lanes.

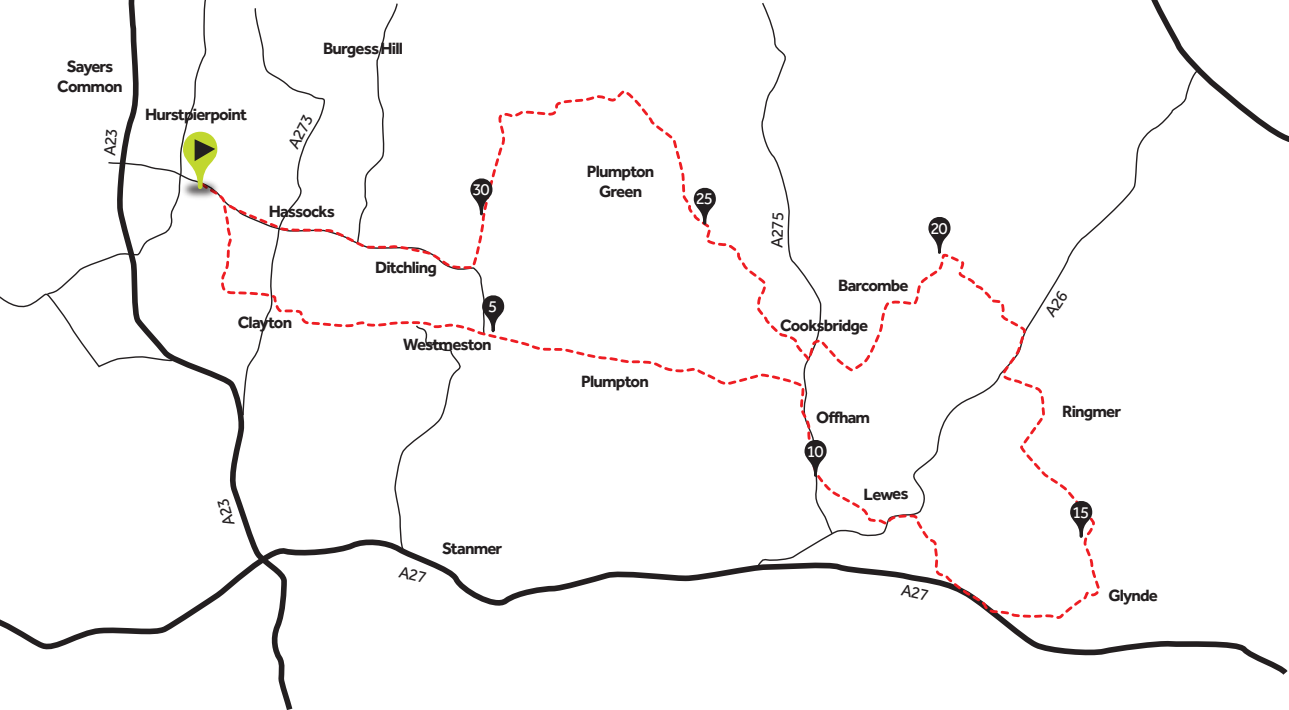
You can ride the route with any roadworthy bike and you should manage the distance if you're at least moderately fit. Lewes offers you many delightful places to stop for something to eat and drink but remember to take plenty of liquids with you. There's a rewarding climb halfway round, which you can opt out of if you have different rewards in mind.

From the centre of Hurstpierpoint, head east towards Hassocks. After half a mile, turn right on to New Way Lane, past Danny House and Wolstonbury. After two miles, turn right on to the A273 and then immediately second left onto Underhill Lane, passing Clayton Church with its spectacular wall paintings. Continue for two and a half miles, crossing Beacon Road, until you reach Westmeston. This is usually a delightful route in summer but watch out for mud and gravel on the first section if it's rained recently.

In Westmeston, bear right to rejoin the B2116, signposted for Lewes. After four miles, turn right on to the A275. Soon, the road climbs steadily. Look out for the left turn into Offham Lane before you reach the top. The road now descends for a mile into Lewes – it's fast and safe but be ready for the mini-roundabout at the bottom, where you'll bear left.

Follow the one-way system on to Phoenix Causeway, signposted for Out of Town. Crossing the Ouse with the brewery on your right, turn right at the roundabout on to Malling Street, bringing you to the end of Cliffe High Street and a choice of good cafés.

If you've had enough of hills, head back to the roundabout and turn right-left-right, signposted in turn for Newhaven, Uckfield and Ringmer. Otherwise, continue to the end of South Street and join the cycle path alongside the A26. Cross the road to enter Cliffe Industrial Estate, then turn right almost immediately and ride through the estate until the road rises



to meet the A27. Turn left on to the cycle path and turn off a mile later on to Ranscombe Lane, skirting the base of Mount Caburn. In Glynde, turn left and enjoy seeing Glynde Place and the Opera House before you hit a leg-burning climb and then swoop triumphantly down into Ringmer, turning right on to the B2192.

In Ringmer, look out for Vicarage Way on the left, signposted for Uckfield. Bear left on to Church Hill, then again on to Ham Lane. After half a mile, turn right carefully on to the A26 and take the second left after half a mile, signposted for Barcombe.

Cross the Ouse a second time and prepare for Crink Hill – the worst part is at the bottom! Turn left at the top on to Church Road, signposted for Hamsey, and follow the road for two miles, taking care at blind corners in Barcombe. At the second T-junction, a mile out of the village, turn right towards Cooksbridge. At the end, turn left on to the A275, then right after the level crossing on

to Beechwood Lane, signposted for East Chiltington.

Now count the turnings carefully ... After a mile, turn right, then left after the railway bridge, then right again after another mile and a half. Ignore side-turnings for almost two miles until you pass the Polish airmen's memorial on your left, then turn left on to St Helena Lane, signposted for Streat. Continue for a mile and a half, then turn left on to Spatham Lane. Turn right at the end of the lane and follow the B2116 through Ditchling and Hassocks, and home.

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Photo: Richard Hubert-Smith

HURST VILLAGE CINEMA

By David Saitch

The last month of our film season finished on a high, with May featuring two fantastic British films from the last year, '71 and Pride, as well as the NT Live broadcast of George Bernard Shaw's play, Man and Superman.

What an extraordinary experience Man and Superman was. The audience in the theatre broke out in spontaneous applause at the end.

'71 took the audience by the lapels and dragged them at high speed in a breathless chase through the streets of Belfast in the early days of the troubles. The film rocketed to the top of our audience ratings poll with a score of 9/10.

We are now busy planning our next film season, starting with Hurst Festival at the end of September, and more news will be emerging in the coming months. But we are not being totally indolent in the summer months. There are a couple more NT Live productions coming up, which I urge you not to miss – they are fantastic.

In July, we have the NT Live broadcast of Carol Anne Duffy's wonderful adaptation of the medieval morality play Everyman, with the brilliant Chiwetel Ejiofor in the title role.

Everyman is successful, popular and riding high when Death comes calling. He is forced to abandon the life he has built and embark on a last, frantic search to recruit a friend, anyone, to speak in his defence. But Death is close behind, and time is running out.

A cornerstone of English drama since the 15th century, the play now explodes onto the stage in a startling, up to date production. Not to be missed.

Then on 3rd September we have the NT Live Broadcast of the rip-roaring Restoration Comedy, The Beaux' Stratagem. Directed by Simon Godwin, the man responsible for the sensational production of Man and Superman, this play is a fabulously funny comedy of lust and money about two charming, dissolute young men who have blown their fortunes in giddy London. Shamed and debt-ridden, they flee to provincial Lichfield with their 'Stratagem': to marry for money, but they encounter a teeming variety of human obstacles.

One highlight of the new NT Live season is the production of Hamlet starring Benedict Cumberbatch on 15th October. Our screening of this production has already sold out, but if you are interested in seeing the production please contact us on info@hurstfilms.com and if there is enough demand we will look at organising a second broadcast.

All tickets can be bought from Mishon Mackay or online at www.hurstfilms.com

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'Olive Kitteridge' by Elizabeth Strout

BOOK REVIEW

By The Mint House Book Group

Olive Kitteridge, described as a novel in stories, brings to life a community on the coast of Maine, essentially a New England town where the people hardly look to the horizon so immersed are they in their day to day business. However, Olive Kitteridge is provincial only in a literal sense. The stories portray improbable romances, death, betrayal and all encompass a wide range of experiences felt whether they are played out in big cities or small towns.

It is the presence of Olive Kitteridge, a seventh grade maths teacher and the wife of a pharmacist, who links these 13 stories. Physically, she is a large woman, big hands and feet, who struggles to find the right dress to wear to her son Chris' wedding to his new West Coast bride, Suzanne, and feeling that she's got it right is crushed when she overhears Suzanne talking with a friend: "Oh, God yes... I couldn't believe it. I mean that she would really wear it."

Olive doesn't respond immediately but takes the opportunity to put one of Suzanne's shoes in her bag, knowing that whilst it might not help much, it does help to know that there will be some moments when Suzanne will doubt herself, looking through drawers and cupboards with an anxiety fluttering through her "I must be losing my mind, ...Because ... who would take one shoe?"

These are not short stories in the usual sense but slide in and out of each other with different tales and perspectives, and convey both what people understand about each other and what they understand about themselves. Olive is a flawed character but somehow, in spite of physical awkwardness, manages to so often say the right thing, albeit with a brutal honesty.

You may find that Olive's behaviour is not always to your liking, but are likely to find that Strout's writing is. The Mint House Book Group heartily recommend!

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Top 10 basics

HEALTHY LIVING

By Jane Roweth, personal trainer

Welcome to the first healthy living column for Hurst Life. I'm super excited to be able to regularly share with you the tips and hints I use with my clients to help them live the healthy and active life they want. This month I'm giving you a summary of my ten basic tenets of a healthy lifestyle.

1) Eat Well. Just Eat Real Food.

Go for single ingredient foods or at least be able to pronounce what's in your food! Steer clear of foods that are heavily processed and advertised, up your veg and good fat intake and fight any sugar addiction you may have.

2) Stay Hydrated. Drink water, decaf tea & coffee and herbal teas.

Steer away from fizzy drinks, squashes, juices, smoothies, shakes, lattes, silly sounding drinks and moderate your alcohol intake. Don't drink your food!

3) Get Some Exercise. Lift, move and bend.

Get strong. Get active enough to get your heart rate up and stay flexible. Move often, with purpose, and enjoy your ability to do so or you'll lose it!

4) Get A Routine. Have regular times you do stuff.

Your health, both mental and physical, is a priority. It's hard to argue that there's anything more important, so schedule times when you'll do things to improve it just like you would an important meeting or a social event.

5) Add Some Variety. Don't always do the same things.

Mix it up a bit; change what you eat, the type of exercise you do and try new stuff.

6) Learn New Skills. Add something new to your life.

Challenge yourself to do things you think you can't.

7) Set Goals. Decide what you want to achieve and when. Make a plan to achieve those goals.

8) Join Up With Others. Get inspired by those around you.

Join a club, go to a class or get some expert help to get you in shape. This will give you a support network and help you stick to your plan.

9) Relax and Rest. Make time to just be.

Prioritise time with family and friends, doing gentle hobbies or actively relaxing.

10) Sleep Well. Get good quality, undisturbed, restful sleep.

Develop good night-time habits to help you get the most productive rest you can.

Check back over the coming months as I share more advice on how to incorporate these pointers into your life.

Yours in health, Jane.

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5 MINUTES WITH...

Stuart Barbour

How long have you lived in Hurstpierpoint?
10 years.

What's the best thing about being here?
The community spirit and friendliness of everyone.

Favourite ice cream flavour?
Mr Whippy white ones from a van by the sea, topped with sand dust (cleans the teeth as you eat?!)

How many houses have you lived in?
12.

Favourite holiday destination?
Florida, I love sunshine and a warm sea to swim in.

Your most enjoyable event in the village?
St Lawrence Fair. Love it.

Do you share your home with anyone?
My lovely wife Andrea, although I'm not allowed to call her that, she is known as Andy. Also my son Kyle and daughter Holly.

Song you play the most?
Always changing, enjoying playing Better Together by Jack Johnson at the mo, love playing Start It Up by Robben Ford and just added Hold Back The River by James Bay which is a good track.

Mac or PC?
What's a PC?

Your most frequented village shop?
The Co-op.

What's your proudest moment?
Being awarded Best of Year '96 at The Guitar Institute in London in front of my parents and family at the graduation day.

Coke, juice or water?
Pineapple juice.

Your advice for life?
Stay positive, wake up in the morning and say:
'This is going to be a great day!'

(You can see Stuart playing live at The Woolpack in Burgess Hill every second Friday of the month)

If you'd like to take up the '5 mins' spot or recommend someone else – email in the answers and a photo to editor@hurstlife.co.uk

What's on this month

AT THE VILLAGE CENTRE

AND ELSEWHERE

June

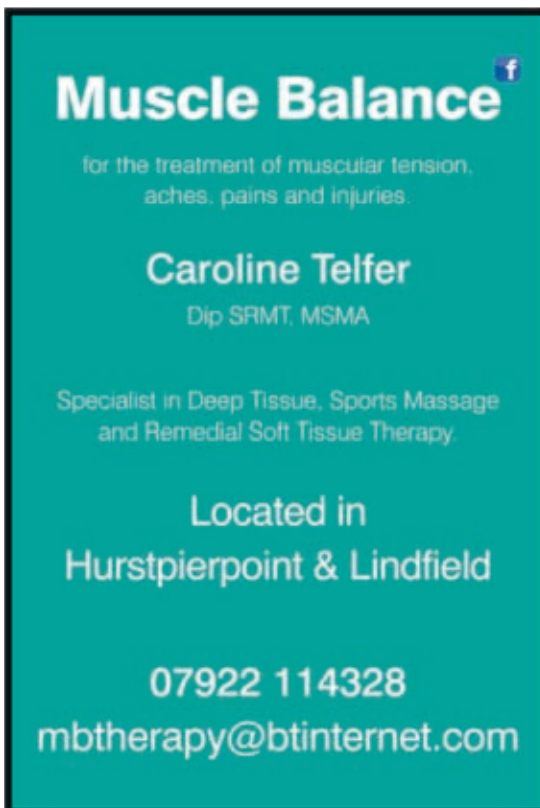
- 2nd **Hurst Afternoon Club** June meeting and postponed May AGM
2.15pm – Come along, even if you're not a member. Simon Goodwin, Critical Care Paramedic from Kent, Surrey & Sussex Air Ambulance, will talk about the work of the Air Ambulance charity.
(Pam Mitchell 01273 831705)
- 16th **Wolstonbury WI meeting**
Club Suite at 7.45pm – Mark Perry Nash will speak on the Role of Women in British History
Visitors are welcome (enquiries 01273 834421)
- 20th **Horticultural Show** – Main Hall, 2.15pm


June

- 2nd **St Lawrence Fair Quiz Night** – 7.30pm
The New Inn
- 6th **St Lawrence CEP School Fete** – 12-3pm
Fun afternoon for all the family inc BBQ. £1 entry
- 6th **Hurst's Got Talent** – 4pm
The New Inn – Children's talent contest run by Village Fair committee
- 7th **Sunday Lunch & Mellow Jazz**
Morleys Bistro, 42 High Street
With Lou Beckerman (vocals) and Paul Richards (jazz guitar)
- 14th **St Lawrence Fair Children's Pet Show**
from midday at the Scout Headquarters
- 14th **St Lawrence Fair Scavenger Hunt** – 3pm
at the Scout Headquarters
- 19th **Hurst, Hassocks and Ditchling U3A** – 2pm
Ditchling Village Hall – The Lady Bailiff - Jean Haynes
- 20th **Albourne School Family Fun Day** – 2-4.30pm
Albourne Primary School
- 20th **West Gallery concerts** – 6-7.30pm
Holy Trinity Church – monthly concerts with sociable drinks interval. This month up and coming soprano Kat Carson and her accompanist.
(Tickets £5 from Margaret Carey, kmcarey@atlas.co.uk; 01273 835113. You can pay on the door, but please reserve the seats first)
- 24th **Alzheimer's Society Dementia Café** – 6-8pm
Pauline Thaw Centre, Dale Avenue, Hassocks
De-Café is an evening support group for people living with dementia, their carers, friends and family to meet people who are in a similar situation. (For further information please contact Dawn Fairbrother on 07720 948990)
- 27th **Hassocks Summer Fayre**
11am-4pm at Downlands Community School, Dale Avenue, Hassocks, BN6 8LP
Entry: Adults £2.50, Children £1, Family ticket £6

July

- 3rd **St Lawrence Fair Fun on South Avenue Green**
from 12.30pm (see page 17)
- 4th **St Lawrence Fair Day** – from midday
(see page 16)



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