

Hurst Life

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Local village talk,
by the village

Issue #36 : Mar. 2018

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Village People: Bob Saunders

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Do you know about Hurst Colts FC?

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That rings a bell...

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EDITORIAL

By David Tingley, Editor

Here we are - March. And there's a real feeling of spring about the village, if not quite in the weather yet!



We've got news of concerts, AGMs and the **Annual Horticultural Spring Show** (see **page 33**). The Hurstpierpoint social scene is beginning to get going for 2018.

On **page 31** we meet **Alexandra M Richardson** in our brief **5 mins with** feature. **Page 20** takes a peek behind the scenes of a High Street business – this month **Nicki Newson** talks about her complementary health clinic. Along similar lines, **Michèle Copeland** went to talk to **Bob Saunders** to get his story – which we are pleased to feature on **page 10**.

Claire Marsh is this month's **Artist of the Month** on **page 26** – where she explains in her own words how she's ended up doing what she does. Thanks Claire for taking part.

A couple of younger residents **Josephine Leggett** and **Josh Hutchinson**, have contributed an article on **page 28** – letting us all know just what the 'young ringers' get up to in the village. This dedication by a number of young people is very much keeping the **bell-ringing** tradition alive in Hurst – and we thank them for it.

The **Hurst Traders** are having a bit of fun on **page 24** – Easter's coming and there's an **egg hunt for kids**. You can also have a go at matching the pet to the shop for a chance to win a tray of meat from **Clive Miller**.

Elsewhere we have **What's On** listed on **page 38**, **Belle Amatt's** yummy recipe on **page 34** and **Clair Stanton's** book review on **page 32**.

Do let us know what you've been up to – email us editor@hurstlife.co.uk - we'd love to feature you in a future issue. Also, send us any images of you on your holidays around the country/world for our Holiday Snaps feature – clutching your copy of Hurst Life!

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

Trishaw gets people talking

If you saw the demonstration trishaws in the village during February you'll have seen the joy they bring, not just to the passengers, but to everyone who waved and engaged with them in Hurst and Hassocks.

"To make this amazing idea a reality," organiser Bridget Hamilton says, "we need more pledges, so please pledge, spread the word and encourage more people to support at: <https://www.crowdfunder.co.uk/cycling-without-age-hurst-hassocks-1>"



Singers spring into song

The Hurstpierpoint Singers' Spring Concert is going to be a celebration of the work of Gilbert & Sullivan – both together, with excerpts from works including *The Gondoliers*, *The Yeoman of the Guard* and *The Pirates of Penzance*, and separately, when they worked with other composers and lyricists.

The concert is on Saturday 24th March at 7.30pm in the United Reformed Church in Hassocks. Tickets – priced £10 to include a glass of wine or a soft drink – are available from Jan Ton News, from choir members or on the door.

If you have any queries contact David Redd on 01273 831801.



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St Lawrence youngsters compete with Lego

By George Harry-Berry, Year 6

On Friday 11th January a group of Year 6 pupils from St Lawrence Primary School took part in an FLL Lego Competition held at Sofitel Hotel, Gatwick Airport. FLL stands for First Lego League, and this year's theme was hydrodynamics.

Members of Lego Club, Bruno Benjamin, Archie Smith, Joshua Berman, George Harry-Berry,

Hugo Stillwell, Oscar Harman, Leo Harris and Bea West, took part in a variety of missions where they programmed their robot to move in different directions and take part in a variety of missions.

The robot took weeks to build, and during the competition the pupils learnt more about programming and team work, and had a fascinating insight into the world of engineering.

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What's in a name?

By David Lowries, minister, Good News Church

We've changed our name as a church! We're delighted to say we're now Good News Church rather than Hurstpierpoint Evangelical Church.



'Evangelical' as the name of the church risks being misunderstood or may be puzzling to people, so we thought we'd go back to basics! For those interested in the root of words, evangelical comes from the Greek word euangelion which means good news. So, in one sense, we're not really changing our name at all!

Our Bible verse for the year speaks of 'good news that will cause great joy for all the people' (Luke 2:10).

With the new name we're working hard at changing our signs to match up, and we have a new website (www.goodnewshurst.co.uk). We would be delighted for anyone to visit us on a Sunday. We meet at 10.30am every Sunday at 149 High Street.

Wealth event at Bowls Club

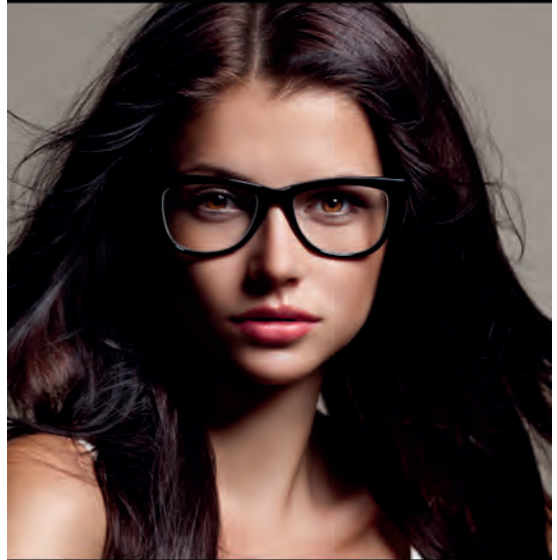
As spring appears and thoughts start to turn towards summer activities, the Hurstpierpoint Bowls Club will be opening its doors to host an informal evening for members and guests from the village on Tuesday 20th March from 7pm.

This will be the first event at the club's recently extended clubhouse in South Avenue, which was mentioned in last month's Hurst Life. It will be a great evening for everyone to enjoy a drink, see all the improvements and find out more about the opportunities that the new clubhouse provides for its members and the village generally.

The Club's many business supporters are invited, with the theme for the evening being 'Wealth: making, keeping, and spending it!'. The idea is that those attending will have the opportunity to learn something useful about wealth in a very relaxed environment.

The event is free but it would be useful for us to know how many are coming. Pop in and tell Mishon Mackay on the High Street or register on the Club's website (www.hurstbowls.org.uk).

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Golfer George selected for British Swifts team

Hurst College's golf team Captain, George Mills, has been selected, as one of just eight elite UK schoolboy golfers, to take part on the prestigious Swifts Tour of the US during the Easter holiday.

The Swifts Golf Tour is an exchange programme between the UK and the Eastern States of the USA. A team of eight British schoolboys, selected from 105 independent schools, tours the USA each Easter in 'even' years, and a reciprocal US team tours the UK in the summer of the 'odd' years. This event has taken place since 1968.

Throughout the two week tour, Upper Sixth student George will play on some of the great American courses, including Baltusrol, Congressional and Pinehurst amongst others.

"Many congratulations to George for being selected for this tour as one of the best schoolboy golfers in the UK. As well as being an elite golfer, each selected team member also has to be personable and capable of blending into a happy and disciplined tour party," said Will Carroll, Hurst's Master-in-charge of Golf.

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Shop springs up in Vanilla

A pop-up gallery and gift shop has been housed in the recently closed Vanilla shop in the High Street.

The venue has been open since 10th February and is the brainchild of Clare Harms. The display and sale of art, illustration and homewares will be open until 10th March.

Clare Harms and Friends is tastefully presented, and is a unique opportunity to see a great deal of local art in one venue.

The pop-up shop is open Tues – Sat, 9am-4pm at number 40 High Street.



Photos: courtesy of Jonathan Harms & Serena Sussex

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Bob Saunders

VILLAGE PEOPLE



By Michèle Copeland

Bob Saunders, from Hampers, is a well known figure in the village. When I go to meet him, he stands behind his counter which is laden with cheese, Italian salamis and olives.

"There's nothing more challenging and enjoyable to me than to find an unknown cheese for one of my customers," he says with a bright smile.

Bob prides himself on buying and stocking as many locally sourced products as possible.

"However, the produce must be good quality. I won't buy it just because it is local."

He caught the cooking bug at a young age from his mother and from one of his uncles, who became one of his mentors.

He worked as Head Chef at The Carlton in London and at The Royal Bath, among other places.

"I was definitely inspired by my mum too, who did a lot of home cooking, so I come from a long line of chefs," he continues.

How did it all start?

Bob was born in Yeovil. His dad worked for the Great Western Railway, on steam trains, but was posted to Brighton following closure of the Yeovil branch. Bob was still a lad when the family moved.

Bob, who went to Portslade Boys School before training at Brighton Technical College, worked at Vandenburgh's in Burgess Hill for about ten years, moving up from third chef to second chef and then head chef in the late 1990s. He was then approached by his accountant to ask if he could help out Michèle Bole from

time to time in her restaurant in Hurstpierpoint – which he agreed to do.

Shortly afterwards the delicatessen next door to Michèle's restaurant came up for sale, and Bob decided to go into partnership with Michèle, running both the restaurant and delicatessen side by side.

Bob looks back on to a period of his working life which was clearly challenging: "The work load then was horrendous," he says.

"Try as hard as we could, we usually only managed to pack the restaurant at weekends, with theme nights, which was a pity! We ran Irish folk nights and jazz nights with Herbie Flowers," Bob continues. "Parking was a problem, even in those days!" Michèle decided to retire in 2005.

"Even when we closed the restaurant and I took over the sole running of the delicatessen, Hampers, I was busy enough!

"I'm lucky enough to be supported by a very competent team. Amanda has been working with me since the beginning, and both Emma and Rachel joined the team eight years ago. Sarah and of course 'B' and Denise are always on hand to help. My wife Cath, who also has another job, helps out in the evenings and at weekends and is always there to help out," says Bob.

Other than the daily running of the shop, Bob bakes his own bread each morning and cooks a hot daily special fresh soup.

Bob also runs a successful catering business. He supplies Hickstead, and can provide dishes such as

home-made coq au vin, beef stews, and soups or a buffet from 10 to 100 people.

"A few years ago, I was asked to do a cold finger buffet for a wedding being held at The Mayfair in London. It was quite nerve-racking in itself, as I had to transport all the food to the premises," he comments.

Bob, father of two grown up boys, Mark and Allan, and grandfather to Charlie, Elly and Archie, looks to the future with optimism.

"I would like to give the shop a little more space, by converting the space out back, to enable me to stock more goods," he continues with a smile.

He confesses to not having much time for hobbies, though he still has time to follow his passion - football.

"But, after all, cooking is my main hobby," he says, as he owns up to having a room full of cookery books to sample, especially old ones!

Like most of the shop owners on the High Street, he is concerned about the increase in traffic, but accepts that the High Street was built in the days of the horse and cart!

"I get a lot of pleasure meeting all customers, regular and new, old and young. I'm particularly pleased to see families enjoy my cooking and sample new products, especially home produced fare," he says.

"Hurstpierpoint has so much to offer old and newcomers: Good pubs, restaurants and lots of independent shops supplying great produce. Not forgetting St Lawrence Fair and the Hurst Festival."

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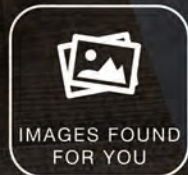
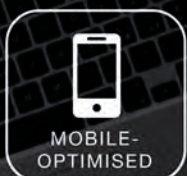
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*Claxton, G. and Lucas, B. 2015. *Educating Ruby*. Carmarthen, Wales: Crown Publishing.



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Save the date

ST LAWRENCE FAIR

By Neil Constantine, co-chair

The first thing we want to make sure that you all know is that this year the Fair will be on Friday 29th and Saturday 30th June – a week earlier than normal. This is because our friends at Harris Fair have an event clash which happens every five years or so.

In our last article we explained that we were basing our theme on World War I and the role that Hurstpierpoint took in the peace declaration. Following lots of discussion the theme is VICTORY. We hope this gives our fabulous traders and procession floats a nice wide scope for decorations and costumes.

And so on to the procession. Our procession organiser remains Phil Willoughby, who will, once again, be at the forefront of our fantastic procession. If you would like to apply to take part in the procession, please email him on: phil@caldywood.co.uk

You will recall we helped Father Christmas travel around the village in December, and it was great to see everyone out to support him. A big thank you to Gareth and Crispin from Burgess Hill Round Table for their support. We raised over £400 towards the 2018 Fair. We're sorry if you missed him, but the great news is that this year he has asked us to help him out again and this time he wants to see even more of you so has asked if we can tow his sleigh around on three nights and cover even more of our streets. Look out for more info later in the year.

Bridget Hamilton, an ex-committee member, is launching herself into something new as you may have read in Hurst Life – Cycling without Age Hurst and Hassocks. Always wanting to support our friends and local causes, we are pleased to announce that we are donating £400 to this cause to help get this amazing project off the ground locally. This takes this year's charity donations to £2,500. We wish everyone well in this new endeavour.

Excitingly, we welcome some new committee members too – Sophie Rees has joined us to focus on Social Media and Marketing. Sarah Burnell and Becky Orpin have also joined us to take over the running of the children's events, so look out for news of these activities in future issues of this magazine. Information can also be found on our Twitter and Facebook profiles.

Lastly, we are in the process of drawing up our sponsorship and advertising packages, so, local businesses, if you are interested in hearing about them please email us on stlawrencefair@gmail.com, and for any other queries please also use this email address. Any potential stall holders can email stlawrencefair.stalls@gmail.com

We look forward to seeing you all at this year's events.

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By David Saitch

Hello film lovers.

March sees the launch of our spring film season, and what a terrific set of films and a blinding Live Broadcast.

Thursday 8th March – Lift to the Scaffold (PG)

Also known as Elevator to the Gallows, few debuts come punchier, cooler and more influential than Louis Malle's 1958 thriller about a Parisian murder plan unravelling scene by fateful scene. Jeanne Moreau is captivating as the woman unhappily married to a wealthy arms dealer, who hatches the perfect plan with her lover to eliminate him. The ingenuity of the plot evokes a superior episode of Columbo directed by Hitchcock. And, as if the gorgeous photography, ingeniously twisty plot and terrific performances were not enough, the film has the coolest of cool jazz score, brilliantly performed by Miles Davis.

Thursday 22nd March – NT Live Broadcast: Julius Caesar

Shakespeare's political thriller, brilliantly staged at the Bridge Theatre, starring Ben Whishaw, Michelle Fairley, David Calder and David Morrissey.

Friday 23rd March – The Big Sick (15)

Kumail is a comedian of Pakistani descent living in Chicago who meets a graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he hides it from his traditional parents, who are trying to matchmake with young Pakistani women to find him a wife. When Emily suddenly succumbs to a mysterious illness that leaves her in a coma, Kumail finds himself having to deal with her deeply concerned mother and father. This may all sound quite serious, but this is one of the funniest comedies of this, or any, year.

Sunday 25th March – Their Finest (PG)

We are happy to have rescheduled this wonderful comedy drama, having had to postpone it in December. London, 1940, the British war ministry is making propaganda films to boost morale at home. Realising their films could use 'a woman's touch' they hire Catrin Cole as a scriptwriter in charge of writing the female dialogue. Gemma Arterton stands out in an all-star cast as the woman who transforms the films they are trying to make, while being looked down on and paid less because she is a woman. This film is charming, witty, moving, kind of handsome, rousing, rigorous entertainment you can't help but love.

Hope to see you at the Village Cinema soon.

School takes part in Madness!

Over 160 students took part in one of the biggest whole school productions Downlands has ever staged last month. Our House, the Madness musical, was an absolute hit with parents, students and members of the local community.

The stage looked amazing with Casey Street and Camden Lock brought down to the heart of Hassocks. Joe Houldcroft and Josie Dunn were stunning in the lead roles as Joe Casey and Sarah. The enthusiasm from the Downlands students was boundless whether in the band, back stage crew or in the chorus.

Kelly Robertson, Head of Drama, said: "I am so proud of all the students who have helped to put on this fantastic production, coming to school at the weekend for rehearsals and staying late after school - their dedication is admirable."



Photo: Darren Baldwin

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Brewery tour fees go to charity

Albourne-based brewer Bedlam will be throwing open its doors to the public on 10th March and 7th April, offering brewery tours from their scenic home in the heart of the South Downs National Park. All ticket fees go towards their chosen charity The MS Centre in Southwick.

Tours offer beer lovers the chance to drink beer straight from the tank (the best way to enjoy a pint!) giving an insight into how different styles of beer are made, from the enjoyment of growing their own hops through to the maturation, bottling and kegging processes.

Bedlam Brewery completes the cycle of firkin-to-field-to-fork by donating spent grain to local Grange Farm in Poynings.

Tours cost £5 per person (upgrades available to include a gift pack of beer at £15 pp).

To book your tour please visit the website www.bedlambrewery.co.uk or email tours@bedlambrewery.co.uk, mentioning Hurst Life magazine.

Equine event with Mark Todd

By Dominique Copeland

As a Hurstpierpoint resident I know that one of the things that attracts people to the village are the many riding opportunities and the proximity to Hickstead. Competitions there are considered to be amongst the most renowned in the world.

New Zealander Mark Todd is a world-class eventer who competes at four star level and has won Badminton four times.

I am particularly proud of the prospect of organising and inviting Mark Todd as a guest speaker and demonstrator, with my fellow second year Equine degree students at Hadlow College in Kent. He will give a lecture demonstration at the college on the 21st March at 7pm. The doors will open at 6.30pm, finishing at 9pm.

This event is open to the public, and tickets can be obtained via www.hadlow.ac.uk



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2018 prep

HURST CRICKET CLUB

By Rob Sawyer

As I write it's midwinter and we have a snow warning for Hurstpierpoint! However, there is still lots of preparation going on for the 2018 season.

Regular readers will recall that 2017 was an excellent one with promotion achieved by the Second XI and lots of events to commemorate our 300 years as a club. The last event of 2017 was the club dinner dance. Because of the special nature of this year it was decided to hold the dinner at the County Ground, home of Sussex Cricket. We had a brilliant evening with an excellent dinner followed by a comedian and DJ.

The new season starts in May, but, before our various sides start the season, there is plenty of work to be done. Firstly, we are installing a new artificial wicket at Fairfield Rec. This will be an immense asset to the club. Recent successes have meant that we are running an ever growing number of teams, and this has put huge pressure on our grass wickets. We are also hoping to have a new bowling machine in place for the new season.

Secondly, much needed improvements are taking place at the pavilion prior to the start of the season. We hope to upgrade the electrics, the showers, the bar and the lounge area as well as creating another dressing room. Work should take place as soon as the football season is completed.

Having completed a successful year playing friendly matches our 3rd XI are joining the league structure, meaning our 3rds will play competitive cricket for the first time. The league they join has been reorganised with a pyramid system introduced, the aim being to improve the standard across the county. It will take a season or two to settle down and there is a feeling that our 1st XI may be in a division below where perhaps we should be, but it will be interesting to see how our various teams develop in the new structure.

We are looking forward to season 2018 with confidence. We have a strong crop of juniors ready to move into senior cricket and according to junior manager Matt Parsons some are ready for the 1st XI, but they'll be introduced slowly throughout the season. The women's team will be playing more competitive cricket this season and is ready to compete with the best in the county. We'll be fielding even more junior sides this season and, speaking of juniors, our Under 13s have won the winter indoor league, having won the under 12s last year. Well done to all.

If you want to play cricket or indeed watch, umpire or score please get in touch. You can find us via our Facebook page or our website at www.hurstpierpoint.play-cricket.com or via Twitter @hurstcc1717.

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Sussex Osteopath

BEHIND THE COUNTER



In 2007 Nicki Newson decided to take control of her own destiny. At the time she was a nurse working for the NHS, but things were tough. This is the story of how an osteopathy and complementary health clinic landed on the High Street, right where they used to sell combine harvesters!

By David Tingley

Nicki has always loved working with people. Her career started when she qualified as a nurse and has worked at various hospitals in Sussex, including Southlands in Shoreham. She has worked in some particularly challenging departments but none more so than Intensive Care. "The High Dependency Unit," Nicki recalled, "was a place where things change so fast. Clearly some tragic events took place there, but also some amazing breakthrough moments too."

The frustrations of the National Health Service were taking their toll on Nicki however, and she began to look for a way out. Nicki explained: "I'd always had an interest in complementary health, and I'd seen an osteopath myself over many years, so I took the decision to retrain."

After deciding to retrain, Nicki moved to working in the Private sector, mainly in the High Dependency Unit at the Sussex Nuffield. It took four years full-time for her to gain a BSc degree in Osteopathy, during which time she continued to work as a nurse in HDU and latterly in Casualty in Ashford, Kent. "The course was a tough one, with evenings and holidays taken up in the student clinic from year two onwards. I graduated in 2003." It was a very difficult course, both physically and academically, but when she graduated she was awarded Best Clinician of the year.

In the early 2000s, 135-137 High Street was a retail unit for agricultural machinery supplier Harper and Eede Limited. "It may seem unbelievable to some, but there was a yard at the back (now built on) with all sorts of massive farm equipment in! The High Street was very different, even only 11 years ago," Nicki comments. Despite a lot of interest in the site in 2007, she managed to secure it for what she was planning.

The location was perfect, as she was living in Brighton at the time but was used to working around Lewes and Haywards Heath – so Nicki had plenty of contacts.

"It was always going to be a team business," she explains. "One of the key enjoyable aspects of my nursing career was being part of a team, so I was keen to work with and alongside like-minded practitioners who could all work together."

The building was completely renovated before Nicki moved in. It now consists of a shop front and reception with four treatment rooms behind. And there's a calming fragrance as soon as you open the door!

Nicki's 14-strong team now offers various treatments including osteopathy, hypnotherapy, nutritional advice, pilates, medical herbs and relationship counselling.

"We don't just treat the symptom, we look at the person as a whole."

I ask Nicki what it is that makes Sussex Osteopath and Complementary Health Clinic different?. Why don't we just go to the doctor?

"Well, for a start, we aren't a replacement for a GP. That's the first thing to note." Nicki tells me that her clinic is firmly planted as 'complementary' to traditional medicine and not 'alternative' to it. "There's a big difference," she says strongly!

"We don't just treat the symptom; that's the main difference," Nicki explains. "We look at the whole person and that takes time." Time is important to her and is one of the fundamental qualities that she wanted to be able to give to her patients. "While nursing we were always under pressure to move on. Here, I get to make the rules, and if I feel I need to see someone for longer, it's my choice!" First appointments at the clinic are always longer to allow the practitioner to ask more questions and find out all about the patient and not just what the problem is.

For instance, severe headaches may be occurring as a result of going through the menopause, or perhaps your work environment or even caring for an elderly relative. Or perhaps a phobia is present in the patient's life and is stopping them doing certain things. Hypnotherapy can be used to retrain the brain to react differently to those situations that have traditionally caused upset, stress or even pain.

"Often, as practitioners, we may choose to work together and cross-refer," Nicki explains. "Not only does that give the patient an additional route to success, but it also means we can talk together professionally about it; two heads are always better than one!"

And it is about real change for the patient, as Nicki explains: "If we don't obtain a good improvement after two or three treatments, then we would consider referring to either another practitioner or back to their GP for further investigations. The practitioners do not make wild claims of curing patients, and wherever possible there is scientific backing to our treatments as many of our practitioners come from clinical backgrounds too."

In fact Nicki's relationship with local GP surgeries, and other health professionals, is a key part of the business – through which they receive a number of referrals on a regular basis.

The clinic has had a lot of success in helping older people feel better and to lead more comfortable lives. "Some come in to us with an expectation that with ageing comes pain. It simply doesn't have to be the case," Nicki passionately explains. "Anything can be addressed and with some good results too."

One patient commented: "Turning 50 recently I was reminded of what my parents' generation used to say about 'everything aching'. I too found everything ached - I had to do something, and so I started a course of five pilates classes at the Clinic, which I've recently finished. Quite simply nothing hurts anymore!"

In the last two years Nicki, a lifelong dog lover, has been able to adapt her skills to help dogs feel less pain too. As a Canine Osteopath, she is able to visit the animal in their home in order to address a number of issues, including post-op rehabilitation and arthritis in older dogs.

So what of life in the High Street for Nicki and her team? "It's still a fantastic place to be," she explains, "and we always make sure drivers have plenty of big posters to read while they're sitting in traffic waiting to move to the other end!"

"Our clientele is quite different from when we started, but most of our custom still comes from patients within a five mile radius of the clinic. And we still love it when they say they are feeling better than last time they saw us!"

You can view online or call in to see the variety of services offered by the team, or to buy a number of natural products from the shop including ranges from Weleda and Laughing Bird.





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The beautiful game

By Bob Emms, Chairman

As many people who live in the village will know, many young and teenage children can be spotted on a Saturday morning walking around Hurstpierpoint proudly wearing their Hurst Colts jackets and football strips having either played or trained that morning. They are all part of the incredibly successful club that is Hurstpierpoint Colts FC.

We run age groups from U6s through to U16s, and it is co-ordinated by a dedicated committee, and a team of coaches and administrators for each age group. All volunteers, they give up their time to ensure the young kids in the village and surrounding area have a safe environment where they can have fun and develop their football skills, while learning to be part of a team environment. Our coaches, at all age groups, have completed the Level 1 Football Association coaching course, plus we also have a Level 2 qualified coach (hopefully a couple more soon).

Training sessions are either at the local recs at Fairfield, Court Bushes or Berrylands in Sayers Common, or in the winter months on the all-weather pitches at the Triangle and Downlands. We would love there to be an all-weather facility in the village that we, and other organisations, could access, but funds and location for such a facility make this a distant dream.

Also, we are really grateful to all the local businesses that help support the club through sponsoring the kits

of the various age groups. We presently have sponsors for all our age groups from U7s through to U16s. Proudly sponsoring the club are Attic Asset, Mid Sussex Care Homes, PD Electrical, First Touch Pro Management, What House.com, Allum Associates, Accordance VAT Consultants, M&M Office Supplies, Mex Mast Fork Lift Trucks and Picture More Recruitment Consultants.

The highlight of the season is our summer tournament. We hold this down at Court Bushes, Willow Way, over the second weekend of June. Last year was our most successful tournament to date, with over 100 teams taking part across all our age groups. This year's tournament is on the weekend of 9th/10th June, so please put that in your diary and come on down to watch an amazing spectacle of kids from all over the area having fun and putting on a show.

We recruit players in the summer and establish the youngest age group (U6s school Year 1) in September.

Anyone wishing to find out more information about the club can access the club website www.hurstcolts.co.uk for more information.

When I moved to the village in 2004, I remember seeing all the young kids in their Hurst Colts kit and thinking 'I can't wait until I have kids and my kids can be part of Hurst Colts'. Fourteen years later, now as part of that club, I still feel the same, but now I also feel an incredible sense of pride. Hopefully many other people will feel the same way long into the future.



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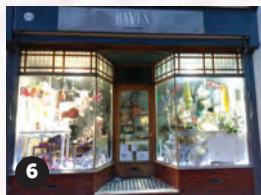
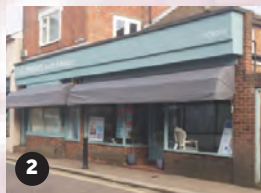
We are running a children's Easter Egg Hunt in the village from 1st - 28th March. Simply grab your entry form from any participating shop, spot the 13 'hidden' eggs in the High Street shops and then complete and hand the form in at Poponin.

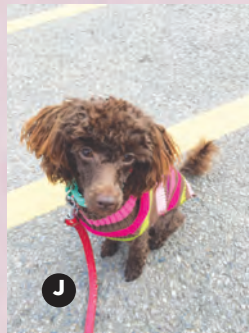
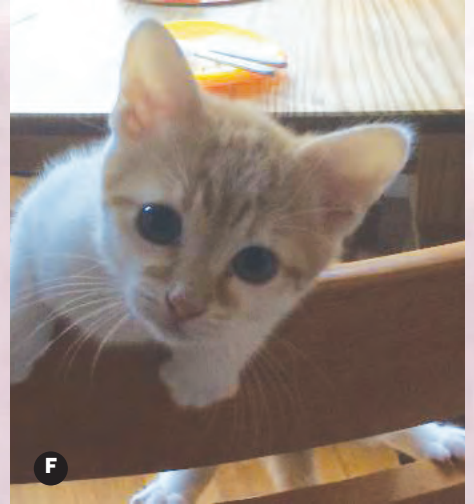
Entry is FREE and entrants will be judged in two age categories: 4-7 years and 8+ years.

Can you match the pet with the shop?

Match the pet and shop - not sure of some of the answers? Pop in and ask the shopkeeper! All entries to be submitted to Clive Miller (the butchers) by 31st March.

Clive Miller has kindly donated a tray of meat as the prize - there will be TWO winners so get playing. Simply give in a list of matched letters to numbers with your name and contact details on.







ARTIST OF THE MONTH

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

I have the pleasure to have been living in Hurstpierpoint for 24 years. I love it for the countryside walks on our doorstep - a favourite of mine is up to Jack and Jill windmills, especially if this includes collecting fleece wool caught on the fences or grass tufts. This feeds my need for 'yarny-ness' in my life.

For I am a hand-knitter. When I was eight years old there started a lifelong passion for knitting, and subsequently all things yarny.

More recently, due to health problems with RSI in my hands, I've turned to my old knitting machine and two spinning wheels to keep my habit going. Five years ago I attended a six week workshop for felting, and that added another yarny obsession to my life.

As an outlet for my need to knit, I was thrilled to be included in the Hurst Artist Open House event for the last two years, along with attending various local craft fairs. I am creating small knitted accessories and felted gifts. It has given me great pleasure to pass on the cosy wooliness and receive such kind comments from the visitors.

In this fast paced, stress filled world we all live in, I am never happier than knitting a few rows, sitting in the garden with a cup of tea, creating some yarny happiness!



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Young bell ringers

By Josephine Leggett and Josh Hutchinson

Have you heard the bells ringing at Holy Trinity Church? Ever wondered who is behind the 'ringing of the changes'? Holy Trinity has an enthusiastic and vibrant team of bell-ringers who ring the eight bells in the tower every week. We have ringers from ages 12- 80. You may be surprised to see how many young people or 'young ringers' descend on the tower on Thursday evenings and Sunday mornings. Here is an insight into the life of young ringers at Hurst...

There are about ten young ringers in our group, our youngest is Jonathan (12) and our oldest is William (17). We regularly ring together with the rest of the Hurstpierpoint band, but sometimes our ventures take us elsewhere...

How did we get into ringing and why do we ring?

Before we started ringing few of us knew each other at all. William started ringing when Hurstpierpoint tower captain John Norris and past tower captain Sue Elrick visited St Lawrence school to talk about bell-ringing and invite pupils to learn to ring and take part in the three minutes of national ringing to mark the opening of the 2012 Olympic Games. William decided that he wanted to have a go and started bell-ringing lessons at Holy Trinity. He's been a dedicated member of the band ever since.

Some young ringers come from around the local area to ring at Holy Trinity on a Thursday too. Molly (15) learnt to ring at St Cosmos and St Damian Church in Keymer but regularly goes to practice night in Hurst. This is one of the joys of ringing – in the words of young ringer Josh (16), who learnt to ring at St John the Evangelist Church in Burgess Hill: "You can ring in so many places; ringing takes you everywhere."

We all ring for many reasons. Ringing is certainly a team 'sport'. It takes time to learn the different ringing patterns or 'methods' and you really have to focus to produce good ringing or 'well struck changes'. Josephine (15), who learnt to ring at St Margaret's Church in Ditchling, said: "I really enjoy the complexity of methods and mental and physical challenge of ringing the bells well."

Where it all happens

At 7pm on a Thursday, ringers young and old meet to practice our ringing at Holy Trinity. Some nights there can be up to 20 ringers from Hurstpierpoint and the surrounding area. John Norris organises and runs the ringing. We ring some simple 'methods' and some more complicated ones as well. You will often find someone trying a new 'method' for the first time. Hurst is famous for its 'cake break' at half time, this gives a chance for the young ringers to catch up with each other and other ringers. Alex (15) says: "I really enjoy the social aspect and the people I meet through ringing."



Where has ringing taken them?

Rachel (16), another Hurstpierpoint young ringer, conducted the Sussex Youth Team at the ringing World National Youth Contest in Birmingham last year. Josh and William were also in this team. We competed against teams from all over the country and came third overall. We often go on ringing outings together, visiting places like Portsmouth, London and Oxford. Rachel and Josh recently travelled to Bristol after being offered the opportunity to ring on the Grand Ring of 12 at St Mary Redcliffe. Rachel said: "The places ringing takes you is extraordinary, but it all started for me in Hurstpierpoint."

Recently we have started ringing quarter peals together. A quarter peal is 1,260 changes rung without a break and usually takes around 45 minutes (but we like to 'get them round' in 40!). They are great fun and require focus (one of our number, who shall be nameless, often has to be reminded to 'dodge', which is a change of a bell's 'coursing' position, in a method). A whole band of young ringers ringing a quarter peal isn't that common, and our performances don't go unnoticed across Sussex.

If you are interested in finding out more about ringing or having a go yourself do contact John Norris at jrn@orpheusmail.co.uk or see the website: www.hurstpierpointbells.org.uk



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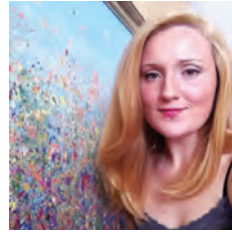
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5 MINUTES WITH...

Alexandra M Richardson

Alex operates a small art business from her home and commutes to Brighton for her second job. In any spare time she has she will be seen walking across the Downs or playing card games with friends in the local pubs.

How long have you lived in Hurstpierpoint?

One year and three months

What's the best thing about being here?

The beautiful views when exploring local footpaths

Favourite ice cream flavour?

Dark chocolate

How many houses have you lived in?

Eight in Sussex

Favourite holiday destination?

Last year I went to Norway and fell in love with the snowy mountains and enchanting forests

Your most enjoyable event in the village?

Hurst Artist Open House

Do you share your home with anyone?

I live with my hard-working other half

Song you play the most?

Agnes Obel's 'Familiar'

Mac or PC?

Neither! I have to use both on a daily basis which drives me up the wall!

Your most frequented village shop?

The New Inn, and we love takeaways from Nupur

What's your proudest moment?

I volunteered as an Independent Custody Visitor checking the welfare of those being detained and held in custody. That was a challenging responsibility!

Coke, juice or water?

Sparkling water and orange juice

Your advice for life?

Don't believe in 'I can't', as it only exists when you don't try. We are capable of achieving much more than we think, so believe in yourself and be brave.

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!



Fragile Things by Neil Gaiman

BOOK REVIEW

By Clair Stanton

Fragile Things is a collection of 'short fictions and wonders' by Neil Gaiman, which appeared on a list of mood-boosting books in 2016. The books on the list were chosen by readers for their uplifting and mood boosting qualities, but don't be fooled into thinking that the pieces in this collection are lightweight - some verge on scary - but all are worth reading.

March is Wellbeing Month in West Sussex Libraries and according to research conducted by the Reading Agency 'there is strong evidence that reading for pleasure can increase empathy, improve relationships with others, reduce the symptoms of depression and improve well-being throughout life'.

This is a great book to dip into, some of the pieces are very short, and as little as 15 minutes of reading a day can give you all of those beneficial effects. My favourite piece is 'Instructions', a poem that works as well in prose as it does in picture book format for children.

If you have never read Neil Gaiman before, this collection is a great introduction to his work: there are themes that his fans will recognise and enjoy, stories inspired by Aladdin and 'The Lion, the Witch and the Wardrobe' that will make you look at these childhood favourites in a new way, as well as poems and flights of fancy that defy definition.

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

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Spring Show 17th March

The Hurstpierpoint Horticultural Society Spring Show will take place this month at The Village Centre.

This annual event features daffodils, spring flowers, floral art, photography, cookery and children's classes. Exhibiting is free and open to all, simply pick up a schedule from Gibsons in the High Street.

Home-made cake and tea all afternoon, plus there's a raffle and auction at end of show. The show opens at 2.15pm on Saturday 17th March.

Garden Trust AGM

Millennium Garden Trust will be holding its Annual General Meeting on Tuesday 6th March at 7pm in the Club Suite of the Village Centre.

After a short meeting there will be a talk by Tony Whitbread, Director of the Sussex Wildlife Trust, whose subject will be 'The Rise of Community Gardens'. Members and visitors will be most welcome. For newcomers to the village, the garden lies between St George's Lane and Brown Twins Road, thus connecting the Highfield Drive/College Lane area to the centre of the village. For more info call the secretary on 01273 832756.



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Eggciting Easter Trail* around the Garden - solve the puzzles and be rewarded with a chocolate treat. On selected days activities include crafts, face painting, storytelling, the Easter Bunny and more...

*2 per trail, plus admission (FREE to Friends)



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Registered Charity No: 246589

Fig and Walnut Flapjacks with an Orange Zing

FINE FOOD



Ingredients

1 large orange
50g raisins
2 fresh figs cut into cubes
4 tablespoons Golden Syrup
200g salted butter
60g Muscovado sugar

30g linseeds
250g jumbo oats
90g plain flour
70g walnuts – smashed into small pieces
Need – baking tin (23cm square is best), baking parchment, larger size grater, 2 saucepans, citrus juicer, wooden spoon, mixing bowl



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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.



This is a family favourite and wonderful for days spent cooking with the kids. So important to invest time in encouraging kids to cook, to blend and to play with flavours in order to keep them interested in food and comfortable in the kitchen.

Parents often ask me for ideas on what to put in lunch boxes – this works well for kids and adults alike. To be eaten in moderation of course.

Method

1. Preheat oven to 160C/Gas Mark 3. Grease baking tin and line with parchment.
2. Grate zest from orange before juicing. Set aside.
3. Squeeze juice from orange and add to first pan. Put raisins in pan and bring to a boil then turn off the heat. Cover pan and leave for raisins to plump up whilst you move to Part 4.
4. In the second pan, measure 4 spoons of golden syrup. Add butter, brown sugar and orange zest. Heat gently until butter has completely melted. Turn off heat.
5. In a large bowl combine the oats, flour, linseed and walnuts. Mix well. Stir in butter mixture and raisins plus the chopped figs. Stir all the ingredients well so oats are fully coated with the gooey mixture – we love this bit as the golden syrup, butter and oats merge into sticky loveliness.
6. Spread mixture into the lined tin. Press flat. Place tin in oven for 20–25 minutes or until golden brown.
7. When removing the tin, the flapjack can be lifted out of the tin using the parchment. Leave to cool for a minimum of 15 minutes before cutting. Cut into 16 chunks. Works well served with strawberries, walnuts and fresh figs. Try your first one when still slightly warm.

Inspired by a recipe by Nicola Greenway in The River Cottage Family Cookbook.

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Sudoku #20

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

Find the solution to #20 in next month's magazine

#19 Solution

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

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
- Weight Watchers** – 9.30-10.30am, weekly in the Club Suite
- Mon **The Sanctuary** – 9.30-11.30am, weekly (term time only) – a welcoming place where friendships can form over coffee and cake
- Tues **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

March

- 3rd **Best of Ballroom Class** – 7.45pm
Every first Saturday of the month (£6)
- 6th **AGM Millennium Garden Trust** – 7pm
Afterwards a talk by Tony Whitbread (enquiries to secretary 01273 832756)
- 13th **Hurst Horticultural Society - 7.45pm**
'Out on a Limb: My Life as a Tree Surgeon' - Lesley Baker, a lady tree surgeon, with some interesting anecdotes from her work
- 17th **Spring Show** – 2.15pm
Hurstpierpoint Horticultural Society's Spring Show - Home-made cake and tea all afternoon. Raffle and auction at end of show.
- 19th **Hurst, Hassocks and Ditchling U3A** – 2pm
Rudyard Kipling, with Geoff Hutchinson
- 20th **Wolstonbury WI** – 7.45pm
A Sussex Farm during the 1950s by Ian Everest (01273 834421)
- 24th **Gym Competition** – 9am-12.30pm
Gymnastics Club Arts Festival Competition

April

- 7th **RNLI Quiz Night** – 7pm
Annual Quiz Night for teams of 6 people (Philip Eastell on 07749 278992)

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

AND ELSEWHERE

March

- 4th **Mothers' Union AGM** – 11.15am
Holy Trinity Church
- 6th **NHS Retirement Fellowship** – 10.15am
Franklands Village Hall, Haywards Heath - Monthly Branch Meeting with visiting speaker (goodger_david@hotmail.co.uk or 01444 483480)
- 8th **Mid Sussex Ass. NT** – 2.30pm
Clair Hall (RH16 3DN) – A talk on Georgian London by Ian Bevan, open to Non-National Trust members
- 10th **MU Ladies breakfast** – 8.30am
Hurstpierpoint Methodist Church in Cuckfield Rd - Speaker Rev Jane Willis (Tickets £6 from Judy Leech 01273 833954)
- 14th **MU Meeting** – 2.30pm
9 Park Close - Talk by Ann Harris, Cruse Bereavement Counsellor
- 17th **St Patrick's Day Event** – 7pm
Albourne Village Hall - Two course buffet supper and dancing to the wonderful Kate's Kitchen Band. Tickets, £20, available from Sayers Common Community Shop
- 17th **Sussex Chorus** – 7.30pm
King's Church, Burgess Hill - Brahms Requiem (Tickets from www.WeGotTickets.com or Carousel Music)
- 23rd **History Talk** – 8pm
Guide Hall, Trinity Road Car Park – The Hurst Historical & Geographical Society host this talk. 'Charles II and his escape through Sussex in 1651' by Helen Poole - Curator at Crawley Museum
- 24th **Hurst, Hassocks & Ditchling U3A** – 10am
Adastra Hall, Hassocks - Open Morning and Activities Fayre. Free entry with refreshments available. Come and join us! We have over 40 interest groups with a wide variety of activities, ranging from sewing, history & singing to badminton and walks (hhdu3a@gmail.com or www.u3asites.org.uk/hhd)
- 24th **Coffee Morning** – 10am
Holy Trinity Church - Popular organ music played by Ray Carpenter. Usual variety of stalls
Free Admission
- 24th **Hurst Singers Spring Concert** – 7.30pm
United Reformed Church, Hassocks - A celebration of Gilbert & Sullivan

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