

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #5 : August 2015

Free
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yourself!



High Street closure info

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EDITORIAL

By David Tingley, Editor

Well the sun is shining – hopefully! – and schools have finally broken up. That can only mean one thing: it's the summer!

Before you pack up your bucket and spade, have a sit down and check out this month's issue.

Our big focus in August is the **High Street**. With all the works about to take place on it, we have brought you (on **page 16**) a visual guide as to what exactly they are doing to it and how it will help. It is true that some still won't know, so this article is for you! Thanks to the Hurstpierpoint & Sayers Common Parish Council for assistance in creating this guide.

But we also wanted to showcase **what a fantastic resource the High Street is**. It is amazing, in this day and age, to have nearly 70 business premises along a central thoroughfare of a village this size. So, on **page 18**, we are taking the time to introduce you to a number of those businesses. Some you will know well and others may be new to you.

If you can, do try and get down to the High Street this month in what could be a very challenging time for those shops that rely on regular traffic passing through the village.

On **page 22** Emily Volkert takes time out to find a few ideas for parents and their children to **try this summer holiday** in and around Hurstpierpoint. Do join her on her various expeditions. Or perhaps you know of other little known places of joy in the village? If so, we'd always like to hear about it. Email editor@hurstlife.co.uk

Alongside all of the above, we also have some regulars: Pete Hampson's **recipe** is on **page 26**, Jane Roweth's **fitness column** is on **page 24** and **Hurst Village Cinema** is showing on **page 25**.

Finally, if you are an enthusiastic cyclist who lives in the village, would you consider writing one or two autumn rides for us? Email us. Happy Summer all.

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Hurst Life Published
by Kipper



📷 Jane Willis
A summer view towards
Hurstpierpoint

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NEWS

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

Albourne Village Show

By Mike Gratton

The 5th September from 12 noon sees our eighth Village Show, which attempts to recreate our old Village Flower Show of the 1930s. At its core is a traditional flower and vegetable show, with additional classes for children, arts and crafts, photography, beverages, fruit, eggs, honey and all manner of culinary exhibits. Last year's show attracted over 1000 visitors and 460 class entries – not bad for a small village of 600!

Additional attractions include the Grand Raffle, apple pressing (bring your own!), vintage vehicles, a fun dog show, children's games (including a magician), live music (including the Patcham Silver Band), hot food from the barbecue, cream teas, a beer tent (serving real ale and wines) and many other village and countryside exhibits and stands. Oh, and we have ice cream and candyfloss.

Details of classes can be found on our website: www.albournevillageshow.co.uk

Entries to all classes from those outside Albourne are welcome and indeed encouraged. We like a challenge!

Do come and pay us a visit. We are just a 20 minute walk from Hurst. Entry is 50p for adults. Free entry for children and free car parking.

Hurst Open Garden

A colourful garden which opened during the recent Hurstpierpoint open gardens is re-opening by popular demand. Do come along to 15 Orchard Way, Hurstpierpoint BN6 9UB on Sunday 9th August between 2pm and 5pm. Have a stroll around this plantsman's garden and enjoy the many hardy plants and grasses. 'The Urban Nomad' will be on the drive selling ice creams and some soft drinks from her bicycle!

The entry fee of £2 per person is very generously being donated by the owners to the RNLi and The Urban Nomad is also kindly donating a percentage of her takings to the RNLi.

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*As part of their review of The Ivy, London

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Hurst's mezzo soprano

On 1st August at Danny House at 7pm Rønnaug Sundling, soprano, Lucy Goddard, mezzo soprano, and Michael Waldron, piano, will perform in Crossing Ponds: song, opera and Broadway numbers from Europe and America.

Lucy started singing in Holy Trinity Church choir in Hurstpierpoint aged 8. She studied at St Lawrence School and Downlands School before going to Brighton College.

As a teenager she spent her Saturdays studying at the Junior department of the Royal Academy of Music in London, and played violin in Brighton Youth Orchestra and the National Youth Orchestra of Great Britain.

In 2011 she graduated with distinction in her Masters in Vocal Performance at the Royal Academy of Music. Lucy now works as a freelance mezzo soprano and lives in London.

Tickets for this concert are available on the door or from Vanilla, 40 High Street, Hurstpierpoint £12 full price/£8 concessions (01273 833403).



Charity concert takes place in Holy Trinity Church

A community choir made beautiful music in Holy Trinity Church in Hurstpierpoint at a charity concert last month.

The Soul of the City choir is a 50-strong group that meets down the road in Hassocks every week, under the leadership of Vanessa Thomas.

The event raised money for Leukaemia and Lymphoma Research, which was represented by local couple David and Sue Andrews whose son was diagnosed with leukaemia last year at 29 years old. He has received pioneering treatment and has set himself a £30k fundraising target since.

The choir sang popular numbers from The Four Tops to Sam Smith. More info at www.soulofthecity.com

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New Activity Room officially opened

The 1st Hurstpierpoint Scout Group officially opened their new Activity Room on 5th July. This new room houses an 8 metre bouldering wall and a 6 metre air rifle range. The Group's 150 young members are very excited at the prospect of enjoying the new facilities.

At the Opening Ceremony, Group Chairman Bob Wood thanked all the Executive Committee members for their hard work and determination over the past five years in seeing the project through to its completion. He also thanked the many organisations and individuals who had made generous financial contributions in support of the project.

Recognising that the new facilities will benefit all of the Group's young Beavers, Cubs and Scouts the 'cutting of the ribbon' was performed by Cub member Will Barker-Sturges (pictured above). Will won a competition to decide who would have this honour.

During the afternoon Tony Hall presented long serving Hurstpierpoint Leader John Kenstey with the Bar to the Silver Acorn Award. This award, one of the highest in the Scout Movement, is for especially distinguished service over a long period of time.

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Tennis finalists battle it out

By Lyn Hoyles

A great time was had by all at the Hurstpierpoint Tennis Club Finals Day last month. All the matches were exciting to watch. The finalist all played very well and, although very tired by the end of the day, had a great time. About 100 people attended and all enjoyed Pimms and strawberries, a barbecue and tea & cake.

The results were as follows:

Ladies singles: Mrs M. Van Dommelen.

Mens singles: N. Mitchell.

Ladies Doubles: Mrs N. Cook and

Mrs M. Van Dommelen.

Mens Doubles: R. Brewer and

P. Goswamy.

Mixed Doubles: Mrs M. Van Dommelen

and J. Dew.



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Sussex number one inspires Brownies

As part of the local Brownies programme, frequent physical and sporting activities are undertaken and all the girls are encouraged to take part at whatever level they are able. The Girl Guides group for children aged 7 to 11, led by Tracey Payne, recently enjoyed two evenings in the idyllic surroundings of Hurstpierpoint Tennis Club.

Alex Hyman, Sussex number one U14, assisted in these sessions. Alex fondly recalls beginning his tennis at Hurstpierpoint Tennis Club, where he played from age 8. "I always have special memories of the club and my six year tennis career received the ideal foundations from Turner Tennis."

"The sessions were a great success," said Tracey Payne. "They all enjoyed it hugely and were very enthusiastic. They achieved a lot simply because they had the opportunity to build confidence on the tennis court alongside friends and people providing help and guidance. Links with mainstream clubs are very good for the children. We love to work with local clubs and get involved in other activities. For the girls, it's a healthy, positive exposure to a growing sport. For some it may lead to a strong feeling of self-esteem and hopefully a lifetime of tennis enjoyment."

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Downlands Creative Arts & Textiles Exhibition 2015

The GCSE Fine Art, Art Textiles, Graphic Products and Resistant Materials students at Downlands Community School have excelled this year. The quality of work on show at the annual exhibition was outstanding and the variety of techniques and colour used breathtaking. The exhibition was one of the many stops on the Hassocks Open House Trail and, together with the GCSE Textiles Fashion show, provided an inspirational look at the work of the students at Downlands. Several of the pieces have been submitted to the National Students Art Exhibition. Local artist and bibliotherapist Ella Berthoud presented student Lydia Cooper with the de le Vigne Award for Art for her fabulous corset.

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photos this page: Claire Brewer

St Lawrence Fair

By Rachael Babister

And relax ... the best weekend in the village's calendar is over for another year and the committee is taking a little break until September when we start to plan for 2016.

Before we go we just wanted to say a few words here in Hurst Life, who has supported us so brilliantly all year – especially reminding us when copy is due!

We had a great Fair weekend and we really hope that everyone else enjoyed it. From the kick off with the Teddy Bears Picnic to the Ecumenical Service on Sunday morning, we have had a blast and are always overwhelmed by the support that we get from the village for all of our activities.

We couldn't run this fair without the support of all our helpers, the local businesses and tradespeople who are so fantastic at helping us out – we thank you all – you all know who you are.

Well done to all our competition and event winners! All the trophies have now gone for engraving so, if you won one, keep an eye out for an invite to our AGM in October to get your shields and cups back and celebrate your win all over again.

Look out for our events, starting in October with our AGM – it's not as formal as it sounds. This is your chance to have a chat with us and share your thoughts and ideas, maybe you are even considering joining the committee or our 'silent army' of helpers – come along and say hello.

Also, look out for our donation pots. These are staying out all year, so if you have any spare change we would love to take it off your hands.

So, from us on the committee, we send you all a massive thank you! Have a great summer and see you later in the year!





photo: David Gingell



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Discover Hurst's hidden arts & crafts

HURSTPIERPOINT OPEN STUDIOS

By Emily Volkert

With over 20 local artists showcasing a range of contemporary and traditional arts and crafts, the Hurstpierpoint Open Studios will once again be hosting its annual event, welcoming the public to view exhibitions and take a peek inside the artist's workspace. Spread out over two weekends, starting 12th-13th September and concluding 19th-20th September, visitors can expect to take a walk through 'a magical trail of local art' spanning across 18 different venues throughout the village.

Often found in an old garage or the back room of a house, strewn with colour swatches, unfinished canvasses and inspirational artefacts; an artist's workplace can really give people an insight into the creative process and the creative mind. The Open Studios experience offers up a unique opportunity to take a 'behind the scenes tour', whilst you absorb yourself in the plethora of local talent on our doorstep. Folk will not only have the chance to view and purchase art but will be able to meet the artists themselves and even discuss commissioning individual pieces.

Running into its 12th year, the event was first set up by local sculptor and painter Mike Cheetham, also an exhibitor, who was inspired by the Brighton Open Studios. "It was after visiting the Brighton Open Studios that I thought, 'what a good idea for Hurstpierpoint'," explains Mike. "I discovered that many other people shared the same view, so I got a group together, which was initially seven and it's gone from there."

With a growing audience and an impressive artist line up, it's evident that Mike and his band of supporters were indeed on to a good thing. There's going to be a pre-event taster happening 10th August - 7th September, so keep an eye out for some of the artists' work in various shops around the village. I was lucky enough to catch an exclusive glimpse of what's to come and meet some of this year's contributors at the home of veteran HOS exhibitor and event co-organiser Sylvia Thornhill.

"We have designers creating paintings, jewellery, sculptures, photography and much more," explains Sylvia. "There really is something to suit all tastes and budgets - something for everyone as you can see! It's a fabulous event for the community and everyone is welcome."

Most famously known for her sculpture 'children of the fair' (you will definitely know it when you see it!), Sylvia has been a member of the team for over ten years and has been providing the refreshments to hungry visitors en route at her home and studio in Pitt Lane for the past eight of those. With this year as no exception, anyone fortunate enough to stumble upon Sylvia's doorstep will be delighted with the warmest of welcomes and one of the most picturesque settings in Hurstpierpoint – an incredible back drop of Wolstonbury.

She will be joined for the first weekend only by her trusty crew of helpers, who will be dishing out light lunches, bacon rolls, tea and, of course, the obligatory cake. Proceeds from these go to support the work of the local group of West Sussex Association for Disabled People. "We are so lucky to have such a fantastic crew of people working with us," says Sylvia.

"There's a lot of work that goes into it but we have great fun doing it, which is what makes it so special. This year I would like to give special thanks to all of the organisers and the artists' thanks go to Claire Grose and Stephen Mortimer who have worked hard in organising this year's event but are not taking part due to other commitments."

The event, which will again this year mark the opening of the 2015 Hurst Festival, is free to all; donations are very welcome and are also in aid of The West Sussex Association for Disabled People. Posters and flyers giving more information will be on display throughout Hurstpierpoint and surrounding towns and villages or you can visit: www.hurstpierpointopenstudios.co.uk. Keep an eye out next month for further details and meet some of the faces behind the frames.

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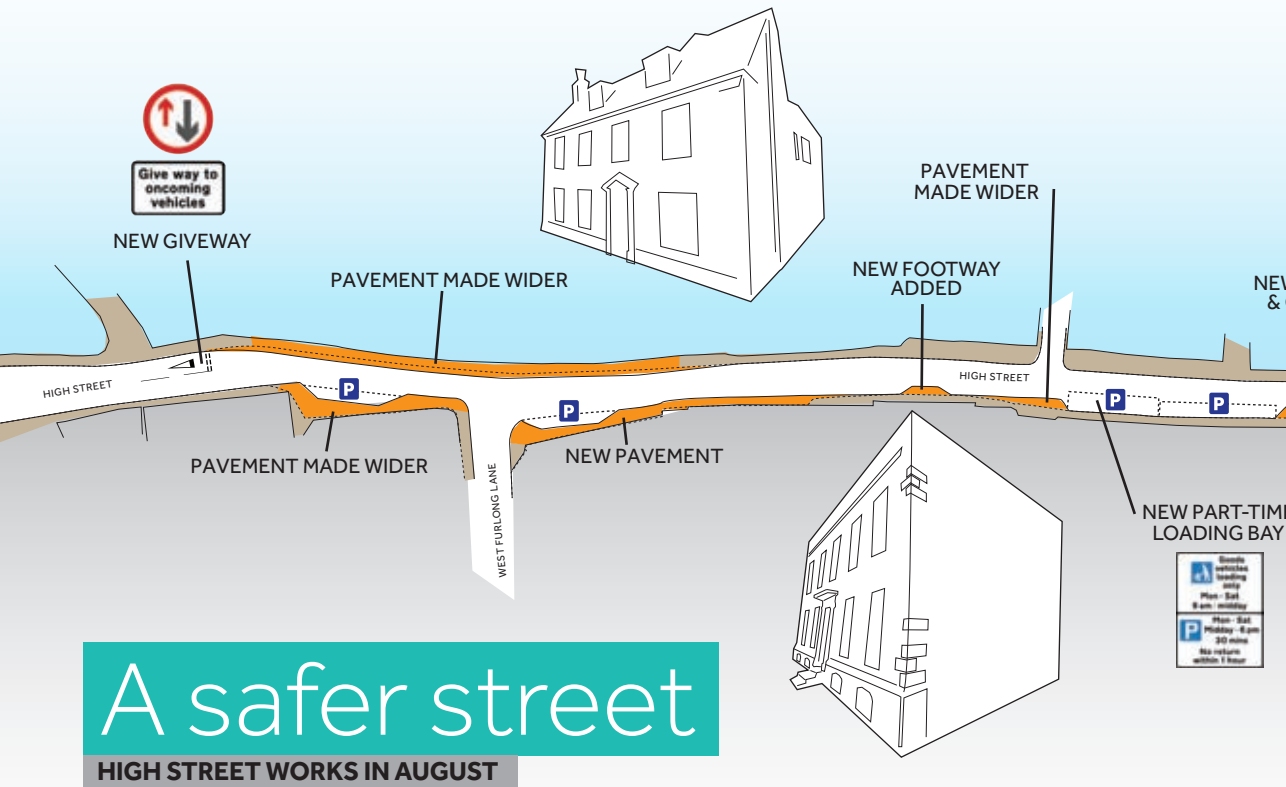
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A safer street

HIGH STREET WORKS IN AUGUST

So, after many years of talking about it, the High Street is being transformed this month to include new features such as wider pavements, a new traffic flow system and cycle racks.

The work, which has been researched and commissioned by Hurstpierpoint & Sayers Common Parish Council, will start on Sunday 2nd August when the High Street will be closed to vehicles at both ends. The closure will remain in place until Friday 28th August.

It is important to note that pedestrian access to the High Street shops will remain open throughout the works period.

Parish Clerk Stephen Hoyles commented: "This work has been in the pipeline of the Parish Council since 2007, so it's good to finally be starting the project. The primary reasons for the work to be carried out are that of pedestrian safety and to slow traffic speeds down as they pass through our village. We have been talking to residents over this long period of time and we know people are worried about this in Hurstpierpoint."

One of the major parts of the project is making the very narrow section of pavement on the other side of the road, opposite Nationwide, wider. At some points it could be nearly twice as wide. The extra width is being created by narrowing the road on that stretch and introducing a give way priority system.

Outside Nationwide the pavement area will be dramatically increased and will continue along to West Furlong Lane.

On the south side of the High Street an entirely new pavement is being created outside West Furlong Court,

which will continue up to Mansion House. The existing pavement here will be replaced with new keyblock paving and a nib is also being created in front of the steps of the house.

There will be space allocated for a new loading bay outside The New Inn. This will operate in the mornings and become a short term parking bay thereafter.

Outside the Post Office there will be a new crossing point created, and just further along the street another give way priority will be put in place. This will enable drivers to see all the way down the High Street before proceeding down the single lane.

The puffin crossing will remain in the same place outside Fat Fish.

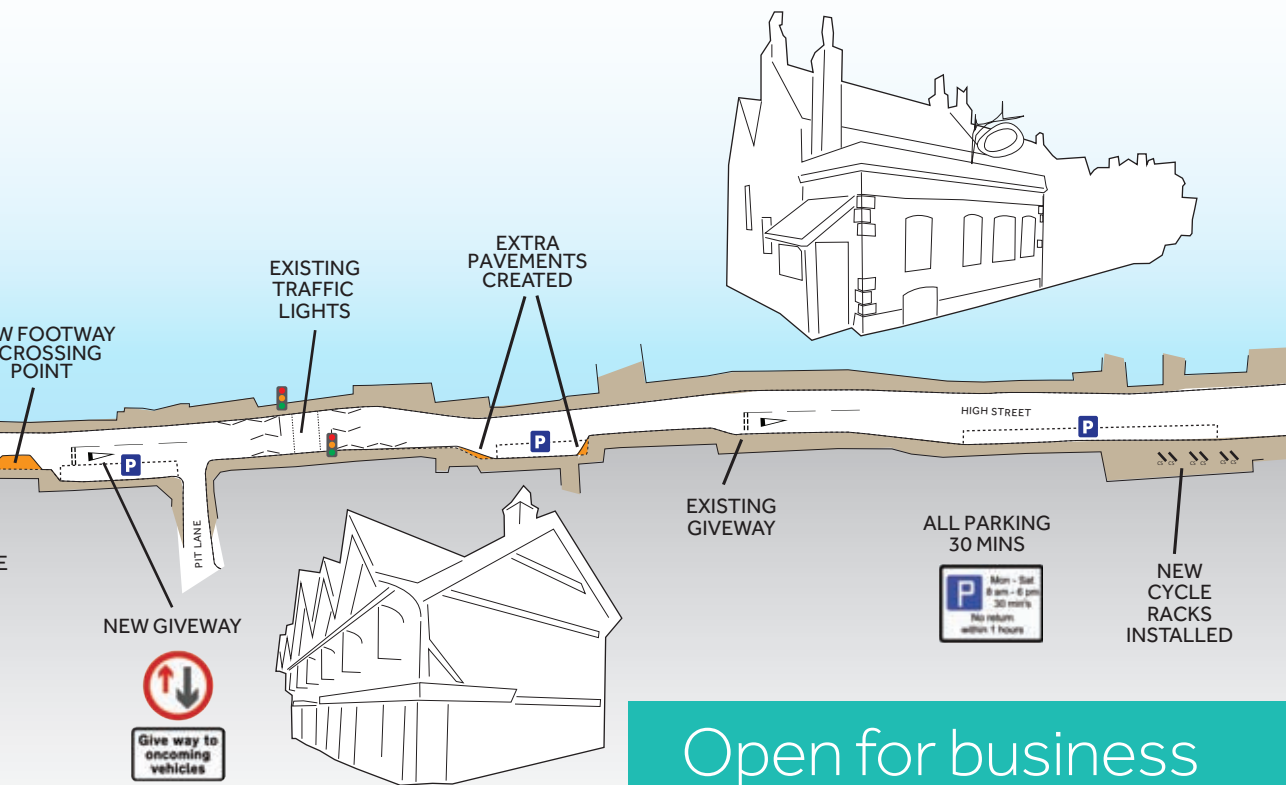
Further along, in the direction of Hassocks, the existing give way priority will remain in place.

During the works the contractor is hoping to reuse as many of the attractive granite kerb stones as possible.

"We are hoping that the new layout of the High Street," Stephen continued, "will encourage drivers to park in designated spaces which will therefore not obstruct the flow of traffic."

The Parish Council are already in discussion with Mid Sussex District Council about the possibility of increased frequency of traffic wardens on the High Street to enable those spaces to be more readily used for shoppers 'nipping in' to local shops rather than all day parking.

During the period of the works buses will be diverted via Jane Murray Way in Burgess Hill, so bus users should expect slightly longer journey times. The Parish Council has also just announced that it has put on a special



Open for business

Lucy Driver, owner of South Downs Cellars and chairman of Hurst Traders Association, is worried about a drop in footfall during August and commented: "Above all we want to tell the people of the village that the shops in Hurstpierpoint are open for business! Shoppers will still be able to freely move around the High Street - in fact, in many ways, it will be an overall more pleasant experience while there is no traffic on the road."

The traders are working together right up to the last minute to try and make extra efforts to entice shoppers into the High Street during August. Some businesses will be giving special offers and there is even talk of a shop window quiz.

The two village car parks will be fully functional during the work, with 120 spaces at Trinity Road car park and 38 spaces in Brown Twins Road - although both are accessed from the West end of the High Street.

The Parish Council have paid for Hurst Traders Association to get a summer advertising campaign off the ground too. 'Open for business' builds on the fact that the High Street will be unusually calm during August.

In Hurstpierpoint we are very fortunate to enjoy a large number of retailers in the village. At Hurst Life, we asked all the shopkeepers if they would like the opportunity to remind readers why their shop is so great. On the next page follows the respondents. Do take the time to have a look - we think you will be surprised at the variety of shops right here on the doorstep.

See overleaf for businesses >>>

shuttle bus which links the west of the village to Hassocks. The '33C' is a FREE service running from Willow Way through to Pyecombe and Hassocks. For more details of this service and other bus route diversions see www.hurstpierpoint-pc.org.uk

Drivers travelling from one end of the village to the other are being asked by the Parish Council to avoid using College Lane and Cuckfield Road, as these are not part of the formal diversion and will become congested very easily.

The contractor will be working on-site from 7.30am until 5pm, Monday to Saturdays during August. For any more information residents can visit the Parish Council website or go into the Parish Office on Trinity Road.



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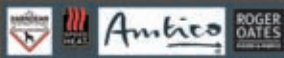
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Make the most of your summer holidays

DAYS OUT FEATURE

By Emily Volkert

The scent of freshly cut grass and barbeques fill the air; cloudless, lazy, hazy days stretch out for what seems like an eternity before us - the summer holidays are finally here. Whether you are emptying your piggy bank or saving the pennies for a rainy day, the summer is full of endless opportunities to suit any kind of budget. Armed with a little imagination and a few good ideas, you can transform any threats of boredom and squabbles into a magical whirlwind of excitement and happy memories.

As well as fun filled days at home, kids will love planning a few special trips out. September will soon be looming, so before the holidays run away with you - sit down together, put pen to paper and come up with a shortlist of fun things to do which everyone can enjoy. Luckily, with lots to do right here on our very doorstep, you don't even have to go far. Here are a few ideas to get you started...

Go to the beach

With the coast almost a stone's throw away, we have the beauty of not having to endure too many 'are we there yet's' - so make the most of it! Splashing in the surf, walks along the promenade, people watching, collecting shells and stones; the seaside has a timeless allure that appeals to kids of all ages.

Brighton & Hove – 10 miles from Hurst

If you like to be in the hustle and bustle, or you have older kids to entertain, then Brighton pier is your best bet. If that doesn't float your boat or you fancy somewhere a little quieter, then West Hove is a better option - if you're lucky, you will even find the odd bit of sand. You can get there by car in around 20 mins, catch the train from Hassocks or jump on the 273 towards Brighton.

Camber Sands by Justine Kibler



Camber Sands, East Sussex - 58 miles from Hurst

If you're up for venturing further afield in search of sandier shores, then Camber Sands is well worth the drive. There are miles of unspoilt, golden sand dunes to explore and if you fancy a bit of culture on top of that, then the medieval town of Rye is a few miles from the beach. You can get there by picking up the A27 towards Eastbourne.



Pells Pool by Rob Read

Go swimming

Many of my fondest childhood memories were those spent at our local outdoor swimming pool. It was a place to catch up with old friends, make new ones, perfect dives and practise dance routines; the fun was endless!

Pells Pool, Lewes – 15 miles from Hurst

Pells Pool is the oldest documented freshwater, outdoor, public swimming pool in the UK. There's a paddling pool for younger kids, a tree lined lawn and a snack bar. The queues are infamous so, unless you head down super early, be prepared for a long wait - they operate a one in / one out policy.

If you don't have access to a car, you can catch the train from Hassocks or hop on the 273, where you will find links from Brighton.

The Triangle, Burgess Hill – 2 miles from Hurst

I recently found out that in the summer the Triangle strips off its winter coat to reveal a fully-fledged, heated, outdoor swimming pool!

Go for a picnic

There are few better ways to soak up the summer. To me, picnics are a true celebration of British summertime - a chance to bring people together, share fresh food and eat alfresco from beneath the dappled shade of a willing tree. If you have little ones running around, it can be difficult to keep them in one place for too long, so a spot with a play area or a back garden is perfect.

South Avenue Recreation Ground – Hurst

Home of the famous St Lawrence fair, South Avenue rec ticks all the boxes - a beautiful, tree-lined green, with stunning views of Wolstonbury, plus a play area for both little ones and older children. Situated just behind the High Street, it's conveniently located if you need to top up provisions.

The Millennium Garden – Hurst

This is my most recent discovery in Hurstpierpoint. The garden is part of what was originally the landscaped garden of St George's House. Most of it was sold off for housing but public donations enabled the village to save a piece of the land, which is now run by a trust as a 'wild garden'. It's a real hidden gem, tucked away right at the bottom of Trinity Road, accessed through Trinity Court, which is just off Brown Twins Road – very easy to miss!



Jill Windmill by Simon Potter

Jill Windmill – 3 miles from Hurst

If you fancy something a little more dramatic however, take a short journey over to Jill Windmill in Clayton, where you will find a fully restored, 19th century, working corn mill. The mill is open every Sunday in August between 2-5pm, plus an extra on Bank Holiday Monday between 11am-5pm.

Footpaths run up to the windmills from both Clayton village green and Clayton Pumping Station.

Go on a bike ride

Cycling is great way to get out and explore the hidden paths and dusty tree tunnelled lanes of the villages. If you don't have your own bikes, you can hire some from Hassocks Community Cycle Hire, which is situated directly outside the exit of Hassocks Railway Station (on the southbound side). Whether you do have your own or are borrowing from them, you can pop along and pick up a free cycle route map of the area. See www.hassockscommunitycyclehire.com for more details.



Wolstonbury Hill by Emily Volkers

Go for a walk

I have spent many a lazy afternoon ambling around the village, with no real agenda, just seeing where life and my inquisitive toddler takes us. Walks don't always appeal to older children, so entice them with extra activities – build a den in the woods, or take a bug jar and see what creepy crawlies you can take a closer look at. I found a bug jar at Helter Skelter in the High Street.

If you'd rather plan a route before you set off, you can head down to the village centre and pick up a footpath map for £3 from the library or the Parish Council Office, or try these -

Wolstonbury Hill - Hurst

It's definitely one to cross off the list, the panoramic views are breathtaking. Some routes up are quite steep and the terrain is very bumpy at times, so make sure you plan ahead to suite your abilities. I would not recommend taking a buggy, unless you have an all-terrain model and the suitable muscle, we learnt the hard way! Babies and younger toddlers are best in a carrier if you have one. It takes around 20 minutes to reach the summit, depending on how fast you are travelling.

High Street

Take a stroll with an agenda – head down to Gibsons, the High Street grocer and let the kids out pick their favourite fruit and veg. Hampers delicatessen stock some organic nuts, seeds and preservative free organic coconut milk, all perfect for making smoothies; a great activity for everyone. You can even turn your creations into ice lollies! I found some lolly moulds at the Cookshop on the corner of High Street and Cuckfield Road. Or pop into the fantastic Mama Ganoushe café to buy one ready made!

Or just potter!

Remember to leave some time for pottering! It's my favourite pastime of all and gives me the space I need to recharge after busy days. Much of our lives are spent rushing around and kids don't always need all the entertaining we think they do. Wake up with no agenda in mind, try to take the day as it comes by being mindful in the moment, allowing things to unfold naturally.

Sometimes, if we let go of our need to organise and plan every activity, it encourages a raw and natural kind of creativity that we just can't plan. You may be surprised what you discover and what your children come up with themselves. As John Lennon's famous phrase goes, 'life is what happens while you're busy making other plans'.

Get some exercise

HEALTHY LIVING

By Jane Roweth, personal trainer

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

We all know we need to exercise but how much, how often and how hard seems to vary dependent upon who you ask.

Most of us know that we are not doing enough to keep as fit as we need to be if we want to be able to play with our grandchildren. Remember: 'Life begins at 60'.

So, I thought I'd share my top ten pointers on getting fit for the life you want to lead.

1) 'Use it or lose it' is nearly true. The less we move the harder it becomes, especially as we age. However, 'lose it' is not completely right. People of all ages can get fitter and feel better by simply finding an appropriate form of exercise. The oldest marathon runner at London last year only took up running in his 70s!

2) Find something you enjoy. Golf, delivering papers, whatever!

3) Committing to a regular activity helps build habits. This is essential if you truly want your life to change.

4) Look for a supportive community; join a club or become a regular at a friendly fitness class.

5) Invest in yourself. Paying for expert advice is hugely worthwhile, ensuring you get the most out of your chosen activity, improving your performance and building your confidence, all of which will make you keener to keep pursuing that activity. Book some sessions with the golf pro, book a yoga retreat or attend a workshop.

6) Set a goal and work towards it. This really helps you get in regular sessions and gives you motivation when sometimes the sofa is more appealing. It's also great for explaining to your mother-in-law why you can't have that lovely looking piece of cake. When dieting, peer pressure is one of the biggest causes of failure. Why not enter a running event or take part in the local tennis tournament?

7) Set a regular time as a family or a group of friends to do something active; an early morning bike ride every Saturday morning or a family stomp to the Downs every Sunday afternoon. When others are expecting you to be there you won't let them down.

8) Don't feel activity has to always be lengthy or hard to be worthwhile; blasting your body for an hour at the gym once a week is of no great benefit but a regular evening walk round the block for 20 minutes after dinner is.

9) Don't think you have to get completely battered to have a great workout, in fact over-training has a negative impact on performance. But similarly, don't panic if you get out of breath!

10) Try to be active in a way that raises your pulse for at least 20 minutes every day.



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HURST VILLAGE CINEMA

By David Saitch

We launch our Autumn season in September as part of Hurstpierpoint Festival, for which we have programmed something for everyone.

We open up our Festival programme with Richard Linklater's amazing film, *Boyhood* (15). *Boyhood* is an absolutely terrific film and is an astonishing achievement in a number of ways. Filmed in stints of a few weeks every year over 12 years, it tells the story of a family, focusing on their young son, who grows from the age of 5 to 18 before our eyes. The film is a work of magic; despite the fragmentary nature of the filming it is beautifully structured, utterly seamless and the performances are superb. Everyone will be swept along and moved by this love letter to life.

We then have a film that will appeal to everyone from the age of ten up - *Guardians of the Galaxy* (12A). The film is that most welcome of things, a genuinely exciting sci-fi blockbuster movie that doesn't take itself too seriously. Peter Quill, is abducted from Earth by an alien ship as a young boy. We meet him 25 years later working as a hired thief. But when his latest target, a mysterious orb, attracts the attention of an intergalactic villain, Quill finds himself thrown together with a motley crew in a race to save the Universe. Witty, thrilling and filled with fantastic music, this is one of the most surprising blockbusters to come out in the last 12 months.

For families we have *Epic* (U), an adventure comedy that reveals a fantastical world unlike any other. When a girl finds herself magically transported into a secret universe, she teams up with an elite band of warriors and a crew of comical, larger-than-life figures in the exciting adventure to save their world... and ours.

In addition to the films we have an encore screening of the National Theatre performance of Shakespeare's searing story of political manipulation and revenge *Coriolanus* (15), with the brilliant Tom Hiddleston in the title role. When an old adversary threatens Rome, the city calls once more on her hero and defender: *Coriolanus*. But he has enemies at home too. Famine threatens the city, the citizens' hunger swells to an appetite for change, and on returning from the field *Coriolanus* must confront the march of realpolitik and the voice of an angry people. Fast, witty, intelligent, dynamic, irresistible - Hiddleston is sensational.

Tickets for the Festival are available via the Hurst Festival website www.hurstfestival.org from 27th July, and the Festival box office from 30th July.

Popcorn panna cotta

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By Peter Hampson

If you are hosting a party over the summer - why not serve this delicious chilled dessert to your guests?



Ingredients:

400ml double cream
200ml milk
140g toffee popcorn, plus a little to serve
2 gelatine leaves
4 tbsp caramel (Carnation do a ready-made one)
¼-½ tsp flaky sea salt

Method:

- Pour the cream and milk into a pan, add the popcorn and bring to a gentle simmer, pushing the popcorn under the liquid and squashing gently on the bottom of the pan. Bubble for 5 minutes and then remove from the heat, transfer to a pot and chill overnight.
- Strain the popcorn cream back into a clean pan and gently reheat, discarding the remaining bits of popcorn. Meanwhile, bloom the gelatine leaves in cold water to soften for 3-5 mins. When the popcorn cream is steaming and the gelatine is soft, remove it from the water and squeeze out any excess water. Place in the hot popcorn cream and stir until dissolved. Set aside to cool a little.
- Mix the caramel with the sea salt to taste. Divide the salted caramel between 2 glasses or pots. Pour the popcorn cream on top and chill for at least two hours.
- Serve each pot topped with a few pieces of toffee popcorn.



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Suggested summer reads

by Deb Hollywood

For Mums: The Paying Guests by Sarah Waters

It is 1922 and a large, silent house is now bereft of brothers, husband and even servants.

Life is about to be transformed for impoverished widow Mrs Wray and her spinster daughter, Frances, now obliged to take in lodgers.

With the arrival of Lilian and Leonard Barber, a modern young couple of the 'clerk class', the routines of the house will be shaken up in unexpected ways. And as passions mount and frustration gathers, no one can foresee just how far-reaching, and how devastating, the disturbances will be. This is vintage Sarah Waters: beautifully described with excruciating tension, real tenderness, believable characters and surprises.

For Dads: The Girl Who Wasn't There by Ferdinand Von Schirach
Sebastian von Eschburg, scion of a wealthy, self-destructive family, survived his disastrous childhood to become a celebrated if controversial artist. Accused of murdering a young woman, he needs the help of seasoned lawyer Konrad Biegler, who also wants to help himself in the process. But Biegler soon learns that nothing about the case, or the



suspect, is what it appears. The new thriller from the acclaimed author of The Collini Case is dark, ingenious and irresistibly gripping.

For Mums and Dads: (something to talk about!) The Ties that Bind by Erin Kelly

Set in current day Brighton with a retrospective look back to Brighton's gang land of the 60s, Erin Kelly's 4th novel confirms her as a Queen of psychological suspense. Read the book, then join Erin Kelly at this year's Village Reads Event (see Hurst Festival Programme for details).

For Teen Readers: Young Teens: An Island Of Our Own by Sally Nicholls
Jonathan is the older brother we would all like to have. Left parentless,

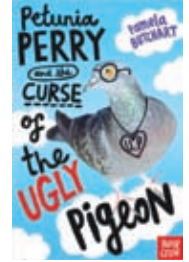


and seemingly penniless, they survive a series of mishaps until it becomes clear they must set off on an incredible adventure in search of a suitcase left by Auntie Irene. You will race along with them all the way to Orkney and back.

Older Teens: When Girl Meets Boy by Ali Smith
A coming of age novella that holds its own alongside the likes of Salinger's The Catcher in The Rye.

Up to age ten – any title by Pamela Butchart!

Try Petunia Perry and the Curse of the Ugly Pigeon or My Headteacher is an Alien Rat. There'll be chuckles of laughter from the car/plane/boat/bedroom!



The Parent Agency by David Baddiel, brilliantly funny and gripping, this is an epic wish fulfilment adventure for every child (well those over the age of 9!).

Early Readers: The Party Club by Anne Fine

A sharp and drolly observant take on primary school life. Hugely reassuring! And Albert and the Garden of Doom by Phil Earle.

Picture Books: A Walk in Paris by Salvatore Rubbino

Paris – the most beautiful city in the world! It's the perfect place for a girl and her grandad to spend the day. Salvatore Rubbino's friendly text and fresh, lively illustrations beautifully capture the delight of a young visitor experiencing the wonders of Paris!



Hurstpierpoint Singers

The Singers have been making music in Hurstpierpoint and district since 1950 and are a friendly, varied group who enjoy making music together.

Under the direction of Paul Simpson, we meet every Monday evening in the Methodist Church, Cuckfield Road, from 7.30-9.30pm commencing 7th September.

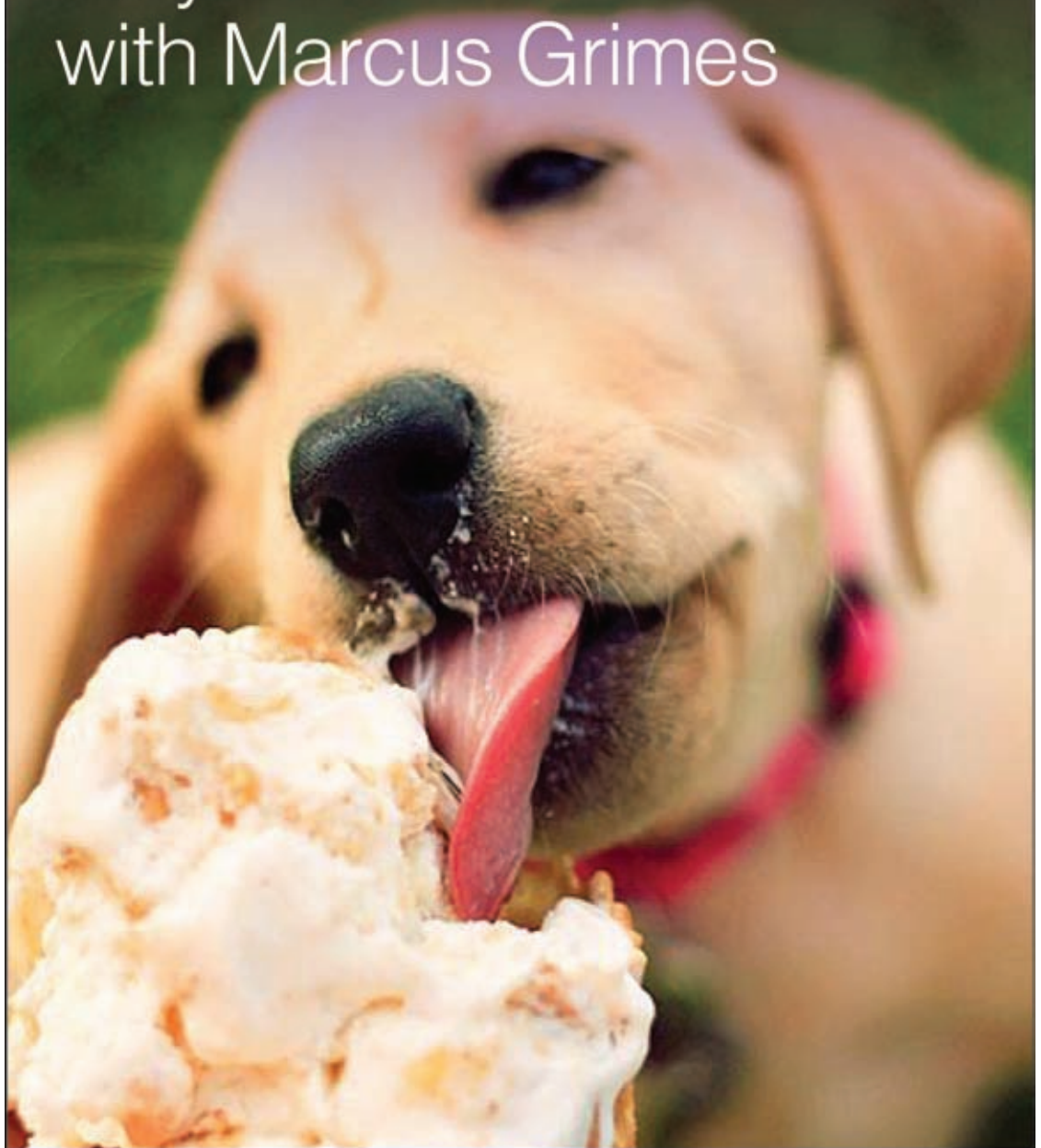
Our Christmas Concert, which is always a great success, takes place in the village centre with carols, Christmas music and plenty of audience participation.

We also present a spring concert of works by well known composers, this season being Stainer's Crucifixion in Hassocks United Reformed Church.

If you enjoy singing, do come along and hopefully you will find that making music can be both satisfying and enjoyable.

Contact: David Redd (secretary) 01273 831801, email info@hurstsingers.co.uk or visit the group's website www.hurstsingers.co.uk

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What's on this month

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August

4th **Hurst Afternoon Club:** 2.15pm. Gongoozling for Beginners (or Life on the Canals) with Neil Sadler (Pam on 831705 or email pam.mitchell@plusmail.plus.com)

September

1st **Hurst Afternoon Club:** 2.15pm. Connecting Communities. We invite everyone interested in issues affecting older people to join in the Big Conversation, a county-wide discussion about community safety led by Sussex Elders' Commission members and brought to you by Mid Sussex Older People's Council. Working in groups, you will be invited to share your ideas and concerns about policing and crime issues, including fear of crime, nuisance calls and scams, local policing, isolation, road safety and antisocial behaviour (Pam on 831705 or email pam.mitchell@plusmail.plus.com)

15th **Wolstonbury WI meetings:** 7.45–9.45pm. Centenary Celebration, visitors welcome

AND ELSEWHERE

August

- 1st **Crossing Ponds: Song, opera and Broadway numbers from Europe and America:** Danny House, Hurstpierpoint BN69BB 7pm. With Rønnaug Sundling soprano, Lucy Goddard mezzo soprano, Michael Waldron piano. Tickets on the door or from Vanilla, 40 High Street, Hurstpierpoint £12 full price/£8 concessions (01273 833403)
- 8th **Burgess Hill District Lions:** Car Boot Sale raising money for local projects. South Downs Nurseries, Brighton Road, Hassocks 9am–1pm. Sellers to set up from 8am. Cars £10, vans £12. No food, plant or trade stalls (01273 845232)
- 9th **Hurstpierpoint & District Branch RNLi:** Open Garden, 15 Orchard Way, Hurstpierpoint BN6 9UB 2–5pm. A colourful garden which opened during the recent Hurstpierpoint Open Gardens is re-opening by popular demand. The Urban Nomad will be on the drive selling ice creams and some soft drinks, from her bicycle! Entry £2
- 19th **Mid Sussex Ramblers Hurstpierpoint Circular:** Hurstpierpoint, Trinity Road Car–Park 7pm. Four mile ramble to the west of Hurstpierpoint (Paul 077834373473 or www.midsussexramblers.co.uk)
- 21st **Blood Donor Session:** Adastra Hall, Keymer Road, Hassocks 2–4.30pm & 5.30–8pm. Just drop in or make an advance appointment www.blood.co.uk
- 28th **Hurst Hassocks and Ditchling U3A:** Adastra Hall, Hassocks 2pm. The Magic of Pantomime by Ian Gledhill (Jacqueline Brewer: 01273841072 or j.brewer420@btinternet.com)

September

5th **2015 Albourne Village Show:** noon–4.30pm

Hurst makes idyllic shortlist by Telegraph

In an article written by Caroline McGhie in The Telegraph last month Hurstpierpoint was named as one of the 25 'most idyllic English villages' as the article cited the preference for many home buyers to have a decent restaurant, a brilliant school and a good deli.

The article said of the village: "Perched on the South Downs with a mainline station at Hassocks two miles away, trains to London Victoria in less than an hour. "It has a fishmonger, greengrocer, restaurants, pubs and several good schools, dentist and doctor," says Alex Mackay of Mishon Mackay."

If you wish to read the full article, check out the Hurst Life Twitter and Facebook feed as we posted a link to the article online.

Items for sale

Would you like to sell or giveaway something to a good home locally? If there is demand we will start a small classified section in next month's Hurst Life magazine. Entry will be free for all items, and if there is space we will even include a photo if you provide one.

Email your entry with title and description and price (if applicable) and a phone number to classified@hurstlife.co.uk before 18th August.

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A stylized illustration of a woman with blonde hair, wearing a blue jacket and a pink skirt, with her arms raised in a celebratory gesture. She is set against a teal sky with several white seagulls flying. In the background, there is a yellow silhouette of a building with a spire. The overall style is flat and modern.

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