

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #26 : May 2017

Free
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yourself!

Say 'Hi' to Jo Kaddish

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EDITORIAL

By David Tingley, Editor

It's always good to feel the warmth of the sun and with its arrival comes the happy knowledge of the **Hurstpierpoint Village Fair**. In his monthly article on **page 19**, **Rupert Bates** gives us a run-down of all the smaller events which lead up to Fair Day on 1st July.

Our Village People candidate this month – **Jo Kaddish** - knows a thing or two about celebrating in the sunshine, as the organiser of many charity Cream Tea Garden Parties over the years. Get to know Jo in the article, written by **Michèle Copeland**, on **page 24**. If you know anyone who would make a great subject of this popular feature – we'd love to hear about it. Do email Michèle and I using the editor@hurstlife.co.uk address.

On **page 21** Michèle finds out a little more about the **New Parkland Project** which the Parish Council has started, with the transfer in ownership of nearly 50 acres of parkland from developers to the council. It's good to read that things are progressing in this regard.

I recently had the privilege of meeting **Matt and Sophie White** – the owners of **Danny Lodge**, New Lane – and saw firsthand what an architect's house looks like when they are able to build it themselves! It's a fascinating story, not only of architecture and design, but of a couple smitten by the prospect of living right here in Hurst. Turn to **page 10**.

On **page 32** Hurst resident **Marezk Lewandowski**, who has just returned from Zambia, writes about his experiences working in a developing country in a culture which was quite alien to him. I'm very grateful to Marezk for sharing this, as it's great to know exactly what happens on these volunteering trips. Hopefully this will inspire others to do similar trips, or at least encourage the rest of us that folk like Marezk are willing to go and make a difference.

Sit back and enjoy the catch up with your community.

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The Barn, Hurstwood Grange
Haywards Heath RH17 7QX
Telephone 01273 796026
www.hurstlife.co.uk


Editor: David Tingley
Editorial Assistant: Michèle Copeland
<editor@hurstlife.co.uk>

Advertising: Emily Billson
<ads@hurstlife.co.uk>

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Hurst Life



 Tom Bullad
A beautiful sunset down
Tott Lane

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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

New orchestra starting up

The Stellar Arts Orchestra (SAO) is a new proposal for a permanent, world-class orchestra in West Sussex. Initiated by British pianist and conductor, Rudi Eastwood, the SAO endeavours to revolutionise the cultural scene across West Sussex and involve the community at large. There will be opportunities for everybody to get involved as it intends to embrace the entire county – there will be no set location.

The fusion of disciplines in SAO will also mean that our concerts are truly for everybody and not just a select few. In addition to embracing the community, many of the performances will involve youngsters and there will be a platform for children to perform live with the orchestra.

Rudi commented: "We are in the process of building a flourishing online community before we launch our crowdfunding initiative with Kickstarter. The SAO is also inviting local choirs to participate in our Kickstarter promotional video. Every choir will be asked to sing a few notes and we will combine these recordings to create a small musical piece. School choirs are also welcome!"

Sign up on the website: www.stellarartsorchestra.com

Cole Porter songs raise cash for NSPCC

By Belinda Toop

The NSPCC held a lovely concert at Danny House last Friday, with grateful thanks to Richard Burrows. Sam Nixon and friends who sang Cole Porter and other familiar songs, many with an amusing slant. There were canapés served with the drinks at the interval and fun was had by all AND we raised £588. The picture is of the singers with Sam on the right, together with Alistair and Frances. Bernard played the piano for them and the singing and playing was just beautiful.



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School spring concert

By Nicki Burtson

Last month the Music Department at Downlands School proudly showcased the range and variety of musical talent we have here. The Downlands Orchestra opened the evening performing the theme from the hit show 'Dallas'. The Year 7 students performed a medley of songs on the ukulele, followed by some terrific individual performances in particular Joshua Hutchinson, Nathan Reeve, Aneka Kelly-Noakes, Louis Anderson and

Sasha Twigge-Molecy with Lola Coleman and Georgia Johnson. The Downlands Jazz Band opened the second half with their version of Georgia on My Mind and The Chicken followed by performances by groups Honey Badger and The Taken. The fabulous cast of The Blues Brothers returned to the stage to close the evening with Everybody Needs Somebody. It was a fabulous evening - well done to all of the performers.

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A week of celebration!

Dame Vera Lynn, President of Dame Vera Lynn Children's Charity, celebrated her 100th Birthday on 20th March. To celebrate this very special occasion, the charity held tea parties at the Dame Vera Lynn Children's Centre in Cuckfield and at the beautiful location of Danny House in Hurstpierpoint. At both locations guests were invited to join in the celebrations with entertainment, tea, cake and refreshments.

At Danny House members of the charity were privileged to be able to welcome Dame Vera's family along with so many of their local supporters, as well as local dignitaries for an afternoon of tea and song (thanks to the Lee Graham Quartet). Thanks also go to Steve Scharman who made a spectacular 100th birthday cake for the occasion and Gill Pike Florist for the beautiful bouquet and flower decorations.

Pilar Cloud, Executive Manager of Dame Vera Lynn Children's Charity, said: "Dame Vera remains a wonderful Ambassador for this charity, and it is directly thanks to her efforts that her charity has been able to help over 500 families from the South East with very young children with cerebral palsy and other motor learning



difficulties. 2017 marks a new start for the charity in a brand new location, Cuckfield, so that we can welcome more families and offer more support and services to them. As Dame Vera worked to ensure that her troops never felt too far from home, her charity continues to ensure that her families are not isolated and without support."

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5 MINUTES WITH...

Naomi McBain

Although she grew up in Singapore, Hong Kong and Germany, Hurstpierpoint is now where Naomi is delighted to call home. She loves the village, is a former school teacher and supports local families through her charity 'Hope'.

How long have you lived in Hurstpierpoint?
20 years

What's the best thing about being here?
Being in a friendly busy place so near the Downs, the sea and London

Favourite ice cream flavour?
Homemade vanilla

How many houses have you lived in?
14

Favourite holiday destination?
New Zealand but would love to go to Canada

Your most enjoyable event in the village?
The Sanctuary on a Monday morning

Do you share your home with anyone? (If so, who?)
Yes, my gorgeous family...Ian, Cameron, Beka and Amelia

Song you play the most?
Whatever my teenage children are listening to, but if I get air space, Matt Redman... (especially 'My Hope')

Mac or PC?
Just glad I have access to the internet no matter what!
Do love the ease of a Mac though, but not their prices.

Your most frequented village shop?
Vanilla and Muranos

What's your proudest moment?
Times when I am having fun and laughing with my family

Coke, juice or water?
Water

Your advice for life?
Things are not always as they seem, look beyond the obvious without judging.

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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M.E. conference to be staged this month

Following the success of last year's conference, reMEMber, the Hurst/Hassocks based charity for people who suffer from M.E, will once again hold their National M.E Awareness Week Conference in Burgess Hill this year. It will be held in the Sheldrake Suite at Martlets Hall, Burgess Hill, on Saturday 13th May starting at 2pm. There will be two key speakers; Professor Kevin Davies, Head of Clinical Research at Brighton Medical School, University of Sussex and Dr Charles Shepherd, Medical Advisor to the ME Association.

Professor Davies will speak about a major research study the Medical School will be conducting into chronic fatigue and pain which comes with many conditions including CFS/ME, Fibromyalgia and collagen diseases such as Lupus and Vasculitis, and he will be looking for volunteers to take part in this study. Dr Shepherd, who has ME himself, has spoken at several of our previous conferences. He will speak about the latest developments in the ME world including research and welfare benefits.

Janice Kent, the Director of reMEMber, says: "We are delighted to be presenting this event in Burgess Hill once again. ME is a chronic, disabling condition and many sufferers and their carers don't know what help may be available. So we urge them to come along on 13th May. Our star speakers will be very pleased to answer questions, and so will we. Since we started in 1999 we have been able to give help and advice to hundreds of people, a large number of them in Mid Sussex. We continuously campaign for better services for adults and children who have the illness."

Because the event will be so popular reMEMber advises people to get tickets early. Tickets are £4 each including light refreshments. You can buy them online by going to the charity's website www.remembercfs.org.uk, or by post by sending a cheque and a stamped addressed envelope to reMEMber, PO Box 1647, Hassocks, West Sussex, BN6 9GQ.

For further information about this event or M.E. generally contact Janice on 01273 831733, email me_cfs@hotmail.com, or visit www.remembercfs.org.uk



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Mrs J, Hurstpierpoint



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Photos: Will Pryce

Living the country dream

ARCHITECTURE

A chance opportunity led Matt and Sophie White to not only buy a property on the edge of the South Downs National Park but also build their dream house for their family too. Whilst the build was certainly a Grand Design it was actually the sense of community in Hurstpierpoint that sold it to them.

By David Tingley

Matt and Sophie White set up Matt Architecture in 2011, following a two-year stint living and working in Abu Dhabi. The plan was to return to London, set up a family home and build the new business together. As part of this, the pair set about developing the site of their house in London; making it into the home they wanted. During the building work they moved the whole family to Cuckfield, where they rented a property for a year. But they never moved back to the city.

Whilst living in Cuckfield the pair got a taste for family life in 'the country' and they saw just how smaller communities could work for them. An old friend of Matt's lived in Hurstpierpoint and they had been to see him and liked what they saw. A coincidental loading of a new property app while Matt was in the area, led him to learn that Danny Lodge was for sale – which got them both thinking.

"My first thought," explained Sophie, "was 'am I ever going to find somewhere like this again?'. But it wasn't just the Lodge, the more we looked at Hurstpierpoint the more we really felt we connected right away."

The couple did manage to secure the Lodge House and from that point on their plans changed. The work was completed on the London house and, due to it

being a very contemporary addition to a Victorian end-of-terrace, it received some attention in the world of residential architecture – not least an award from Grand Designs magazine.

The family moved into Danny Lodge, built in the 1870s on the edge of the Danny estate, in the middle of 2012 and Matt soon began trying to work out what his plans might be for the property. "It would have been easy to have simply bolted on an extension in the same style," Matt explained, "but that didn't seem very honest. We loved the lodge house but it was really too small and restricted for our family home."

In talking with Sophie and Matt it is immediately clear that they always wanted to put down roots in the village. It wasn't just 'another project' to then sell up and move on.

Matt carried out research of buildings in the area to get a feel for the Sussex typology, and that gave him the idea that he could build a barn adjacent to the lodge, giving them the space they needed and taking advantage of the beautiful view they look out on. He worked with local planners, and other interested groups, and obtained the full support of his neighbours for the project. The family moved into the new barn last year.

"I love the fact that residents of this village care," Matt explained. "Change can be difficult to take in but I wanted to assure anyone I spoke to that we were doing this for all the right reasons. I was looking forward to being part of this community where these things will matter to me too!"



And the family hasn't held back from getting involved. The children (Mia, Daisy and Arthur) are all members at the Tennis Club with Arthur also in Hurstpierpoint Colts and where Matt lends his football coaching skills too. Plus, they are one of ten village families in a Pig Group, where they share the care and spoils of a drove of pigs. "The Players Theatre and cinema is fab and we very much enjoy evenings out at there," explained Sophie, who also went on to say that the Friday night of the Hurstpierpoint Village Fair (formerly St Lawrence Fair) is one of her favourite nights to party on the green and stagger home!

The new barn is truly the house of an architect! For all its very generous proportions Matt and Sophie have made it still feel like a home. The décor is warm and inviting, whilst the space is awesome and exciting. It features hidden doors, secret staircases and an observatory window in the roof for star-gazing nights.

If you're thinking you've seen something like it on Channel 4's Grand Designs – then you probably have. They were invited to take part in the series, following their previous award-winning house renovation in London. "It wasn't an easy decision," said Matt, who explained that he had to consider some professional risk for his own architectural practice. "We knew that we would have no editorial control about what went into the programme, and we wouldn't see it before it was aired. And Sophie was dead against it to start with too!"



However, on reflection, they decided to risk it. Matt told me: "After we met Kevin McCloud on the first day of filming we knew we would have been morons not to have taken advantage of 'the David Attenborough of houses' advice!"

Sophie surprised me by telling me that they saw Kevin for seven full days of filming during the 15 month build. "He is so intelligent and a delight to be around. He was great with the kids too, even when they were running around the New Inn at lunch time, causing trouble!" The crew filmed an additional 22 days and the pressure really built as they neared September when the episode was due to air. "In the end, they filmed their final footage the week before the show went out on Channel 4 last year – it was a very quick turnaround."

As we tour this magical barn I begin to understand what Matt's 'house for life' vision really means. The lodge will have the capacity to bring parents closer in later years, the kids' cool upstairs bunkers will become storage for hoarding teenagers and the secret spiral staircase can be converted into lift shaft if the need arises!

It's amazing the lengths people will go to to make Hurstpierpoint their family home. But home it most certainly is!





A South American guitar and harp spectacular

Concert guitarist and composer Richard Durrant is celebrated as one of the great performers of the music of Agustin Barrios in the world today. He is a musician of international status and is honoured in Paraguay for his work.

Ismael Ledesma is one of the leading Paraguayan harpists of all time. He is the official, international, Paraguayan cultural ambassador who will be in the UK following solo performances in South America, Japan, Spain and Korea.

This concert, taking place in Sayers Common, is a chance to witness a unique collaboration by two instrumental stars performing a riveting combination of virtuoso solos and duets from their first album Durrant y Ledesma

The show takes place on Sunday 18th June at Christ Church, Oakhurst, Sayers Common (BN6 2NJ). It starts at 7pm and tickets cost £16/£5 (concessions) from www.richarddurrant.com



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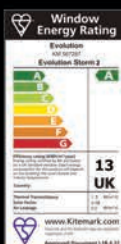


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Stories of Holy Trinity

By Miriam Patrick

On 25th March John Norris gave a talk about the stained glass windows of Holy Trinity Church. He began by telling us that the church, when first built, had not included any stained glass, mainly because money was not initially available for anything other than plain windows. Much of the stained glass was given later by parishioners and often took the form of memorials.

As the talk took place on a bright day with the windows casting their coloured light into the building, we were reminded of the beauty the stained glass added to the church. With support from the curate, Rev Debbie Beere, we also learned about some of the bible stories the glass tells. Some of us hoped to be able to answer Rev Debbie's quizzes at Meeting Point more successfully in future as a result!

On 27th May John Norris will return to look at other glass in the church. John will continue the story of Holy Trinity's stained glass with a talk on the Durer windows, which will begin at 10.30am.

In June and July, Stories of Holy Trinity will take the form of small workshops rather than talks. The first of these will focus of ways of responding to aspects of the church in either prose or poetry, while the July workshops will focus on responses through art. Both will be introductory workshops and will be for small groups. For more information please contact Miriam Patrick on 01273 832657 or mim.patrick54@gmail.com

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Hurstpierpoint Horticultural Spring Show

By Kathy Green

It has been a wonderful year for daffodils and this was in glorious evidence at the recent Hurstpierpoint Horticultural Spring Show. Their luminosity and heady fragrance filled the hall and their variety of form, shape and colour was quite amazing – impossible to pick a favourite as they were all exquisite. The judge had to deliberate long and hard before awarding his decisions and the overall winner of the Stapleton Cup for most points in the daffodil section was Richard Hilson.



With virtually no frost this spring to scorch and brown them, the camellia blooms were also at peak perfection. Lovely hues of pink and white, doubles, singles and some with gloriously long yellow stamens. The Spring Cup for the best exhibit was awarded to Mrs Doreen Garrett.

The children were set the task of designing the summer show poster with a first prize of £10. They did not disappoint. Mia Gulmohamed's winning design will be adorning notice boards around the area in time for the Summer Show on 24th June. Mia also won the Junior Cup for the most points overall in the children's classes.

The judges for the photography and floral art were all the visitors to the show. Their task was not easy as there

were some excellent exhibits in all classes and there was much thought and discussion before the votes were cast. But, by general consensus, four clear and worthy winners emerged.

Departing from visual delights to culinary delights, there was stiff competition all round in the cookery classes. However, there was one exhibit that the judge could not praise highly enough. In fact, she said it was the best she had ever tasted and a Special Award was presented to Mrs Sue Elrick for an outstanding pot of marmalade. (The writer definitely agreed that it was indeed a very delicious marmalade!)



And then there was the lovely display of artwork from the pre-school playgroup who used all manner of different vegetables to stamp some really colourful and original designs.

As well as the Summer Show on 24th June there will also be an Autumn Show on 23rd September and regular monthly meetings and summer outings. For more information: email greenhpp@tiscali.co.uk






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A photograph of two men in golf attire shaking hands on a golf green at sunset. The sun is low on the horizon, creating a warm, golden glow. A red flag is visible on a pole in the background.


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Fashion Exchange changes name

The more eagle-eyed residents of the village may have spotted a subtle change to number 56 High Street in the last month or so.

Audrey's has become Le Chic Fashion Exchange as it seeks to make it more obvious what the shop stocks.

Hurst resident Audrey Wright, along with her partner Graham Towler, is still very much running the store which opened in August last year.

Le Chic Fashion Exchange stocks a mix of new and quality secondhand clothes, shoes and handbags, including such brands as Aquascutum, Jaeger and Coast. "We seek to be a place where local folk can find all sorts of bargains," Graham explained, pointing to a ladies jacket that had never been worn, on the rail at just £35 (it was bought for over £500 originally!).

The exchange agreement with owners of clothes means that if something hasn't sold in six weeks, it simply gets returned to them. This creates a natural turnover of stock and surely means that fashion bargain hunters really do have to pop in every week!

The shop also now boasts a new alterations and repairs service in store. Nataliya Avery works from the premises three days a week, has her own fashion range as well as being prepared to make to measure.

Le Chic Fashion Exchange is at 56 High Street, and is open Tuesday – Saturday.



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The lead up events

HURSTPIERPOINT VILLAGE FAIR



Photo: Claire Brewer Photography

By Rupert Bates

Hurstpierpoint Village Fair is not just about all the events on Fair Day itself, but in the lead up too, with plenty going on to keep kids, adults and even pets amused and entertained.

Britain's Got Talent judges, especially Simon Cowell, have a soft spot for performing pets. But Hurst's Got Talent at 3.30pm on Saturday 17th June at The New Inn is an opportunity for the children of the village and the surrounding area to show off their talents. It is far more than just a singing contest, so perhaps you are a budding magician or comedian (no co-chair Phil Willoughby, you can't enter), or a dance group with limbs as supple as Diversity and it would be appropriate to have movers and groovers in the talent show given the Let's Dance theme of the Fair this year. Hurst's Got Talent is free to enter and the winner gets to perform in the arena as part of the opening of the Fair.

The following day is an opportunity to showcase your animals with the Pet Show taking place at the Guide Hut at 12.30pm on Sunday 18th June. This is the chance for your four-legged – or maybe 100-legged if you have a talented centipede as a pet – friends to shine. The Pet Show is sponsored by Heath Veterinary Clinic and entry is £1 per class.

Running in the village from Saturday 17th June to Thursday 29th June will be Cuckoo in the Nest, sponsored by estate agents Mishon Mackay. This is where you have to spot the cuckoo in traders' windows on the High Street – in other words look out for the unexpected or what shouldn't normally be there – for example a can of fizzy drink in Polka Dot Interiors, or a DVD in the florist's. There are three cash prizes to be won for £25, £15 and £10. It is 50p to enter. Spotting a

member of the Fair Committee drinking a non-alcoholic beverage in licensed premises in the village would indeed be out of the ordinary, but I am told does not count – and would never happen in 704 years!

Friday 30th June from 12.30pm to 2.30pm sees the ever-popular Teddy Bears' Picnic. This is designed for pre-school children and younger to gather, with their picnics and teddies, at South Avenue Recreational Ground the day before the Fair. The picnic is sponsored by the Cook Shop. There will be fairground rides, craft activities, a magician and an ice lolly regardless of the weather. Picnickers are asked to make a donation to the Fair.

Then later that day, from 6pm to 7.30pm, is the Junior Disco for four-year-olds and over, although not too much older, as Daddy dancing, at this stage of proceedings anyway, is not encouraged. Whilst the kids boogie to the sounds of DJ Daryn and enjoy a snack and drink (£4 a child), you can enjoy the family BBQ, bar and live music evening which continues on until 11pm.

And then it is Fair Day itself - Saturday 1st July. This year, in addition to all the regular group floats for the Procession, Hurst Festival is inviting children and adults, not part of other groups, to join them. Fancy Dress is optional, but you know you want to, with Let's Dance the theme and plenty of 'on-board' tunes. There will be chaperones on hand, but parents and carers of young children are encouraged to take part as well, although unfortunately no buggies. To enter please apply via the email: fairprocession@gmail.com.

As ever we are looking for volunteers across all activities in the run-up to the Fair and on the day. To volunteer or for other Fair information please email: hurstvillagefair@gmail.com.

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New Hurst Parkland is now created

By Michèle Copeland

As part of the approval of development of new houses at Highfield Drive and Little Park Farm, an agreement had been reached with developers Bovis and Rydon Homes, to transfer ownership to the Parish Council of two significant areas of farmland and woodland - one north of Highfield of about nine acres and the second at Little Park, of about 40 acres, which includes the area of ancient woodland and Tilley's Copse. The transfer of land to the council also brings funding for land management totalling approximately £400,000. "The council took the view that the development in this area would go ahead anyway", says Stephen Hand, Parish Council Chairman, as we meet in the board room at the village centre, "and by agreeing to the land transfer, we would be able to prevent any further development in this area of our countryside."

"The entire area is strictly covenanted, in perpetuity, against future development", he adds, "in accordance with the policies and aims of our Neighbourhood Plan. To be clear, this means that no building of any sort will take place on this land ever."

"The council", says Stephen, "as owner and custodian of the land and the funds has the responsibility to balance the hopes and aspirations of individuals and groups, coupled with the obligations of the planning permission and the covenants. We have set up an advisory Board representing residents and special interest groups to steer the council toward the right balance".

The aims of the Hurstpierpoint Parkland Advisory board is to maintain a natural, low maintenance, open space between Hurstpierpoint and Hurst Wickham, which will encourage biodiversity and wildlife habitat.

Five Parish members sit on the board; Stephen Hand, Amanda Geel, Steve Whitehead, David Evans, and Stephen Hoyles (Parish Council Clerk), local Society members: Sussex Wildlife Trust Tony Whitebread (CEO), Hurstpierpoint Society Patrick Haworth, Millennium Garden Trust David Brown, Woodland Flora and Fauna Michael Naillard, and MSDC John Wilkinson and public members have been included too.

"The advisory board is very keen in involving younger people of the community", continues Stephen, "as it is felt that the Parkland will very much be a part of their lives". The board has begun to discuss the possibility of a 'youth council' with nearby Downlands School.

So far, over the last nine months, all three meetings have been attended by all those concerned, which shows a real interest in this project.

Tenders will be put out for initial work to secure boundaries, maintain boundary fences, secure pathways, access gates, provide safe access to the area, signalling, seats, bins and bird and bat boxes.

Part of the land will be low maintenance and encouraged to grow, as a meadow to facilitate pollination



of bees. Plans are also underway to plant an orchard of local apple trees in the area. "Possibly up to 20 local varieties to Sussex", suggests David Brown.

Certainly, as the seasons change from spring to summer and then to autumn and winter, an open space to enjoy, with our families, and dogs on a lead, for generations to come.

In short a natural, 50 acre building free open space, free of cultivation, with swings and picnic tables, will hopefully be ready by the autumn.



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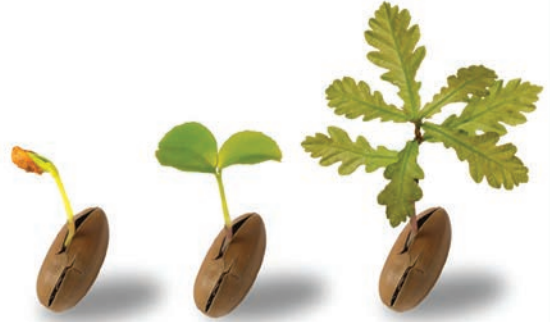
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VILLAGE PEOPLE



By Michèle Copeland

Graham and Jo Kaddish lived in Rhodesia until 1977. He was working for an export company and she was nursing and holding eye clinics with a colleague, usually under a tree in the bush!

"I think the most rewarding part was holding clinics, whilst working with Council for the Blind in Mashonaland, and identifying those people with severe cataracts which had resulted in blindness", Jo comments. "We were able to take them in our Land Rover to a rural hospital where the ophthalmologist, who worked with us, would then operate on them and I would assist. We would do maybe eight or nine at a time and would then return back to the capital Salisbury. We would go back in two weeks' time to check up on them and to give them their glasses. All the patients were elderly, but they had no idea how old they were. They didn't have a census or birth certificates. So to get an idea of age, we asked them how many children they had at the time of the great flu epidemic of 1918! They all remembered that and some would say that they had two or three grown up children, plus grandchildren, and from that we would have a bit of a clue as to their ages, as they all had their children pretty young," says Jo as we speak in her home with her playful young dog Meg, at our feet.

"When we went back after the two weeks to present them with their glasses, for the first time in years they could see", Jo continues. "The resulting dance of joy was something to behold and made it all so worthwhile. Most of them were delighted to be able to see again, but one elderly woman refused the operation, as she thought

that if she could see again, her daughter wouldn't cook for her any more, or give her the best chickens!"

Jo was with Council for the Blind from 1972 to 1976.

"We also went on longer trips further afield and stayed in District Commissioner's rest huts for about ten days, every six months. As well as our eye clinics we also held Leprosy and TB clinics", adds Jo, "where we gave out tablets to control leprosy. The families would bring their children who they thought were developing it and we would be able to start the treatment early. We also saw the older people who had had leprosy for some time and they were the ones with the problems with their feet and hands and we had to perform surgery on them. Luckily with the stopping of leper colonies, there was no fear of bringing people to our clinics, and so we were able to treat it early in most cases."

"Beth, my colleague, and I would often leave at first light with our driver to go to a clinic some distance away, and would carry on with the clinic until dark. People walked for miles to get there, so we would never leave until we had seen everyone", continues Jo. "It certainly made me realise how lucky we are here in the west."

Socially, whilst there, she managed to see a lot of Southern Africa with Beth, visiting Victoria Falls, Kariba and many game reserves. They made friends with game wardens. "Beth and I had an amazing experience riding on horseback through a herd of buffalo, who took no notice of us at all! We also went past a pride of lions, who the game warden knew had recently had a kill and so would not be interested in us."

"So as well as working very hard, we had a great social



life", says Jo.

Graham had moved to Rhodesia from the UK with his parents when he was 13 and he and Jo met in the early 70s at the local tennis club. Jo obviously still enjoys playing tennis, having just come back from the local Weald Tennis Club to meet me.

Graham and Jo married in 1974 and decided to move back to England in 1977. They initially stayed with Jo's parents in Eastbourne. Graham managed to get a job in Brighton and Jo continued nursing in a nursing home in Eastbourne.

They bought a house in Burgess Hill at the end of 1977 and moved into their Hurstpierpoint home in 1984. Jo started work with Van den Bergh Foods in Burgess Hill in 1978, as she couldn't find a suitable job in nursing. She was part of the Field Sales Force team and her role included organising training courses and sales conferences all over the country.

She stayed with Van den Bergh Foods in Burgess Hill and Crawley until 2003, when she took early retirement, as Graham had already retired. They enjoyed an active retirement together, until Graham sadly died in 2012.

Initially, on arrival in the village, they decided to join the Hurst Tennis Club and Jo has enjoyed many years of social tennis and playing in the ladies team. She stood as a Parish Councillor in 1990 and continued for 17 years, seven of which she was chairman (2000-2007).

"These years were very challenging at times, but I loved being involved and was particularly interested in hearing people's views and requests, and then as a council doing our best to carry them out. Again, a very interesting 17 years!"

She got actively involved at that time as well, in the Hurstpierpoint and Sayers Common twinning with Saint Martin de Boscherville (Normandy), from the outset, when an event was organised at Danny House to

welcome the French twinning. Jo is also a longstanding member of Wolstonbury WI, she volunteers at the Princess Royal Hospital and enjoys being a member of Hurstpierpoint Bowling Club too.

Her links with the RNLI go back to her childhood, when she lived in Eastbourne.

As a child she loved to help by standing outside the shops, with a collection box, in all weathers with her younger sister, because her father was very committed to helping the RNLI, and the family often went to visit the lifeboat station on the sea front.

In 1991, she was approached by Gwen Stapleton (now deceased and who was a member of the Hurstpierpoint and District Branch of the RNLI for nearly 30 years) and asked if she would like to join the committee.

She was delighted to join and took over the chairmanship from Ian Nelson, in 2004, after she had retired from Van den Bergh Foods.

There are now 12 members on the committee and their main objective is to raise funds by holding fund raising events and collections for the RNLI.

They collect, on average, £8,000 to £12,000 a year. The RNLI has about 1,100 branches and groups around the UK and the Republic of Ireland.

Jo enjoys giving talks on the RNLI and has done so to many local groups and associations including Rotary and Probus clubs, Trefoil Guilds, WIs, 4Sight, and NHS Retirement Fellowships.

The Hurstpierpoint and District branch RNLI, will be organising a High Street collection in Hurstpierpoint and Hassocks on 6th May and holding their annual Cream Tea Garden Party on Sunday 25th June at 50 Hurst Road, Hassocks, BN6 9NL.

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The season begins!

HURSTPIERPOINT CRICKET CLUB

By Robert Sawyer, Hurstpierpoint Cricket Club

At last, it's the cricket season! Traditionally Hurstpierpoint play the first friendly match of the season at Horsted Keynes. Because we share Fairfield Recreation Ground with Hurst FC our ground is not available for cricket until late April.

Horsted Keynes is one of the most attractive grounds in Sussex. Set right in the middle of the village, the ground is on the small side meaning that some of the gardens 'enjoy' the added bonus of a cricket ball arriving from the sky periodically. It is also unique in that when fielding you can sometimes hear the sound of steam engines chugging away in the distance, the Bluebell Railway runs close to the village with trains stopping at the restored station about half a mile away.

The teams took to the field in brilliant April sunshine. Skipper Matt Parsons made his only contribution by winning the toss and deciding to bat first. Hurst posted a respectable 209 for 3 with Mike Sloman, who just the previous day had been boasting about his new bargain basement kit contributing 35 and Ben Tunley 38. Next in Luke Rand and debutant Bernie Thys really turned the screw on the opposition adding 110, both reached half centuries with Bernie remaining undefeated for 63.

After the usual splendid Horsted Keynes tea, the

home team started their reply and although coming close in the end scoring 192 for 8 Hurst always had their noses in front. Our bowlers were impressive with Chris Hill contributing 3 for 21, Simon Tunley 2 for 53 and Will Bowley, making his senior debut after starring in junior cricket last year taking an impressive 2 for 47. Will definitely impressed the locals, one of their team asked his first victim if, 'the young lad was spinning it or just dobbing it down'. 'Judging by the way our lot keep missing it I'd say he is spinning it' came the reply. Special mention should also go to Jaydon Leahy who bowled 7 impressive overs with absolutely no luck for only 32 runs.

In complete contrast to the glorious weather enjoyed at Horsted Keynes, Hurst under 12s second XI travelled to Ditchling for their first fixture in what felt like sub zero conditions. Winning the toss and fielding, Hurst got off to a strong start with Terry Parsons smashing 28 not out off just 17 balls, racing Hurst to 51 for 1 at the halfway stage. Tight bowling restricted the back end of the innings and Hurst ended up posting 84 for 4 off their 16-overs, thanks to a quick 18 run cameo from Henry Olliff. In reply a run out from Alfie Apps second ball got Hurst off to a great start but Ditchling quickly jumped ahead of the rate, despite extremely impressive spells from Harry Emms (0-11 off 2) and Henry Olliff (0 for 5 off 2). Ditching ended up reaching their target in the 11th over, just 1 wicket down, to end the coldest night of cricket for years.

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Julie sings at Fringe Festival

Hurstpierpoint singer, Julie Roberts, sings Jazz for Lunch in Brighton Fringe Festival later this month.

This will be one of Julie's biggest concerts this year. Julie, with pianist Michael Hinton and legendary bass player Herbie Flowers (both from Ditchling), will present a relaxing programme of songs from the jazz/blues era to the present day in a lunchtime concert.

The show will feature Julie's exceptional, mellow and distinctive voice, Michael's superb jazz piano accompaniment and the accompaniment of internationally renowned bass player, Herbie Flowers. The one-hour concert starts at 1.15pm on Friday 26th May at The Friends Meeting House in Ship Street, Brighton.

Tickets, £8, from from www.brightonfringe.org or phone 01273 965 036. For more info, details of other gigs and to hear Julie sing go to the website: www.julierobertsmusic.co.uk



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Teacher secures publishing deal for novel

A Prep School teacher at Hurst College has secured a publishing deal for her debut teen novel *The Breathing Sea*.

After four years writing and editing her novel Lindsay Galvin (known as Mrs Moakes at Hurst) met with Barry Cunningham of Chicken House Books, the publisher who discovered Harry Potter author JK Rowling. The announcement for the book went live on the Chicken House Books website this month.

'*The Breathing Sea*' is a sci-fi adventure and follows a group of teenagers stranded on a desert island as they uncover a thrilling underwater secret. The story centres on orphaned siblings Aster and Reed who wake on an idyllic island, their short-term memories wiped and their younger brother missing, and encounter a boy, Kayo, who lives and breathes underwater.

Lindsay is Head of Key Stage 2 Science at Hurst Prep School. She had the idea for the book over four years ago but had no experience of creative writing and wasn't sure if she would have the time to write a novel. "I turned the TV off in the evenings and wrote for a couple of hours a day, and after a few months had a first draft. Creating the story was completely engrossing, I was hooked on writing."

Lindsay described her journey to publication to Hurst Prep School pupils in an assembly on resilience.



"This is my first book so I wasn't really expecting it to be published, but I loved writing it so much, I wanted to get it into readers hands, so had to give it a go. After over twenty rejections from literary agents I rewrote the entire novel and was thrilled to receive multiple offers of representation. With my agent, I edited further and the novel was submitted to publishers. After more rejections from major publishing houses, which were all complimentary, I secured the deal. Chicken House have always been my dream publisher, so I could not be more delighted."

The Breathing Sea will be on sale in summer 2018 under Mrs Moakes' maiden name Lindsay Galvin.

Further information about the book is available on the Chicken House Books website: www.chickenhousebooks.com

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How would I cope?

VOLUNTEERING



Marezk Lewandowski has lived in Hurstpierpoint his whole life. He says he's 'done all the village nurseries, scouts and schools'! He was a keen player for Hurst Colts when he was younger, and studied PE, History and Public Services, before working and travelling around Australia and working at Camp America for three summer seasons. But Marezk has recently returned from a volunteering trip with International Citizen Service (ICS) and this article represents his thoughts and experiences since his return to Sussex.

By Marezk Lewandowski

Since I was a kid I knew that, at some point in my life, I wanted to do some volunteering in Africa. I think it was the idea that doing something good makes you feel good, whilst also being able to experience something completely new. I came across a post by ICS on Instagram one day and decided to read into it. For me it was the perfect opportunity and I jumped at the chance!

When the time eventually came around and we got off the bus in Nyimba the heat was unbearable! In those first couple of days I honestly found myself really questioning whether or not I was going to be able to cope.

I have to mention how amazing my host family were. They were incredibly welcoming from the moment I met them and they instantly did everything they could to make me feel at home. I started off by getting to know them and asking my host sisters about their schools and sharing pictures of my family from back home. This was an incredible way to share connections and we quickly hit it off. To say getting used to showering was easy would be a complete lie! I was totally unaware of the whole idea of a bucket shower and must have looked like a complete idiot by crouching down in the nude trying not to spill too much of the water!

At first, I do have to admit that nshima (a staple food made from maize flour) was a bit of a challenge for me. I

think, in a way, a lot of it was down to the fact I had to eat with one hand. But I learned a lesson to not give up on the food too quickly, you could learn to love it! And I did.

In the first week of being in Zambia, I had made it quite clear that social events were where I found comfort (a more formal way of saying: 'I need a drink every now and again') and it was clear that the team saw that in me. For that reason I was put on the social committee for the group. Now, this is something that was completely new to me. I am all for being a part of the scene, but actually being the one to organise things was a completely new ball game!

One of my favourite experiences of being in Nyimba has to be how excited the kids were when they saw us. Not only in schools but just around the town itself. I had two little neighbours who ran up to greet me every single morning and when I came home too. It put such a nice spin on the day and made me happy when they screamed 'how are you' as loud as they could. The best thing about it was, it's not only nice for me to experience but it made their day as well when I responded in Nyanja. This is also seen at the schools as well because on many occasions the kids would wait for our taxi to come around the corner and they would all show their excitement by shouting parts of the energisers and games we play with them!

On the other hand, I do have to admit I had my struggles. Nyimba is an extremely rural place and there really isn't much going on in terms of things to do. On many occasions this led to extreme boredom and me questioning if I really wanted to be there. Thankfully, I wasn't alone in feeling that, and I can't stress enough how important all your fellow volunteers are to you on a trip like this. Whether it was going for a run with friends or just sitting and playing cards; it can make even the slowest of days go that tiny bit quicker. There will be days when you think you just can't take it anymore and

you will miss the UK so much, but in these moments it's important to remember just why you came out here and all the positives you will take from it.

As a whole, I do have to say that my ICS experience has taught me things that I would only ever learn through doing something like this. I was constantly questioning what the future may hold for me and what career path I might choose long term. Before this trip it had been mentioned to me that a career in teaching could be good for me. I can now confidently stand up in front of a group of 375 school kids and hold a session on a topic that I just prepared that morning! I made the sessions fun and engaging and got the kids interested in things that they may not have been previously. I would never have learnt any of this without doing this experience and for that I'll always be grateful.

I'm already starting to look at universities that offer teaching as a degree. My ICS experience has cemented the thought of being a teacher.

Not only have I learnt a lot and grown on a personal level, but I've made some great friends along the way and shared a quite unique journey with them.

To those considering this kind of trip in the future, I would suggest just one thing: Make the most of it whilst you're there, because three months of hard work is so worth it when it can shape the rest of your life.

I would also like to say thank you to all those who contributed to the fundraising for this trip, including the Hurst Community Shop that kindly donated £250.



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Watercress and Quinoa Salad

FINE FOOD

Ingredients (serves 4)

- ½ teaspoon sea salt
- 1 cup quinoa
- ¼ cup fresh-squeezed lemon juice
- ½ teaspoon cumin
- ¼ teaspoon coriander
- 1 pinch red pepper flakes/chilli flakes
- ¼ cup extra virgin olive oil

- 2 cups stemmed finely chopped watercress (Gibson's stocks great watercress)
- ¼ cup lightly packed chopped fresh mint
- ¼ cup lightly packed chopped parsley
- 1 teaspoon lemon zest
- ½ cup halved red seedless grapes

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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.



Spring is blooming into summer and I'm embracing this beautiful month by bringing lots of colour into the kitchen. May sees my first Cleanse event of the year so I'm sharing a Superfood Recipe with you; it is one which features in my Cleanse food plan. This dish can be eaten as a lunch (great with feta chunks on the top) or served as a side salad alongside lamb, fresh fish or BBQ chicken. I recently ate this salad nestled alongside a piece of battered fish from Crossways; as life is all about balance.

This superfood salad combines two key cleanse foods. Quinoa is a rich source of protein. If you are unfamiliar with this South American seed it can be used much like couscous. Watercress is rich in folate and vitamin C. In this recipe, these foods are given a flavour upgrade with fresh herbs, spices, and sweet red grapes.

Method

1. Place the quinoa in a fine-mesh strainer and rinse well under cold running water. In a small saucepan, bring 1½ cups of water and ¼ teaspoon of the salt to a boil over high heat. Add the quinoa and cover. Decrease the heat to low and simmer for 15 to 20 minutes, stirring once halfway through, until the quinoa is just tender. Remove from the heat and allow the quinoa to rest for 10 minutes. Fluff the quinoa with a fork.
2. While the quinoa is cooking, whisk together the lemon juice, the remaining ¼ teaspoon of salt, cumin, coriander, red pepper/chilli flakes, and olive oil together in a large bowl. Add the watercress and give it a quick massage with your hands. Add the cooked quinoa, mint, parsley, lemon zest, and grapes and toss lightly to combine. Serve at room temperature or store in an airtight container in the refrigerator for up to 3 days.

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WHY AYURVEDA?

"I first came across Ayurveda 10 years ago when I was studying. We were taught that to be able to heal anyone, we should be healthy and balanced ourselves, so we explored Ayurveda. From that moment, I had always considered Ayurveda as a wellness therapy, something to do if you were just feeling a little out of sorts. It wasn't until my son became ill, and I had exhausted all other routes with him, that **my last resort was Ayurveda.**

Louie had arthritis at the age of 9, he had 27 joints affected when I took him to India to an Ayurvedic hospital. Following an Ayurvedic diet, treatments and herbs, one month later, he had improved so much, he had just 3 joints affected. We continued the progress we had made when we returned and **after just 3 months of dietary changes, herbs and treatments Louie was 100% better.** He has never had a symptom or had any medication or been on a strict diet since. His body is back in balance and he is a very fit and healthy 13 year old boy now. Seeing the miraculous results on my own son, I sought to understanding the Indian healthcare system better. I studied courses in the science and then set up a natural healing centre incorporating Ayurveda to give people another option to restoring health.

Understanding everything I do now, since I have studied and am continuing to study Ayurveda, it is very apparent to me that it is a **very viable healthcare solution to autoimmune and chronic conditions** such as Arthritis, inflammation, eczema, psoriasis, asthma, IBS, Lupus, chronic pain, infertility, anxiety, depression and many more. The way Ayurveda views such conditions is merely as an imbalance of the body that needs balancing. The body has symptoms such as inflammation, chronic pain, skin issues, mental imbalances etc due things we are putting into our bodies, if you do not change what you are doing, you cannot expect different results.



Ayurveda has been around for 5000 years, I believe that is time tested enough to know there are no nasty side effects and that it is an effective healing modality. It is still very widely used in India and is becoming ever more popular in Europe and the US. There are two main reasons for this; it's safe and it works!

"why didn't you try Ayurveda with your son to start with?"

"Why didn't you try Ayurveda with your son to start with?" I was asked this recently, it's a very good question... It comes down to many reasons. The main two being, firstly when you are in that situation, when your child has been diagnosed with a long term deteriorating disease that you are told cannot be cured and he'll be on medication for life, you are scared. You start to believe that this is the truth, as it was constantly reinforced to us, so you start to follow what everyone tells you, you want someone else to give you the answers, to take responsibility, so you do as you're advised. Only for me, that didn't feel right. It was incomprehensible for me to understand how Louie was fit and healthy one day and then had arthritis the next day. There were no warning signs, no symptoms, nothing. So it stood to reason if that were the case, there is no reason whatsoever why that cannot be reversed. So I couldn't believe what I was being told, deep down, it made no sense to me, deep down I **KNEW** Louie could get better.

The second reason was that **I didn't view Ayurveda as a healthcare solution at that time mainly because I didn't understand it or know enough about it.** I now know enough about it to trust the science implicitly. Every disorder is viewed as an imbalance of some description of the body, some disorders are obviously more complicated than others to balance or have been present for longer, thus lengthening the amount of time to remedy, but **all**, with the right guidance and knowledge can be balanced."

Melissa Toleman - Founder of the centre

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HURST VILLAGE CINEMA

By David Saitch

We have some terrific Live Broadcasts this month, as well as a great set of films to end the 2016/7 film season.

Thursday 4th May 8pm – Love and Friendship (U)

Kate Beckinsale plays beautiful young widow Lady Susan Vernon, who visits the estate of her in-laws to wait out the colourful rumours about her dalliances that are circulating through polite society and wreaks havoc among the local menfolk. Whit Stillman's terrific adaptation of this lesser known work by Jane Austen is clever, delightful, very funny and hugely entertaining

Thursday 11th May 7pm – NT LIVE: Obsession

Jude Law stars in Obsession, this new adaptation of Luchino Visconti's 1943 film. Gino is a drifter, down-at-heel but magnetically handsome. At a roadside restaurant he encounters husband and wife, Giuseppe and Giovanna. Irresistibly attracted to each other, Gino and Giovanna begin a fiery affair and plot to murder her husband. This dark, steamy, passionate noir and penetrating social drama is unmissable.

Thursday 18th May 7pm – NT LIVE:

Who's Afraid of Virginia Woolf

SOLD OUT!

Sunday 21st May 3pm – The Hunt for the Wilderpeople (12A)


One of the funniest and most delightful films of the year and a pleasure from beginning to end. An effortlessly funny odd-couple story about troublesome teen Ricky and gnarly gruff loner Hec (a wonderful Sam Neill) who end up being chased by police deep into the New Zealand bush. A compassionate, generous, engaging and often laugh-out-loud funny film, it is a real movie pleasure.

Friday 26th May 8pm – Hell or High Water (15)

Jeff Bridges and Chris Pine star in this terrifically gripping story of desperate men in desperate times. Set in the shadow of the financial collapse of 2008, it sees two brothers team up to rob a series of banks around Texas. They are careful to cover their tracks but a Texas Ranger on his last case before retirement (Bridges) is hard on their trail. It's a superbly told story, filled with dry detail and snappy dialogue, and with top-notch performances.

Tickets available from Mishon Mackay, online at www.hurstfilms.com or call 01273 835875

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A Tough One!

ON YOUR BIKE

By Ross McCracken

This month's ride is a 38 mile route suitable for advanced riders. There is a tough climb in this one... you have been warned!

Start as usual with a preparation coffee at Proper Cycling & Coffee in Hassocks.

Head west out of Hassocks, through Hurstpierpoint and over the A23 at Albourne. At the lights go straight over on to Henfield Road and enjoy some flat countryside.

Just over a mile later take a left turn into Blackstone Lane and into Woodmancote. Here, go right then immediate left crossing the A281. Take care as the road can be busy.

Bear right onto Horn Lane and continue to the end of the road.

Here, turn left and join the A2037 Henfield Road. This is a fast moving section of road so do take care. Daytime running lights are always recommended!

Continue on through Small Dole and into Upper Beeding. Go through the High Street and over the river to the roundabout with the A283.

Take the second exit towards Steyning and prepare for pain as you turn left into Borstal Road.

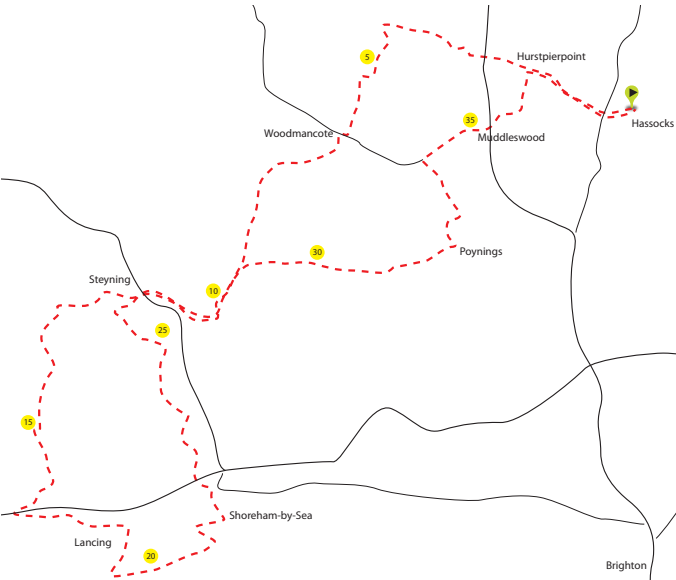
This climb starts off gently but then kicks up to 17% with an average climb of 8% over 1.5 miles.... I did warn you at the start!

When (or if!) you reach the top you will have gained 124 metres in elevation and will be rewarded with a fantastic view across the Steyning Bowl.

Further reward for your efforts comes in the form of a fast descent (followed by another cheeky climb but we will gloss over that... just make sure you carry enough momentum or it's tough!).

At the end of the road you will reach the A27 dual carriageway. Cross the road into Church Lane. Extreme care is to be taken here. You may want to consider dismounting to cross the four lanes of fast moving traffic.

At the end of the very short section of lane turn left into West Street.





You are now in Lancing. When West Street ends turn right then immediate left into Cokeham Road then, at the mini roundabouts, turn left, then right into Crabtree Lane. Continue to the end of the road and turn right onto the A2025 down to the seafront.

Here, turn left on to the main Brighton Road. If you are lucky you can now enjoy a tail wind for a couple of miles until you reach Saltings roundabout. Stay in the left lane here and take the first exit in to Shoreham Airport (Brighton City Airport since 2013) where coffee and cake await.

Shoreham Airport was originally founded in 1910 by a former Lancing College Student. It's now a fantastic place to visit and perfect for a cycling coffee stop. The only problem is it's hard to leave with so much to watch.

You are 22 miles into the ride and, now suitably refuelled, head through the airport and out of the north entrance to the A27. Go straight over at the lights onto Coombes Lane.

Continue on this lovely little lane for a couple of miles running parallel to the River Adur and the South Downs Way. Follow the road until you turn right into Maudlin Lane and arrive back at the Steyning bypass roundabout. Here, go straight over and continue back through Bramber and Upper Beeding High Street. Continue out of Upper Beeding on Henfield Road (A2037).

You will be on the main road for about a mile then turn right into Edburton Road. Go up the hill until the road levels off and continue to Fulking and then on to Poynings. This is a lovely route along the bottom of the Downs so don't forget to enjoy the view.

Soon you will come to a roundabout with the A281. Take the first exit here and continue on the A281 for exactly a mile where on the bend in the road turn right past the Ginger Fox Pub. You are now on the B2117 to Muddleswood. From here it's back up to Hurstpierpoint, right at the roundabout and continue back to Hassocks feeling rather satisfied you've had a good workout.



The Garmin route link is
<https://connect.garmin.com/modern/course/14938407>



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Gymnastics Club competition success

By Andrew Hair, coach

Hurstpierpoint Gymnastics Club had another tremendous success at their 18th Annual Arts Competition. Over a hundred gymnasts competed for trophies and medals in Ball Pairs, Beam Pairs, Rope Solos and Sports Acrobatic Sixes. Some of the competitors only joined the Club in the spring term, while some of the Seniors have attended the Club for over ten years.

The Beam Pair competition involves mounting the beam and performing six different skills before dismounting. This year's winners were: Year 3 - Isobel Faulkner & Katie Judd, Year 4 - Diarmuid Ganpatsingh & Joshua Greenhalgh, Year 5 & 6 - Roberta Tite & Natalie Taylor, Year 7+ - Jessica Massingale & Olivia Grocott.

The rhythmic apparatus is rotated each year and this year the pairs choice was Ball. The winners were Year 3 & 4 - Gracie Bell & Evie Woolley, Year 5 & 6 - Libby Turner & Emma Brown with the senior section won by Emilie Shoubridge & Tabitha Worrall.

The Rope Solo winners were: Year 3 - Evi Campbell, Year 4 - Jemima Owen, Year 5 & 6 - Ella Lawson, and Year 7+ - Freya Hancock.

The last two sections were Sports Acrobatic Sixes, where six gymnasts perform a sequence including agilities, balances and dance. The routines were well choreographed and drew applause during their execution. The Junior Six winning team was Alice Smith, Mia Chinnock, Ella Lawson,

Katie Lawson, Phoebe Acton, & Tori McMahon. The Senior Six competition was won by Jasmine Cross, Jessica Taylor, Madeline Tibbs, Emily Forbes, Freya Hancock and Milly Haward.

The winners and runner-up Sixes will be performing at the St. Lawrence Fair on the 1st July.

Adding together the scores from their entries, the Overall Champions were calculated, the winners gaining their titles by just tenths of a mark. Ella Lawson won the Overall Junior Championship and the Senior title was won by Freya Hancock.

The next opportunity for the gymnasts to compete will be the Club's 34th Annual Championships on the 1st July. Spectating is welcome throughout the morning.

For further details regarding the Club please visit its website: www.hurstpierpointgym.co.uk

The pictures show all the competing gymnasts and the Arts Competition winners.



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Neighbourly Care needs you and you may need Neighbourly Care

By Richard Cherry

As you might expect from the name, Neighbourly Care is a local charity that is based on the spirit and principles of being a good neighbour.

Like a good neighbour, Neighbourly Care provides a listening ear to anyone; especially to older people who need some help or perhaps just some personal company because they may be isolated, sick disabled or housebound or just lonely. Although many of its clients are elderly, Neighbourly Care does not operate exclusively for this group. The Neighbourly Care volunteer team are just as willing to help parents with young children or indeed anyone facing a crisis that can be resolved with some caring neighbourly action.

The team of 25 volunteers currently help around 100 clients. This means that the good work of any one volunteer is never too arduous, indeed each one of the team can really do as much or as little as they feel suits them best. The numbers involved allow volunteers to get close to the people they are helping and ensures that the help they provide is never impersonal.

Currently the volunteer team operate across the towns and parishes of Burgess Hill, Hassocks, Keymer, Clayton, Albourne, Sayers Common and Hurstpierpoint. However, with the numbers of volunteers and clients currently available, Neighbourly Care's centre of gravity is in Burgess Hill and Hassocks. Neighbourly Care is now looking to increase its volunteer and client numbers and do more in Hurstpierpoint by investing in new communications equipment and recruiting more locally based volunteers.

Working with the parish council, community groups and churches, Neighbourly Care is keen to recruit people with the time and energy, who have some of the following attributes:

- That they are happy to transport clients in their own car
- That they can change a lightbulb, a clock or boiler timer
- That they enjoy being part of a community team
- That they can relax and have time to share a cup of tea and a chat
- That they enjoy being with people
- That they are happy to do a few light jobs around a client's home

- That they would like to be a friendly face with a smile and time to listen

Anyone considering becoming one of the Neighbourly Care volunteer team should not worry too much about the time and commitment involved, which is best described as giving as much or as little time as they like:

- Some volunteers offer one hour a week only, often with the same client
- Others volunteer several times a week
- Some volunteers do driving only, taking clients to doctors & hospital appointments
- Other volunteers just do unescorted shopping
- Some volunteers wish only to do befriending, meeting the clients in their own homes for a hot drink and a conversation

No specific qualification is required of a would-be volunteer although anyone applying will need to be interviewed and have the CRB and DBS checks required for dealing with potentially vulnerable people.

Once recruited and providing a service to clients, volunteers are required to do a minimal amount of paperwork, which includes completing an on-line record sheet after every visit. Expenses, such as mileage costs, can be claimed via this record.

There are various routes available for becoming a Neighbourly Care volunteer. You could either call us on 07876 066 368, send us an email to neighbourlycare@outlook.com or you can find more information at our website: www.neighbourlycare.co.uk

The rewards of becoming a Neighbourly Care volunteer are probably best expressed by some of the words of appreciation from satisfied clients and their families: -

"This is an excellent and much needed service. I don't know what I'd do without them as I live alone and my funds and physical abilities are limited. I really appreciate the help with my shopping"

"I am very grateful to E. for her friendly service. My weekly time in the pool helps my mobility and wellbeing and I couldn't get there without her. She also happily takes me to the hairdresser every eight weeks"

"Mum thoroughly enjoyed your company. I always knew when you'd recently visited as she was ebullient after your chats"

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Motherland by Jo McMillan

BOOK REVIEW

By Clair Stanton

This assured debut from Jo McMillan was a delight from start to finish; I was immediately drawn into the lives of the main characters and was sorry to get to the end. The story is told from the viewpoint of Jess, thirteen year old daughter of Eleanor, the only communist in Tamworth. She and her mother attempt to live by their principles in 1970s Britain and her unique outlook colours the narrative. When Eleanor is invited to teach at a summer school in East Germany they begin to live two lives, as distrusted misfits in Tamworth and feted heroes in the GDR, becoming valued assets to their East German friends. As the 1980s begin they find their loyalties tested and discover that friends can become enemies very easily. The central relationship in the book is that of Jess and her activist mother, who works tirelessly for the causes she believes in. Her parenting skills are chaotic but Jess clearly admires her and follows her example, while also worrying about her, often seeming the most mature of the pair. The way that Jess minutely follows and predicts her mother's actions is by turns funny and moving: the embarrassment her mother causes her is acute, but she is also fiercely proud of her achievements. Pick up a copy on your next visit to Hurst Library, there will be copies on display throughout May.



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HURSTPIERPOINT MEDICAL CENTRE

Sudoku #10

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

Find the solution to #10 in next month's magazine

#9 Solution

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

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

May

- 2nd **Hurst Afternoon Club** – 2.15pm
Maria Leach from Torch Trust
- 4th **WSSC Election** – 7am - 10pm
Main Hall
- 6th **Garden Design Workshop** – 10am-4pm
A course designed to help you design your own garden (Call Rachel to book 07887 502 087)
- 9th **Hurstpierpoint Horticultural Society** –
Talk by Ed Nugent: 'A nurserymans life'. A nursery man from the age of 16 although I'm not sure I knew it. Studied at Pershore College of Horticulture in Hardy nursery stock production and commercial crop production. A brief spell in landscaping but since then working and running nurseries from Yorkshire to Oregon. Including Architectural plants. Now master of my own destiny at Garden Sage.
- 13th **Parish Council Surgery** – 10am-12noon
Conference Room
- 16th **Wolstonbury WI** – 7.45pm
Resolutions and talk about RNLI by Jo Kaddish. Visitors welcomed. (Enquiries 01273 834421)
- 20th **Southern Tatters Day**
- 21st **Heber Opera production** – 6pm
Gounod's Faust (www.heberopera.co.uk)
- 23rd **Annual Parish Meeting** – 7.30pm
Main Hall

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

May

- 5th **Community Lunch** – 12-2pm
Scout's Headquarters. Community lunch in aid of MU Disaster Relief Fund. Delicious 2 course lunch plus coffee only £7 adults, £2 kids. (01273 833954)
- 6-7th **Masion de Papier** – 11am-4pm
Danny House. And all Saturdays and Sundays in May as part of Brighton Artists Open Houses. Exhibition by Stephanie Smart
- 9th **Mid-Sussex Ramblers** – 10am
Meet at Hassocks Station (West). Hassocks and the Downs, Jack and Jill Windmills, Ditchling Beacon, Oldlands Mill, Hassocks. Please bring picnic lunch. No dogs please. 8.5miles. (01444 248717)
- 10th **Talk** – 2.30pm
Long Melford, Albourne Road. Talk by Kathryn Anderson 'My Royal Lunch in the Mall!' Non-members £2 includes talk and tea/home made cake.
- 11th **The Superfood Cleanse** – 8pm
Meeting hosted by Belle Nutrition at Sussex Osteopath and Comp. Health Clinic (Also 19th May)
- 15th **Mothers Union Talk** – 8pm
Holy Trinity Church. Talk on Family Social Workers in Chichester Diocese. Non-members £2 includes talk and coffee/home made cake.
- 17th **Mid Sussex Ramblers** – 7.30pm
Meet at Dale Ave car park (BN6 8AR). Hassocks Stroll (3.5mile) (John 07817 032135)
- 19th **U3A Meeting** – 2pm
Adastra Hall. Talk by Andy Thomas: 'A conspiracy history of the world'
- 20th **Hurst Festival Highlights Talk** – 10.45am
Holy Trinity Church. Monthly coffee morning with free admission for talk
- 20th **Paws & Claws Open Day** – 2-4pm
Coombe Down, London Road, Sayers Common BN6 9HZ. Stalls, raffle, home-made cakes, cakes and music by the Raye Du-Val Jazz Duo.
- 21st **Mid Sussex Ramblers** – 10.30am
Meet at Trinity Road Car Park (BN6 9SJ)
Hurstpierpoint Walk (5.4miles – 07783 437349)
- 24th **Mid Sussex Ramblers** – 7pm
Meet at Trinity Road Car Park. Hurstpierpoint Circular Walk (4mile, leisurely) (01273 835931)
- 26th **Hurst Historical & Geographical Society** – 7.45pm
Hurstpierpoint Guide Hall (Trinity Road car park)
Speaker: Margaret Nicolle on 'The Lion and the Tiger – the History of the British Raj in India'

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