

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #22 : January 2017

Free
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All your Hurstpierpoint news

p. 4

Winter soup by Belle

p. 18

The story of the carved owls

p. 10





Year 3 Taster Morning

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EDITORIAL

By David Tingley, Editor

Happy New Year! I do hope you are still in the holiday spirit and are sitting with your feet up and a leftover mince pie next to your mug of tea.

January can be, in some ways, a bit of a downer, as the excitement of Christmas has passed with the new year to come. From a magazine point-of-view we see that there is always less going on in the village in this month (see **What's On, page 38**) - but don't panic, it won't be long before your calendar will be bursting with local events to attend!

On our centre spread this month we feature some of the amazing photos taken by **Louise Sullivan** of **Santa's Fun Sunday** last month. The day was a real success and the organisers are keen to receive your feedback - read about that request and see if you recognise anyone on **page 20**.

On **page 14 Michèle Copeland** writes about the Hurstpierpoint Museum & Heritage Group and its Chairman **Brian Judge**. There you can read about how it all started and how you can be involved too.

Talking of involvement, **Village Fair** co-chairs **Gary Thomas** and **Phil Willoughby** invite you to consider playing a part in the 2017 Fair. See **page 24** for more on their plans and further details. Thanks to **Rupert Bates** for submitting this article - someone who has himself taken on a new role this year. We look forward to hearing more as July gets closer!

A year ago we found out more about the **Hurstpierpoint Foodbank** - in this issue **Cheri McCarthy** updates us on how the year has been for the much-needed service. Read about it on **page 9**.

Lastly, we feature a truly heart-warming story on **page 30** where **Gail and Stuart Miller** realise that good old-fashioned **community spirit** is alive and well in Hurstpierpoint.

But then, I guess we knew that, didn't we?!

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Hurst Life Published
by Kipper

Terl Bryant

A crisp winter's morning
across the village fields



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Vacancy for Parish Councillor

Hurstpierpoint & Sayers Common Parish Council has a vacancy for a Councillor in the Hurstpierpoint Ward.

This position would be by co-option and the successful candidate would be in post until May 2019, when they would be eligible to re-stand or step down.

An information session is being held at 7pm on 8th February in the Village Centre for anyone who would like to find out more about the role. There is no obligation for anyone who attends the session to apply.

For more information contact the Parish Office by email to: hurstpierpoint.pc@btinternet.com or call 01273 833264.

Society boosts school pool cover fund

Hurstpierpoint Society has recently given a grant of £2,500 to St Lawrence Primary School as a contribution to the fund which will purchase a cover for the school swimming pool - which is currently open to the elements, making it unfeasible to use it all the time.

Tim Moulds, Governor at the school, explained: "The benefits of the pool improvement will be there for the whole village community. The school will offer the pool to local qualified instructors for lessons and fitness classes.

"Hurstpierpoint is a lively and growing community with a great range of facilities for its residents. The grant from the Hurstpierpoint Society means that we will soon have a swimming pool available to us as well. Many thanks."

The fundamental principle of the Society is 'to watch over what goes on in our beautiful downland village and to ensure that nothing is allowed to encroach on its boundaries without permission or consideration'.

Hurstpierpoint Society is particularly keen to attract new members in the newly developed parts of the village where newcomers may not know the area. More information is available from www.hurstpierpointociety.org.uk or from Sue Deane, membership secretary (sgdeane@gmail.com).

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Co-op has moved into new temporary shop

Over the recent Christmas period the Co-op store has moved from its temporary stall on the village green in to the Hurst Community Charity Shop building.

The small size of the pop-up trailer (in situ since the fire in the pet shop during the summer) has meant that it has struggled to keep up with the demands of the many residents who relied on having a supermarket on the High Street.

A Co-op spokesman explained: "The new space will enable us to stock a much better range than was possible previously - which we know our customers were asking for."

The chair of trustees for the Community Charity Shop, Michael Barnes, explained: "We were approached some time ago by the manager of the Co-op who offered recompense for loss of earnings while it was out of use for us. As the whole raison d'être of our existence was to help finance village community projects along with the church reordering, the trustees soon agreed to the notion, and we closed on 6th December."

However, he is keen to stress that the shop will be open for business again in late spring.

"In the meantime we would ask that residents hold on to items until April/May when we will be able to accept donations of goods once again. Thank you."



Tree forest at school

The annual Christmas Tree Forest was staged once again in the school hall at Downloads Community College last month.

The event is organised by teacher Marc Whitmore who leads the students Community and Charity Focus Group, and this year the forest raised money for the Cancer Research Fund.

The students approached local organisations and businesses from Freedom Leisure to the Royal British Legion, who not only sponsored a tree but inspired the decorations. Each tree has a theme appropriate to the organisation that has sponsored it. Visitors to the Christmas Fair were asked to vote for their favourite tree and make a donation. We were delighted to raise over £180 for Cancer Research UK.

The top section of the advertisement features the logo for HASSOCKS EYECARE CENTRE, which consists of three overlapping circles in red, green, and blue. Below the logo is a photograph of a woman with long blonde hair wearing dark aviator sunglasses, looking off to the side with her hand resting on her chin.

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Creative experiences for kids

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Create Space was founded by Hurstpierpoint resident Zoe Thompson in 2009, when she was invited to set up dance classes at St Lawrence School.

Following a career as a professional dancer and choreographer, Zoe has taught dance for many years in schools, youth centres, stage schools, special needs centres for children and adults and setting up, then becoming Head of Dance at Hurst College.

With a lifetime dedicated to dance, she wanted to expand and reinvigorate Create Space Studios in January 2016 by starting creative, experiential multi arts holiday workshops. The ethos for the company is very clear she explains: "Learn from fantastic, creative, industry artists, who give the most exciting, inspirational experience to young people, whilst providing opportunities to try something new or a little unusual often that's not readily accessed. The process is the most important part, as it's also confidence building and mind opening, but the result being enjoyable with the young creators having ownership." Zoe goes on to say: "I don't want Create Space Studios to be the same as anywhere else. I want it to be a bit unexpected. I want it to be eclectic, and welcoming all abilities at all ages. I want to provide an environment that cultivates the artist in everybody!"

To date the varied artists who have collaborated with Create Space Studios have included two different style singer/songwriter/musicians, a film/TV/stage special effects make-up artist, costume designer, children's author, music producer and graffiti writer.

The first workshop last February was with talented local children's author Helen Baugh. As a fan of Helen's work, Zoe was very excited about the collaboration based around her latest book and felt that having a published author would inspire children to want to write and make up their own stories. Zoe then helped the children to lift their characters and ideas off the page to create drama scenes, enhanced with costume, make-up, learning a sailor's hornpipe and even a sea shanty song!

With the success and brilliant feedback Zoe had, she has continued to invite the highest calibre industry professionals to work with children from ages 5-16 years old and believes that an artist who works in their field brings a depth of knowledge and passion that ignites children's interest and creativity. Packaging each workshop, ensuring quality time learning from the artist, then time experiencing complementary art forms, has become a brilliant way to expand the young people's cultural, historical and artistic contextual understanding. Each workshop culminates in an exhibition and/or

performance for family and friends.

During Take It To The Streets workshop, Zoe brought respected Brighton graffiti writer Jiroe to teach graffiti techniques, including stencilling and spraying. Everyone created their own canvas, and the older participants even sprayed baseball caps and T-shirts too. Zoe complemented Jiroe's art by teaching capoeira – a Brazilian martial art (a passion since writing her dance degree dissertation about the roots of capoeira and its rise in popularity), street dance and a traditional south African gumboot dance performed by miners – all art forms that have derived from the streets.



Create Space dance classes have grown from three classes per week to eight, including a Boys Only (6-7pm) and Adults (7-8pm) both in Hurst on Thursdays, newcomers welcome!

Zoe was also involved in the Hurst Festival 2016, including a brand new site-specific choreography, performed by teenage dancers in South Avenue park. She is looking forward to doing another similar project this year, as well as continuing her work alongside brilliant artists providing the best unique experience for young people.

The next workshops, during February half term, include Record A Track, back by popular demand, with Skyline Studios and their brilliant producer Jez Larder. This extremely popular workshop provides an opportunity for young people to record in a Brighton studio, working with Jez who has produced, mixed and engineered tracks for the likes of David Bowie, Simply Red, Estelle, Jonny Moped to name a few... All Singing, All Dancing with Kate Matthews, who will teach children how to use their voices correctly with live accompaniment, then carousel to Zoe who will get them moving. Through The Lens will be with photographer and film maker Michael Wray, who will be exploring how to get the best photograph from an artistic point of view, less selfie - more creativity!

To keep up to date with what Create Space Studios are offering, see social media @createspacestudios on Instagram and Facebook, email zoe.createspace@gmail.com or call 07950 646 019 to speak to Zoe or make a booking.

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Hurst Food Bank - one year on

By Cheri Mccarthy

Hurstpierpoint Food Bank, situated in Willow Way, runs on Wednesdays from 9-11.30am.

At this time of year there are a lot of people struggling to put food on the table let alone when they were thinking about Christmas. On the flipside of this, our community is very generous and we have received donations locally from the Methodist Church (for Harvest Festival) and from The Hobina Choir, who recently collected £93.67 at a performance at the Players Theatre.

We also have been fortunate enough to receive a huge food donation from Downlands School in Hassocks.

Teacher Mrs Kirsten Gaymer explains: "This term the Global Ambassadors have been considering the global problem of hunger. They discovered it's not just a far away problem and, whilst there are millions of people suffering from hunger around the world, there are also many families in Sussex that can't afford the food their family needs.

"The Ambassadors decided to take action by organising a school-wide food collection for local Food Banks. There was a huge response, and on Wednesday 14th December two minibuses full of food and keen students visited the Hurstpierpoint and Burgess Hill Food Banks to deliver the mountains of tins, pasta and Christmas food donated by Downlands students and staff. The school collected over 2000 items.

Mr Wignall, Headteacher at the school, said: "It is so heartening to see how generous our students have been in supporting this worthwhile campaign. I am very proud that Downlands helped local families to have a better Christmas.

The volunteers who work at the Hurstpierpoint Food Bank were delighted and truly humbled at the generosity of the local community.

For more information about the local food banks visit: www.burgesshillfoodbank.org.uk



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The pine lives on

ST GEORGE'S MILLENIUM GARDEN

By David Brown, Chairman, St George's Millenium Garden Trust

Many readers will have seen 'Three Wise Owls' which have been sculpted atop the main stems of the Monterey Pine, which sadly we had to have cut down in the summer for safety reasons. We hope you will be able to enjoy them for many years to come.

We have been asked: "Why not create some more from the large logs lying on the ground?" Well, yes, but finance is an issue. As a small Trust, this year we have spent a considerable part of our reserves on both the pine tree and repairs to the path. So, any further sculptures would need new money.

Therefore, we have set up a sculpture fund, and if you would like to support it please post or hand deliver a cheque (made payable to St George's Millenium Garden Trust), or hand in cash, to : Sheila Mc Neill, Tanglewood, Abberton Field, Hurstpierpoint, BN6 9QD (bungalow on main road opposite St George's House).

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Local historians talk about parish church building

If you enjoy local history then there is a treat in store for you this month!

Ian Nelson (well known local historian) and John Norris (leader of bell-ringing team) will lead an introductory guided walk around the church entitled 'How to Read a Church'.

The event will take place during a coffee morning at Holy Trinity Church on Saturday 21st January. Admission is free.

This should be of considerable interest to regular churchgoers at Holy Trinity, historians and visitors and friends, as it is an ideal opportunity to find out more about our village church and why it was built and developed in the way that it has.

The coffee morning will be open between 10am-12noon, with the guided walk starting at 10.30am.



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2017: Time for a change?

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A recent client comments: "A brilliant coach! Working with NineDot and Lindsey has been a powerful and effective process. It has been a turning point in both my life and my business, leading to growth and success, both personally and professionally!" Rebecca, Paris St. Cloud, Dinard – Nov 2016.

For more information call Lindsey on: 07704 681 332 or email on info@ninedotpartnership.com or visit www.ninedotpartnership.com; Or contact The Alternative Healthcare on 01444 474 447 to make an appointment.

Brian Judge

VILLAGE PEOPLE

Village resident Brian Judge moved to Hurst with wife Janet 35 years ago. He has been Chair of the Hurstpierpoint Museum & Heritage Group since it was first formed in 1995. Its first exhibition was held that same year and still are to this day in the Village Centre.



By Michèle Copeland

I was really looking forward to meeting Brian Judge, in the flesh, so to speak, having realised that I had already met him, but only briefly, at a Hurst Festival evening function at the College last September.

We had decided to meet at the village centre, to take pictures of some of the exhibits, prior to having coffee at his place.

Brian had trained as an engineer. After some time spent in Henfield in the 1970s, in 1981 he and his wife, with their three boys, decided to move to Hurst when his work moved from Brighton to London.

Two of the boys attended St Lawrence School and all three went to Downlands.

Brian has been widowed now for six years and is a proud grandfather of three.

I spent a delightful couple of hours in his company, over mugs of coffee in his kitchen before moving to his dining room table, where he showed me poster after poster of what the Group had achieved over the years.

He is obviously very enthusiastic and passionate about the Hurstpierpoint Museum & Heritage Group with which he, and most of the group, have been involved in from the start. Way back in 1995 he, and a number of others, attended a meeting at the Scouts HQ from which Hurst 2000 was formed; tasked with taking Hurst through to the next century. Subsequently, various groups were formed. His became the Museum Group. There were five or six in the team in those early days. He was elected Chair and they started to meet regularly.

Mrs Phillips, from Ditchling Museum, came along to explain what they might have been letting themselves in for, but this did not dampen their spirits or deter them in any way. They investigated the possibility of premises, but this seemed beyond them financially, so they decided to proceed on the basis of staging themed displays twice a year using the public library.

Their first exhibition was within six months of their inaugural meeting. They actually put on two separate displays at that time, each lasting two weeks, and they were considered to be a success by those who came to see them.

One member of the group even found two handmade books in a skip in Steyning. They were full of sketches of towns and villages in Sussex with illuminated script. The author may have died before he completed his work and the books thrown out as part of a house clearance. It seemed such a travesty!

The group canvassed local opinion to see if a museum was wanted. They organised guided historical walks around the village. They enlisted local press and radio stations to help keep them in the local eye and participated in village events, such as the Village Fair and other community arts projects.



The Museum Group continued with its Library exhibitions on a regular basis until the extension of the Village Centre provided them with permanent display facilities.

They have loaned temporary exhibitions to local schools and participated in county wide events through the Sussex Museums Group. Over time they have amassed a varied collection of artefacts that they can call on for specific exhibitions. Once they were lucky enough to get hold of an original Victorian passport of Frederick Weekes of Hurstpierpoint, which was given to them by a relative of his based in Worth. This formed the basis of an exhibition.

The Group still meets informally in Hurst several times a year to decide on new displays.

When the Village Centre was enlarged, cabinets were provided for the museum's use in the foyer and, as the old Parish Office had become vacant, they were able to have use of this by contributing to the Council Tax.

Every Saturday morning the room was manned by volunteers, and many artefacts were donated by visitors during this period. The room is now used by the Mother and Baby Group and storage of artefacts is now off site.

Thereafter, the local council allowed the group to display their collections in the glass cabinets adjacent to them and the local Hurst Library. This location of their display cabinets in the foyer of the Village Centre means that a free access facility has been provided to the village for over twenty years and hopefully for many more to come.

When asked how they managed to come across such a variety of objects, Brian told me that many were donated following local house and attic clearances in the village and then rehomed in their storage space for further exhibits.

The variety of displays over the years has been truly remarkable, as seen on some of the themed posters Brian showed me. They range from Danny House (2008/9) to the Victorian High Street (2010), the St Lawrence Fair 700th anniversary artwork competition (2012/3), Village People (March 2015), the Pink Flamingos FC (September 2015) and more recently 'Fashion - surely you didn't wear that?' (September 2016).

The latest 'Collectomania' (November 2016) could strike a familiar chord in many of us. It's defined as 'an obsessive desire to collect things'.

Nowadays, just about anything is collectable. There is a whole industry supporting the hobbies of collectors; specialist shops and websites for specific collections; collectors fairs and antiques shops; auction rooms and, of course, charity shops.

I would strongly encourage people to go and view the exhibition.

"They are five of us active in the Group," Brian explained. "Myself, Cathy Messum as Secretary, Tony Bright as Treasurer, Rae Heaviside as Display Organiser and John Avis. The fact that we have all been going on for this long means that it goes without saying that new members would be extremely welcome, as would any village memorabilia."

If you think you may be interested in helping out in the Museum Group or would like to know more, you can leave your details with the Parish office or call Brian Judge on 01273 834251.

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½ tsp sea salt
 2 tbsp olive oil (or 1 tbsp coconut oil)
 2 handfuls spinach
 1 fresh chilli
 1 tbsp fresh lime



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



This recipe is adapted from a recipe on the Real Simple website - here's my version!

Smooth vegetarian soups with a chilli kick (to give the metabolism a gentle boost post-Christmas) can be found in many of my cleanse course recipe collections. This is one to fire you up about healthy eating!

How to:

1. Sauté onion and garlic in oil until translucent
2. Add veg stock, squash and curry paste. Heat and let simmer for 15 minutes or until squash is tender. Remove from heat and let cool for 10 mins. Blend. Add coconut milk and process until smooth. Season with salt if required.
3. Prepare tofu. I find this best if you remove the tofu from the packet, discard the fluid, wrap in a clean tea towel then place a saucepan of water on top. The aim is to remove excess water and make the tofu firm without distorting its shape. Cut into one inch cubes. Heat a little olive oil/vegetable oil in a non stick pan over a medium heat. Using a spray oil is a good idea. Add tofu and cook until golden brown, 3-4 minutes per side.
4. Toss the spinach, sliced chilli and lime in a bowl, season with salt. The soup may need gentle reheating.
5. Serve the spinach mix and tofu on top of the soup.

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Christmas came early

SANTA'S FUN SUNDAY

Last month the village turned out in huge numbers to get excited about Christmas and enjoy the day together.

Santa's Fun Sunday, organised by a small group of business owners and residents, was a different way to get in the Christmas spirit as the High Street was closed for the day.

There were a variety of food and craft stalls lining the street, along with plenty of entertainment for and old alike. Stilt-walkers, giant bubble blowing and a snow machine being just some of the fun.

Gill Blackburn, one of the organisers, commented: "The weather was on our side, the village came out and the day was magical! It reminded me just how lucky I am to live in such a great village community."

At the time of going to press the event had raised over £700 for Hurstpierpoint charity Cancervive.

Thanks go to: All residents for their support (some of whom who had to put up with their road being closed), the traders, Burgess Hill Lions, the Community Charity Shop, staff at The Co-op, the Players Theatre, Holy Trinity Church, Sam Nixon and Zoe Thomson and all their performers, George who organised the musicians on the green, the amazing children's choir from South Way

School, Stephen & Chris from Gogglebox for switching on the lights, Hurstpierpoint & Sayers Common Parish Council – who promised a spectacular tree and delivered, Louise Sullivan and her husband for capturing the event in photos, Steve the marquee man, Hurst Chapel Choir, our Firefighters, Elsa and Olaf the stilt-walkers, our two Father Christmases, all the stallholders and the dream team Gill, Jules, Cat and Robbie!

The organisers would welcome feedback from anyone who attended this year's event. Was the day better than the previously held late night shopping? How did it feel for you? Please email your views to secretary@hurstpierpointtraders.com so that they can build on the success of this year and make it even stronger next Christmas!

The photos here are taken by Louise Sullivan Photography - and these (and many more) can be purchased as prints from her website www.louisesullivanphotography.co.uk with profits going to Cancervive.





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Just TWO months into my Ayurvedic treatments and following the holistic advice of the Ayurvedic Doctor for diet and lifestyle I have 90% mobility and strength back in my knees, my hands and wrists are making steady progress and I have renewed energy levels. Everyone at the clinic is welcoming, caring and calm and truly interested in doing their very best to heal." JFL



It takes more than two to tango!

By Rupert Bates

True story: I once walked down a Sussex street and bumped into somebody who didn't know Phil Willoughby.

If the new President of the United States pitched up in Hurstpierpoint, the locals would inquire: "Who is the bloke dipped in Tango with the dodgy hair next to Phil?"

Phil Willoughby and Gary Thomas have taken over this year as co-chairs of the Village Fair, formerly known as St Lawrence Fair.

Given their day jobs it is surprising the theme of this summer's Fair on Saturday July 1st isn't Construction, rather than 'Let's Dance'.

Phil runs Caldwood, a surveying and construction business, out of Little Washbrook Farm in Hurstpierpoint, and his growing company would be even more successful if he charged every time a mate picked his building brains over a pint in the New Inn or White Horse!

To walk through the village with Phil is a slow process, as he is stopped by just about everyone and often a relation.

"I have too many extended family in the village to mention," Phil exclaims!

Gary, a former coach at Hurstpierpoint Tennis Club, works for Parker Building Supplies in Haywards Heath, so when not discussing Fair ideas, the pair are talking bricks and lorries.

Phil, who moved to Hurstpierpoint eight years ago, is one of triplets. They are far from identical, although after a jug of Moscow Mule to Willoughby's secret New Inn recipe I've been known to see three Phils!

He grew up in Poynings and his schooling took in Hurstpierpoint Pre-School, Albourne Primary School and Downlands in Hassocks. Phil's wife, Justine, runs the Elite Choice Home Care in Hurst in partnership with another Hurst resident, Kelly Freestone. Phil and Justine have two children, Harry aged nine and Eliza aged five, who both go to St Lawrence School.

Gary, who went to school at St Lawrence and

Downlands, lived in Hurst before moving to Hassocks six years ago. He has two daughters, Jasmine aged six and Megan aged three.

"We immerse ourselves in village life both socially and professionally, and it is great through the Fair to put something back into our local community," says Phil.

"The Fair brings the whole village together and has done for over 700 years! While we might be the committee faces of the event, it belongs to the village and we are always looking for volunteers to help in any way," says Gary, praising the great work of last year's co-chairs Rachael Babister and Tara McHale.

Help can come in many forms, be it for events and promotion in the run up to the big day or Fair Day itself.

The committee is also keen to market the sponsorship opportunities. The Fair costs a lot to put on, but in attracting an estimated 7,000 people on the day alone, it is an excellent opportunity for local businesses to put themselves in the spotlight.

"When you mention sponsorship, some people worry about the Fair becoming too commercial, but not if it is promoting local trade and enterprise. What better way to shout about your products in a relaxed, hugely social environment on home turf? It is money supporting the village's biggest annual occasion, which, in turn, helps local causes and charities," says Phil.

The 'Let's Dance' theme should ensure an entertaining mix of routines dominating the floats -from Ballet to Ballroom, Disco to Flamenco. Who knows, if Donald Trump turns up, we might even see a Tango!

There will be the regular Fair events such as the Teddy Bears' Picnic, the Fun Run and the Friday evening party and Children's Disco on South Avenue Recreation Ground.

The committee is open to all ideas to add to the event, but ideas need volunteers to implement them.

"It is amazing what you can achieve just by tapping into local resources," says Gary.

If you would like to help, please email the committee at stlawrencefair@gmail.com



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HURST VILLAGE CINEMA

By David Saitch

We kick off the year on Thursday 12th January with a superb film, suitably set in the wintry landscape of Iceland, **Rams** (15). In this droll Icelandic tale, we meet two brothers, Gummi and Kiddi, who have tended sheep on neighbouring farms for 40 years but never speak to each other. When a disease outbreak prompts the government to impose a cull on livestock, they must put their differences aside to protect their animals, but each has a different idea how to go about it. Credible, hilarious and poignant by turns, Rams is a keenly detailed, well-paced and entertaining tale of family dynamics and radiant humanism, heightened by superb performances and stunningly beautiful cinematography.

On Friday 27th January we have **Maggie's Plan** (15). Decent comedies are an endangered species. It's getting harder to spot one that isn't clichéd and contrived and doesn't have you digging your fingernails into your palms with embarrassment, which makes 'Maggie's Plan' the snow leopard of romcoms; intelligent and screwball-funny, with clever and complicated female characters. Greta Gerwig meets a married novelist (Ethan Hawke) and they fall for each other. Three years later, and with a daughter, the couple's relationship is floundering, so she devises a plan to extricate herself and send him back to his ex-wife. Exuberantly performed by the first rate cast (Julianne Moore is hilarious as the pretentious intellectual ex-wife) this is a super comedy, full of funny one-liners and sharp observation.

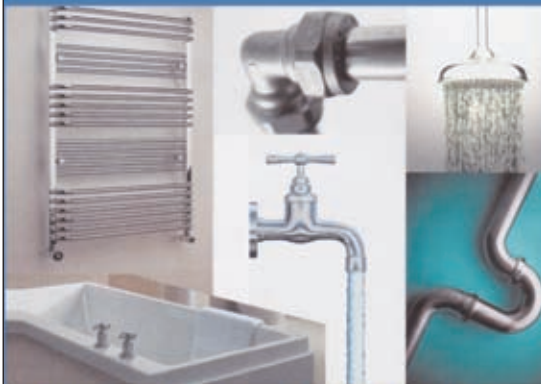
Our Saturday Cinema on 28th January is **Finding Dory** (U). Filled with laughter and tears, it's exactly what a great sequel should be - like the original, only better.

Then, on Sunday 29th January we have **Eye in the Sky** (15). Helen Mirren plays a British Army officer who has been tracking a group of terrorists in Kenya. Finally locating them in a small house in Nairobi, surveillance shows that they are preparing to carry out suicide bombings. She orders a drone strike, but then a little girl is spotted in the kill zone. A superbly tight and gripping thriller that exposes the moral complexities of modern warfare.

Our 2nd February NT Live Broadcast of **Amadeus** is sold out, but there are still tickets left for the 16th February NT Live broadcast of Bernard Shaw's **Saint Joan**, starring Gemma Arterton.

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Below the belt

WOMEN'S HEALTH

By Caroline Telfer

There is a silent epidemic amongst women; one that is hidden by a mix of embarrassment, shame or, perhaps worse, one that is being normalised by the media and adverts for 'sensitive bladder' products!

If you leak when you cough, sneeze, jump, run or take part in any high impact activity (and that includes bouncing on a trampoline) then you have urinary stress incontinence (USI). Whilst this is common (1:3 women will suffer from this) it is NOT NORMAL. It is most common in women who have been through pregnancy and childbirth but USI can also affect many young women (including the super fit) who have not had children.

Why does it happen?

In the majority of cases, USI arises from poor function of the pelvic floor muscles. The pelvic floor is a sling of muscles that supports the organs of the pelvis and has a key role in managing bladder or bowel function in both men and women. Weak, poorly co-ordinated or damaged pelvic floor muscles can result in reduced control and leakage. It can also lead to pelvic organ prolapse, where the bowel or bladder intrudes into the vagina. These muscles are put under considerable stress during pregnancy and childbirth and in some sports which involve a lot of high impact or impact on the abdomen. Other factors that affect the performance of pelvic floor muscles are the changes in the quality of connective tissues that occur as a woman transitions through menopause.

Do not accept!

Our culture of hiding this problem in plain sight leads us to mask the symptoms. This might be by not taking part in activities that cause us to leak, moderating fluid intake, wearing a pad or clothes that can hide an accident. You can now buy special pants that absorb leaks and reduce odour. These are being marketed to the fit and active 30-40 age group! All of this normalises USI and conditions us into not taking control of our pelvic health. How much better would life be if we focused on education to let women to know that, in the vast majority of cases, USI can be vastly improved or stopped altogether?

The way forward

As is the case with most muscular weakness, injury or dysfunction, co-ordination and strength can be greatly improved by the use of the correct training and rehabilitation. In some cases surgical intervention may be needed, but in uncomplicated cases of USI or mild prolapse good functionality can be returned to meet the requirements of daily life. You also need to know how to manage load when lifting, e.g. taking heavy shopping out of the car, picking up small children or any of our daily activities which challenge our core stability. Which types of exercise are good for your pelvic floor and which ones will load it beyond its capacity? How do you nourish yourself to maintain good bowel health, as constipation can be a significant driver of poor pelvic floor health?

How to take action

There are a variety of NHS and private options for dealing with pelvic floor dysfunction. Through the NHS you can visit your doctor and ask for a referral to the Women's Health Physiotherapy team at Princess Royal. You can see a women's health physiotherapist privately. Or for those with uncomplicated USI and those that have been diagnosed with mild prolapse, the Holistic Core Restore® 'Everywoman' programme offers a conservative pelvic floor wellness and fitness program that combines progressive and functional pelvic floor exercise with nutrition, self-care and lifestyle advice. This is also suitable for new mums looking to return to exercise in a graded and pelvic floor safe environment, peri- and post-menopausal women and those in the advanced stages of recovery from abdominal surgery such as hysterectomy.

However you choose to tackle this problem, remember this might be something to expect at certain life stages but it is not something you have to accept. Be proactive with your pelvic floor health and it will serve you well throughout your lifetime.

For details visit www.musclebalancemassage.com/holistic-core-restore or call Caroline Telfer on 07922 114328.



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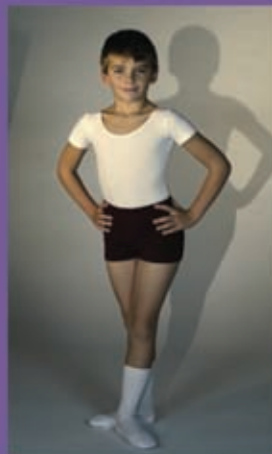
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Neighbourhood Watch find Daisy the cow

By Michèle Copeland

Gail Millar recently moved from Torch Holiday & Retreat Centre*, where she was a pioneer and general manager for 18 years. Her time at the centre had come to an end and she had to find somewhere to live, as she lived in tied accommodation.

Whilst living there she got married to Stuart. Initially, he had come from Scotland and met Gail for their first date in the village. That weekend, the Cow Parade** happened to be in the village too, so she described to Stuart where she lived according to the description of all the different designed cows down the High Street. He must have thought that she was a bit mad and questioned if it was a right move to meet her there!

However, unbeknown to her, the Cow Parade had moved on and by the time Stuart arrived on the Friday, all the cows had moved away from the village. He must have thought that Gail had made it all up!

Since then, Stuart has bought her several miniature cows for birthdays and anniversaries.

One day Gail happened to mention that she would like a full-size one. Eight years ago her wish came true. A full-size cow, called Daisy, was sold to raise money for the charity and eventually settled in the garden of the Centre. The people with blindness (staying at Torch) loved it and painted it for her, and it became the meeting point for the fire evacuation.

Gail and Stuart moved in October to the new estate of Spireswood Grange. Daisy the cow came with them, and they put her in the front garden. Within the first couple of weeks they noticed that she had been moved but thought nothing of it. In the third week both she and her husband had to go away on business.

While they were away they had a phone call from the site's sales office to tell them the following story of the neighbourhood cow watch:

'Early one evening, neighbours were driving towards the estate when they noticed two girls dragging Daisy along Chalkers Lane. They stopped and ask the girls if it was their cow.

One of the girls ran off but the other said that it was. The neighbours said that they didn't think so and that the cow belonged to someone on their estate. The girl then ran off. The neighbour stayed with the cow while his wife went to find Gail and Stuart. However, as they were not at home, she knocked on a neighbour's door who immediately went to rescue Daisy!

They carried Daisy to their garage, which was opposite the sales office, and put a note through Gail and Stuart's door. Workmen working in the house noticed the note. Not knowing what had happened, they thought it was



a ransom note for Daisy, took it to the sales office who then called them!

Gail and Stuart arrived back with wine and flowers for the neighbours who had rescued Daisy. She is now in the back garden until concrete shoes are made for her to return safely to the front garden.

She has been sorely missed.

Gail commented: "This has really helped us to get to know our neighbours. We love living in a place where people clearly look out for one another."

*The Torch Holiday Retreat Centre is situated on Hassocks Road, Hurstpierpoint.

** The Cow Parade (pictured below). Charlie Langhorne was approached by Michel Ozwelski in 2003 to help launch The Hurst Festival. It was decided that life size model cows would be sponsored and painted by local artists and dotted around the village, as if they were going on a trail, or 'a cow walk'. Subsequently, they were still used in the 2004 and 2005 Hurst Festivals and in the St Lawrence Fair 2005.





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Double cup delight for Hurst rugby teams

Hurstpierpoint College's U15 and U16 rugby teams have had a great season so far to reach the later stages of the national and county cup competitions.

The U15A team, which has won 13 of the 14 school fixtures this season, has reached the last 16 of the NatWest Rugby Cup Competition after playing their fourth round match against Trinity School, Croydon.

Hurst's U16A team has reached the semi-final of the Rugby County Cup.

Master in Charge of Rugby, Rob Kift, commented: "The College's rugby as a whole has been in fine form this season and all twelve teams in the senior school have met with success. Nine teams have had winning seasons, which is a testament to the hard work put in by both the boys and the coaches."

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Flat out on two wheels

ON YOUR BIKE

By Ross McCracken

This month's route takes us on a 25 mile loop starting and finishing at Proper Cycling & Coffee in Hassocks. This is a largely flat route, perfect for a cold weather blast on the bike or a more leisurely day out exploring the local villages if the weather is on your side.

We leave Hassocks and head out through Hurst, straight over the roundabout to Albourne.

At the lights, take a right, then immediate left on to the B2116, Henfield Road. Here, sit back and enjoy the next flat six miles as the road meanders its way through the Sussex countryside. It's a fairly quiet road away from rush hour, but parts are tree covered so consider some daytime running lights especially at this time of year.

After a few miles the road continues (bear left at the fork with Wineham Lane) on to Wheatsheaf Road (still the B2116) and then bear right on to the A201 towards Partridge Green. Partridge Green takes its name from the Partrych family and used to be based around the station on the Steyning line. The station was closed as part of the Beeching Axe in 1966. Partridge Green is now home to Dark Star Brewery (good beer!) and Hunt Bike Wheels (great wheels!)... a little factoid for you there... now back to the cycling!

Turn off the A201 on to Partridge Green Road and continue to the High Street. At the T-junction, take a left on to the B2135. Keep an eye out on your left about half a mile on for Stan's Bike Shack. A great coffee stop (albeit quite soon on the route but that didn't stop us!). They do great coffee from their little timber framed building on the South Downs Way.

After a not really needed but rather nice coffee, continue on through Ashurst to the T-junction with the A283. Take a left, then an immediate right on to Horsham Road. Continue past Steyning Grammar School and go left into the High Street.

Take your time as you ride through the High Street, Steyning has existed since Anglo-Saxon times and is steeped in legend and history. There is some stunning architecture to be found including some medieval cottages on the corner of Church Street. A few Kodak (or iPhone) moments here!

Head out of Steyning on Bramber Road (it's well

signposted if you are not following the Garmin/GPX file) and then on to Clays Hill to the roundabout with the A283. Take the third exit here into Bramber. It's worth stopping here and looking up at Bramber Castle (or at least what's left of it!) built about 1070. Very little is known about the castle's history and despite my temptation to make up something impressive I'll keep this factual and will move on!

Leave Bramber through the High Street and cross the river to Upper Beeding. Take a left here on to Church Lane and bear right at the school on to School Road. Turn right at the T junction on to Decons way followed by a quick left then right on to Smugglers Lane. Continue until you come to the main road and turn left. You are not on the main road for long but be careful, it's fast moving and can be busy at times. Take the first right on to Edburton Road and (I hope you've not overeaten by this time) this is where the lumps begin.

This is a lovely undulating road along the base of the Downs. It's usually quiet but currently there are some works in progress for the new offshore wind farm, so keep an eye out for larger vehicles than you may expect during the week. Continue on, up the hill and into Fulking (home of The Shepherd and Dog) then Poynings (population of 432ish... another factoid for you there!) the home of the Royal Oak Pub and rather good they both are too, I hear!

On the bend by the pub there is a large manhole cover that is, to put it mildly, treacherous on a wet day so take it easy as you come round the corner. A slide here could take you out in the road towards any oncoming traffic.

From Poynings, take a right after the church over the hill to Saddlescombe Road. Left here, and then first right fork on to Beggars Lane. Straight over the A281 then parallel to the A23 before crossing the B2117 at Muddleswood. Straight on here up to the Albourne crossroad, right turn and back to Hustpierpoint and Hassocks for more tea and cake!

Download and view the whole ride from Garmin here: <https://connect.garmin.com/modern/course/14054567>



In Bitter Chill by Sarah Ward

BOOK REVIEW

By Clair Stanton

In Bitter Chill, Sarah Ward's debut novel, is a gripping story involving kidnap, murder and family history. Although set in Derbyshire, Sarah's novels have been compared to Scandinavian thrillers and are a must read for crime fans who like their stories fast paced and well written.

The action switches between the present day and the events surrounding the abduction of two schoolgirls (Rachel Jones and Sophie Jenkins) in January 1978. Rachel returned unharmed but Sophie was never found. Rachel is unable to remember what happened, except that the abductor was a woman, and the case is never solved.

As an adult Rachel leads a solitary life as a family history researcher, haunted by her past but trying not to let it dictate her future. When Sophie's mother commits suicide near the anniversary of the abduction it leads the police to re-examine the old crime and Rachel becomes the focus of press attention once more.

There are some fantastic characters in this novel; particularly the women - Rachel, her formidable grandmother Nancy, and the young ambitious police officer Connie Childs. Ward also captures the 1970s in such forensic detail that I had flashbacks to my own childhood.

I read this in a day as I couldn't put it down and was delighted to discover that it was the start of a series. The second novel, A Deadly Thaw, is out now and is every bit as good.

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

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Downlands sporting successes

The students at Downlands have hit the ground running this term and are competing in so many sports.

The KS3 Girls came a brilliant third in the Touch Rugby Festival at the beginning of November, followed by the talented Year 8 Boys team beating not only Dorothy Stringer but also Cardinal Newman convincingly. The Year 7 Rugby Boys were victorious over Forest School with a brilliant 35-30 win. The Year 9 Boys A Football Team have beaten St Bedes in the Sussex Cup and Rodborough School from Godalming in the National Cup to progress to the next round in both competitions. With

Ed Turns (a Brighton and Hove Albion Academy player) and Sam Wright, Oli Munt, Shay Leahy and Adam Lindo – all Sussex Schools Boys squad members – there is a serious amount of talent in the squad. The Year 9 Boys B Football team have also been in action and performing well. In addition, the U14 Girls Football team won the Mid Sussex Football tournament at the Burgess Hill Academy.

In the District Cross Country competition held at The Weald School in Billingshurst our runners did amazingly well, with Sam Wright, Tom Roberts, Josh Hickingbotham, Oli Munt, JJ Durand, Josh Pay, Morgan Thomas and Bea Sherman all finishing in the top ten.

The Year 11 Rugby Team were a credit to Downlands in the annual Presidents Cup match against the Burgess Hill Academy. It was a tough fought battle, ending in a 22-17 result in Downlands favour! Well done boys! The Year 11 squad is: Roddy Radley-Smith, Ollie Mayhew, Owen Tucker, Joey Macmillan, Henry Point (Year 10), Joe Holland-Villa, Sam Chard, Ben Egan (Year 10), Aiden Williamson, Cameron Yell, Dan Lee, Max Orman-Cannell, Will Godwin, Jason Hawkey, Ed Ashdown and Ben Gaston!

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5 MINUTES WITH...

Sarah Parham

How long have you lived in Hurstpierpoint?

Seven years. Moved from Brighton, via a stint in Dorset.

What's the best thing about being here?

When I moved my husband was living away on business and I knew no one. We don't have children so I thought meeting people would be difficult. I couldn't have been more wrong. It's a very friendly welcoming village with a brilliant community. I love being in the countryside and seeing the changing seasons too, it's just beautiful.

Favorite ice cream flavour?

Sorry, I don't eat ice cream!

Favourite holiday destination?

I love India. I work there sometimes and my husband used to live in Mumbai. I also love the South of France.

How many houses have you lived in?

11 – yikes!

Your most enjoyable event in the village?

I love Fair Day - it's just such a great event.

Who do you share a house with?

My husband (and hopefully a dog in 2017!)

Song you play the most?

Christine and the Queens: Tilted

Mac or PC?

Always a Mac

Your most frequented village shop?

I love all the shops in the village.

What's your proudest moment?

Being shortlisted for New Jewellery Designer of the Year.

Coke, juice or water?

I am quite biblical – it's water or wine for me!

Your advice for life?

Life is short. Don't be scared to change. Do what makes you happy.

If you would like to provide your own answers

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

Sudoku #6

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

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

<< #5 Solution

Find the solution to #6 in next month's magazine

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

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What's on this month

AT THE VILLAGE CENTRE

AND ELSEWHERE

Regular events

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

January

- 10th **Horticultural Society Social Night** – 7.45pm
A social and quiz with drinks and nibbles. Members £2, non members £3. All welcome (Kathy Green - greanhpp@tiscali.co.uk - Secretary's number 01273 842857)
- 17th **Wolstonbury WI Meeting** – 7.45pm
In the Club Suite. 'Those that can do, but those that can't reach' by John Davey
Visitors welcome (enquiries 01273 832575)

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

- to 7th **Alice in Wonderland: The Panto**
The Players Theatre. Matinees at 2.30pm and evening performances at 7.30pm
More info: www.hurstplayers.org.uk
(Tickets from Vanilla or 01273 833397)
- 9th **Hurstpierpoint Singers** – 7.30pm
Methodist Church, Cuckfield Road
Rehearsals start for the Spring Concert which will include a varied programme of music including Rutter, Vaughan Williams and Swann in Holy Trinity Church on 8th April 2017. Voices in all parts welcome (David Redd, 07738 377528)
- 11th **Humanity at Heart Talk** – 2.30pm
Long Melford, Albourne Road.
A speaker from Humanity at Heart, the well loved Hassocks based charity, will give a talk about the work of the charity and how it uses the money we spend in their wonderful charity shop. Everyone welcome. Visitors £2 which includes tea and home made cakes.
- 17th **Three Churches Walk** – 10.15am
Meet at Ditchling Village Hall (BN6 8TA)
This 'moderate' 5 mile ramble takes in Streat Church, Hayleigh Farm, Westmeston Church and return to Ditchling (Frances, 01273 842628)
- 18th **Cathedral Tour Talk** – 8pm
Holy Trinity Church, Hurstpierpoint
Miriam Patrick will share fascinating stories about the many cathedrals she has visited over recent year. Everyone welcome - Visitors £2 which includes coffee/tea and delicious home made cakes.
- 20th **Hurst, Hassocks and Ditchling U3A** – 2pm
Adastra Hall, Hassocks
'Gill Parker - My Life as a Bunny Girl'
- 21st **Coffee Morning & Guided Walk** – 10.30am
Holy Trinity Church, Hurstpierpoint
Ian Nelson and John Norris will lead an introductory guided walk around the church at 10.30, entitled 'How to Read a Church'. Everyone welcome.
- 27th **Hurstpierpoint Geographical & Historical Society**
8pm, Hurstpierpoint Guide Hall (next to Trinity Road car park) - 'The Gilbert and Sullivan Story - with music' by Ian Gledhill
(£3 for non-members - annual subs just £13)

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