

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #25 : April 2017

Free
Please help
yourself!



Meet Andrew Marshall

p. 14

Getting back to the Fun Run

p. 24

Hurst Village Cinema

p. 35



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EDITORIAL

By David Tingley, Editor

One of the great things about my job is that I get to hear about so many events going on in Hurstpierpoint, but I also hear about normal folk who are doing amazing things for a good cause or personal reason.

In this April issue of Hurst Life there is no shortage of great stuff to talk about!

Marie-Anne Leadbetter, for example, is achieving great things at nearby **Sussex Downs College** on her Set Design course. See **page 6** for more on this story.

While on **page 27**, Hurstpierpoint schoolgirl **Grace Norman** explains why she's so excited about being selected to go to Mexico City to help teach English, among other things, but also how she could do with your help too.

When you get to **page 39** you can also read about **Sally Marples** who recently organised a fundraiser for **Cancer Research** and raised over £800! Well done Sally.

As ever there are lots of small news items spread amongst our pages, but I wanted to highlight the **Hurstpierpoint Open Gardens** who are appealing for those of you with gardens to consider opening them up on what we all hope will be a gloriously sunny afternoon in June. Read more about this opportunity on **page 8**.

I would like to thank resident **Andrew Marshall** for being our Village People character this month, and you can read his story on **page 14**. These insights into folk in the community are a pleasure to write and, we hope, great to read. If you know someone whose story should be told – have a word with them first, and then give us the tip off at editor@hurstlife.co.uk please.

On **page 20 Belle Amatt** shares one of her recipes with us. **Page 35** is where **David Saitch** takes up his column about **Hurst Village Cinema** and all that's on there in April, and on **page 30 Margaret Taylor** gives us a personal snapshot in our fun '5 Minutes With...' feature.

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

Parish Council surgeries to be trialled

Hurstpierpoint and Sayers Common Parish Council will be starting a new initiative this month, by holding monthly Parish Councillor Surgeries. They will be an opportunity for residents to speak to a local councillor in an informal manner.

The first Surgery will be held on Saturday 8th April between 10am-12noon, in the Conference Room at the Village Centre, Trinity Road. Two councillors will be available to chat about any issue or idea that residents might have.

All Parish Council and Committee meetings are open to the public and everyone is very welcome to attend. This initiative is being trialled for a year, for those people who might find it easier to chat in this informal manner. For more information, please contact the Parish Council office on 01273 833264 or hurstpierpoint.pc@btinternet.com.



Charity coffee morning at Marram

Join the team at Marram Trading next month when they will be hosting their very first coffee morning in aid of Hurstpierpoint-based charity Cancervive. On Thursday 11th May, there will coffee, cake and activities in Marram's garden from 9-11.30am.

"We are really hoping for a great turnout in order to raise as much as we can for this much needed charity," explained Millie Hampson.

Cancervive provides a support network based on personal experience at such difficult times. All profits from the event will go straight to Cancervive, so that it can continue with the good work locally and nationally. (www.cancervive.org.uk)

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Pet shop reopens on High Street

Pierpoint Pet Supplies is now back in business after six months. The shop had been closed, following smoke damage in the shop after a fire in the storage area. It has now been completely refurbished and restocked.

The shop has been trading for around 24 years, having been opened by the existing owner's father and sister. Both Lee and Andrée Tite have been partners in the shop for ten years.

"We are looking forward to seeing both our loyal existing customers again and new ones too, and we still offer free local deliveries on Wednesdays and Fridays," says Andrée.

Opening times are Mondays to Fridays 9am to 5pm, Saturdays 9am to 4pm with late opening on Thursdays until 6.30pm.

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Prestigious Awards for Creative Students

The Royal Opera House, Covent Garden, set a challenge to UK students to design sets, costumes and marketing strategies inspired by Puccini's famous opera, Madama Butterfly.

Colleges from throughout the UK entered the prestigious competition, aimed at the next generation of aspiring set and costume designers, makers and marketing specialists. Students were asked to reimagine Madama Butterfly to test their design skills and show their vision for a production.

Students from Sussex Downs College (SDC), Lewes, scooped three of the top five prizes, as well as a highly commended award, in this year's Design Challenge. Alex Beard (CEO of the Royal Opera House) and Karen Bradley MP (Secretary of State for Culture, Media and Sport) presented the students with their awards a celebration ceremony at the Royal Opera House in March.

Pascal Bailey won the award for Best Set Design prize, Rhiannon Field won the award for Hair, Wigs and Make-up Design and Chase Hayden won the Director's choice award.

However, Hurstpierpoint's Anne-Marie Leadbetter (17) was highly commended in the Set Design category.

"This is a tremendous accolade for our highly talented students, working against stiff competition," comments Mike Hopkins, Principal and Chief Executive of Sussex Downs College. "This illustrates how the College is a driving creative force in further education."

The Royal Opera House judges were extremely impressed. Claire Elcombe, Judge for the Set Design Category and Draughtsperson in the Technical Production Department at the Royal Opera House, said the entries showed a real understanding of Madama Butterfly and of how characters could interact with the set on stage, rather than being separate elements.

The Creative Departments at SDC have evolved with the ROH Design Challenge from its inception. SDC students have won awards in the Challenge for five years running, and 2017 has been their greatest triumph.

Phil Rose, Head of Production Arts, and James DiBiase, Head of A Level Art & Design Double Award, at Sussex Downs College coordinate the project.

Phil comments: "The Royal Opera House Design Challenge is an incredible opportunity for the students to engage with a live brief, a real client and design for the most prestigious stage in the country. Our students rise to the challenge year after year, setting the bar higher and higher."

"The combination of skills and academic understanding that we teach at Sussex Downs College is fundamental to our ongoing success in this competition," adds James DiBiase.

The Royal Opera House Design Challenge is generously supported by the Paul Hamlyn Education Fund.

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Open your garden?

By Prue Heron

After the amazing successes over previous years, we are again holding the Open Gardens event in Hurstpierpoint. Please save the date, which is Sunday 11th June.

At the moment the team is busy preparing and is looking for anyone who is willing to open their garden to the public this year. It is a lovely way to see visitors enjoying your garden. It is sociable and an opportunity to talk gardens, meet local people and enjoy the summer.

Plants and cakes to sell are also needed - these really swell the coffers and all donations are very much appreciated. Last year over £6,000 was raised for our local St Peter and St James Hospice and it's hoped a similar amount will be raised this year.

If you think you can help by opening your garden, or donating plants and cakes, please phone Prue Heron on 01273 835064 or 07769 904724.

More information and updates from the website: www.hurstpierpointopengardens.org.uk



Charity concert for Brain Appeal

A concert is taking place in nearby Ditchling this month in aid of 'The National Brain Appeal' which raises funds for The National Hospital for Neurology and Neurosurgery - one of the world's leading centres for the treatment of patients with conditions including stroke, multiple sclerosis (MS), brain cancer, epilepsy, Parkinson's disease and Prion disease.

'Musical Cheers - Songs to put a Spring in your Step' will feature four local multi-talented singers. Julie Roberts, Ellen Hinton, Malin Maunder and Norman Armstrong have teamed up with famous instrumentalists Herbie Flowers, Michael Hinton and Marianne Hillier-Brook to produce a show to lift the spirits.

Their last concert in November played to a full house and raised £874 for St Peter and St James Hospice.

The event takes place on Saturday 8th April at Ditchling Village Hall, starting at 2.30pm. Tickets £7 from Ditchling Post Office or 01273 965036.

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Swing Band return to Village Centre

By Peter Everett

The Downsbeat Swing Band is holding its annual charity concert on Monday 24th April at the Village Centre.

The nominated charity this year is Brainstrust, which supports people suffering from brain tumours. One of our previous members died last December following an operation to try to remove a brain tumour, and his wife asked that, rather than flowers at his cremation service, people should give a donation to the Brainstrust charity. The band thought it would be appropriate to use the concert to raise money for this cause, so we are hoping to have a good attendance and would like to publicise it as much as possible.

The concert, starting at 8.15pm, is free, and light refreshments will also be free. However, we do ask the audience to donate whatever they wish to the charity as they leave the hall after the performance.

Opera back in Hurst

Following the sell-out production of Pearl Fishers last year, the eternally youthful Heber Opera returns with Gounod's Faust next month. The opera is sung in English with Heber Opera's trademark 'in the round' performances.

The well-known piece 'The Soldiers' Chorus' is delivered by Heber's 16-strong ensemble. They are supporting a superb line-up of soloists.

Michael and Dorothy Withers, as musical director and stage director respectively, are guiding the performance once again. Michael said: "With over 20 years of performing accessible opera throughout Sussex, I am delighted to be working with such a talented group of enthusiastic performers."

Heber Opera, which practises in Hurst regularly, performs Gounod's Faust at the Village Centre at 6pm on Sunday 21st May, and tours elsewhere in Sussex too. Tickets are available via Heber Opera's website: www.heberopera.co.uk

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This new bottled pale ale will sit alongside the already popular, classic, refreshing 4.2% Pilsner and robust 5% Porter.

MD Dominic Worrall comments "Bedlam Pale is another leap forward for the brewery and a fantastic addition to our range. It will allow all those who have supported us to take this fantastic beer and share it with friends and family. Having recently launched our online store, this now makes our beer more accessible than ever."

Festival presents BBC Radio 4 Any Questions live broadcast

Do you have a burning question about politics today or enjoy listening to lively, in-depth discussion of current events? For the first time ever, Hurst Festival are delighted to host a live broadcast of Any Questions?, BBC Radio 4's flagship political panel programme, on Friday 5th May at 8pm in Hurstpierpoint Village Centre.

Chaired by Jonathan Dimbleby, Any Questions? transmits live from a different part of the country each week, providing members of the public with an exclusive opportunity to challenge a diverse panel of four leading politicians, writers and thinkers.

Hurst Festival are pleased to offer a limited number of free tickets to members of the Hurstpierpoint community for this prestigious event on a first come first served basis. Applications for tickets should be made through the Parish Council. Or if you cannot attend, why not tune in live at 8pm on Friday 5th May, at 1.10pm on Saturday 6th May, or through BBC iPlayer for 30 days following.

For tickets to this esteemed event, please contact the Parish Council directly, or for more information email Sarah Williams at scw48@aol.com

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Stories of Holy Trinity

By Miriam Patrick

On 25th February, Ian Nelson, well-known for his historical walks round Hurstpierpoint, gave a talk in Holy Trinity about family memorials in the church. This covered memorials in the St Lawrence Chapel and the Chancel. Ian will talk about memorials elsewhere in the church on the 22nd April.

Ian's knowledge of local history was very clear, and I am sure that all those who attended will have gone home more knowledgeable about this aspect of Holy Trinity's history. We were introduced to a long serving dynasty of rectors, grandfather, father and son, who between them served in the parish for 100 years and to rectors who took opposing sides during the Civil War.

We also learned that the presence of a memorial does not necessarily mean that the person commemorated is buried nearby. Most of the plaques we looked at had been moved from St Lawrence, the medieval parish church, when it was demolished, and this makes it difficult to be certain about the location of burial sites.

Ian's talk was the second in a series of talks and activities focusing on Holy Trinity church building and history. The aim of the talks is to give members of the congregation and those who live in the area a chance to get to know this aspect of the church better.

Following from his talk with Ian in January, John Norris, author of the church guide, is giving two talks about Holy Trinity's stained glass. The first, in March, focused on the Victorian stained glass windows, while on 27th May he will talk about the church's Durer glass. These sessions will be followed by monthly smaller group activities or talks which will be advertised later in the year.

All events will take place on Saturday mornings, usually at 10.30am. As these are proving very popular, it would help with planning if we could get some idea of how many people are likely to attend. I would be grateful therefore if you could email (mim.patrick54@gmail.com) to let me know if you are planning to attend.



Andrew Marshall

VILLAGE PEOPLE

by Michèle Copeland

There are many books and articles that touch upon illness and death, with more or less depth, but few will talk about those left behind, the bereft - the bereaved. One such book is *My Mourning Year* by Andrew Marshall published by RedDoor.

Some of our readers may remember relationship therapist Andrew's previous bestselling book 'I Love You, But I'm Not in Love with You', published in 2010. The book explored where relationships seemed merely defined by companionship rather than passion, and how he devised his own personal, unique programme, by offering couples a seven guided step map to recoup their attractiveness and uniqueness and thus resolve their marital issues.

A Hurstpierpoint resident for 30 years, Andrew has written 16 other self-help books, some of which have been translated into 20 different languages. He still has a practice in the city, and once a week he will see clients locally at the Sussex Osteopath Centre.

Though for many years he worked for Relate, a national relationship counselling organisation, he decided to stop working for them seven years ago.

He has contributed to many radio programmes and newspapers over the years, such as *The Guardian*, *The Daily Mail*, *The Telegraph* and *The Times*, as a freelance journalist.

Andrew comes across as a very private person, and it is all to his credit that he has had the courage to publish his one year diary, following the death of his beloved partner Thom in 1997 after a long debilitating illness.

With very rare insight, he is willing to couch on paper his inner thoughts and show us, his readers, the flip side of his emotions - to give us, the bereaved, the permission to grieve. To voice the difficulties he had with his family to accept him as he, and his long quest to find others who have also trod this lonely path. Grief keeps coming back and, at times, he finds himself in a time warp, negating feelings of anger and despair, before moving on one painful step after the other.

However, with the help of a somewhat vagrant, loaned dog named Tyson, dear friends and an improved relationship with his family, he decides to go on a quest to interview other bereaved people - a holocaust survivor, well-known actors, amongst others.

Twenty years later he is prepared to share his day to day account of the first year of his bereavement, the physical ache of not being able to hold anymore the loved one, he has continued to hold diaries ever since. There must be a great many by now on his shelves! The pain is still there, although now delled and somewhat subdued, as we have coffee in the cups and saucers that Thom brought back to England from Germany all those years ago when they were making plans for their future

together. Andrew points out a few pieces of furniture of shared past too.

"The memories are still there, but time does the rest and heals the heart," says Andrew.

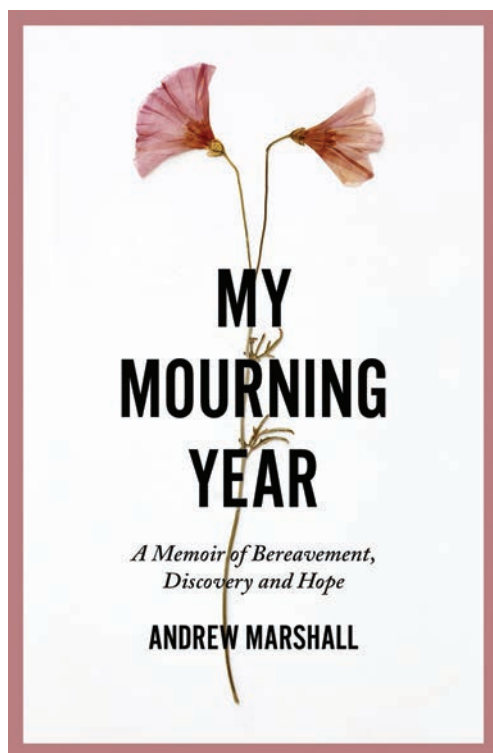
He is now in a new relationship, and happily married to his partner Ignacio, something which was not possible with Thom at the time, and has a five year old dog of his own, a Labrador cross called Pumpkin, who lies lazily on his bed in the corner of the kitchen diner - which forms a touching tableau. Though Pumpkin did stir a bit, when I came through the door, for a quick sniff and definitely showed more interest for the garden photo shoot.

This is the first time that he writes about himself.

"I'd like this book to offer some comfort for those of us who have lost a loved one," says Andrew.

Sometimes witty, funny, engaging, and in turn heartbreaking, be prepared to have a box of tissues at hand. This is a gem of a book, which makes for very good reading indeed, for all those of us who have been bereaved.

Andrew will be holding a book launching event in Brighton on Tuesday 18th April from 7.30pm to 9pm at Waterstones in Brighton and will be talking about My Mourning Year during the Hurst Festival in September.



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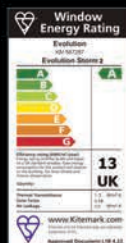


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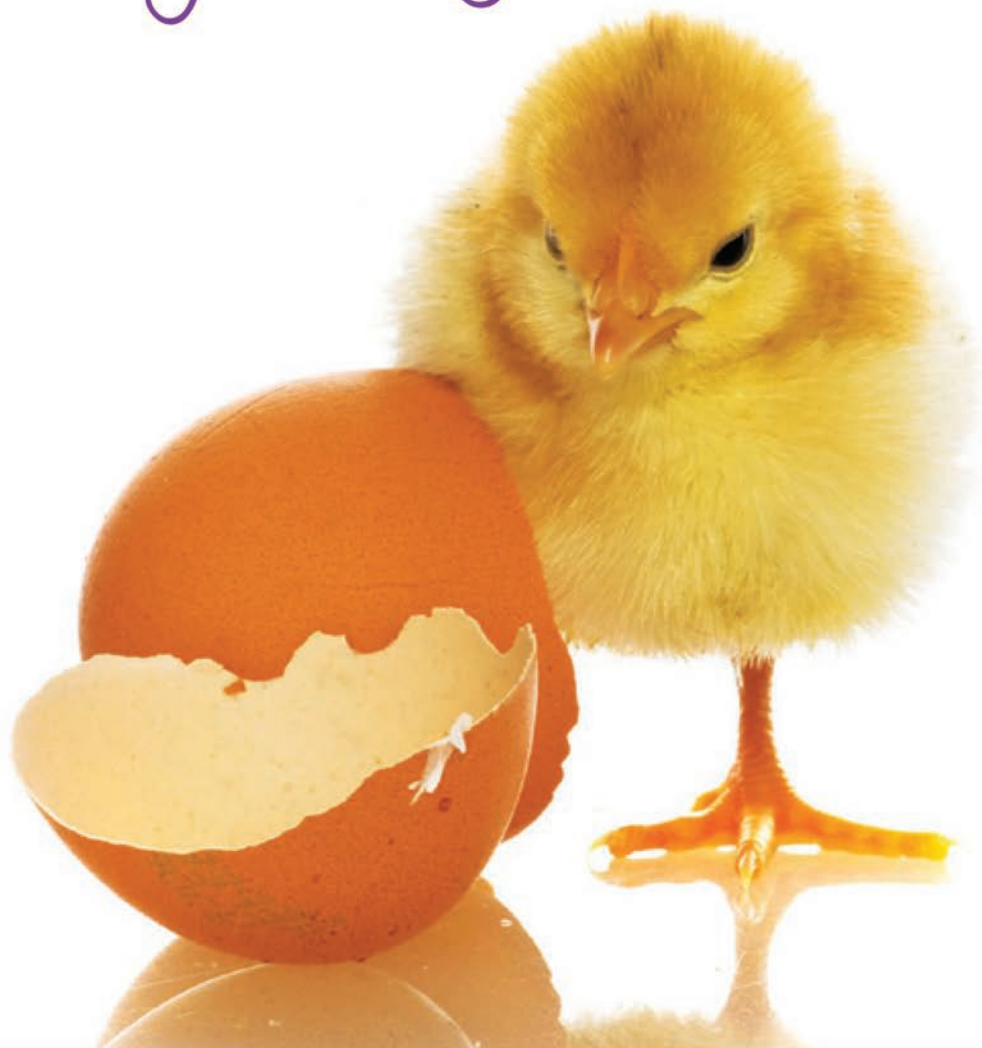
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Spring at Saddlescombe Farm

By Camilla and Roly Puzey

What an amazing time of year to be enjoying our beautiful surroundings in the South Downs. People often ask if we get tired of calving and lambing, but how could we? What a privilege it is to see new life and, if our cow or sheep needs our help, us assisting in that incredible delivery. I will never tire of hearing that first intake of breath and the calf or lamb shaking its head to clear its airways, and watching the desperate attempts to stand to have that first suckle.

As I write we are just over halfway with calving. We have been calving heifers (first time mums) who can need more help as they can get more tired quickly. They are indoors in our barn, so we can keep a close eye on them and they are easier to check in the middle of the night! We have helped deliver two beautiful boy calves who are now skipping around the pen causing mischief. The older cows are out in the field, and you might see them as you drive to and from Brighton.

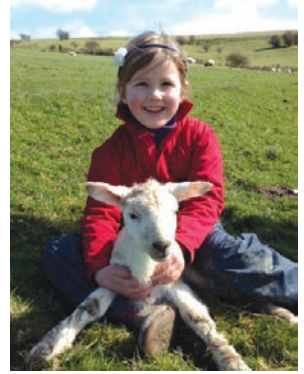
We have moved the sheep who are expecting triplets close to the field above our house. It's at this stage I begin to feel sorry for them as even getting up from lying down takes tremendous effort. Although it doesn't seem to affect them so much when it's breakfast and supper time!

We always like to remember all the other amazing wildlife we share the farm with. In February we took part

in the British Farmland Bird count, which takes place every year. Last summer we planted a special wild bird seed plot full of sunflowers, fodder radish and millet, to name a few. During the flowering period in summer it was alive with bees and butterflies, and as it died back the seeds have been feeding the birds such as linnets and goldfinch. We have seen flocks of up to 200! Corn buntings have started to return to the farm too, which is a key species we are trying to encourage back on to the farm. We work closely with Bruce, our RSPB adviser, who regularly comes out to see what species are making the farm their home.

Please come and join us on one of our lambing open days on the 8th and 9th April, and we will be hosting an Open Farm Sunday event this year on the 11th June with our neighbours and the National Trust.

We look forward to seeing you.



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The advertisement for SSL Electrical Services features a large, glowing lightbulb in the center. Inside the lightbulb, there is a yellow outline of a house. The background is a dark red gradient. At the top, the text 'SSL Electrical Services' is written in a bold, yellow, sans-serif font. Below the lightbulb, the text 'Domestic Electricians in your area. Fast. Reliable. Competent. Affordable.' is written in a bold, yellow, sans-serif font. At the bottom, the phone number '07585 470728' and the website 'sselectrical.com' are written in a bold, yellow, sans-serif font. On the left side, there is a logo for 'NICEIC DOMESTIC INSTALLER' with a house icon. On the right side, there is a logo for 'City & Guilds' with a red lion icon.



Vegan Bread and Butter Pudding

FINE FOOD

Serves 5, cooks in one hour

- 50g dairy-free margarine, (suitable for baking – I use Pure Soya spread)
- 1 tsp ground cinnamon
- 1 tsp of ground ginger
- 1 small orange, zest of
- 5 large thick slices of wholemeal bread
- 50g dried cranberries
- 20g sultanas
- 2 tablespoons quality apricot jam

For the custard:

- 2 drops of vanilla essence
- 400ml organic soya milk, unsweetened
- 2 1/2 tablespoons cornflour
- 2 tablespoons golden caster sugar

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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.



Lent is the season of reflection and preparation before the chocolatey celebrations of Easter. This time of year always inspires me to dip my toe into some form of foodie deprivation. I'm not going as extreme as fasting, but thought a stint of veganism might give me that middle ground. How wrong could I be! Hardly feels like penance; I'm enjoying some creativity around dairy free. Here is my version of Jamie Oliver's vegan take on an old-time favourite.

Method

1. Preheat the oven to 180°C/350°F/gas 4. Combine the margarine, cinnamon, ginger and orange zest in a bowl. Use a small amount to grease a medium ovenproof dish, then spread the remaining margarine on to the bread.
2. Halve the bread slices diagonally, then place roughly a third into the dish in a single layer. Scatter a third of the cranberries into the dish along with a third of the sultanas. Cover with another layer of bread, scatter with more dried fruit, then cover with the remaining bread. Set aside, reserving the remaining dried fruit for later.
3. To make the custard, add custard ingredients and 150ml of water. Whisk well until smooth and combined, then place over a medium-low heat. Simmer gently for 6 to 8 minutes, or until the custard is almost boiling and is of custardy consistency.
4. Pour the custard over the bread then scatter the remaining dried fruit on top. Leave to soak for around 20 minutes. Then place in the hot oven for 25 to 35 minutes, or until lightly golden and starting to set.
5. Meanwhile, gently warm the jam in a pan over a low heat. Once the pudding is ready, brush over the warm jam, then return to the oven for a further 5 minutes or until golden and sticky. Allow to cool slightly. Divine!

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"I had never tried yoga before, and couldn't understand what all the fuss was about. I was uncoordinated, with zero flexibility and the thought of attending a class with a room full of people who looked like they knew what they were doing was very unappealing. Then I went to India. I was out there to help my son get better from his arthritis. I had Sciatica myself and could barely walk, the last thing I wanted to do was a 'fitness class'. But Louie needed to attend yoga sessions as part of his healing programme, so I thought I would try this yoga thing too and join him in class.

Shine Babu was the yoga instructor at the Ayurvedic hospital we were at. His yoga truly is a therapy in itself! Within days both myself and my son were feeling much better, we were in less pain and within just a couple of weeks we were both able to walk properly again. Shine's understanding of each and every person and their limitations, in his studio is incredible. He doesn't just 'run' a class, he keeps a watchful eye, he tutors, he ensures



accurate postures to minimise injury, and adapts postures to encourage healing of old injuries to every single participant, all whilst keeping a natural flow to the class.

People choose to practice yoga for so many reasons from getting fit, toning up, gaining mental clarity, attaining flexibility, healing physical disorders to achieving a sense of peace. Every person has a different goal, and that is why yoga is for everyone."

Melissa Toleman - Founder of the Centre

Shine is also a Naturopathic Doctor, an Acupuncturist, a Physiotherapist, and an Ayurvedic Therapist. His knowledge of the human body is astounding combined with his kind, gentle heart makes him a true healer. He runs several classes at The Alternative Healthcare in Haywards Heath, of all levels each day at the centre from Beginners Hatha, Traditional Hatha, Restorative Hatha, Dynamic Hatha and even a Hatha Backcare class to focus on the back if there are back issues.

Shine also runs **1-2-1 Yoga Therapy** sessions for those who would benefit from more concentrated guidance and support. For those who have a specific goal, who feel a class is too daunting or perhaps think they would feel out of place in a class. His sessions run for 60 or 90 minutes.

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Photo: Claire Brewer Photography

Fun Run – Backwards!

HURSTPIERPOINT VILLAGE FAIR

By Benny Coxhill, Race Director

This year we will be running the race backwards. No, not like that. We are reversing the route. Although there will be a lap of the arena facing the wrong way before the race really gets going. So look for multi-direction mode on your running watch and get training.

As usual there will be a long and a short course (about 5 miles and 1½ miles) with cups and fantastic prizes in both races.

We will also have the family prize that we started last year – £5 entry fee for any number of family members with at least one adult with one child who run the short race and a name will be taken out of the hat from among the finishers for a great prize.

For online entry look for Hurstpierpoint on the website: www.runbritain.com

If you would like to help out rather than run, there are plenty of jobs that we need help with:

- setting up the course in the morning
- taking entries on the day
- marshalling
- water station
- back markers
- timekeepers

We would also like some more sponsors, with a chance of advertising at the event and on the promotional material, so if you are interested please get in touch with me (hurstvillagefair.funrun@gmail.com).

If you have any questions about the fair get in touch with the committee (hurstvillagefair@gmail.com).

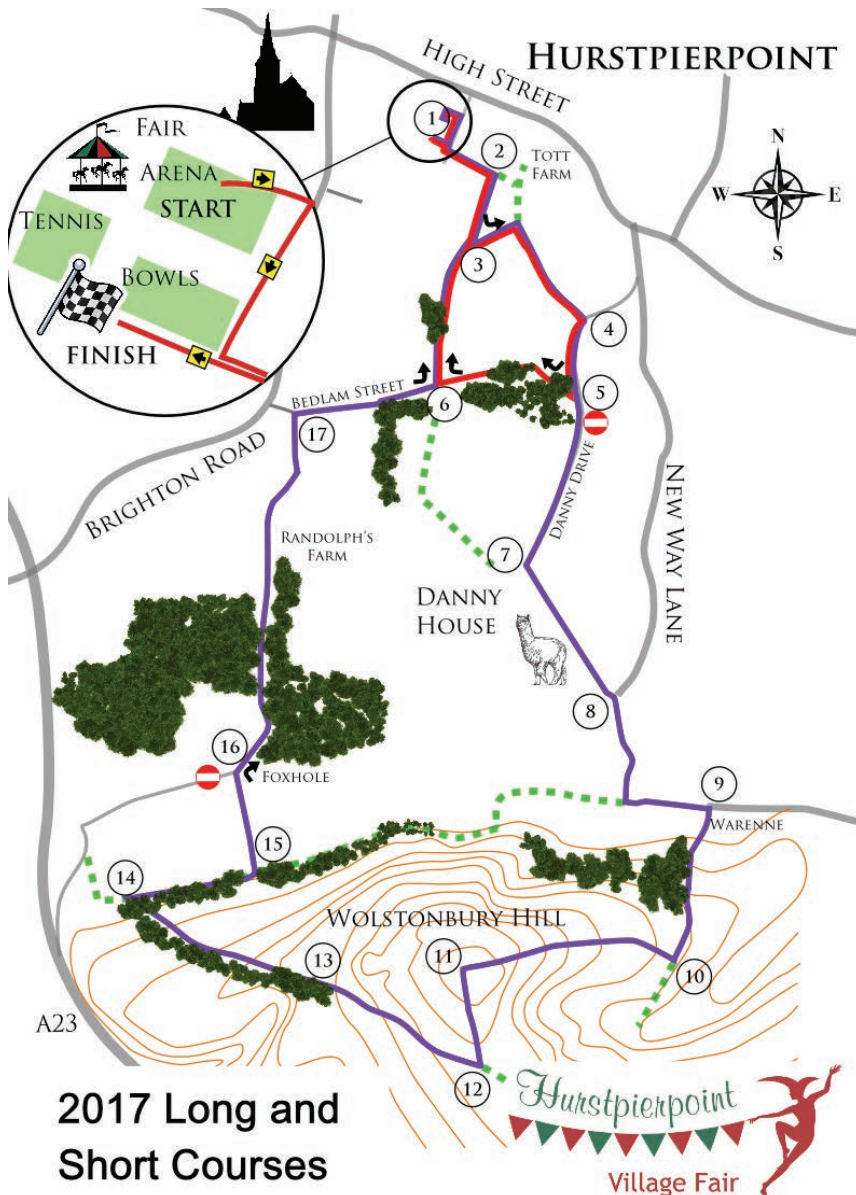
Enjoy your training!

The 2017 Course

This year we have turned the signs around and we are tackling both the long and short courses in the opposite direction to usual.

1. Head out from the arena and turn right, keeping to the pavement past the food stalls then left on to the footpath.
2. Turn right through the new metal gate and down the field.
3. Go through the next new gate and turn left, over the stile and keep to the right of the farm machinery. Turn right through the gate, and head across the next two fields.
4. Carry on to the fallen tree, and turn right on to the road.
5. The cattle grid signals the split in the routes. The short course takes a sharp right before the grid, up the grassy track, then turn left on to the small tree lined path and over the bridge. Then head straight over the field to the trees taking the left hand path and keep to the left until you come to the next stile.
6. This is where both courses come together again; the long course will approach from the opposite direction. Head north to the next gate. Don't be tempted to go into the wood (we are avoiding that stretch of the old course) but go up the field and over the bridge. Mind out! It's very bouncy if you try running over it. If you prefer you can run through the stream. Head back to point 3 and back the way you came.
7. Those on the long course will have gone straight ahead at point 5 on race day, over the grid or through the gate and along the drive. However, this is not a public right of way, so if you are training it is better to head for point 6 and turn left through the woods to get to Danny House. From there it's over the stiles to the left and past the alpacas.
8. Go through the short stretch of wood, and watch for traffic as you turn right on to New Way Lane, coming out just by the post box. There will be a water station here on race day. Keep to the road, taking the sharp corner to the left.
9. At the Warrenne turn right off the road and straight up the path. Now the climb starts.
10. Turn right at the first gate you come to on your right with an open field ahead. Follow the path heading up to the Trig Point.
11. When you reach the summit you need to turn 90 degrees to your left. We have positioned a new landmark for you this year, the i360. Head for that.

12. Over the stile and turn right then keep to the path and through a gate.
 13. Don't take last year's route with the zigzag path down the hill. That is very steep, so we have a gentler descent. When you come to some low bushes head left and through the gate then turn right. Then keep going down the track.
 14. There is a signpost with a blue arrow where you turn sharp right on to the bridle path along the bottom of the hill. If you find yourself at Star cottages and the A23 turn around, you have gone the wrong way.
 15. By the gate on your right (which would take you up the hill) take the path to your left on to a muddy track between two fields.
 16. At Foxhole Cottages (where there will be more water on race day) turn right. Head through the woods and out again, past Randolph's Farm and up the road.
 17. Turn right on to Bedlam Street and keep going straight ahead, over the stile, until you reach point 6 and follow the directions from there.
- The finish, as usual, is straight ahead from the footpath, by the race HQ behind the Bowls Club and the playground.



2017 Long and Short Courses

Rosie takes on desert run

Rosie Thompson has lived in Hurstpierpoint since 2000, behind the High Street. Many residents will have seen Rosie out running in all weathers with her cocker spaniel, Amber. However, many may not know that she is often not simply running for her own pleasure, but as part of her training for a marathon or endurance event.

Rosie became involved in The Not Forgotten Association in 1997, having previously worked with the Sightsavers charity. Rosie is a people person and wanted to be more actively involved with the people helped through charitable work. Shortly after her grandmother died, Rosie sought the opportunity to work with veterans of the Second World War – individuals like her grandmother. The outbreak of war in Iraq and Afghanistan only served to reiterate the need for a charity such as The Not Forgotten Association and spurred Rosie on to run more marathons and take part in more gruelling challenges.

She has completed 24 marathons, many half marathons and several long distance challenges (including climbing Mt Kilimanjaro with a group of veterans in 2015) in order to raise money for the Association.

The Marathon des Sables is her most intimidating



challenge to date. Later this month Rosie and veteran friend Martin Wilson (pictured with Rosie) will run 270km through the Sahara Desert. Rosie has never failed to be impressed by Martin's spirit and determination, as he has overcome the effects of lifechanging injuries sustained in Afghanistan in 2011 whilst serving with the 2 PARA (the Second Battalion Parachute Regiment).

"I am taking part in this extraordinary race in order to raise funds for extraordinary people like my running partner Martin and the thousands of veterans I have met over the years whose unwavering courage is inspirational," she comments.

Rosie's fundraising page is:

www.mydonate.bt.com/fundraisers/rosiethompson6 and her Facebook page is www.facebook.com/rosieisrunning



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From Hurst to Mexico City with love!

By Grace Norman

Ever since I started in 1st Hurstpierpoint Rainbow Guide Unit in 2007 I understood what it meant to be a Girl Guide. I knew even then it wasn't just another after school group. I moved on to Brownies at the age of seven and that's when I heard you could be selected – as a Guide – to go on an International Service Trip. So, when I turned 14 I applied and, after a few interviews and a selection process, I finally got to achieve what I always wanted to do. I have been selected and chosen by LaSER (London and South East Region) to represent GirlGuiding UK on the International Opportunities trip this coming summer.

As I write we are currently planning the finer details of the trip, but myself and 11 other Guides, aged between 14-18 years old - are flying out to Mexico City in July for three weeks. Our mission is to spend some time with children from the local orphanages, teaching them English and giving them an enjoyable time. Whilst there we'll also attend a 'friendship' event with Girl Guides from Columbia, Canada and Asia.

The trip will be exciting, but also very hard emotionally I'm so honoured to have been chosen and will wear my Guide uniform with pride.

I have to raise a whopping £3500 to cover the cost of my air fare, accommodation and food expenses. It hasn't been easy, and I've still got some way to go, but earning money from babysitting, dog walking, running stalls over the Christmas period and having a travelling 'Tuck Shop' has helped to chip away at the final total.

I have also received some fantastic grants from local Charities. The Hurst Community Charity in particular has helped me enormously with a generous donation of £750. Even though the charity has recently lent its building to the Co-op, whilst repair work is underway

after fire damage in the village, they are still very much open for business. Whilst all their stock is safely in storage, they expect to be back in Chantry Stables at the end of the summer.

So, the fundraising continues and the countdown to an exciting opportunity has begun. Who knows what I will encounter in Mexico, but what I do know is if it wasn't for joining Girl Guiding, I wouldn't have had this exciting adventure.

You can make a donation towards my trip via www.justgiving.com/fundraising/Grace-Norman1



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5 MINUTES WITH...

Margaret Taylor

Margaret likes to be involved in village life with her church - the Methodist Church in Cuckfield Road, the Handbell Ringers, the Girls' Brigade and the Melting Point Cafe, which meets on Wednesday mornings.

How long have you lived in Hurstpierpoint?
34 years

What's the best thing about being here?
Friendly village people

Favourite ice cream flavour?
Vanilla

How many houses have you lived in?
Five, so far

Favourite holiday destination?
Galapagos

Your most enjoyable event in the village?
St Lawrence Fair

Do you share your home with anyone?
My husband

Song you play the most?
I don't play music, but I sing songs from the musical shows

Mac or PC?
PC

Your most frequented village shop?
Gibsons

What's your proudest moment?
Being commissioned into the Girls' Brigade

Coke, juice or water?
Water

Your advice for life?
Try to get along with everyone you meet

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



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The mental health of students has featured in the press recently, and with the exam season approaching many students are feeling the pressure to perform well... not only for their ongoing studies, university entrance requirements and other future prospects but also to live up to their parents' expectations and those of their teachers, peers and friends.

The pressure to achieve and do well in exams can result in significant and prolonged stress for all students, whether they excel in the classroom or are more challenged academically. The physiology and neuroscience associated with this exam-related pressure is the same as the stress response we see in adults, which if left unchecked, results in symptoms of exhaustion and burnout.

The brain handles stress by flooding the body with the 'Flight-Fright-Freeze' hormones. This hormone mix, or 'brain juice', gets the body ready to react to the threat, with heart-rate, breathing, blood pressure all increasing, heightened awareness with muscles readied for combat or avoidance tactics. Oxygen-rich blood is also diverted from the prefrontal cortex, the area of the brain concerned with concentration, focus and thinking, to the rear brain which looks after the breathing, heart rate, blinking etc.

This is a normal stress response and a little bit of stress can be a great motivator, but the effects of prolonged periods of mental and emotional stress have been well proven to negatively impact health and mental well-being. Students may suffer an inability to sleep, may feel isolated and lonely, be irritable and short-tempered, overeat or not eat enough, and all are classic signs of a student suffering stress. In its worst-case scenario, a student may withdraw completely, self-harm, suffer depression or even suicidal thoughts.

It's important that students understand a bit of the science behind their symptoms, this 'normalises' their experience. As an example, knowing that the prefrontal cortex is impacted during the body's stress response

and that this impacts their ability to focus, concentrate and think clearly. This has a major impact on their ability to plan, revise, study and remember information with any degree of efficiency.

Being able to help the student to rebalance the hormones in their brains and create better 'brain juice' will reduce the negative impact of the stress response. This in turn will facilitate their ability to study.

As a parent or teacher there are things to consider:

- Let them understand the neuroscience...it'll make sense of a distressing situation
- Encourage them to relax and do something fun...it'll help rebalance their 'brain juice'
- Ensure they are hydrated and sleeping...it'll help their brain function
- Keep things in perspective for them...don't add to the pressure

Lindsey at the NineDot Partnership commented: "Students often need help to see the 'wood for the trees'. Giving them the tools and techniques to manage their anxiety will greatly facilitate their resilience in the classroom and enable their revision and preparation.

"Working with several schools in Surrey, Sussex and Kent, I remind the students that revision by its definition is 're' meaning again and 'vise' from the verb to see... 'see it again'; that the information is already stored in the brain, the hard work is done; the knack is how to sort and retrieve it efficiently when needed. It's an anxious time for everyone involved but it can be improved with some simple steps."

For further help including overcoming the 'I can't' syndrome, relaxation techniques, managing nerves and anxiety, revision, planning and goal-getting, contact Lindsey at The NineDot Partnership Ltd on 07704 681 332, by email: info@ninedotpartnership.com or see the website: www.ninedotpartnership.com

References: BBC News: Children as young as six 'stressed' about exams and tests (4th April 2016), The Guardian: Six tactics to help your students deal with stress (16th February 2017).



Feline charity reaches forty!

CHARITY FEATURE

Flash

by Michèle Copeland

Paws & Claws is a small, local, independent cat rescue centre based in Sayers Common. The Charity at Combe Down is very full at the moment, with about 45 cats. It is run by volunteers and seeks to rescue, rehabilitate and rehome unwanted, abandoned and neglected cats and kittens in the Mid Sussex area. It began in 1977 with just £30 in the kitty, so 2017 marks its 40th anniversary.

The Charity takes cats for a wide variety of reasons. Some are young and easy to home and are not there long. Older ones are not often chosen quickly for adoption, but they stay there for as long as it takes to find the right home. There are cats better suited to a more rural life, and many cats have been successfully homed to small holdings and stables and some who have been traumatised by their previous experiences, so they need to be kept longer to help them regain confidence. A very rewarding job for someone with the time and patience.

I meet Lyn on-site on a crisp Thursday morning in February. She gives me a tour round the immaculate buildings. I am immediately struck by the love and care that she gives to each animal, every cat acknowledged by name. It is truly heart-warming to see, having had a much beloved rescue dog for ten years. We still have our black and white rescue cat, Emma, brought back with us from France, so I am sensitive to every small detail from the quality of the food to their immediate environment, as I survey their little beds, toys and resting places.

Whilst every effort is made to find the perfect home, many cats have come into their care for whom it has not been possible to find a home because of age, health, temperament, so they live at the centre on a permanent basis. Lyn shows me into a spacious, large, bright, wooden room, where a variety of the more elderly residents live, with all their creature comforts.

"Whilst every effort is made to find 'proper' homes for our cats," says Lyn, "it is not always possible to do so for the more senior citizens or those with ongoing health issues or those of a more nervous disposition.

Some of the permanent residents in the Pavilion...



Nala and Jasmine

"Nala and Jasmine are 16-year-old sisters. Jasmine has diabetes, which we monitor closely and inject her with insulin twice a day. Both are good-natured, friendly girls." she says warmly.



Jasper

"Jasper is a dear boy, now 19," she adds. "He came to us four years ago when his owner had to go into a nursing home and spends much of his time sleeping in his favourite places."



Greebo and O'Malley

She then points to Greebo (15) and O'Malley (12): "They are best friends and are never very far apart from each other, whether awake or asleep." Here pictured in one of their favourite spots together in the safe garden attached to the Pavilion.

To provide for the cats' comfort and well-being, Paws & Claws runs a sponsorship scheme. If you are interested in more details, please see their website – www.pawsandclaws-ars.org.uk or contact lyn@pawsandclaws-ars.org.uk.

Running the charity and providing safe, comfortable quarters is costly. The considerable veterinary care needed forms about a third of the costs. The team of fundraisers work tirelessly all year round to help make ends meet, but they also rely on the generous support of members and sponsors in their attempt to help the animals in their care.

"With the huge demands on our purse," continues Lyn Basset, Chairman of Paws & Claws, as we continue the tour, "we have spent many years looking at even more ways of saving money and to that end have had to change a number of our suppliers. We also tried to be at as many fundraising events as possible."

Happy endings...



Coco

Black cats are notoriously difficult to home and Coco was also overlooked for being a long-haired Persian Cross of 14 years old. It didn't help that he'd sometimes give a little nip or smack when being stroked - and he needed regular grooming. After two years with us a lovely couple adopted him and write:

We are so pleased that Coco has come to live with us, he really is a splendid cat. He has settled in well and is enjoying the garden - that is when it's not raining! The first night he slept on the bed, where he also spends his daytime naps along with three stuffed toys, a teddy, a duck and a dog. He is very agile and plays like a kitten, and we still love him even if he occasionally nips! Thank you for letting us adopt him, he is now very much part of our family.



Donya

Another older cat that was with us for two years was Donya. It seemed white cats are also not a favourite, especially when they are 14, so we were delighted that she was adopted by a lady who took her home for Christmas. Donya settled immediately and likes nothing better than an evening on the sofa watching TV, with her paws stretched across her mum's lap to be sure she's not going anywhere!

Currently looking for a new home is Flash, a ginger male aged 12.

"This handsome ginger boy came into our care as a stray," says Lyn. "Bearing evidence of the life of an unloved and homeless cat, we soon got him the medical attention he needed and are pleased to say that Flash is now ready to be someone's cherished cat."

"He is a quiet boy who loves to just sit and watch events unfolding around him with quiet dignity. He is a dear, unassuming cat and shows every sign of wanting to be loved and we believe that a calm household, with access to a safe outside area, would suit this lovely boy just fine.

Finding the right homes to suit the needs of each cat is their prime concern, and to that end, please ring Val on 01444 457758 for more details. The rescue centre is open for viewing by appointment only, but they are pleased to talk about what you are looking for, so do telephone first to avoid a wasted journey.

Get ready to cast your vote

The Mid-Sussex District Council is calling a by-election in Hurstpierpoint, Bolney and West Burgess Hill, following the recent resignation of two Mid-Sussex Councillors. One to elect a Councillor to serve Burgess Hill Franklands Ward and the other to represent Bolney Ward. Both by-elections will be held on Thursday 4th May, alongside the West Sussex County Council elections. If you need to register to vote, the deadline for that registration is Thursday 13th April.

Did you know that voting is compulsory in 22 countries? The only country in the world where women can't vote is in The Vatican City. More than 44 percent of the world's population had the chance to vote in 2014 (according to the Financial Business Times).

www.midsussex.gov.uk/elections



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Ever thought of playing Bowls?

By Anne Clifford

Hurstpierpoint Bowling Club has been busy planning for its 2017 season, which starts at the end of April. In recent years it has increased its membership substantially and hopes this will continue. The Club will therefore again be inviting local Hurst residents to come along and play, without any obligation, in a number of sessions especially designed for prospective new members.

Your local bowls club is in South Avenue, Hurstpierpoint, and we are holding taster sessions on Wednesday 26th April at 6pm and Saturday 29th April at 11am.

We are offering free six weeks' membership, free coaching and free use of equipment and bowls.

You will need to wear flat soled shoes or trainers.

If you are interested in learning to bowl at a very friendly and socially active club then we would like to meet you. Contact me on 01273 842770 or just turn up at one of the sessions.

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By David Saitch

First, we would like to thank everyone for their support of our charity screening of *I, Daniel Blake*. A great full house allowed us to make a good donation to the local foodbank. We would also like to thank West Sussex County Council for the grant we received towards upgrading our projector.

Now, on to the sublime, thrilling and entertaining offerings we have in April.

Thursday 6th April - NT Live: Twelfth Night

Tamsin Greig is Malvolia in a brilliant and crowd pleasing new twist on Shakespeare's classic comedy.

Friday 7th April - Embrace of the Serpent (12A)

This unique and intoxicating film grips like a thriller. It's 1909, the Amazon, and a terminally ill explorer is on the trail of a sacred plant said to have healing properties, and he recruits a young tribesman as a guide. Thirty-one years later, an American scientist follows his trail and starts by tracking down the shaman, now living alone in the jungle. What follows is a dreamlike road movie by canoe, as the explorers confront the ghosts of a tribal past and the colonialist present – all leading to a finale of extraordinary beauty.

Thursday 20th April - NT Live: Rosencrantz and Guildenstern are Dead

Daniel Radcliffe stars in Tom Stoppard's brilliantly funny situation comedy, broadcast live from The Old Vic theatre in London.

Friday 28th April - The Clan (15)

This boisterous and gripping thriller from Argentinian director Pablo Trapero tells the real life story of the well connected criminal family. In the early 1980s they used their links with the government, and that notorious totalitarian regime's appalling approach to making opponents disappear, to cover up a lucrative kidnapping business. With the slickness of a Hollywood crime movie, Trapero negotiates with verve the uneasy juxtaposition between family life and something rather darker and more sinister.

Sunday 30th April - The Light Between Oceans (12A)

Based on an international bestseller, a lighthouse keeper and his wife are faced with a moral dilemma when a boat washes ashore with a dead man and a two-month-old infant. Unable to have children, they decide to raise the child as their own, and the consequences of their choice are devastating.



'Changing of the Guard' for prefects

By Nicki Burston

Time flies at a Downlands School, and it seems like only yesterday that our current Year 11 took over the duties of Senior Prefects. Having just completed their mock examinations, it will soon be time for the 'real' exams to start and our lovely Year 11 students will hand over the reins to the current Year 10.

From start to finish, the prefects have been fantastic. In September the very nervous new Year 7 students were taken under the wing of two or three Year 11 prefects per tutor group; their duties were to get the new younger students used to the school routine and help them find their way around the school.

The Senior Prefect team work very closely with the Headteacher, Mark Wignall, and the Senior Leadership Team. We can't thank them enough and wish them well for the coming exams and the next stage of their education.

Our Senior Prefect team this year have been: Louie Garnett, Jo Goad, Laurence Bates, Anya Wood, Beth Coffey, Tom Wright, Hana Smith, Anneka Kelly-Noakes, Ben Tagarsi, Molly Fullard, Issy Scorer, Oliver Tagarsi, Joe Miles, Adam Scott, Emily Chinn, Ben Miller, Charlotte Bates, Jemima Edwards, Issy Makin, Zara Nikolic, Jess Taylor, Cerys Halls, Poppy Haward, Hetty Lucas, Aimee Porter and Georgina Burnett.



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Netball teams complete the triple

Three netball teams from Hurstpierpoint College won titles at the Sussex Independent Schools Netball Association (SISNA) tournament, which took place at the College over two days in March. The U18, U15 and U13 teams were all named as champions, and the U16 and U12 teams were runners-up.

Congratulations to all involved!

Baby rhyme group at library

Hurstpierpoint Library's Baby Rhyme Time will now take place every Wednesday morning at 10am.

Baby Rhyme Time offers a wonderful, fun opportunity for parents, carers and children to meet socially and sing songs together in a relaxed, informal setting.

Sessions for under-fives and their families have been available from the Library Service for many years, with weekly sessions held at all 36 libraries across West Sussex. All sessions are free and open to anyone – you do not have to be a library member.

It is FREE to join the library, and all libraries hold a selection of books for babies and children of all ages, with no overdue fines being charged on children's books, as well as specialist books and resources to support children and families.

West Sussex Library Service has recently published Time to Rhyme – a collection of favourite songs and rhymes to accompany our sessions – which is available from all of our libraries, priced at £1.50.

To find out about Baby Rhyme Time sessions in your local area and other library services for children and families, please visit <https://www.westsussex.gov.uk/libraries/>

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Danny's resident artist



by Michèle Copeland

Danny House, an Elizabethan mansion now retirement apartments, has been enjoying having an artist in residence over the last year. Stephanie Smart studied Decorative Arts for her BA. She specialised in Glass until 2007 and had a Brighton-based studio.

She then decided to work part-time in an all girls' school in Surrey using glass and ceramics and making her own work. Alongside her studies, she then completed an MA in The Cultural study of Cosmology.

Since 2013 she has been working with paper. That turning point came in 2012, when she came across a paper caftan in Istanbul, Turkey, which had been made for a Sultan and exhibited in a Museum.

Subsequently she was based, as Artist-in-Residence, in Portobello Road, London, developing her first two collections of paper garments.

Since then she has exhibited at the Affordable Arts Fair in Battersea and in a number of independent galleries.

Her latest project, *Maison de Papier*, will be exhibited in the Great Hall of Danny House in Hurst. This collection is the result of working on-site at Danny for 11 months, collecting oral histories, running craft workshops with current residents, who include a 97 year old female WWII veteran, and encouraging general engagement with the process of making.

Maison de Papier will be a collection of nine, life-size, haute couture historic garments made entirely from paper and thread. Though fashion is the framework,

the stories of the inhabitants of Danny House and the possibilities of working with paper have inspired Stephanie's current collection. She welcomes me at a table in the Great Hall at Danny entirely covered by some of her artefacts. She says: "I'm always intrigued by what is inside people, what drives them, what they think, feel and recollect."

Stephanie continues: "To create clothing from paper asserts the garment as a canvas for drawing and script. It directs attention toward surface decoration and pure paper craft."

Stephanie's aim is to make work that is as technically intricate and challenging as it is beautiful and interesting. Her objectives are: to stretch preconceptions of craft, to question the boundaries of art, to influence dialogue in this area, to create objects that are deeply thoughtful, carefully constructed, materially proficient. "I believe that craft, fashion and fine art intervene," she says.

Alongside her collection will be equally displayed a few of the existing christening gowns of the Campion family. Joanna Bastin, née Campion, is the youngest resident at Danny, which was previously owned by her family.

Maison de Papier will be an Open House venue as part of the Brighton Artists Open Houses Festival which will be open every weekend in May from 11-4pm. The exhibition will appeal not only to lovers of art and craft but also to those with an interest in Britain's social and cultural history.

Keepfitathon raises £1,400



Hurstpierpoint resident Sally Marples is still celebrating after an amazing fundraising event held earlier in the year.

Sally, who has run Fitness League classes for the last 20 years in Hurst, was joined by two of her daughters and a group of willing members took part in a three hour keepfitathon at The Henfield Hall. At the final count Sally and friends had raised £1,400 for Cancer Research – a fantastic result!

Sally is planning to organise another keepfitathon for later in the year – so watch this space if you'd like to take part.

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Local Lanes

ON YOUR BIKE

By Ross McCracken

This month's ride takes us on a 33 mile trip around the local countryside with plenty of opportunities to shorten the route, making it suitable for cyclists of all abilities.

We start at Proper Cycling & Coffee in Hassocks with an Americano (other beverages are available!), and head out of the village towards Keymer then straight over the roundabout at Ditchling on the B2116.

After navigating the speed humps turn left into Spatham Lane heading north towards Ditchling Common. At the end of the road, turn left on to the slightly busier Middleton Common Lane. Take care here as the junction is on a bend, and it's a fairly fast moving road. You are not on this road for long, however, as you take the first left on to Hundred Acre Lane.

At the end of the lane you will have reached Wivelsfield where you take a right at the mini-roundabout on to South road. There are a few short climbs here to get the legs warmed up.

About 1½ miles on South Road you will come to The Plough pub where you take a right on to Station Road towards Plumpton (originally 'Pluntune' meaning town where Plum trees grew apparently).

Continue through Plumpton, over the railway crossing and climb the hill up to the end of the road where it meets the B2116. Turn right here, heading past Plumpton College towards Westmeston. The B2116 can be a fast and fairly busy road, so take care here especially as you climb the punchy little hill up to Westmeston Church where you will fork left into Underhill Lane. It's worth popping into the old red phone box here which has been saved and is now used as a local information point.

You are around 12 miles in now, and you will soon come to the crossroads at the bottom of Ditchling Beacon..... I can sense fear at the mention of the Beacon but don't worry, we are not climbing it today... unless you fancy a few reps, in which case be my guest! Go straight over here and continue on Underhill lane. Be very careful crossing Beacon Road, it's on a blind bend.

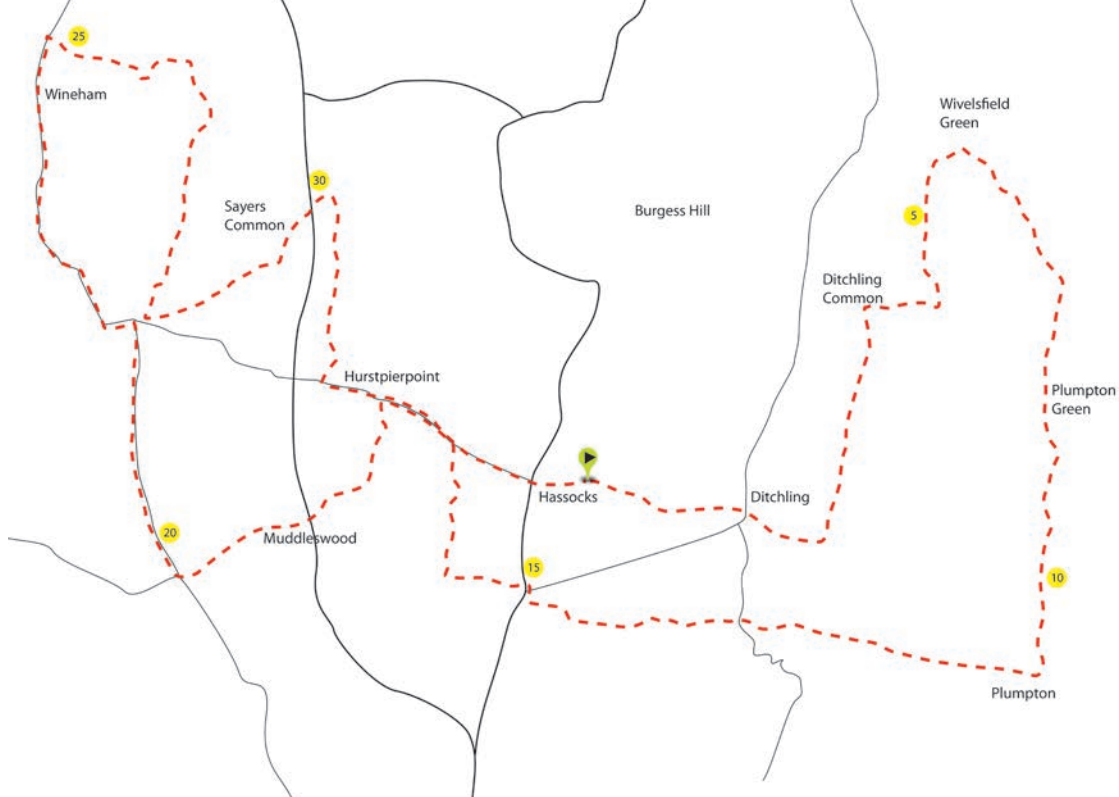
Continue on the undulating Underhill Lane (careful of the gravel here), and watch out for the enormous ginger cat that lives nearby. There is a free coffee waiting at Proper Cycling & Coffee for the first person to spot and photograph this beast!

At the end of the lane turn right on to the main Brighton Road (sadly another tricky junction, so take care) then take the first left into New Way Lane. It's worth stopping here to admire the railway tunnel entrance. It really is impressive.

Continue on New Way Lane (named as it was built to take traffic around the Danny Estate) until you turn left on to Hassocks Road towards Hurstpierpoint. Go straight through the village and turn left at the roundabout on to the B2117. Head down the hill, and on your right you will see Washbrooks Farm. A perfect refreshment stop at the 18 mile mark.

When suitably refreshed, continue on the B2117, over the A23, and on through Muddleswood until the road meets the A281. Go right and then immediately right again off the main road on to Shaves Wood Lane.

At the end of the lane turn left, on to Henfield Road and one mile later turn right into Wineham Lane.



Continue on Wineham Lane (there are some lovely fresh eggs for sale along the road here) for about 1½ miles, and turn right into Bob Lane. Even on a bike it's easy to miss this turning, as it seems to creep up on you, so keep your eyes open.

Once on Bob Lane enjoy the descent, but take care on the sharp bends just before you reach Twineham. At the end of the lane turn right into Bolney Chapel Road, that then becomes Twineham Lane. Model Jodie Kidd got married in Twineham in 2005.... a little bit of pointless info for you there!

Next, turn left into Reeds Lane towards Sayers Common. At the roundabout turn left on to the B2118, then turn right at the next roundabout and continue over the A23. Go straight over the slip road (be careful

of fast moving traffic leaving the A23) and continue on to Mill Lane. Take the first right on to Langton Lane. At the end of the lane turn left onto the home straight through Hurstpierpoint and back to Hassocks for that well deserved coffee and cake... a free coffee if you are the first to bring a picture of the ginger cat!



The Garmin route link is
<https://connect.garmin.com/modern/course/14665143>



Introducing the team

HURSTPIERPOINT CRICKET CLUB

By Rob Sawyer, Secretary, Hurstpierpoint Cricket Club

It's spring at last! The days are that little bit warmer, the daffodils are blooming and that orange orb in the sky that seems to fly south for the winter is making occasional appearances. Of course, for those of us who love the sound of leather on willow the reappearance of the sun means the cricket season is just around the corner.



Here at Hurstpierpoint Cricket Club we are looking forward to this, our three hundredth season, with even more anticipation than usual. This year we will field more teams and play more games than ever before, and as preparations for the season continue we thought it would be a good idea for the Captains and Coaches of our various teams to let us know their hopes and expectations for the coming year.

Matt Parsons is our record run scorer and, as well, as Captain of the First XI, he is our head coach which he somehow combines with a full-time job at Sussex CC. What does the year have in store for the various junior teams and can the 1st XI challenge for promotion to the top division?

"We always look for a good season but, after several years of respectable finishes, this year we need to aim higher and gain promotion. The club has grown and we have strength in depth with several U16s and U17s making their breakthrough this year. We have a strong mix of youth and experience, and it promises to be an amazing year and one the whole club should enjoy."

"As far as the juniors are concerned this year we offer cricket to U8s, U9s, U10s, U11s, two sides at U12s, U16s and U17s. A summer Wednesday night at the club ground is fantastic with over 125 juniors playing Cricket' a BBQ on the go and a roaring trade being done behind the bar for the Mums & Dads. We're fortunate to have several players involved in the County pathway, who continue to progress alongside dozens of other players who love the atmosphere and environment we offer at the club. In the older age groups it's exciting to see so many U16's and U17's omitted to the club, with over 20 regularly attending nets and keen to transition into the senior sides. Our girls sections continue to develop and have become both an integral part of the club, supported brilliantly by both our qualified coaches and senior women players alike."

Our girls and women's coach is **Alan 'Reggie' Perrin**. Part-time actor and full-time coach, Alan preaches a fun approach to the game as he explains:



"At Hurst CC we have 24 girls of all abilities and ages going into this season. U11s, U13s & U15s. Our aim for the girls at the club is to be part of an environment that embraces the fun element of the game. We are not 'outcome' based. We are lucky to have plenty of help and support from within the club in terms of coaches. There are two level 2s and four level 1s now, most of them women, and all excellent role models for our young girls. We always welcome new players in the girls' section from seven upwards, so pop along on a Wednesday evening for a bit of fun."

Kenton Green returns to the role of Second XI skipper after a year away from the job. His last season in charge ended with the Crusaders gaining promotion to Division 4 for the first time in our history, so what are his hopes for 2017?



"About ten years ago I was first team captain (we only had one team), and at the age of 35 was very often the youngest player in the side. I felt for the First XI to succeed, we needed a 2nd XI and a colts section feeding into it. With the help of some like-minded club men and women, we have worked hard and exceeded our own expectations."

Karen Miles is women's team Captain and was a founding member of the team.



"It's always great to be at the start of something good, and I feel lucky to have been around since Hurstpierpoint Cricket Club decided to welcome women and girls. The women's section's fourth summer is approaching, and this season will be our first with a full fixture list. It's going to be new, exciting and most of all, really fun."

"Our doors are open to women who fancy giving cricket a try, or who would like to pick it up again. Age is unimportant (we have women from their late teens to their mid-60s), or if you don't know (yet) how to throw a ball, or bat or bowl."

"We start training on Wednesday 26th April at Fairfield Rec, from 7.15pm. We would love to meet you!"

Tudor Ellis is the newly installed Chairman of Hurstpierpoint CC as well as Captain of the 3rds who are preparing for their second season.



"The 3rd XI at Hurst is a thriving social side that focuses on bringing players back into the game, giving experience to young players and developing an interest and skill set to play in the senior teams of the Club. Our focus is on the more 'social' or 'developing' players from the youth and women's sections, and we provide an atmosphere where cricket can be played in a no pressure environment - nurturing those players who want to play League cricket for the club and offering an enjoyable sporting day on a Saturday.

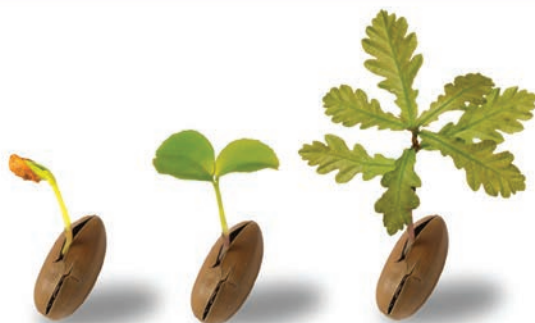
"Home games are at Hurstpierpoint College and last season were the runners up in the Mid-Sussex Conference. We have a full fixture list this season with both home and away games across the Mid Sussex area. We welcome everyone to play in the team and are always looking for players, whether returning to the game, just wanting to play occasionally or to get some regular game time before challenging for a place in the Club league sides."

In contrast to the relatively new women's and 3rd Team, the Sunday side have been a feature of Hurst Cricket for some years. Our Captain is long time Hurst player and former Brighton Policeman **Graham Plater**. As Graham explains:



"The purpose of the Sunday side is first and foremost to have fun. We play from April to September, and we also visit grounds further afield, meaning that we get to play at some of the prettiest grounds in Sussex. The side is made up of some older players such as myself, senior players who prefer Sunday cricket and lots of our kids, which is great because we get them to do all of the running! Our aim this year is to blood as many of our younger players as possible and help to produce players for the Saturday sides."

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These Shallow Graves by Jennifer Donnelly

BOOK REVIEW

By Clair Stanton

These Shallow Graves is an historical novel, set in America around the turn of the 19th century, and skilfully weaves together fact and fiction in a plot filled with mystery and romance.

Jennifer Donnelly's settings and characters cleverly evoke the novels of Edith Wharton and Charles Dickens, and the name of her heroine made me think of Little Women's Jo March. The people in the book are fairly true to 19th century literature, although her heroine is sometimes a little too modern in her attitudes.

As the novel begins, Josephine Montfort is about to dig up a corpse in the graveyard of Darkbriar Asylum for the Insane, New York City. It is late at night in November 1890 and 17 year old Jo has no business being out at all, that she is preparing to break the law is something that she herself marvels at. Her life has changed beyond recognition since the day in September when her father was found dead.

When Jo learns that her father's death may have been a suicide she is determined to investigate, and she teams up with Eddie Gallagher, a penniless reporter in search of a story that can make his name. Crime readers may solve the mystery quite early but there are twists, turns and moments of jeopardy enough to keep the pages turning.

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



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

Find the solution to #9 in next month's magazine

#8 Solution

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

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



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What's on this month

AT THE VILLAGE CENTRE

Regular events

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

April

- 4th **Afternoon club** – 2-4pm
Speaker: Cathy Cobbold, Action for Deafness
- 8th **Craft Fair** – 10am-2pm
Refreshments all day. Supporting Heber Opera (Info: Jenny 01273 834703)
- 11th **Hurstpierpoint Horticultural Society** – 7.45pm
Speaker: Guy Deakins 'My experience of restoring historical gardens'. Fourth generation garden designer and gardener, journalist, blogger, historian. Fell into gardening professionally in 1999 - despite trying to avoid the genes by working for the BBC for several years. He has worked on some fascinating gardens all of which needed some renovation.
- 18th **RepTylers Easter Event** – Mini Zoo (full handling experience), Arts and Crafts, Meet the Easter Bunny. (Tickets are adult £5, Children £2, Family of four £11)
- 18th **Wolstonbury WI** – 7.45pm
Kruger National Park holiday by Jo Kaddish and Brenda Mack. Visitors welcomed
- 22nd **Hurstpierpoint Society AGM** – 2pm
Followed by a presentation by Hurst-based architect Matt White, whose barn on New Way Lane was the subject of Channel 4's Grand Designs last year
- 25th **The Woodland, Flora & Fauna Group** – 7.30pm
Illustrated talk by Tony Whitbread, Chief Executive of the Sussex Wildlife Trust: 'There is no wealth but life'. Entry is free and all are welcome.

May

- 2nd **Hurst Afternoon Club** – 2pm
Talk by Maria Leach, Torch Trust

AND ELSEWHERE

April

- 8th **Coffee Morning** – 10am
Guide Headquarters, Hurstpierpoint. Run by The Friends of St. Christopher's Home for the Elderly. All welcome (Tel: 01273 835639)
- 8th **Coffee Morning** – 10am-12noon
Holy Trinity Church. Tim Moulds, former Christian Aid Associate Director for Church and Community, will give a presentation at 10.30am about the work of Christian Aid. Coffee/cake/ stalls to browse. Free entrance. All welcome.
- 12th **Holy Week Reflections** – 2pm
9 Park Close, Hurstpierpoint. The meeting will provide an opportunity to gather together for fellowship and spiritual guidance. Please join us.
- 14th **Walk of Witness** – 10am
Starting from South Avenue Recreation Ground this Good Friday walk is open to all ages, and is followed by coffee and Hot Cross Buns at Holy Trinity.
- 16th **Easter Sunday Eucharist** – 8am
A simple said service at Holy Trinity Church
- 16th **Easter Sunday Eucharist** – 9.45am
A celebration for all ages at Holy Trinity Church
- 19th **Mothers' Union** – 8pm
Holy Trinity Church
- 18th **A wealden walk from Ditchling** – 10am
Ditchling Village Hall car park. Mid Sussex Ramblers. Wealden 7 mile walk. Please bring a picnic. Can be Muddy. (07985 201335)
- 21st **U3A AGM** – 2pm
Adasta Hall, Hassocks. Followed by Keymer Folk Dance Club - history, demo and audience participation!
- 22nd **Super Six Course Fish Supper** – 7pm
Hurstpierpoint Bowling Club, South Avenue. Non-members are welcome as guests. (www.southdownsconservatives.com)
- 23rd **Brighton Consort Concert** – 7.30pm
Holy Trinity Church. 'Requiem Royal' with chamber organ and brass ensemble. (www.brightonconsort.org.uk or 01273 833746)
- 28th **Hurstpierpoint Geographical & Historical Society** – 8 pm
Hurstpierpoint Guide Hall. Talk by Peter Wilkinson on Bishop Hannington of Hurstpierpoint. Admission free to members. Non-members welcome.

May

- 6th **Plant Sale** – 10.30am-12.30pm
Ansty Village Hall, Deaks Lane.

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Morgan Decorators	13
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The Pest Man.....	34

Retail

Clive Miller Family Butchers.....	47
Hassocks Eyecare Centre.....	30
Mayfair Dresses.....	5

Out & About

Haywards Heath Golf Club	44
--------------------------------	----

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Army Cadet Force	7
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Hurstpierpoint College	2
Manuka Landscapes.....	20
Stagecoach.....	21
The Link Centre.....	23

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