

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #52 : July 2019

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Village People: Ivor Knox

p. 30

St Lawrence Fair timings

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Open Gardens photo round-up

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EDITORIAL

By David Tingley, Editor

This issue comes out right before the wonderful **St Lawrence Fair**, which takes place on Saturday 6th July. There are detailed timings for **Fair Day** on **page 11**, so make sure you have all the information before the very special weekend in the village calendar.

Hurst resident **Ivor Knox** talks to **Mike Thatcher** on **page 30** and explains a bit about what it's like doing life 'on tour'. I know Mike enjoyed spending time with someone who is clearly a specialist in his field. Thanks Ivor for stepping up!

If you feel like you need a treat, turn to **page 40** where **Belle Amatt** shares a recipe for a Dark Chocolate and Apricot Tart! If you want to see other people eating cake, there are plenty of photos on **page 48** from the recent **Hurstpierpoint Open Gardens**, courtesy of **Prue Heron**.

The **Parish Council** takes its regular page on **page 33**, and we find other regulars in the form of **Hurst Village Cinema** (p.38), **Hoggie Help** (p.34) and **Juliet Sargeant's Gardening Calendar** (see p.27).

Football news is the focus on **page 36**, where **Hurst Colts** find themselves doing very well indeed. If cricket is more your thing, turn to **page 53** where **Rob Sawyer** gives us the lowdown on the cricket club.

Mike goes **Behind the Counter** at **Hurstpierpoint Alterations** on **page 44** – where **Maria Fox** explains what makes her, and her business, tick. On **page 47** **Joel Kalani** takes his turn answering the quick fire '**5 mins with...**' questions. Thanks Joel and Maria for being part of what we do.

Enjoy the Fair, get your photo taken in our #StLawrenceFair frame and email it to us: photos@hurstlife.co.uk. It's the same address for any **Holiday Snaps** (p.45) clutching your copy of the magazine!



Issue #52 – July 2019 –
4,200 copies printed

Next magazine copydate:
16th July 2019

Next magazine published:
30th July 2019

Hurst Life

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Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors.

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Paul Thurston
Fair Day from above

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

Vivace! Concert at Danny

A Summer's Evening Concert at Danny House in Hurstpierpoint prepares Vivace! for another decade of raising funds for local charities.

In a continuing climate of funding cutbacks, many charitable organisations are finding it very difficult to maintain income streams. Many know that fundraising is a challenge - even for the biggest charities - and that is where Vivace! can help.

During the last two decades Vivace! has raised well over £100,000 for Sussex charities of all sizes. It is a mixed 'a cappella' choir (singing without accompaniment) based just down the road in Ditchling.

Sharon Flower explained: "In order to promote our choir and its ethos, we are holding a Summer's Evening Concert on Saturday 3rd August at the beautiful location of Danny House. The grounds will be open from 5.45pm if you wish to bring a picnic to enjoy before the concert, which will take place at 7.30pm in the historic Great Hall. It should be a memorable evening!"



Tickets are priced at £12 and can be bought from Marcus Grimes or from Sharon Flower on 07900 698751 or email: sharon.c.flower@btopenworld.com.



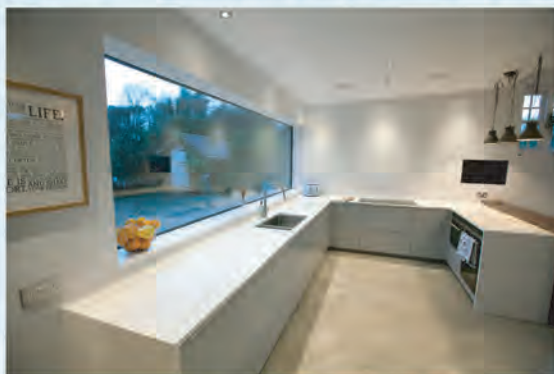
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Bag competition results are in

By Jess Adams

It was such fun running this competition which we launched to find designs for a new range of stunning and fun reusable canvas bags at Poponin.

We had over 30 entries and, as it turned out, an astonishing number of people voting. Both online and at the shop, we ended up counting over 700 votes. In my eyes everyone was a winner, as all entries were delightful and unique in their own ways. Thank you to everyone who entered and to all those who took the time to vote online or popped along to vote at Poponin. Winners have already been contacted to arrange collection of their prizes.

Maddie, aged 12, was the winner in the 10-14 age category, with Hughie and Cassidy as runners up.

Phoenix, aged 6, was the winner in the 6-9 age category, with May and Kitty as runners up.



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Robin and co climb three peaks

Albourne resident Robin Burgess may not have had breath to sing 'Climb every mountain' or 'Ain't no mountain high enough' while he did it, but he scaled the heights of the three highest peaks in Scotland, England and Wales in the name of healthy living and charity fundraising at the end of May.

Training for this endurance endeavour was ably supported by Hendrick the bearded collie. Many of you will have seen his friendly face and wagging tail outside numerous Hurstpierpoint shops. His firm favourite has to be the pet shop, which he visits most Saturdays for supplies of dried sausages, but a walk up the High Sreet wouldn't be complete without a visit to the New Inn!

Robin, along with 27 colleagues from Burgess Hill based healthcare company Roche Diagnostics UK, attempted to climb the three peaks of Ben Nevis, Scafell Pike and Snowden in just 24 hours. A total of 14,587ft and 23 miles of walking.

Ben Nevis presented the group with low cloud, rain and even snow near the summit, all of which conspired to cause an injury to one of the team, who fell in the tricky conditions at 4,000ft. Unable to walk, and in filthy weather, the Lochabar mountain rescue team was called to assist to get the injured team member down the mountain to a height where a helicopter could safely land to extract the casualty, while the rest of the team walked down out of the mist bedraggled, sodden and relieved.

Robin explained: "After assessment at Fort William hospital, the team member was discharged, diagnosed with soft tissue damage and told to rest. Thankfully no long-term damage. Despite the setback the team spirit shone through. We knew we had negotiated the first part of the challenge and were determined to complete the task. The long journey south in the coach began."

Scafell Pike climb was started at midnight, the route lit by head torches. After successfully reaching the summit, the team were treated to the early sunrise from the east as they descended back down, reaching the car park at 4am.

"Tiredness was really taking effect by now. With the 24hr target slipping away, the decision to take a rest break on the way to Snowden was treated with strained smiles, thoughts of coffee and a bacon buttie!"

Arriving in Llanberis pass, the team rallied one final time. They set off a brisk pace along the Pyg track, up into the cloud shrouding the mountain. Two and a half hours later, the cheers and applause from the front of the group signalled that we had reached the summit of Snowden 30 hours after we started climbing Ben Nevis. Through tears of exhaustion, relief and overall achievement the team took pictures at the summit.

So far they have raised an incredible £14,000 for Action for Children, where all the money raised is used to support vital services for children in Scotland, England, and Wales.

If you like to support Robin and his colleagues, donations can be made at this web address: <https://virginmoneygiving.com/robinburgess3> or if you see Hendrick in the village I'm sure he will gratefully accept donations in person!





Weleda recycling point open

Staff at Sussex Osteopath at 135 High Street have begun acting as a collection point for Weleda plastic tubes.

The scheme is being run by the beauty and skin care brand in partnership with TerraCycle. Nicola Newson of the clinic commented: "The Weleda Plastic Recycling Programme allows us to actively encourage recycling of 'soft touch' plastic tubes and prevent them from ending up in landfill, so this is great news for the environment, and we are pleased to be doing our bit."

TerraCycle points earned through these public drop-off locations will turn into cash to support the Global Penguin Society.

The scheme accepts all Weleda-branded soft touch plastic tubes, including body washes and lip balms. It doesn't include any other brand of plastic tubes. Nor is it for any of the other associated recyclable packaging from your Weleda product, as these can be recycled elsewhere.

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Community group for dads and kids launches

A new group for dads and their kids launched last month at the recently refurbished Court Bushes Community Hub in the village, to an extremely warm welcome from 15 dads and over 25 kids, and a hardcore rap session from Brighton-based music charity, Audio Active.

The volunteer-run group called 'Dad La Soul' aims to eradicate the social isolation that can be experienced by dads and give them a fun, welcoming environment where they can spend time with their children. It will run on the first Saturday of the month, with each session being led by a different dad who will teach the group a new skill.

Dad La Soul offers activities including everything from film, music and zombie mask making to DJ and circus skills workshops, as well as soft play, science lessons, crafting and games.

The sessions have been funded by Clarion Futures, the charitable foundation of Clarion Housing Group which provides social housing in the local area and works with residents to transform their communities.

Father to a seven-year-old son, Dan Flanagan founded Dad La Soul having struggled to find groups for dads and their children in his local area.

"We have been running in Worthing for the last year and a half and regularly have 70 or so dads and kids joining us. Being able to bring this over to Hurstpierpoint



is fantastic. We had dads that recognised each other from the school run but have never spoken, chatting away like old friends by the end of the session."

He continued: "Being a dad can be quite lonely at times, but men don't like to talk about that. Through Dad La Soul, my hope is that dads, stepdads, granddads and carers can come together to have fun, make friends and learn new skills. We're delighted to be working with Clarion Futures to bring Dad La Soul to Hurstpierpoint."

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Photo: Claire Brewer Photography

Fair Day is here

ST LAWRENCE FAIR

Just a quick article this month as Fair Day (Saturday 6th July) is nearly here! See the page opposite for the running order from Saturday but don't forget...

Please bring your own plastic cups and 'glasses' for the Friday night and the Saturday, as we are only supplying pint and half pint cups – so, no wine or Prosecco style cups this year.

Please bring your own reusable water bottles. We will have some bottled water but we will be mostly using free water caddies at the bar, committee tent and Round Table tent for people to use.

Please book your VIP table for the Friday night – £100 for ten-seater table in a great location with added extra treats. Email: stlawrencefair@gmail.com to book.

We will be running our 50/50 raffle again – tickets have been on sale at other pre-Fair events but will be on sale at the Teddy Bears Picnic, Friday Band night and the committee tent on Saturday. We share half the sale money with the winning ticket – if we sell £500 worth of tickets the winning ticket wins £250.

One last thing – don't forget if it's really hot or really wet, we are changing the normal procession route. We will turn left out of Marchants Road, head up Cuckfield Road and then left into the High Street at the roundabout. We will only do this if we really have to, as we know that so many of you love to line the route to cheer us round. It will be announced on our social media accounts on the Friday afternoon (5th July).

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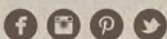


FORTHCOMING EVENTS

Spring Supper Club (9th May)

Queen Victoria's Birthday
(24th May)

Italian Renaissance Dinner
(14th June)



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FAIR DAY RUNNING ORDER

- 12:00pm** **Stalls, Street Food market and Harris's Fun Fair opens**
- 1:00pm** **Procession starts from Marchants Road, led by TS Intrepid NTC Marching Band and accompanied by a peal of bells, with thanks to Holy Trinity Church**
- 2:00pm** **Processions arrives in the Arena and Prizes are awarded for the best motorised and walking floats**
- 2:25pm** **procession leaves the arena**
- 2:35pm** **Hurst's got Talent winners of 2019 perform and officially open the fair**
- 2:45pm** **Fun Run starts from the Arena. Runners finish behind the children's playground from approx. 3.10pm**
- 3:00pm** **TS Intrepid NTC Marching Band Performance**
- 3:15pm** **Thank you's and prize presentations**
- 3:35pm** **Group performance by 'create space studios'**
- 4:00pm** **Audience Participation**
- 4.15pm** **Grand Finale**
- 5.00pm** **Fair closes**

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* The Committee Tent is a 'Meeting Point'. Please let your children know, in case they find themselves lost. *

This programme is correct at the time of going to press, but the organisers reserve the right to vary or omit any event without prior notice. Times are subject to change. The Fair Committee cannot accept any liability or loss or damage to personal property, or any accident or injury which may occur during activities related to the Fair.



Happy Circus, happy kids

The Big Top came to the playing field of St Lawrence School last month in an event run by the PTA. All 600 tickets were sold and the traditional mix of circus acts from Happy Circus entertained children and parents alike. An amazing £2,500 was raised for the PTA.

Your library promises to be out of this world!

This year's Summer Reading Challenge is Space Chase, celebrating the 50th anniversary of the very first moon landing. Children taking part in the Challenge this year will help space family the Rockets in their thrilling mission to recover books that have been borrowed by cheeky aliens.

It's free for all families to take part and you can collect fun rewards as you read books through the holidays and is launched from Saturday 13th July. Best of all, children are free to choose whatever library books they like!

After registering online for the challenge children will be rewarded with a special Space Chase wristband. Holly, Laika, Nana Whiz and the other Rockets will help them solve clues and collect stickers, as they read books throughout the summer, coming back to the library to tell us what they've read. Once they've read six books, the children will be rewarded with a special Space Chase certificate and medal.

Really young ones can complete the Mini Challenge. Libraries will reward under-threes with a special 'gold medal sticker' as well as a certificate with their name on!

You only need a library card to register for Space Chase - and if you don't have one yet we can give you one of those for free too.

The library welcomes volunteers aged 14+. You will get the chance to chat with the children about the books they have read, give out stickers and other rewards and



encourage them to make further visits to the library to progress through the Challenge. Speak to the team in Hurstpierpoint's Library within the Village Centre.

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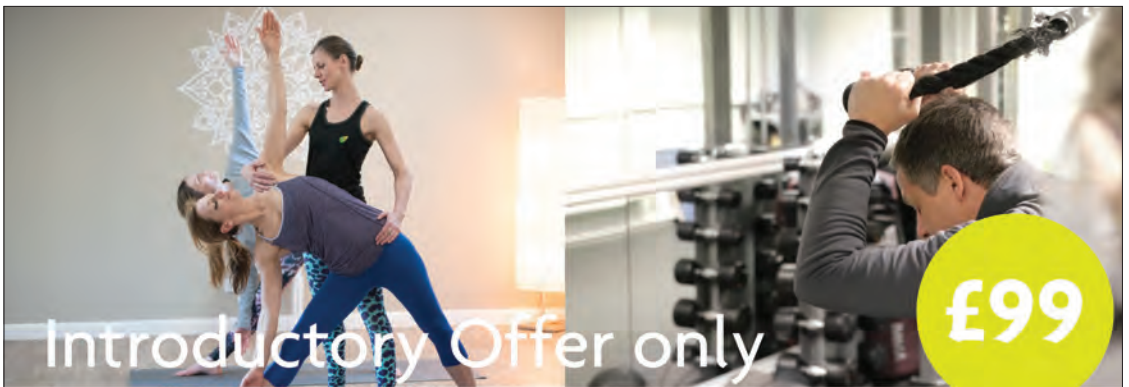
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Planters bring play and learning

The Hurstpierpoint Allotment Society has very kindly custom-made raised planters for both Cottis Preschool and Hurstpierpoint Preschool, and donated a variety of plants, including squash, tomatoes, strawberry, cucumber and peas as well as lots of different seeds that the children can grow for themselves.

"We are very excited to have these new additions in our garden area at preschool," said Sam Anthony, owner of Cottis. "The raised planters are fantastic as the plants are positioned at a child friendly height making it perfect for the children to access. Gardening provides vast learning experiences and allows the development of a whole host of new skills. The children will be able to watch plants grow from seeds and marvel at how the fruit and vegetables increase in size and change colour. They will learn how to nurture the plants and have the opportunity to pick and try the different fruit and vegetables during our snack times. Everyone at Cottis Preschool would like to say a huge thank you to the Hurstpierpoint Allotment Society for its generosity."



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Hurst Players take on black comedy

The Killing of Sister George is the latest Players Theatre production and runs from 2nd-6th July.

It is probably remembered by many as the 1968 film starring Beryl Reid and Susannah York. One of the first films in history to receive an X rating in the US (which doubtless added to the film's success!). However, most of the scenes that led to this were pure Hollywood additions to the original text.

In this play television actress June Buckridge has been playing a role for some time in a long-running radio soap drama as a lovable district nurse. However, in true life she is an outspoken, domineering and frequently inebriated woman. June's life begins to fall apart when she discovers that her character is to be killed off due to low ratings and her own behaviour at work. Conflict arises when a no-nonsense BBC network executive comes to see the actress in person.

This play is described as a black comedy, and indeed there are plenty of comic moments. But it is also a story of role reversal and of transfer of power between people.

Director Annette Squire said: "A lot of hard work has



gone into rehearsals and we have a great cast, consisting of Liz Gibson as June, Lyn Snowdon as Alice, Sue Wicks as Mrs Mercy Croft and Bernie Hecht as Mme Xenia. At the time of writing it is all looking very good and we are looking forward to a great show."

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Kitchen pop-up

Last month saw the first 'Longevity Kitchen' pop-up event at Marram Trading hosted by Hurstpierpoint resident Belle Amatt and Tanya Scorer.

The evening was planned to identify key anti-ageing factors, which include not only eating a plant-based diet but also focusing on community and the drinking of wine with friends and family.

Belle explained: "All three courses were typically Greek. The menu was rich in vegetables, including a slow roasted carrot dip, a spicy beetroot blend and the classic Tzatziki with abundant amounts of dill and parsley. Foods were flavoured with herbs and spices rather than fat and salt as in a typically processed dish."

Another part of it was allowing guests to be free to speak to the person next to them, and make new friends. "The community spirit truly shone through," Belle said. "And this is one of the main driving factors which led us to put this evening together."

The next event is being planned for September.

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Junk Orchestra inspires children

Albourne CE School celebrated World Oceans Day with the primary school children carrying out a range of activities, including taking part in a Junk Orchestra.

"Our focus was on preventing plastic pollution, and the children made fish from plastic bottles, turning them into shoals for display, as well as fashioning instruments and sea creatures from plastic and card packaging," said Headteacher Mrs Claxton.

The Junk Orchestra held interactive workshops, with children playing instruments made from plastic barrels and flip flops and other bits of rubbish, with the whole school, dressed in blue or as sea creatures, dancing along to the junkyard beat.

One of the school parents, Mrs French, is rowing 100

miles along the Cornish Coast to raise awareness of the need to protect our oceans.

"The children learnt lots of facts about oceans through a quiz and about the damage caused by large-scale fishing and plastic pollution. The children said, as two thirds of our planet is water, we shouldn't be called Planet Earth but Planet Ocean," said Mrs Claxton.

"It was a fantastic day of learning, making the children aware that when they throw rubbish 'away' it doesn't disappear but becomes someone else's problem. The fun activities carried a serious and important message of conservation and the need for everyone to play their part in raising awareness and taking personal responsibility."

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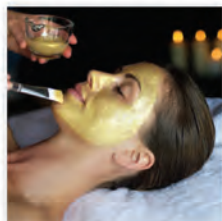
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Family fun at Court Bushes

Mid Sussex District Council and Hurstpierpoint and Sayers Common Parish Council welcomed villagers to the official opening of the new Court Bushes Community Hub on Saturday 1st June.

Over 100 local residents celebrated the launch of a fantastic new community building with free refreshments, music by DJ Neel, dance demonstrations and a bouncy castle and soft play facilities for the young children. Mosaic artist and teacher Caroline Budden helped people to add their personal touch to the new facility by leading a mosaic workshop and giving everyone the opportunity to contribute to a beautiful new sign.

The Point Church provided tea, coffee, great cakes and ice lollies for the children and looks forward to inviting people back to the Melting Pot community café which will be open every Wednesday and Friday, 9am-4.30pm. The council is also thankful to Bell Homes and Clarion Futures for funding the mosaic sign workshops and helping out on the day.

The Court Bushes Community Hub has risen like a phoenix from the flames, after the former Ex Serviceman's Club was devastated by fire in 2017. Mid Sussex District Council and Hurstpierpoint and Sayers Common Parish Council have worked together to bring the building back into use as a community facility.

Councillor Colin Trumble, Chairman of Mid Sussex District Council, said: "I have followed the remarkable transformation of this building with great interest over the last two years and I'm absolutely delighted that local people are now able to make use of such a magnificent new facility."

The new community building is a flexible space that can be divided into three self-contained areas to allow different events and functions to operate simultaneously or opened up to make space for larger events. Kiddie Capers preschool is based in the nursery area of the building to provide childcare services for nearby families.



The new facility has been built by Mid Sussex District Council and will be managed on behalf of the local community by Hurstpierpoint and Sayers Common Parish Council. Anyone who would like to hire the Court Bushes Community Hub or wants to find out more information about the facilities and activities on offer can do so online at: www.hurstpierpointvillagehalls.org



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HOBBS

OF HURSTPIERPOINT

Wine merchants new owner

Hurstpierpoint recently welcomed Hobbs of Hurstpierpoint to the High Street, an off licence in between Tina Bucknall and Retrospective. Owned by Paul and Samantha Hobbs it joins their other branch in Henfield, and they employ a total of 11 staff. Residents of the village, they have children at both St Lawrence and Downlands schools.

Paul has worked in hospitality and retail since he graduated from University and is excited about opening a branch in his home village. "We look forward to establishing ourselves on the High Street in this great village. We love the sense of community and belonging and hopefully will be here for many years to come."

They plan a few surprises and specials for the St Lawrence Fair and advise people to keep an eye out on social media for information.



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Colin takes on Chairman role

Hurst resident Colin Trumble was first elected as District Councillor for Hurstpierpoint and Downs Ward in May 2011 and, on 2nd May this year, was returned again in the District Council elections. In the past eight years Colin has worked hard for the Ward, securing substantial grants for community facilities in the area and helping many local people with benefits, housing, planning and other issues. Now his Councillor peers on Mid Sussex District Council (MSDC) have elected Colin as Chairman of the District Council.

Colin explains what his new role would involve: "Broadly, there are two sides to the role, what happens in the Council chamber and then what happens in the Community. In the Council chamber I'm a bit like 'Mr Speaker' for Mid Sussex - chairing Council meetings and ensuring all Members have the opportunity to ask questions of Council policy. At the same time, I need to ensure Council decisions and business are completed efficiently and effectively for the benefit of our community. On top of this, the Chairman is MSDC's ambassador in the Community. So, for instance, over the past few weeks I have opened the new Community Centre at Court Buses, attended the opening of a new affordable housing development with The Princess Royal, given prizes at the South of England Show,



opened a new Age UK Centre and run a session with primary school children about local democracy."

With his new role, will this reduce his involvement with the local Hurstpierpoint and Downs Ward – working on behalf of the people who elected him? "Not a bit," Colin said. "At the moment I'm involved with a couple of local planning issues in the Ward, an anti-social behaviour issue, some road and traffic problems, a broadband coverage issue, helping one of the villages with a new playground and, I've just helped a young family move into more suitable housing."

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Move over Prosecco

Nearby Albourne Estate has recently launched England's first Frizzante; a product of last summer's bumper harvest that the award winning boutique vineyard is celebrating as its best vintage yet.

The lightly sparkling Bacchus Frizzante 2018 comes in a stand-out clear bottle with a screw cap and image of Brighton's iconic West Pier, complete with murmuration of starlings drawn by a tattoo artist.

Bacchus was the immediate choice for vineyard owner Alison Nightingale to make this light summer drinking wine, which she describes as lighthearted, fruit focused and dry. "The grape has a natural exuberance and a lightness of touch," says Alison, who has produced 3,500 bottles of the limited edition 2018 vintage.

In contrast to the estate's bottle fermented sparkling wines, the 12.5% abv Bacchus Frizzante, which is super pale in colour, has a more youthful and fresh nature achieved by Charmat/tank fermentation; the same process used to make Prosecco and for more aromatic grapes like Muscat. This means that the wine is fruit driven, like "a bite of fresh grapes", says Alison.

The Bacchus Frizzante has a lighter fizz because only a small amount of sugar was added on second fermentation. This has created softer, more subtle



bubbles which can be bottled with a screw cap.

"We believe we have created the perfect wine to enjoy during what we hope will be another glorious English summer," says Alison.

Bacchus Frizzante is available online and from South Downs Cellars, on the High Street.

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Primary School urges former pupils to inspire current generation

Former pupils of St Lawrence School are being invited back into the classroom to help broaden current pupils' horizons and boost their career aspirations for their future.

St Lawrence has joined a programme run by the national education charity Future First which helps state schools and colleges develop thriving and engaged communities of alumni and local supporters.

The programme is the first of its kind in the country to work with primary schools in this way and builds on Future First's successful work in more than a thousand secondary schools and colleges across Britain. It helps primary schools harness the time, talent and resource of their former pupils to show children the diverse range of possibilities available as they get older.

Paul Dyer, Headteacher, said: "We are always very keen to hear news of our past pupils. We are hopeful that our partnership with Future First will enable our staff and alumni to keep in touch to the benefit of present and future pupils of the school."

St Lawrence wants to hear from all former pupils, from those in established careers to recent leavers, alumni who live nearby to those who have moved away. They also want to hear from any parents or local employees who would like to get involved with school life. If you would like to support St Lawrence Primary School, sign up at: <https://networks.futurefirst.org.uk/signup/stlawrenceprimary>.

Future First Chief Executive Matt Lent said: "It's hard for young children to understand the connection between their school studies and the world of work. Our work in secondary schools has already shown that former students and local supporters are the perfect relatable role models, having an enormous positive influence on the confidence and motivation of young people. This new initiative will take these opportunities to primary schools and their pupils for the first time, ensuring all children have the chance to succeed regardless of their background."

Editor's note: We had a fantastic response to our request for former pupils to send in their old St Lawrence school photos. See more on this next month!



Rebecca Powell née Huggett in 1993



College team win two awards

Hurst College's Young Enterprise team, TOK, won two awards at the regional finals to become the most successful business in college history.

TOK continued their competition journey by travelling to the HG Wells Theatre in Woking, to contest the regional finals against other winning teams from Kent, Surrey, Hampshire, Jersey and Guernsey, for a chance to represent their business at the national final in London.

The team had worked incredibly hard to polish their stage presentation and prepare for their interviews with the judges and their hard work certainly paid off. They were awarded two of the top prizes - for Creativity and Best Financial Management.

Although they just missed out on a chance to compete at the nationals, they proved to be the College's most successful business ever, and they made a very positive impression on the judges.

"Our team did brilliantly - winning two awards at this level makes them the most successful YE team in Hurst's history," Jan Leeper, Head of Careers, said. "They created a credible and professionally branded company in just nine months."

Dog mess warning

By Monica Thorpe

Whilst walking my dog I had a chat with a local farmer. He was quite distressed at the thoughtlessness of dog walkers who may or may not be aware of their actions that cause this distress.

He told me that in the last three weeks he has lost a calf that ate a plastic bag containing dog poo which some inconsiderate person had just tossed aside. The calf, being curious, ate the green bag and choked.

On top of that, in the last three days another calf that ate the actual poo and died of the virus that it contained. The mother, too, has to be put down, as she has also contracted the virus.

I know most dog owners are responsible people, but some can't realise the dangers. There appear to be many people who collect their dog's waste – but then throw the bag into the bushes.

Can I appeal to dog owners, on behalf of local farmers, to please think carefully as to the effect it may have on cattle in the field. Make sure you take the bags with you and dispose of them safely. Be aware of your actions. Thank you.

Albourne Estate

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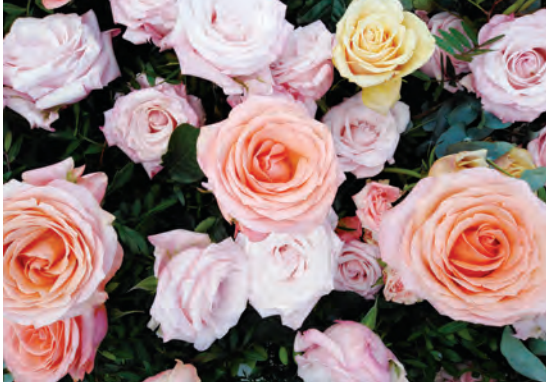
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The Scent of Roses

GARDENING CALENDAR

Have your roses taken a battering?

The heavy rain this June has cowed even the most resilient blooms. But take heart – many roses will repeat flower if given the encouragement of a feed with a high potassium plant food – rose or tomato feed will do the trick. And dead head them as much as you can. It is better to cut them back, to where the stem branches, with clean secateurs, but if you only have time to twist off the faded heads, that will do.

I very rarely plant a rose without scent (why would you?). The only exceptions I make are for blue roses, like Veilchenblau and Blue-for-You, because they are such a novelty – although, I am sure it won't be long before we have a scented blue. And occasionally I'll plant a lightly scented rambler, such as Ghislaine de Feligonde, which is a lovely apricot, or the wonderfully exuberant Rambling Rector.

But my favourites remain the delicious Mme Isaac Perriere and David Austin's Gertrude Jekyll. I'm a big fan of the David Austin English Rose collection; bred for repeat flowering and disease resistance. And their English climbers have the added benefit of flowering all the way up the stem instead of doing that old rose trick of flowering meekly level with your first-floor drainage hopper. But on the subject of rose diseases, don't be too quick to reach for the chemicals. Leave your greenfly alone and the ladybirds will devour them, and most roses will happily fight off a little black spot if you feed them well, water them in dry spells and collect up the fallen spotted leaves. What's a little black spot between friends!

Juliet is running a course on companion plants for rose borders, at Borde Hill Gardens in July.

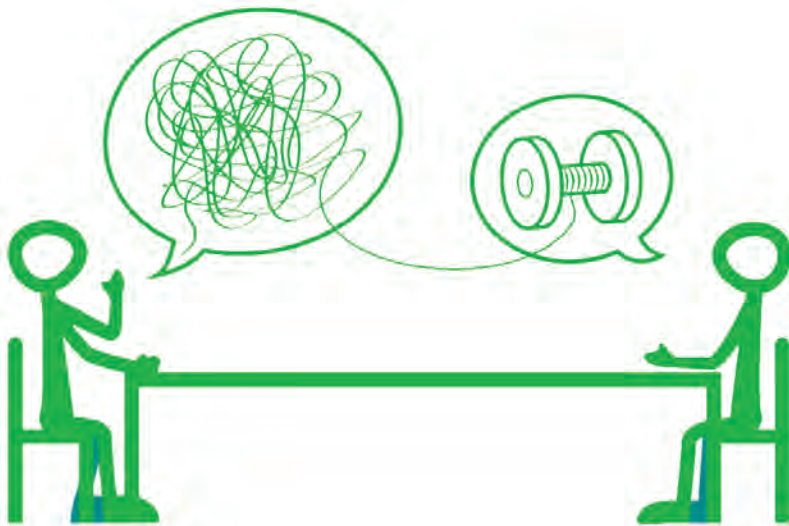


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Coaching is everywhere...but what is it really?

By Lindsey Jones, Nine Dot Partnership

Life coaching, executive coaching, business coaching, success coaching... so what is coaching and how does it differ from training and mentoring? All of these terms tend to be used interchangeably, and it does get confusing since all three approaches seek to take a person to the next level, whether in a work setting, their own development or in dealing with life, generally.

Training as a way to impart knowledge

Training focuses on giving a person new knowledge, skills or instilling new behaviours. It is a structured process involving the transfer of learning and is often seen as 'traditional' education. Like being in school, trainees are told what to do, shown what to do and allowed to try it themselves. Training can be quite passive. The trainee attends and is then likely tested on their knowledge. It often feels inflexible to the learner, or even frustrating, if they don't learn in a mainstream way.

Mentoring is a way of sharing specific advice or skills

Mentoring is a process of sharing specific knowledge usually in a one-to-one setting. The mentor is generally regarded as an expert in his or her field and the relationship with the mentee is well-defined and generally part of a mentoring program. The mentor imparts their knowledge, advice and supports the mentee – this may be task specific and therefore quite short-lived or it could be more open-ended where the mentee's role is more complex.

Coaching is a process to drive personal development

In contrast, coaching focuses specifically on enabling an individual to grow and develop.

Coaching helps the client identify their needs. These may not always be clear at the start and, as a result, different needs may come to the fore over time. A good coach, in conjunction with their client, defines an approach for addressing these needs. It's a collaborative and flexible process requiring the full engagement and participation from the 'coachee' – who, with support, designs their way forward.

This self-discovery and development of solutions allows the client to pin-point their route to growth;

therefore, there is a far greater sense of ownership, buy-in and commitment. Interestingly, since the coachee is ultimately responsible for their own progress, this generally leads to quite rapid and long-lasting change.

For the coachee, the sense of self-propelled development and growth is almost infectious and can affect change in all aspects of their life. This personal transformation can lead to new 'light-bulb moments' allowing the coachee to flourish further, often far beyond the original scope of the coaching arrangement.

In the workplace, regardless of its type, investing in coaching demonstrates to staff that you care about their specific development and them as individuals. As a result, coaching can increase satisfaction, loyalty and commitment thus reducing staff turnover and improving engagement. Coaching used to be reserved for the most senior managers within the organisation but now, increasingly, it is being utilised at all levels since the benefits are wide-ranging and have a positive ripple-effect both within teams and across departments.

In summary:

- Coaching teases-out and identifies the needs
- Coaching allows for self-realisation and growth
- Coaching is tailored and person-specific
- Coaching develops the person over time, allowing them to flourish
- Coaching is collaborative, participative, flexible and is an active process
- Coaching signals personal investment and creates a positive ripple-effect

If you'd like to find out more about how great coaching can help you, your team or your organisation, please get in touch with Lindsey Jones on 07704 681 332 or email: lindsey@ninedotpartnership.com.

Lindsey is a qualified coach registered with the Association for Coaching; Lindsey is also certified as a PRISM Brain Mapping Practitioner and a certified NLP Master Practitioner and a qualified Psychologist specialising in Occupational Psychology. www.ninedotpartnership.com



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Ivor Knox

VILLAGE PEOPLE



Mike Thatcher met Ivor Knox, former sound engineer and now installer of high-end audio and cinema equipment.

Ivor sat me down in the middle of my sofa, got me to close my eyes and dropped the needle on Fleetwood Mac's Never Going Back Again. I thought it sounded pretty good but he was not there to flatter my wannabe audiophile ego by telling me I had a good system. He was telling me what to listen for; two recorded voices singing exactly the same part.

"If you play it through your phone and a pair of £15 Bluetooth speakers it'll sound half decent and you could just about tell there were two voices. If you spend £1,000 on an amplifier and speakers and plug in your phone it's going to unimaginably better than your £15 speaker and the voices will be clear. If you spend £10,000 on a streaming device with Spotify built in, speakers and amplifier it is going to sound mind-bogglingly better than the £1,000 system did and the two voices will be obvious."

Having a decent sized record collection myself and being someone who is particular about the sound I get from my system, I could have listened to Ivor for hours about his job. In 2003 he signed off his career as a sound engineer with a gig at Madison Square Garden and began to look for a more settled life.

"I knew that I would be losing my main income revenue when I stopped touring but it was a fairly logical jump to what I do now. Four years working for a company gave me my basic grounding, and in 2008 I went

freelance. Within a couple of years two of my clients wanted complete systems building from scratch and I was away."

He has never once advertised and is constantly in demand. We at the Hurst Village Cinema can testify to his attention to detail, and indeed generosity, as on many occasions he has given his time for free to install equipment. He has to constantly keep on top of new technology. "In 2004 the technology by today's standards was flakey at best. You could get a new TV and it could take two hours just to get a picture, let alone accessing the set up menus. Streaming is massively in the ascendency at the moment. There are two projects I am working on at the moment, a refurbishment and a new build, one of seven bedrooms and the other of 11, and neither has a disc player in it. All media is either streamed or through the satellite."

Ivor works with distributors who have demonstration rooms so his clients can sample the difference between a £10,000 home cinema system and one that costs six figures. I once watched him do a test on a newly installed home cinema system and he sat there in a zen-like state of concentration. "I have certain DVDs which I know inside out; I know what sound should appear where and at what point. I could hear a machine gun appear in the wrong speaker and I would know there is something wrong."

He was born in Belfast in 1964 and grew up being used to going through roadblocks on the way to school and seeing armored vehicle and soldiers with guns. In fact



hearing gunfire was pretty much a daily occurrence. His parents decided it wasn't much of a place to bring up a teenager, so they moved to Bristol in 1975. His studies brought him to Brighton. "For three months I studied physics with astronomy but it was not for me. So I became social secretary of the university and dropped out of the course after a year."

It was during this time he got into doing some mixing at the Zap Club and had ambitions to be a studio engineer. Not having access to a studio he thought he would see if he could learn to use a mixing desk during live gigs. "At that stage I thought that as the equipment was similar so would the disciplines, but they couldn't be further apart. I very quickly realised that the buzz of live engineering is terrifying and magnificent and really exciting."

The more we spoke about the role of the sound engineer the more I feel I was as guilty as anyone for taking them for granted at live gigs. There is a performance in the same way the band is performing or as someone doing the light show is performing. "It's a pleasing mix of art and science," as he put it.

But how much can a sound engineer influence what I hear on the night? "You have tools at your disposal that massively affect the sound of the band, and it is sort of like live production. The key for me as a sound engineer is taking all the sounds you have on stage and giving them all their place to be in the mix."

Alongside the sound engineer at bigger gigs is the monitor engineer, who typically sits to the side of the stage and controls what the band on stage hear, either through monitors or ear pieces. "Years ago I was offered to monitor mix Radiohead, after The Bends, so they were big at the time. I thought it would be a mistake, as I would be learning by the seat of my pants. It was perhaps an opportunity missed but professionally the right decision, as I was not a monitor engineer."

By 2003 he had become quite successful and found himself at the top of the 'B League', where tours would typically be 4-8 weeks. He started to be offered 'A League' tours, which were often six months or more and would mean being away from his wife Lisa. He had a

decision to make. "I was offered The Streets when they were very big. It was an amazing offer but, had I said yes, I think it would have been hard to jump ship from then on. Touring is mostly very hard work and not much fun. I would say it's only one gig in ten when the band, monitor, lights, sound, venue and, most importantly, the crowd are all on top of their game."

His last mix was for Sparklehorse in New York, supporting REM in 2003. It was a nice one to go out on, at the iconic Madison Square Garden. Apart from never working at the Royal Albert Hall, he has few regrets about his career as a sound engineer.

In 2010 he and Lisa were living close to St Peters Church in Brighton and decided to move out for various reasons to somewhere more rural. Lisa doesn't drive, so they needed somewhere with good transport links, but after looking in Hassocks they did not find anything suitable. "Lisa had done some work in Hurst a few years before on a glorious day and had a memorable walk back from the station afterwards. Despite having lived in Brighton for 25 years I had never been to Hurstpierpoint and so, on the back of the memory of this lovely walk Lisa took, we paid the village a visit. We instantly loved everything about it."

I ended up taking far too much of his time as he patiently answered all my queries about sound checks, room acoustics and high-end audio. I could have filled another page with his love of travelling with Lisa, his fondness for fine wine and his love of cinema. He has just joined the Hurst Festival committee and I'm sure they will benefit from his input, as we have done at the Village Cinema. He told me one of the reasons he keeps on top of technological changes is so that he 'can talk intelligently about the technology to my clients'. This is certainly the impression he left me with, of talking intelligently.

And what can the high flyers expect in their media rooms in the future? "I could see in 5-10 years' time a scenario where I will be installing tiled TVs on three sides of a room, possibly curved in the corners, and you will be totally surrounded by TV screen." Here's dreaming.

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By Stephen Hand, Chairman

The recent Parish Council election in May turned out to be an uncontested election as fifteen councillors have been returned for the thirteen seats in Hurstpierpoint and the two seats in Sayers Common. We said goodbye and thanks to retiring councillors Rosemary Burns and Steve Whitehead and welcome to new councillors Duncan Ranger, Michael Avery and Seth Jee. Finally, the new Council elected Stephen Hand and Allan Brown for their fifth years as Chairman and Vice Chairman respectively.

My first job in June as Chairman was to be involved in opening the new community hub at Court Bushes together with the Chairman of MSDC. We know that community buildings themselves don't create communities - it is people who do that. But we

also know that fit for purpose buildings are vital in enabling people to create those communities. Communities need proper space for clubs and societies to meet, space for children to play and be looked after safely and space for people to meet and get to know one another. At Court Bushes our community now has exactly that in a modern flexible building with three distinct rooms which can be used separately or in any combination. The project was delivered on time and budget thanks to the combined hard work of two councils in the main – Mid Sussex District Council and Hurstpierpoint and Sayers Common Parish Council. We have also had the active support of, and input from, local community groups and WSCC Councillor Joy Dennis. The redesign and rebuilding of Court Bushes - literally from the ashes - can genuinely claim to be a cross community effort. Details of the design and facilities of the new building can be found on our new village halls' website. Anyone wishing to hire this superb new facility can do so on the new website www.hurstpierpointvillagehalls.org or drop into the parish office. The website can also now be used to hire the Hurstpierpoint Village Centre which, at the request of the former Trustees, is now managed by the Parish Council.

In next month's update we will discuss some of the new initiatives being considered by the Parish Council as we continue to work to deliver our Neighbourhood and Community Life plans.



Busy, busy, busy

HOGGIE HELP

By Ann Winney

It's been a busy month at Hurst Hedgehog Haven. We have had lots of calls regarding poorly hogs.

One was from a gardener that disturbed a mum and four hoglets. Thanks to his quick thinking, he contacted us and we were able to advise him to take them to East Sussex Wildlife Rescue (WRAS). The mum hedgehog sadly didn't make it but the hoglets are doing well. I was lucky enough to spend some time with WRAS learning how to look after their very particular needs. The hoglets will be coming back to gardens in Hurst very soon, once they have gained sufficient weight.

A juvenile hedgehog called Lucy I have been looking after is doing very well, but, just before release, I sent a poo sample off to check for parasites, which is very common in hogs. They can survive with parasites but often become very unwell from other ailments at the same time. It came back positive, so she is also at WRAS having treatment. Having to send the poo sample off can be a bit of a nuisance, so I have been saving for a microscope to speed up the process.

I have also just been told that Hugh Warwick, all around 'hoggie boffin', will be speaking at the Hurst Festival on Thursday 26th September, so please keep an eye out for the programme.

If you are worried about a hog, please call us 07787 515296.

www.hursthedgehoghaven.co.uk

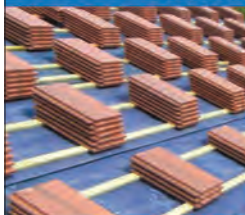


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2019 Festival Programme launch

By Kate Cowan

This month Hurst Festival reveals its spectacular programme of events and entertainment:

- 4th July – Brochure launches at Friends event and the programme is revealed on the website: www.hurstfestival.org
- 8th July – Friends online booking opens for their two week priority booking period
- 22nd July – Online booking for everyone
- 25th July – Box Office opens at the Players Theatre, 9.30am – 1pm every Thurs, Fri and Sat

There is still time to become a Friend and take advantage of the early booking. You'll need it with acts like Ben Ottewell (Gomez), Tim Pope, Herbie Flowers and Barry Adamson in our midst!

Last month we gave details of our Talks and Workshops. This month we're focusing on Music and Dance.

On our opening night, Heber Opera present The Passion of Opera. Exploring the emotional themes of love, lust and retribution from Cavalleria Rusticana, Pagliacci, Macbeth and La Bohème.

On the other side of town, Rough Chowder will get feet stomping and whirling in their Cajun Fais Do-Do. Before they begin they're offering a Cajun dance workshop so you can two step, swing or jive to your heart's content.

Tim Pope sold out last year – he's back for more on the 16th September. Book early or miss out!

Brighton Cello Quartet have appeared on the Brits and played prestigious venues across the world. Don't miss their eclectic repertoire on the 18th September, guaranteed to appeal to all ages.

Regarded as one of Britain's best-known bass players, Herbie Flowers and Friends join us on the 20th! His 60+ year career includes playing with Bowie, T.Rex, Sir Paul McCartney, Sir Elton John, Harry Nilsson, Lou Reed, David Essex and Ringo Star to name but a few.

Another music legend, Barry Adamson, joins us on the 23rd September in an intimate 'in conversation'. Don't wait to book tickets, they will fly out the door!

The Bothy Singers join us on the 24th to lead you on a harmonious journey through a cocktail of Cosmopolitan songs and some good Old Fashioneds – just the tonic you'll need!



On Friday 24th pupils from St Lawrence will perform songs, which they have written both the words and music for, in Raise Your Voice. Local author Ella Berthoud and composer Fraser Trainer have worked with the children to write the songs which will be performed with professional musicians.

The immense Ben Ottewell graces the New Inn for an intimate session on the 25th September. He needs no introduction, his unmistakable voice and blistering talent will sell out in seconds.

The winner of the 2018 Brighton Fringe Live, Geoff Robb, joins us on the 27th. Lose yourself in his beautiful, meditative compositions inspired by the trees of Sussex and played on his acoustic guitar.

The end of Festival party is on Saturday 28th September with Boogaloo Stu's Musical Bingo. Tick off the songs as Stu spins the tunes – from the finest disco classics to non-stop party anthems – there will be dancing until late, so book the babysitter now!

Last year James Wilton Dance brought us Moby Dick in a Hurst Festival/Hurst College co-production. This year they are presenting The Storm on the 29th. A whirlwind of athleticism, breakdancing, acrobatics and martial arts fuse to form dance that will simply blow you away, with the students providing an opener.

Finally our Festival of Praise will bring everyone together to once again celebrate all that is Hurst Festival 2019.



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Hurst Colts U6s tournament debut



By Paul Thurston

Early last month the annual Hurst Colts Football Tournament took place at Court Bushes. This was the U6s first Hurst Colts tournament and the 'new kids on the block' excitement was running high. The weather held off and it managed to remain dry all weekend.

For the under 6s age group there were seven teams, including two teams from Hurst Colts as well as local rivals Burgess Hill Town, Hassocks FC and Plumpton FC. All of the teams played six matches in total with all of the young players showing outstanding attitudes, respect for other players and enjoyment of the game.

Some of the highlights for the U6s included Toby Allison's last minute winner, John Smith's goal-keeping skills, Daniel Cauvin's hat-trick, Louis Thurston's long-range shots and Stanley Shalloe's attitude and professionalism throughout. We do not keep track of individual match scores in this age group as we believe that at this age all the players should be learning to have a love of sport, learning to respect each other and their competitors whilst keeping fit and healthy.


We would not have been able to participate in this event if it was not for the effort of everyone at the club. Especially the chairman of our football team, Bob Emms, in his final tournament as Club Chairman. Bob has been

chairman of Hurst Colts for many years making it the success it is today and we thank him for this.


Over the weekend a huge effort was put in by parents, friends and relatives of the players to run the tournament and make sure it was a huge success, and enjoyable weekend was had by all, from our under 6s right through to our U16s.

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By Mike Thatcher

One screening to tell you about and an exciting equipment update on the cards.

Thursday 25th July at 7pm we show The Lehman Trilogy. The story of a family and a company that changed the world, told in three parts on a single evening. Academy Award-winner Sam Mendes (Skyfall, The Ferryman) directs Simon Russell Beale, Adam Godley and Ben Miles who play the Lehman Brothers, their sons and grandsons.

On a cold September morning in 1844 a young man from Bavaria stands on a New York dockside. Dreaming of a new life in the new world. He is joined by his two brothers and an American epic begins.

163 years later, the firm they establish – Lehman Brothers – spectacularly collapses into bankruptcy, and triggers the largest financial crisis in history.

This critically acclaimed and five-time Olivier Award nominated play features stunning set design from Es Devlin (NT Live: Hamlet) and will be broadcast live from London's West End as part of National Theatre Live's 10th Birthday season.

Screen to 'go large'

In the eight years we have been running, we have been happy to put on a number of fundraising screenings on behalf of the likes of the NSPCC, the local Food Bank, St Lawrence Fair and others, and in Hurst Festival this year one of our screenings will be a fundraiser for the Festival.

But, before then, we are fundraising for ourselves. Every summer we have looked to improve different aspects of the sound and vision at the Village Cinema, and there is almost nothing left from the original set up we launched with in 2011. The last thing left to upgrade is the screen, and we are looking to get a CinemaScope sized screen. Many films are presented in CinemaScope, which means that with the current screen they are displayed with bands at the top and bottom, condensing the image. Replacing the screen for a CinemaScope screen will mean the picture fills the screen and we see a much larger, uncropped image.

So please show us the love and make a pledge of £10, or more if you feel you can, You can pledge on our crowdfunder site below, or send cash or a cheque made payable to Hurstpierpoint Film Society to 18 Cuckfield Road, BN6 9SA... or we can send you our bank details to make a transfer.

<https://www.spacehive.com/hurstvillagecinema>

Thank you to all who have given so generously so far. Have a good summer.

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Healthy changes for the holidays

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

This time of year is, for many of us, the time we take time off for holidays. It's post-exams in some family households, and for others just a time to kick off our work shoes and relax... this can be a time of over indulgence but it is also a time that we can choose to make healthy changes in our lives. It does not have to mean a complete lifestyle change, but look to see if there are small changes that you can make.

We all know that we should be doing some exercise. This could be as simple as walking the dog with an increased walking pace, cycling to work or swimming 20 lengths. Remember, if you have been doing no exercise at all, then even achieving ten minutes a day is better than nothing! You can build this up as time and as your fitness levels allow. Too much exercise and the body's natural defences are compromised.

If you are overweight you will probably already be aware of the problems that this brings. If you are starting to implement some exercise into your routine, then this will help with your metabolic rate, which is one of the things responsible for how many calories you burn up in a day. Also have a look at what you could start to cut back on. Don't set yourself unrealistic goals, as all that will happen is that you will fail from the outset.

If you find that you have become demotivated or depressed, you may also find that gentle exercise helps, as we release 'feel good' chemicals called endorphins when we exercise.

If you really want to toast your good health then you should avoid alcohol for at least two days a week.

Ideas to try when you next go shopping: look out for some interesting and tasty fruit juices or other non-alcoholic drinks that you like the look of. Imagine how smug and pleased you can feel when you wake up after an alcohol-free evening and notice how much more alert and refreshed you feel.

Lastly, get plenty of sunlight in the summer. Sunlight, and the vitamin D this can make in the skin, is associated with a wide spectrum of benefits for the body, including a reduced risk of several forms of cancer, heart disease, multiple sclerosis and osteoporosis, as well as improved immune function.

Above all enjoy a happy healthy summer!

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Dark Chocolate and Apricot Tart

FINE FOOD

Ingredients

210g plain flour
45g icing sugar
110g chilled butter, in small cubes
2 medium egg yolks
250g dried apricots
6tbsp water
3tbsp lemon juice
165g 70% dark chocolate, broken into small pieces
200g unsalted butter
3 large eggs
90g caster sugar

Method

The Shell

1. Sift the flour and icing sugar together. Add the cubes of butter. Blitz them in a food processor, the consistency will be like fine bread crumbs.
2. Add in the egg yolks, and mix together. This is easiest done by hand. Apply a bit of pressure to allow the mixture to come together.
3. It should be quite crumbly, but should still form a sphere shape. If it is a little too dry, add a tiny splash of milk or water. Shape into a ball, flatten slightly, wrap in cling film. Chill in the fridge for at least an hour.
4. After the hour, grate the dough into a loose-bottomed tart tin. Press it evenly around the base and edges of the tin with a depth of between 3-5mm.



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Belle is a Hurst resident and nutrition consultant, author and lecturer in Naturopathic Nutrition. She holds one to one health consultations at The Sussex Osteopath Clinic in Hurstpierpoint and workshops on a variety of healthy eating topics.



This recipe is similar to the tasty dessert which we served up last month at our Taste of Ikaria pop-up at Marram Trading. It will work perfectly after a BBQ on one of those blissfully hot July days. Of course, it's laden with all the ingredients we are told to cut down on, such as sugar, butter and chocolate. But, as we're not planning on eating this on a daily basis, rather as an occasional dessert, then a moderate slice with a dollop of plain yogurt drizzled with honey and a few strawberries can be enjoyed with guilt-free pleasure.

5. Prick the base and pop it in the fridge for half an hour while you pre-heat your oven to 220°C.
6. After the half hour, pop the tart shell on to the top shelf of the pre-heated oven for 10-15 minutes, until light brown. Then remove and set aside to cool.
7. Turn the oven down to 180°C
8. While the shell is cooling, get started on the filling. Finely chop the dried apricots.
9. Add the water, lemon juice and finely chopped apricots to a small pan, and simmer over a low heat for 5 minutes, stirring until it starts to come together in a bit of a glossy paste. Then pop into the food processor and blitz it down to a smoother paste.
10. Pop the mixture into the cool tart shell and spread evenly. Leave it to cool while you work on the chocolate.
11. Melt the chocolate and unsalted butter together in a bain-marie. I achieve this with the aid of a bowl over the top of a pan of boiling water (don't let the bowl touch the water). As the butter and chocolate melt together, you should get a lovely smooth, glossy, liquid.
12. Once the chocolate and butter has melted, whisk the eggs and caster sugar together until pale, light, and fluffy. The surface will be covered in tiny bubbles.
13. Fold the egg mixture together with the chocolate mixture until it's all combined.
14. By now a slight skin will have formed on the apricot layer. Add the chocolate/butter/egg mixture on top, and even it out with a spatula.
15. Bake in the middle of the oven for about 25-30 minutes at 180°C. When it's done, the filling should be slightly wobbly just under the surface.

Charity looking to fund medical training

reMEmber, the Hurst/Hassocks based charity for people with ME, held its annual ME Awareness Conference in Haywards Heath during May. It was a well attended event. The key speakers were surgeon Dr Nina Muirhead and Dr Charles Shepherd, medical adviser to the ME Association. Both doctors have ME, and they received standing ovations for their knowledge of the illness and their sympathy with patients.

Janice Kent, Director of reMEmber, said: "Dr Muirhead is also a tutor at Cardiff Medical School, and she has been delivering training to medical students about ME. This is much needed because at present very few doctors understand the illness or how to treat people who suffer from it. reMEmber is negotiating with Brighton and Sussex Medical School to enable Dr Muirhead to give this training to students in Sussex. We are also discussing with the Medical School a possible clinical trial of drugs which do seem to have helped some patients."

Janice went on to explain: "These initiatives would cost a lot of money, but we received a grant of £5,000



from the Gatwick Community Foundation this year to help towards building clinical networks in this way, and the Foundation is willing to help us in our future efforts." www.remembercfs.org.uk



Kew's wild botanic garden

Wakehurst, Kew's wild botanic garden in Sussex, is home to over 500 acres of ornamental gardens, woodlands and a nature reserve. Beautiful whatever the season, there is something for everyone whether you're a keen gardener, adventurer or wildlife lover.

Run and managed by the Royal Botanic Gardens, Kew, Wakehurst prides itself on being home to not only picture-perfect gardens and an Elizabethan Mansion, but also hundreds of acres of diverse landscape featuring rare and wonderful plants from around the world.

Home to the Millennium Seed Bank, step inside to see Kew scientists at work as they strive to conserve seeds from around the globe, with the mission to conserve 25% of the world's plant species by 2020.

There's also plenty for families throughout the gardens, with natural play spaces such as Tree Trunk Trek in Coates Wood. Or for those wanting to get their hands dirty, head to the Children's Heritage Garden for the potting shed and mud garden.

Wakehurst is open daily 10am – 6pm. Adults £13.95, children 16 and under free.

National Trust members can enjoy free garden entry, but car parking charges apply.



Upcoming events at Wakehurst

Wild Wood

27th-28th July

Fun activities for all the family in Wakehurst's beautiful woodlands. Crafts, storytelling, tree climbing, bush craft and more!

Wakehurst Workshops

Various dates

A range of workshops from creative writing, charcoal making and willow weaving, to badger watching and bat walk and talks.

A Midsummer Night's Dream

31st August & 1st September

Chapterhouse Theatre Company presents Shakespeare's best-loved romantic comedy – A Midsummer Night's Dream. An evening of unmissable summer theatre in Wakehurst's landscape.

To find out more about Wakehurst and upcoming events visit kew.org/wakehurst



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Hurstpierpoint Alterations

BEHIND THE COUNTER

"I had 25 in at one point and lots of brides messaging me about their dresses, and you have to remember which one they are talking about..."



By Mike Thatcher

With hindsight it may have been more sensible to try to speak to Maria Fox between November and March, and not during her busiest time of the year. As someone who specializes in altering bridal dresses between April and October she is rushed off her feet at Hurstpierpoint Alterations on the High Street. She managed to find time to speak to me on a Monday and she had six dresses going out that weekend, although it can be many more.

"I had 25 in at one point and lots of brides messaging me about their dresses, and you have to remember which one they are talking about. I stick to bridal because I know what I'm doing; I know the structure of the dresses, I know what's going on inside the dresses."

Typically a bride would find a dress that she loves but which doesn't fit and bring it to Maria, by appointment only. "If bought from a boutique they will buy it from the biggest size out of bust, hips and waist, and because everyone is a different shape things will need taking in or out. Sometimes I get dresses that come in which are three times too big or small."

Brides who are pregnant or deliberately order too small a dress as incentive to lose weight for their big day are all part of the job for Maria. Generally she would take six weeks over a dress; an initial fitting followed by two more before the big day. Sometimes they are collected the day before the wedding and this is very stressful. "I've never missed a deadline. That's my worst nightmare, a bride phoning me and saying 'where's my dress?'. I'm constantly checking my diary and calendar."

Maria always had an interest in design, working for over ten years in the tooling industry, doing technical

sales. After her daughter Ruby was born she changed life so she could work around the children and, using her engineering background, she got designing. "I thought I can't sit at home doing nothing, and so I got my sewing machine out and designed a baby-carrier. Just a basic one to start with, which I sold to friends. When I started there were only two people in the country doing the Mai Tai style carriers but others soon followed. It's still on Facebook under Simply Meitai."

She got together with her friend Sam, who used to run an alteration shop in Burgess Hill, so it made sense to use this space together. "She is very talented and we're lucky to have her in the village. She's very busy, she doesn't sleep; in the shop all day and works all night! We have talked about bringing someone else in but we run such a tight ship here that it is hard to imagine changing it. Long-term we will need someone though as we are so busy."

The responsibility of handling the most important garment many women will ever wear is not without its pressures. "You just have to trust yourself and be calm. I never settle until the wedding day has gone and I won't let it out of the shop until it's perfect. I won't take any money until they are completely happy, but I think they like that I'm finicky."

She is constantly sent photos from the brides and takes great satisfaction in seeing them enjoy the day looking gorgeous. Despite spending her working hours working on bridal gowns I have never seen her dressed in anything other than black. "When I get married again I will get married in black. It's the Gothic side in me!"

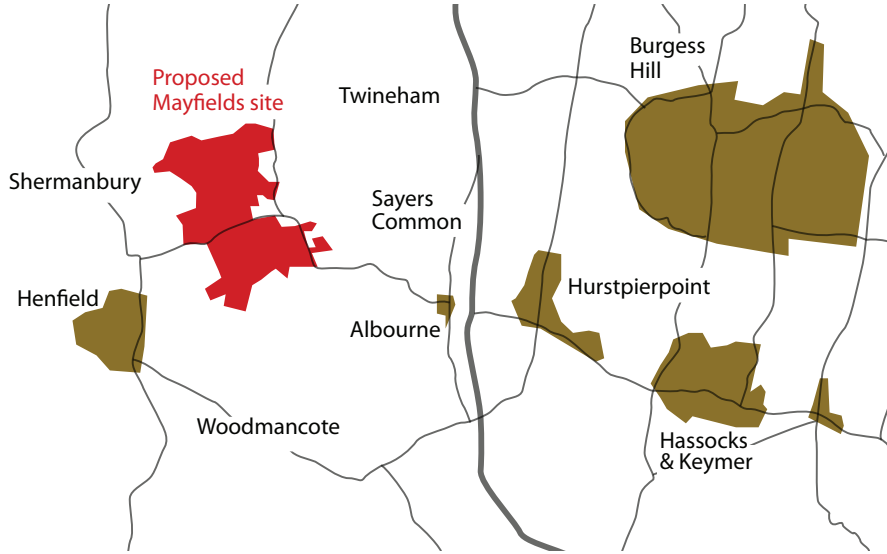
MPs restate their objection to new town

Arundel & South Downs MP Nick Herbert and Mid Sussex MP Sir Nicholas Soames both restated their 'profound objection' to the proposed new town near Henfield when they spoke at a packed public meeting in Henfield last month.

The MPs addressed more than 500 local residents in St Peter's Church, Henfield, who had gathered to hear about Mayfield Market Town's plans. The meeting was convened by the local campaign group LAMBS – Locals Against Mayfields Building Sprawl – and attended by local parish, district and county councillors.

There was visible local concern about the plans, with many people having to stand outside the church and listen to the discussion via external speakers.

Mayfield Market Town Limited has entered into a Planning Performance Agreement with Horsham District Council, which means that it has paid the Council a service fee for a preliminary assessment of their 7,000



house plan, even though it do not own the land it seeks to develop.

It is expected that Mayfield Market Towns will lodge a planning application before the end of the year, after Horsham District Council has delivered its revised local plan to meet its increased housebuilding targets.

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Holiday snaps

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



Etty Billson at Stonehenge with Hurst Life

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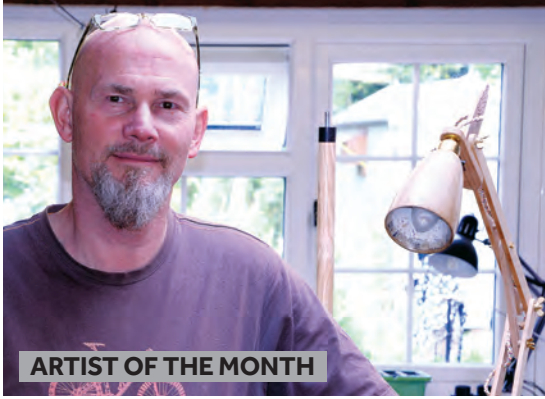
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ARTIST OF THE MONTH

In this feature Hurst Life highlights an artist based in the village. This month's artist is David Watson...

My interest in woodwork began at school, and for that I am thankful to teachers and a family friend who taught me how to use a lathe. After a break of twenty years and while living in America I was again introduced to the therapeutic craft of pen making using a mini pen lathe. In a roundabout way, and after returning home to the UK, this led me to train as a Design Technology teacher, and I continue to teach in a secondary school in East Grinstead.

Reducing my teaching hours has allowed me to focus a little more on my carpentry interests, especially designs that make use of a lathe – I now have four – which might be a little of a worry if I didn't still use them all!

For a long time I have admired the functionality of the classic anglepoise lamp and developing this idea is giving me great pleasure. Combining these two interests has sparked much enthusiasm and probably my best work to date. For my latest commission I am designing and building a floor standing version, which is presenting its own set of challenges.

Making lamps for a special place in someone's home makes each project individual and uniquely interesting. The ensuing discussion with the client sparks new interests and ideas. I am looking forward to making many more lamps of various designs in the future.

To view my work please pop in to Gallery 92 on the High Street.



5 MINUTES WITH...

Joel Kalani

Joel started in September as the School Crossing Patrol Officer on Trinity Road, has lived his Hurst most of his life and is a keen tennis player.

How long have you lived in Hurstpierpoint? Since 1987

What's the best thing about being here? A sense of community

What would you like to see in Hurst that isn't here? A social club, to replace the ex-servicemen's club

How many houses have you lived in? Seven

Favourite book, film and album? Of Mice and Men, Point Break, Appetite for Destruction – Guns'n'Roses

Most common New Year's resolution? To lose weight or to save money

Your most enjoyable event in the village? St Lawrence Fair

Do you share your home with anyone? (If so, who?) No

Song you play the most? Hey Joe – Jimmy Hendrix

Your most frequented village shop? Co-op

What's your proudest moment? Getting the job as the Lollipop Man

Last present you received? Tennis Club membership

Your advice for life? Stability is the most important thing for anyone

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!



Photos: Prue Heron

Wonderful summer's day

OPEN GARDENS

By Prue Peters

A break in 2018 seemed to have been just what was needed for local gardeners and the team, as this year attendance and takings broke all records.

We were overwhelmed by the generosity of local businesses and residents contributing the likes of wonderful plants and home-baked cakes. Both ran out, just at the right time, and contributed to the amazing takings. Not surprising when you saw the vendors multi-tasking to keep up with the queues throughout the afternoon.

The nine gardeners who opened their gates, couldn't have more different offerings, so there was something for everyone – cottage gardens, roses, majestic topiary, edible plants, wild gardens, hens, a tulip tree (which came into bloom on the very day) and, not forgetting, veg plots. We couldn't have done it without transport being available – kindly provided by Hurst College, Freemans and Cycling without Age. In fact, the event attracted so many more people than expected that we ran short of transport.... we apologise to those who had to wait this year and we will make sure there's plenty for next year.

The weather was perfect – neither too hot or cold. Events like this, bring out the best in the village and we really hope that any newcomers and long-term residents enjoyed the afternoon, bumped into neighbours old and new and enjoyed a cup of tea and chat in one of the gardens (in the case of Langton Lane) with relaxing live music to enjoy while you rested your feet.



The grand total raised from all this activity was a record £8,502.71. On top of this, two of our members work for Legal and General who generously added a further £1,000 to the total, so it was with huge pleasure that we donated £9,500 to our much deserving hospice – St. Peter and St. James. The Government contributes less than 17% of the £2.6 million the hospice needs to run for a year so they need every penny and asked us to thank everyone involved.

There are too many contributors to thank individually on here but credits are shown on social media and our website: www.hurstpierpointopengardens.org.uk

If you are thinking of opening your garden, you can phone me, Prue Heron, on 01273 835064 or 07769 904724.





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Where does our recycling go?

Back at the beginning of the year we ran a competition (set by our recycling guru Colin McFarlin) where readers had to identify the correct number of items on a list, which could be recycled using their Blue Lid Kerbside Bin. We had a terrific response from keen recyclers in Hurst!

Hurstpierpoint resident Barbara McLeish was the lucky winner, drawn at random from all winning entries at the time, and joined myself and a number of our team to have a 'behind the scenes' tour of West Sussex County Council's Materials Recycling Facility (MRF) at Ford, which is the destination for all the recycling from homes in the West Sussex area.

We are fortunate in Mid Sussex in having access to one of the most advanced recycling facilities in the country. All of us were treated to an interesting talk by the operators Viridor, explaining how our waste was collected from our homes, how the recycling from the blue bin arrived at Ford for separation and what happened next. Fellow tour guest Alison Openshaw explained: "Most importantly we were told how we should dispose of all our waste responsibly. We learnt not only just what can be put in the blue bin but what we should do before putting it in. The three most important things to remember are that items should be CLEAN, DRY and LOOSE. Items should be rinsed so that they are free from food and drink leftovers. No wet paper or cardboard, which sticks to other things or even to the machinery, and to keep the lid shut on the bin. Nothing should be put in the bin in plastic bags!

"We were surprised to see bales of cans, cardboard and newspapers, plus piles of glass chippings, ready for loading on to lorries to take to plants in the UK, Europe and even further afield to be used for making new goods and products."

The message given to us all was to recycle as much as possible and try to raise the recycling percentage achieved in West Sussex which is currently 51.3%.

Each household in West Sussex produces roughly one ton of rubbish every year.

Our general rubbish bin still contains over 14% of recyclable material which means that West Sussex residents throw away 22,000 tonnes of recycling in the wrong bin.

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Moonglow by Michael Chabon

BOOK REVIEW

By Clair Stanton

Moonglow is a fictionalised version of the author's family history as revealed to him by his terminally ill grandfather in the last week of his life. The action spans the 20th Century and, as the family moves around, explores much of America (including a Florida retirement community with a snake problem).

This is a love story, a war story, and a family saga: there are digressions and anecdotes of all types as the unnamed grandfather's deathbed ramblings are pieced together with the author's own childhood memories and his mother's recollections.

At the heart of the novel is the marriage of Chabon's grandparents. His grandmother is a troubled woman, shaped by her experiences in war torn France and unable to find peace despite a fresh start in America. Chabon's grandfather is the stable one in the pairing. He builds model rockets and is devoted to his family, but he also spent time in jail for the attempted murder of a business colleague...

The characters stayed with me long after I finished the book. Chabon has faced some uncomfortable truths about his family and tells their stories with humour and compassion.

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And it was all going so well

HURST CRICKET CLUB

By Rob Sawyer

The perfect start enjoyed by the senior XIs had to end sometime, and it duly did in May with a couple of defeats. However, there have been some good wins since with the 1st and 2nd XIs in contention at the top end of the league. Although the 3rd XI have struggled with results, performances have been good and we are perhaps just a few held catches away from being a competitive side.

In terms of individual performances, for the 1st XI fast bowler Joe Waller has starred with the bat, but becoming a new Dad has obviously upset his equilibrium. Simon Tunley has also scored runs. For the 2s Glenn 'Bear' Foster has been excellent with bat and ball. Of course Rosie Lynch has been as consistent as ever with 16 wickets already this season, but her brother Ben recently outshone her with an outstanding 7/21, destroying Poynings. Ben fancied getting to the bar early but perhaps had forgotten the club tradition where anyone who records those kind of figures gets to buy the drinks.

In women's news, unfortunately skipper Karen Miles is injured but has still managed to captain the side albeit from fine leg on one leg. We've beaten Bognor and administered a thrashing to our friends from Burgess Hill in a T20 8-a-side game recently and everyone is looking forward to a friendly against the Beverley Sisters who are, confusingly, men.

Our various junior sides are performing well and in the Under 13s Charlie Carr is the pick of the batters despite causing havoc with his running and calling. Jack Smith has improved, benefiting from lots of net time with Mum and Dad. The senior sides could take a lesson from these lads with 75% of catches held. Lastly, keeper Oliver Thatcher has only let nine byes through in eighty overs of cricket. A brilliant achievement and a tribute to improved bowling.

Want to play cricket? Get in touch! We're a friendly, diverse bunch, we love cricket and socialising. There is no pressure and we welcome all abilities and ages. We had someone playing for the third XI last week who hadn't played cricket in ten years and yet he is hooked and can't wait for the next game. We're particularly keen to recruit players for the Sunday friendly team. The bar is always open, the wine is from South Downs Cellars and the beer from Bedlam, so, while our cricket is not always the best, we keep very high standards behind the bar.

If you're one of the many new Hurst residents, find us on Facebook or come to the ground at Fairfield Rec, just off the Cuckfield Road. You'll be very welcome.

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your holidays...

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deal with
the rest



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RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council and sheds some light on what can and can't be recycled.



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. Do keep the questions coming...

Recycling bin overflowing?

We want to say a big thank you to everyone who recycles all that they can. The recycling rate in West Sussex is improving!

More and more people are recycling at home and, if your recycling bin is anything like ours, sometimes by the time it's due to be collected it's getting pretty full!

Some great advice is to 'wash and squash'. Particularly for items such as milk and fizzy drinks bottles, and detergent and bathroom bottles. Give them a quick rinse and then squash them down. Do remember to take the tops off.

Large items of cardboard can be torn into smaller pieces – the size of a cereal packet is ideal.

If you've done all this and your bin is still full then why not get in touch with Mid Sussex District Council who may be able to organise another recycling bin for you. Email: wastematters@midsussex.gov.uk

Just a little reminder though, please ensure that all your recycling is:

- **CLEAN** – free from food and drink leftovers - a quick rinse will do.
- **DRY** – keep your recycling bin lid shut – soggy paper and cardboard can't be recycled and can clog up machinery at the recycling plant.
- **LOOSE** – not tied up in plastic bags.

TOPS OFF

I received an email asking how to recycle inhalers, and I would like to share the response with you all.

Nationally 73 million respiratory inhalers are prescribed every year in the UK and only 1.2 million are recycled.



First, locate your nearest participating pharmacy (<https://bit.ly/1d95Cfj>)

Then simply hand in your empty, out of date or unused inhalers. This service has been fully funded by GlaxoSmithKline.

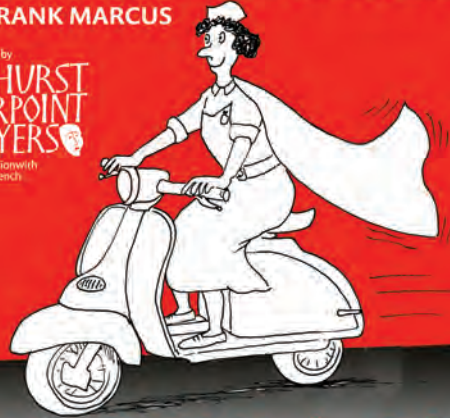
Do you have an individual question on specific items you are not sure how to recycle? One email to editor@hurstlife.co.uk, with a picture if possible, and I can let you know.

Looking forward to hearing from you. Keep Recycling!

THE KILLING OF SISTER GEORGE

BY FRANK MARCUS

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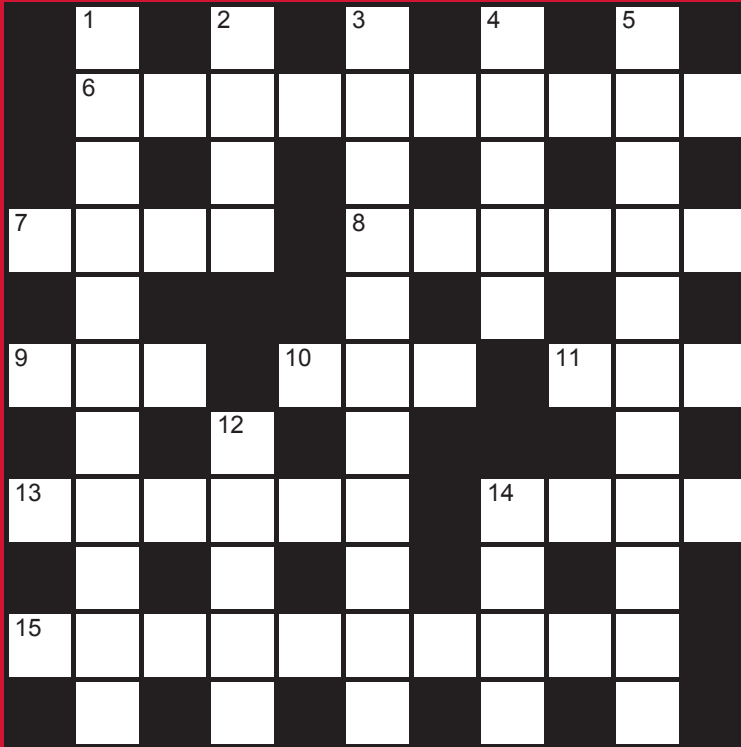
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Family crossword



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.59

Across

- 6 From e.g. Portsmouth or Basingstoke (10)
- 7 Passport endorsement (4)
- 8 Cause to remember (6)
- 9 Malt beverage (3)
- 10 Statute (3)
- 11 Some (3)
- 13 Hun king (6)
- 14 Vale (4)
- 15 Brave (10)

Down

- 1 Moving to and fro (11)
- 2 Fijian capital (4)
- 3 Defraud (5,6)
- 4 Fragrance (5)
- 5 Without purpose (11)
- 12 Unit of capacity (5)
- 14 Entrance (4)

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Hurst *Life*

Sudoku #36

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

Find the solution to #36
in next month's magazine

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

#35 Solution

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

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What's on this month

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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 Tuesday)
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Best of Ballroom** – 7.45pm (1st Saturday)

July

- 16th **Wolstonbury WI** – 7.45pm
Curiosities from the world of food and drink by Mr Robert Booth. Visitors welcomed (Enquiries 01273 834421)
- 26th **July Gong Bath Therapy** – 6.30pm
- 29th **Create Space Workshop** – TBC

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

AND ELSEWHERE

July

- 4th **Memory Moments Café** – 2pm
Court Bushes Community Hub
- 6th **Bowling Open Day** – 1-5pm
South Avenue - Hurstpierpoint Bowling Club will be open for visitors to try bowling with some club members. All are welcome including children for whom there will be some small prizes.
- 6th **Dad La Soul** – 10am
Court Bushes Community Hub – Dads and kids group
- 9th **Ensemble Reza Concert** – 12.30pm
Haywards Heath Methodist Church – Schubert's String Quartet in C Major
- 13th **Councillor surgeries** – 11am
New Inn, High Street - Colin Trumble, your District Councillor, and Joy Dennis, your County Councillor, will be resuming their quarterly councillor surgeries. Go and see them to talk through any issues.
- 13th **Chailey Repair Café** – 10am-1pm
Chailey Village Hall (next to The Five Bells)
- 17th **NSPCC Lunch** – 12.30-3pm
Court Gardens Farm, Ditchling BN6 8TH - The Hurstpierpoint and District committee are having a fundraising Smoked Salmon Lunch. Two courses with wine and coffee. Raffle. Tickets £17 each from Mishon Mackay, Hurstpierpoint 01273 834602. There's going to be an interesting talk and hints on recycling as well.
- 25th **The Prostate Cancer Support Group** – 3pm
The Dolphin Surgery Meeting Room (RH16 4BN) - Haywards Heath & District meeting (www.haywardsheathprostate.org.uk)

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