

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #27 : June 2017

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St Lawrence Fair events listing

p. 16

Marathon runners celebrate

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Village Design Awards

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EDITORIAL

By David Tingley, Editor

We open our June issue with a lovely little article about community and flexibility on **page 6**. If you want to know how the Village Centre managed to secure the gig to host **Nigel Farage**, among others, and ask some tough questions – you know what to do...

I always say that a magazine like Hurst Life will only work in a village where the residents really care about where they live. Nothing demonstrates this more than **page 8**, where **Amanda Geel** tells us about a long-running group who help keep the country lanes tidy.

New initiatives are welcome in Hurstpierpoint, and resident **Danny Chadburn** has had an idea that he wants to run past the many folk who work from home in the village. Find out more on **page 12**.

Of course, we also love the classics and they don't come much more classic than the **St Lawrence Fair**. It's coming up on 1st July – and we have teamed up with the Fair committee to bring you all the information you need on **pages 16-17**. Myself and Michèle will be there on Fair Day too – do pop by our Hurst Life stall and say 'Hi'.

On **page 24** you can read all about Margaret Carey in our regular Village People feature, on **page 26** Mike Thatcher brings us up to speed on Village Cinema events this month and **Roseanna Leach** shares with us her experiences while working in Ghana on **page 32**.

I'm very grateful to **Lyn Williams**, from **Hurstpierpoint Society**, for writing the article on **page 35** explaining the winners of this year's Design Awards. It's also a pleasure to have **Belle Amatt's** regular contribution – this time a delicious salad with pomegranate as its focus. Read how it's done on **page 40**. Perfect now the weather is warming up!

Finally, on **page 43**, I've written a piece explaining a little about the **Hurst Life team**; I hope it's helpful to get an idea of how it works.

Happy June everyone!

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Hurst Life Published by Kipper



 **Prue Peters**
High Sreet bunting up
in readiness for the
St Lawrence Fair

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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

School Fête coming up this month

By Emma Buckley

The PTA Summer Fête is our largest fundraiser of the year, last year raising £8,000 which was just under a third of our total for the year.

This year, the St Lawrence School Summer Fête takes place on Saturday 17th June, between 12pm and 3pm, on the St Lawrence School Field. Entrance is £1 for adults, children are free, and everybody is welcome, not just parents of children at the school.

We have the popular PTA Barbecue serving St Lawrence sausages from the village's very own Clive Miller butchers, a bar and tea tent. There's plenty to keep children entertained, from the assault course and bouncy castle to teddy tombola, lucky dips and fete games. Marcus Grimes kindly sponsor and run the candyfloss stall and there will be the usual selection of sweets and cakes for those in need of a sugar fix.

Children of St Lawrence will be providing entertainment during the afternoon, with singing, maypole dancing and the 'golden baton' races, and this



year will see live music and compeering for the first time.

All of this year's funds will go towards installing an enclosure for the school swimming pool, meaning it can be used for swimming all year round. As the school grows from 2-form entry to 3-form entry, it has become harder to fit swimming lessons into the few weeks of the year that the weather is good enough! The enclosure will ensure that all children at St Lawrence will benefit from swimming lessons, an important life skill and part of the National Curriculum. Many parents will have heard us aiming for this over the past few years, we're almost there with our required fundraising and at this stage, every penny counts!

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Hurst Festival hosts BBC Radio 4 broadcast



By Charlotte Snook

Friday 5th May was a fantastically busy day in Hurstpierpoint. As the BBC live broadcast truck rumbled through the High Street, a team of Hurst Festival volunteers helped set up the Village Centre for the audience and panel of much loved Radio 4 show Any Questions? which was due to be broadcast at 8pm.

We can safely say the event was a resounding success with the Village Centre packed with an audience of villagers keen to put their question to the panel.

That day we had learnt the results of the local election so the politicians had to field questions about this, for example, 'Is it all over for UKIP?' Other questions featured the retirement of Prince Phillip and how the French Presidential election would impact Brexit. Perhaps the most debated question was 'is Theresa May, being a self-confessed 'bloody difficult woman', was a good thing in the upcoming Brexit negotiations!'

Many political shows can get rather tetchy, particularly in the lead up to a general election but Any Questions? was remarkably good natured and entertaining for all those who

listened. This was in most part down to host Jonathan Dimbleby who was fair and humorous throughout.

The panel of politicians included Sarah Olney from the Liberal Democrats, Shadow Foreign Secretary Emily Thornberry, Stewart Andrew from the Conservatives and UKIP MEP Nigel Farage. They all spoke very well and were extremely gracious with each other!

How did Hurst Festival get to host Any Questions?

Back in 2009, Hurst Festival contacted the BBC to ask whether it might be possible to host this iconic programme as part of our annual festivities in September. Nothing happened!

However, in late March 2017, eight years down the line, the producer rang to ask if we would like to host it on 5th May and, of course, we said 'yes!' The Festival takes place in the second half of September every year, so this is in the nature of a very early 'fringe' event for us!

We'd like to say thank you to all of the volunteers who helped on the evening and of course the audience who's questions helped make the event such a success.

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Windmills Walk is back

By Bill Kent

Calling all walkers! This year our sponsored walk for the charity reMEMber will be on Sunday 2nd July. As in previous years it will be from Clayton Windmills to Ditchling Beacon and back, starting at 10.30am and finishing at about 1pm. You can join us at the Jack and Jill pub afterwards and buy lunch there if you wish. I would like as many as possible to join me on the walk and get sponsors. Or you can sponsor me. Every penny we raise will go to help adults and children who have the long term illness ME. There is no cure yet but reMEMber supports ongoing biomedical research.

The photo shows me wearing the T-shirt presented to us by Usain Bolt who supports our cause.

You can get sponsorship forms from reMEMber. If you want to sponsor me you can do it through Just Giving by going to our website: www.remembercfs.org.uk



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Summer lanes Litter Picking Project

COMMUNITY

By Amanda Geel

Since 2012, from April to mid-September, four volunteers have been litter picking the rural lanes around Hurstpierpoint and Sayers Common. Their activities began under the auspices of the Hurstpierpoint Woodland, Flora and Fauna Group, but, from this summer, they have transferred to the Parish Council.

Keeping the ditches and hedgerows clear of harmful plastic, cans and bottles for the benefit of wildlife is their main objective, but, as a secondary benefit, an eyesore is removed.

In 2015, 50 bags of rubbish were collected. In 2016, 56 bags were collected. This was expected, as sadly, there is a noticeable increase in the amount of litter discarded around the villages and their environs and fly-tipping is a tremendous problem in some lanes.

The worst areas of the parish are: Jobs Lane; Bishopstone Lane and Gatehouse Lane (particularly the section to the A2300); Pomper's/High Hatch Lane intersection area and Mill Lane. These peaceful and delightful rural lanes are used by unscrupulous tradesman and lazy residents to dump garden rubbish, construction/building waste and house clearance rubbish.

The litter is always the same: cans (beer and energy drinks); glass and plastic bottles (wine, beer, spirits and fizzy drinks); takeaway coffee cups and lids; endless discarded packets of cigarettes, cigarette stubs and roll-your-own paraphernalia, as well as take-away containers.

There are many groups such as Greenpeace and Surfers Against Sewage (<https://www.sas.org.uk/campaign/message-in-a-bottle/>) running campaigns to try and get a 10p deposit charge introduced - particularly on plastic bottles, but also glass bottles and cans. This follows the successful introduction of the charge for plastic carrier bags. Not only would it reduce litter, but collecting bottles and cans would also be a revenue source for many community groups.

We do notice the 'broken window effect' at work. Without a doubt, if the lanes have a noticeable amount of litter - then people obviously feel they can add to it and the situation deteriorates rapidly.

It isn't all bad. On a lovely, warm summer evening, where the lanes are relatively clean, it is a peaceful activity and the views across the parish to the Downs are so beautiful. It's a very useful way to get to know the parish as well.

The group are very grateful to MSDC Waste & Recycling Team. They have always promptly collected the bags of rubbish, as well as responding swiftly to fly-tipping reporting. If you see fly-tipping as you walk or cycle around the Parish, please DO log onto their website and report it (https://doitonline.midsussex.gov.uk/officeforms/MDC_fly_tipping_1.ofml)


If you feel you would like to join us, the group meets on Wednesday evenings and we litter pick for an hour or two. For more information, please contact Roberta Taylor at the Hurstpierpoint Parish Office.

But if you see litter, please don't walk past, pick it up and put it in the nearest bin or take it home. If it's relatively clean and recyclable - then just add it to your recycling containers. Best of all, don't be a litterer!

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Crowdfunding for Village Fair

The St Lawrence Fair is the most exciting day in the Hurstpierpoint village calendar.

Generations of Hurstpierpoint inhabitants, as well as residents from neighbouring villages, come together to celebrate the 700-year-old tradition of dressing up floats, singing and dancing, taking part in fun competitions and enjoying the range of entertainment, as well as eating and drinking the finest local produce and browsing village trade stalls.

However, it is not free and every year the committee needs to raise funds to cover costs such as health and safety, police and insurance to ensure the smooth running of the Fair.

If you love Hurstpierpoint and the historic St Lawrence Fair, then please donate to keep this wonderful event up and running. The committee is also looking for volunteers to help across the events both on the day (Saturday 1st July) and in the run-up to the Fair.

<https://www.justgiving.com/crowdfunding/St-lawrence-fair>

www.stlawrencefair.org.uk

NSPCC collection results – thank you

By Jo Marshall

The Hurstpierpoint and Hassocks NSPCC committee have recently carried out their annual House to House collection which raised the magnificent total of £973. 40. Thank you very much to everyone who gave so generously and to all the collectors who worked so hard.

Also, the Hurstpierpoint and Hassocks shop boxes brought in a grand total of £385.25 which, in today's climate, is a very good result as well.

Thank you to everyone who contributed.

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Putting the passion back into the pub

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Every great community needs a great pub at its heart and the village of Sayers Common is no different. Last month the Duke of York underwent a major facelift but the décor isn't the only thing that has changed.

Owned by The Golden Lion Group, the firm took the bold decision to shut the pub down completely for renovation and then reopened with a new management team.

General manager Matt Shorter, who was only appointed during April, has been in the trade for more than 12 years. "My remit was to put the passion back into the pub," he commented. "I really want to put the Duke of York in the centre of village life again."

The refurbishment, which took place over the first week of May, makes the interior more light and welcoming. "All of the furniture has either been reupholstered or replaced with new," continued Matt, who was asked by owner Leo Day to 'put his own stamp on the place'.

For those who like real ale, Matt says that he'll have at least three Sussex-born beers on tap. "We'll always have Harveys, and then will add in a couple of others too. But we'll change it regularly to keep things fresh. There's such a good selection from local breweries like Bedlam and Dark Star."

But the major change at the Duke of York will be in the kitchen. The new head chef is Patryck Karwat and he has created a brand new menu based on 'pub classics with a twist'.

Patryck was born in Poland although gained much of his culinary experience in America, where he spent four summers working in a small, family-run restaurant in both the kitchen and front of house. "Absolutely everything was made from scratch with fresh ingredients," Patryck explained, "It was a fantastic experience for me."

Since then he has decided to ditch the career as an accountant in order to follow his passion for food. Two years ago he moved to the UK and began working in an

Italian restaurant in London and, more recently, was sous chef at The Grain Store in Gatwick Airport – where they specialise in locally sourced, fresh vegetables and it was there that Patryck met Matt.

"It is amazing to have my own kitchen," Patryck said, who spent his first three days just cleaning! "Other than throwing away three microwaves (I don't see the point!) we have a few new pieces of equipment – but we didn't need much."

Patryck's menu includes new classics such as Chicken Burger with a Cucumber and Dill sauce, Pork Chop with Vegetables and, his favourite, Grilled Chicken with an Apricot and Horseradish Glaze.

Much of the menu is naturally Gluten Free including a Superfoods Bowl with Broccoli and Avocado, Mediterranean Plate with Crushed Avocado and Grilled Halloumi and even the Fish & Chips. "It doesn't take much (if any) extra effort to make our dishes GF, so I like to do it where possible," Patryck commented.

The menu was devised in partnership between Matt and Patryck, and they are looking to add in a specials board in the next month or so too.

Matt says he wants the Duke of York to be its customers 'second living room'. With great coffee by Brighton-based Roasted, the place will be open from 11.30am every day and will also welcome both children (there's a separate, dedicated garden area) and dogs (they even have a dog beer for their canine visitors!) along with their parents/owners.

"It's a whole new start for the Duke of York," Matt explained, "so whether you knew it before or have never ventured in – do come and give us a try, we'd love to welcome you in."

The pub serves food between 12-2.30pm Monday to Thursday, 12-9pm on Fridays and Saturdays and between 12-6pm for those all important Sunday roasts! See www.thedukesayerscommon.co.uk for more information or check out their Facebook page for regular updates.

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Calling all home workers

By Danny Chadburn

Since moving to the village 18 months ago I've met many people who work from home. Whether that's for childcare reasons or a desire to avoid the daily dealings with Southern Rail, there are fewer and fewer jobs these days that require a permanent presence at your company HQ.

Combine that with many empty units at both ends of the High Street, and the idea started bubbling that these would make an ideal village co-working venue. That's when hurst.work was born.

I tend to spend two thirds of my working week logging in remotely, and while the flexibility and freedom is great, there's a certain level of office camaraderie you miss out on when holed up in your spare room for eight hours a day. I've frequented both The Skiff in Brighton and TechHub in London - as well as being ideal places to meet likeminded folk, they have the knock-on benefit of bringing more people to the area more frequently, increasing custom in neighbouring shops and cafes.

The plan is to run it as a not-for-profit organisation - specifically a Community Interest Company (CIC) - designed around the needs of local residents. With

an accessible one-size-fits all membership, any fees collected would be put back into renting the space and improving facilities whether that's faster broadband, more desks or a lick of paint.

It's all very early stages, but if you go to hurst.work there's a quick questionnaire that help to establish whether this is a viable project, and what kind of facility people might want and need - I'd build the club before the clubhouse. There's also a call for anyone who would like to help form an organising committee to get this off the ground.

As well as the current option of working from home, there are cafes, pubs, the library or even the park on a sunny afternoon to choose from. However none of these fulfil the same purpose as having a creative space for people to come to as and when they need to. The goal for hurst.work is for it to act as a hub for people from Hurstpierpoint and the surrounding areas to converge and create amazing things.

Let me know what you think via the website: www.hurst.work

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M.C.C. comes to Hurst!

HURSTPIERPOINT CRICKET CLUB

By Rob Sawyer

And so the cricket season begins proper!

After some encouraging performances in friendly matches with the senior men recording a last ball victory at an arctic Maresfield and the women giving a quality Burgess Hill side an excellent game, all of our sides were in action on the first weekend of the season. The 1st XI battled to a high scoring draw having been set a challenging 237 for 8 dec, Hurst comfortably saw out the overs with Mike Sloman and skipper Matt Parsons doing most of the damage with the bat. Over at Ansty the 2s set what looked to be an imposing score of 225 featuring an impressive 71 from Ben Potter including a blistering 4 which almost decapitated his opening partner John Pike. Mark 'Gibbo' Gibb battered an impressive 30no at the end of the innings and hopes were high when John Wareham removed one of Ansty's openers in the first over but a combination of a superb knock of 84no from Sussex prospect Lucy Western and a disappointing total of 50 extras lead to defeat by 4 wickets.

Hurst women have had a trickier start with a couple of defeats in the T20 league but some excellent individual performances give great encouragement for the future.

Week two saw Hurst 2s return to the Rec and register a comprehensive victory over perennial rivals St James. The first XI travelled to Colemans Hatch and returned with a creditable draw with Matt Parsons starring with the bat with a knock of 141 and Simon Tunley falling agonisingly short of a century, after being caught on 97. Opener Mike Sloman joins your correspondent on the treatment table after being injured and so we hope he is able to return quickly helped by the somewhat unconventional therapy of strapping a packet of frozen Brussels Sprouts to his injured quad.

The clubs attention now turns to one of the most historic and prestigious fixtures in its long history.

We have a series of events planned to celebrate our tri-centenary and first up we have a game vs the M.C.C. at our home ground on Thursday 1st June. For those not in the know, Marylebone Cricket Club is the world's most active cricket club, the owner of Lord's Ground and the guardian of the laws of the game. Walk down to Fairfield Rec to watch the action, there will be a drinks tent and BBQ running all day. Please do head down any time during the day; if you're off work or school or just fancy a look early evening – bring a picnic, buy a drink and enjoy watching one of the world's oldest clubs take on the world's largest club.

Next month we'll be re-enacting the first ever Hurst CC fixture played at Danny House in 1717 – watch this space.



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This month we see the launch of Natural Beauty at the centre. Recent studies state the average woman uses 12 personal care and/or cosmetics each day (such as moisturiser, body lotion, shampoo, shower gel, foundation, lip gloss, nail varnish etc) exposing them to at least 168 different chemicals. Even more staggering is that teens are on average using up to 17 everyday, with the quality of these often being much lower. There are many articles showing the detrimental effects some of

these chemicals can have on your body, linking them as the cause for many disorders such as reproductive issues, mental health issues and even cancer. The skin is the largest organ of the body, so anything we put on our bodies we are effectively putting in our bodies as it absorbs its properties.

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St Lawrence Fair Children's Events

on-going until 19th June **Prince & Princess of the Fair**
Dad Dancing competition

saturday 17th June **HURST'S GOT TALENT**
3.30pm, The New Inn Entry forms available on our website

17th June - 29th June **'CUCKOO in the NEST'**
Entry forms from Mishon Mackay

sunday 18th June **Pet Show**
From 12.30pm, Guide HQ small pets: 12.30pm
Dog show: 1.30pm

Friday 30th June - South Avenue Rec
12.30pm - 2.30pm **Teddy Bear's Picnic**
Plus fun activities

6pm - 7.30pm **JUNIOR DISCO**
Age 4+

From 6pm **FAMILY BBQ & LIVE MUSIC**

saturday 1st July - South Avenue Rec

From 12pm **Fair Day!**
Procession, Harris' FunFair, Fun run,
arena events, stalls, street food market

see the next page for full details of all these events.

Why not cut out and keep this page for easy
reference of all our events?!



www.stlawrencefair.org.uk



Prince & Princess of the Fair : 'Dad Dancing' Competition

For this year's Prince and Princess of the Fair competition we are looking for the village's best (or worst) "Dad Dancers". Not just dads though, it could be your mum, sister, brother, or any other adult that is happy to let you video them dancing. Video's to be uploaded to our Facebook page with your name and age, plus the name of your parent/carer in the comments. The winners will be the ones with the most 'likes'. Closing date is 19th June.

HURST'S GOT TALENT : Saturday 17th June, 3.30pm.

Come and sing, dance, play an instrument, or act for us and the audience at The New Inn. Application forms are on our website. The winner will open Fair Day.

'CUCKOO in the Nest' : 17th June - 29th June. sponsored by MISHON MACKAY

Entry forms available from Mishon Mackay on the High Street for 50p. Can you spot what doesn't belong in the window displays of the High Street shops?

Pet Show : Sunday 18th June, From 12.30pm. sponsored by Heath Vets

Small Pets : 12.30-1.15pm - Best Small Pet and Pat Venables Cup for best owner/keeper.

Dog Show : From 1.30pm with classes:

Best Junior Handler (U16s); Best Trick; Dog the Judge would most like to take home; Waggiest Tail; Prettiest Pooch; Most Handsome Hound. The Heath Cup - awarded to the dog in the best condition, and the Wright Cup - awarded to the winner of our veteran's class. Each class entered is £1 per animal.

Friday 30th June, South Avenue Rec:-

Teddy Bear's Picnic : 12.30pm - 2.30pm.

Pre-schoolers - Bring your teddies and have some fun with cake decorating, a craft activity, carousel ride, magic show and an ice lolly. Voluntary contributions are gratefully received for this event.

Junior Disco : 6pm - 7.30pm.

£3 a ticket, to include a snack, fruit and unlimited squash/water.

Age 4+. Sorry but due to the noise, activities and space constraints this is only open to over 4s (eg. school age) and we ask parents to please have fun outside the marquee - there will be plenty of tables/seating for you outside so you can sit nearby. Thank you.

Family BBQ & Live Music : From 6pm.

Come and enjoy an evenings entertainment with live music, our BBQ and bar.

Saturday 1st July, South Avenue Rec:-

Fair Day! : From 12pm. Headline Sponsor: Heathfield Homes

Main sponsors : Morleys Bistro, Clifford Dann, Hurstpierpoint College,

Enjoy the procession, the main arena events, fun run, stalls and our street food market, and the Harris' funfair; details and maps will be in the main Fair Programme which you should receive hand-delivered!

Don't Forget to support other local events on or around Fair time:

St Lawrence School Summer Fete Saturday 17th June, 12-3pm

Lots of fun stalls & activities on the school field.

Hurstpierpoint Gym Club Championships Saturday 1st July, 8.30am - 12.30pm approx.

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Open Gardens open!

By Prue Heron

This lovely sociable afternoon will be held on Sunday, 11th June from 1-5.30pm.

The nine gardens that will be opening cover a spectrum from magnificent lawns, views to work-in-progress, vegetables and, this year, one with children in mind.

Gardens opening their gates are:-

- 35c Cuckfield Road, BN6 9RW
- 13 Western Road, BN6 9SU
- 17 Western Road, BN6 9SU
- 162 Western Road, BN6 9TD
- South Lodge, South Avenue, BN6 9QB
- 15 Orchard Way, BN6 9UB
- 25 Orchard Way, BN6 9UB
- 26 Orchard Way, BN6 9UB
- 28 Orchard Way, BN6 9UB

There will be balloons at each entrance and the fee is only £6 for the whole day (free for 14s and under). There will be a hop-on, hop-off bus service running throughout starting at Trinity Road at 1pm. Trinity Road car park is free on a Sunday.

More information available on the website: www.hurstpierpointopengardens.org.uk or phone Prue Heron on 01273 835064.



South Avenue's running team

Three Hurstpierpoint residents have all completed marathons this year, and they've helped each other along the way.

Fiona Bates, Gary Cole and Sarah Elsmore all live on South Avenue and became each other's support network earlier this year when it became apparent they were working towards the same goal.

Fiona's brother completed the Brighton Marathon last year and Fiona watched him crossing the line. At that moment she decided that she wanted to do it herself! Sarah, who she ran short routes with for fitness, agreed to be her training companion and pretty soon asked herself 'why don't I do it as well?'

Gary decided to take on the challenge after his mother was diagnosed with lung cancer last year. "I wanted to do it for her and to support Macmillian nurses who do such amazing work with thousands of folk in my mum's situation," he said. Sadly his mum, Gill, lost her battle with cancer in November – long before Gary's London Marathon challenge. "Strangely," Gary went on, "after the initial shock of mum's passing, I actually found that my tremendous loss proved to be more of a motivation for me to not give up! I was now doing it in her memory."

None of them were 'fitness freaks', and the training was incredibly hard. Sarah planned the regime for herself and Fiona's training. "There are lots of plans to follow out there," she said, "but I found that within a couple of miles of the end of every training run I would always want to stop and go home!" Gary had a serious problem when he damaged a ligament during training and couldn't run

for the whole of February – but even that didn't hold him back to cross the line in April on The Mall.

For each of them it's too early to say definite plans for another marathon, but all of them wouldn't rule it out in the future. "It was actually quite addictive," Fiona commented, "but I've enjoyed not having the pressure on since April!"

All of their fundraising pages are still open for donations. We have posted an article with direct links to each of their pages on our Hurstpierpoint Blog: enter this short URL into your web browser:

<http://bit.ly/2qya0VM>

Fiona: <https://www.justgiving.com/fundraising/fibates>

Sarah: <https://fundraise.cancerresearchuk.org/page/sarahs-fundraising-page-2090>

Gary: <https://www.justgiving.com/fundraising/Gary-Cole10>

"After the initial shock of mum's passing, I actually found that my tremendous loss proved to be more of a motivation for me to not give up! I was now doing it in her memory."



Take to the Hurst stage!

Hurst College is holding the third edition of its week-long theatre summer school from 21st – 25th August.

The Hurst Stage is a five day course open to children aged 9-18 and is organised by performing arts teachers at Hurst College with specialised sessions led by West End professionals, including former Hurst student and Jesus Christ Superstar actress, Olivia Robinson; award-winning choreographer Amanda Schofield; actor and director of The Lion King, James Simmons.

New patron and award-winning actor Jamie Parker, the star of Harry Potter and the Cursed Child, will be present throughout the week, working with children in all age groups. Founding and existing patron is Connie Fisher, star of the West End musical, The Sound of Music.

Participants will take part in all sessions to provide an all-round theatre experience in a week. Each day will involve preparing and rehearsing pieces for a final show, including original pieces from West End composers.

Drama, singing and dance training sessions will take place in the mornings, and the afternoons will be devoted to specialised sessions in musical theatre, street dance, acting for camera, stage combat and audition technique (16+) – and rehearsals for the end of week show in the college's Bury Theatre, to which parents and friends are invited.

Further information and a booking form is available on the Hurst College web site:
www.hppc.co.uk/events

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Hurstpierpoint Girls' Brigade celebrate 70 years

By Margaret Taylor

The 1st Hurstpierpoint Girls' Brigade is celebrating its 70th anniversary this year with a Family Parade Service conducted by Rev Gina Upton (a previous Captain of the Company) and a Buffet Lunch for past members of the Girls' Life Brigade (GLB) and Girls' Brigade (GB) on Sunday 9th July at The Methodist Church, 42 Cuckfield Road.

The Service begins at 10.30am for about an hour followed by coffee and biscuits.

There will be memorabilia to look at before lunch and plenty of time to chat and catch up with old friends.

I am anxious to contact any girls and ladies who were in GLB or GB at any time since 1947 so please give me a ring on 01273 832286 / 07799 660043 or e-mail me on margaret@taylor24.plus.com.

If you would like to share in our Celebration Lunch, I will make sure a place is reserved for you.

Are you involved in Music Day?

By Michèle Copeland

International Music Day initially started in France in 1982. It's an occasion with a simple set of rules, which means that the chosen day of the 21st June is held on the mid-summer solstice, our midsummer, and that all concerts and events are free and accessible to the public.

Typically, most happenings are held in the streets, though any kind of music is encouraged, even if they are held behind closed doors!

Nowadays events are held in over 120 countries and 700 cities around the world. In the UK contributions to Music Day were first made in 2012. The website www.musicday.org.uk shows events taking place in the UK.

Whether you are performing, organising, lending instruments, singing, or just wanting to join in, it's an amazing opportunity to further nurture community spirit. Spread the word and get back to us if you are supporting International Music Day.


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A photograph of Margaret Carey, a woman with reddish-brown hair, smiling and standing in a lush garden. She is wearing a black long-sleeved top and blue jeans. The garden is filled with various plants, including purple flowers and green foliage. In the background, there is a wooden fence and a building.

Margaret Carey

VILLAGE PEOPLE

By Michèle Copeland

I had met Margaret many times at the forefront of our village festival in September and at different events in Holy Trinity Church.

Margaret has always struck me as warm-hearted and caring and so I was intrigued to do a 'village people' about her.

Margaret was born in Cuckfield and has always had a connection with Mid Sussex. She married her husband, Kevin, 29 years ago. It was a second marriage for both of them. She has a son and a daughter. Marcus lives in Fremantle, Western Australia. He emigrated 20 years ago. He and his wife, Helen, have three children. Annabelle lives in Balcombe with husband Tim. They have four children, three sons and a daughter, who is expecting her first baby in July. "I'm thrilled to soon be a great-grandmother. It's truly amazing!" says Margaret.

She amazes me by having been a school governor at just 18 in Staplefield Place, an Inner London Education Authority school for disabled children, her first public appointment.

Margaret met Kevin while she was working at Sightsavers. Her role was Overseas Manager, dealing with education, medical and rehabilitation projects for blind people in Africa, Asia and the Caribbean from 1985 to 1990.

Sightsavers changed its name from the Royal Commonwealth Society for the Blind in 1987 when Blue Peter chose the charity as its beneficiary for the annual Blue Peter Appeal. "As a team we went to Malawi

to film and we found a very small boy, Emmanuel, who had congenital cataracts and had never been able to see," Margaret explained. "He was three years old. The programme followed his progress through eye surgery and filmed his first sight of his mother when the bandages were removed. I was the link with the programme and went to the TV studio twice a week throughout the appeal, appearing a couple of times which was fun. The appeal raised a lot of money; I forget how much, but millions!"

One of Margaret's main tasks was facilitating projects which would help incurably blind people to earn a living in rural communities overseas.

"In India," she continues, "I met a young blind woman who had been given a cow which was in calf. When the calf was born, she sold it, and then she sold the milk from the cow to her village and neighbours. She therefore had income both from the sale of the calf, and then income from milk sales. This allowed her to be independent. She had learned how to care for the cow, feed it and milk it. Blind people in poor communities rarely have the opportunity to earn a living and are a 'burden' to their communities. This young woman had a chance to change that."

Margaret and Kevin settled in Brighton for a short time, and, in 1988, they approached Weber Brown, an Estate Agent in Hurstpierpoint. Margaret put their terms down: "We want a two bedroom flat, on the High Street, with a south facing garden, open fires and parking at the back," says Margaret, with utter conviction that she

would get just that! 'We have one of those' was the reply and that was that! They have no intention of moving anywhere else until the old people's home becomes inevitable!

Margaret surprises me by saying that, according to statistics, in the UK 75% of blind people are without work. So, a far worse scenario in rural Africa.

In the mid-eighties, Sightsavers made a radio appeal for manual sewing machines to support the project to help blind people earn a living in Africa. "I was amazed by the general public generosity," she recalls: 400 were offered within a few days. Some years later, she made the link between this generosity and the need for people in prison to put something back into the community and achieve some skills whilst doing so. She set up an experimental project to teach prisoners to repair these sewing machines, so that they could be sent to these African countries in working order. At about the same time, a similar project to clean and repair donated spectacles was very successful in Lewes Prison, so there was a clear benefit all round.

She decided to set up the The Inside Out Trust charity in 1994. It started from their home on Hurspierpoint High Street, and developed almost a hundred projects during the next few years, teaching prisoners the skills to repair and refurbish wheelchairs, bicycles, sewing machines, manual typewriters and many other donated items for the benefit of poorer communities everywhere.

Kevin, who is blind, had himself benefited from Braille produced in Liverpool Prison when he was a schoolboy in the city, some 50 years ago.

Margaret was also involved with the restorative justice movement which encourages people who have harmed others to face up to what they have done and make some sort of reparation. It clearly reduces reoffending and is certainly not a soft option. The Restorative Justice Consortium was an informal group of activists which she then helped to be established as a registered charity.

"The main idea of restorative justice," she says as I face her in a comfortable armchair, "is to help prisoners to come to terms with what they've done and to give back to the community. It's good for their self-esteem to help children in Africa." She chaired the Restorative Justice Consortium for about six years.

In 2005, she was asked by Paul Whitehouse, then Chief Constable of Sussex, to join, and then chair, a working group set up to pioneer work in prisons based on the Quaker programme 'circles of support and accountability'. Circles UK became a national charity in 2007 and chaired the board for the maximum period allowed of six years.

Margaret currently chairs Sussex Pathways, a charity which provides mentors for people being released from prison back into Sussex and Kent. The charity trains mentors who work with people for six to eight weeks before release and helps to make a plan for what happens when the gate opens, sometimes after many years of imprisonment. This support reduces the likelihood of a return to criminal activity. Everyone needs



Circles UK award was presented by Esther Rantzen, founder of Childline, in recognition of the charity's work in child protection.

support, and often people who have been in and out of prison for years, have lost the support of their family and friends.

"95% of prisoners are men," she continues. "The age group is on average 20 to 30 years old."

She was a magistrate for 24 years, and was on the Parole Board for seven years, interviewing prisoners on long sentences when they had applied for release on parole, and assessing their risk to the public, probably the most responsible job she says she has ever done.

The Inside Out Trust has been succeeded by the Margaret Carey Foundation, based in Bradford, and the work continues in about a dozen prisons, mostly in the North and North East.

Nearer home, she has been a churchwarden in Holy Trinity for nine of the last ten years until 2015, has sung in the choir for a lot longer than that and is one of the founders (with husband Kevin, Michel Olszewski, Bob Sampson, Steve Whitehead and Shaughan Parish) of the Hurst Festival.

A more recent initiative from Roberta Taylor, in the parish council office, is for a group of people, including Margaret, to organise monthly tea parties for elderly people in the community, many of whom live alone and don't have much social life.

This coming September the Hurst Festival team is planning an astounding 80 different events: music of all sorts, drama, comedy, children's events, literature, rural events such as walks and wildlife, and much more. Super Sunday, on 17th September, the first weekend of the Festival, will have the High Street closed and hosting all sorts of events, street theatre, traders, displays, historic vehicles.

"The opening evening event on Saturday 16th September promises the Rolling Clones in the Village Centre, a Jimmy Hill Tribute by Bryony Hill, David Gold (Chairman of West Ham) talking about life and football and an Evening with Fergus Anckorn, magician and war veteran," concludes Margaret.

On-line booking will be open in July as well as at the Box Office at the Players Theatre. Keep up to date with the Festival website on www.hurstfestival.org.uk



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HURST VILLAGE CINEMA

By Mike Thatcher

As the door gently closes on our Spring Season Hurst Village Cinema's thoughts turn to the Festival and planning for the Autumn. We are often asked how we choose the programme. The perfect scenario is a film that all three of us have seen, myself, Manon and David, and we all come out saying 'we must show that'. The last film in our Spring Season, Hell or High Water, being an example of this. For other films the age-old committee staple of persuasion is used. We try to avoid huge films which have had long runs in multiplexes, however good they may be (e.g. The Revenant) and put on films which may have slipped the net.

We are very excited about the Festival line up, which will be confirmed later, but for now we look forward to some upcoming live Broadcasts during June:

Friday 9th June 8pm Take That live from the O2.

This sold out performance will give the fans in Hurstpierpoint the chance to squeeze into whatever they wore in the 90s and enjoy a live feed from the band's highly acclaimed Wonderland Tour directly from London's O2 arena.

Saturday 10th June 3pm – NT Live: Peter Pan

A joy for young and old alike this classic is brought to life by Sally Cookson, whose NT Live production of Jane Eyre proved to be such a hit. Filmed as-live from the Bristol Vic it's a veritable feast of colour, music and fantasy.

Thursday 22nd June 7pm – NT Live: Salome

This biblical tale is turned on its head in a dramatic and audacious retelling with Salome taking centre stage in a revolution in the occupied desert. A woman, whose dance will change the course of history. This urgent yet hypnotic performance will be broadcast live from the stage of the National Theatre.

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5 MINUTES WITH...

Helen Smith

Helen is an ardent and currently very proud Brighton and Hove Albion fan and coffee addict, but is probably best known as the local Lollipop lady.

How long have you lived in Hurstpierpoint?
37 years

What's the best thing about being here?
The community spirit

Favourite ice cream flavour?
Mint choc chip

How many houses have you lived in?
Only four, I grew up in Ditchling, married and moved to Hassocks and then to Hurst. I'm heading West two miles at a time!

Favourite holiday destination?
Amsterdam. Mum had never been abroad, so a few years back we took a cruise and that was our first destination. We had such a laugh!

Your most enjoyable event in the village?
The parade of floats at the start of the St. Lawrence Fair

Do you share your home with anyone?
Hubby and around 100 teddy bears!

Song you play the most?
At the moment, it would be 'Brompton Oratory', by Nick Cave and the Bad Seeds

Mac or PC?
I use a PC for work and iPad for fun


Your most frequented shop in the village?
Café Murano

What's your proudest moment?
Producing my first good latte art!


Coke, juice or water?
Water, since coffee isn't an option

Your advice for life?
Always take care crossing the road and use a lollipop person whenever possible





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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Stories of Holy Trinity

By Miriam Patrick

In April, Ian Nelson spoke about family memorials in the Campion Chapel, painting an interesting picture of generations of the family who lived at Danny. The Campions assumed a position very similar to Lords of the Manor in relation to the village, though as we heard, individual family members exercised their roles very differently. Ian gave examples of arrogance but also paternalism and philanthropy. For example, while Peter Courthope who bought Danny in 1650 and whose daughter married into the Campion family, established New Way Lane to keep Brighton traffic away from his own home (something some of us may wish we could do today), Henry Campion established the Pest House in Bedlam Street in 1750 to isolate smallpox victims and reduce the spread of the disease.

Ian will complete his trilogy of talks on family memorials on Saturday 24th June at 10.30am by introducing the memorials in the Borrer chapel. Though this may well build on previous talks, it will also be interesting in its own right, so all are welcome to attend.

This talk will bring Ian and John's new contributions to the Stories of Holy Trinity to a close, but there will be a second opportunity to hear their introductory talk in September as part of the Hurstpierpoint Festival. Talks by other speakers are planned for later in the year.

Art and Writing Workshops

Holy Trinity Church is a beautiful building and one that is designed with a particular religious purpose and meaning and is perhaps best appreciated in a sense of openness to its atmosphere and story. With this in mind, in July, our Stories of Holy Trinity session will take a different form and should enable small groups to engage with the church in a more personal and reflective way.

On Saturday 29th July two small groups will run in church from 10.30am-12noon. One will focus on responding to the church building and atmosphere through art and the other through writing- either poetry or prose. These will be very much introductory sessions, offering some support and suggestions about approaches and artistic media where appropriate and hopefully leaving participants with ideas they can develop themselves at a later stage. We aim to have a maximum of eight participants in each group, so places will need to be pre-booked, though as with all other sessions, there will be no charge.

If you may be interested in taking part in one of the workshops, please contact Miriam Patrick 01273 832657, or email mim.patrick54@gmail.com

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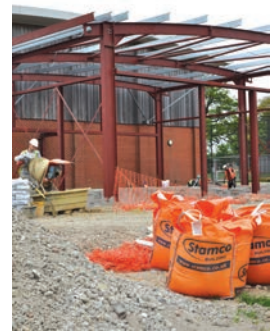
By Nikki Burston

The current building project began at Downlands Community School during October half term last year and is due to be completed by this Christmas.

The exciting plans not only deliver extra capacity due to our expansion from seven to eight forms of entry, but provide state of the art facilities including an incredible dance studio, eight new classrooms (including four ICT rooms), an enlarged and refurbished library, new changing rooms, improved circulation and more ancillary facilities, including spaces for small teaching groups and toilets.

The construction work is being conducted by Westridge Construction Limited and we would like to say a very big thank you to Westridge, our brilliant students who have taken all the disruption and noise in their stride and to our extremely tolerant neighbours who are being so helpful during the building phase.

It is very interesting to see the school change on a daily basis and we are extremely excited about the new facilities opening in the Autumn term.



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International development trip

VOLUNTEERING

By Roseanna Leach

Between January and March of this year, I was living in Sandema, Upper East Ghana, working with the human rights organisation International Service. I was taking part in a government-funded programme called International Citizen Service (ICS), which is a practical experience for young people who want to be involved in community and international development.

ICS is a unique programme because it joins together UK volunteers with volunteers from the host country (Ghana, in my case). The multi-cultural team that I was part of worked with International Service's partner organisation, the Presbyterian Community Based Rehabilitation (PCBR) charity, on their LIFE Project in Sandema.

Our focus was raising awareness of the human rights abuses towards people with disabilities (PWDs), and empowering the disabled community through inclusive activity.

ICS only works in communities that have requested help, and the need for the LIFE project in Sandema is very real with nearly 40% of the 5,000 people living here suffering with a disability. Furthermore, PWDs are severely discriminated against in Ghana. A lack of understanding about the causes and types of disability have resulted in prejudice against and the isolation of those with disabilities in the country. Parents of a disabled child may not allow them to go to school, and adults with a disability are less likely to get a job. Our work aimed to address these injustices, largely through 'sensitisation' work - raising awareness through educating people.

As a team, we successfully delivered five assemblies in schools, one community sensitisation, and four radio sensitisations. We were able to talk about the causes, types and misunderstandings of disability as well as the importance of including PWDs into everyday life. We were honoured to have influential PWDs deliver inspirational messages about how much they have achieved - the President of the local Disabled People's Organisation was the first PWD to have a wedding in his district. The impact of these sensitisations was often very tangible, with audience members moved to spontaneously applaud



by the inspiring lives of the PWDs. We were also able to help small business, run by PWDs, to become more sustainable and financially profitable through efficiency assessments and ICT training.

Changing cultural attitudes is a long-term task, which is why ICS has been sending volunteers to the LIFE project for a few years and will continue to do so until sufficient progress is made to improve the lives of PWDs.

As part of the programme, volunteers live with local host families. Yes, that did mean I used a bucket shower, ate rice almost every day and occasionally sweated through the night when a power cut turned off the fan. But that was all part of the adventure and totally worth the opportunity to be adopted into a family whilst I was on ICS. I know that I will always be welcomed back to my Ghanaian home.

It's difficult to sum up experiences like the one I had on ICS. It was challenging, wonderful, heart-warming, heart-breaking and empowering. It was one of those things that feels simultaneously like a blur and decade.

Most of all, it is something that I would encourage anyone to do. ICS is for 18-25 year olds, so if you're in that age bracket I'd urge you to apply as soon as you have three months available. If you're not in that age bracket, you'll be pleased to know that volunteering is not age restricted. There is need all around us, whether we live in Ghana, or Hurstpierpoint. So look for an opportunity to serve your community and challenge yourself to change the world around you.



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Compass Card scheme brings special discounts

Young people with special education needs or disabilities can now enjoy half price sports activities at parks in Lindfield, Haywards Heath and Burgess Hill.

Mid Sussex District Council has joined the Compass Card scheme, an initiative that helps young people with disabilities and their families to make the most of local leisure facilities and activities.

The free Compass Card offers young people with disabilities under the age of 26 significant discounts on a range of activities like rock climbing, music gigs or cinema visits. It is currently accepted at more than 130 leisure venues in Brighton & Hove and West Sussex including Washbrooks Farm in Hurstpierpoint.

For more information about the Compass Card call the Compass Team on 01273 234020, email Compass@amazingbrighton.org.uk or visit www.compasscard.org.uk

Website offers support for victims of crime

If you've been a victim or witness of crime, an online directory of local specialist support services offers a one-stop shop to help you find all the information you need at your fingertips.

The site, developed by the Office of the Police & Crime Commissioner for Sussex, can also help to demystify the process for people when they may be at their most vulnerable, offering information about different types of crime as well as details of what happens at each stage of the criminal justice system.

The site was built in close consultation with local services to meet victims' needs, whatever stage they have reached in their recovery. Whether you've reported it to the police or not, Safe:Space Sussex can provide a secure environment where people who may be feeling unsafe can find out what local help and support is available to them.

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Conservation & Design Awards 2017

HURSTPIERPOINT SOCIETY

By Lyn Williams

In line with Hurstpierpoint Society's objectives to protect and conserve the natural and built environment of Hurstpierpoint, the Society decided in 2009 to acknowledge good craftsmanship and design throughout the village by awarding Certificates of Commendation each year. The commendations apply to small projects, including conservation, restoration and repair, and larger projects such as new builds and extensions, in line with the character of the village.

In that first year for awarding the certificates, it was decided to look back over the previous three years for projects completed in 2006, 2007 and 2008. 17 certificates were awarded for nine projects at the AGM in 2009.



Today, over 100 certificates have been awarded to owners, architects, builders and craftsmen for 44 projects. Small projects have included new walls, fences and railings, replacement doors and windows. Larger projects have included extensive renovations to buildings and an infill group of new houses.

This year there were two projects awarded certificates at the AGM in April. The first was for the work completed on the Grade II listed Greenock House in Cuckfield Road. The interior has been beautifully restored and returned to a residential house following its use as offices, and has included imaginative restoration of the original rear façade and rebuilding of the extension. The garden too has been dramatically restored.



The second award was for the new wall along the boundary of Hillbrow Bungalow in Pitt Lane. The wall is a visually attractive feature in a prime location in the village and the design of the straight lines of the wall guides the walker directly to the flowing line of the South Downs.

Hurstpierpoint Society rely on nominations from people in the village, so if you see something that you think is worthy of an award, email a description of it to: hurstsociety@gmail.com

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How to deal with used hypodermic needles, 'sharps', in Mid Sussex

Mid Sussex District Council provide a free clinical waste collection service for residents. These can be weekly, fortnightly, monthly or on request. The service includes the provision and collection of clinical waste sacks (either yellow with a black strip or orange depending on the type of waste) and yellow lidded sharps boxes (for sharps such as epi-pens and diabetic syringes).

To apply for collection you can download the form online (www.midsussex.gov.uk and search for 'Clinical') or ask for one to be sent (tel: 01444 477440, email: clinicalwaste@midsussex.gov.uk). To ensure MSDC know the type of waste being collected, a Community Nurse, GP or Consultant is required to indicate the type of waste being produced. Some GP practises will not complete this form, as they have concerns about liability. If you find this to be the case please note this on your form, complete as much as you can yourself and return the form.

If a hospital provides a patient with any syringes for pre-op or post-op needs, for example following the birth of a baby or a medical procedure, with or without the yellow lidded sharp box, chemists or Mid Sussex Health Care for West Sussex, or East Sussex will not accept



them. A one-off collection can be arranged using the same form, again completing as much of the form as possible.

If you have sharps for collection they must be in a sharps box. The MSDC contractor can supply these.

Never dispose of sharps in a general waste or recycling bin.

If you find a sharp on the street in Mid Sussex it is best not to touch it. Please report it online as soon as possible at www.midsussex.gov.uk/my-council/about-the-council/website/report-it/ and choose 'Hypodermic Needles', or call the MSDC Contact Centre on 01444 477440. Please give as much location detail as possible. If your report is out of standard working hours there may be a delay in collection.

If you are under Lewes District Council and need a sharps collection please contact them on: 01273 471600.



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Writing a life story

OPEN FOR BUSINESS

Many of us regret not knowing more about our parents and grandparents. Photographs are fine while they're still around to explain who's who, but will a dusty album mean anything to future generations?

Writing your life story can help your children or grandchildren to learn more about you. You might not have been famous, adventurous or influential but your family and friends will find your story as interesting as any celebrity autobiography.

A life story book can be an overview of your life, or a snapshot of a particular time, for example childhood, hobby or career. It can heal past wounds, deal with unfinished business or even reveal family secrets.

If you fancy having a go yourself, you could start by writing a memoir, which doesn't have to include every detail of your life in chronological order - it's a story from a life, so focus on key events, such as a career or relationship. If you're tackling a longer life story, select up to 20 key life events and think about how you can link them to create a narrative.

Before you start to write, do plenty of research. You might think you remember everything that's happened, but look back through old diaries and photographs, listen to music, or visit an old house or school to trigger memories. Decide on the structure and create summaries for each chapter before you start to write. Dialogue and vivid description are great, however, don't get bogged down in unnecessary detail that slows down the narrative.

And remember that a life story isn't just about you, it's about other people, so talk to parents, siblings and other key people for their take on events.

However, penning and publishing a book can be daunting, so, if you need help, a life story writing service like Memory Lane Books can help.

During a series of personal visits, an interviewer

will chat about your life to gather life stories and recollections before shaping them into a narrative.

Grace Parker had been telling her two grandchildren about travelling to New Zealand as one of the Ten Pound Poms when she realised her story might soon be forgotten.

"It was such an important time of my life but I never really talk about it," says Grace. "I wanted to write it down so that my great-grandchildren could find out about what I did - after all, I might not be around to tell them."

Grace started writing her life story but found the project daunting - arthritis in her hands didn't help either - so she turned to Memory Lane Books for help. The one-to-one chats helped her remember and record the details of the trip and other important times in her life.

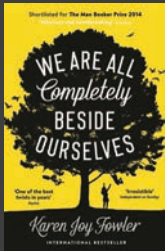
Using a professional life story service, your words will be edited, written and proof read - you'll get to check and approve the story as you go through the process. After choosing up to 50 photographs, the finished 150-page book will be typeset, designed and printed, forming your personal history into a professional book.

"I've been showing it to all my friends and some of them have found out things about me that we've never spoken about," says Grace, who's given copies of her book to her children and grandchildren, while another one has pride of place on her bookshelf. "I sometimes get it out and read a bit," she admits. "It's wonderful to reminisce and a real talking point when friends visit."

She adds: "I know that my family have now got a permanent record of my life, and hope my book will become a family heirloom."

If you'd like to embark on a once-in-a-lifetime project, please contact Helen Gregory on 077997 64414 or email helen@memorylanebooks.co.uk to discuss how we can bring your life to life.

www.memorylanebooks.co.uk



We Are All Completely Beside Ourselves by Karen Joy Fowler

BOOK REVIEW

By Clair Stanton

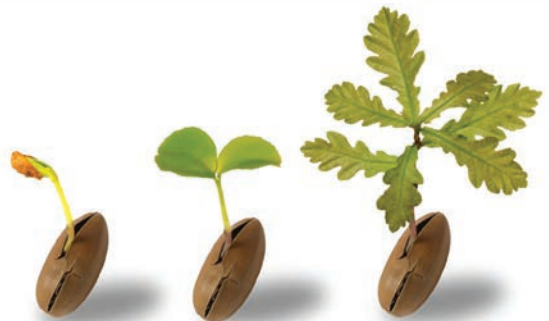
Rosemary's parents are scientists and her early childhood is spent running wild with her sister Fern (who is so close to her in age that she considers them to be twins) and Lowell, their older brother. Their carefree lifestyle ends when Rosemary is five – she is abruptly sent away to her grandparents in Indianapolis and when she returns Fern is gone. Lowell holds Rosemary responsible for Fern's absence and runs away shortly after, breaking all ties to his family.

As the novel begins Rosemary has just started college; she's a quiet girl but finds herself drawn into the orbit of a wild young woman named Harlow who reminds her of her lost sister. When she returns home for Thanksgiving Rosemary is surprised to be given her mother's journals. Reading them makes her reflect on what happened all those years before and she begins to suspect that Lowell is right – what happened to Fern is all her fault...

Before writing this book Karen Joy Fowler was probably best known for 'The Jane Austen Book Club': this novel is very different in style – it is a gripping story with a twist that was deservedly nominated for the Man Booker Prize in 2014.

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

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Pomegranates, Aubergine and Mint with Tahini Dressing

FINE FOOD



Aubergines, Pomegranate and Mint Salad (serves 4)

1 large aubergine
3 tbsp olive oil
1 tbsp red wine vinegar
Seeds from one pomegranate
1 tbsp shredded fresh mint leaves

For tahini dressing:
1 clove of garlic, crushed
1 tbsp tahini
125ml plain Greek yogurt
Juice of 1 lemon
½ tbsp honey
Pinch of paprika, pinch of cumin
Salt and pepper

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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.



At the end of May I visited a health retreat on the Island of Gozo off Malta for a week of cleansing. The Gozo landscape features many pomegranate plantations. It's not the season yet for the harvest but got me thinking about the marvels of this fabulous fruit. Pomegranates are truly wonderful, though admittedly a little messy. Often referred to as a 'royal fruit' they are symbolic of prosperity and abundance in many civilizations. Nutritionally they are rich in vitamin C so useful for an immune boosting addition to your diet. Also they provide a good dose of fibre.

I've chosen this dish to share with you as it is based on two very abundant Maltese fruits – pomegranates and aubergines (the latter though used as a vegetable is technically a fruit). This works well as a side dish to a hunk of steak or lamb, or to add to your repertoire of summer salads. The tahini dressing delivers punchy kick to the sweetness of the fruit.

I suggest colour co-ordinating your clothes with the pomegranate during preparation! This dish is based on a salad from Leon, *The Fast Vegetarian*, our well-loved family cookery book.

1. For the dressing, place all dressing ingredients in a liquidizer, add water and blitz until the consistency is of double cream, season well.
2. Slice aubergine into discs, 5mm thick.
3. Heat oil in shallow frying pan, then add aubergine slices, cook over a medium heat until browned lightly on both sides. You will need to do this in batches. When each batch is ready, remove from pan and drain on kitchen paper.
4. Arrange slices on large plate, sprinkle with vinegar and season well. Drizzle with tahini dressing and scatter over pomegranate seeds and mint.



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Trio comes to Newtimber

St John the Evangelist Church are pleased to welcome back The Midsummer Trio to Newtimber on Saturday 1st July 2017 at 2.30pm.

Professional musicians will perform Beethoven's String Trio in C minor, Op. 9/3 and Mozart's Divertimento in E flat, K.563 'The Way of Art, Invention and Good Spirits'.

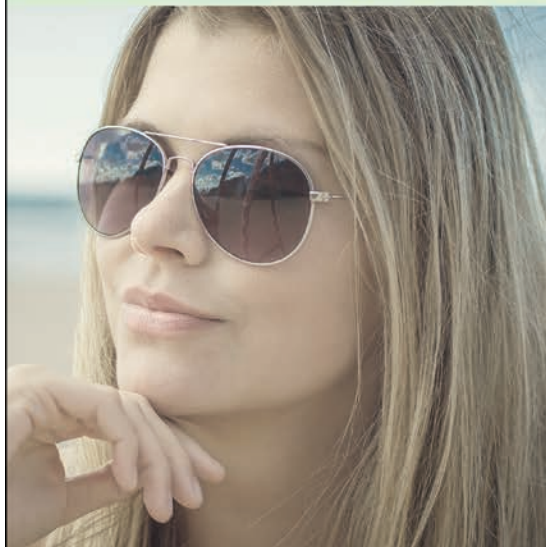
Then off to the beautiful grounds of Newtimber Place for strawberries and cream, tea and scones next to the moat of the 16th century Manor House.

Tickets are strictly in advance £20 for adults, £10 for under 18s. This is a very popular event so book your tickets now to avoid disappointment. Parking is in the Old Rectory Field and Newtimber Place.

Contact: Lucy Dalrymple 01273 831877 (lucy.newtimber@icloud.com), Gill Keith 01273 835013 (Gillian.bedlam@googlemail.com) or Stephanie Anderson (Steph.newtimber@icloud.com).



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Try bowling on Fair Day



By Anne Clifford

Hurstpierpoint Bowling Club, on South Avenue, will be open to visitors on the St Lawrence Fair day on Saturday 1st July to try bowling alongside club members.

All are welcome during the day, including a special area for children to have a go, and there will be some small prizes will be available too!

We hope to see you there. Just turn up!

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How does it all work?

By David Tingley

One of the common misconceptions about being the person responsible for publishing this magazine is that many assume I do it alone. I don't! It's definitely a team game.

Hurst Life came into being back in April 2015 - but it wasn't just a random 'pin in a map' decision!

My relationship with community magazines started when I was asked, by a few members of the Parish Council, if I could create a magazine for the village of Lindfield. After some reluctance, my wife and I decided we would do it, and so created Lindfield Life just over eight years ago.

It soon became very popular as a monthly vehicle for bringing news and information to the people of Lindfield, and I wondered whether the same format might work in another village. I started Cuckfield Life nearly five years ago - which also was welcomed by the community it served. By now, my whole business was dedicated these magazines and I looked carefully for another location.

My criteria for a good fit included the number of shops, schools and overall population. But the sense of community and the number of active local groups and societies was also crucial. Hurstpierpoint has so many residents who love living here, and feel very passionately about it. That's what I needed to make Hurst Life work.

The image above shows my amazing team that, together, bring all the great content, advertisers, photos and local 'goings on' into one magazine just for Hurstpierpoint every month.

Justin Ross is a brilliant Creative Artworker. Essentially, he turns it from a stack load of Word files and pictures to the cleanly set pages you see.

Michèle Copeland has been the editorial assistant on the magazine for the past six months or so. If you've sent in a story or information to us recently, you've probably had a reply from her. She deals with day-to-day content enquiries. Michèle also loves to get out and meet Hurst residents whether for a Village People article, or just to find out more about a local group or charity. She writes a lot of our content and, with me,

decides on what we put into each edition.

With three magazines being published every month I need lots of help in the office as the demands of an ever-increasing customer base become greater. Emily Billson's part-time role as Office Administrator sees her covering everything from taking phone calls and booking in advertisers through to creating advertising/content schedules for each issue. Her organisational skills are legendary and keep me in check!

One crucial role we've utilised since the beginning is that of a proofreader. Heather Barling took on the task since the very early days of Lindfield Life.

Local student Annika Beadle handles all our social media posts. We use Twitter and Facebook as a way of sharing events and stories from within the magazine, but also to allow us to be more responsive than the restraints of our usual monthly deadlines.

As any business owner will tell you, it's about getting the right people in the right roles. I'm very grateful to have Natasha Hannah (not available on the day of the photoshoot) as my bookkeeper for nearly five years - keeping the books straight! Plus we ought not to forget Stefan Tamba and his team take on the door-to-door deliveries for us - and do a great job every month.

By now you may well be asking: 'What about you?!' Well, I have input specifically on adverts' artwork and design where necessary, I also deal with making changes and sending each issue to print. I do still write - although not as much as I used to. I take some photos and also keep abreast of the emails to the editor account.

Of course, I must also thank you, the Hurstpierpoint public, for your own contributions and making sure we know what's going on. This knowledge helps us in our vision to share life in the village with the village.

During the month we each take responsibility for our own areas, and then come together once a month for our editorial meetings at our offices in Haywards Heath. At this meeting we decide which stories are going in.

So there you have it. That's how we do it! It may not be rocket science, but it's a great job and we love doing it.

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Hassocks artists on show...

By Sheila Southwell

This year our Hassocks Artists event will be our biggest ever! Taking place over the weekend of 24-25th June there will be more than 15 artists and craftsmen showcasing their work.

The event provides an opportunity to view a variety of work in artists' own homes and provides an opportunity to purchase unique articles from the maker at prices to suit all pockets.

All the pieces on display are highly individual and include paintings in various mediums, decorative plasterwork, ceramics, needlework and local photography.

You may view their work at the website: www.hassocksartists.co.uk and our Facebook page which will also show a map of the venues. Maps can also be obtained from local shops.

Refreshments will be available for a modest charge from some venues to support local charities.

We are hoping for lots of visitors to what will show off the talents of local artists and craftsmen and raise funds for local charities too. The event will be open from 11am-5pm both days.

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(They make it possible!)

Hurst Life

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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Downlands Community School

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Downlands Community School, Dale Avenue,
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Call 01273 845892 for more information or
visit www.downlands.w-sussex

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

June

- 1st **Council Meeting** – 8pm
Committee Planning
- 6th **Hurst Afternoon Club** – 2.15pm
Good News for the Third World by Tim Moldes
The next Parish Councillor Surgery will be on Saturday 10 June 2017 from 10 am - 12 noon in the Hurstpierpoint Village Centre - Conference Room. Two Councillors will be present to discuss any issues or suggestions that residents might have.
- 18th **Yellow Brick Lab Workshop** – 10am-12pm
Conference Room - Father's Day Special:
Robotics workshop with LEGO kits.
- 20th **Wolstonbury WI Meeting** – 7.45pm
Club Suite. Games Evening. Shuffle board with Sandy Readhead. Visitors welcomed (Enquiries 01273 834421)
- 24th **Hurstpierpoint Horticultural Society Summer Show** – 2.15pm
Roses, sweet peas, summer flowers, potted plants, cookery, floral arrangements, children's exhibits, photography, novice section. Tea and home-made cake. Raffle and Auction of produce at end of show. Exhibiting is free and open to all. Schedules with full details from Gibsons in the High Street.

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

AND ELSEWHERE

June

- 4th-11th **Bible Reading Marathon**
Holy Trinity Church
All sorts of village organisations and many individuals taking part – sign up sheets are in church if anyone want to take part or call Kevin & Margaret Carey 01273 835113
- 10th **Visit to Ightham Mote** – leave 10am
Trip organised by Society of Arts Hurstpierpoint (Sue Thomson 01273 845158)
- 13th **Mid Sussex Ramblers** – 10.30am
Meet at Devil's Dyke Car Park. South from Devils Dyke (9 miles) - Devils Dyke, Benfield Valley, Waterhall, The Green Ridge, Sweet Hill, Saddlescombe, Devils Dyke. Please bring a picnic lunch (John 07817 032135)
- 16th **Albourne Sussex Day Celebrations** – 8pm
Albourne Village Hall. Do come along and try out Sussex beers, wines and fine cheeses. Live music will be performed by Wolfi and Di. (Tickets are £5 each and are available from the Sayers Common Community Shop, or email ta.higginson@gmail.com)
- 17th-29th **Cuckoo in the nest competition**
High Street shops window competition (p.17)
- 17th **West Gallery Concert** – 6pm
Holy Trinity Church - Michael & Jan Holt – incredibly talented Hurstpierpoint mother and son duo (tickets £5 to include a glass of wine)
- 19th **Ladies Fashion & Fun Night** – 7.30pm
Morley's Wine Bar – (Tickets £10 - inc a glass of wine - available from the Chic Fashion Exchange in aid of Dame Vera Lynn's Children's Charity)
- 30th **Teddy Bear's Picnic** – 12.30-2.30pm
South Ave Rec, for pre-schoolers
- 30th **Junior Disco** – 6-7.30pm
South Ave Rec, disco for ages 4+ (£3)
- 30th **Family BBQ & Live Music** – from 6pm
South Ave Rec, the ultimate way to kickstart the St Lawrence Fair weekend with BBQ and bar

July

- 1st **St Lawrence Fair** – from 12noon
More info on pages 16-17
- 1st **Midsummer Trio Concert** – 2.30pm
St John the Evangelist Church, Newtimber (Tickets £20/£10 from 01273 831877)
- 2nd **reMEMber's Sponsored Walk** – 10.30am start
Clayton Windmills to Ditchling Beacon and back (Contact Janice Kent 01273 831733)

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