

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #10 : Jan 2016

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yourself!



Benny's run challenge for 2016

p. 12

Village People: Charley Hill

p. 8

Hurst Village Cinema

p. 20

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EDITORIAL

By David Tingley, Editor

I wonder if the unseasonably high temperatures in West Sussex will have reduced by the time you read this? Certainly at the time of going to print we hadn't seen many frosty mornings around Hurstpierpoint as beautifully captured by **David Gingell** on our cover, from a couple of years ago.

We are always after **new photography** of the village for our image library. When readers send in photos, we will always reply and then save the image under the appropriate month. Then, when that month's magazine comes up, we can look at what images we have to choose from our local photographers! If yours is selected for a cover, we will send you a **£20 shopping voucher** to spend in the village. It's as simple as that!

So, if you have a fabulous image from March, May or one that you take this month - do send the best quality version of it to us by email to photos@hurstlife.co.uk

Elsewhere in the magazine we have many of the usual features which I hope you can enjoy with a little post-Christmas downtime.

Just over the page we celebrate with two organisations who were recently presented with awards. Massive congratulations to the local charity **ReMEMber** and local wine merchant **South Downs Cellars**.

On **page 14 Pete Hampson** gives us a twist on the classic Christmas treat Turkey Curry. **Page 11** gives us a glimpse of Hurst resident **Rachael Babister** in our popular '5 mins with...'. On **page 8 Lucy Webb** meets **Charley Hill** and tells her fascinating story.

There is a **New Year fitness theme** throughout the magazine too, with Lucy trying her hand at **yoga** on **page 19**, **Caroline Telfer** gives advice to reduce new year injuries on **page 18** and **Benny Coxhill** is giving an early challenge to residents to consider the **St Lawrence Fair Fun Run** in July; you can start training now - see p.12!

A Happy New Year to all.

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Hurst Life Published by Kipper



David Gingell
A crisp morning across the fields in 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

Queen's Award presented at Danny

Mrs Susan Pyper, the Lord Lieutenant of West Sussex, recently presented at Danny House the Queens Award for Voluntary Service to reMEMber, the longest established registered charity in Sussex for people who have ME.

Mrs Pyper congratulated the Hurstpierpoint-based charity for the work it does helping people who suffer from this chronic and disabling illness. She then read out the citation from Her Majesty the Queen which reads '..... to reMEMber (the Chronic Fatigue Society). Helping people who suffer from the chronic illness ME get the best possible treatment and advice enabling them to lead more fulfilling lives. Greeting! We being cognisant of the said group's outstanding voluntary work in the community, and being desirous of showing Our Royal Favour do hereby confer upon it the Queen's Golden Jubilee Award for voluntary groups in the community 2015'. The Lord Lieutenant then presented Janice Kent with the crystal commemorative award.

Among those who attended the ceremony were the Deputy Lord Lieutenants, Daphne Anthony and Carole Hayward, the High Sherriff of West Sussex Denise



Patterson, the Chairman of West Sussex County Council, Mrs Pat Arculus, the Chairman of Mid Sussex District Council, Peter Reed. Also Mr Richard Burrows, owner of Danny House and Sue Deane of Hurstpierpoint who are both Trustees of reMEMber, and a number of reMEMber's volunteers.

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Hurst wine shop award



The International Wine and Spirit Competition (IWSC) has awarded Hurstpierpoint wine merchant South Down Cellars the title of 2015 Independent Retailer of the Year.

Founded in 2003, South Down Cellars focuses on bringing high quality products to its customers, offering an extensive variety of more than 1,150 wines, as well as craft beers and spirits.

Commenting on the win, founder of the company Lucy Driver said: "We are delighted to have won this year's Independent Retailer of the Year, especially as for this particular award the public is involved in the voting. It's great to know our consumers feel that we are adding value to their experience."

Late night shopping in Hurst was great fun

The mulled wine was flowing and the mince pies were going down a treat as local shoppers browsed the Christmas delights on offer at the Hurst High street Christmas shopping event on 3rd December.

Retailers pulled out all the stops (and twinkly lights) to entice shoppers into their premises, and there were some very enjoyable treats laid on.

Gill at Ashley & Thomas provided the usual 'snow'. So real that the hairdressers next door ran out exclaiming: "It's snowing!"

Truffles had gingerbread man/lady decorating, the Mint House had a rather excellent reading of Rudley's Windy Christmas by its author, Helen Baugh, complete with special trumping sound effects, and even Hurst Dental practice made an effort. The steps up to the waiting room were transformed into an Arctic grotto, serving drinks, party food and face painting! Well done to all retailers who pulled the stops out again this year.



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Charley Hill

VILLAGE PEOPLE

By Lucy Webb

Christmas is a time, among other things, for the conspicuous consumption of nearly everything, from Quality Street to telly watching and overspending on the credit card. Among all the good things it represents, such as giving thanks for what we have, being with our families and filling us with seasonal good cheer, how often do we spare a thought for those less fortunate than ourselves?

I've met some very admirable folk who work tirelessly to help others less fortunate but I've never met any as young as Hurst resident, Charley Hill. At 24 years old I'm ashamed to compare her to my 24 year old self, worried mostly about which club I was going to that weekend and whether I could afford a new pair of platform trainers. My compassionate self was entirely less developed than Charley's, and it seems this passionate and courageous young woman is the kind of person we should be looking to idolise, not the newest offering from Simon Cowell's wannabe sausage machine.

Born and bred in Hurstpierpoint, she's a dyed in the wool villager. Her father, Mark Hill, was the local policeman for some time, was on the school PTA and helped to organise the annual Remembrance Parade. She went to St Lawrence School, and then on to St Paul's in Burgess Hill where she studied to get a place at Staffordshire University in Stoke to read Broadcast Journalism.

She admits that in her second year on the course she wanted to leave after being sent on what she calls a 'death knock'. Her job was to interview the family of a boy whose body had been pulled out of the River Trent, and the reality of the trauma and grief she witnessed nearly took away her drive to follow this particular career path.

Her fellow students and course leader persuaded her to stay and this decision proved to be the right one as her tutor with 30 years experience in journalism was so impressed with a report she'd worked on about the petrol shortage she sent it into ITV.

So how does someone like Charley end up in a place like Sierra Leone? The opportunity came about via her family's church, St Peter and St John the Baptist in

Wivelsfield. Her Mum learnt of a link to another church in Sierra Leone and that they were looking for able-bodied volunteers to fly out and lend a hand. Charley tells me she'd always wanted to do work for the Red Cross or the UN but they require some experience, so it seemed the trip to Sierra Leone was a way of getting a foot in the door.

Her first job after her finishing her degree was at The Heeler Centre in Hassocks, and she says they were more than happy for her to take time out to volunteer overseas.

Charley explained that on her first trip, although the time zone is the same as ours and they speak the same language, her introduction to the country was a steep learning curve.

She stayed with members of the local community, who were lucky to get running water, or in the charity compounds. She tells me: "You eat what is essentially the 'daily catch', often fish cooked with garlic, the local potato leaf, groundnut stew and anything that has plenty of palm oil or coconut oil in it!"

Her first trip to Sierra Leone was an introduction to the country and the work the link church, St Matthews, were doing. She learnt about the problems the locals face on a day to day basis, and how different living conditions were compared to the Western world.

On Charley's second and third trips she worked with Street Child, a London based charity helping children orphaned by Ebola. Prior to the second trip she raised £1500 and while she was there she got to see where the money would be spent, visiting rural projects, doing outreach work at orphanages and going into the community to liaise with Chieftains and Chiefs.

One of the charity's key roles is to help reunite homeless children with their families after becoming separated by the country's civil war, disagreements, or more recently, orphaned by Ebola. They aim to get children back into school and the families into support.

In 2013 she met a child called Henry, who was at a school party when someone started a fight. Henry got



pushed into a large crater and broke his leg. For months he didn't have any Western medicine, his family relying on traditional healing methods mainly because medical help was beyond them financially.

By the time he was seen by a doctor it was decided he had to have a below knee amputation, then a further amputation at the hip as the infection spread. He died of blood poisoning 3 to 4 days before Charley's first medical parcel arrived, sent from the UK with donations from family, friends and the parish of Wivelsfield.

The trip when Charley met Henry was in November 2013 and she explained: "Mentally I came back a wreck. I took solace in going to church while I was out there and when I got back, but looking back I probably should have had some counselling. I struggled with the stark differences in these children's lives to mine. Why was I born into this life with so much while they have so little? It sits heavy on your heart that you'll never cure the world, the best you can do is help one child at a time."

As she did more trips her confidence and optimism grew and, with the support and encouragement of her family and work colleagues at home in the UK, her trips have become much more positive.

She tells me of a country now 'full of resilience and strength post-Ebola, who fought hard for their Ebola free status and eventually got it'.

As explained, drugs are expensive, and the average life span for someone living there is around 52-58 years old. Despite, or perhaps because of this, the people, 'don't have time to grumble!' as Charley puts it, and just get on with the job of survival in a distinctly upbeat way.

Although the UN has named Sierra Leone as one of the poorest countries in the world, things are looking better, with the president Ernest Bai Koroma, enlisting the help of the Chinese to re-tarmac the roads and help rebuild the infrastructure in small steps.

Charley's next trip will be in May or November 2016, (depending on the seasons), and she intends to run one of the Street Child Marathon 2016 races in Sierra Leone. She says that while the locals tend to run these races full

pelted in 30/35 degrees heat, she may take a little longer!

Her main contact out there is Sierra Leonean Martha who lives in Bo, the second largest city in Sierra Leone. Martha, who has become like a sister to Charley, helps her to plan trips and keep abreast of developments almost every day.

"She is a wonderful woman, and I have never met anyone as kind, caring and generous as her. She supports me as much as I support her in life" explains Charley.

Martha has a habit of feeding local children, often returning from work to find 20-30 kids waiting at her front door for their evening meal!

So how can you help Charley to continue her amazing work? You can sponsor her run in 2016 for Street Child or you can donate medical equipment - Charley explains that out of date medical equipment from office medical boxes are invaluable, as they often contain sterile wipes and bandages etc that can still be used. If an elderly relative has recently died, any left over sterile bandages, or unopened creams, are always needed. She often takes out or sends parcels of warm clothes or toys for the kids, and is happy to collect donations or just drop off at St Peter and St John the Baptist church in Wivelsfield.

So what next for this amazing young woman? Charley explains that, although she plans to continue her aid work thanks to the lenience of her current boss, Jon, at Hunters Estate Agents in Burgess Hill, she couldn't see herself living in Sierra Leone.

She explains that, although she has never felt so safe and comfortable in another country, she's just bought her first flat in Burgess Hill. When she eventually gets round to publishing the diaries she writes every day during her trips, I'll be first in line to read all about her inspirational journey.

Visit www.street-child.co.uk if you want to donate or learn more about the upcoming marathon in Sierra Leone.

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5 MINUTES WITH...

Rachael Babister

How long have you lived in Hurstpierpoint?

Six years.

What's the best thing about being here?

The friends I've made and being so close to the South Downs and Brighton.

Favourite ice cream flavour?

It has to be mint choc chip!

How many houses have you lived in?

Eight in total, just two in the village.

Favourite holiday destination?

I have a great love of Ibiza.

Your most enjoyable event in the village?

It has to be the St Lawrence Village Fair of course!

Do you share your home with anyone?

My fab hubby Baz, my two gorgeous daughters Lyddia & Caitlin, and not forgetting our furry pets, Twiglet and Splodge.

Song you play the most?

That's a tricky one - there isn't really just one. I do love a bit of cheesy pop though!

Mac or PC?

Most definitely Mac.

Your most frequented village shop?

Probably the Co-Op... although some may say The New Inn!

What's your proudest moment?

Making my family - marrying my husband and having our daughters.

Coke, juice or water?

Ice cold water.

Your advice for life?

Live it! Don't worry about what other people think and just do what makes you happy!



My New Year's Resolution

By Benny Coxhill, Race Director

St Lawrence: the patron saint of tough guys! As the Romans barbecued him on a gridiron trying to make him reveal the treasures of the church, he just laughed and said: "I'm done on that side, turn me over!" So every year we pay tribute by sending fun runners over Wolstonbury in the scorching summer heat of Fair Day. Your resolution for this year? Join them! It's time to start practising now.



The five mile route is off-road, apart from a short stretch along New Way Lane. It's usually quiet but watch out for cars and cyclists and wear something bright so they can watch out for you.

Here's the training route. (1) You have to imagine the crowds around the arena on fair day as you start on South Avenue recreation ground. For now start in the corner by the wooden gate and run along the road parallel to the High Street, then left by the toilets and head south on Pitt Lane where it turns into a narrow track. Keep straight on as it opens out, over the private drive and through the trees and across the little bridge. (2) Turn left as you come to the road to Little Washbrooks and run past the outbuildings. Cross a stile and pass the nursery on your right, then another stile, across the field and into the woods. This short stretch has lots of tree roots so be very careful and keep your new Christmas trainers clean. Carry on to the south as you come out of the trees, past the stile and over the field until you reach the woods.

(3) Turn to your right and climb over the stile and now you are on the Roman road. Head west and go over another stile, still heading west on to Bedlam Street. Pass the Pest House and Bedlam Street Cottages, then turn left to follow the driveway to (4) Randalph's Farm with its interesting chimneys. Keep the farm buildings to your left and follow the track south, down the slope to the next wood. You'll appreciate the shade on race day as you run under the trees and come out at Foxhole Cottages where there will be some water for you.

(5) Turn left off the road and on to the bridleway leading straight to the hill. As you reach the woods there is a risk of mud on the trainers. Now the climb starts as you go through the gate slightly to your right to head straight up. Don't be tempted by the nice level bridleway through the trees to your left and right.

Honestly, it is possible to run this stretch, although

some race winners have walked it in the past. In the words of Kate Bush, 'I'm running up this hill, no problem'. The race route zigzags to the left following the chalky track. Keep climbing. Notice the small humps on the ground on this steep side. Those are ant hills and at the right time of year there are some very rare orchids around this side of the hill.

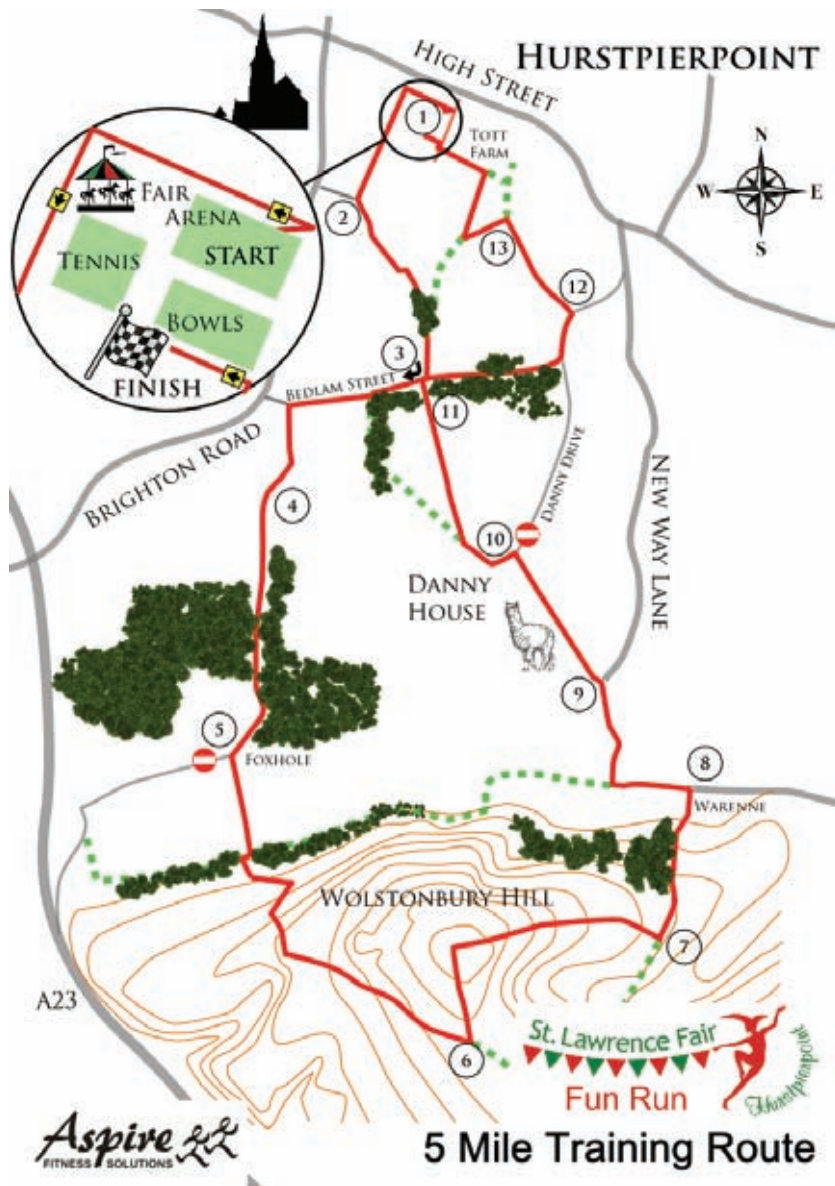
Eventually it levels off a bit and you follow the path going around to the right of the summit, keeping the fence to your left. Pass through one gate, then watch out for (6) the stile on your left to go up to the trig point. If you find yourself at the second gate, where the path goes downhill, then you have gone too far. After the stile, where the path forks take the left route to the trig point and take a breather at the top to enjoy the view. From here look for the windmills and head down in that direction to the east.

As you come down, and before you reach the first gate, you pass the site of a Roman villa that was just to the left of the path. Straight on down until you reach (7) the gate by the trees. Look out for the iron fence post on your left that is gripped by a tree and is now held way above the ground. That was from World War II when the Canadian army was stationed at Danny House and they trained on Wolstonbury. It used to support barbed wire.

Turn left and be careful as you go down the very uneven path to (8) the Warrenne to join New Way Lane. Watch out for traffic, then turn left and stay on the road, around the sharp corner, until you reach (9) the red post box on your left after about a quarter of a mile. Turn left on to the footpath, not down the drive to Danny Farm. The path goes a short distance through the trees then over a stile and you can say hello to the alpacas. Danny House soon comes into view and you bound over two stiles to come to the driveway.

On race day we have kindly been given permission to use the drive but it is a private road the rest of the year so keep to the public footpath. (10) Head to the right of the house then over the stile on your right, keeping to the left of the field. Over a stile, right across the field, then another stile and you are into a field marked out with an avenue of young oak trees. It's a nice flat stretch to practice some sprint reps but you've still got a way to go. (11) Climb over the stile into the trees and you come out where you were earlier on the Roman road. Turn right here and you join the route of the short 1.5 mile course heading east (what do you mean, why didn't I tell you about the short course until now?). Keep to the right

Photo by Claire Brewer



of the field then straight on the path through the trees, across another field then over the bridge. This brings you through a lovely tunnel of trees and as you emerge turn right until you reach Danny Drive by the cattle grid.

Turn left along the drive until you see (12) the big fallen tree on your left where you turn off the drive, follow the footpath over the first stile and carry on until you reach the gate. (13) The race route doesn't go to Tott Farm just ahead of you but it turns left, over another stile then you turn right at the metal gate to go up the slope north towards Little Torch ahead of you. When you climb over the stile on to the footpath you are nearly there. Watch out as you cross South Avenue, although on Fair Day it will be closed to traffic and full of food stalls. The finish is straight ahead, so vault the barrier and sprint to where the finish line will be at the back of the bowls club.

Well done if you can find your way around that. If you are interested in course records, the men's is held by Jonny Crickmore with a time of 30:55 in 2014 and the women's by Sally Norris 38:25 in 2013.

But rushing like that isn't for everyone and for most of us it is quite enough to get round. Put Fair Day in your diary if it isn't already – it's Saturday 2nd July this year. Look out for the entry forms and for more information about the short course and the family prizes this year.

Aspire Fitness Solutions will be assisting with organisation again this year and they can give you advice on training. If you would like to help rather than run, please get in touch with me (stlawrencefair.funrun@gmail.com); there are lots of jobs from handing out water to running the course as back marker.

Happy training! See you in the summer.

Creamy turkey curry in a hurry

FINE FOOD



Ingredients:

1 red onion
Splash olive oil
50g butter
1/2 teaspoon fennel seeds
1/2 teaspoon ground cumin
1 red chilli - deseeded and chopped
Turkey leftovers
2 cloves garlic thinly sliced

Pinch of: Ground ginger, ground cinnamon, ground coriander, paprika, chilli powder, allspice.
2 heaped tablespoons of dark brown sugar
400g tin chopped tomatoes
1 tablespoon tomato purée
2 chicken stock cubes (good quality)
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This month Head Chef at the New Inn, Pete Hampson, shows us how to use up leftover turkey from Christmas in this post-December classic. This makes four portions, so adjust as to how much turkey you have left over.

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

Heat the oil and butter in a heavy bottomed saucepan. Gently fry the onions, chopped chillies, fennel seeds and ground cumin until the onions are soft. Add the garlic.

Take off the heat and add a pinch of each of the following - ground ginger, ground cinnamon, ground coriander, paprika, chilli powder, allspice. Add the dark brown sugar, tin of chopped tomatoes, tomato purée, chicken stock and return to a low heat.

Cook for about half an hour to give the spices time to work. The longer you can gently cook this the better but in an emergency, and with some less use of spice I have managed to serve this in 15 mins.

Add the turkey, stir in the cream and cook for a few minutes more, stirring often. Just before serving, add the chopped fresh coriander and stir through and serve.

Add seasoning if desired.



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Top tips for reducing the risk of injury

By Caroline Telfer

It is exciting starting out the New Year with a return, or perhaps a more focused approach, to exercise. Here are our top five tips to help you reduce the risk of injury.

Increase your training slowly – Every time you train, be it on a run, in the gym or in a fitness class, you are stressing your body (which is a good thing) and as it recovers from that stress it makes itself a little bit stronger. But if you increase training loads too quickly and don't allow sufficient recovery, the opportunity to adapt is reduced and your performance will suffer and injuries can start to appear.

Use this really easy F.I.T.T. guide to help you manage increases in activity. In any one week change only one of the following aspects of your training schedule.

FREQUENCY – the number of training/activity sessions per week. **INTENSITY** – how hard you are working. Hill work or sprints, for example, are more intense than flat, steady state work. **TIME** – the duration of your workouts. **TYPE** – the type of activity you are doing.

Rest and recover well – Good food, sleep and rest are the best for good recovery between training sessions. Foods to look out for are those rich in antioxidants, vitamins C and E. Good quality protein and food rich in omega 3 are also important. Foods to avoid are those high in sugar, processed foods and excessive caffeine.

Don't follow a training plan slavishly, listen to

your body and respect its need to rest and recover. Remember that stress, illness, poor sleep and nutrition delay recovery.

Include variety in your training – As well as working on cardiovascular fitness, include activities that promote strength, flexibility and balance. These are all important components of all-round fitness and help protect against injury.

Warm up – A good warm-up gets your body ready for training. It increases your heart rate, your body temperature, blood flow and gradually introduces your main joints to the range of motion that will be required of them in your workout. You should spend at least 5-10 mins warming up before each session of exercise you do.

Listen to your body – In the first week or so back, you may wake up 1 to 2 days after a session feeling stiff and achy. Don't panic, this is DOMS (Delayed Onset Muscle Soreness) and should subside after 3-4 days.

Importantly, if you have persistent or severe pain, swelling, significantly restricted movement, the sensation of giving way or any numbness or tingling in your hands or legs, then visit a health professional who treats sports injuries.

Finally, treat yourself to a really good massage from a properly qualified soft tissue therapist. They can really help with recovery and mobility improvement, as well as tackling restrictions and postural dysfunctions that could give rise to future injuries.

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Yoga for the New Year

By Lucy Webb

Ever woken up on New Year's Day with that feeling of dread about going back to the usual 9 to 5? Andrea Jackson and Anne Villa are two Hurst residents who have taken the yoga they are passionate about into their professional lives.

Andrea Jackson – Yoga

Andrea worked as the MD of a TV distribution business in London for nearly 20 years, and also travelled a lot with her job. She realised that the time had come to change the balance of her life – particularly with two young children at home.

She moved to Hurst around 8 years ago, after living in London and then Brighton, so that she and her husband could "Have a garden!". Funny how such a basic and important pleasure is so rare in the big smoke.

Building on her love of yoga, she took the plunge and decided to train as a yoga teacher at renowned Yoga centre Triyoga in London. This resulted in her eventually realising her dream and quitting her London based job in November 2014. She then decided to do her advanced teacher training, gaining an impressive 500 hours teaching.

Andrea explains: "Yoga has given me balance and perspective, and helps me to deal with the balancing act of everyday life, such as being a mum, freelance TV work, the list is endless. Yoga helps me to remember to draw a breath!

"The physical practise of yoga helps you feel alive, and there is always a connection with an attitude of gratitude. The style of yoga I teach is Vinyasa Flow, where all the poses link together and the practise becomes a moving meditation."

Interestingly she does not have mirrors in her practice studio, as she feels: "I wants people to turn their awareness inwards and experience their practise at a deeper level."

She currently runs classes around 3 to 4 times a week from the yoga studio she has in her home and also teaches individual classes.

Annie Villa – Aerial Yoga

I went along to one of Annie's classes, which she teaches at Bikram Yoga in Brighton, after being impressed by photos of her class.

The studio is rigged with equipment specifically for aerial yoga, with huge loops of stretchy fabric Annie calls hammocks suspended from the ceiling. Annie assured me that they can take up to 22 stone in weight; just about ok for me then, as my husband helpfully commented!

Annie went to great lengths to explain that if anything felt too hard, I should wait out the pose and join in again when I felt able to continue. Wise words, and indeed, Annie is a relaxed and chatty teacher, giving me the somewhat deluded idea that I was indeed an expert aerial yogi.

It's a strange feeling being upside down for any length of time, and made me realise that although I spent much of my childhood hanging upside down off climbing frames, as an adult the body forgets and the initial sensation is a bit odd. Annie assures me that the body and brain soon adjust to this, and after a while aerial yoga is an incredible way of building core muscle strength, upper body strength and flexibility in a new and exhilarating way.

Her sister recommended doing Bikram yoga to help her recover from an Achilles' tendon injury, discovering the aerial yoga class while practising here. She decided after a year to take a training course to become a teacher.

"I loved it, it completely changed my personality, I felt de-stressed and calm. In fact I felt amazing."

She also teaches antenatal aerial yoga, and is now learning to teach aerial hoop classes, so if you ever fancied running off to the circus, Annie's classes are the next best thing!



HURST VILLAGE CINEMA

By David Saitch

We have just completed our first year of live broadcasts from the National Theatre and, at the end of the year, the first live broadcast from the Kenneth Branagh Theatre Company. The broadcasts have been an absolute triumph and it is seen as very special to have the chance to see the live performances from such prestigious theatre companies on Hurstpierpoint High Street at such great value prices.

Our first live broadcast of 2016 is NT Live's broadcast of **Les Liaisons Dangereuses** from the Donmar Warehouse on Thursday 28th January. Featuring an all-star cast, including Dominic West, Janet McTeer and Una Stubbs, this irresistible adaptation of Choderlos de Laclos' novel of sex, intrigue and betrayal in pre-revolutionary France is a must see. Tickets for live broadcasts are £10 members and £14 non-members. Doors/Bar 6.30pm, performance 7pm.

For our films, we open on Thursday 14th January with the uplifting, typically politically incorrect French comedy, **Untouchable** (PG). This irreverent story of an unlikely friendship between a handicapped millionaire and the streetwise ex-con he hires to look after him is both funny and inspiring. Later in the month, Friday 29th January, we have Alexander Payne's most recent film, the witty and bittersweet road movie **Nebraska** (15). Bruce Dern is superb as the grumpy old man from Missouri who believes he has won a million dollars and is determined to get to Lincoln, Nebraska to collect it, despite his family's attempts to persuade him that it is a hoax. Tickets for our weeknight films are £4 members and £6 non-members. Doors/Bar 7.30pm, film 8pm.

On Saturday 30th January for families we have a charity screening of the film the wonderfully funny and entertaining new adaptation of **Paddington** (PG). Tickets for our Saturday Cinema films are £4. Doors 2.30pm, film 3pm.

This month our Sunday Cinema screening is the brilliant and moving true story, **Philomena** (PG) on 31st January. Tickets for our Sunday Cinema films are £3. Doors 3pm, film 3.30pm.

Tickets for our films can be bought online at www.hurstfilms.com, at Mishon Mackay on Hurstpierpoint High Street, or call us on 01273 835875.

You do not have to be a member to come to the Village Cinema, but membership is still only £10 per annum.

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What's on this month

AT THE VILLAGE CENTRE

- 5th **Hurst Afternoon Club** – 2-4pm
Talk by Ian Nelson: The History of Hurstpierpoint
- 5th **Scottish Dancers** – 7-10pm
- 10th **Sunday Afternoon Tea Dance** – 2-4pm
- 12th **Scottish Dancers** – 7-10pm
- 16th **Hurstpierpoint Dance Club** – 8pm
Ballroom and Latin dance, any skill level welcome
(£7 Ken 07759 698990)
- 17th **Sunday Afternoon Tea Dance** – 2-4pm
- 19th **Wolstonbury WI Meeting** – 7.45pm
Japan from the Inside by Stephen Morphew
Visitors welcome (enquiries 01273 832575)
- 19th **Scottish Dancers** – 7-10pm
- 22nd **Afternoon Club committee meeting**
10.30am, Methodist Hall, Cuckfield Road -
Anyone interested in helping can go along
- 24th **Sunday Afternoon Tea Dance** – 2-4pm
- 26th **Scottish Dancers** – 7-10pm
- 31st **Sunday Afternoon Tea Dance** – 2-4pm

AND ELSEWHERE

- 30th – **The Wizard of Oz by Hurstpierpoint**
- 9th **Players** – The Players Theatre, matinee and evening performances. (Tickets £10 & £6, available from Vanilla, 40 High Street)
- 8th **Pop Up Pub** – 8.30pm Albourne Village Hall
- 12th **Over 50s Afternoon Tea** – 2.30-4.30pm Albourne Village Hall. Free, all welcome
- 12th-16th **Puss in Boots by The Weald Theatre Group**
Clair Hall. Haywards Heath. (Tickets from £5 available from Box Office 01444455440)
- 15th **Pop Up Pub** – 8.30pm Albourne Village Hall
- 17th **Ditchling Beacon Circular Ramble** – 10.15am
Meet at Beacon car park, 4 mile leisurely walk
(Call Phil 01273 835931)
- 22th **Pop Up Pub** – 8.30pm Albourne Village Hall
- 29th **Hurstpierpoint Historical & Geographical Society**
Art Deco talk by Ian Gledhill – 8pm,
Hurstpierpoint Guide Hall (next to Trinity Road car park – access from car park, £3 for non-members - annual subs £10)
- 29th **Pop Up Pub** – 8.30pm Albourne Village Hall



Practice raises funds

As part of the Late Night Shopping event on Hurstpierpoint High Street last month, Hurst Dental Practice has raised much-needed funds for local charity St Peter & St James Hospice & Continuing Care Centre.

The total amount was £342.64.

Dentist Anu Jawahar commented: "We saw huge foot flow in to the practice that evening which was fabulous news, and the raffle was a huge success with many happy winners."

Fancy a ramble?

By Tony Osmand

As 'the Ramblers' group for the Mid Sussex area, we offer a varied program of walks throughout the year to suit all ages and walking abilities.

Walks are arranged for every Saturday, Sunday, and Tuesday throughout the year, and on Bank Holidays, and occasionally other days in the week. They consist of half day walks of 3 to 6 miles and, for the more energetic, all day walks of 9 to 11 miles. During the summer months there are also Wednesday evening walks (3 to 4 miles) and weekend walking breaks and coach outings with walks.

Whether you are new to walking or an experienced walker, you are very welcome to come along and give us a try.

To find out more, details of our group and walks are available in local libraries or view our website at: www.midsussexramblers.co.uk or call me on 01444 483053.

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