

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #28 : July 2017

Free
Please help
yourself!

Robert Harris brings the fun

p. 22

Another great Open Gardens

p. 16

5 mins with Jackie Eke

p. 36





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EDITORIAL

By David Tingley, Editor

Hello and welcome! You're more than likely reading this after the wonderful **St Lawrence Fair** – although a few copies will have been around at our stall on the day. Production cycles dictate that you'll have to wait until the August issue to see the photos of the day – so look out for that next month.

We can share some of the preamble though, check out **page 5** for news of **Hurst's Got Talent** and the pet show.

On **page 14** there's something new launching at the **Health Centre** on Trinity Road – see the feature by **Physio Science** where they introduce the team of physios and sports injury specialists.

Prue Heron shares with us news and photos of last month's very successful Open Gardens event in the village. See **page 16** for that write-up.

In line with the recent St Lawrence Fair on the rec, **Michele Copeland** sits down with **Robert Harris**, one of the **Harris Brothers**. The funfair has been part of the event for the last 100 years. Robert tells the story of how the funfair came into being and just what it takes to ensure a Victorian attraction keeps going! Read about him on **page 22**.

There is much to celebrate this month. On **page 26** **Sam Anthony** explains just why **Cottis Preschool** have its Ofsted rating increased to 'Outstanding' recently. And, on **page 27**, we share news of Hurst resident **Jonathan Crickmore** as he took place in the Orienteering World Cup in Finland last month.

Resident **Olivia Nagle** shares her story (**page 30**) of spending time out in Bangladesh with **Tearfund** – yet another young person from the village who is choosing to spend time doing what she can to help in the developing countries around the world.

Finally, see **page 32** for more on the special cricket match in the grounds of **Danny House** on Sunday 9th July celebrating 300 years of the sport in Hurst.

Issue #28 – July 2017 –
4,200 copies printed

Next magazine copydate:
18th July 2017

Next magazine published:
1st August 2017

Hurst Life

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Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there is no breach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.

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by Kipper



 Jane Willis
Sunny view across the west
end of the High Street

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NEWS

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

Damp school Fayre wins

The annual Summer Fayre for the nearest secondary school to the village became a focal point for the local community on a Saturday afternoon last month.

Despite the best efforts of the weather to dampen spirits the event was a resounding success. The Downlands School Association did wonders to create the perfect Saturday afternoon; the amazing Maths and Science Departments ran a superb BBQ with delicious burgers and hot dogs - selling like hot cakes! Not only did Downlands students keep our very own 'Glastonbury' stage going with a fantastic musical offering but students were also busy helping to raise money for the school running their own stalls.

Geography teacher, Matt Smith and Intervention Manager, Neil Barton were terrific sports and went in the stocks - a very sodden Mr Smith sportingly said "It is all good - all for a good cause!"



Fun to come in Albourne

Albourne's annual Village Family Fun Day is set to take place on Sunday 16th July on the field beside the Village Hall. As always visitors can bring a picnic or enjoy one of Clive Miller's BBQ favourites. Also available on the day will be Pimms, home-made cakes, an ice cream van and even the regular Pop-Up Pub will be open for business for drinkers.

The annual rounders match will also take place during the afternoon - so players are advised to get some practise in beforehand!

The Fun Day will be open between 12 noon and 4pm.



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Talent from the human to the pet kind!

HURST'S GOT TALENT

By Nic Stenning

On the weekend of the 17th-18th June, while some of you sweltered in the heat the talent of our lovely village was out and showing us what they are made of!

On Saturday, kindly hosted by the New Inn and MC'd by Gavin Roberts, the children came out in force to sing and dance for us in our annual Hurst's Got Talent competition. They did a fantastic job of entertaining a packed garden crowd, and applause and cheering could be heard the length and breadth of the village. The eventual winners were Elodie and Evie, who danced in their sequined outfits to Ex's and Oh's, and will perform

at the Fair to open it. Congratulations girls.

On Sunday, hosted and judged by our lovely local Heath Vets, the best of our furry and not-so-furry friends came primed and groomed to Guide HQ. We had everything from a boa constrictor (which we had to keep away from the guinea pigs!) to a husky and everything in-between. It was a great afternoon and the owners all did well to keep both themselves and their pets cool and still be able to perform their tricks and their training. Everyone did really well; a list of winners will be published at a later date. Waggy tails were welcome in the heat!



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Hurst *Life*



Calling all Junior Crime Solvers!

This summer children will be challenged to solve a mystery at their local library with the Animal Agents gang. Bart the Bloodhound, Daisy Rabbit, Bernice the Bear and Slip and Slide, the snake twins, need help to sort out a mystery down at the library. There are four suspects but children will need to use all their detective skills to work out the clues and solve the crime!

'Animal Agents: the Summer Reading Challenge' starts in Hurstpierpoint library on Saturday 15th July. It's free for all families to take part and you can collect fun rewards as you read books through the holidays. Best of all, children are free to choose whatever library books they like!

After registering for the challenge children will be rewarded with a special Animal Agents wristband. They then collect clues about the mystery as they read books through the summer, coming back to the library to tell us what they've read. Special stickers – some 'scratch and sniff' – will help you solve the mystery. Children will be able to crack the crime after they've read six books and they will be rewarded with a special Animal Agents certificate and medal.

The Summer Reading Challenge is free and an easy way to make sure children enjoy reading during the long summer holiday. Children can choose and borrow any books they like and your local library has a great selection waiting for you – picture books for preschoolers, stories and comic books for older children and information books about every topic - the choice is yours!

The really little ones can join in too with the Animal Agents Mini Challenge, collecting stickers as they share library books. When they complete the Mini Challenge libraries will reward under-threes with a special 'gold medal sticker' and certificate – so they can be just like their big brother or sister!

And new this year, grown-ups helping children take part can join a special reading challenge themselves! Research shows that children enjoy reading and do better at it when adults around them read too. So, see what's on the shelf at your local library and get stuck into a good book. Even better, adults completing the challenge can enter a draw for a star prize!

Animal Agents is free and you only need a library card to register - and if you don't have one yet we can give you one of those for free too. Visit your Hurstpierpoint library or www.westsussex.gov.uk/src to find out more.



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China shop opens on High Street

Muddy is the creation of Sarah D'Arcy. After spending her formative years looking after brides, lodges and corporate entertaining, Sarah decided that her passion lay in one element of the look and feel of an event, the china.

Last year Muddy Ltd was set up as an online company selling contemporary mugs with a country twist. However, Sarah decided that she needed to search for appropriate premises to display her chinaware.

What better place to establish a shop specialising in China goods than the somewhat quirky, arty yet chintzy village of Hurstpierpoint. Sarah seized the opportunity when a double fronted shop became available in the

centre of the High Street. Shoppers can browse for famous names such as Keith Brymer Jones and Sophie Allport, or choose from foxes, hedgehogs, bees, farmyard animals and zebras as well as flora and fauna and not forgetting 'moomins'.

Since moving into the village at the beginning of the year, Sarah has become very much involved with the group representing the High Street Traders and looks forward to making a difference to the home of Muddy both in the short and long term.

Muddy is open Tuesday to Saturday at 101 High Street.

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Morley's hosts fashion show



Last month a group of High Street traders held a charity event raising £1,200.

The owners of Ashley and Thomas, Le Chic Fashion Exchange and Morley's Wine Bar worked together to organise the evening of fashion and fun, which was held at Morley's in June. Clothes were supplied courtesy of Audrey (Le Chic) and the jewellery and scarfs from Gill (Ashley & Thomas). The event was a fundraiser for local charity Dame Vera Lynn's Children's Charity in celebration of Dame Vera's 100th birthday this year.

Thanks must go to: The models (Sarah, Mickey, Sara, Jane, Liz, Susannah, Miriam, Isabella, Sheila); Sharon (hair); Jamie (makeup); Dressers (Sarah & Meriel); Steve and Chris of Gogglebox (comperes for the evening); all traders who donated prizes (Cookshop, Clive Miller, Muddy, JanTon, Hartley's, Profiles of Hassocks, Le Chic Fashion Exchange, Lustig & Webb, and Louisanna florist. With special thanks to Toby and his team at Morley's, and Steve at Trident Leisure for the supply of the marquee and chairs at no cost.

What an amazing night – it just proves what can be achieved when a community pulls together.





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Stunning work from college's artist-in-residence

Former Hurst College student and art scholar Eddie Howard recently joined the college's Art department as artist-in-residence.

Eddie, who lives in Albourne, has completed a number of projects, with many more under way, and is also inspiring students by setting up his own studio in the Sixth Form Art studio before he sets off for London to study for a fine art degree and masters at the City and Guilds School of Fine Art.

Having completed his A-levels at Hurst College, Eddie worked in Los Angeles as a product designer before deciding to take up portrait painting full-time. Samples of his work can be seen on his website: www.eddie-howard.com

At the College he has been working with the Shell (Year 9) art club on their now completed Hockney-inspired landscape of the South Downs, and two huge

Rothko-inspired pieces have also been completed for the Music School.

Eddie and the art club have also explored screen printing in response to overwhelming requests for artwork from around the school. They worked in the style of Corita Kent using stencils and handwritten masking fluid on screen. The initial results were stunning and the finished products will also be placed around the school.

The Lower Sixth have been working with Eddie to extend and refine their painting skills, and there is now a studio full of portraits of Tim Manly, Headmaster of the College, and Dominic Mott, Head of the Senior School.

Jo West, Head of Art, said: "Eddie is working very well with our students and the work being produced looks stunning!"

kew.org/wakehurst'. At the bottom right, the 'Kew' logo is displayed in a large, white, serif font, with 'Royal Botanic Gardens' written in a smaller font above it."/>

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Albourne launches sparkling wine

Award-winning local wine producer Alison Nightingale of Albourne Estate has launched what will be the first of a range of elegant sparkling wines from the fledgling boutique vineyard.

The 2013 Blanc de Blancs, made with carefully selected chardonnay white grapes and using the highest quality cuvée, has subtle yet delicious almond, brioche and baked apple pastry characters overlaying fresh, crisp fruit aromas.

Using grapes solely hand-picked from the vineyard's first vintage four years ago and bottled in early 2014, the 11.5% abv wine has matured to produce a wine with finesse, a subtle complexity and a fine, delicate mousse.

"It has an elegance and refinement, a smoothness and delicacy achieved by the traditional method of bottle fermentation used for Champagne and other English wines, and an extended period of 'on-lees' ageing," says Albourne resident Alison.

The sparkling bottle label depicts a barn owl found at the vineyard, which overlooks the South Downs and is just up the road from the centre of Hurstpierpoint.

Alison is very excited about the Blanc de Blancs launch at a time when English wine is getting lots of attention, including from across the Atlantic, and supermarkets in the UK are reporting strong sales.

"Our sparkling has been more than seven years in the making. It's been a long haul which has needed a lot of patience, but I'm very pleased with how it has turned out: an intense but refined and elegant wine. I'm confident that it will be as successful as my still wines have been," says Alison.

Locals can see more of the vineyard on Alison's Wine Tasting Tours, which take place on Saturday mornings. 2017 dates: 8th & 22nd July, 5th & 19th August, 2nd, 9th & 23rd September. All the tasting tours start at 11am. Visit www.albourneestate.co.uk for more information.

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Our team of specialist physiotherapists and sports doctor are all local to the area and our passion is to provide the highest quality of care within our community.

Our team consists of Dr Stephen Lewis, Paul Khoury, Jasmine Lewis, Michelle Khoury and Brent Eales.

Dr Stephen Lewis graduated from Guy's Hospital in 1993. He originally trained in orthopaedic surgery and worked in the NHS for 10 years before undertaking an MSc in sports medicine. This allowed him to pursue a career combining his passion for sport and medicine, and since then he has worked full-time with elite athletes.

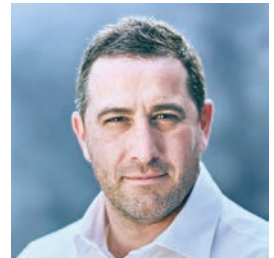


He spent 11 years working in the premier league with Fulham football club, alongside eight years as head of medicine for the England women's rugby team.

More recently he has been the chief medical officer at Sussex Cricket Club and for the last three years has been the club doctor for Brighton and Hove Albion Football Club. He also spent time working with the English Institute of Sport, Masters Tennis and in a rehabilitation clinic for the Armed Forces.

He is particularly interested in lower limb musculoskeletal conditions, tendon and groin pathology and the underlying biomechanical issues that cause these problems to occur. He uses diagnostic ultrasound to help reach an accurate diagnosis, which facilitates the planning of management strategies with the physiotherapists in the team. Through his time in elite sport he has established a network that allows rapid access to imaging and other consultants as required.

Paul Khoury is a full-time physiotherapist and is currently Head of Sport Science and Medicine, and lead Physiotherapist at Sussex Cricket Club. He is also the South East representative for the Association of Chartered Physiotherapists in Sport and Exercise Medicine.



He completed his MSc in Sports and Exercise Medicine in 2016 after qualifying as a physiotherapist in 2003. He also completed his MSc injection therapy module in 2015, allowing him to offer injection therapy as a treatment adjunct to patients.

Paul's first degree was in Applied Sport Science and he is one of the few physiotherapists to be an accredited Strength and Conditioning Coach with the UK Strength & Conditioning Association.

Paul has worked in elite sport since 2008, holding senior positions with Sussex and England Cricket, Brighton and Hove Albion Football Club, British Bobsleigh, international 7s rugby, and the British Forces.

He has expertise in both acute and chronic musculoskeletal problems, recurrent injuries and patients with conditions proving difficult to diagnose and rehabilitate.

Using his wealth of experience in sports and orthopaedic rehabilitation, Paul specialises in developing and coordinating medical management and rehabilitation strategies. His key philosophy is to educate and empower patients, facilitating them to reach their individual functional goals.

Jasmine is a chartered physiotherapist with 20 years experience. In addition to Women's Health her clinical background includes work in musculoskeletal rehabilitation, occupational health and ergonomics, orthopaedics and management of chronic neurological and musculoskeletal conditions. She has experience in the NHS, private and public sector organisations.



Jasmine has had specialist training in many areas of Women's Health, including acupuncture, continence management, pelvic organ prolapse, pelvic pain, diastasis rehabilitation and pregnancy related physiotherapy. She is also an APPI qualified Clinical Pilates instructor.

Jasmine provides consultation and treatment within a relaxed and discreet environment, where sensitivity around Women's Health issues are recognised.

The initial assessment and examination allows time for patients to give a detailed history and to talk through all issues thoroughly. In this way a realistic treatment plan can be agreed upon and tailored to the patient's lifestyle and needs.

She has established a network with local consultants and specialists with whom she works in close collaboration, facilitating an effective care pathway if further input is required.

Michelle qualified as a chartered physiotherapist in 2005. She has a wealth of experience in musculoskeletal physiotherapy and now specialises in hand therapy.



She completed MSc training on the upper limb in 2010. Following this she undertook several other courses in hand therapy and is a member of the British Association of Hand Therapists.

Michelle's first degree was in Applied Sports Science, which gave her a good grounding for her interest in physiotherapy and sport rehabilitation. She also works as a specialist hand therapist with the local musculoskeletal service.

She has a keen interest in soft tissues injuries of the hand and wrist, including dequervians, mallet finger, volar plate injuries and TFCC dysfunction. She also can assess and advise patients on management of long-term conditions such as osteoarthritis, helping to empower patients in self-management strategies.

Michelle has worked in both the NHS and private sector throughout her career, and is dedicated to supporting patient care. Her goal with all patients is to provide the most thorough and high quality treatment to empower patients to a successful outcome.

Brent is physiotherapist who is actively involved in the elite adolescent and professional sporting communities within Sussex. He delivers the Player Welfare Service at Hurstpierpoint College as well as being involved in the delivery of physiotherapy services at Sussex County Rugby and the Sussex Cricket Club.



Since completing his physiotherapy degree at Curtin University in Western Australia, he has been actively engaged in a broad range of sporting environments. Prior to coming to England he was the West Australian Team Physiotherapist for the Australian Netball League as well as the junior state representative teams.

Brent also gained a huge variety of experiences treating clients from all walks of life at private Physiotherapy clinics in Perth. He has a keen determination to problem solve injury presentations to reach accurate diagnoses for his clients. Through a strong focus on client education and specific exercise based rehabilitation, Brent works collaboratively with his clients to help them achieve their goals, whether that be to return to sport or to live a pain free life.

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Gardens delighted many in Hurst

OPEN GARDENS



Photos: Prue Heron Photography

By Prue Heron

Hurstpierpoint Open Gardens was looking a bit iffy in the weeks leading up to 11th June. The high winds that blighted many plants this year were threatening to increase and the sky was ominously full of scudding grey clouds. But it seems that every year something smiles on us on the day and, once again, the sun came out and visitors poured into the nine open gardens - and all the plant staking from the weeks before paid off.

Hosts pledged to open their gardens way back in April, so they had been working tirelessly to get them ready for showing for weeks before.

This year we were lucky to have four beautiful gardens opening in close proximity in Orchard Way, and every single one offered something different, including a children's garden. At number 15, plantsman Rob Mort had his notebook and pen ready so that he could identify and write down the latin names of many plants that he was asked about.

Lots of people started at the Orchard Way end of the village and the hop-on, hop-off minibus was kept busy shuttling visitors up and down this little road!

In Western Road three gardens opened. One little gem (with the scent of roses to die for) with artwork on sale.

We had a garden with a difference this year; a work-in-progress. The owners turned the tables on visitors by asking them for planting and layout ideas, and the visitors, like most gardeners, were more than happy to give their advice!

Round to Cuckfield Road and tucked away (a surprise even for many locals) was the little old baker's cottage and its wonderful small garden that begged you to rest awhile. Doug and Katie have put so much work into this little bit of heaven.

Last but not least was South Lodge, offering majestic landscaping and views to Wolstonbury. Owner Emma went to huge lengths by hosting live music, plant sales,

teas and cakes and a raffle. Emma's company, Heathland Homes, generously sponsored the event.

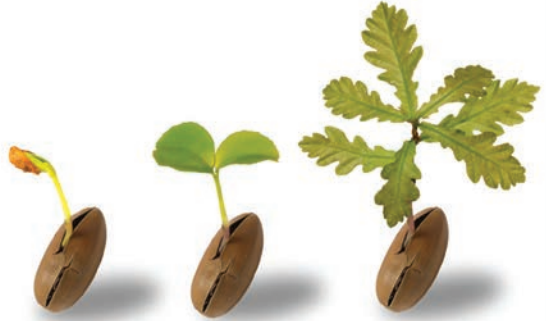
This slice of life in our Sussex village sums up everything that is perfect about living here. The camaraderie gave people new to the village a taster of the friendliness of our local residents. The community spirit was evident, with so many people donating their time, effort, talent, skills and money for St. Peter and St James Hospice, which is a wonderful place and touches many of our lives at some time and needs every penny.

We can't thank everyone personally but heartfelt thanks to all the following: The nine generous-spirited gardeners, the local traders who excelled themselves (and, let's be honest, times have been hard for the shops) by giving some wonderful gifts for the raffle, Richards and the Parish Council for putting up our flyers, local nurseries and garden centres for wonderful donations of plants, Burgess Hill Girls' School who loaned their bus free of charge for the afternoon and which was very much in demand and Paul, the lovely minibus driver. Finally, to all the individuals who donated cakes, plants, musical talents and time,

heartfelt thanks. With your help, we raised over £5,200 (still counting) for the hospice. See you all next year. If anyone is interested in opening their garden next year, please phone me on 01273 835064 or see the website www.hurstpierpointpengardens.org.uk



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Awards recognition for remarkable young people

Mid Sussex District Council celebrated the wonderful contributions made by young people in the District by hosting the 4th annual Young Volunteer of the Year Awards last month, including a shortlisted nominee from Hurstpierpoint.

The Council organised a prestigious awards ceremony at Borde Hill Gardens, Haywards Heath to recognise the hard work of all the remarkable young people in Mid Sussex who regularly give something back to their local community.

The event was hosted by Councillor Phillip Coote, Vice-Chairman of Mid Sussex District Council, who said: "As a Council we want to celebrate the outstanding contribution young people make to our community. It's so easy for them to go unnoticed and we want to make sure that all the good work young people do in our community is recognised and rewarded.

"What makes these young people all the more remarkable is that they are giving back to the community at such a busy time in their lives. Many are studying hard at school and dealing with the pressure of exams while giving up their time to help others.

"I would like to thank all the organisations and individuals who nominated young people for these awards, and I hope all the nominees take great pride in their achievements. Every nomination shows just how much you are appreciated by the organisations you support."

The winner of the Young Leader Award was 17 year old Jess Morris from Hassocks, who stood out for her willingness to help others and the enthusiasm she has demonstrated whilst volunteering for the National Citizenship Scheme.

However, Hurstpierpoint's Callum Beer was nominated in the same category, as a leading member of his college's Global Social Leader Society Group. The group delivers several community projects in the Newhaven area, where the college is based. Callum's passion to raise awareness and support of mental health issues in the community helped him to be shortlisted for the prestigious recognition by the local council.



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'Al fresco' theatre this summer

Professional theatre company Rain or Shine, hailed by The Stage as 'one of the best companies touring open air theatre' are set to delight family audiences once again this summer with their production of Shakespeare's cross-gartered and hilarious cross-dressing comedy Twelfth Night, as they 'transport' you to a land where nothing is quite what it seems.

Sure to delight family audiences from six to 96, this is an ideal choice for an outdoor theatrical event, bringing classical theatre into the heart of local communities as they travel across the UK during the summer, including a performance in nearby Cuckfield.

The performance is at Cuckfield Recreation Ground on Thursday 27th July at 7.30pm. Tickets are available by ringing 01444 454276.

Audiences are requested to bring along low-backed seating or rugs and a picnic to maximise their enjoyment of the al fresco performances. Full details of the tour and venues can be found on the Rain or Shine website and tickets can be purchased from each venue, through the site www.rainorshine.uk or by ringing 0330 660 0541.

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Robert Harris

VILLAGE PEOPLE

“My history
is my
business”

Robert Harris



By Michèle Copeland

Which residents of Hurstpierpoint would not have heard of, or been to, the St Lawrence Fair? Yet how many of us know its history and the role that the Harris family has played over 100 years?

Though the Fair has been around for over 700 hundred years in Hurstpierpoint, it presumably started then to coincide with a cattle market trading day, which would have been very popular, first on Church Green (where the War Memorial now is) - the 1897 OS map has the area around the crossroads as 'Market Place'. Later it moved a short distance away to the north to Lamb Platt, where London Terrace and North Terrace are now, opposite the entrance to Trinity Road. There are even entries in the school log citing occasions when the cattle spilled over into the road and prevented children going to school!

However, the link to Hurstpierpoint with the Harris brothers started in the 1860s and was made by John Harris, who had five sons and was a timber merchant with a yard in nearby Cuckfield.

He came to the fairground business at the time of horse powered roundabouts and went on, with his sons, to be the first operator of steam roundabouts in Sussex. They first opened at Brighton Racecourse in Victorian times by supplying 'amusements' to fairgrounds.

When John died in 1901, his son Frederick left the other brothers, Chris, Moses, John and Edward to run the first set of gallopers and moved to Ashington to start the present business from The Orchard on 21st

January 1902. He purchased the remains of a Walker set of gallopers from the Midlands and had it delivered by rail to West Grinstead station just before the First World War. He rebuilt it to its present form and it is known as The Southdown Gallopers because it was said it was always opened in view of the South Downs. Over the last 100 years the family has seen five working generations of Sussex showmen every summer, and also keeping the traditional wood and timber felling business going in the winter.

St Lawrence Fair remains a chartered fair, and probably dates back to 1313, and has to be held on an yearly basis, unless there is a civil war, pestilence or an Act of God.

“Two World Wars and one foot and mouth outbreak have been the only reasons we have had to stop operations to date, and we have a sixth generation in line,” says Robert.

At present the fair is run by the five Harris brothers - Fred, John, Ted, Doug and Robert together with their two sisters, wives, families and friends without whom the fair couldn't operate. Their nephews Teddy, Sam, Solly and Harley represent the fifth and sixth generation. Their uncles being in their 70s now.

“Only five members are paid, the rest are volunteers,” continues Robert.

“The amusements are largely Victorian: merry-go-rounds and swinging boats. The five brothers have between them specialised knowledge of art deco



maintenance, headed by my twin brother John," he says. "All our skills are self-taught. Some of the tools and materials we use are over one hundred years old and you can't find them anymore to buy. With around thirty gallopers and two dragons, the maintenance process is ongoing and a labour of love," says Robert.

"Showmen are about working hard, sticking together, respecting elders and helping each other when the going gets tough," he continues.

Like any modern industry, fairgrounds are heavily regulated and expensive to run. Robert is one of the founder members of A.C.E.S, which is the Amusement Catering Equipment Society, to help make guidelines for Health & Safety at fairgrounds.

Harris funfair season covers 30 weeks of the year, from March to October, when they attend fetes, fairs, weddings and private functions. During the winter months maintenance and repairs are completed. Its headquarters at Ashington covers ten acres and is very much a family run business.

"It takes, on average, about two and a half days to set up the fair. A one-hour journey for a car takes our road train of trucks and trailers three to four hours. Once on site, power is supplied and all hands are on deck to lift the ornate carousel, which takes the men six hours to erect. Meanwhile, my sisters Jennifer and Anthea supply us with home-made cakes, mugs of tea and a hearty meal at the end of the day," says Robert.

Robert and his family are obviously very proud of their heritage and culture. Robert tells me of generations of residents from Hurstpierpoint who come every year to the fair. One of which is a 96 year old man who comes religiously every year, and a family who, even though they had moved away from the area, brought their children to experience this unique event.

We look forward to seeing the Harris family once again at the St Lawrence Fair this year. For more information see: www.harrisfunfair.co.uk



Photo: Anthony Parham





Photo by Ben Langhorne

New hope for social club, after recent closure

The Ex-Serviceman's Club in Willow Way has been closed. The members of the committee took the decision last month.

This means that the building is effectively handed back to Mid Sussex District Council.

News of this closure has caused great concern in the village, as the Club and the building are widely used by many in the community. The Foodbank has now closed, as the supplies will be kept in Burgess Hill for the time being. Cheri Mccarthy commented: "Thank you to everybody for their support and encouragement with the Food Bank. It has been an honour and a pleasure to be part of such a wonderful community outreach programme."

Another initiative that was successfully based at the Club was The Melting Pot Café, run by The Point Church.

Will Kemp, vicar at The Point, explained: "We have no plans about relocation yet, as we wait to see what future options look like at Willow Way."

A meeting which took place on 22nd June led to a group of individuals creating a working party to see whether it's viable as a going concern. The group, led by Hurst resident Mick Watson, have asked MSDC for time to look into the practicality of reopening the Club with new management in place.

"We have a window of a month," Mick said. "The building has a 77 year lease remaining and many of us feel it would be a shame to let it slip away from the community."

Watch this space for more details, as things develop in future months.

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Managing the Stress of Redundancy...

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"Oh no! Poor you! That's such a shame, what are you going to do? And it won't be easy, will it? What are your plans?"

Anyone who has gone through redundancy will likely have been met with such sentiment and whilst friends and family mean well, their comments seem only to enhance that sense of doom. Yes, they want to offer you support and understanding and their assumption is that you will be miserable and fearful and whilst this may be the case initially, don't allow their condolences to define your mood in the longer term.

No one is saying that redundancy is easy but it could be a wonderful opportunity for something new; set your intention, be positive, forward-thinking and get creative.

- Don't be defined by the words and sentiment of others

Firstly, be fair to yourself...you didn't 'lose' your job, this is one of the biggest fallacies of the process; someone took your job away! 'I lost my job' implies it's your fault, you're to blame, you misplaced it, you didn't pay attention to where you left it, ...it's complete nonsense. Find a new terminology, 'my position was made redundant' is infinitely better, after all it's the role that is redundant, not you!

The language we use to describe redundancy, may appear trivial but its impact is huge...reframe the situation, be fair and acknowledge that the decision was taken by the organisation to reduce cost, cut headcount, rationalise...whatever the reason, it has nothing to do with you as a person. Make the mental shift from 'losing my job' to 'being made redundant' to 'the position was made redundant'; this will let you see the situation for what it truly is.

- Use different language: only 'the position was made redundant'

Be ready for the perceived loss of identity. Spending eight or more hours a day at work, without realising it we become defined by what we do, the position we hold, the team we belong to, our routine and even our desk. Colleagues are often friends, we share coffee breaks and lunch, discuss all manner of things, share confidences, laugh and may have worked together for many years. All of this, along with the job itself, is taken away over-night and you will need time to adjust.

- Your sense of identity is bound to change

And don't be surprised if your work friends disappear, this is normal. There may be tears and promises of lunch and nights out as you leave, but, in all honesty, they may not happen and it's important not to take this personally. Life goes on. Their world has not been disrupted, they continue in their role and routine. I liken this to their survival instinct and you can't blame them; they need to regroup, deliver the same product or service with fewer resources, keep spirits up, keep motivated and keep going.

- Give yourself time, redundancy is like a grieving process

Changing the personal narrative is key to making progress...it's essential to move from being the victim, to being the Creator. This is a process and takes time. It could be described as grief. This sounds exaggerated but you may need to give yourself some time to adjust and make the shift. This change in identity is incredibly important and has a significant bearing on how you move forward. It's necessary to move on, to go from Manager, Team Lead, Supervisor and Colleague to Job Hunter, Employee or Self Employed or Own Boss. Once made however, the only way is up...you become able, driven, motivated, curious and excited about 'what next'. You may go from feeling rather lost to being a driving force and being the Creator of your future.

- Change your perception and move from being victim to being Creator

Such significant change isn't necessarily easy, it can be emotional...but it is doable!

There are a number of effective stress management techniques, whilst career and transition coaching are both excellent means to navigate the process, to allow you embrace and explore the 'what's next' phase. 'Lindsey really helped me sort the wood from the trees, it was a safe environment for me work through my situation and come out of it feeling positive about my skills, options and the routes open to me' (G.R., Walton-on-Thames Feb 2017).

For support in managing stress and redundancy, career coaching and transition coaching contact Lindsey at The NineDot Partnership Ltd on 07704 681 332 or info@ninedotpartnership.com, or online at: www.ninedotpartnership.com



Well done Cottis Preschool

Ofsted concludes after its last inspection on 2nd May 2017, that Cottis Preschool has gone from 'good' to 'outstanding' since 21st May 2015.

Samantha Anthony the owner and manager, has been running the school since 2000, when Mrs Cottis and Mrs Trott the founders, decided to step down from the running of the preschool.

The report states that the management is 'meticulous about keeping up to date with legislation and changing practice. Excellent monitoring process and

an excellent relationship with parents. The children are highly motivated to learn.'

Cottis Preschool is run from the site at the Methodist Church in Hurst, and takes children from 2-5 years.

It opens on Mondays and Thursdays from 9am to 3pm and on Tuesdays from 9.15am to 12.15pm, and Wednesday and Friday 9.15am to 12.15pm during term time only.

For more information please contact Samantha Anthony (cottispreschool@gmail.com).

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Hurstpierpoint orienteer Crickmore looking to make international strides this summer

Hurstpierpoint athlete, and Physics PhD student at Heriot-Watt University, Jonathan Crickmore, part of the University of Edinburgh group, competes in orienteering's first World Cup of the season in Finland this week. And although the 24-year-old has competed at world level before, he is keen to make a bigger impact this time around.



"Last year I got to the World Cups, but I was quite a long way off the top Brits," said Crickmore.

Crickmore's progress since last year is down to a largely injury and illness-free spell, allowing him to train consistently and uninterrupted for the past seven months.

"In Edinburgh the opportunities aren't there, as they are in Sweden, to go in a forest every single day and practise the technique," he explained.

"I was losing a minute and a half over 5k in running speed, so I spent the last year training hard to just get fitter so I can put myself in a position to get nearer the leaders."

So far it has been a good season for Crickmore who in recent weeks won the BUCS individual event and came third in the BUCS relay at Sheffield. Last week he qualified as first reserve for this summer's World

Championships team after finishing fourth in the GB's sprint selection race in Estonia.

Originally from Hurstpierpoint, Crickmore had to make the choice between his undergraduate university, Sheffield, or Edinburgh to study a PhD. The strong base of orienteers in the Scottish capital, combined with the university's status as Orienteering Centre of Excellence, swung things in favour of Edinburgh.

"Scotland in general has a very good set up for orienteering and it's not far to go to the rest of Scotland which has wonderful terrain, so Edinburgh is a good location," continued Crickmore.

"There's a very good training group here in Edinburgh and I found a good PhD at the university so decided to move, and it's worked out well.

Launched in 2008 the Centre of Excellence is part funded by Winning Students, Scotland's national sports scholarships programme which supports 150 student athletes at 18 Scottish universities and 25 colleges, giving them the academic flexibility required to perform at the highest level in sport and studies.

"This is my second year with Winning Students and it's been really good," said Crickmore.

For any further information, please contact Winning Students Communications Officer Duncan Fisher on 01786 466572 or Duncan.fisher@stir.ac.uk

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By David Saitch

Hello from the Village Cinema!

In July we are broadcasting the National Theatre's stunning new production of **Angels in America**, which is broadcast in two parts, on two consecutive Thursdays (20th & 27th July). This play is a modern masterpiece, an epic that speaks to you on many levels, politically, emotionally and spiritually, a rich commentary on contemporary society. The play has received absolutely rapturous reviews and features astonishing performances from an amazing cast lead by Andrew Garfield, who has amazed with his crushingly powerful portrayal.

Looking ahead, we have been working on a new programme for autumn 2017, which will be launched in the Festival in September, with three wonderful films that explore the music industry from different perspectives and are filled with superb music.

Muscle Shoals is a fantastically entertaining documentary about how that tiny Mississippi town became home to two recording studios that produced some of the greatest records of all time. This is an extraordinary story of political defiance, friendship, rivalry, betrayal and reconciliation as well as the creation of an incredible body of music.

Searching for Sugarman is the story of music fandom, a terrific documentary about two South African music fans who went looking for information about the death of an enigmatic American musician whose records became hugely popular with the liberal population in apartheid era South Africa.

Finally we have the Coen brothers' exquisitely sad, beguiling and very funny story of a struggling musician in 1960s New York, **Inside Llewyn Davis**. Beautifully filmed and full of wonderful musical performances, there is an intense sadness to this film, but glorious sweetness, humour and tenderness, too.

For families we will be screening the **Lego Batman Movie** at our fantastically fun **Kid's Drive-In**. Come along and we will provide you with everything you need to build a cardboard car that you can park in front of the screen to watch the film. When we last did this in the 2014 festival it was an amazing success and everyone loved it, so we are delighted to bring it back this year.

For more information and tickets for these events look out for the Festival programme. We look forward to seeing you at the Village Cinema soon.

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Out of my comfort zone

MY TRAVELS

By Olivia Nagle

Bangladesh is one of the most endearing, beautiful, colourful, vibrant, peaceful and loving places in the world and the Garo region of the North is a microcosm of these wonderful qualities.

My name is Olivia Nagle-Ammarnam Pringchi Ritchil (my Garo name). I was a Tearfund ICS volunteer in Bangladesh for the February 2017 three month cycle of volunteers.

I fell in love with Bangladesh and all the experiences it gave me. Its beauty is something you will not have to search for if you ever travel there but can be seen everywhere; embellished in the tallest bamboo and coconut trees, in the vast and lusciously green rice fields, in the love people have for one another, in the smiles of the children and the complete closeness of a community.

The relationships between each and every person in the Garo community are the most awe-inspiring. They teach the best qualities a person can have and how to love one another as the most important thing.

Coming from Hurstpierpoint, a community and village I see in many ways as similar, meant that this community made me feel even more at home.

The Garo community stretches over the border between Bangladesh and India and most settlements are along the border in both countries. The Garo people are a very peaceful community of Bangladeshi Christians whose origins stem from Tibet and the Garo Hills of India. They are a minority group, not only because of their origins of culture but also due to their religion. They are devout Christians, which divides them from the majority of Bangladesh which is of Islamic faith. Nevertheless they are incredibly humble people and the relationships in their community are a wonderful thing to embrace.

When I first arrived there with the other volunteers we each met our host family, welcoming us with open arms and 'adopting' us. The love my family showed to myself and my Bangladeshi volunteer counterpart, Thengchila, was totally unconditional and beautiful. I lived in a traditional mud hut with my Ama, Baba, my brother Bichal and my sister Shongti Ritchil.

So what was I doing out there, you may be wondering?

Tearfund ICS's overarching goal is to reduce poverty in the world's poorest countries and to improve many people's overall quality of life and standard of living. Whilst we were working towards this main aim, our

project had to be more specific.

Tearfund's motto: 'To go where the need is greatest' led our group to creating a leadership programme aimed at youth. Tearfund and ICS have recently made their main focus YOUTH, believing strongly that they are the key to the future of less developed countries and that they need help the most.

We had been trained in leadership skills and so we designed a leadership course for the 15-17 year olds. We then taught our ICV counterparts (the Bangladeshi Volunteers) skills and lesson plans that they could translate and teach to schoolchildren and other local youth groups.

Our leadership programme empowered the youth and helped them to learn about themselves and how they could help their community. The programme is self-sustaining and alumni from our initial project will carry it on in the future. In this way Tearfund ICS does not have to constantly facilitate the project and can focus on other issues in the area, which in turn empowers and encourages the youth who will continue running it in the future.



As well as working on the leadership project, we also taught in the local children's school with children aged from 5 to 10 years. We created and taught lessons every Monday, teaching English, games, songs and crafts. Then every Thursday we ran a sports day, getting them involved in different games and sports. For the Christians in the community, we ran a Sunday school every Friday, their Holy Day and 'weekend' being on a Friday rather than a Sunday.

The children were very much the heart of this community. They were wonderful to teach, the smiles on their faces will be a memory of mine that I will always cherish. It was so inspiring to see children with so little, love so much and so grateful for whatever time you spent with them.



Living in Bangladesh was the most remarkable experience. I miss everyone and everything, although maybe not some of the different food that we ate! Fried chicken feet, fish head and eel curry will probably never be my favourite choice of food!

I still keep in touch with the Bangladeshi volunteers and hope to be able to contact my host family in the future. The country has such an abundance of love that the travellers saying could not be more correct: 'You will always leave a piece of your heart wherever you venture.'

More than anything else, a trip such as this makes you stop and think about what we have and who we

have in our lives. Helping people is something I am very passionate about and hope to encourage other people to do more of. The rewards far outweigh the effort of working.

If this article has interested you and you would like to know more about my trip, trips similar to this or about Tearfund and ICS, then please come along to a presentation I am doing as part of the Hurst festival in September (information will be in the Hurst festival booklet).

I'm afraid I could not quite fit three months of information and stories in these few pages!
Donnobad! Thank you for reading.



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Welcome M.C.C.

HURSTPIERPOINT CRICKET CLUB

By Rob Sawyer

A young Hurst XI held their own, at one point reducing MCC to 76 for 4. After the game the MCC Captain was extremely gracious, congratulating club President Dave Parsons on his three hundred year career and Hurst CC for hosting a great day. It was great to meet some former players including 83 year old Reg Saunders who last played in 1964.

We also hosted a Dutch touring team and a great day was had by all. The Dutch lads acquitted themselves well and, although Hurst ran out winners, it was competitive throughout. They also left a very Dutch memento of their visit; if you find yourself in the Fairfield Pavilion do make sure you see it.

Good Form Continues

The Hurst Women have come into their own playing a mixture of 8-a-side T20 league games and 11-a-side friendlies and some new players have joined.

The 1st XI broke a run of draws with a thumping home win against Burgess Hill, which ironically brought an end to a sequence of innings from skipper Matt Parsons, who fell on 43 after an unbeaten avalanche of runs in previous games.

The 2nd XI celebrated topping division 4 by... losing! We were unable to overcome a strong Smallfield outfit, the upside being a promising debut by new wicketkeeper batsman Kashif (not the 80s soul singer). This broke a sequence of three victories.

The 3rd XI has played a number of friendly fixtures with a great mix of youngsters, women playing their first mixed game and older campaigners. The Juniors are gaining in confidence and this has showed with U12s Ben Whelpton taking 2 – 26 and Will Bowley 3 – 14 recently.

Danny vs Hurst

Elsewhere in Hurst Life, you will find details of the Hurst vs Danny House match to celebrate 300 years of cricket in our village. We are hoping for great weather and a really good crowd to watch a game played in period clothes and to 18th Century rules. Make sure you put Sunday 9th July in your diary.

RIP Floody

We were saddened to hear of the passing of long-time Hurst player David Flood. 'Floody' was a lovely man, his philosophy was 'play the youngsters first and if you need any help, call me'. One fantastic memory cherished by all who were present was an away game at Forest Row. We were fielding and taking a bit of a pasting when one of their players lashed a ball through the covers at head height. Everyone turned expecting the ball to fly to the boundary, Floody had different ideas, diving full length to take a stunning catch – there was silence followed by pandemonium as we celebrated one of the best catches any of us had ever seen. David Flood was seventy years of age when he took that catch and was well chuffed to receive that season's Champagne moment. RIP David Flood.

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Give your copy a break

HL ON HOLIDAY



It's that time of year again so, when you're packing, why not slip in a copy of Hurst Life magazine to your suitcase and let's see how far we can send it. Ella Tingley kicks off with this photo of her in Times Square, New York. Email your HL holiday selfies to photos@hurstlife.co.uk.

Roll up, roll up to Twineham school fete

On Saturday 8th July, F.O.T.S (Friends of Twineham School) is hosting its annual summer fete at Twineham School: everyone and their dog is welcome.



Promising to be the biggest F.O.T.S fair yet, this year's event starts at midday and includes an exciting variety of food and drink, entertainment, games and competitions including a dog show and traditional Sussex Stoolball.

There will be performances of cheerleading by Twineham pupils, live music, a bouncy castle assault course, a Punch & Judy show, a spa tipi offering manicures, reflexology and massage, pony rides plus pottery painting and other crafts.

Whatever the weather, strawberries and cream will be served, along with a hog roast and BBQ, tea and cakes, Pimm's and beer, plus a sweet stall.

The event takes place on the school grounds, at the end of Twineham Lane, RH17 5NR. Free parking in the field behind the school is by kind permission of Robert Worsley.

Stories of Holy Trinity

By Miriam Patrick

On 27th May, John Norris gave his second talk on Holy Trinity's windows, this time looking specifically at the Durer glass, which we learned was not in fact by Durer but by slightly later artists, mainly Lambert Lombard from Belgium and Maerten van Heemskerck from Holland. The talk took place mainly in the choir vestry where most of this glass is to be found and appropriately, in this Year of the Bible, John told us about the bible stories represented in the panels. He also told us an interesting story about how the glass came to be in Holy Trinity, based on research at the Record Office in Chichester, and offered his theory as to how it came to be placed in the window of a side chapel (now the choir vestry) which had not yet been built when the glass was given to the church. The talk gave the opportunity to look closely and appreciate windows which are not usually in the public view. Following on from other talks by both John and by Ian Nelson, it cast further light on those who formed Holy Trinity's earlier congregations and on the gifts they made to the church. It seems appropriate that Ian's talk in June will focus on memorials in the Borrer Chapel.

Workshops continue...

The main aim of 'Stories of Holy Trinity' has been to encourage people to look at the church building, its architecture and atmosphere more closely and in new ways. Since January, monthly talks by Ian Nelson and John Norris have been offering insights into the history of the Victorian building and its meaning to earlier congregations and the wider village.

In July we will be offering a different perspective by holding taster art and writing workshops in the church. The art workshop will be run by Joan Booker and June Ward, both of whom are artists themselves, while the writing workshop will be run by Liz Young, who writes both prose and poetry, and Miriam Patrick, who writes poetry. Participants will be encouraged to respond to a feature of the church through either art or writing. Help will be given with choosing a suitable feature and approach and materials will be provided (though you may choose to bring your own). No previous knowledge of art or writing is required.

Both workshops will be held on Saturday 29th July from 10.30 to 12 noon in Holy Trinity.

As with all Stories of Holy Trinity events, there will be no charge, but places will need to be booked so we can keep groups small (no more than 8 people in each).

For more information, or to reserve a place, please call Miriam on 01273 832657 or mim.patrick54@gmail.com

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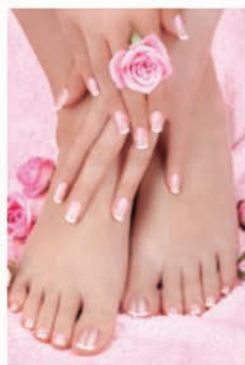
This month we see the launch of Natural Beauty at the centre. Recent studies state the average woman uses 12 personal care and/or cosmetics each day (such as moisturiser, body lotion, shampoo, shower gel, foundation, lip gloss, nail varnish etc) exposing them to at least 168 different chemicals. Even 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.

We believe it is incredibly important to be more conscious of our beauty regime. This is why we have launched natural beauty at The Alternative Healthcare. We see this as preventative medicine and helping people to become more aware of what they put on their bodies.



The skin care beauty range we use contains only natural ingredients, pure enough to put in our mouths. The nail polish range is Faby, a family run, Italian brand and are the only BIG 10 FREE on the market. This means they do not contain any of the 10 most harmful chemicals used in normal polishes. They are the most natural range whilst still providing an excellent long lasting finish with over 450 different colours of polishes and gels to choose from. The waxing products are 100% natural and organic too.



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Get ready for Super Sunday

This year sees the **BIGGEST EVER** opening party for the Hurst Festival as they take over the High Street for a whole afternoon of fun for all the family on Sunday 17th September between 12.30-5pm.

The day will start with the much-loved treasured transport parade. This collection of classic and quirky vehicles, many owned by village residents, will start at Washbrooks Farm, go up Brighton Road before passing slowly through the High Street at 12.30pm and parking on South Avenue Recreation Ground.

Once the parade has passed, the party will begin in style. Many of the traders will throw open their doors to sell a range of goods and serve refreshments.

There will also be a children's window competition along the High Street. Other activities include:

Village Green

- Music marquee with a line up including Sussex Downs beat folk band and Mark Travers Jazz taster
- Art class on the green
- Face painters and other performers
- Chris Bradford author of Young Samurai and NINJA series

High St

- Harris Funfair
- Wacky street performers from Fool's Paradise
- Stilt walker and puppets from Wishworks
- Cuckoos Nest Morris Dancers
- Pizza Van and Burger bar
- Dancers
- Tombola
- Snow dog from Brighton!

South Avenue Recreation Ground

- Meet the reptiles exotic animals tent
- Try your hand at fly fishing (no water needed!)
- Combat Archery
- Tennis Club event

Morleys

- Food, outside bar and music all afternoon

New Inn

- Food, music and evening after party

If you'd like to apply for a stall on the day, please Gill Blackburn on 077486 30316.

Keep a look out for more details on the line up nearer the time on Village noticeboards and the Hurst Festival website www.hurstfestival.org

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5 MINUTES WITH...

Jackie Eke

Jackie Eke is a specialist dog, horse and pet photographer, has a lifelong love of all things with fur and four legs and is a regular volunteer at Allsorts Dog Rescue

How long have you lived in Hurstpierpoint?

Almost six years

What's the best thing about being here?

Being part of a friendly, fun community and having wonderful rural walks straight from the doorstep

Favourite ice cream flavour?

Salted caramel

How many houses have you lived in?

Seven

Favourite holiday destination?

Scotland - as a photographer the remoteness and landscapes really appeal

Your most enjoyable event in the village?

Hurst Theatre Productions

Do you share your home with anyone?

My partner and four dogs

Song you play the most?

Cowboys and Angels - George Michael

Mac or PC?

Mac for sure!

Your most frequented village shop?

Pierpoint Pet Supplies

What's your proudest moment?

Seeing the rescue dogs we have fostered go off to fantastic new homes. It always make me cry though too!

Coke, juice or water?

Coke Zero - naughty I know!

Your advice for life?

Be kind. No act of kindness, however small, is ever wasted.

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



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The Long Count by J.M. Gulvin

BOOK REVIEW

By Clair Stanton

This thriller is the first book of a planned series to feature Texas Ranger John Quarrie. He is a man of few words: a Vietnam War veteran, a single father and the quickest draw with a gun this side of a TV Western.

When John Q. finds a body he is convinced it is a murder scene, but as the victim was alone in a locked room it is ruled a suicide. The dead man's son has recently returned home from Vietnam and refuses to accept the suicide verdict, so he sets out to uncover the truth. This leads him into danger, and John Q.'s code of honour compels him to help solve the mystery. The narrative has multiple threads that weave together to form a psychological puzzle and this book should appeal to fans of 'Shutter Island' or 'True Detective'.

J.M. Gulvin is best known for ghost writing the popular Ewan McGregor and Charlie Boorman travel books (The Long Way Down, The Long Way Round) and he has such a fantastic grasp of the settings and language of 1960s Texas that I would have sworn he was an American – but, actually, he's Welsh!

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

Out of Bedlam raises the Phoenix

Bedlam Brewery, based up the road in Albourne, has just launched its new Phoenix beer.

Bedlam has become recognised as having a range of perfect traditional style beers – 3.9% Phoenix is a step towards a much more modern tradition of highly hopped, aromatic beers. Dominic Worrall, managing director, explains: "We share our county of Sussex with some great brewers and it would be impossible not to be influenced by the radical Burning Sky, the groundbreaking Dark Star or the perennial quality of Harveys; with such role models we've decided to risk shocking a few of our regulars.

"I remember, as a teenager, putting a copy of New Order's Blue Monday on to the family HiFi. I'm not sure that my mother ever recovered from the shock. I know how she felt as the brewers presented a sample of their latest trial brew," Dominic recalled from a product meeting with his team when he first tasted Bedlam's latest limited edition special, Phoenix.

Phoenix is an Extra American Pale, brewed with some of the boldest American Hops: Citra, Amarillo and Cascade. The light strength and colour come



from a simple malt base of floor malted extra pale Maris Otter barley and a pinch of the delicate Vienna malt. The same top fermenting yeast used in many of the iconic American craft beers is imported and pitched into the freshly cooled wort to give its characteristic dry, soft, smooth and clean finish.

Bedlam products can be purchased direct from the brewery, South Downs Cellars, on Hurstpierpoint High Street, is also a stockist.



Longevity Brownies

FINE FOOD

Makes 10

- 2 medium to large sweet potatoes (600g)
- 2/3 of a cup of ground almonds (80g)
- Plain flour (100g)
- 12 medjool dates

- 4 tablespoons of cocoa powder
- 3 tablespoons of maple syrup or runny honey
- Heaped tablespoon of desiccated coconut
- a pinch of salt

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4 Bedroom Detached	£19.00	£22.00
Extras		
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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.



How can we live well into old age? This is a question posed in my current workshop 'Longevity Nutrition'. We can't put it all down to what we eat but careful nutrition certainly ups our chances of long-term health. One of the foods of focus in my talk is the humble sweet potato with its high levels of fibre and immune enhancing nutrients, so I have chosen this recipe in order that we can have our cake and eat it, as life is all about balance.

Method

1. Start by pre-heating the oven to 180C, then peel the sweet potatoes. Cut them into chunks and simmer for about twenty minutes, until they become really soft. Drain well.
2. Add them to a food processor with the pitted dates. Blend thoroughly.
3. Put the remaining ingredients into a bowl, before mixing in the sweet potato date combination. Stir well.
4. Place into a lined baking dish and cook for about twenty minutes, until you can pierce the brownie cake with a fork bringing it out dry. Remove the tray and allow it to cool for about ten minutes – don't be tempted to try one warm, they really are best very cold! Remove the brownies from the tray, leaving it another few minutes before cutting them into squares – then place in the fridge for at least an hour. Sieve a little icing sugar over them, or serve with double cream. They go beautifully with fresh strawberries.

Inspired by a recipe by Deliciously Ella

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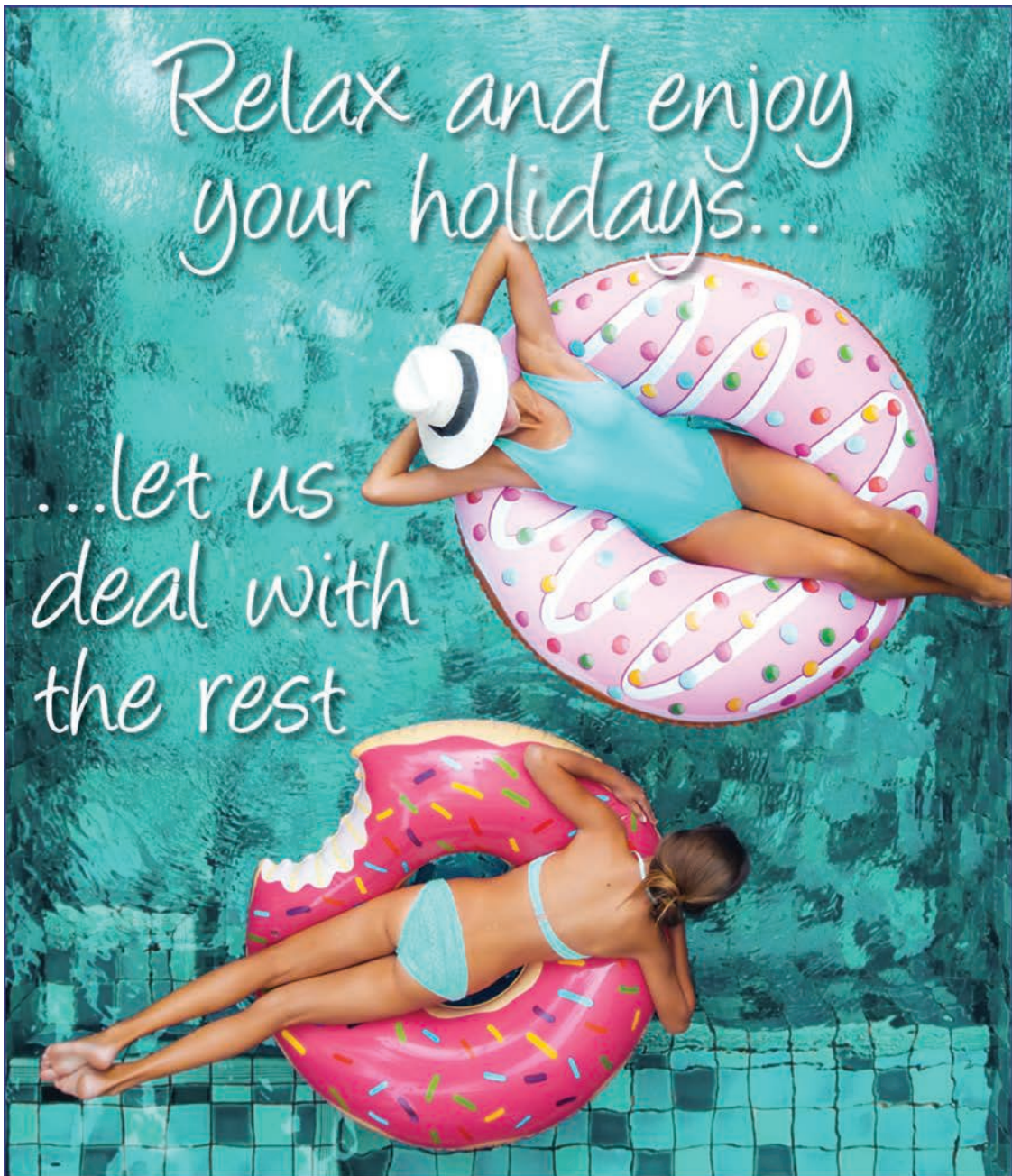
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Sudoku #12

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

Find the solution to #12 in next month's magazine

#11 Solution

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

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

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What's on this month

AT THE VILLAGE CENTRE

Regular events

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

July

- 4th **Hurst Afternoon Club** – 2.15pm
Social meeting and a talk by Judith Fitter (Red Cross)
- 15th **Barn Dance** – 6.30pm
Hurstpierpoint Bowling Club host this Barn Dance, dancing to the music of the Touchstone Band. Tickets are £14 to include a Hot Dog Supper and there will be a licensed bar. Tickets available from Mishon Mackay and Orion News, Hassocks
- 18th **Wolstonbury WI Meeting** – 7.45pm
'Women Pioneers in Medicine' by Yvonne Price
Visitors welcomed (Enquiries 01273 834421)

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

AND ELSEWHERE

July

- 9th **Danny v HCC Cricket Match** – 1-6pm
Danny Park to Celebrate 300 years of Cricket in the village
- 16th **Albourne Village Family Fun Day** – 12-4pm
On the field next to the Village Hall. BBQ, refreshments, home made cakes, ice cream and the Pop Up Pub
- 19th **Mid Sussex Ramblers** – 7pm
Meet at Ditchling Village Hall CP. Ditchling Circular: Ditchling, Fieldway, Farm Lane, Hayleigh Farm Streat Church, Middleton Manor, Odd Acre, Lewes Road, Ditchling. Dogs welcome. 4.5miles
- 22nd **Albourne Estate Wine Tour** – 11am-1pm
Albourne Farm, Shaves Wood Lane (tickets £15 more info: www.albourneestate.co.uk)

August

- 2nd-5th **Bridge to Farce production** – 8pm
The Players Theatre – Cuckfield Dramatic Society goes on tour and plays four extra shows at Hurstpierpoint's own theatre (Tickets £10 from www.cdsweb.co.uk)

SAVE THE DATE Super Sunday 17th Sept

High Street closed between 12.30-5pm with fun, games and lots more taking place all afternoon.



Ye Olde Cricket Match at Danny House
Sunday 9th July 1pm-6pm
Celebrating 300 years of Cricket in Hurstpierpoint.
Hurstpierpoint Cricket Club will be playing a cricket match against a team from Danny at Sand Field, Danny Park in 1717 outfits to 1717 rules. It is free to attend.

Beer tent. Bring your own picnics.
Dress up in 1717 style outfits to partake in the fun.
Additional entertainment by the South Downs Folk Singers and Chanctonbury Morris Men. Sand Field, Danny Park is probably the oldest identifiable cricket ground in the world!

hurstpierpoint.play-cricket.com
dannyhouse.org.uk

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Musical Theatre school for
boys and girls aged 9-18



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working towards a final show

Run by performing arts teachers at Hurst College and West End professionals including **Jamie Parker**, star of Harry Potter and the Cursed Child and new patron of Hurst Stage

Sessions include: Drama, Singing, Dance, Musical theatre, Street Dance, Acting for camera, Stage combat, Audition technique (age16+)

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