



EDITORIAL

By David Tingley, Editor

Hello and welcome to Hurst Life. It's issue number 32 and we are looking forward to November in the village. But I wanted to briefly remind readers why we are here...

Our strapline is 'local village talk, by the village' and, as such, hopefully it's clear that we love community. We try to get involved ourselves as much as possible – Michele Copeland works hard to get out to meetings and talk to people. But we also love it when you, the readers, get in touch and want to contribute in some way. It could be anything from a short What's On entry to you putting together an article about a village group/organisation that you are involved with. Do have a think about whether there's something you'd like to share on our pages, and send us an email when you're ready (editor@ hurstlife.co.uk).

This month's cover comes courtesy of **Claire Brewer**, and gives a colourful nod to our pages of **Hurst Festival** round-up, which start on **page 6**, with words by **Charlotte Snook**.

We have to mention the wonderful bonfire at **Danny House** – it's on Sunday 5th November and all the details
can be found on **page 5**. If you take a camera, do send
us any great shots you get – for next year's November
cover!

One of Hurst's newest residents features in our Village People article on **page 16**. **David Lowries** takes his turn and tells us about the road he took to get here.

On page 21 Rob Sawyer summarises the 2017 cricket season, page 24 sees Zoe Hallifax take part in our fun quiz '5 minutes with' and on page 32 we share the latest from the Hurstpierpoint Traders group – with the main focus being Santa's Fun Sunday on 3rd December.

I'm very grateful to **Rupert Bates**, who has written a piece after last month's **St Lawrence Fair AGM**. The theme for 2018 has been announced!

See you nearer Christmas! Talking of Christmas – check out the **Gift Feature** on **page 26**.

Issue #32 – November 2017 – 4,200 copies printed

Next magazine copydate: 21st November 2017

Next magazine published: 5th December 2017

Hurst Life

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

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

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

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.



Balloons on the High Street





November 2017

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

Council surgery session

Hurstpierpoint & Sayers Common Parish Council will be holding one of its regular 'surgeries' this month. The meeting, which will feature District and County Councillors covering Hurstpierpoint and Sayers Common, will be held at the New Inn on Hurstpierpoint High Street between 11am and 12 noon on Saturday 4th November.

In a statement by the Parish Council, it commented: 'We look forward to meeting you, hearing your views and talking through your issues.'

Two great results for Macmillan

Many thanks to everyone who supported the Macmillan Biggest Coffee Morning held last month at The Bowls Club in Hurstpierpoint. A large number of people came along creating a very friendly atmosphere.



The organisers are pleased to announce that the grand sum of £740 was raised for Macmillan Cancer Support.

Meanwhile, down the road at the Sayers Common Village Hall, Evelyn Hole explained that they too had had great success at their Bring & Buy Coffee Morning for Macmillan: "Thanks to all the helpers who made it happen and to all the villagers who turned out on the day to support the charity. It was a great social event and raised £660."







We Specialise in...

New Roofs Flat Roofs Tile & Slate Roofs Re-pointing Chimney Stacks
Leadwork Valleys Renewed & Repaired All Roof Repairs
New PVC Fascias & Gutters External Painting Moss Removal

Free Estimates No Obligation Pay No Deposit

ALL WORK FULLY GUARANTEED!

OFFICE: 01403 560172 / 01483 378511

MOBILE: 07425 396324 EMAIL: gandsroofinglimited@gmail.com



Family Bonfire & Fireworks at Danny Park

The 22nd Hurstpierpoint Family Bonfire & Fireworks evening will be celebrated with a 'bigger than ever' display of fireworks by our regular firework maestros on Sunday 5th November.

Families are again welcome to share the event to be held in Danny Park, off New Way Lane, Hurstpierpoint. The event is organised by Hurstpierpoint Gymnastics Club with assistance from Oldland Mill Trust and the Burgess Hill District Lions.

The Oldland Mill Trust, the Gym Club, together with local schools in Albourne, Hassocks and three in Burgess Hill, will all benefit from your support.

The Hassocks will be running their ever popular BBQ.

Take a 'Guy' to the Best Guy Competition before 5.50pm and one child will be given free admission. Advance ticket prices are the best value - still unchanged at 2003 prices!

Children Under 3 or with a Guy are free (one Guy gives admittance to one child). Children or adults £5 on the gate, or only £3 in advance. Families including up to two adults and three children £15, but only £9



in advance. Tickets will be available in Hurstpierpoint from Pierpoint Pets or Mishon Mackay and in Hassocks from Marchants or QD Stationery.

For safety reasons there are no private fireworks or sparklers etc. permitted on-site.

Free parking on-site (ground conditions permitting). In the event of bad weather check www. hurstpierpointgym.co.uk for the up-to-date news on parking or postponement.

Timings are as follows:

5.30pm Gates open

6pm Best Guy Competition Judging

6.30pm Fireworks Display

6.50pm Bonfire lit with all the Guys and the Best Guy on top.

Dawn Benson Accountancy Ltd

Chartered Certified Accountants

Local friendly service to meet all your accounting needs

- · Limited Companies · Sole traders · Partnerships
- · Self assessment · Registered office service
- VAT Bookkeeping Payroll

Call now for free initial meeting

Tel: 01273 833950

info@dawnbensonaccountancy.co.uk www.dawnbensonaccountancy.co.uk





Like our magazine?

Please call our advertisers.

(They make it possible!)



November 2017 5



Hurst Festival was, yet again, a triumph of organisation and community spirit. On this page we showcase the opening weekend and 'Super Sunday', and the following page gives highlights and memories from the rest of the festival.













We are changing the way we work!

Residents of Hurstpierpoint will have noticed that we have 'flown the nest' from our High Street office. For some time now, we have been increasingly aware that the estate agency industry is changing. The vast majority of property searches and enquiries are now being carried out online using smart phones, tablets or computers.

As a consequence, the number of visits to High Street offices has dwindled dramatically. We took the decision to close our office in Hurstpierpoint but will be increasing our online presence. We also have retained a 'pop-up' display at 124 High Street. Our telephone number will remain the same, as will our For Sale & Sold boards. Our support for local charities, causes and events will continue, but most importantly our presence in Hurst, Henfield and the surrounding areas will continue and we will be available for appointments at any time to suit.

Call us on 01273 830433. We look forward to hearing from you.



01273 495333 sales@richwards.co.uk

01273 830433 hurstsales@richwards.co.uk

2017 Hurst Festival in numbers

By Charlotte Snook

This year's Hurst Festival, the 13th full festival to take place, was without doubt the most successful to date. Not only did we have the broadest ever programme of events but we also pioneered new projects to engage the children and adults of Hurstpierpoint.

Those who witnessed local composer Fraser Trainer and his band perform with the children of St Lawrence and Woodlands Meed schools will testify to the power of music to inspire both kids and adults. The same applies to the wonderful Thelonious Monk project by Mark Travers, which closed the Festival. At the other end of the spectrum, those who came to see Eleven Farrer House dance in the relative peace of Wolstonbury Hill will have had the chance to reflect anew on the beauty of our natural surroundings.

The feedback we've received since the Festival finished on 1st October has been overwhelmingly positive, so we thought we'd quantify this year's Festival to prove that it's not just highbrow stuff (something we often get accused of) but that it really does have something for everyone in the village and surrounding areas.

Our aim today remains the same as it did 13 years ago: to celebrate every aspect of art and culture enjoyed by adults, youth and children as a means of strengthening ties within the community. We want the Festival to add value to what all people enjoy and encourage people to try new things.

For 2018 we're on the lookout for new Committee members as well as more volunteer helpers. If you'd be interested in helping the Festival in any way, we'd love to hear from you at info@hurstfestival.org

Here's to 2018!





notos: Claire

10Number of kids' events

Number of venues used (including soirees in people's homes)

16
Festival days

2,000Number of people at Super Sunday launch party (estimated!)

Number of volunteers who helped run events and distribute brochures

85 Number of events 3,234
Total number of tickets sold

Age of youngest participant – (children aged four from St Lawrence School submitted their paintings of Wolstonbury Hill for our art exhibition)

16 Number of sold out events

Number of free events

Size of committee

Age of oldest participant
– (at nearly a century old
Fergus Anckorn is the
oldest member of the
Magic Circle)

Number of event categories

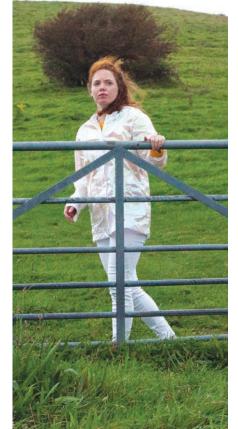
1,500 Number of visitors to Wolstonbury Art Exhibition

















HUGE CHRISTMAS GOLF SALE AT HAYWARDS HEATH GOLF CLUB

Saturday 25th November 8.30 am – 4.00 pm







EVERYTHING ON SALE FOR ONE DAY ONLY

EVERYONE WELCOME

P.G.A Golf Lessons
Clubs, Shoes & Balls
Men's and Ladies Clothing up to 80% Off
Christmas Vouchers
And Much More......

Welcome Glass of Wine and Mince Pies

t: 01444 414866

w: www.jamesverrallgolf.co.uk

e: james@haywardsheathgolfclub.co.uk







Sussex Osteopath and Complementary Health Clinic

TOTAL HEALTH CARE IN HURSTPIERPOINT

We offer many integrated therapies to help improve movement, pain and function in a natural way.

We can work as individuals or you may choose to have two different therapies to maximise your improvement.

Therapies available at Sussex Osteopath: Osteopathy & Cranial Osteopathy/Pilates 1:1 & 2:1/Sports Massage/Swedish Massage/Reflexology/Herbal Medicine/Nutritional Therapy/Food Intolerance Testing/Counselling

We also stock a variety of natural health products including well-known brands:

Weleda, Laughing Bird, Green People, Earth Friendly Baby, Tisserand, Faith in Nature, Vitamins & Minerals

135-137 High Street, Hurstpierpoint, West Sussex BN6 9PU
Tel: 01273 835 116 or email: info@sussex-osteopath.co.uk
www.susssex-osteopath.co.uk

November 2017 1 1



By David Redd

Tickets are now on sale for the Hurstpierpoint Singers' Christmas Extravaganza which will be held in Hurst Village Centre on Sunday 10th December at 2.30pm. It's a great way of starting the countdown to Christmas, with carols and Christmas songs for everyone to join in, as well as pieces sung by the choir. This year we're following Santa's sleigh around the world, with music

from America, Canada, Ireland and Eastern Europe all featuring.

Tickets cost £8 including a glass of wine and a mince pie. They can be bought from Jan Ton News in Hurstpierpoint and will be available on the door. Accompanied school-age children are free. We look forward to seeing you there!

If you have any queries, contact me on 01273 831801.



Royalty opens Downlands' new building

By Nicki Burston

We were delighted to welcome HRH the Duke of Gloucester to Downlands School last month to officially open the first part of our new building project.

HRH the Duke of Gloucester was joined by Mrs Susan Pyper, the Lord-Lieutenant of West Sussex, as well as Lionel Barnard, Chairman of West Sussex County Council, Cllr Bruce Forbes, Chairman of the Mid Sussex District Council, Ms Kathryn Hall, Chief Executive of Mid Sussex District Council and Diana Hunt, Chair of Governors at the school.

After a tour of the new facilities, during which HRH the Duke of Gloucester visited a Samba Band lesson with Year 9, a Computer Science lesson with Year 8 and a French lesson with Year 11, as well as meeting members of the Pupil Voice Committee and the Eco Committee on the tour, he officially opened The Rose Hetherton Building named in honour of our former headteacher.

Mrs Hetherton, who retired as headteacher in 2016, had been helping coordinate the new build and we are delighted to have this lasting tribute to her dedication



and enthusiasm for the school.

It was a lovely morning for the students and staff at Downlands.

CHOOSING A TREE AT OAKGATES FARM IS THE PERFECT START TO CHRISTMAS

- Reservations/ labelling from 1st November
- ♣ Open 9am 5pm daily up to 22nd December
- Pre-order or turn up and take the same day
- ♣ 4 acre plantation of 3ft → 9ft Christmas trees
- Friendly family business children welcome

Oakgates Christmas Tree Farm, Clearwater Lane, Scaynes Hill RH17 7NF 01444-831189. E-mail oakgatesfarm@hotmail.co.uk www.oakgateschristmastrees.co.uk

November 2017 1 3

College cast at Hurst Festival

As part of Hurst College's offering at the village's festival, new Director of Drama Luke Gasper directed a student cast, who performed at both the Players Theatre and the college's Bury Theatre. Below is a review by Helen Schulter, one of the college's Drama teachers.

This year's Hurst Drama season opened with a production of Grimm Tales adapted by Carol Ann Duffy and dramatized by Tim Supple. Directed by our new Director of Drama Luke Gasper, the timeless characters from the Brothers Grimm's world were brought to life in the dark and distorted world of a 1920s freak show.

The variety of theatrical styles presented in Supple's version provided the cast with a number of difficult challenges. Moving seamlessly from the high farce comedy of The Golden Goose to the dark and symbolic physical theatre of Ashputtel and Hansel and Gretel, the delicate balance of Duffy's poetic language in Iron Hans, culminating with the pantomime of The Magic Table, is not an easy feat but the cast achieved this without exception to create a pulsating energy at all times.

The key to the production's success was the strength of character established by the entire company. The link between their freak show personas and the characters in the tales was clear and added to the darkness of Gasper's interpretation. We were confronted by his vision as soon as we entered the theatre space with characters already interacting with each other and the

audience in the immersive style so popular with modern theatre today. Annabel McMenemy and Verity Mack as the twins were particularly convincing in their roles,



and the strength of their characters was then mirrored in their striking portrayal of the ugly sisters in Ashputtel. As the play began we were introduced to the twisted 'Iron' John Matlock (superbly played by Dan Reed) 'collector of human oddities' who told us how he gathered his 'family' together to put on the Grimm Tales. In his opening speech he cruelly mocked their physical appearance and remarked to the audience that of all the stories to show, Grimm Tales seemed most obvious 'With this bunch it doesn't get much grimmer!'

Throughout the performance individual moments stood out: Hattie Quigley's extraordinary beardedwoman masterminded the pantomime of The Magic Table with power and charisma; and the physical dexterity of Tom Emery, the human skeleton, was sustained without a dip in focus. It was in the ensemble acting that the production was most effective; as a company, the characterisation and storytelling allowed the audience access to the micro-worlds of each tale and create a truly engaging piece of theatre.



Open Evening at

Le Chic Fashion Exchange

56 High Street, Hurstpierpoint

Come and brouse through the wide selection of ladies clothes, shoes and bags on offer.

Enjoy a glass of Prosecco while you shop!

6-9pm Thursday 23rd November

Tel: 07585 633372



@Dukeofyorksayerscommon



@thedukesayerscommon



NEW WINTER MENU

Come and try our new fantastic menu; Pan Seared Duck Breast, Baked Swordfish Steaks, Great Homemade Burgers & Open Ciabattas



PIE & PINT WEDNESDAYS LOCALS NIGHT WEEKLY CHANGING OFFERS



November 2017 1 5

David Lowries

VILLAGE PEOPLE

By Michèle Copeland

I was intrigued to meet David Lowries, our new 28 year old pastor of Hurstpierpoint Evangelical Church, as I walk towards his house on the High Street one bright October Wednesday afternoon.

As I enter the cheerful sitting room, I notice a piano placed in one corner of the sitting room. "I have recently married Emma, a music teacher in Crawley, it's my greatest achievement yet," he says with a broad smile.

He and Emma moved to Hurstpierpoint just a few months ago, into a house provided by the church.

I'm interested to see such a young face in our ecclesiastical community, but where did it all start?

David studied electronic engineering at Southampton University but soon realised that he wasn't as dedicated to it as his peers. "I got involved in the Christian Union (CU) and became more and more involved in that," David explains. "I realised that I didn't 'love' the course I was doing but was very engaged and passionate about my role at CU." So it didn't come as a huge shock to his family and friends when he decided to take up a ministry trainee post at a church in Crowborough after completing his degree.

"That role was a fantastic opportunity to try out working for a church and also grow my own faith at the same time. It was a bit like an apprenticeship."

Encouraged by this environment David took up a post as a trainee minister at Grace Church in Haywards Heath. This was part-time and allowed him to study theology alongside it.

It was while at Grace Church that David became aware of a need for a new pastor here in Hurstpierpoint. In fact a year ago he was offered a secondment to spend some of his time preaching and leading the Evangelical Church in the village. So the church membership already know David pretty well!

Talk turns to his childhood. He grew up in Lindfield as his father was headmaster at Great Walstead School. "I guess it's no real surprise that I've ended up doing some form of teaching," David continues. "Dad's faith was certainly significant both at home and at work; I guess you could say being a headmaster of a Christian school was ministry of a different kind!"

I notice that there are some nice pieces of pine furniture in the room. One of David's pastimes is to make things for the house. "My father had a workshop and was a keen DIYer, and I loved to watch him," he tells me. David clearly learnt some excellent skills over the years as I note the low coffee table and other pieces dotted around the room.

"I'm not working on a furniture project at the moment. I've just finished the desk in my study, but one thing currently under construction is actually a visual aid for my Sunday sermon!

"The biggest piece I've made is our wardrobe,



which was both large and complicated! That took a few months."

Asked about what he likes about Hurstpierpoint village life David says: "There's clearly a genuine community here, rooted in the village. Having only moved here in the summer though, I know I've got lots to learn about and experience here!"

David's role involves everything from prep for the sermon, pastoral visits, leading a bible study group to meetings with other local pastors. Plus, of course, he preaches on Sunday mornings at 10.30am at the Evangelical Church (next to the Players Theatre).

"Preaching comes quite naturally to me," he continues. "I really enjoy it.

"One of the main challenges of being pastor is being 'a people person' and having to do quite a lot of small talk. Fortunately I'm OK with that," he laughs!

David still finds time, around his pastoral duties, to fit in another one of his favourite pastimes, which is playing hockey. He is a member of Mid Sussex Hockey Club and plays in the 2s team in Sussex Division One. "I've been



playing since I was about eight I think," David explains. "I really enjoy it. Although I play for fun first, I certainly like a good, competitive game!"

Asked where he would see himself in ten years time: "Still here possibly, with a few children, but there is no hurry," he says with a chuckle.

David was inducted as pastor in October at the Scout Headquarters in Hurstpierpoint where over 100 people came to share in the special service to mark the formal start of his appointment. "We knew space was going to be tight, so had to find a larger venue. It was a fabulous day and I'm now looking forward to pressing on with the work."

Among other things David is seeking to grow the leadership of the church in order to develop the vision together. He'll be building

on popular initiatives like 'Senior Moments' – where the older generation enjoy lunch, games and a short talk, plus looking to reach out to more local families in the village too. But, for now, he's working on the new church website and looking forward to experiencing his first Danny Firework Display!





If you'd like more information about Hurstpierpoint Evangelical Church services or would like to contact David please email: davidlowries@gmail.com or call 01273 918248.

What makes us different?

- ✓ It's only about Hurst
- ✓ Full colour, great design
- ✓ Delivered to all homes
- √ Focus on local people

We hope that's why you like it!

Do talk about Hurst Life to friends and like us across social media (a)HurstLifeMaq

Hurst Life

November 2017 17

Could you volunteer as a Retained Firefighter?

Michèle Copeland meets Neil Pocock, the new watch manager for Hurstpierpoint Fire Station on Cuckfield Road...

How long has the Hurstpierpoint fire station been going for?

The station was opened in 1948 and was then part of the East Sussex district. As from 1974 it became a West Sussex station, when the boundaries changed.

When did you get involved?

I got involved in 1995, when there was still a fire station in Keymer, until 2013. I wanted to be able 'to give back to the community'. When that station closed, I moved to Burgess Hill and now have recently been appointed to Hurstpierpoint.

How many engines do you have in the station?

Just the one! This is one of the smallest fire stations in West Sussex.

What kind of call outs do you get?

Just a few. The truck goes out about 80 times a year and we can only do so with a junior officer. Mainly for RTCs (Road Traffic Collisions), chimney and house fires, for injuries and casualties, for first aid, for lock ins and lock outs and when people are trapped in lifts.

What does it take to become a retained fire fighter? Any able bodied person, male or female and over 18 years old!

There is a fitness assessment, written, dexterity tests and you must be prepared to attend an initial two week course if successful on application. All courses are paid for. Proximity to the fire station is important too, as you will need to get there within six minutes or live less than one mile from the station. Other than that, you must be prepared to give up some of your time, a minimum of 50 core hours is preferable. It's the minimum requirement. Hours are agreed beforehand. There is an online computer system for availability and a drill night every Tuesday evening for three hours. Successful candidates will not only be a valuable asset to our community, but could even qualify in the future as an LGV driver!

The Hurstpierpoint Fire Station is looking to recruit more firefighters to join their team. They will be present at the Bonfire Night at Danny on 5th November. For more information about how to join you can reach them on: 01273 642 134 or by email: firejobs@westsussex. gov.uk or their facebook page: www.westsussex.gov.uk/fire or www.facebook.com/hurstfirestation/





STYLO

DESIGN • BUILD • RENOVATE

CONSERVATION & DESIGN 2014 AWARD WINNER, HURSTPIERPOINT SOCIETY



Contact us now!









To see other projects we have worked on visit our new website **www.stylorenovations.co.uk**

FREE ESTIMATES • SITE SURVEYS

Call Jamie at Stylo Renovations on 01273 634846 / 07766 914174



- 0 01273 467346
- @ claire@swanpress.co.uk
- www.swanpress.co.uk



Mortgage and Protection Adviser

Tara Fraser

- Mortgages
- Remortgages
- Buy to Let
- Help to Buy
- Life Insurance / Protection

For whole of market Mortgage and Protection advice call Tara: 07714 459022 01444 443410

tarafraser_mortgageadviser@yahoo.com

Think carefully before securing debts against your home. Your home may be repossessed if you do not keep up repayments on your mortgage or any other debt secured on it.

JULIAN HARRIS Tara Fraser is a Mortgage Adviser with Julian Harris Mortgages Ltd, authorised and regulated by the Financial Conduct Authority No. 304155 Co No. 3927189. Registered office: Julian Harris House, Musgrove, Astron. Vict. 1

November 2017 19

New Private Healthcare Option in Hurstpierpoint





Physiotherapy & **Sports Injury Clinic**

Sports Doctor | Physiotherapist | Hand Therapist

0333 577 5727

Online Booking: www.physioscienceuk.com

Enquiries: healthcare@physioscienceuk.com

Physio Science Healthcare

Hurstpierpoint Health Centre Trinity Road Hurstpierpoint West Sussex BN6 9UQ



design your own garden

Bring measurements of your garden including photos of the buildings.

Draw a scaled drawing Gain tuition on design principles that underpin the ideas

Sat 10th Feb 2018

10am-4pm: Village Centre, Hurstpierpoint £60 (vegetarian light lunch included)

To book call Rachel on 07887 502087

Are your locks giving you a headache?

Do you get stressed when they're not working as they should?

Are your keys testing your patience? It could take just one application of Lock Assist to give fast acting, long term relief from all your security headaches.

Cures sticking locks, catchy keys and difficult doors.



Call us now to make an appointment on 01273 805 365









help@ lockassist.co.uk

Memorable season

HURSTPIERPOINT CRICKET CLUB

By Rob Sawyer

2017 was always going to be a memorable one for Hurstpierpoint Cricket Club. Given the club's incredible history and our Tri-Centenary, we had to make this year a special one on and off the field and in this, we succeeded.

Off the field there was great progress in terms of our facilities and infrastructure. New mowers and rollers were delivered and site screens purchased. Planning permission for an artificial wicket was granted and this will be installed in time for season 2018. As we enter our 301st year Hurstpierpoint CC is certainly in the best shape of its long history.

On April 1st team skipper Matt Parsons declared that promotion was the goal and while that wasn't quite delivered, we were competitive in almost all of the games played. In truth it was an odd season with both promotion and relegation a possibility at different points. We ended on a high with a couple of excellent wins, overcoming the already promoted Preston Nomads and remarkably beating Turners Hill with the very last ball of the season.

The second XI season started without a hint of what was to come with defeats at Ansty and Smallfield. After that the only opponent that gave us any trouble was July's wet weather with the Crusaders racking up win after win and importantly regularly delivering maximum bonus points. It was this consistency which brought not only promotion but the Championship as well. There were stand out performances from the two Johns, Pike & Wareham, but this was a superb team effort with everyone who played contributing hugely.

The 3rd XI are established at Berrylands Farm in Sayers Common for home games and played nine fixtures, bringing cricket to 56 players during the course of the season – men, women, girls and boys alike. We competed well but the best news of the season was 12 year old Ben Whelpton receiving the 'Young Bowlers Award' for the best bowling averages throughout the Conference, an incredible feat for a very talented young player.

Hurst Women is now an established force in Sussex cricket. This year was one of yet more progress for our team. More players were introduced and our younger women improved noticeably over the course of the season. With winter training already organised and new players joining hopes are high for next season. The 3rd XI regularly features women and girls and all who have played have held their own.

2017 was a special, never to be repeated year. The wonderful day at Danny House, games against the MCC and a Dutch touring side and a dream day at Sussex CC all made for a fantastic summer. We are really looking forward to next season however. It looks like the Sussex leagues will be reorganised next season and we look forward to all of our teams competing. Our juniors had another strong year and more boys and girls will be stepping into senior cricket and, for the first time, our 3rd XI will play competitive cricket.

Roll on 2018!

Remembrance Events

By Trevor Evans, RBL Parade Marshal
This year's Remembrance Parade will take place
on Sunday 12th November. The parade will form
up at 10.35am at South Avenue. Those gathered
will then march through the High Street to the War
Memorial.

If wet, the parade will meet at the Army Cadets Drill Hall which is situated behind the (currently closed) Co-op on the High Street.

Sussex Police have advised us that they are no longer able to provide assistance for the road closure and traffic control – and that we have to find our own marshals. I would ask those motorists and passengers travelling through the High Street at that time to accept a short delay to their journey whilst the parade takes place.

In addition, there will also be an informal gathering on Saturday 11th November at the War Memorial at 11am – all are welcome.



poponin.co.uk 01273 833 393 www.facebook.com/poponin.create



FREE GIFT WRAPPING
OF YOUR
CREATIVE GIFT

Present this voucher. Valid until 21/12/17.

November 2017 21

Christmas Art Competition





Hurstpierpoint High Street centre of fun - Poponin - is holding its annual Christmas Art Competition & Exhibition next month. As in previous years, entry is free but you will need to create a competition entry which is all about Christmas.

The Competition/Exhibition will take place on 3rd December: Santa's Fun Sunday - arranged by the Hurst Traders - with the community voting for their favourite piece on the day.

Get involved and have some fun! You can bring your final creation into Poponin no later than Thursday 30th November or why not consider creating your entry at Poponin?

Miriam's Reflexology Foot & Facial Reflexology

Feeling Stressed?

Reflexology triggers the parasympathetic nervous system, relaxing and rebalancing all systems of your body naturally. Benefits include:

- Relieves tension
- Encourages the release of endorphins
- Improves circulation
- Promotes the elimination of toxins
- Aids better sleep





Special introductory offer £10 off your first treatment* www.miriamsreflexology.com 07710157941

Miriam's Reflexology is based in Hickstead. My treatment room is a safe and calm space that allows you the freedom to relax and unwind from the strains and stresses of everyday life.

> I am a fully insured member of the Association of Reflexologists(AoR) and CNHC registered.

Does your home need some TLC? We can help!



DEEP CLEANS & DECORATING

Deep cleans / End of Tenancy cleans Filthy/Neglected homes cleans Hoarders' homes cleans and clear-outs

Painting / Wallpapering / Kids' Wall Murals

Friendly, reliable, trustworthy. Fully Insured. References available.

call Kevin & Wendy 01273 048445 / 07957 107162



@deepcleansanddecor

Hurstpierpoint Christmas Fair

Get a head start with your Christmas shopping at the Hurstpierpoint Christmas Fair.

It will be held on Friday 24th November 6.30-9pm and Saturday 25th November 9.30am-1pm in the warm surroundings of the Village Centre in the village.

Over 30 stalls will be offering a wide range of gifts, crafts and presents including: scarves, pictures, chutney, cards, jewellery, books, Christmas decorations, cakes, calendars, wood turned crafts, stocking fillers, genuine crafts from Palestine and Bethlehem.

The Fair is organised by Hurstpierpoint Gymnastics Club. Admission is just 50p – which includes a free tea or coffee. Children free. There will be a Grand Raffle, Children's Tombola and delicious homemade refreshments available.



The Kitchen People

As seen in Real Homes Magazine and winner of Second Nature's Real Kitchen of the Year Award.

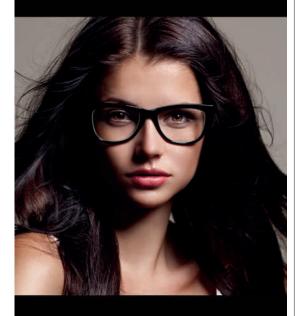


Call us now to arrange your free design consultation... Celebrating our 10 year anniversary on Lindfield High Street

61 High Street, Lindfield, RH16 2HN

www.kitchenpeople.co.uk Facebook: facebook.com/thekitchenpeople

exciting **eye**wear



for style, for sun, for sport

in-store now



01273 843946 www.HassocksEyecare.co.uk

17 KEYMER ROAD, HASSOCKS, BN6 8AD





Zoe Hallifax

Happy resident Zoe (who has only just got her first passport) used to work with horses but has hung up her riding helmet and now works with children, helping them create masterpieces in art at Poponin.

How long have you lived in Hurstpierpoint? 14 years

What's the best thing about being here? Being close to my family

Favourite ice cream flavour? Chocolate

How many houses have you lived in?

Favourite holiday destination? Hayling Island – we go every year

Your most enjoyable event in the village? St Lawrence Fair

Do you share your home with anyone? My husband Josh and our Doberman, Benson

Song you play the most?Total Eclipse of the Heart – Bonnie Tyler

Mac or PC?

Mac-much to my husband's love of PCs

Your most frequented village shop?
Poponin

What's your proudest moment?

Getting the Academic Achievement at the end of school

Coke, juice or water?

Is wine or cider an acceptable answer? Ha Ha!

Your advice for life?

No matter how hard life seems or how low you feel, it does get better

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!

Leading the way in quality care



An independent provider of superior quality home care based in Mid Sussex

Our highly experienced team of carers can deliver a comprehensive range of care services to people within our local community and surrounding areas.

Our services include:

- Personal Care
- Administration of Medication
- Companionship
- . Shopping and meal preparation
- · Laundry and light domestic duties

All our Carers are DBS checked and insured and either hold or are working towards a recognised care qualification.

To discuss how we can provide the very best care, tailored to your individual needs, please phone us on 01273 840625 or make an appointment to pop in and meet us.



Unit 4, Cobbs Mill Units, Mill Lane, Sayers Common, BN6 9HN
Tel: 01273 840625 E-mail: admin@elitechoicehomecare.co.uk



Is everything sorted?



Woolly gloves



Sparklers



Tax Return filed

At PRB we can't do much about the first two on the list but we can help you tick off your personal Tax Return! We also do company accounts, payroll, tax planning, VAT compliance and bookkeeping.



For further information or to arrange a FREE chat with Chris call **01444 458252**



www.prbmp.com

TEL 01444 458252

Kingfisher House, Hurstwood Grange, Hurstwood Lane Haywards Heath, West Sussex RH17 7QX

November 2017

Christmas gifts from the High Street

Not sure what to get for that special person in your life yet?

Tired of always finding the same presents as others find too?

How about checking out the shops right here in the village - there's a great choice of fantastic gifts available just minutes from your door.

This feature is designed to highlight a flavour of what's available here...

Give the gift of swimming...



Christmas present mental block? Why not give the valuable gift of learning to swim? Gift vouchers available from as little as £9

Available from: Simply Swim Sussex

Contact: Lucinda Hope

Email: lucinda@simplyswimsussex.com

Beautiful gifts



LED Snowflake Cone light £29.99



Rose & Champagne Diffuser £29.99



Set of 2 Gin & Tonic glasses £14.99



Black Lacquer tray £48.99



59 High Street, Hurstpierpoint www.polkadotinteriorsllp.com



Our fantastic Bluetooth speaker, available in White, Black & Grey £54.95

Treatments for your loved ones















Here at Sussex Osteopath we have a variety of treatments available: Osteopathy, Acupuncture, Deep Tissue Massage, Hydrotherm Massage, Ayurvedic Massage, Reflexology, Herbal Medicine, Nutrition, Counselling, Alexander Technique, Hypnotherapy and Pilates.

Gift vouchers are available to purchase for any treatment - an ideal present for Christmas!

We stock many different products, including those from Weleda, Tisserand, Barefoot SOS, Laughing Bird, Faith in Nature, Neals Yard, Earth Friendly Baby and Weleda Baby. We also stock Lamberts vitamins.

Available from: Sussex Osteopath & Complementary Health Clinic

135-137 High Street, Hurstpierpoint Tel: 01273 835116

Email: info@sussex-osteopath.co.uk www.sussex-osteopath.co.uk



Create something



Come along to poponin and create something glittery, unique and personal for Christmas. You'll be spoilt for choice!

Available from: Poponin

Contact: 01273 833393 94 High Street, Hurstpierpoint

Your oven cleaned



Get Pascal to clean your oven in time for Christmas. Prices from £50.

Available from: Oven Rescue

Contact: 07432 778369 or 01825 722496 Email: pascal@ovenrescue.co.uk www.ovenrescue/haywardsheath





Girls find out more about WWII England

The Hurstpierpoint Girls Brigade prepared a series of questions to put to a resident in the village about life in England during the Second World War.

How far did you travel?

It was not easy. There were reduced services on buses and trains and they were always very full. Petrol for cars was rationed!

What food did you eat or did you eat anything?

Food was rationed too, as well as clothing! Food was very simple. You only ate what could be grown in England. There was no citrus fruit, bananas, nor sweets. Some form of rationing continued until 1952.

Was the war a dark place?

Not really. We didn't know any different! By 1942 we knew that we would ultimately win, as the Americans had joined in.

How many soldiers were on your side?

Millions. Every man under the age of 35 was mobilised, either in the services or in proscribed occupations, such as factories or armaments.

What did you do in the War?

Children went to school as normal and played at being soldiers, doctors or nurses! There was little traffic, so it was safe to play in the road.

What was your worse fear? Being bombed.

How much damage was there?

It depended where you lived. Big cities were bombed, not the countryside. Some city children were evacuated to the country, but a lot came back because they didn't like being separated from their parents.

How far did you travel?

Mostly locally. You couldn't get to the beaches, as they were mined or had wire netting.

How long did the War last?

Five to six years.

What was the hardest thing you had to deal with in the

The lack of parental male relationships. In effect, we were more exposed to grandparental values of Victorian and Edwardian influences.

What were the living conditions like?

They were restricted, as many had evacuees foistered on to them.

How old were you when the War started?

I was three when the war started and eight when it finished.

Hurst Life would like to hear from evacuees living in Hurstpierpoint during the Second World War. Do get in touch. Email your story and any photos to editor@hurstlife.co.uk, or call us on 01273 796026.







Casino Night fun

By Jo Kaddish, chairman

Do come along to our Hurstpierpoint and District RNLI Branch Casino Night on Saturday 25th November at 7.30pm in Hurstpierpoint Village Centre.

Have fun at the tables and beat your friends, whilst supporting the RNLI - top winner gets a bottle of bubbly!

There will be a cash bar and we will also have a silent auction and raffle.

Tickets at £10, which includes a light supper, will be available from Mishon Mackay in Hurstpierpoint, Orion news in Hassocks or directly from committee members.

Last month's Coffee Morning went very well, and everyone who came along seemed to enjoy themselves. However, despite the weather, we made a profit of £125 on the morning itself and Philip sold £256 worth of Christmas cards, diaries, calendars and RNLI souvenirs which was excellent.

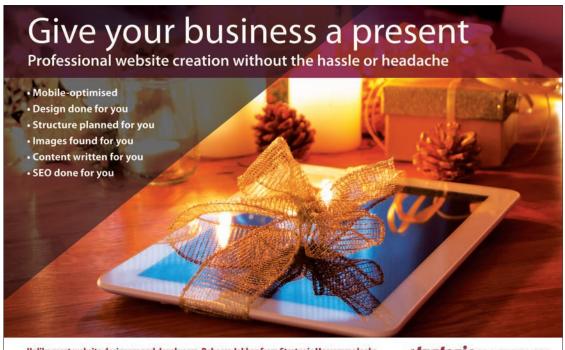
Our thanks to everyone who came and supported us.

Why not start your advertising with us next month?

Hurst Life

Book by 21st Nov.

Go to www.hurstlife.co.uk for more info or speak to Emily on 01273 796026



Unlike most website designers and developers, Rebecca Jabbar from Strategic Marcomms looks after your website from start to finish. With 18+ years of PR and Marketing experience, Rebecca can help your business stand out from the competition.

strategicmarcomms

Need a new website? Call 01444 301 302 or email rebecca.jabbar@strategicmarcomms.com

November 2017 31



FATHER CHRISTMAS GROTTO - OPEN MIC - TOMBOLA
STREET ENTERTAINERS - HARRIS ROUNDABOUT FACE PAINTING - CHILDREN'S PERFORMANCES
STREET CLOSURE - STALLS GALORE
& LOTS MORE ON THE DAY

THINK FIRST SHOP HURST & SUPPORT LOCAL!

Santa's Fun Sunday

Sun 3rd Dec

Hurst Traders, in partnership with the Co-op, present a Christmas extravaganza on your High Street. "As a community retailer the Co-op is delighted to partner with Hurst Traders and support its work to bring families and the village community together," explained area manager Keith MacFarlane.

There will be a fabulous festive atmosphere on Sunday 3rd December with shops, cafes, restaurants, pubs and wine bar open, as well as other fun on the High Street.

This will include a number of competitions to take part in: Tombola, Guess the weight of the Christmas Cake, a Kids Fancy Dress competition and a prize for the best Christmas jumper worn to the event!

Elsewhere on the street will be an Open Mic stage, Mince Pies and Mulled Wine, choirs (courtesy of Hurst College), a live fire show, Christmas trees and lights for sale (courtesy of South Downs Nurseries), a WI tent, an Art & Craft tent with live demos and many more stalls!

For children: they'll be able to look out for festive stilt walkers, Elsa (from Frozen), Alice in Wonderland and a snow elf. They can go to a circus workshop or get their face painted, and Santa's Grotto (courtesy of Burgess Hill Lions) will be available all afternoon too. Plus there will be a giant bubble machine and snow machine to get them in the Christmas mood.

At around 3pm we will be honoured to have our fantastic Christmas tree lights (courtesy of Hurstpierpoint & Sayers Common Parish Council) switched on by West Ham United chairman David Gold and his fiancée Lesley Jill Manning.

How can you help/get involved?

If you would like to take a stall, get up on the Open Mic stage or volunteer to marshal the road closure for one hour on the day, please email hurstchristmas(a) hotmail.com and one of the team will get back to you.

To all residents of the High Street, please decorate and light the outside of your homes to add to the festivities.

The High Street will be closed between 12-6pm, with the fun starting at 12.30pm. We look forward to seeing you, please bring your family and friends!



November News



- Saturday 11th November Wine Festival at Scout Hut - tickets from South Downs Cellars
- Sunday 3rd December Hurst traders in partnership with the Co-op are hosting a Christmas shopping day in the High Street
- Thank you to the Parish Council who are supplying Hurstpierpoint High Street Christmas lights, and a Christmas tree for the village!

What's New | Offers



- Hampers Italian Christmas Panettone delivery
- Lloyds Pharmacy black Friday event 17-27th Nov
- Marram Bellaberry gift chocolate stocking filler under £5!
- Raven handmade and painted tin Christmas decorations
- The Closet (Maria Fox) alterations, revamp your
 Christmas party dress or New Year's outfit
- Pierpoint Pet brand new Canagan's cat light/senior

Competition Time!



- Look for the 'Where am I?' sticker in shop windows on Hurst High Street like the one on this page
- Go into the shops and find where the photo below was taken
- Check with the shop assistant that you're right!
- If you are, message the 'Hurst Open for Business' facebook page with your name, phone number and answer, or leave your details with the shop
- The winner will be selected at random and notified by text message
- The winner will also be published in next month's issue of Hurst Life and posted on the Hurst Open for Business Facebook page

Prize

An Osteopathy
treatment with Nicki
Newson at Sussex
Osteopath and
Complementary Health
Clinic. T&C's apply.
Competition closes 30th
November.

NOVEMBER'S PHOTO





Christmas is fast approaching, so this month Olly Peck and Alex Page from Burgess Hill Physiotherapy are taking a look at neck pain and consider how it might be affected by the tech that is likely to find its way under our trees, and discover what can be done about it.

How common is neck pain?

Neck pain is a common complaint affecting one in five UK adults. Although there are many factors that can cause it, it is apparent our modern lifestyles play an increasingly prominent role in its development.

It is not coincidence that as smart phones and tablets have become commonplace, over the past five years neck pain has moved to sixth place on the World Health Organisation's Global Burden of Disease.

Why do I experience neck pain?

The stresses of modern day living mean we spend much more of our time sitting with slouched, head down postures. As a population we are less active than we should be, and very few achieve the minimum amount of exercise recommended by the Department of Health.

We are increasingly seeing people suffering with neck pain who you would least expect to see, such as younger adults and children. This is partly due to increasing use of screen based technology and reduced levels of physical activity.

Why does it keep coming back?

Research suggests people who spend a large proportion of their day at a screen are twice as likely to experience neck pain. While most neck pain will only last a few weeks, over half of people affected will continue to experience pain a year after it started. Repeated flareups are an indication that the underlying factors that contribute to a person's pain have not been addressed.

Should I be concerned?

Neck pain is common and rarely a cause for concern. Symptoms requiring urgent medical attention include numbness between the legs, loss of bladder or bowel control, and incoordination or weakness in the arms or legs. In the absence these signs, arm symptoms or weakness, MRI scans are rarely needed as they are unlikely to change your diagnosis or influence how pain is treated.

There is a commonly held belief that issues such as neck pain are due to the misalignment of joints, that can be 'corrected' with treatments such as manipulations. We know that this is in fact not true, and high quality MRI studies have shown that these treatments do not alter the position of a joint.

What can I do about it?

Hands-on treatments used by physiotherapists are effective at relieving pain and help facilitate a return to normal activity. However, to reduce the risk of recurrent pain it is essential to address the factors that led to the pain in the first place.

To effectively manage neck pain it is important people are guided how to help themselves, have their concerns addressed and advised exercises that relate to the way in which that person uses their body in day to day life. This means treatment is tailored to their needs, and is what we strive to achieve at Burgess Hill Physiotherapy.

One of the most successful public health campaigns to date has been the simple notion of brushing our teeth twice daily to prevent cavities. By taking regular breaks away from the screen, modifying the way we sit and undertaking simple postural exercises through the day, it is possible to reduce the risk of neck pain.

For effective management, there is truth in the old adage that prevention is better than a cure. Rather than trying to address symptoms once they have started, we should all look to take simple steps on a daily basis that reduce our risk of neck pain but are not too time intensive to fit in.

Therefore, rather than waiting for a New Year's resolution, maybe now is the time you should take action. To find out how Burgess Hill Physiotherapy can help you, call us today on 01444 616919 or book online via our website www.burgesshillphysio.co.uk. Our clinic is open from early until late six days a week, with a choice of male and female clinicians.

"My neck pain was really affecting my work and family life until I saw Alex and Olly at Burgess Hill Physio. They knew exactly what treatment would help and what I should be doing to keep it at bay." Jenny, Hurstpierpoint

Burgess Hill Physiotherapy is giving away...

We're giving away a set of Beats X wireless headphones worth £129.99 to one lucky customer! To be in with a chance of winning, book and attend an appointment between the 15th November and 21st December. For every attended appointment, you will receive one entry into the Christmas Prize Draw.





(Authorised and Regulated by the Solicitors Regulation Authority)

Your local solicitor for all your legal needs.
6 Boltro Road, Haywards Heath
Call us on 01444411333
Visit us at www.grayhooperholt.co.uk

Client car parking

Home visits Out of hours appointments

Dog friendly office

November 2017 3



Leave us to sell your home...

Hurstpierpoint 01273 835104 Cuckfield 01444 451818 Henfield 01273 495220



Marcus Grimes for Sales and Lettings



By Rupert Bates

Last month's Annual General Meeting of Hurstpierpoint's St Lawrence Fair, held at the New Inn, looked back at a hugely successful 2017 event and ahead to next year when the historic 705-year-old village pageant will commemorate the 100th anniversary of the end of the First World War.

Last summer's Fair saw a big turnout for both Friday and Saturday, enjoying the sun and a range of local stalls, food and drink outlets and events, including Saturday's Procession through the village.

At the AGM Phil Willoughby announced he would be stepping down as co-chair of the Fair committee, but would remain actively involved in the event.

"It has been a great privilege being co-chair of such an historic village occasion and I would like to thank everybody for all their support," said Phil.

Neil Constantine was voted in as the new co-chair to head the Fair committee alongside Gary Thomas. Neil moved to Hurstpierpoint with his partner Hazel two years ago, having moved from Surrey to Sussex in 1985. He runs his own business as a freelance financial director, working with a number of local companies.

"We have a long association with Hurstpierpoint and already knew some of the committee members when we moved here and joined the committee as joint treasurers," said Neil.

"The effort that goes into ensuring the Fair runs smoothly is huge. It is an honour to be involved with such an historic event and I am thoroughly looking forward to supporting Gary in his second year as co-chair. Phil has done a great job and left some serious shoes to fill."

The Committee is asking for volunteers to organise the children's events, as well as marketing and sponsorship. Fun Run marshals are also required.

"We are looking for volunteers across the board, willing to help in the run up to the Fair and over the weekend itself. We are very grateful for all the support

and once again would especially like to thank the Cadets from the ACF in Hurstpierpoint for all their help in setting up and clearing up," said Gary Thomas.

One issue raised at the AGM was the amount of litter. "With more than 7,000 people a lot of litter is generated, but we would just urge everyone to be responsible for getting rid of all their rubbish or taking it home, which makes the cleaning up on both Friday and Saturday so much easier," added Gary.

After the trophies and prize-giving, a theme for 2018 was unanimously agreed, with the Fair set to commemorate the centenary of the end of the First World War – a theme that will give huge scope for all elements of the event, across the age groups.

"My wife Justine runs Elite Choice Home Care, based at Sayers Common. After this year's Fair she asked had we thought about ways of engaging and involving the more elderly residents of the village next year," said Phil.

"Then recently I received a letter from Richard Burrows at Danny House saying next year is the centenary of Prime Minister Lloyd George living in Hurst and renting Danny House."

It was in the Great Hall at Danny House on 13th October 1918 that Lloyd George agreed the terms of the Armistice. "So the theme for next year was a very easy decision to make. I am sure across the world there will be many commemorative events next year. But as Richard Burrows points out, the Armistice agreement by Lloyd George is arguably the biggest moment in the history of the village," Phil said.

The committee welcomes any ideas, such as theming floats, dressing in period costumes or re-enacting events, with opportunities for village residents, across the generations, to take part.

To volunteer to help organise and run next year's event please email:

stlawrencefair@gmail.com www.stlawrencefair.org.uk



Serves four as a main

Ingredients

- 1 large head Romanesco cauliflower
- 1/4 cup olive oil
- 1 diced red onion
- 6 cloves garlic, minced
- the juice of 1 whole lemon (about ¼ cup)
- · 1 teaspoon smoked paprika

- 1/2 teaspoon chilli powder
- ½ teaspoon each salt & pepper
- ½ cup dry white wine
- 1 teaspoon of fennel seeds
- 1 cup of vegetable stock
- · fresh chopped coriander or parsley





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

This beautiful lime green brassica, also known as Broccoflower, lies somewhere between broccoli and cauliflower in flavour: milder than broccoli, more exciting than cauliflower and a little nutty. The brassica family are a firm favourite at my cleanse events and a regular feature of many of my liver-friendly, health boosting recipes. This is one from a collection of recipes demonstrated during my 'Nutrition Soirée' Cooking Workshops. It is perfect as a main for those dabbling in a touch of vegetarian cooking or as a side dish, working well alongside a roast, fish or sausages.



Method

Preheat the oven to 180C degrees. Trim the washed cauliflower leaves and slice the stem off to create a stub so that the cauliflower stands upright in a heavy castiron pan (with a lid). Place the cauliflower in the pan and use a sharp knife to carve a deep X into the top of the cauliflower (around two inches in depth).

In a measuring jug or small bowl, combine the oil with diced onions, minced garlic, lemon juice, wine, stock, spices, seeds, salt and pepper. Pour evenly over

the cauliflower, slightly pulling the X apart so the oily mixture can ooze into the middle. Cover the pan. Bake for 45 minutes. Throughout the cooking time baste the cauliflower a few times in the surrounding liquid. Add more stock if it becomes too dry. After 40 mins, or when the cauliflower is fork-tender, remove the lid and cook for another 10-15 minutes. Take out of the oven and serve with an extra squeeze of lemon juice and a sprinkle of fresh coriander or parsley.



November 2017 3.9



The Life-Changing Magic of Tidying by Marie Kondo

BOOK REVIEW

By Clair Stanton

It may be more traditional to do spring-cleaning, but if you're expecting visitors for Christmas, or have nowhere to hide the kid's presents as all of your cupboards are full, this could be just what you need!

Having moved a lot I always prided myself on my ability to throw away unneeded things, but I followed Marie Kondo's simple advice and found I had several black bags worth of items to discard and a mountain of shredding.

The beauty of this book is that you focus only on your own possessions, and work in a specific order to hone your skills at deciding what to keep, working up to the harder categories. Her advice about not letting your family see what you are throwing away seemed odd, but it's worth following (my husband removed several items from the charity bag as 'they may come in useful').

I did struggle to follow the advice on books – the idea of tearing out pages was a step too far for me. I imagine different people will struggle with different sections but, if you need to declutter and don't know how to begin, this book will definitely get you started on the road to a tidy home.

If you have already decluttered using this book, try reading 'Goodbye, things' by Fumio Sasaki - he takes things to a whole new level of minimalism that's not for the fainthearted...

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

Do you want change?

But don't know how to make it happen

Is this you? We can enable you to:

- Achieve your goals
- Maximise your potential
- Optimise your performance

In your career, your studies and your personal life.



Call Lindsey today on 07704 681 332



SPB **Plumbing**

Heating Ltd





01444 483511 07798 636887

> 74 High Street Lindfield

spb.plumbing.heating@hotmail.co.uk

Boiler & fire servicing and installation Landlord's certificates Bathroom design & installation Solar panels & all general plumbing



Over 20 years local service Friendly & reliable Fully qualified & insured

Caring for Hurstpierpoint's sick bats

By Amanda Millar, Chairman, Sussex Bat Group

Sussex is a special place for bats, with all but one species found here and most of them breeding here. In fact the latest 'new' bat to be discovered, Geoffroy's Bat, was found in Sussex in 2012. One reason is that Sussex has a lot of nice woodlands and unspoilt nature areas.

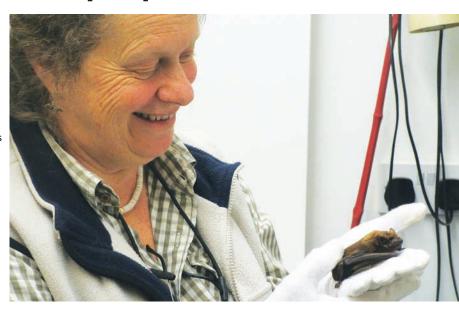
In spite of their small size, some bats travel a surprisingly long distance and a couple of species regularly cross the Channel to winter here from Eastern Europe. One of these is the Nathusius' Pipistrelle, a 7g bat which could have flown from as far as Poland or Latvial Others may get blown

here on strong SE winds. They make landfall exhausted on our coastline and so several rarities have been found in Sussex and end up in one of our Bat Hospitals recovering their strength before being released.

Although our rarer species live in holes in trees in ancient woodland, some species happily live in buildings, for example the Pipistrelles (Common and Soprano). They find a safe roost behind hanging tiles or soffits from where they emerge at dusk to feast on up to 3000 mosquitoes a night or swirl round streetlights catching the confused moths and Crane flies or patrol up and down rows of gardens. Some of our largest bats, the Serotines, also live locally. These are much more secretive and tend to fly higher and further, so are less often noticed. They are also less common than the Pipistrelles and we are concerned about their decline in numbers. My favourite are the delicate, hovering Brown long-eareds.

Bats have their favorite roosts to which they return year after year for maternity, for hibernation and other occasional, but no less important, roosts. They only have one baby, a pup, a year but not necessarily every year. The record lifespan for a bat in the wild is 41 years, but most do not reach anywhere near this; succumbing to injury, starvation or being caught by cats. I run one of the bat hospitals from my home near Hurstpierpoint, and half the adult bats I receive have been caught by cats, often with horrible injuries. I do manage to rehabilitate and release at least half of them, others have to be looked after for the rest of their lives if they cannot fly well enough to catch their insect prey.

I have good success with rehabilitating orphans, which need time to learn to fly, catch insects and roost safely. It is time consuming looking after them as they need feeding every three hours when they first come in starving and lonely, but the satisfaction of seeing them



released, knowing they have a good chance of survival, makes up for the sleepless nights.

Our bats are endangered, having seen population drops in some species of 90% in the last few decades and they really need our help and understanding. Bats are very vulnerable to disturbance, especially when they are hibernating or mothers with pups. Poor weather in recent years has seen a shortage of insects and I have received bats which are starving and too weak to fly. Fortunately this year the weather was better for insects and I did not get many starving bats in. Loss of suitable habitat and changing agriculture has not helped. Recent research indicates that wind turbines, modern breathable membrane used in buildings and even glass faced buildings can be fatal for bats. Anything which boosts the insect numbers would help bats - and bees and other animals - so planting native flowering plants (not doubles or hybrids), trees and shrubs is of benefit. Using fewer insecticides and other chemicals would be good. I don't use any in my garden. If your cat is a bit of a killer, keep it in for an hour at dusk to let the bats fly out of their roost safely. If you think you may have bats using your loft or soffits, then before doing the timber treatment, loft insulation, wasp treatment etc contact the Bat Conservation Trust who will give advice and possibly arrange a free visit by a licensed bat worker to advise on how to avoid harming our furry friends.

If you find a grounded bat, look on the Sussex Bat Group website for your nearest Bat Carer who can look after it. If you wish to make a donation to help run the bat hospitals with the huge mealworm bill, drop me an email for further details (see contacts page on Sussex Bat Group website: http://www.sussexbatgroup.org.uk/).

The emergency telephone number for a grounded or injured bat found in the Hurstpierpoint area is 01273 833258.



MORGAN decorators

Quality. Integrity. Reliability.

A full-service decoration company with more than 15 years of experience. Our staff pride themselves not only on the quality of the work, but also their professionalism. We will turn up on time and do work at the very highest specification for the agreed price.

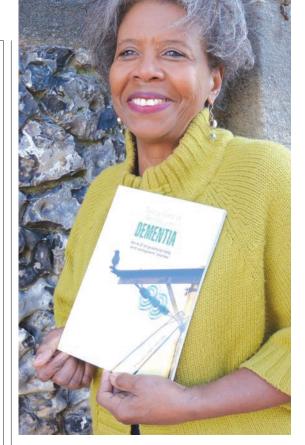


Contact us for a free quote.

All work undertaken.

07803 592800

info@morgan-decorators.co.uk www.morgan-decorators.co.uk



Local Dementia expert publishes carer book

A Hurst resident for two years, Janet Hardacre (pictured) has just recently had her first book, Taking Care of People with Dementia, published by St Luke Queens's Park Press.

"After doing my psychiatric nurse training at St Francis's Hospital, in Haywards Heath, I decided to qualify as a Registered Mental Nurse," says Janet.

After many years of working, as a qualified nurse, in the area, Janet, who is now retired, has decided to fulfil her lifetime ambition of writing a book for carers of people suffering from Dementia. "To give them hints and advice gained from the many carers who have contributed to this book," she adds.

It gives voice to the physical, emotional and psychological nature of the tasks of caring for someone with dementia.

Very practical, it's divided into topical features and depicted with sensitivity.

It has already been acclaimed by several Dementia carers.

Stephen, a carer, suggests buying this book: "For family members and friends at the point of diagnosis, so that they are prepared."



- Experience 16 unique climbing challenges
- Anyone over 4 can climb with confidence!
- Open every day

- Birthday parties! available soon
- Easy to book in advance or just rock up and have a go when we have space!

Whatever place you're into



In this new feature, Hurst Life highlights an artist based in the village. This month's artist is Sue Shepherd...

'Art is not what you see, but what you make others see.' Edgar Degas

I have no memory of doing art at school except recalling the art room and Miss Parsons, the teacher, wearing an artist's smock.

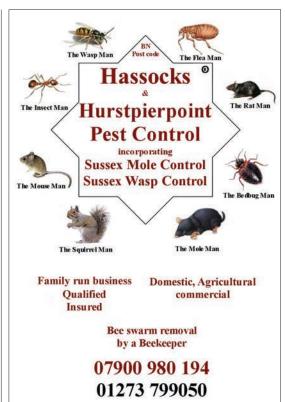
It was not until I was in my early 60s, following retirement, that I dabbled a bit in watercolours. I realised very soon that I had no natural talent but I felt motivated to practise. However, I found watercolours very unforgiving; make a mistake, of which I made many, attempting to rectify it just muddied the picture. I became interested in soft pastels and eventually became hooked. I began cautiously, small paintings and with little experience, using pale colors.

However, at 65, I entered a painting competition for the over 60s. The paintings were displayed in the Mall Galleries, London. At the Open Evening and prize-giving, none was more surprised than I was that my 'Night in Marrakech' won a prize worth £250.

A few years later we moved to Hurstpierpoint where two things happened. I joined the Open Studios, to exhibit once a year in my house. I also joined a pastel workshop once a month – a class run by a very able professional pastelist. Motivation and time to practise, the two essentials I possessed; spurred on by the ambience of the village and surroundings not to mention the friendliness. I became bolder, with more confidence, and painted larger, brighter pictures. I change my style quite regularly, from landscape to still life, flowers to semi-abstract, just as the mood takes me. My husband's advice is undeniable.

Lastly, having had family living in Morocco for 13 years, and making many visits to them, has been an influence. The country is full of vibrant colors, inspiration to put pastel to paper.







All your garden needs

We offer all the usual things you'd expect from your gardener in autumn, like clearing fallen leaves and planting bulbs for spring.

Or perhaps you have something more specific in mind, like repairing your shed or greenhouse, or making your garden look its best for property viewings.

01273 796195 info@sowsussex.com

Find out more at sowsussex.com

Non-Stop Shakespeare success

By Bob Sampson

Actress Judy Parfitt took time out from filming Call The Midwife to launch this Marathon Fundraiser 'Non-Stop Shakespeare'. Judy said she was honoured to be asked to launch such a 'mad event'! She said: "I feel extremely fortunate to live in a village that is so supportive of the arts and has its own theatre."



Members and friends of the Hurstpierpoint Players joined together to read all of the Bard's plays, non-stop for 24-hours a day from 7.30pm on Thursday 12th October. They finished the last play at 10pm on Sunday. Among the readers were local actors Gwyneth Powell, Alan Leith and Dominic Hecht. They were joined late on Saturday by Rev Jane Willis from Hurst's Holy Trinity Church.

A lot of fun was had by all and, with sponsorship by local businesses, donations from audiences and readers, sale of Souvenir Programmes and T-Shirts, a raffle with super prizes and a silent auction for some really big items, all donated by local businesses, a lot was raised for the Theatre Renovation Fund. As we went to



press, the exact amount had yet to be calculated by the Players' Hon. Treasurer, but it was easily enough to take our fund to more than £30,000 before we get the grants we have applied for.

A big thank you to all who helped in this event.

Council updates dog control policy

Dog control measures in Mid Sussex are set to be updated as Public Spaces Protection Orders replace the existing legislation.

Mid Sussex currently uses Dog Control Orders to protect the local environment and deter irresponsible dog ownership. However, they are due to expire later this year and Mid Sussex District Council has now replaced them with Public Spaces Protection Orders (PSPOs).

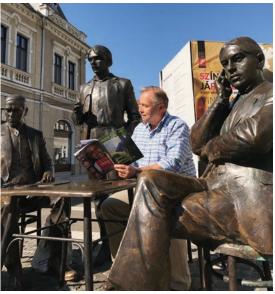
The Council conducted a six week public consultation on the change and is now transferring its existing powers under the Dog Control Orders over to the new PSPOs. The only amendments are: the number of dogs that one person can walk at a Council Nature Reserve will be restricted to six and Hearing Dogs have been added to the list of dogs allowed in excluded areas, as suggested by the Kennel Club.

The majority of dog owners in Mid Sussex are responsible, pick up their dogs' mess and keep them under proper control. However, there is a small minority who don't and this can create problems. The Public Spaces Protection Orders enable fixed penalty notices to be issued by an authorised officer when they see an offence occur, including dog fouling. These are set at £75 or £50 if paid within 10 days.



Holiday snaps

As ever, Hurstpierpoint residents have taken their copy of the magazine away with them. Do send yours in to photos@hurstlife.co.uk



Richard Sandys - Renton in Oradea, Romania

Mods to District Plan

Mid Sussex District Council is now consulting on its proposed 'Main Modifications' to the emerging District Plan.

Main Modifications are changes to the plan that the Inspector considers are necessary to make the plan legally compliant. At the last Hearing held by the Government's independent Planning Inspector into the District Plan in July, Inspector Bore indicated that he was content that all issues raised had been fully debated. While he was satisfied that MSDC could demonstrate that it had a five-year Housing Land supply, he asked the Council to look at a number of options to make the supply stronger.

MSDC has now explored a range of options and has proposed a further strategic allocation at Hassocks for an additional 500 homes, including affordable housing. This includes a primary school and associated infrastructure improvements.

Garry Wall, Leader of Mid Sussex District Council, said: "An agreed District Plan, with a five-year rolling housing supply, means that we are significantly less vulnerable to developers pursuing speculative developments."

Breakthrough decision for ME charity

Janice Kent, the director of local charity reMEmber, recently announced that NICE (the National Institute for Health and Clinical Excellence) has agreed to review its own guidance on the diagnosis and management of ME.

Janice, who lives in Hurst and has had ME for many years, said: "This is a major step forward. NICE has been resisting our pressure for years but has finally agreed to a review. We will keep up the pressure to get much needed improvements to ME services all over the country as well as locally."

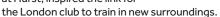
To help campaigns like this, reMEmber is holding a quiz with a ploughman's supper at Danny House on 11th November at 7.30pm. There will be a bar and a grand raffle. The Quiz Master will be Hurstpierpoint's own George Hill.

Tickets (£15) are available from Vanilla, 40 High Street or by post from reMEmber. For more details of this fun event and other information about reMEmber contact us at PO Box 1647, Hassocks, BN6 9GQ or call 01273 831733.

Hurst College hosts Harlequins training day

Hurst College recently opened its doors and facilities to Harlequins Rugby Club, just days after its brilliant win against London Wasps.

Former Quins player Jordan Turner-Hall, who is now the Rugby Professional at Hurst, inspired the link for





During breaks from lessons, Hurst students rushed to the side of the rugby field to watch their heroes train. "This training day provided a great opportunity for our students to meet and talk to professional rugby players and coaches - and to see, first hand, the way in which a professional sports team prepares," said Hurst's Director of Sport, Rob Kift.



Fed up with main dealer steep prices for servicing/maintenance of your

Land Rover or Range Rover?



We can help...

Sussex Vehicle Services is your local independent Land Rover specialist, based just down the road in Burgess Hill

- · Family-run business
- Free collection/delivery
- Fixed price servicing on all Land Rover & Range Rover models (up to 40% saving on main dealer prices)
- Fully trained technicians using latest Autologic diagnostics

Call today and get 10% off your first job at SVS - no matter how large or small! Just quote 'Hurst Life' when you call us on 01444 482777







By Mike Thatcher

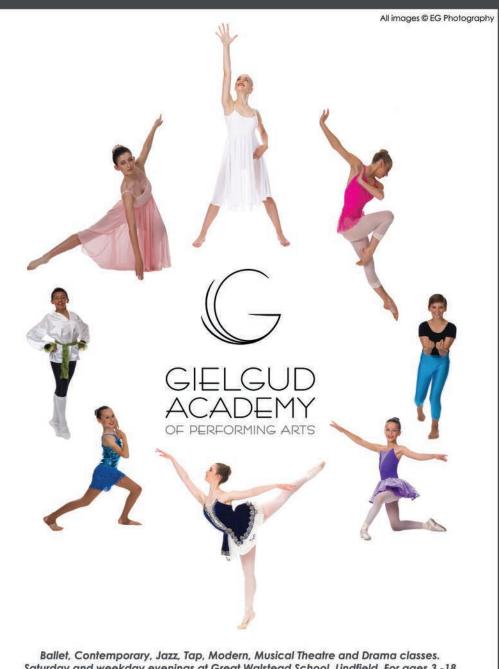
November sees us screen three films.

We start on **Thursday 9th November** with the astonishing **Frantz (12A)**. The year is 1919 and a young German woman called Anna (Paula Beer) visits the grave of her fiancé, who died in the war, only to discover freshly laid flowers already there. To her shock she discovers that a Frenchman is grieving for the man she lost to a French bullet in the trenches. The opening gambit of Francois Ozon's elegant interwar mystery invites us to second-guess the story which links the Frenchman to Anna's late love, Frantz. Thrilling, mysterious, moving and utterly beguiling, this film teases us with Hitchcockian ambiguities. Shot in monochrome and with beautifully judged performances, this is a film which will stay with you.

On Thursday 23rd November we show 20th Century Women (15). Set in Santa Barbara in 1979 the film focuses on a game matriarch and her efforts to raise her boy into a man. She rents out rooms in her house and enlists the help of two women to 'help raise him', her photographer lodger (Greta Gerwig) and one of her son's teenage peers (Elle Fanning). Ignored in all this is perhaps the better option of the laid-back mechanic lodger (Billy Crudup). Annette Bening is a hoot as the capricious protagonist and is well complemented by the support cast.

Finally comes **Denial (15)** on **Sunday 26th November**. Based on the 2000 trial in which American Jewish academic Deborah Lipstadt was sued for libel by Holocaust denying British historian David Irving. This though provoking film brings factual weight to a narrative as gripping as any fictional courtroom drama. Lipstadt (Rachel Weisz) is advised by her legal team to use the case as an opportunity to denounce Irving's work although she is reluctant to 'put the Holocaust on trial'. Weisz shines as the academic and, as always, Timothy Spall is brilliant as the arrogant and unapologetic Irving.

Finally, congratulations to our landlords at the Players Theatre for the amazing fundraising effort of the 24 hour Shakespeare marathon.



Ballet, Contemporary, Jazz, Tap, Modern, Musical Theatre and Drama classes. Saturday and weekday evenings at Great Walstead School, Lindfield. For ages 3 -18.

GAPA, John de Mierre House, 20 Bridge Road, Haywards Heath, W. Sussex, RH16 1UA Phone: 01444 848 656 Email: admin@gielgudacademy.co.uk Web: www.gielgud.com









Sudoku #16

			7	1	5			
	8					4	1	
			V					7
al .		9			3			1
	6		i a		4	7	2	_
						5		
9			3	2				
5	3		4			2		
2		4		9		1		

Find the solution to #16 in next month's magazine

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

#15 Solution

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

Muscle Balance

for the treatment of muscular tension, aches, pains and injuries.

Caroline Telfer

Dip SRMT, MSMA

Sports, Remedial, Pregnancy & Post-Natal Soft Tissue Therapy

Holistic Core Restore®

Hurstpierpoint & Haywards Heath

07922 114328

mbtherapy@btinternet.com musclebalancemassage.com

SCHOOL CROSSING PATROL OFFICER & PORTER

Individual required to ensure safety of children & pedestrians crossing the road, control parking on school site, & assist with moving of furniture & general porterage. Mon-Fri 10am-6pm, term time only. Salary: £12,474 pa.

LUNCHTIME SUPERVISOR

Supervise Prep children in the playground during lunchtimes. Would suit a candidate with a positive, approachable & caring manner & high expectations of behaviour. 11.45am-1pm, Mon-Fri, term time only (33 weeks p.a). Salary: £8.14ph (£9.13 inc statutory holiday pay).

DRIVERS – morning & evening

Drivers for regular morning (6.15-8.15am) and/or evening (6-8pm) school minibus runs, Mon-Fri, term time only (33 weeks pa). D or D1 driver's licence required. **Salary:** £9.34 per hour (£10.47 including statutory holiday pay).

For further details/application form visit: www.hppc.co.uk/Employment-opportunities or contact Melanie Tanner, HR Assistant on Tel: 01273 836532 Email: jobs@hppc.co.uk

PLEASE SUBMIT APPLICATIONS AS SOON AS POSSIBLE

Hurstpierpoint College is committed to safeguarding and promoting the welfare of children and applican must be willing to undergo child protection screenin appropriate to the post, including checks with past employers and the Disclosure & Barring Service.



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

November

7th Hurst Afternoon Club – 2.15pm

Scottish Dancers

14th Hurstpierpoint Horticultural Society – 7.45pm Illustrated talk by Steve Law: 'Ten new American plants for British gardens'. Steve is the owner of Brighton Plants, who specialises in good garden plants that are rare or difficult to obtain in the UK.

21st WOLSTONBURY WI - 7.45pm

Annual Meeting and display of WI members' craft. Visitors welcomed (Enquiries 01273 834421)

24th Hurstpierpoint Christmas Fair – 6.30-9pm Get a head start with your Christmas shopping at the Hurstpierpoint Christmas Fair. Over 30 stalls offering a wide range of gifts, crafts and presents including: scarves, pictures, chutney, cards, jewellery, books, Christmas decorations, cakes, calendars, wood turned crafts, stocking fillers, genuine crafts from Palestine and Bethlehem. The Fair is organised by Hurstpierpoint Gymnastics Club. Grand Raffle, Children's Tombola and delicious home-made refreshments available. (Admission 50p - includes a free tea or coffee, children free)

25th Hurstpierpoint Christmas Fair - 9.30am-1pm

26th Heber Opera – 3pm

Afternoon Tea Concert (tickets £12 www.ticketsource.co.uk/heberopera)

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

AND ELSEWHERE

November

4th Parish Council Surgery – 11am-12noon
The New Inn, High Street – a chance to meet your
councillors and tell them your views

5th Danny Park Bonfire & Fireworks – 6.30pm Gates open at 5.30pm – buy tickets in advance from Pierpoint Pet Supplies or Mishon Mackay

8th Mothers' Union – 2.30pm

Harvesters, Mossy Mile - Christmas card makingplease bring along bits and pieces that can be used to help make a wonderful home-made Christmas card for someone special to you. (non members £2 to include tea and home-made cakes)

11th Men's Breakfast - 8.30am

Methodist Church Hall - Delicious Full English breakfast followed by a talk (£6, contact 01273 833954 for tickets)

15th Chichester Cathedral Talk – 8pm
Holy Trinity Church – Mothers' Union event
with Lesley Webster talking about Chichester
Cathedral known as 'Our Mother Church' (non
members £2 to include coffee and home-made
cakes)

15th Mid-Sussex Ramblers AGM – 8pm HH Town Hall, 40 Boltro Road, Haywards Heath

17th U3A Meeting – 2pm

Adastra Hall, Hassocks – 'Transport of the masses - a history of trams' by Ian Gledhill

18th Coffee Morning – 10am-12noon
Holy Trinity Church - Entertainment by Ray
Carpenter - a variety of popular music played
throughout the morning on his amazing electric
organ. Plus craft and produce stalls (free
admission, all welcome)

24th **HHGS Meeting** – 8pm

Guide Hall, Trinity Road car park – Hurstpierpoint Historical & Geological Society talk by Peter Bates entitled 'Out of Africa' on his twenty years travelling in Southern Africa

28th Mid-Sussex Ramblers - 10am

Ditchling Beacon NT car park - Ditchling Beacon circular walk (8 mile). Please bring picnic lunch (Yvonne 01444 441926)

December

3rd Santa's Fun Sunday – 12.30-6pm Hurstpierpoint High Street gets transformed for the afternoon for Christmas fun and games for young and old alike (see page 33 for more info)

Our advertisers **CALL THEM!**

Services	
Abi Gurney Hat Hire	38
About the House	
C&G Plumbers	51
Dawn Benson Accountancy	5
Elite Choice Home Care	
Ensor Interior Design	39
Everest Home Improvements	30
Gray Hooper Holt (solicitors)	35
G&S Roofing	4
Hardy Paving	25
Lock Assist (locksmiths)	20
Marcus Grimes (estate agents)	36
Mid Sussex Decorators	18
Morgan Decorators	42
PRB Accountants	25
Richwards (estate agents)	7
Sow Sussex Garden Care	44
SPB Plumbing & Heating	
Strategic Marcomms (websites)	
Stylo Renovations	
Sussex Vehicle Services	47
Swan Press	
Tara Fraser (mortgage adviser)	
The Kitchen People	
The Pest Man	
Trick Swap	3
Retail	
Ashley & Thomas	
Coles Automotive	
Hassocks Eyecare Centre	
JV Golf	
Le Chic Fashion Exchange	
Oakgates Christmas Tree Farm	
Poponin	
South Downs Cellars	
Out & About	
Duke of York Sayers Common	15
Wakahurat Dlaca	12

Health/Lifestyle

ealtii/LifeStyle	
Burgess Hill Physiotherapy	
Mid Sussex Sports Massage	38
Miriam's Reflexology	22
Muscle Balance	49
Physio Science Healthcare	20
Places for People	43
Sussex Osteopath	11
Talk for Change	11
The NineDot Partnership	40



Looking for your next car? Let us find the perfect match for you

Pre-loved with low mileage, all with the trusted Coles service & guarantee.



Part exchange welcome

COLES AUTOMOTIVE Edburton Henfield, BN5 9LN **COLESAUTOMOTIVE.CO.UK**



ALL CARS COME WITH: 1 YEAR MOT FULLY SERVICED **FULLY VALETED** 1 YEAR WARRANTY