

# Hurst Life

Including Sayers Common & Albourne

Local village talk,  
by the village

Issue #46 : Jan. 2019

Free  
Please help  
yourself!



Competition: Recycling Tour!

p. 12

Meet Ella Berthoud

p. 22

Vegetarian supper by Belle

p. 28



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## EDITORIAL

By David Tingley, Editor

**Welcome to 2019!** I love this time of year, as the village begins to make and shape plans for all that will happen in the coming 12 months. At Hurst Life we love being part of it, so do let us know if you are organising some kind of event this year.



Our snow scene on **Cuckfield Road** adorning the cover is supplied courtesy of **Jonathan Johnson** – thank you! He will get a £20 shopping voucher to spend in the village for his trouble. If you have recent photos of Hurstpierpoint, we are always on the lookout for more front cover potentials – email the files to photos@hurstlife.co.uk please.

Talking of photos, two professional photographers who live in the village – **Richard and Louise Sullivan** – have captured the **High Street Christmas** event on **page 8**. See who you recognise, and thanks so much to Richard and Louise.

We love to tell stories and this month **Mike Thatcher** writes about Hurst resident **Ella Bertouid** in our regular **Village People** feature. If you know someone we should talk to, please send an email to us: editor@hurstlife.co.uk.

Our usual **Parish Council** letter is on **page 25**, **Belle's recipe** at **page 28** and not forgetting **Clair's Book Review** on **page 39**.

If you enjoy a puzzle flick to **pages 40 and 41**, and, if movies are your thing, Mike's regular column for **Hurst Village Cinema** can be found at **page 36**.

There's one more item I really should draw your attention to. If you are a bit of a **'recycling geek'**, you may like to take part in a competition to win a behind-the-scenes tour of West Sussex's **recycling plant**. Intrigued? Turn to **page 12** for all the information.

In the meantime, I hope you have a terrific start to 2019!

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### Hurst Life

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

Editor: David Tingley  
Assistant Editor: Mike Thatcher  
editor@hurstlife.co.uk

Advertising: Emily Billson  
ads@kipperlife.com

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**Hurst Life** Published by Kipper



Jonathan Johnson  
A snow-laden Cuckfield Road

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# NEWS

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

## WI group closes

Hurstpierpoint Afternoon Women's Institute held its final meeting in December.



The group, which celebrated its centenary this year, were entertained by the children from St Lawrence School with Christmas carols and song and it was a most enjoyable send off. After traditional refreshments of tea, mince pies and biscuits, a small gift was given to each member and the group said their farewells.

It really was the end of an era for a proud branch of the WI and one of the oldest in the country, having formed only three years after the original group. It was agreed that there were simply not enough members to make it financially viable to continue. "It will be greatly missed by the 14 members, most of whom have belonged to the WI for many years," said Ann Tranter, a committee member.

## Help for retailers

Mid Sussex District Council is encouraging local independent retailers to sign up now for free training that will help them fight back against online retailers and keep Mid Sussex high streets vibrant and alive.

Retail experts Martec International will be running the sessions and the next one is on Tuesday 8th January in East Grinstead, which will focus on product range and product management. Hurstpierpoint will host its own session on 22nd January with the theme being Visual Merchandising and Better Presentation. Further events in Burgess Hill, Cuckfield and East Grinstead will follow in February and March.

Attendance at one of the events will make independent retailers eligible for a free coaching and mentoring session with a Martec consultant in their own store. These one-to-one sessions will enable the consultants to tailor advice to the specific needs of each business.

Local retailers can register for the 2019 workshops and learn more about the training at [www.martec-international.com/services/114/free-training-for-independent-retailers](http://www.martec-international.com/services/114/free-training-for-independent-retailers)



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## Engineering students make UK Final

A group of students from Hurstpierpoint College have been selected to compete at the UK finals of a science and engineering competition after their exciting project caught the eye of judges. The five-strong team of Year 12 pupils from the school will now take their place in next year's final of The Big Bang UK Young Scientists & Engineers Competition.

The team, made up of Katy Jones, Lauren Schlup, Annabelle Ellin, Dominick Lawrence and James Hickmott have been announced as one of the winners of the regional heats at The Big Bang South East, with the project from the group entitled 'Designing a more effective wastewater screen.' As part of the project, they were sponsored by Southern Water to improve

the efficiency of the screens used in their wastewater treatment plants, without reducing the flowrate or significantly increasing costs.

Mark Titterington, Chief Executive of EngineeringUK, said: "The team from Hurstpierpoint College really impressed the judges with their project and we're excited to see how they do at the UK finals. It is a huge achievement to progress to this stage of the competition."

The students will be invited to attend the competition finals, which are taking place at The Big Bang Fair at Birmingham's NEC in March 2019. Here, they will vie for top prizes including the coveted title of UK Young Engineer and GSK UK Young Scientist of the Year.

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"I took my 15 year old Jack Russell today for a tidy up and am thrilled with the result. He looks fabulous! Really warm and friendly welcome from Claire. This was our first visit to Sasha's but I will definitely recommend them and return!" E.B. Hurstpierpoint



# Tree Forest planted at Downlands

By Nicky Burston

It was organised chaos for one hour at Downlands one Friday last term as Year 7, Year 8 and Year 10 students created the annual Christmas Tree Forest in collaboration with our local churches.

Working with nearby firms, it is a lovely link between the school and the local community. Students visited at the beginning of November to receive their "brief". They then attended a weekly decoration creation session during their lunch hour. Our beautiful Christmas Tree Forest is the result. Visitors to our Christmas Market were invited to vote for their favourite tree, paying £1 for the privilege. Sponsored by local businesses, we have raised £693.63 for the Chestnut Tree House Hospice.

The winning tree (the tree that raised the most money from voting) was Leahys Barbers, decorated by Year 7 students Lucy Grovecott, Hannah Blake, Ayla Mackorie-Jamieson, Holly Barbour and Loriens Simpkin. Local youth worker, Gary Pickett, also praised the Proper Coffee and Chestnut Tree House Hospice trees. Mark Wignall, Headteacher, said: "We love the Christmas Tree Forest - such a brilliant collaboration between the students and local companies - and all for a good cause. Thank you to all the students who took part and especially all the local companies who got involved!"









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# Great festive turnout

HURST COMMUNITY CHRISTMAS



Photos: Louise Sullivan (this page), Richard Sullivan (opposite page)

Hundreds of eager Christmas shoppers took to the High Street last month at the Community Christmas event. Despite the rain, which blighted the first hour, many braved the elements to enjoy the community spirit and festive spectacle that livened up the evening. In addition to all the traders opening their doors, there was live music, food stalls and a visit from Father Christmas.

There were two dance displays from Create Space Studios and, at the end of the evening, a marching carol service made its way from one end of the High Street to the other. The success of the event reflected the hard work and planning from a few core members of Hurst traders community and the help given by Castle Solicitors and others.







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5 MINUTES WITH...

## Dave Schruers

Dave has a passion for the outdoors and is happiest on a mountain bike, surfboard, canoe, boat or just when travelling in general. He is also very keen on cooking (he comes from a long line of Belgian bakers!). Dave hates gardening and car washing.

**How long have you lived in Hurstpierpoint?**

Nearly 9 years

**What's the best thing about being here?**

It's a great place to bring up a family, it has a great community with loads going on but still feels small.

**How many houses have you lived in?**

Too many to remember- about 20

**Favourite book, film and album?**

On the Origin of Species by Charles Darwin; any of the Blue Planet episodes; Model 500 by Deep Space

**Most common New Year's resolution?**

Be more organised!

**Your most enjoyable event in the village?**

St Lawrence Fair

**Do you share your home with anyone?**

My awesome wife Clare, two amazing children Freddy and Lily, one crazy puppy and one middle aged hamster

**Song you play the most?**

The Zephyr Song by Red Hot Chilli Peppers

**Which app on your phone do you use the most?**

Gmail but I would like it to be Magicseaweed

**Your most frequented village shop?**

South Downs Cellars

**What's your proudest moment?**

I am most proud of my wonderful family. But finishing the Fastnet race was quite good too!

**Last present you received?**

A slightly overly sparkly jumper from my wife

**Your advice for life?**

Don't sweat the small stuff

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

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In this feature, Hurst Life highlights an artist based in the village. This month's artist is Brian Rickard...

### By Brian Rickard

Leaving school at 16, I trained as an architect and then spent 50 years working in that profession, building and running my own architectural practice with offices in Brighton and London. During that time, I was also a property developer, interior and product designer, construction project manager, high street Photoprint retailer and, to relax, a trad jazz drummer.

I started painting while still at school and was a winner in a national art competition at the age of 14. I studied at Southampton and Portsmouth Colleges of Art and Architecture and screen printing at Brighton College of Art.

I now mainly exhibit locally in galleries, pubs, restaurants and in my own private gallery, in addition to having had several one-man shows. I have regularly participated in the Hurst Open Studio Festival event. I have also made submissions to the RA Summer Exhibition.

My time as an artist spans about 35 years, starting with traditional watercolour and oils, then progressing to silk screen printing, gouache and acrylic painting, montage and digitally created printed images.

My art continues to explore and develop the simplification and precise separation of strong bright colours, tones, lines and extreme contrast. This produces bold and vibrant semi-illustrative images, originally taken from real life subjects captured photographically on my travels and from the local environment, which are then worked to various degrees of abstraction, mainly presented in large format.

I work in a studio attached to my house in Hurstpierpoint, which also doubles as a private gallery and work space. I also have a studio in Spain where I spend three months of every year exploring and developing new ideas.

I am happy to receive enquiries for commissions, murals, gallery representation and other private art work and viewings.

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## RECYCLE THIS...

WSCC Recycling Ambassador Colin McFarlin has a fantastic recycling competition for you this month. After telling you all about recycling for months – it's time to test you on what you have learned so far!



I know some of you have visited the Ford Recycling Plant (near Arundel), but this competition prize is a special one-off behind-the-scenes tour that members of the public cannot normally go on.

You will be met by myself and the team behind Hurst Life, you will be fitted out with full protective clothing (the same as the staff) and given the exclusive tour of the site. We will take you down on the floor, visit areas of the plant not open to the public and you will see the recycling delivered and follow the whole sorting process.

You will have the full workings of this complex site explained to you. You will be able to chat to the staff that handle your recycling, and we will show you the answers to all your recycling questions! Plus, at the end of the tour, you will receive a special goody bag from WSCC to commemorate your visit.

There will be just one lucky winner from Hurst Life who will be able to take one guest. The date of this 'recycling tour of a lifetime' will be on Friday 8th March 2019 between 10am and 1pm.

Have a look at the picture opposite: Which of these items should you NOT find in a West Sussex kerbside recycling bin? Total them up – how many do you get? Email your answer to [competition@hurstlife.co.uk](mailto:competition@hurstlife.co.uk) before 15th January.

### A few rules:

- Open to residents of Hurstpierpoint only.
- Reply by email with your answer - a number - by 12noon 15th January 2019. Please include your name, postcode and a contact telephone number. The winner will be selected at random from all entries with the correct number of items given. If no entrant has guessed the correct answer exactly, closest numbers will be accepted in the random draw.
- The winner and their one guest will invited to the special behind-the-scenes tour of Ford Recycling Plant on Friday 8th March 2019. This date is not transferable.
- You will need to make your own way to the site. Full directions will be provided.



Child's scooter



Directories



Ceramics



Garden shears



Glass bottles and jars



Wet paper



Electrical or electronic items



Envelopes



Margarine tubs



Egg boxes



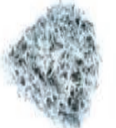
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Magazines and books



Green waste



Wood



Coat hangers



Newspapers



Crisp tubes



Fruit Punnet



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# Which of these items should you NOT find in a West Sussex kerbside co-mingled recycling bin? All containers are empty and clean.



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# School pupils' enterprising success

In early December, Hurst College's Young Enterprise team, TOK, launched their product at the Carfax Marketplace in Horsham.

This was the first time any of the college's Young Enterprise teams have traded at Horsham and although the venue was brilliant, this year's team were not helped by the fact that it rained all day. The weather undoubtedly had an impact on the footfall but despite this, TOK managed to hit their break-even point and were into clear profit by the end of trading. The team remained incredibly positive, despite the lower than expected footfall, and relished the opportunity to launch their compact glass water bottles to the public.

TOK chose its product in response to stories currently in the news about plastic waste, to address the issue of animals in seas and waterways drowning in plastic. Their conveniently-sized bottles are practical, reusable and each one has been hand-etched with an animal at potential risk from the destruction of our oceans. Market research led the team to design images of penguins, turtles and dolphins – the most popular choices – and etch them on to the bottles along with their company logo. Each bottle is sold with a relevant information leaflet, and even the packaging can be recycled.

The team will be arranging more sales opportunities in the New Year, in the meantime they are developing their website: [www.tok-hppc.weebly.com](http://www.tok-hppc.weebly.com)



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# Happy New Year Hurst

## ST LAWRENCE FAIR

### By the Fair Committee

This year's AGM reported another successful Fair in 2018, despite the incredibly hot conditions. A New Year brings new challenges and a new theme for 2019. Next month we will be launching a competition to choose the theme for this year's Fair. We will present a shortlist of ideas and will ask for votes via various mediums. We will then choose a winner from those who voted for the winning theme and award a prize.

You will have noticed that we were unable to partner with the Round Table this year to bring Santa's Sleigh to Hurstpierpoint in December. This was mainly due to a lack of Santa's little helpers. This may well be an issue throughout this year with many valued people stepping back from full committee membership. We would very much welcome new members and will be recommending meetings in early March. In the meantime please contact us on [stlawrencefair@gmail.com](mailto:stlawrencefair@gmail.com) if you are interested.

Please feel free to email us with any suggestions of help or ideas for St Lawrence Fair 2019, which I am sure will be another year to remember.

Best wishes for the New Year.



Photo: Claire Brewer Photography



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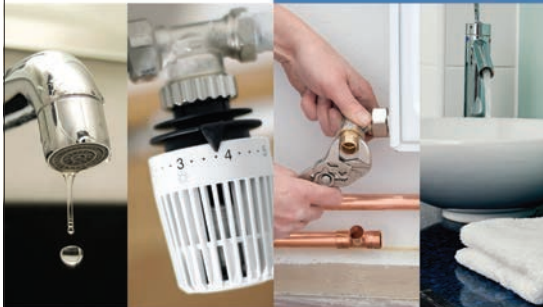
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Chinese Medicine has evolved over thousands of years and includes the use of not just acupuncture but practices for the mind as well as the body. These include Tuina, a form of massage, Moxibustion, the burning of a herb over the body for an inner warming and moving effect and Cupping, a therapy to help with pain and inflammation. At The Perrymount Clinic we are also offering classes in Tai Chi and Qi Gong, both of which focus on coordinated breathing and posture. Chinese medicine is the oldest system of medicine used in the modern world, which is highlighted by the fact that in hospitals in China you will often find the Chinese Herbal pharmacy next to the western pharmacy. The doctors

in these hospitals often treat the patients with both acupuncture and western medicine simultaneously, providing a fully integrated service for the patient! Some of the conditions our patients approach us with include: digestive issues, skin complaints, female health concerns and obstetrics, allergies, stress and anxiety and musculoskeletal issues including chronic pain. Cosmetic acupuncture is also a firm favourite with many of our patients who are looking for a holistic form of aesthetics. More information and supporting evidence about acupuncture for specific conditions can be found on The British Acupuncture Council website.

The Acupuncture Team at The Perrymount Clinic in Haywards Heath all graduated from the International College of Oriental Medicine in East Grinstead with a BSc in Acupuncture. Prior to their extensive training, they all pursued slightly different careers, Ben as a plasterer and banker, Rachel as cabin crew and Helen as a yoga teacher and florist, but their love of all things holistic prompted career changes and drew them together. They are delighted to be able to offer Chinese Medicine five days a week with Saturdays on request. Ben Prentice also teaches a drop-in Qi Gong class on Monday lunchtimes. If you have any questions regarding acupuncture and Chinese Medicine and would like to see whether you may benefit from it, then we are always more than happy to talk to you. We offer a free 15 minute consultation to prospective clients and would be delighted to embark on this healing journey with you.

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## Ella Berthoud

VILLAGE PEOPLE

**Mike Thatcher meets the extremely busy Ella Berthoud before Christmas...**

"Pippi Longstocking? Because of the tights? That's fabulous!" I was relieved by Ella Berthoud's reaction on telling her one of my children called her this, after seeing her (yet again) sporting some fabulously colourful tights. Mind you, any literary reference was bound to please her as she is, amongst other things, a bibliotherapist. It was not a term I was familiar with so it was a pleasure, surrounded by books, to spend an hour with Ella at her Hurstpierpoint home to be enlightened.

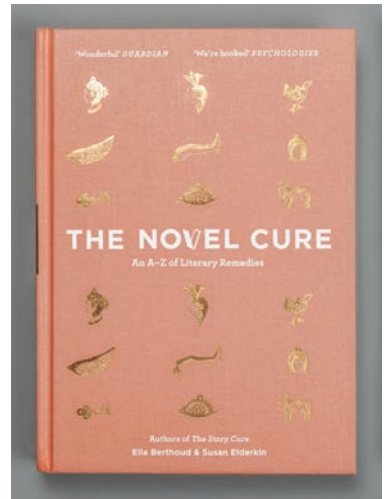
Put simply, Ella prescribes novels to make people feel better. Practiced readers of fiction will certainly be aware of the uplifting benefits of a good novel. As a bibliotherapist Ella is able to call on her intuition, experience and the vast numbers of books she has read to put this into practice when people come to her with ailments of any sort. These can vary from depression, low self-esteem or bereavement. It was the last of these that was of particular interest to me, having lost a young family member this year, and this spiked her attention immediately. "One of the hardest things with bibliotherapy is bereavement, as when someone is bereaved they don't necessarily feel like sitting down and reading; you would often rather be doing something physical to keep you more 'occupied'."

She immediately reeled off Tuck Everlasting by Natalie Babbitt and What I Loved by Siri Hustvedt as books I should read and by the end of the hour and indeed in the days following our meeting, had volunteered other books for me as well. I was left with the impression that it was not just a literary and intellectual exercise for her but one fueled by a desire to help people and a belief in the power of fiction.

In a typical session she would start off by giving the 'patient' a questionnaire, which asks: what do you like to read, what do you hate to read, where and why do you read, do you read with anyone else, do you read aloud and other questions which give Ella an insight to their reading habits. She would subsequently interview them for an hour and then send a prescription of six books. "It's quite exhausting, like any kind of therapy I suppose. You get to know someone really well, you get to find out their reading habits, and also what's happened in their life."

Her ideal prescription is six novels, one on audio book and one to read aloud to a partner, a habit that most of us break once our children grow up. "It really is a lovely thing to do, but it's hard to make time to do it. My husband and I would read to each other probably once a week and more on holiday."

In 2013 she and co-Cambridge graduate Susan Elderkin wrote *The Novel Cure*, which functions like a reference book. "You look up an ailment like 'ageing parents' in the index and then you have a cure such as *The Corrections* by Jonathan Franzen or *Family Matters* by Rohinton Mistry which are both 'about' having ageing parents. One book gives you a humorous angle and the other a more serious and empathetic view. Other cures work in a different way - we sometimes prescribe a book that gives you the opposite approach to life to the one you are taking; for instance, if you are very shy, we might give you *The Dud Avocado* by Elaine Dundy, as this will show you how to live your life with effervescence rather than keeping it all bottled in. We sometimes use the way the prose is written as the cure, so for instance if you are a very apathetic person, we might give you *The Postman Always Rings Twice* by James Cain, as this has prose that makes you want to run around and seize the day."



The Novel Cure has exceeded expectations and its reach stretches far beyond these shores. "It's been translated into 20 languages and each country has done a different version, as they have different novels and different ailments. When we sold the world rights through Canongate, they decided to allow every country to change up to 20% of our book. France is the only country which wanted more, they demanded 40%."

The different ailments each country includes can be as interesting as the choice of novels. In the index for the Dutch edition you will find 'having too high an opinion of your own child' and in the Indian version, 'cricket, obsession with.' One thing is a constant across all editions however: "Our book is all about novels, none of it is non-fiction. When some foreign editors tried to squeeze in a short story or a memoir we had to say no - it's The Novel Cure."

This led me to wonder, with the book being published, why would I need to contact Ella, rather than just look up the prescription in her book. I had overlooked the 'therapy' element of the word; how talking to someone about your concerns has huge benefits. And as it is done in a non-clinical setting with literature being at its heart a lot of people open up in ways they would otherwise struggle to do.

When I recommend a book or film to someone I am anxious that they should like it and often take it personally if they don't. Does Ella feel the same way about her prescriptions? "I've had an hour to get to know them and they would have told me in general what sort of books they like, be it science fiction or crime writing etc. The risk comes where I'm also trying to stretch them or help them in a personal way. For some people maybe one of the six is not going to be a perfect book; mostly we get the six right."

An article in the New Yorker by Ceridwen Dovey in 2015 about Ella has proved to be her most constant form of publicity and due to the nature of the Internet it periodically resurfaces to bring others to her door. However, she is glad that it is not a full-time occupation as she has to fit in all the other strings to her bow. As a painter of some repute, having studied Fine Art at

the University of East London after graduating from Cambridge, we could have spent the hour talking about her art. Or her teaching. "I teach art to adults every Monday night and have been doing that for ten years. I used to teach kids as well. I love teaching art, and take groups of students on art holidays every year to places like Sicily and Lake Garda, which is great fun. My first job in Hurst was teaching art to adults in the Village Centre, and it was an immediate way of meeting loads of people." Ella's next art class starts in January at the Guide Hut in the village.

Previously living in Hertfordshire, in a very rural setting, Ella had good friends and a cousin living in Hurst and when visiting was taken with this place: "I saw a peacock walking down the High Street and just fell in love with the place. It seemed to have everything: countryside, a great school (which was a big thing for us), was near to Brighton and London. It seemed a lovely community." Five years on the High Street was followed, five years ago, by a move to more spacious house on Cuckfield Road where she and husband Carl live with their three daughters.

As if she was not busy enough, she recently became a literary agent for fiction and works two days a week in London. She has six authors she works with, reading and editing their work before being presented to a publisher. The romantic in me was saddened that only rarely does she receive manuscripts; instead she has over 300 synopses in her inbox. Which does make just reading for fun a guilty pleasure, knowing the email awaits.

And finally, does she expect to have been given any books for Christmas this year? "Sadly no. People will be scared that I've already read them! But I would love to be given the full Man Booker Prize shortlist for Christmas." A hint to anyone who knows Ella for next year, perhaps. Although given that she is a painter, writer, bibliotherapist, teacher, mother of three and literary agent I'm not sure when she will get time to read them. But as they say, if you want something done, ask a busy person.

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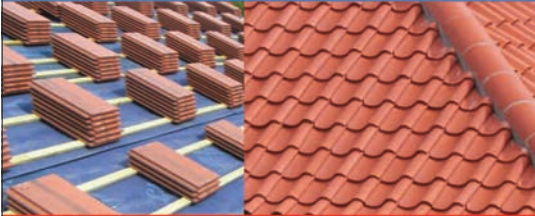


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## How the Parish Council links into the community

By Steve Whitehead, Community Affairs Committee Chairman

When Kevin Carey created Hurstpierpoint Parish Council's Community Affairs Committee some years ago, its continuity into the next decade or two was perhaps unclear but now it plays an important role in the life of our villages of Hurstpierpoint and Sayers Common.

From grants to village organisations to working with the traders in the High Street, the Community Affairs Committee feeds directly into the villages' existence. The Parish Council is sometimes seen to be concerned with buildings, car parks and planning issues – using the word in its widest sense. However, when we look to this year we can see that through the work of our Committee the Parish Council expects to be promoting dementia awareness to create Hurstpierpoint and Sayers Common as 'dementia friendly' villages. We are also investigating whether improvements can be made to the provision of pre-natal services for expectant mothers in the village. And, as in previous years, we will be supporting Hurst Festival and St Lawrence Fair.

We are pleased to offer small grants (up to several hundred pounds) to local groups and societies, so please contact us if you think we can help.

So, what is on the horizon?

Representatives from the Mid Sussex Dementia Awareness team have visited us this year and run seminars for councillors and local groups. The next step is to link in with the traders, in conjunction with the Parish Council, and start some initiatives. An example could be to create respite centres and safe havens where people suffering from dementia and their carers could feel supported and helped.

Other key projects also involving our Council are underway, not least the expected launching of the Court Bushes Community Hub at Willow Way in the spring, and encouraging local residents to enjoy the benefits of our new Hurst Meadows parkland.

Our Committee is really keen to hear from local people to help us serve our community, so please come along to our meetings. Check the agenda on the Parish notice board to see what is coming up.

See you at our next meeting at 8pm on 21st March in the Village Centre.



Photo: Claire Brewer Photography

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## Thinking on Purpose – Taking Control

By Lindsey Jones

Have you ever found yourself in a fruitless mind spiral? Replaying a scenario that makes you sad or angry? Thinking about doing something but never getting started? Perhaps these thoughts start to spin out of control, leaving you feeling frustrated, angry, paranoid or confused? When you see it for what it is, doesn't it feel like a complete and utter waste of time and energy?

This negative 'hamster wheel' style of thinking has a massive impact on how you feel and these emotions impact your physiology, behaviour and your performance. This type of thinking produces a classic stress response, a release of cortisol and adrenalin which actually shuts down the frontal cortex of the brain impacting your ability to think logically, to plan and to make rational decisions and perform well when it counts.

Let's consider just one way of thinking on purpose, let's change our self-talk. The problem with self-talk is that it is often negative, critical, even harsh, and we aren't necessarily aware of what we might be saying to ourselves. The one guaranteed thing is that we are always listening and therefore we should be very careful about what we say. Many of my clients used to talk themselves down. They had a negative commentary running in their heads. This became the narrative to their lives and negatively impacted everything they tried to do. Often they didn't succeed and this reinforced their negative chatter, which further impacted their next attempt. My clients used to say things like 'I'm rubbish at this', 'this is hopeless', 'I'll never get there'... and guess what – they didn't, until they started thinking on purpose and taking control!

Top performers, whether in business, in sports or even on the stage, are able to take control of their thinking; they are able to use their 'self-talk' to direct their thoughts. In taking control they own their narrative



and therefore own their emotional response and, ultimately, control their performance. They think on purpose, they are positive and powerful in what they say to themselves and they have their phrases and mantras ready to counter any negative thoughts which might creep in.

They use positively framed language so that they constantly focus on what they want and not what they don't want; for example, they might say 'make it count' rather than 'don't miss', or 'I'm the expert' rather than 'the audience must know more than me' or 'I'm excited to retain this client' rather than 'I'm terrified of losing this business'.

To achieve more and to outperform our 'norm' we will want to think differently and think on purpose. As Einstein once said: 'Insanity is doing the same thing over and over again and expecting a different result'. When we practise our pre-performance, positive, self-talk, it creates a sense of control. It puts us in the driver's seat and it steers us to achieve our desired outcomes. Consistently thinking on purpose and achieving our goals reinforces our self-confidence and motivates us to achieve more. Think on purpose, take control, own your narrative and be your best self.

To learn more techniques join Lindsey on **24th January** in Lindfield Coffee Works, Lindfield for a '**Thinking On Purpose**' workshop. To book a place contact Lindsey by email on [lindsey@ninedotpartnership.com](mailto:lindsey@ninedotpartnership.com) or call 07704 681332.

References: *Are you too stressed to be productive? Or not stressed enough?*, Harvard Business Review, Francesca Gino, April 2017. *How Stress Affects your Work Performance*, Small Business Chron, Christina Hamlett, June 2018. *Anxiety, Performance Stress and Skill Execution*, Applied Sport Psychology, Keith Begley. *Hot Button Issues and the effect of self-talk*, Applied Sport Psychology, Catherine Robertson. *Self Talk: Maximise your thoughts*, Applied Sports Psychology, Adam Kelly.

# Stuffed aubergine with feta and pomegranate

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6 garlic cloves, unpeeled  
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1 pomegranate

2 tbsp pomegranate molasses  
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salt and freshly ground black pepper



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



An effortless vegetarian supper dish using the meaty texture of aubergine, which is perfect during a healthy month when you may be cutting back on meat. Pomegranate molasses is a key ingredient of Middle Eastern Mediterranean cooking. A thick, fragrant and gloriously tangy reduction of pomegranate juice, this product is a really useful addition to the larder. It is the secret to this delicious recipe.

### Method

Set the oven to 200C/180C Fan/Gas 6.

Cut the aubergines in half and score the cut sides with a lattice pattern, careful not to go down far enough to pierce the skin.

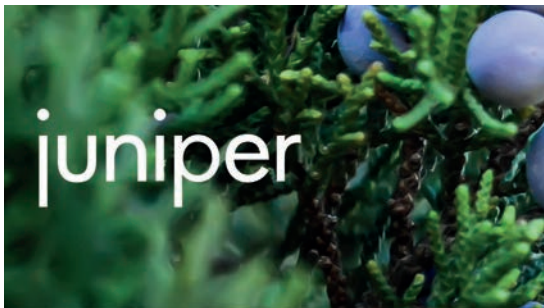
Place the aubergines cut-side up in a roasting tin along with the garlic cloves, still in their skins.

Brush the aubergines generously with olive oil, season with a little salt and bake for 1 hour until soft. Remove from the oven and scoop the flesh into a bowl without tearing the skin.

Pop the garlic cloves from their skins with your finger and thumb, then crush to a paste with the back of a fork.

Break the pomegranate and remove the seeds. Toss most of the seeds with the aubergine flesh, the crushed roasted garlic, a little salt and pepper, the pomegranate molasses and the mint leaves.

Spoon the filling into the empty shells, then crumble the feta cheese over the top, together with a few pomegranate seeds and a little more mint. Serve.



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## Roseanna's great photo

On last month's International Volunteer Day, a young volunteer from Hurstpierpoint (who spent three months working on a sustainable development project in Ghana) was shortlisted in an international photography competition.

Roseanna Leach's photo was chosen out of nearly 300 entries from across the world in a competition capturing the impact and experiences of young volunteers on the UK government-funded International Citizen Service (ICS) programme.

Roseanna, 21, took the photo whilst volunteering in Ghana from January to March 2017 with international development organisation International Service.

Roseanna's photo depicts George, a local artisan who she met through her work. She took this photo of him while he was making products out of nylon rope and plastic bags to sell.

ICS brings together young people from the UK and developing countries to volunteer across Africa and Asia. Since 2012, ICS has enabled more than 17,000 young people from the UK to volunteer overseas. Before leaving for Ghana, Roseanna fundraised £1,500, which will ensure that communities in developing countries can continue to benefit from the work of volunteers.

Roseanna said: "Our project focused on changing attitudes towards disability in the community and enabling disabled people to access opportunities by

making them aware of their rights.


"It was here that I met George, a local artisan who made chairs, beds and doormats out of plastic bags and nylon rope. His work was amazing, and really good quality, but it didn't get the volume of business he needed. I took photos of his work and taught him how to send photos by email, so that he could show his products to potential buyers.

"I love photography and am currently studying Media and International Development so it's great to be selected in this competition. ICS is one of the best volunteering opportunities for young people out there with legitimate sustainable NGOs to experience new things and get some valuable experience."

International Volunteer Day recognises the efforts of volunteers around the world.

Felicity Morgan, Director of ICS, said: "Thanks to UK Aid, young volunteers are making a positive difference in the world's poorest communities. Roseanna's photo gives a snapshot of just some of the great work being done, and we're proud to celebrate them this International Volunteer Day."

ICS placements are available for departure from April 2019, and 18 to 25 year olds from Hurstpierpoint and surrounding areas are encouraged to apply. To find out more, please visit [www.volunteers.org](http://www.volunteers.org)



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## Short-eared owl

By Michael Blencowe, Sussex Wildlife Trust

Short-eared owls are scarce winter visitors to Sussex. Swiss ornithologist Paul Geroudet described them as 'nomads who camp where the table is laid'. This winter dozens of these wandering diners were reported in Sussex and small parliaments (the collective term for owls, pub quizzers) lingered around the meadows along the county's river valleys, where they have tucked in to a bountiful rodent buffet.

In Sussex we have four breeding owl species. The most familiar will be the tawny owl – whose hoots and twit-to-woos can be heard in our woodlands. The barn owl is that pale spectral spirit that may be glimpsed in the headlights along country lanes at night. The long-eared owl is our rarest, most elusive species. The little owl, which eats worms, was introduced here in the 19th century. [www.sussexwildlifetrust.org.uk](http://www.sussexwildlifetrust.org.uk)

## Thousands raised at Showtime Ball

More than £7,000 was raised at Hickstead's annual Showtime Ball with all profits going towards improving the showing facilities at the showground.

Around 150 guests from the showing community attended the glittering black tie event, which has been held each year since 2015 and has raised in excess of £25,000 since it started.

One of the highlights of the evening was the presentation of the Roger Stack Award. Named after Hickstead's former Showing Director Roger Stack, who sadly died in December 2016, the award is presented for the showing performance of the year.

This year's recipient was top show producer Jayne Ross and was presented to her by Hickstead Director Edward Bunn, who explained: "She is a very worthy winner of the Roger Stack award. We would also like to thank all the people who donated auction prizes, and everyone who came to the Ball and made it such a success."



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# Sussex brings European women's football championship home



The American Express Community Stadium in Brighton has been named as one of nine match venues for the UEFA European Women's Championship in 2021.

Brighton & Hove Albion worked together with Brighton & Hove City Council and Sussex County Football Association to support The FA's bid back in August, and the stadium will now host top-level European football in three years' time.

Albion chief executive and deputy chairman Paul Barber said: "This is fantastic news for the football club and the wider Sussex community as a whole."

Albion's women's football chair Michelle Walder said: "I am delighted for all concerned, and would like to congratulate The FA on their successful bid.

"This will greatly help to raise the profile of women's football as a whole, and it will be fantastic to welcome some of the top female players in Europe to our stadium."

The event will showcase the city to an international audience, supporting tourism and the local economy. In 2017, when England reached the semi-finals, the UEFA Women's Euro viewing figures reached a global audience of 165 million.

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### Pop Up Winter Wellbeing Retreat Sunday 27<sup>th</sup> January 10-4 pm

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*More details at [www.belleamatt.com](http://www.belleamatt.com)*

To book email [bellenutrition@gmail.com](mailto:bellenutrition@gmail.com)



## HURST VILLAGE CINEMA

By Mike Thatcher

Busy month, with five screenings, so if your New Year's resolution is to visit Hurst Village Cinema for the first time, here are your January offerings:

### Friday 11th January, 8pm, Leave No Trace (PG)

Army veteran Will is living off the grid with his teenage daughter, Tom. They live in a concealed camp, cooking on campfires, reading and practising escape drills. When they are spotted, they are caught, taken into social care, given accommodation and Will is given a job. Whilst Will chafes against his perceived confinement, Tom starts to enjoy the comforts and companionship she realises she has been missing.

### Tuesday 15th January, 7pm, NT Live – The Tragedy of King Richard the Second

Richard II, King of England, is irresponsible, foolish and vain. His weak leadership sends his kingdom into disarray and his court into uproar. Seeing no other option but to seize power, the ambitious Bolingbroke challenges the throne and the king's divine right to rule. Simon Russell Beale stars.

### Thursday 24th January, 8pm, Cold War (15)

Cold War is the story of a passionate and obsessive love, an amour fou, between a man and a woman who meet in the ruins of post-war Poland. Set against the background of the Cold War in 1950s Poland, Berlin, Yugoslavia and Paris, it's the tale of a couple separated by politics, character flaws and unfortunate twists of fate - an impossible love story in impossible times.

### Sunday 27th January, 3pm, Finding Your Feet (12A)

When 'Lady' Sandra Abbott (Imelda Staunton) discovers that her husband is having an affair with her best friend, she seeks refuge in London with her estranged older sister Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling.

### Thursday 31st January, 7pm, I'm Not Running

Pauline Gibson has spent her life as a doctor, the inspiring leader of a local health campaign. When she crosses paths with her old boyfriend, a stalwart loyalist in Labour Party politics, she's faced with an agonising decision. What's involved in sacrificing your private life and your piece of mind for something more than a single issue? Does she dare?

## Enforcing a County Court Judgment

### LISTEN TO THE LAWYER

By Martyn Gooch, partner Rohan Solicitors

**Question:** I have obtained a CCJ against a customer that didn't pay his bill. He is still refusing to pay, what can I do?

**Answer:** When trying to recover money you are owed by a debtor, obtaining a CCJ (County Court Judgment) is only half the battle. If that debtor still refuses to pay the debt, you will need to enforce the terms of the CCJ through the courts. There are several methods of enforcement available and which to use is somewhat dependent on the information you have about the debtor and the value of the debt.

If you happen to have previously acquired the debtor's bank account details by legitimate means (perhaps they were included on a previous payment he made to you), you can apply to the court for a third-party debt order. If the application is granted, the court will, if the account has sufficient funds, order the third party (in this example the bank) to pay you directly to settle the CCJ. Likewise, if the debtor is employed, and you have the contact details of his employer, you may be able to apply to the court for an attachment of earnings order. This will, if granted by the court, result in the employer making deductions from the debtor's wages every month to pay directly to you. The amount of the deduction is dependent on the debtor's salary.

If the debt is large, and you are aware that the debtor is a homeowner, you may be able to apply to the court for a charging order to be registered against his property. This will secure the debt but may not necessarily result in it getting paid. If, however, a charging order is made you may then be able to make a further application for an order that the property be sold by the court to pay off the CCJ.

Perhaps the easiest and cheapest means of enforcing, however, is to instruct the County Court bailiffs (or, alternatively, if the debt is greater than £600, the High Court enforcement agents). Once instructed, they will attend the debtor's property and demand payment of the debt. If they are not able or willing to pay, the bailiffs or enforcement agents are authorised to remove goods owned by the debtor to the value of the CCJ.

It is important to consider the financial status of a debtor before issuing court proceedings. A 'man of straw' may of course be unable to satisfy a CCJ, irrespective of which method of enforcement you use. For a modest fee, a private detective can be instructed to report on the financial standing of an individual or company that owes you money, and this is a prudent step to take prior to commencing formal legal action against a debtor.

Martyn can be contacted by email on [mgooch@rohansolicitors.co.uk](mailto:mgooch@rohansolicitors.co.uk) or by telephone 01444 450901.

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# Finished with your Christmas Tree?

Hurst resident Paul Wilkinson is once again providing a service to the residents of the village - in exchange for a donation to a children's charity.

Paul has offered the Christmas Tree collection and disposal service for the last few years and has raised over £11,000 since he started.

"100% of the money goes direct to the charity," explained Paul, "which this year is Chestnut Tree House children's hospice."

Once your tree has served its useful purpose you can either text or call Paul on 07879 897241 and arrange the collection.



# Councillors clinic at The New Inn

Residents of Hurstpierpoint will be given the opportunity to meet and talk to a range of local councillors later this month.

At the special clinic to be held at The New Inn on 19th January there will be three Mid Sussex District Councillors, your West Sussex County Council Councillor and the local Parish Councillors all available.

Between 11am-12noon the councillors look forward to hearing any views or discussing anything which is of concern to residents in the parish.

# Got a new camera?

At Hurst Life we are always looking out for new photos of the village, which we can potentially use on the front cover of this magazine.

Check out the website for more details, or email any fantastic, recognisable photos of Hurst you have taken to: [photos@hurstlife.co.uk](mailto:photos@hurstlife.co.uk).

If your photo gets used on the cover, you get a £20 shopping voucher to spend in the village.

[www.hurstlife.co.uk/cover-photos](http://www.hurstlife.co.uk/cover-photos)



# The Secret Chord by Geraldine Brooks

## BOOK REVIEW

By Clair Stanton

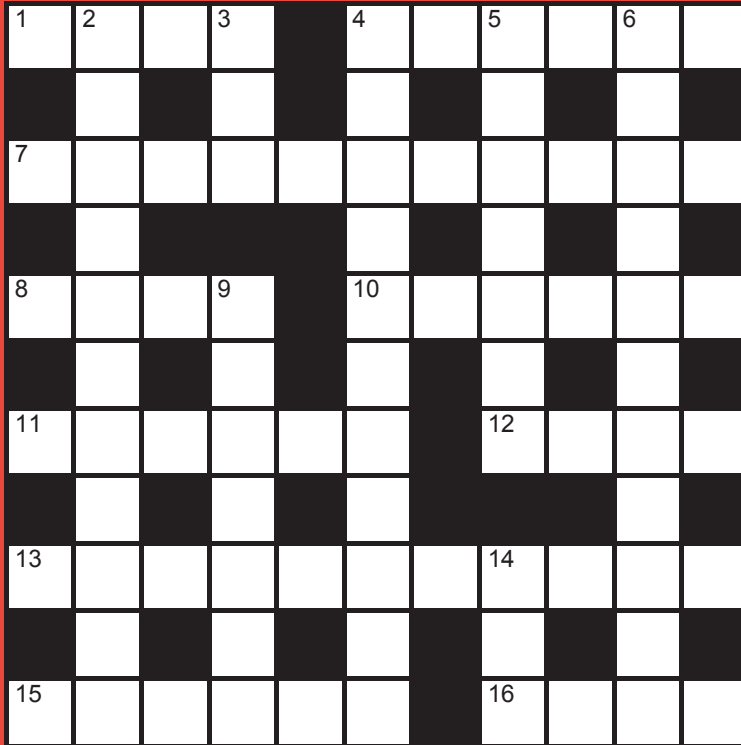
One of the earliest Bible stories most people learn is the tale of David and Goliath. It's surprising to realise that the 'simple shepherd boy' hero is the same David who later in life sends a man to his death, in order to take the man's wife as his own. In this novel Geraldine Brooks tells the story of King David in all of its complexity, through the testimony of those closest to him.

David dominates these pages just as he dominates the lives of those around him, but even he is unable to stop events unfolding as prophesied by Natan, who is the book's narrator.

Natan joins David's service as a young boy and remains by his side as a loyal and trusted advisor for many years (in today's language he dares to speak truth to power) until David's actions lead him to transfer his allegiance to the young prince Shlomo (Solomon).

Brooks chose to use the Hebrew spellings for the names of the principal characters, but this level of distancing from the standard biblical version of these events helps the reader see them from a new perspective. I've read and enjoyed other titles by this author ('Year of Wonders' & 'March') and consider this book her most compelling read to date.

# Family crossword



Got 20 mins spare?  
Have a go at this crossword - which should be varied enough for all ages to answer some clues.  
Answers listed on p. 43

## Across

- 1 Agitate (4)
- 4 Suppose (6)
- 7 Astronomical model (11)
- 8 Literary work (4)
- 10 Anglo-British WWII agent (6)
- 11 Gaming tile (6)
- 12 Group of three persons (4)
- 13 Brave (11)
- 15 Capital of Greece (6)
- 16 Prickly seed vessel (4)

## Down

- 2 Switchboard operator (11)
- 3 Flee (3)
- 4 Those who study heavenly bodies (11)
- 5 Snake (7)
- 6 Climber (11)
- 9 Systematically arranged body of facts (7)
- 14 Steal from (3)

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# Sudoku #30

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

Find the solution to #30 in next month's magazine

#29 Solution

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

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



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# What's on this month

## AT THE VILLAGE CENTRE

### Regular events

- Sun **Afternoon 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 during  
term time – a welcoming place where friendships  
can form over coffee and cake
- Tues **Yellow Brick Lab** – 3.30-5pm, weekly during  
term time
- Knit and Knatter** – 2-4pm (2nd Tuesday)
- Wolstonbury WI** – 7.45pm, Club Suite (3rd Tues)
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Young Blossoms Dance** – 10.15-10.50am, weekly  
in the Club Suite (unless specified on website)
- Best of Ballroom** – 7.45pm (1st Saturday)

### January

- 8th **Hurstpierpoint Horticultural Society** – 7.45pm  
An update on the heritage orchard by Martin  
Sadler followed by drinks, nibbles, socializing and  
walkabout quiz (Kathy Green 01273 833729)
- 12th **The Sleep Clinic** – 1-5.45pm
- 19th **Quiz Night** – 6pm  
Sussex County Association of Bellringers
- 22nd **MSDC Retailers Training** – 9am-2pm
- 25th **Gong Bath Sound Therapy** – 7pm
- 26th **MSOPC Event** – 2.30pm  
Mid Sussex Health Care PPG and Mid Sussex  
Older People's Council host presentation  
on 'New Year, New Things to do', followed by  
refreshments (Free)

Hurstpierpoint Village Centre, Trinity Road BN6 9QT  
[www.hurstvillagecentre.org](http://www.hurstvillagecentre.org)

## AND ELSEWHERE

### January

- 11th- **Poynings Pantomime** – 8pm  
Holy Trinity Church, Poynings - a chance for the  
whole family to have some seasonal fun while  
contributing to the upkeep of the church. Matinee  
performances at 3pm, Sat & Sun  
[www.poynings.net](http://www.poynings.net)
- 17th **Haywards Heath Ceramics Group** – 10am  
Clair Hall, Haywards Heath – 'From Travel to  
Templates - a Life of Slab Building Pots' talk  
by Tessa Wolfe Murray (Tickets £8, call 01444  
483372)
- 17th **Mid Sussex National Trust** – 2.30pm  
Clair Hall, Haywards Heath - Talk: 'Sir John Gage  
& Firlie Place' by Helen Poole
- 19th **Councillors Surgery** – 11am-12noon  
The New Inn, High Street, Hurstpierpoint  
Local councillors from MSDC, WSCC and  
Hurstpierpoint & Sayers Common Parish Council  
hold one of their regular clinics.
- 20th **Mid Sussex Ramblers** – 10am  
Henfield Library (BN5 9NS) - Five mile moderate  
walk to East; Henfield, Blackstone, Woodmancote  
Place, Nep Town (John 01444 483860 or 07817  
032135)
- 22nd **Mid Sussex Ramblers** – 10am  
Crossways Lane Bolney, (RH17 5RN). Nine mile  
moderate walk through Ansty to Cuckfield  
returning through High Weald Landscape Trail,  
Black Forest and Bolney Village. Bring a picnic.  
(Frazer 07939 078650)
- 25th **HKD Transition** – 7.30pm  
Elephant & Castle, Lewes - VEGAN TALK 'Can  
vegans change the planet?' by Daphne Lambert -  
chef, nutritionist, author & environmentalist, has  
eaten a plant based diet for 30 years.

### February

- 6th **Hurst Monthly Social Group** – 2-4pm  
Guide HQ, Trinity Road - Inaugural meeting of  
a new group. Mak Norman speaking on Anglo  
Saxon History. First two meetings FOC.

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