

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #50: May 2019

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Spring Fair round-up

p. 21

Meet Lisa Woolley

p. 26

Winners from Conservation Awards

p. 39





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EDITORIAL

By David Tingley, Editor

Welcome to May's magazine: the month of Bank Holidays!



On **page 39** we learn about **Hurst Society's** annual Conservation & Design Awards and highlight the winners. Thanks to **Christopher Maidment** for keeping us up to speed.

If you are a fan of a **competition** - we have not one, but two for you! On **page 36** you can win four tickets to the **England Lionesses** game at the Brighton Amex next month, and on **page 47** there's a chance to scoop a couple of tickets to the **South of England Show**.

Thank you to those Hurst residents who have agreed to be featured in this month's magazine:

Lisa Woolley has accepted the call to the **Village People** spotlight on **page 26**. And what a fascinating story as she bravely tells of her struggle dealing with facial disfigurement both as a child and what affect it has on her as an adult.

In **5 Mins With...** **Simon Hydes** gives his quick-fire answers on **page 34**. And next to Simon is photographer **Louise Sullivan** who is our **Artist of the Month**.

In a bit of an unplanned coincidence, Louise's husband **Richard Sullivan** talks to **Mike Thatcher** on **page 16** about his role organising last month's **Brighton Marathon**. We also catch up with those brave Hurst souls who took on the marathon and won!

Page 31 finds **Juliet Sargeant** giving us some very detailed tips about planting magnolias in **Gardening Calendar**, **Belle Amatt** shows us some Tzatziki we can all make on **page 32** and **Ann Winney** helps us to understand the needs of the local hedgehog population on **page 30**.

Keep the emails coming in, and don't forget to take your copy of Hurst Life with you on holiday - send the resulting image to: photos@hurstlife.co.uk!

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Hurst Life Published by Kipper



 Jane Willis
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Postie turned shepherd in Hurst

Hurst postwoman Kelly Tullett found herself at the centre of a news story last month after an unexpected encounter with some local sheep. The story appeared in several local newspapers, as well as on two radio stations. Kelly is delighted that such a happy story has got so much attention. "I've had lots of reactions about it on Facebook and online. Lots of residents on my round have recognised me too and it's put a smile of lots of people's faces. I found it funny myself for being in that situation."

The incident occurred as she was on her rounds in the village and she spotted a stricken sheep in a field. Kelly had actually studied animal care in college and is a huge animal lover so rushed over to help. "The sheep looked like she had been there all night, and it took me five minutes to roll her over and get her to her feet. She was very wobbly, so I stayed with her for another five minutes until she got her balance."

Although the sheep trotted off, Kelly had not counted on the other sheep confronting her. "One of the sheep really charged at me, and when I first saw it I was scared. I was panicking, but quickly I saw the funny side and was laughing." Grabbing her mail bags she took flight. It was a few hundred metres before she reached safety and dispensed a few words about gratitude to her chasers.

She is just happy that things turned out well for the sheep and the story has put a smile on some faces. "It felt good to help the sheep. She didn't chase me, so I suppose that was her way of saying thank you."



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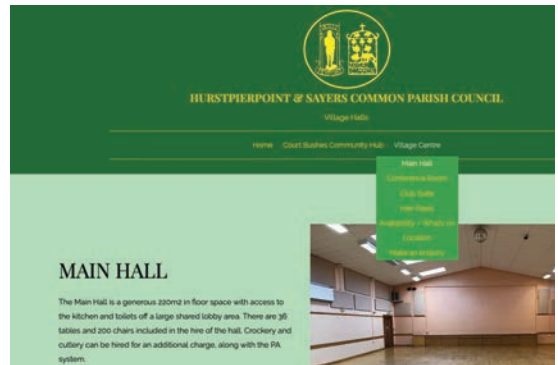
It's spring, let's cycle!

Cycling Without Age (CWA) Hurst & Hassocks is set to add a second trishaw to its fleet later this month, thanks to the generosity of the Burgess Hill District Lions. The group, headed up by Bridget Hamilton, will take delivery of the unit when it is shipped direct from Copenhagen.

"We are so grateful to the Lions," Bridget explained, "as a second bike means we'll be able to do more to help combat loneliness in our villages, getting more elderly people out in the fresh air and having fun. It also means that we can have one trishaw based in Hassocks and the other in Hurstpierpoint, which, logistically, is easier for our pilots, the volunteers doing the cycling."

The next event takes place on 18th May at Holy Trinity Church, where the CWA team will be giving a talk and offering free rides.

Village halls website live



Hurstpierpoint & Sayers Common Parish Council has recently launched a new website to showcase both village halls in Hurst.

The website, which went live last month, gives specific details about the Village Centre and also Court Bushes Community Hub, on Willow Way, which will open officially next month. Room sizes and capacities plus photos of the various rooms plus hire rates are all shown on the site - along with a contact form for hirers to get in touch with the Parish Council office, which organises bookings for both venues.

The website - www.hurstpierpointvillagehalls.org - also includes a diary so residents can see what's on at what times in each village venue.

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Nicky swims for charity

Hurst osteopath Nicky Newson took part in the national Swimathon campaign last month.

The event raises money for Cancer Research UK and Marie Curie, and Nicky was keen to be involved. "I am a strong swimmer and like to swim regularly, but I felt that I wanted to challenge myself this year - so I decided to sign up and go for it," she explained.

The 2019 event was the largest annual fundraising swim, connecting thousands of swimmers across more than 600 pools around the UK.

Nicky took on the Individual Swimathon challenge of 1.5km - which she managed in just 35 minutes!

Nicky has already raised £500 for charity, but if you'd like to show your support she would welcome any new donations while the justgiving page is still open:

www.justgiving.com/fundraising/nicola-luto

Send us your fab photos

By David Tingley

We always need more amazing photos of the village for our front cover.

If you enjoy capturing Hurstpierpoint on camera and get a 'cracker' then do please email it over to us

via: photos@hurstlife.co.uk at any time.

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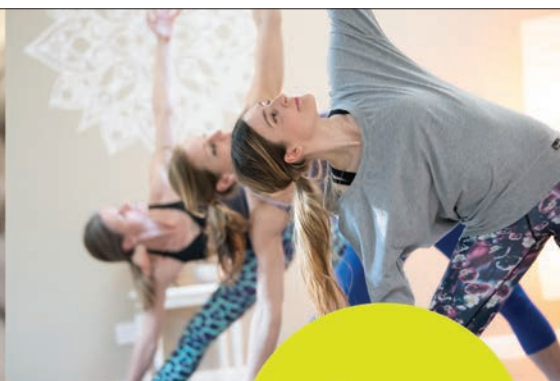


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Theatre receives generous donation

Members of the Burgess Hill District Lions met up with representatives of the Players Theatre recently and presented them with a cheque for £5,000. A delighted Mike Squires, who received the cheque from John Carter, said: "This is a generous and most welcome boost to our fundraising effort to renovate this lovely community building."



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Army Cadets get 'thank you' from SLF

By Benny Coxhill

For many years now the Hurstpierpoint Army Cadets have provided sterling service on St Lawrence Fair Day. In the early hours they are there to fetch and carry the tables and chairs and any stall holders will know how helpful and cheerful they always are.

It is a great opportunity for them to earn their Cadet in the Community awards and they enter into the occasion with great commitment. Cadets come from other branches in Burgess Hill and Haywards Heath to help swell the numbers. In recent years they have also helped with the Fun Run, marshalling the course and helping with registration and time keeping.

In appreciation of their effort the Fair Committee Chair, Gary Thomas, was at the Drill Hall to present certificates to the cadets.

New Detachment Commander Shaun Price finds the fair a great local activity for the cadets. They will have a stall on the day and always welcome new recruits as well as adult helpers, either uniformed or non-uniformed. "Cadets gives a great opportunity to youngsters to get involved with our monthly camps and training programmes with activities ranging from shooting to joining the D-Day commemorations in France." Anyone interested is welcome to call in at the Drill Hall (next to COOP) on Monday or Thursday evenings.



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Norma opera comes to Hurstpierpoint

Touring operatic company Heber Opera are once again playing at Hurstpierpoint's Village Centre with their current production of Norma.

According to Heber: 'Bellini's Norma is an opera that is not performed very often but has a strong story and lovely music, including, of course, one of opera's most famous arias Casta Diva (or in our English version Sacred Goddess).'

Heber's production will be sung in English and performed in the round, and will feature the talents of local performer Steve Hawksley (pictured) from Hassocks.



This tour is made up of just five dates, including Friday 24th May at Adastra Hall in Hassocks, and Sunday 26th May at Hurstpierpoint's Village Centre where the show will start at 6pm.

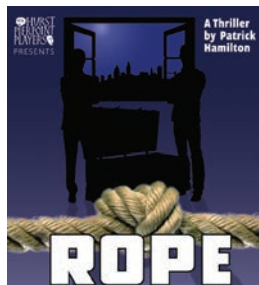
Tickets may be purchased online or by calling 07503 783403.

New dates for Rope production

The show must go on, as the saying goes, and this applies to the West End and Hurstpierpoint alike. The planned production of Rope last month had to be postponed due to cast illness. A note on the Players website stated: 'We apologise for the inconvenience but felt that audiences would prefer to see a polished performance rather than one where an unrehearsed replacement has been 'helicoptered in' to walk the stage reading their lines from a script.'

The production will now run from Tuesday 30th April until Saturday 4th May. There will not be a performance on Wednesday 1st May but a matinee has been added at 2.30pm on Saturday 4th May.

All tickets purchased by card for the original dates were refunded in full, and tickets purchased with cash can be taken to the Theatre Box Office for exchange or refund.



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Sarah Henshall and Amy Betsworth – Directors of Polished Kitchen Designs – caught up with us recently to fill us in on their new venture and why buying a kitchen from them could save you money...



Tell us why you have launched Polished Kitchen Designs?

We both come from an independent kitchen showroom background and found there was a growing number of budget conscious clients who wanted high quality products and a personalised experience which you don't necessarily get at a builder's merchants or DIY store. We believe that people shouldn't have to pay a premium for great service, which was how the idea for Polished Kitchen Designs started.

Tell us a bit about yourselves and your backgrounds?

Amy: I was a PR Director for a large cosmetics company in London for many years, but after a couple of my own renovation projects I caught the interiors bug and decided to have a complete career change. I did an interior design course and was lucky to be offered a design role at a local kitchen showroom and have never looked back! Having two young children was a major drive behind my decision as well. I wanted to be based more locally and strike a better balance between home and work life – it's like the holy grail for most working mums!

Sarah: Having worked in an independent kitchen showroom for eight years I wanted a new challenge and being a working mum like Amy meant we were on the same wavelength in terms of how we wanted to work. Having already designed and managed many kitchen installations in the area, I knew I wanted to continue designing kitchens but wanted to do things differently. We've had a great launch with several projects complete and more booked in - we've been blown away by the response and we can't wait to see what the rest of 2019 brings.



What services do you offer and how does it work?

We offer kitchen design, supply, installation and project management. When we set up Polished Kitchen Designs we knew we wanted to be as flexible as possible so we also offer a 'design only' service for clients who want to source their own kitchen but be armed with a good design and materials list.

Most clients opt for a home consultation and free design service. Within a week we will get in touch to review the design and make an appointment to revisit

your home with door samples, colour swatches, worktop options etc. This is one of our favourite parts as this is when the concept really starts to come to life.

What makes you different from the other local kitchen suppliers?

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Riding group welcome Toffee

South Downs Riding for the Disabled group are proud to announce that Toffee is now a full time member of their team.

Having worked with him for almost a year the team knew what a first class RDA pony he is and when they heard that his owners wanted to sell him, they could not bear to lose him, and had to take action.

A plan of action is now being drawn up to fund his keep and, as they currently only use him one day per week, the Trustees think it would be lovely for someone else to benefit from his wonderful temperament and nature through a loan arrangement.

If anyone is interested in such an arrangement or would like to sponsor him, please contact the group at: info@southdownsrd.org to discuss it.



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Church excited to see Community Hub built in Willow Way

The Point – a church which originally started in Hurstpierpoint but now meets at St Paul’s Catholic College in Burgess Hill – has been involved in events and activities in the Willow Way community since 2004.

Following the difficulties of the Court Buses Ex-Serviceman’s Club back in 2017, it was looking doubtful as to what would happen with the building.

Vicar Will Kemp explained: “Thankfully, Mid Sussex District Council stepped in. Both MSDC and the Hurstpierpoint Parish Council have been extremely generous in involving us (and other interested stakeholders) in many of the planning meetings for the new building.”

The completely refurbished building is due to have a formal grand opening on Saturday 1st June – but, in the meantime, The Point along with other Hurstpierpoint churches has made regular booking for the large function room, in order to relaunch The Melting Pot Cafe – which will take place every Wednesday and Friday between 9am and 4pm.

“Our hope is to re-open the Food Bank from the building and for other local services such as Clarion Housing to run housing surgeries and training events too,” Will continued.

Gin Festival first at New Inn

The staff at the High Street’s South Downs Cellar are organising a gin festival later this month.

The Best of British Gin Festival will take place at the New Inn on 19th May and will feature over 30 gins to try on the night.

From the variety of products available, it will include Brighton Gin which is one of the finalists for Sussex Drinks Producer of the Year.

Tickets can be purchased now from South Downs Cellars either online or in store, priced at £10 each. The event starts at 5pm.



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Hurstpierpoint Open Gardens coming up next month

By Prue Heron

The buzzing Hurstpierpoint Open Gardens event will be held on Sunday 2nd June this year from 1-5.30pm. Please put the date in your diaries. The event promises to have lots of variety and something to please everyone – from lawns to beds to vegetables galore!

Around eight gardens will open for charity, and, as before, we'll be raising money for our local St Peter and St James Hospice - we can't think of a better cause, which has touched most of our lives at some time and which so depends on our support.

Would you be willing to open your garden this year? We are still looking for two or three gardeners who would be willing to open – especially those in the College Lane, Hurst Road and Langton Lane areas. It doesn't have to be perfect or weed free – it just has to offer something interesting for people to look at.

We would also very much welcome donations of plants to sell on our plant stall and, of course, cakes!

As before there will be some gardens selling teas, coffees, cakes and plants. Also one will feature live music and items to buy made by local artisans.

You can contact the organisers by emailing me at: prue.heron@btopenworld.com or call 01273 835064.

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Looking after 'Sully's Corner'

Mike Thatcher meets Hurst resident Richard Sullivan who plays an important roll ensuring the Brighton Marathon runs smoothly...

The Brighton Marathon starts for Richard in November when the team of organisers gets together to plan for April's race, discussing what worked and what needs improving. He has a lot to bring the table when it comes to knowing what is required on the day. He ran the first three marathons, so he knows what the runners want; he was a spectator for four years and then joined the volunteering team. Quickly making an impression with his organisational skills, he now runs the crucial opening section of the race with a team of volunteers under him.

"When I now run the half marathon I expect people to be out there marshaling for me. So now that I have decided to run no more marathons it makes sense for me to get out there and help," Richard explains.

With the bike race starting at 7am, followed by the 10k run at 9am and then finally the marathon half an hour later, there is no time to relax and barriers have to be adjusted between each group. "A few late starters in the 10k race almost did the marathon route as we'd already started reconfiguring the barriers. Luckily, there was a gap for them to get through!"

This year was particularly cold for his 5am start as he briefed the volunteers and put out the barriers and hay bales once the roads were closed. One of the main challenges every year is keeping people off the routes and fielding the 'can't I just nip through, there are no runners yet' type requests. As Preston Park train station is closed there is a stream of runners walking up to the start from town on roads which have to be kept clear.

The crowds were out in big numbers this year. "The big marathon start didn't seem to take as long as last year, and we were soon dismantling barriers and clearing away as the runners made their way around the city. I managed to clock up 12km of walking whilst just looking after one corner! It was great fun as ever, though, and we have a good team in Zone 1. The Brighton public also turned out in greater numbers than previous years and were very good-natured. It's usually quite quiet around the start, spectator-wise, but there were loads of people out there this year."

Being in charge of the first section is intense for a short period of time but he is also very grateful that it gives him a chance to see some of the race. Having run this marathon himself he knows how valuable encouragement is from any source, so once his barriers are packed away he heads off to shout the runners on.

Richard is glad that he is becoming part of the fabric of the race, in fact his corner was christened Sully's corner by the rest of the team, and would encourage anyone to volunteer. "I know many people who volunteered and were so inspired that they took up running and now do marathons themselves. It's very rewarding and we are always looking for volunteers. I'm already looking forward to doing it all again next year."

How did they do?

Time to catch up with our featured runners from last month's edition and see how they got on completing the Brighton Marathon...

Bart Bailey

Bart was yet again hampered by an injury in the lead-up to the race but was determined to compete. "It was a great day in Brighton with amazing support from the big crowds who braved some freezing winds along the seafront to cheer us all on. My time was 4h 17m which, while slower than my target, I am really pleased with considering the amount of training lost to injuries over the last few weeks. Most importantly I raised over £2,500 (and still rising) for Dementia UK, which is a fantastic result! Roll on next year!"



Jane Sykes

"It was a great day, although I struggled to walk the next day!"

"The Sunday was fine but cold and it was a steady run. I found the miles between 16 and 22 hard work, but the time went surprisingly quickly, helped by the crowds and family and friends supporting. However, running and training for the Marathon has been an overwhelmingly positive experience - not only was I thrilled to come in just under the five hour mark at 4h 55m but I have also managed to raise £3,500 for Breast Cancer Now. I said that it would be my first and last, and I haven't changed my mind! I love running but, from now on, I will stick to 10k races and perhaps the occasional half-marathon."



Dan Floate

This report comes from Dan's partner Emma, as he recovers and prepares for the upcoming London Marathon:

"He did amazingly well and was far too mobile the day after for someone whose just run a marathon! He completed the course in 3h 37m and came 1278th overall, which put him in the top 7% of runners on the day."

"He's already signed up for next year, as he loved it so much. He's also considering training more over the next 12 months in a bid to get elite runners status. The great guys at Great Ormond Street Hospital looked after him well with a much needed massage."

At time of writing Dan was still really behind with the sponsorship so desperately needed to hit his target of £2k to be able to run London. We all have our fingers crossed he was able to fulfil his goal.



Sarah Shephard, Michaela Oakley and Cathy Ferrer

"The final four miles," reports Michaela, "with the wind in our faces was really hard work but the support from friends, family, spectators and other runners was incredible. The atmosphere was brilliant with musicians and people offering an array of snacks lining the streets to help keep us going. There were amazing highs and challenging lows. It was an incredible and unforgettable experience."

Michaela finished in 4h 31m, and Cathy and Sarah ran and finished together in a time of 4h 43m.



Huge congratulations to these and all Hurst runners on their hugely impressive achievement, both in the running and funds raised.



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Photo: Claire Brewer

Help on the day

ST LAWRENCE FAIR

By the Fair Committee

Hello Fair-goers, we hope you are enjoying your spring. As always, we have been busy planning your Fair.

You will have seen in the last Hurst Life that the theme (as voted for by you) is 'Musicals' We hope that this captures your imagination well enough for any activities you might be involved in.

We are really struggling for people to help this year. Due to committee members stepping down and people being on holiday we have very few committee members who will be 'on the ground'. We would really appreciate your help on both the Friday and Saturday to set up in the mornings, helping to rearrange on the Friday (between Teddy Bears Picnic and evening Music night) and during the day on the Saturday when we have to set up for different things in the arena. If you can come along, please can you let us know on stlawrencefair@gmail.com.

If you want to be in the procession, please email stlawrencefair@gmail.com. We always get a great response from the various children's groups in the village, but it would be nice if some of the businesses or other organisations could perhaps take part – do you want to promote your group? It's a great way of getting people to know you.

We already have a lot of bookings for stalls for the Saturday, but let's get some more. We love to have a wide variety of organisations to sell or promote their groups. We offer discounted rates for charity and not-for-profit groups. Please contact us on stlawrencefair.stalls@gmail.com.

Watch out for the next update which will provide you with a timetable of events for the weekend, the procession route and any last minute updates that you might need.

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Spring Show was a delight

By Kathy Green

Everybody said what a wonderful show this year's Hurstpierpoint Horticultural Society Spring Show was. Some said it was the best ever! Well, perhaps not EVER but certainly for a good many years.

Tables were brimming with lovely spring flowers, delicious cakes, creative floral displays, imaginative photographs and children's artwork. The exhibitors, the helpers, the visitors, those who provided cakes for afternoon tea or prizes for the raffle or plants for the plant stall – including extremely generous donations from Rushfields Plant Centre and South Downs Garden Centre – all contributed to a really fabulous start to the gardening year.

The next show is in the summer on Saturday 29th June and then the Autumn Show is on Saturday 21st September, both in the Village Centre. Put the dates in your diary now.



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Finding homes for feline friends

The National Cat Adoption Centre (NCAC) in Chelwood Gate is set in 51 acres of outstanding natural beauty in the heart of the Ashdown Forest. It is the perfect place to take a break, with our wonderful café, or to go for a walk and take in the peaceful scenery. You can visit our nature trail, and we also have a picturesque lake, where you can sit on benches nearby and while away a minute or two, and we are blessed to have a herd of Hebridean sheep grazing on the land.



Through our wonderful relationship with The Donkey Sanctuary, we have three resident donkeys on-site: Star, Holly and Twinkle. We have trained volunteers who look after their every need. The donkeys welcome visitors, so why not pop up to see them?

We have a gift shop selling a wide range of cat-related goods, giftware and cards. Our café sells a wide range of home-made cakes, serves a varied selection of teas and coffees and provides hot and cold food using locally sourced ingredients. All proceeds at the café and shop go to our registered charity, Cats Protection, to help us to help more cats.

The NCAC, the largest cat adoption centre in the UK, is home to anything up to 500 cats and kittens, all looking for a loving new home. Whether you are looking for a tabby, tortie, a young kitten or an older cat, you can feel

safe in the knowledge that these cats will have been given the best possible care. We have a cat for every home, so why not consider a rescue cat and give them another chance of happiness?

We also have cats here who are looking for a more 'outdoorsy' set-up in their new home, so if you can offer this sort of home please do contact us for more information.

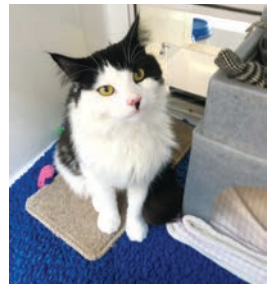
All of our cats, on adoption, have been vaccinated, microchipped, neutered, regularly flead and wormed, and had a full health check by our vet. They also come with four weeks free pet insurance, so you really can adopt with confidence, all for the adoption fee of £80.

The adoption centre also plays an invaluable part in our education programme conducting talks and tours to schools, local community groups and coach parties. There's always something going on at the centre such as boot sales, fun days, fairs and children's birthday parties. Please visit our website for more details: www.ncac.cats.org.uk

Our next upcoming event is our spectacular Summer Fun Day on 7th July. It will be full of entertainment features, Earthquake Drummers, Renshinkan Karate England, BMVocals and Redhurst School of Dance. We will have stalls, games, tours of the centre, raffle, tombola, face-painting, BBQ and beer tent and so much more.

A visit to the National Cat Adoption Centre will certainly be one to remember!

If you are interested in helping the cats at the NCAC and would like to volunteer, please visit our website for more details: www.ncac.cats.org.uk. We have lots of volunteer roles available.



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The festival that loves local

By Kate Cowan

Hello from Hurst Festival 2019! Festival planning is well underway, and this month Hurst Life can exclusively share with you the focus for the festival and a sneak preview of some of the entertainment coming your way!

So much of the entertainment and skills at Hurst Festival are found locally and this year we want to celebrate that.

The Festival will offer exceptional access to Sussex talent while of course, welcoming some incredible national and international acts to our stages to add diversity and creative depth to the fantastic programme on offer.

Local legend Herbie Flowers will perform, while Tim Pope returns for more anecdotes from his rock and roll world. Sussex favourite Boogaloo Stu will bring Music Bingo to the Village Centre on the last Saturday and the Local Murder Mystery will keep you all in suspense!

Local musicians include Geoff Robb, Klio Blonz and Rebecca Hepplewhite, Brighton Film Quartet, Brighton Cello Quartet and the Oli Howe Trio.

Our wonderful array of Hurst Talks showcase local authors and experts with subjects as diverse as

Hedgehogs, Activating your Magic, Climate Change and Sussex Lives and The Obsession, Impact and History of Lawn Mowing! And Workshops from local experts including Sewing, Interior Design and Making Raised Garden Beds.



Our bars stock local wines and beers provided by South Downs Cellars, and an amazing Sussex Dinner is planned at The New Inn with local wines and food. Plus, our services, venues and suppliers are all local, making our footprint small and sustainable.

Super Sunday will include choirs and performances from Downlands School and Hurst College, vintage cars from all around Sussex and the Art and Craft Exhibition in Trinity Church with local Artistes, Crafters and Sculptures.

Hurst countryside is celebrated with Twitch and Walk and a Tree Identification walk in Hurst Meadows, and no Hurst festival would be complete without a Pig Walk!

So this year celebrate all that is local, enjoy our Local, National and International acts, appreciate our delicious local food and drinks and feel good that this amazing Festival is looking after Hurst's carbon footprint.

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Lisa Woolley

VILLAGE PEOPLE

"I bought my ticket, packed my bag, told everyone I was leaving and just headed off to Australia. It was the best thing I could ever have done!"



By Mike Thatcher

There is a Mitchell and Webb sketch where Neil Armstrong is to be interviewed about an album he's releasing and his agent warns the journalist against mentioning the moon landings. I did have a concern when I met Lisa that by not talking about her facial disfigurement, which has so shaped her life, I would, in fact, be drawing attention to it in some way. I needn't have worried. As a media ambassador for an organisation called Changing Faces for over 20 years she welcomed the chance to talk about them and how they have helped her come to terms with her appearance.

When Lisa was six years old her face 'decided to drop' and became paralysed. Inevitably she does not remember her school days with any fondness: "I couldn't wait to get out of school and I never told my parents I was being bullied, they had enough to cope with." She also recalls being let down by adults, which was equally hard to take. During the Year 5 photo shoot she overheard the photographer ask 'will that girl's face always be like that?' and on other occasion, after yet another operation and two weeks off school, the deputy head asked if she'd been to the dentist.

She underwent 18 surgeries during her time at secondary school, which at the time were groundbreaking, and the surgeons were delighted with the results. Her mother had to sign consent forms to allow new procedures, which was especially tough as a parent. "She hated it. When I got to 18 she was relieved, as she didn't have to sign anything anymore. But throughout it all she was always there, sitting beside me when I woke up."

After school she went into nannying, fully admitting that it was a place where you could largely hide from the real world, but soon she realised that something had to give and a decision had to be made. One of her few school friends had moved abroad, so she took the plunge. "I thought I've just got to do it. I bought my ticket, packed my bag, told everyone I was leaving and just headed off to Australia. It was the best thing I could ever have done."

Since then she has been to well over 40 countries and if ever the hackneyed phrase 'finding yourself' could ever be used it is in her case. "I was happy for the first time in my life and got that feeling every single time I went travelling. My confidence soared and I found that I was actually a very happy, friendly and chatty person who people wanted to be near. As a child this had been squeezed out of me from years and years of bullying."



She has lived in Hurstpierpoint for ten years now but she still travels at every opportunity, now taking her daughter Evie with her, and admits that there is still an element of escaping normal life. "When I travel I don't worry about my face and when people look at it it doesn't seem to bother me as much as it does at home. When in Africa, Asia or Central America I look different anyway because of my hair and skin tone, so they look at me because I am a Westerner."

I first met Lisa about seven years ago when she was holding forth at the kitchenette bar in the Village Centre at one of Singing Sue's classes, young children at our feet. Everyone there seemed to know her and, perhaps understandably, she made a quick impression on me. In my limited experience people in similar position to her deal with it in one of three ways. The first is with the 'what are you looking at' return stare. The second is the 'look at the floor, don't look at me' approach. I have no intention of making a judgment because, heavens knows, I can't imagine what it must be like to be stared at everyday of your life.

But Lisa took the third, and perhaps rarest, option which was to act naturally and stand there making normal conversation. Very soon I relaxed and, although I was curious about what had happened to her, I felt that by her behaving as if everything was normal, which of course it was, she retained ownership and it was in her power to bring it up or not. "A lot of people don't ask and will talk to me as if nothing is wrong because I project that and it might come up in conversation another time. I prefer people to ask, if they want to, I don't mind".

This confidence can be attributed in large part to one remarkable man, James Partridge. James was burnt in a car accident aged 18 and noticed afterwards that whilst he was the same person people were treating him differently. So he founded Changing Faces in order to help others in the same plight. Lisa's mum happened to hear about it on breakfast television and got in touch. It changed her life. "It was the first time I had met anyone who had anything remotely wrong with their face. In workshops they would teach you how to walk into a room, learn how to read things positively and not negatively. They taught me to think people are looking at me because I'm amazing!"

Her admiration for James shone through. "He would listen to you and say 'I understand', and you would think, 'Actually you do, don't you, because you look different too'. I can't remember what my life was like before my face went funny. I don't know any different. But because James knew different, he was ready to make a stand." So when he retired recently, on the 25th Anniversary of Changing Faces, he asked Lisa to do a speech in front of 200 people at the top of the Guerkin. She was terrified but wanted to make sure that she did him proud and mark their 20-year friendship appropriately.

It is almost impossible for her to assess how her life and personality would be different, as it is for any of us, had things panned out differently. "If something doesn't go right, then very occasionally a voice in the back of my head says it's because you don't fit in but that's probably not the case." She does however clearly recall meeting someone else in the same boat as her early on. "Years ago I met a cousin of a friend who had the same thing as I did. She never had any operations and had never been bullied at her all girls school. Her face did not affect her at all. I do remember thinking 'I wish I could be a bit more like you'. She didn't care and it made me think: if I hadn't been bullied, how would things have turned out."

She has now found an ideal job working at Woodlands Meed school since 2012, which she loves. "My face never comes into it, I don't even think about it when I'm at work. It's a good job to have and it does make you thankful for what you have." She continues to travel, to work as a media ambassador for Changing Faces (www.changingfaces.org.uk), empowering others to use their faces and not hide them and trying to make sure her daughter grows up being proud of her mum. And the future?

"I'm going to be the mad cat lady living in a caravan down in Cornwall."





By Mike Thatcher

A busy month with three films and a live NT broadcast.

Thursday 9th May at 8pm we show **Shoplifters (15)**, the winner of this year's top prize at Cannes, from one of HVC's favourite filmmakers. It's a welcome return of the renowned Japanese director Kore-ada (Still Walking, Our Little Sister) who shines a spotlight on the struggling classes with his usual insight, compassion and humour. A triumph of subtlety over spectacle, Shoplifters is sure to steal your heart.

On **Tuesday 14th May** at 7pm is **All My Sons**, broadcast live from The Old Vic in London, starring Academy Award-winner Sally Field (Steel Magnolias, Brothers & Sisters) and Bill Pullman (The Sinner, Independence Day) in Arthur Miller's blistering drama.

Then on **Sunday 19th May** at 3pm we screen **A Star is Born (15)**. Bradley Cooper and Lady Gaga fuse their considerable talents to depict the raw and passionate tale of Jack and Ally, two artistic souls coming together on stage and in life. In this new take on the iconic love story, four-time Oscar nominee Cooper makes his directorial debut, and also stars alongside multiple award-winning, Oscar-nominated music superstar Gaga in her first leading role in a major motion picture. Cooper portrays seasoned musician Jackson Maine who discovers and falls in love with struggling artist Ally. She has given up on her dream to become a successful singer, until she meets Jack, who immediately sees her natural talent.

Finally on **Friday 24th May** at 8pm we have, **The Guilty (15)**. When police officer Asger Holm is demoted to deskwork he expects a sleepy beat as an emergency dispatcher. That all changes when he answers a panicked phone call from a kidnapped woman who then disconnects abruptly. Asger, confined to the police station, is forced to use others as his eyes and ears as the severity of the crime slowly becomes clearer. A consummately riveting Danish thriller, The Guilty puts you on hold, and then puts you in a hold. It won't be letting go until its short, sharp and nerve-shredding 80 minutes are up.

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A&E for hogs

HOGGIE HELP

By Ann Winney

Our gardens can be the perfect haven for our prickly friends, but it can also be fraught with dangers such as strimmers, forks, netting, drains and dogs. So it's important to know what to do if you find an injured or poorly hog.

As I mentioned in a previous column, hogs are nocturnal so should not be out during the day unless they are mothers on a mission. So if you find a hoggie with an injury, looking wobbly or just little, wear gloves and pick him up and have a look. If there's an obvious injury he may need a trip to a vet. Or sometimes they will have internal parasites, such as lung worm, that if left can be fatal so it's important to seek help ASAP. Put them in a box with an old towel and a hot water bottle filled with warm water. Do not wait and see. Offer water but no food.

Although it's fascinating for the kids to see a live hog they need be in a calm quiet place. It's normal for hogs to have two or three ticks, but often when they are unwell they may have a lot more. Don't worry if they have fleas, this is normal too. They are host specific so will not live on you or your pets. Sadly hogs never come with any medical notes and will do anything not to be found by us, so by the time I see them they can be very unwell and a fair amount of detective work might be needed. Please give us a call (07787 515296) if you are not sure. So keep your eyes peeled!

Lastly thank you to Hurstpierpoint Parish Council for working with us regarding the scrubland at the Court Bushes Development.



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Bring your poll card

Mid Sussex District Council is taking part in the Government's Voter ID pilot scheme. This means that everyone voting at a polling station on 2nd May is asked to bring their polling card with them as voter ID.

Poll cards have been arriving on doorsteps around the District for those registered to vote. Residents are being urged to keep their polling cards safe and remember to bring them along to the polling station.

If you lose your poll card, it must be cancelled and a new one can be issued. The latest time to reissue is 9pm on polling day, but at this stage you would need to collect it from the MSDC offices in Haywards Heath. A UK or EU driving licence or passport is also valid ID for the purposes of voting. For any enquiries please contact Electoral Services on 01444 477222.



Magnificent Magnolias

GARDENING CALENDAR

By Juliet Sargeant, Garden & Landscape Designs

Well, wasn't that fabulous? The best year for magnolias in ages – so the experts tell us. And, judging by the local display, it seems that Hurstpierpoint is a favoured spot for these acid-loving plants.

In their native homelands many magnolias are woodland plants that like to shelter under the branches of larger trees. So, varieties such as *stellata*, *wilsonii* and *sieboldii* will thrive in a little shade. Others will tolerate shade but may not flower so well.

I love to plant magnolia glades with a mixture of different pinks, whites and purples in increasingly audacious flower forms. Planted in well-spaced groups, within grass and under-planted with bulbs, they are a very low-maintenance option. Impressive, vibrant cultivars to look out for include the *M. lilliflora* 'Nigra'.

Some say that magnolias are boring when they are not in flower, but their flowers are so spectacular that, for them, I am willing to cast aside my designer's mantra that a shrub should have at least two seasons of interest.

So, if you want to plant a magnolia, the first thing to do is test the acidity of your soil. You can buy a kit from a garden centre for about £7 and follow the easy instructions. If the pH is acid to neutral then the world of magnolias is your oyster, but if it is neutral to alkaline, all is not lost – try types like *M. stellata* 'Jane Platt' or *M. stellata* 'Royal Star'.

Choose the planting position carefully, so the petals will not be 'frosted' to a soggy brown colour, and prepare the soil well by digging in acid compost. They have very delicate roots and hate disturbance, so never buy them bare-rooted. Plant gently, taking care not to compact or damage the roots (don't loosen the root-ball as you would with other plants). Each year they will relish a feed with acid-fertiliser and a good mulch with more ericaceous soil.

And finally, there is the evergreen *Magnolia grandiflora*. The massive, glossy leaves of these plants of *M. 'Little Gem'* or *M. laevifolia* 'Gail's Favourite' can be snapped off by the weight of heavy snow, so a sheltered spot suits them best.

So, with magnolias the bulk of the work is at the beginning. Once settled, there is very little to do except look forward to a magnificent annual display.



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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.



In our Greek pop up restaurant on 6th June at Marram Trading we will be serving up this tasty, traditional dip along with other wonderful combinations of flavours from Ikaria, the Greek island where the locals are well-known for living well into their later years. This mezze staple combines the fresh tastes of yogurt with cooling cucumber and zingy lemon juice; flavours which provide a fabulous addition to either a vegetarian or meaty Greek feast.

Ingredients

- 150g plain Greek yoghurt
- ½ cucumber, grated
- 2-4 crushed garlic cloves
- 1 tbsp olive oil
- 1 tsp lemon juice (or white wine vinegar)
- 1 tsp chopped or dried mint (or dill)
- ½ tsp salt
- Pepper to taste


Method

Sprinkle grated cucumber with salt. Let sit in a colander to drain for 10 minutes, then squeeze out excess water with your hands.

Combine yogurt, cucumber, lemon juice, garlic, oil, dill/ mint and salt in a bowl. Mix well.

You can either serve immediately or chill in refrigerator for one hour before serving.

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5 MINUTES WITH...

Simon Hydes

Simon is a sport loving pension professional, regularly visible enjoying the village alongside his young family.

How long have you lived in Hurstpierpoint?

One year, eight months

What's the best thing about being here?

Everybody says 'good morning'! Having lived in Brighton prior to Hurst, this provides a wonderful contrast.

What would you like to see in Hurst that isn't here?

A Thai takeaway

How many houses have you lived in?

14, I think!

Favourite book, film and album?

It's not about the Bike by Lance Armstrong, Forrest Gump, and Definitely Maybe by Oasis

Most common New Years resolution?

To do more reading

Your most enjoyable event in the village?

Christmas Eve nativity play in Holy Trinity Church, our children love it and it has become a family tradition to attend

Do you share your home with anyone?

My beautiful partner Gemma Bella and our two children Dylan and Freddie

Song you play the most?

This changes a little, but currently Go your Own Way by Fleetwood Mac

Which app do you use the most?

Whatsapp

Your most frequented village shop?

Clive Miller Butchers, especially on tray day

Last present you received?

An electric blanket - it's so good!

Your advice for life?

Just do it, there is no dress rehearsal

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!



ARTIST OF THE MONTH

In this feature we focus on a different local artist each month. This month Louise Sullivan, Open Studio regular and founder of Louise Sullivan Photography tells us what inspires her work...

I've loved photography ever since I was young. I still have the first photograph I ever took – with my Kodak Instamatic. In fact when I started work and I got my first month's salary I spent it all on a new lens. I was 18 at the time and remember that my mum asked me how I was going to live for a month without any money!

I feel very lucky that I now get to do photography as a job as well as a hobby. In my time off, what I really love is getting outdoors on my own and getting totally immersed in my environment. Primarily though I'm a photographer of people.

I have been visually documenting people's lives for many years. I have a library of images spanning decades, which tell the stories of the people I have shared my life with. My images chart our adventures with rock climbing, camping and skiing as well as all those house parties! Where ever I went I took my camera. Luckily for me those pictures, taken on film, still retain the authenticity of the moment. They provide a social history of growing up in the 80s and beyond, which is irreplaceable. Those pictures define who we were at that time. I feel so lucky to have them to look back on. I've always loved candid portraits. For me, capturing the true character of someone has always been my aim. In my work, my approach to photography is still to do so in a relaxed and fun way. I believe that everyone should have fun, smile and feel good about themselves. My aim is always to make it a great experience. That's my recipe for creating images that people love.



Holiday snaps

We love it when Hurstpierpoint residents take their copy of the magazine away with them. Do send yours in to photos@hurstlife.co.uk



Lily Schruers and Amber Payne on the i360 in Brighton, during the Easter break

COMPLEMENTARY HEALTH

Understanding anxiety and panic attacks

By Nicky Newson BSc Hons Ost, Sussex Osteopath and Complementary Health Clinic

We all feel anxious sometimes and these feelings are often normal reactions to challenging events, which can be useful warning signs that perhaps we need to slow down, be careful or take a different path.

However, for some people, anxiety builds up to such an extent that they begin to experience panic attacks – episodes of intense feelings of fear, often accompanied by physical symptoms ranging from sweating, dizziness and nausea to palpitations, hyperventilating and chest pains.

Put simply a panic attack is an exaggeration of the body's normal 'fight or flight' reaction, activating the natural response to a dangerous situation, telling us to either run from or turn and defend ourselves from danger. When that danger is perceived rather than real, we can be left with all of the unpleasant, physical and psychological symptoms.

Not only are these symptoms very frightening, they can also affect the daily lives of sufferers – avoiding certain situations, people or places, often mistaking the very real, physical symptoms of panic for other medical conditions, causing them even more worry and anxiety.

It is important to get as much support and information as you can to understand what is going on for you. Your GP can advise you on treatment options and there are many websites available offering help and advice. Counselling can help you to address the underlying causes of your anxiety.

For further info please see:

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Win tickets to see Lionesses at the Amex

READER COMPETITION

Football fans across Sussex have a unique opportunity to see the England Lionesses in action in Brighton & Hove before they leave for the 2019 FIFA Women's World Cup this summer.

The Amex Stadium, home of Premier League Club Brighton & Hove Albion, will be hosting the England Women's game against fellow World Cup hopefuls New Zealand on 1st June.

Tickets are already selling fast for the home international, at just £1 for children and concessions and £10 for adults, but one lucky Hurst Life reader can win a set of four tickets in our exclusive competition.

The Brighton & Hove match is the final game in the 'Road to France Series', which sees Phil Neville's squad playing at four different venues across the country.

Brighton & Hove Albion Women's manager Hope Powell said: "To have a preparation game for England at the Amex is fantastic, and as a club and as an FA we will be working hard to raise awareness that the game is on.

"It's a great stadium and I'm sure that for both England and New Zealand it will be a privilege to play here."

Sussex County FA chief executive Ken Benham added: "We're privileged to have the Lionesses playing their last match before they head off to France for the World Cup right here in Sussex.

"It is a great opportunity for Sussex football fans to see their England heroes up close, and a packed out Amex Stadium would give the players the best possible send off!"

The Road to France Series comprises:

- Friday 5th April : England v Canada – Academy Stadium, Manchester City FC
- Tuesday 9th April : England v Spain – The Energy Check County Ground, Swindon Town FC
- Saturday 25th May: England v Denmark – Banks's Stadium, Walsall FC
- Saturday 1st June: England v New Zealand – American Express Community Stadium, Brighton & Hove Albion FC

Albion chief executive and deputy chairman Paul Barber said: "We are absolutely delighted to be hosting another England international at our stadium.

"After hosting the World Cup qualifier against Montenegro almost five years ago, we saw the tremendous boost it had in helping to raise the profile of the women's game across our region.

"We now have a proven track record of hosting England internationals at the stadium, having also welcomed the under-19s and under-21 teams.

"Hopefully we can attract as many fans from across the country as possible, and make it another occasion to remember."

England Team manager Phil Neville said the Road to France matches would ensure that the players 'hit the ground running' when they arrive in France.

"This is a huge year for my players and staff, and we are going to France with the aim of making the country proud."

The Lionesses' group stage schedule at the World Cup is:

- Sunday 9th June (5pm BST): England v Scotland – Stade de Nice
- Friday 14th June (8pm BST): England v Argentina – Stade Océane, Le Havre
- Wednesday 19th June (8pm BST): Japan v England – Stade de Nice

To be in with a chance of winning tickets just answer the following question: Who is the current manager of the England Lionesses?

Email your answer, along with your name, address and contact telephone number to competition@hurstlife.co.uk. One winner will be randomly selected from the list of correct entries. The closing date for entries is 14th May 2019.

Sussex boys' hockey champions across four age groups

Hurstpierpoint College boys have had one of their best hockey seasons ever this year, with all four first team squads across the age groups being crowned Sussex Champions.

It was a winning debut for the U14s, who could not have had a better start to their Hurst and Sussex Cup campaign, beating Eastbourne College in the final.

On their way to becoming County Champions for the third year in succession, the U15s had a rather slow start to their campaign but put in another strong performance to win the final and the Sussex Cup 3-1. "It is a fantastic achievement to be crowned the county champions for the third year in a row," said coach Nick Creed.

The U16 boys produced a series of memorable performances as defending champions against stiff opposition. Coach Dafydd Charles said: "Their hockey is becoming a joy to watch - they move the ball well and attack with speed."

The U18 team faced Eastbourne in the final. Having already lost to them earlier in the term, Hurst this time triumphed in a penalty shoot-out. "The boys played with their hearts and I can only thank the team for their amazing efforts," said Robbert Schenk, U18 coach.



Footballers tackle mental health issues

The MSDC Wellbeing team and Places for People Leisure are working together to offer a new mental health support programme at The Triangle leisure centre in Burgess Hill.

Run by the Crawley Town Football Club Community Foundation, the 'Move the Goalposts' programme is open to anyone who is experiencing or has a history of mental health issues, including stress, anxiety or depression.

The programme provides an opportunity to meet new people in a welcoming environment. Sessions are split into two halves. The first hour is a chance for the group to talk about anything that may be troubling them or that they would like support with. The second half focuses on physical activity and often includes a friendly game of football.

Staff members from the CTFC Community Foundation are trained to offer guidance and support on physical and mental health matters. Joining the community encourages positivity, good mental health and improves overall well-being.

The group meets at Costa Coffee in the Triangle every Thursday at 10am. Anyone who is interested in taking part can either turn up on the day or call the Triangle Leisure Centre for more details.



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Design & Conservation Awards in Hurst

By Christopher Maidment

In line with its conservation brief, Hurstpierpoint Society awards Certificates of Commendation each year to acknowledge good craftsmanship and design throughout the village. The commendations apply to small projects, including conservation, restoration and repair, and larger projects such as new build and extensions.

Last month the Society held its 11th awards event at Hurstpierpoint Village Centre.



The most exciting awards went to Richard Burrows, the owner of Danny House, and Philip Jackson, Britain's foremost sculptor with a worldwide reputation for public commissions that include such work as Mahatma Gandhi in Parliament Square and Bobby Moore at Wembley.

Jackson's magnificent bronze sculpture of Lloyd George Dancing the Hornpipe at Danny, unveiled in September last year, commemorates the centenary of the end of World War One and the part played by Danny House. The elegant and well-proportioned statue, along with the brick plinth and plaque, acknowledge the historical and architectural importance of the Grade 1 listed Danny house and its parkland.



A Conservation and Design Awards 2019 went to 1 Wickham House, High Street, Hurstpierpoint, for the skilful renovation of the white picket fence and gates on the frontage within the High Street Conservation Area. (Owners: David & Sally Hurry, Craftsman: Brian Diable)



Also recognised was Hurstpierpoint Bowls Club for the sensitive care taken in providing a seamless extension to improve the facilities at the Bowls Club, located in the heart of village within the High Street Conservation Area. Sympathetic materials have been used, with particular emphasis on the detailed brickwork and coping, which complements the style of the original wall in its setting in this prominent and historic location in the village. (Owners: Hurstpierpoint Bowls Club. Architect: Geoffrey A Twyman RIBA, Stirling Design & Construction Services Builder: Closewall Ltd)

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RECYCLE THIS...

WSCC Recycling Ambassador Colin McFarlin sheds some light on what can and can't be recycled in our domestic blue bins. If you have a question for him, email: editor@hurstlife.co.uk



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Keep the questions coming...

I really enjoy the challenge of the questions you send me. This month I will share with you two of the questions I received.

What can I do with old towels, bed linen, clothes, etc?

You will be pleased to know there are a number of options open to you.

You can contact the Cats Protection at Chelwood Gate 01825 741 330 as they are often looking for old towels and bedding they can use for their stray cats.

You can take them to a charity shop. As you know charity shops accept good quality items they can resell, but did you know that charity shops also accept 'rags'. This is the term used to describe old worn clothes that cannot be sold in the shops. These are collected and sold to the rag industry where they are shredded, cleaned and used as filling for, amongst other things, car seats. Next time you are sitting in a car you are almost certainly sitting on someone's old clothes!

You can take them all to the Household Waste Recycling Site in Burgess Hill or East Grinstead, where you will find a specific bay for your items. These are also sold to the rag industry, but the money goes to WSCC for essential services.

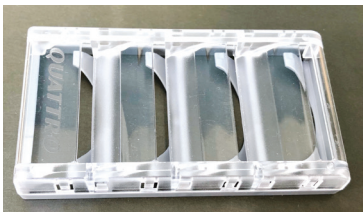
Do you remember rag and bone men? Well, it is the same trade, but without the horse and cart!

You can take them to the many clothes banks you will see around Haywards Heath. You can find them at Sainsburys in the car park immediately to the right as you drive in, or outside many local shops.

The important thing is NOT put them into your kerbside recycling bin or your kerbside rubbish bin as they cannot be recycled through that mechanical process.

How can I recycle the plastic holder my razor blades are packed in (see photo)?

This type of plastic cannot be recycled in your kerbside recycling bin but do put into your black top rubbish bin and all the plastics and paper are extracted and turned into RDF - Refuse derived Fuel that is then sold to industry. This way they do not end up in landfill.



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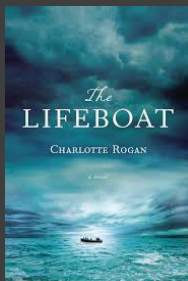
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Lifeboat by Charlotte Rogan

BOOK REVIEW

By Clair Stanton

A courtroom drama crossed with a maritime adventure, 'Lifeboat' is the testimony of Grace Winter, survivor of the sinking of the transatlantic liner Empress Alexandra in the summer of 1914.

There aren't many supplies on dangerously overcrowded Lifeboat 14 and it is only two days before the first remarks are made suggesting that volunteers 'go for a swim'. There is one crew member in the boat, an able seaman named Hardie, who initially took charge. Soon his authority is challenged by some of the passengers led by Mrs Grant, a woman who is not afraid to make difficult decisions.

After three weeks adrift the remaining survivors are rescued, but this leads to further complications for Grace – 22 years old and just weeks into her marriage to a rich banker, she finds herself widowed and on trial for her life.

Lifeboat dramas are usually dominated by male characters, so this story is unusual for the genre - there are a number of strong female characters among the castaways. The reader learns the story as told by Grace, the action switching from the courtroom to the events in the boat itself, as layer by layer the truth is revealed.

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



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Hiver Beers launches exciting beekeeping and beer-tasting experience in Albourne

Hiver, the 100% natural, all-British craft beer, is offering an immersive beekeeping and beer-tasting experience in the heart of the picturesque Sussex countryside.

Teaming up with award-winning British wine producer Albourne Estate, Hiver is offering access to this beautiful vineyard for a day which celebrates the best of British produce.

The two hour session starts with a short introduction to these essential and intriguing creatures before getting suited up for a hive inspection.

After the fun of helping Hiver's beekeeper handle the frames, checking the health of the hive and getting up close with the bees themselves, participants will retreat to Albourne Estate's tasting room to relax over a tantalisingly tasty honey beer and food matching session.

Guests will then have the opportunity explore the rest of the enchanting vineyard, on-site shop and bar where you can sample some of their award-winning wines and even book up to join an Albourne wine tour.

The next available tours at Albourne Estate are 25th May and 8th June, and tickets can be booked online at: shop.hiverbeers.com





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Mid Sussex Marathon Weekend

Last year over 1,400 runners took part in Mid Sussex Marathon Weekend, which is on this month in East Grinstead, Haywards Heath and Burgess Hill. Runner's World recently featured this event in '21 amazing UK marathons that aren't in London'. Event Director Simon Adby provides five good reasons to get involved:

1. Benefits to your health

Exercise is closely associated with a number of benefits for our bodies and brains, and running is one of the most straightforward and easily accessible ways to obtain them.

Running strengthens your heart, burns calories and makes you stronger. It also gives you that feel-good factor as it reduces stress, wards off anxiety and feelings of depression, boosts self-esteem and gives you a good night's sleep.

2. Great medals

Everyone who finishes an event over the weekend will leave with a medal. Those who choose to tackle the Mid Sussex Marathon (3 races in 3 days) will receive a special commemorative medal that has a unique design every year.

3. Beautiful Mid Sussex

Mid Sussex Marathon Weekend takes place in the three towns of East Grinstead, Haywards Heath and

Burgess Hill. Each event takes participants over the beautiful surrounding countryside through woods, across meadows and on footpaths. It's the perfect time of year for the district of Mid Sussex to be seen in all its glory.

4. Amazing volunteers

Our amazing volunteers turn out every year to support the event organisers by marshalling the route. Everyone is fed and watered during the day and rewarded with a memento T-shirt. Runners always tell us how inspirational our marshals are and how they make the event such a success.

Can you spare half a day? It's easy to get involved, just get in touch and we'll welcome you into our volunteer family.

5. Community event

The Mid Sussex community is at the heart of our event. Hosted by the respective Town Councils, the event brings together local volunteers, businesses, community groups and organisations, as well as families and individuals. Offering something for families, children and adults, the event presents a perfect fundraising opportunity for causes close to your heart.

Mid Sussex Marathon Weekend will be held 4th-6th May 2019, and this year featuring new routes in East Grinstead and Haywards Heath. For more information about the event, including route maps, please visit: www.midsussexmarathon.co.uk

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Ultimate family day out

READER COMPETITION

Heralded as 'THE' ultimate family day out in the South, the South of England Show is returning this year from 6th-8th June and we have two pairs of adult tickets to give away in this exciting competition (accompanying children under 16 go free!).

Taking place at the iconic South of England Showground in Ardingly since 1967, the annual event has become a 'must attend date' spot in the family calendar offering people of all ages a varied programme of entertainment and a chance to reconnect with the countryside.

This year's three-day programme features the popular agricultural and equestrian competitions and displays, alongside rural crafts and an abundance of food, drink and shopping opportunities.

Children will enjoy watching Shetland ponies go head to head in their own mini Grand National, or piggies performing in the piggy pranks obstacle course.

In the Heritage Zone they will be able to experience life as a Saxon or Norman and watch thrilling battle re-enactments, while the Discover the Countryside area offers pond dipping, birds of prey and the chance to meet some water buffalo.

The youngest members of the family can explore The Gruffalo Wood and meet the beloved storybook character himself (subject to appearance times).

Parents and grandparents can enjoy the thrilling spectacle of the Bolddog Lings motorcycle stunt display or visit the new for 2019 Wine Walk where they can sample the wine and learn about the fabulous vineyards right on our doorstep.

Even the teenagers will enjoy the event with many 'instagramable moments' to capture with the show's music stage hosting sensational artists from East Sussex College.

Iain Nicol, CEO of the South of England Agricultural Society (SEAS), said: "Every year we welcome thousands of visitors to The South of England Show, and this year we're expecting a record 70,000+ guests over the weekend."

He added that the SEAS is a charity and the annual show raises vital funds to support people with an interest or involvement in agriculture and other related land-based industries. "From inspiring schoolchildren to learn about the land, to offering travel bursaries for people working in the farming sector or helping with

funding towards agricultural research - we want people to know that when they visit The South of England Show they will also be supporting these fantastic projects and people across the South East," he said.

To win a pair of tickets to this year's show just answer the following question: In what year was the very first South of England Show held? Email your answer to: competition@hurstlife.co.uk. Don't forget to include your name and contact telephone number. The closing date for entries is 14th May 2019.

Tickets for the South of England Show 2019 are available from www.seas.org.uk and can be bought online in advance for a 10% discount. Tickets cost £22 for adults, £20 for senior citizens/students, and under 16s go free with a paying adult.

Haywards Heath Auto Centre

2 Bridge Road,
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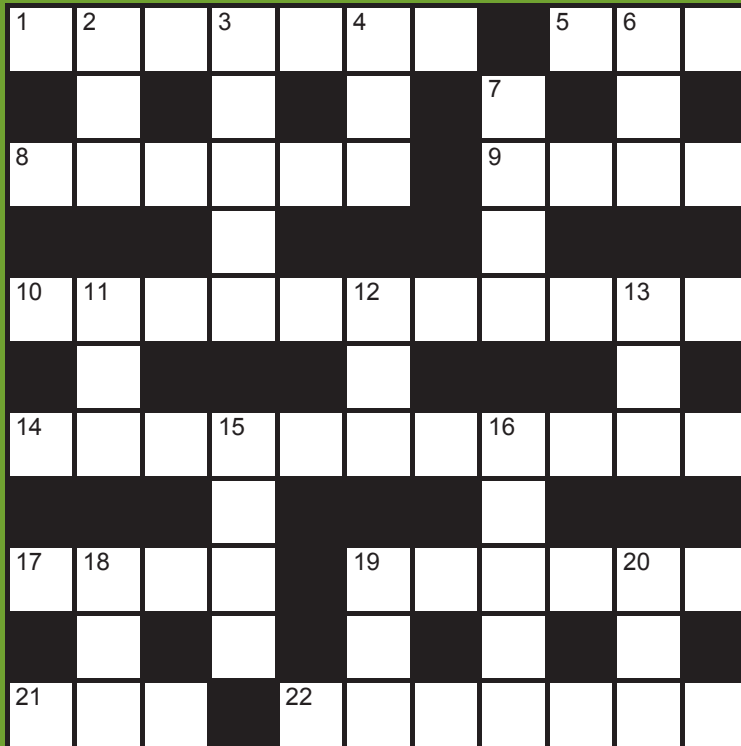
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Family crossword



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.75

Across

- 1 Psalm book (7)
- 5 Shelter (3)
- 8 Reflecting surface (6)
- 9 Test (4)
- 10 Manufacture in large quantities (4-7)
- 14 Fragments (4,3,4)
- 17 Couch (4)
- 19 Non meat-eater (6)
- 21 Pigpen (3)
- 22 Disrobe (7)

Down

- 2 Snow runner (3)
- 3 Songbirds (5)
- 4 Spike of corn (3)
- 6 Period of history (3)
- 7 Alcoholic drink of fermented honey (4)
- 11 Help (3)
- 12 Hurried (3)
- 13 Fish (3)
- 15 Smack (4)
- 16 Enthusiastic (5)
- 18 Plump (3)
- 19 Covered vehicle (3)
- 20 Belongs to it (3)

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Hurst *Life*

Sudoku #34

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

Find the solution to #34 in next month's magazine

#33 Solution

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

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** – 7.45pm, 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

May

- 2nd **Local Elections** – all day
- 7th **Art Workshop** – 6pm onwards
- 14th **Hurstpierpoint Horticultural Society** – 7.45pm Wakehurst - Kew's Wild Botanic Garden. An illustrated talk by Iain Parkinson
- 18th **Pamper Night** – 7pm Fundraising for Hurstpierpoint Preschool
- 21st **Wolstonbury WI** – 7.45pm Resolutions followed by Hurstpierpoint Hedgehog Haven by Ann Winney (Visitors welcomed, 01273 834421)
- 24th **Gong Bath Sound Therapy** – 7pm
- 26th **Heber Opera** – 6pm Bellini's Norma performed in the round

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

AND ELSEWHERE

May

- 1st **Hurst Monthly Social Group** – 2pm Guide HQ, Trinity Road - Alfreda Thorogood on her life as a ballerina (visitors £3, contact Dianne 01273 835284)
- 4th-6th **Mid Sussex Marathon Weekend** (www.midsussexmarathonweekend.co.uk)
- 5th **Mid Sussex Ramblers** – 11.15am Meet Trinity Road car park - Early Purple Orchard nature walk up Wolstenbury Hill. Bring picnic. No dogs (Peter 07842 537361)
- 6th **Hassocks May Day** – from 12noon Adastra Park, Hassocks - Stalls, dog show and entertainment
- 9th **Haywards Heath Ceramics Group** – 10am Clair Hall, Haywards Heath - Talk: 'Beasts from the White Collection' by Mary White (Free entry for anyone coming along for the first time, otherwise £8, 01444 452804)
- 9th **Mid Sussex Asn National Trust** – 2.30pm Clair Hall - Talk: 'Unexplained Mysteries and Cover-Ups' by Andy Thomas
- 10th **Charity Dinner Dance** The Birch Hotel, Haywards Heath – In Aid of Breast Cancer Care, inc. 3 course dinner and live music (Book by 2nd May, 07766 674004, £39)
- 11th **reMEMber Event** – 2.30pm Clair Hall - ME Awareness Week conference hosted by the Chronic Fatigue Syndrome Society with Dr Charles Shepherd and Dr Nina Muirhead (£5, 01273 831733)
- 15th **The Arts Society Mid Sussex** – 10am Clair Hall - Lecture: 'Three Great Families and their Gardens: The Astors, Rothschilds and Sackville-Wests' by Caroline Rayman (non members welcome, £7)
- 19th **The Great British Gin Festival** – 5-10pm The New Inn – Taste over 30 different gins at this event organised by South Downs Cellar (£15)
- 24th-27th **Art Exhibition** – 10am-5pm Ditchling Village Hall - Attic Art Club celebrates its 80th anniversary with exhibition (Admission free, www.atticartclub.co.uk)
- 31st **Hurst Historical Society** – 7.45pm Guide HQ, Trinity Road - AGM and talk: 'Sport and Scandal at Sheffield Park' by Roger Packham (Bill Kent, 01273 832280)

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