

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #55 : Oct. 2019

Free
Please help
yourself!

Colts back on the pitch

p. 13

Super Sunday pics

p. 18

Belle sacks off sarnies

p. 32





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* Professor Helen Forgasz, Monash University Study, 2018

EDITORIAL

By David Tingley, Editor

One of the many things which is great about this job is seeing the variety of different activities and people which make up the community of Hurstpierpoint. In this issue I am proud to show that variety on our pages – thanks to the sterling efforts of **Mike Thatcher** and many others from the village. We really appreciate it when readers send in content, holiday snaps or just ideas. Keep them coming!

In the meantime, while the awesome machine that is **Hurst Festival** still continues at the time of going to print, we thought we'd bring you some excellent photos from the **Super Sunday (p.18)** at the beginning of the Festival. Thanks to **Richard** and **Louise Sullivan**.

On **page 26** Mike talks to former Parish Clerk **Stephen Hoyles** about life before and after that particular role. A man who has worked and lived all over the world, but is pleased to call Hurst his home. Thanks Stephen for taking part in this fascinating feature.

In our regular columns we are pleased to host **Nicola Newson's Complementary Health** article on **page 36**, **Juliet Sargeant's Gardening Calendar** on **page 37** and it will be the last of the monthly **Hurst Cricket** pieces for a while – read **Rob Sawyer's** end of season round-up on **page 21**.

New to our pages this month, however, is a special report on the **Hurst Colts** football team – see **page 13** – and we look forward to tracking its season over the next few on months here. Thank you to **Paul Thurston** for making that happen.

Finally I'd like to give a shout out to the **Bowls Club**. Chairman **Bob Mitchell** and his team put on two popular events recently. See if you can spot anyone you knew who took part on, **page 8**.

Until next month, when it will be Bonfire season!



Issue #55 – October 2019 –
4,200 copies printed

Next magazine copydate:
15th October 2019

Next magazine published:
29th October 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. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there is no breach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.

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Community café reopens

Representatives from local churches were joined by members of the District and Parish Council, along with local residents, for the relaunch of the Melting Pot Café at the newly opened Court Bushes Community Hub. The Rev Jane Willis cut the ribbon after Rev Will Kemp, from The Point, had addressed the gathering: "We want the Melting Pot to be a safe and welcoming place at the heart of our community." The café runs 9am – 4.30pm, Wednesdays and Fridays.

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Andy trained in the colleges of Oxford University and has spent his career cooking in Oxford, Brighton and France, picking up a few awards along the way.

Alex has also spent her career in the hospitality industry, with some time managing Carluccios, before Bill's and then most recently at Glyndebourne near Lewes.

The couple said it had always been a dream of theirs to run their own restaurant business and when the opportunity to take over Morley's came up, they thought it was too good to miss!

"We are really excited to be taking on this lovely restaurant and feel very lucky to have been welcomed so warmly," Alex said. "Morley's is part of the community and we want to be fully involved with local events."

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Youth charity sleepout

A group of young people from the area slept outside in order to raise funds and awareness of homelessness last month.

The youth group from St Edwards, Keymer (with St Luke's, Hurstpierpoint) had to build a safe shelter to sleep in before the night could begin. The event, which was raising money for Brighton homelessness charity Off The Fence, involved 15 young people and three adults.

One young person said: "My feet got very cold and it kept waking me up." While another didn't like the night time creatures they found: "The slugs were coming into my box and it was horrible. I could not sleep."

The group has so far raised over £2,500 for Off The Fence. If you'd like to donate, you can do so via this link: <https://bit.ly/2miOqFO>

Food Bank reopens

The Hurstpierpoint Community Food Bank has opened again at Court Bushes Community Hub in Willow Way. Vouchers can be obtained from St Lawrence School, Hurstpierpoint Preschool, Mid Sussex Healthcare (Trinity Road), The Point church, Holy Trinity church, the Methodist church and the Good News church.

"We are hugely excited that our Hurstpierpoint Community Food Bank has now re-opened in the newly refurbished, purpose built Hurst Community centre at Court Bushes," said Food Bank coordinator Cheri McCarthy. "In these precarious economic times, unfortunately there are still many families really struggling to stay afloat and now as well as non-perishable food, we are able to provide some sanitary products." The local charity shop has also kindly donated clothes of all kinds and sizes (including shoes and some school uniforms).

The Food Bank runs every Wednesday from 10am until 2pm and they look forward to providing help for anybody in need.

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Bowls in the sunshine

Hurstpierpoint Bowls Club recently enjoyed two fun filled days as members of the public tried their hand at the sport. The first event took place in glorious August sunshine as 12 teams competed for the Mishon Mackay Pro-Am Business Supporters Cup. The eventual winners were Paul and John from Wilkinson Landscapes, who were helped on their way to victory by thrashing an underperforming team from Hurst Life! The runners-up spot was taken by the duo from Sussex Osteopaths. At the presentation, Club Chairman Bob Mitchell reiterated that the Mishon Mackay sponsorship and the support of other local businesses, had been a major factor in enabling the Club to extend its clubhouse in 2018 and thanked them all.

In equally glorious September heat, the third Bowls and Beer Festival took place with 20 teams able to sample draft beers from local breweries, alongside a barbeque. Teams of all ages and ability enjoyed the challenge of this deceptively difficult sport in a very relaxed atmosphere. The winners were Lynton Lords. The club is always looking for new members of any age or ability and for more information please go to: www.hurstbowls.org.uk



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It's a wonderful Hurst!

By Matt Rosine, Hurst Christmas Committee 2019

Now the summer has come to an end, we can finally start getting excited about the next big village event on the horizon: Christmas!

The annual village Christmas Fair will take place on 7th December between 4pm-7pm, with this year's theme being 'It's a Wonderful Hurst'. It is a vital and much anticipated day for all the local traders on the High Street. Traditionally it has been the most successful day of the year in terms of sales, with many villagers doing their last minute Christmas shopping (usually with a mulled wine in hand!) while kids can have fun safely due to the road being closed.

After the success of last year, a new organising committee was put in place to build upon the event, and continue to grow it into something Hurst can be proud of. We're a vibrant village full of amazing people, and we want the Christmas Fair to be something we look forward to all year. The committee's vision revolves around three main questions: how do we make the Christmas Fair a great event for the people of Hurst, how do we make it a great event for the local traders and how do we ensure it is produced by the local community, for the local community, with a focus on supporting the existing local High Street traders?

To that end, the committee has been hard at work on planning and we're excited to release more news to you

over the coming months! You can expect brilliant food on the street provided by local pubs and restaurants (including kid friendly bites), musical entertainment, Santa (of course!), and several special, secret things that we can't talk about just yet! We promise it will be an evening you won't want to miss.

Of course, we're always looking to find new sponsors! If you'd like support this community event and gain exposure at the same time, please don't hesitate to contact us hello@hurstchristmas.org - we have packages available for as low as £250 and every sponsorship or donation is hugely beneficial and very welcome.

We'd also LOVE to hear from you if you're interested in volunteering in any way. Without people like you getting involved, village events like these don't happen.

If you're a local charity benefiting the local community and would like to have a stall on the day, please get in touch.

We can't wait to see you on 7th December between 4pm and 7pm! Please don't hesitate to email us with any questions or thoughts at the address above, or through the website: www.hurstchristmas.org



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New season and fresh new look for the Colts

HURST COLTS



By Paul Thurston

As the new season kicked off in September over 250 under 16s from the village and surrounding areas have taken to local pitches to train for the season ahead. As well as starting full of hope for the new season, many players have also been heading out onto the field in fresh new kit courtesy of a number of local businesses.

As a club run by volunteers we rely on local support in many ways, as our dedicated coaches and committee work tirelessly to ensure that players have a safe and enjoyable place to play football. We are really excited to partner with several new businesses that have chosen to invest in our village football teams.

Firstly, our under 7s will be starting their season in kit provided by Archipelo Coaching. CEO Gary Cole who lives in the village and has a son in the team says that he was keen to sponsor the team: "Because I'm a strong believer in the strength of a local community and this is a small way in which I can support that." Archipelo provide professional coaching to businesses and Gary says that he hopes that their sponsorship helps players to be mentally strong and explore their untapped potential through football.

The under 8s have a big season ahead of them as they join the Horsham and District league for the first time. As the team get their first taste of competitive football they will be proudly sporting new kit provided by Physio Science, a local company that specialises in sports and exercise medicine. The co-directors of Physio Science are husband and wife Paul and Michelle Khoury. Their son plays for the U8s and both are proud to have Physio Science sponsor the team.

Our two U12 teams also have new sponsors, James Smith is the Head Electrician at A & C Electrical Services whose son plays for the team: "When the U12 (Wolves) coach put forward the idea of sponsoring the team, we were thrilled at the opportunity. Being able to sponsor a local team is an absolute pleasure. We hope that our sponsorship gives them a spark to win!". And the U12s Inter have both home and away sponsors with thanks to Mascot Roofing and Southdown Body Shop. Both sponsors are 'looking forward to seeing their reputation for high quality workmanship, reliability and professionalism carried onto the pitch'.

And finally, as Paul Baker's U13s team move to their first season of 11 vs 11 matches they will be supported by Ditchling based garage Sussex Vehicle Maintenance, a local firm that provide services for cars, vans & light goods vehicles and is run by Dean and Lisa Saunders who have both lived in Hurstpierpoint/Hassocks all their lives.

We look forward to updating you on the progress of all our teams as the season progresses, including our newly formed U6s and U5s - keep an eye out for the players in their new kit in the village!

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Charity creates magical memories at Disneyland

Pop star Michelle Heaton joined 21 children from the charity Kangaroos in Disneyland Paris last month to enjoy their chosen 'Memory of a Lifetime'. The visit was part of local charity Kangaroos' Silver Anniversary as it celebrates 25 years supporting children in Sussex.

Hurst resident Lizzie Hadlow commented: "Tilly attends the STARS group which is for the more complex disabled children, many of whom are wheelchair users. She attends regularly during the holidays and at weekends and is always guaranteed the most amazing time! Kangaroos not only give our family much needed respite and time to devote to our other two children but also provides Tilly with extraordinary experiences - speed boat rides, abseiling, dry skiing, trips to Chessington!

"This summer she was taken to Euro Disney. It was the most incredible time and the smiles on her face in the photos meeting Mickey, on the rides and seeing the fireworks said it all! We couldn't be more grateful to Kangaroos for their support to our family and for the loving care given to Tilly by all the carers and volunteers."

The children, all members of Kangaroos, range in age from nine to 18. All of them have a learning disability and



several of them have additional complex medical needs. The children were accompanied on the trip by a team of Kangaroos highly trained care staff. For many of the children it was their first trip outside the UK and their longest trip away from home without their parents or carers.

Kangaroos was established in 1994 to provide support and fun activities for young people with a learning disability, many of whom have very limited opportunities to enjoy a social life and make friends. The charity decided to celebrate its 25th Anniversary by enabling all of its 200+ members to go on a very special trip that they would remember for the rest of their lives.

"Over the years many of our young people have said they would like to go to Disneyland, but we never thought it would happen," said Jenni Herrett, the founder of Kangaroos who still works to raise funds for the charity. "The Disneyland team have been just wonderful, and so generous, in helping us realise this dream." www.kangaroos.org.uk



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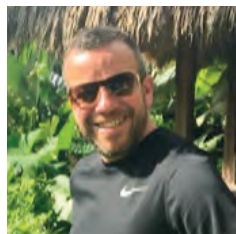
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5 MINUTES WITH...

James Taylor

James is the proprietor of Fabulous Floors, loves Hurstpierpoint and enjoys a good meal and great wine.

How long have you lived in Hurstpierpoint?
 13 years since moving from Sidcup in Kent

What's the best thing about being here?
 Everything! Community, friends and social life

What would you like to see in Hurst that isn't here?
 Friends and family we've recently lost

How many houses have you lived in? Eight

Favorite book, film and album?
 Losing the Toss (By Frank Henson, my uncle), Ronin and "9" by Damien Rice

Most common New Year's resolution?
 Never make resolutions, you'll only disappoint yourself!

Your most enjoyable event in the village?
 St Lawrence Fair, albeit it's a lot of hard work for us on the committee

Do you share your home with anyone?
 My wonderful wife Alex, my kids Amelia, Harvey and Olly

Song you play the most?
 Talkslow recordings by Kieran Murray, of course!

Which app on your phone do you use the most?
 WhatsApp (Friday Night Beer Club)

Your most frequented village shop?
 Hampers, Southdown Cellars, Gibson's and Clive's (in that order on a Saturday Morning)

What's your proudest moment?
 There's of course many relating to family births and achievements, marriages etc., but recently selfishly for me - the London Marathon 2018 and my fundraising for Sarcoma UK

Last present you received?
 Decent bottle of wine from a satisfied client

Your advice for life? Just be nice with people

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!




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Super Sunday gets Festival off to a flyer



Photos: Louise and Richard Sullivan

RS

Scorching temperatures welcomed the crowds as the High Street and South Avenue Rec played host to Super Sunday, an early highlight of the 15th Hurstpierpoint Festival.

There was more than ever on offer this year for the many visitors, from archery to free art workshops to magicians and live bands. It was kicked off by a parade from a local marching band closely followed by a series of vintage and loved vehicles in the Treasured Transport Parade.

Refreshments of all sorts were on offer and the Downsbeat Swing Band were on hand to entertain those around the tea tent, with some brave enough to take to the 'floor' and throw some shapes. Some old favourites were there, including the reptile handlers and the High Street retailers threw open their doors to welcome the crowds, who welcomed the respite from the hot sun.

The more adventurous were treated to a visit to the beehives in the Churchyard and a talk and demonstration from Tim and Alison Moulds. Poponin and Gallery 92 encouraged visitors to grab some pens and get creative in their free workshops.

At the launch event Festival Director Colin Matthews gave a flavour of what festivalgoers could expect over the following 15 days: "The return of Herbie Flowers and Tim Pope, the arrival of Ben Ottewell from Gomez is particularly exciting and local Wilton Dance Company returning due to popular demand. The Festival seems to have grown in stature and it's amazing to see the different elements which come together."

We will have a further round up of the Festival events in next month's edition.



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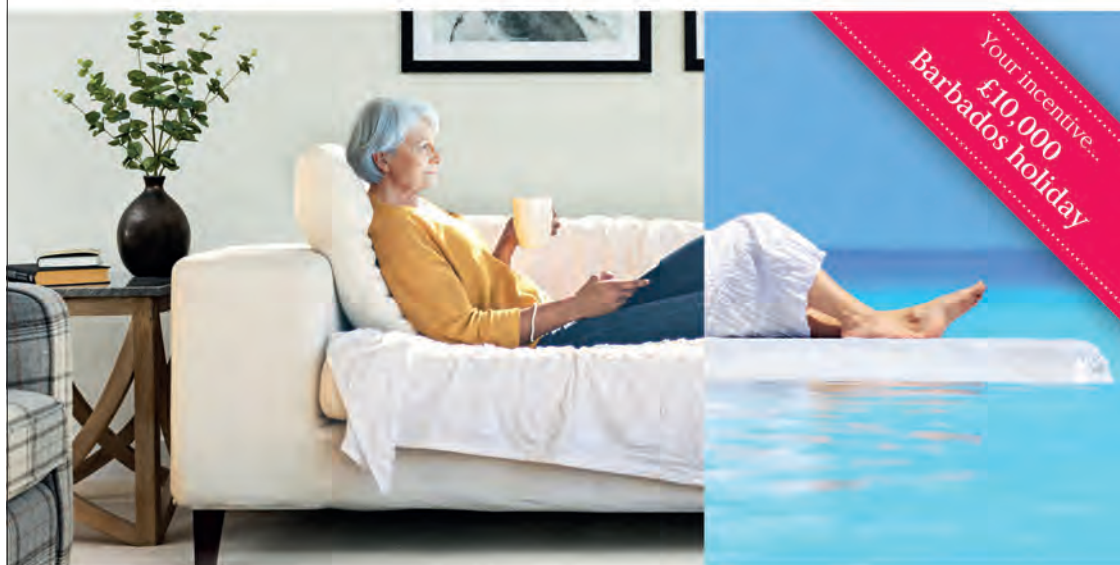
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End of the season

HURST CRICKET CLUB

By Rob Sawyer

All in all a very successful season for Hurst CC. We started the season aiming for promotion for the 1st XI and actually we went one better, finishing as champions, ending the season with a crushing victory at Horsted Keynes. The batters struggled initially being reduced to 111/7 but some big hitting at the end of the innings took us firstly over the 125 mark. This guaranteed enough bonus points where we couldn't be caught and saw us finally posting a score of 208/8 which the opposition never threatened. The best team always wins after a long season and we were well led by Matt Parsons and Simon Tunley. There always seemed to be someone to step up with a performance when wickets were falling, or a catch needed to be taken.

As noted last month, the effort of getting to the top of the league was just too much for the second XI. Having made the summit we struggled to put together a sequence of wins and we ended the season in mid table which was a shame because we had felt promotion was not out of the question. Skipper Tony Andrews and a backbone of senior players kept the show on the road with some great individual performances and despite the decidedly average end to the season we can look forward to next year with confidence.

The 3rd XI had a really good season, introducing lots of new players to the game and the club and putting in some really good performances, claiming some excellent victories and finishing creditably in mid table. Next season should be interesting, we have a crop of youngsters ready for senior cricket and they need to play, probably at 1st or 2nd XI level which should mean a rump of players available for 3rd team cricket, week in week out. That should make us very competitive.

Next year will also be interesting for the Women's XI. We've only ever had one captain and Karen Miles has decided to give up the role to focus on her batting, leaving some big shoes to fill. Women's cricket is developing fast in Sussex and with Alan Perrin developing the next generation of female cricketers we can look forward to some exciting games next year.

Last month I wrote that our under 14s were preparing to take on Middleton in the semi-final and I'm delighted to report that our lads did it. We posted 177/3 with Will Bowley 85 not out and Henry Olliff also batting well. There is nothing like a tight finish and happily, this was nothing like a tight finish! Our boys won by 50 runs and earned themselves a fantastic day out at The County Ground, home of Sussex CC. I'll be reporting on the game next month.

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October 2019 | Parish Council News

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www.hurstpierpoint-pc.org.uk

By Stephen Hand, Chairman

As we move into the autumn months I would like to use this page to talk about some of the community engagement projects that the Parish Council and particularly our Community Affairs committee are engaged in.

Many will have seen from our newsletter that the Memory Moments Café is now up and running at the Court Buses Hub on every first Thursday of the month. We are working with the organisers to see if a twice monthly opening is feasible. Everyone is welcome especially people with memory problems with their relatives and friends.

We are also working with representatives of the local midwifery service to try and set up clinics at the Court Buses Hub that would save women the current journey to the nearest clinics in Burgess Hill.

The council has decided that its website is in need of an overhaul partly because of new legislation due next year and partly because we feel that it is not as easy to use or informative as it could be. Priorities will be to develop closer links with other local organisations and to coordinate the website with other social media. Over the next few months we will be putting together a design specification and we would welcome interest from local web designers. Please contact the Parish Office if you feel you can contribute ideas at this stage.

Residents and businesses locally increasingly depend on the ability to communicate effectively online and by mobile phone. I hardly need tell anyone locally how poor mobile communication and broadband speeds are in our villages. We are not the only rural area to have been largely ignored by the service providers but I have made it one of our priorities for this year to work with WSCC to pressure providers into improving the infrastructure and the service for us.

The summer months have seen a number of changes in the Parish Office team working on your behalf. Our long serving Parish Clerk Stephen Hoyles retired at the end of July after 11 years' service and a host of notable achievements, among them acquiring and establishing the Hurst Meadows 50 acre parkland and completing a Neighbourhood Plan for Hurstpierpoint and Sayers Common. He is replaced on an interim basis by Andy Beams who brings a wealth of previous local



government experience and will be with us for 6-8 months. Lorna Cooksey has also joined the office team as Assistant Clerk and will look after matters relating to the Council's engagement with the community. She joins the team of Helen Valler who focuses on planning and environment, Paul Mayne who looks after our finances and Nick Sinclair who manages our estates and facilities, supported by Richard Lechmere (cemetery) and Hamish Raby (maintenance).

Thinking of moving? Don't be afraid



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St Lawrence Fair AGM this month

By St Lawrence Fair Committee

Just a quick note this month to let you all know that the St Lawrence Fair AGM will take place this year at the newly branded Horse in Hurst, with a selection of tapas to tempt you, from their new 'Gin n Tapas' bar. The meeting will take place on Wednesday 16th October at 8pm.

We would really love to see a few people from the village – we hardly ever get anyone who isn't just there to collect a trophy, but there are always comments about the fair in July once it's been held and we'd like the chance to hear and address them.

We are also desperate for new committee members. We are very thin on the ground this year and may have to cancel some of the events if we can't bolster numbers – please do come along, we only have one meeting each month and they are always in a pub! Our main work starts in early June when we really knuckle down to get every detail sorted.

We would love to see you there.

Remember, remember, the 3rd of November!

Hurstpierpoint's annual Family Bonfire & Fireworks display is taking place once again at Danny Park, off New Way Lane.

This year's event - on Sunday 3rd November - is organised by Andrew Hair from Hurstpierpoint Gymnastics Club with assistance from Oldland Mill Trust and Friends of Hassocks Infant School.

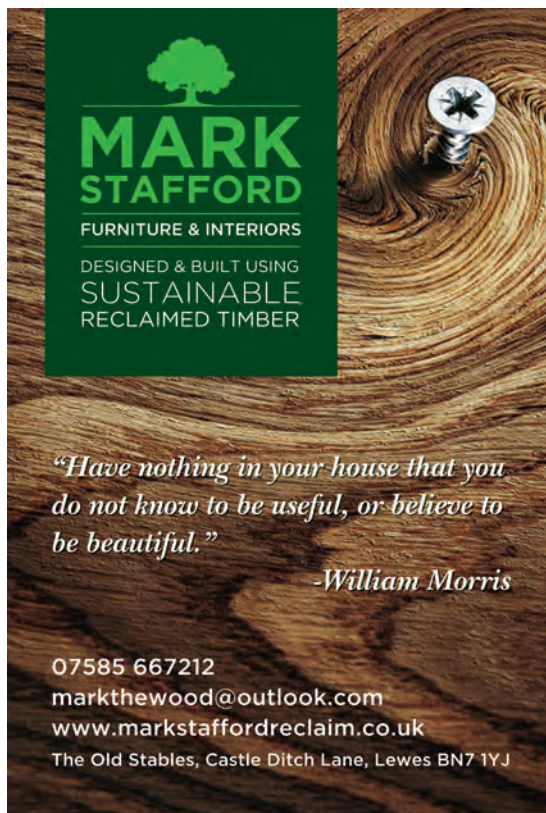
Andrew commented: "The Oldland Mill and the Gym Club, together with local schools in Albourne, Hassocks and three in Burgess Hill will benefit from your support on the night."

The Hassocks will be running a BBQ, there's free parking on site (ground conditions permitting) and if you take a 'Guy' to the Best Guy competition before 5.50pm - one child will be given free admission.

Advance tickets cost just £3 for an adult or child (£5 on the gate). A family of five advance ticket is £9 (£15 on the gate). Tickets available from Mishon Mackay or Pierpoint Pets in Hurst.

Gates open at 5.30pm, Best Guy Competition judging at 6pm and the Fireworks Display will start around 6.30pm.

See www.hurstpierpointgym.co.uk in case of inclement weather affecting parking/postponement.



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Image: © Jeff Reynolds / iStock

WHAT IS HYPNOTHERAPY?



BY SANDRA SLINGER
HYPNOTHERAPIST

I always get asked two questions
– “Can you make me cluck like a
chicken?”

“Will I be under your control?”

The answer to both is no!

I want to tell you about my first client. They had been afraid to visit the dentist for over 25 years due to a dental phobia. They now had to have difficult dental surgery that could not be avoided.

Before the first session they phoned me in a panic, the surgery had been moved to the next week! So, we met and I focused on the client visualising the night before the surgery, going to the hospital, and actually being in the chair having the procedure.

I worked on relaxing the client with these images and feelings so they felt confident about the surgery. They called the next day to say it was amazing, like magic, they felt very relaxed the night before and walked into the surgery and sat in the dentist chair without fear. They felt in control and free from the phobia they had experienced for many years.

I also used Hypnobirthing with all my four children's births and I can honestly say I had four pain free deliveries. The other women who did the Hypnobirthing course with me also had the same positive experience. I am not saying every woman can have a pain free birth but mothers will feel relaxed, in control and able to make the best decisions for a positive birth experience.

Is Hypnotherapy magic? No, it's not. It's a proven therapy for changing patterns of thoughts and behaviours with positive results.

Hypnotherapy is a deep state of relaxation.

HYPNOTHERAPY CAN HELP

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Clients can use the power of their imagination and allow their subconscious mind to change their behaviour, thoughts and feelings. The client is in control at all times and the sessions are tailored personally to each client's needs. The only requirement on the part of the client is that they want to change and are motivated to working towards agreed goals.

During the sessions, clients learn essential skills in relaxation, self-hypnosis and positive 'self-talk'. The client will gain a tool kit for positive living, enhancing their confidence, and empowering them to live the life they want to lead.

Hypnobirthing is an in-depth Birthing Training Programme; it releases the fears often associated with child birth, builds deep relaxation skills, which in turn builds the expectant mother's personal confidence, and gives the woman and her birthing partner a positive birthing experience.

Hypnobirthing gives women the ability to remain calm and in control, trusting their own bodies to give birth with confidence. You will learn breathing exercises, positive affirmations, tension release, deep relaxation, and will use your imagination to build strong, positive visualisation.

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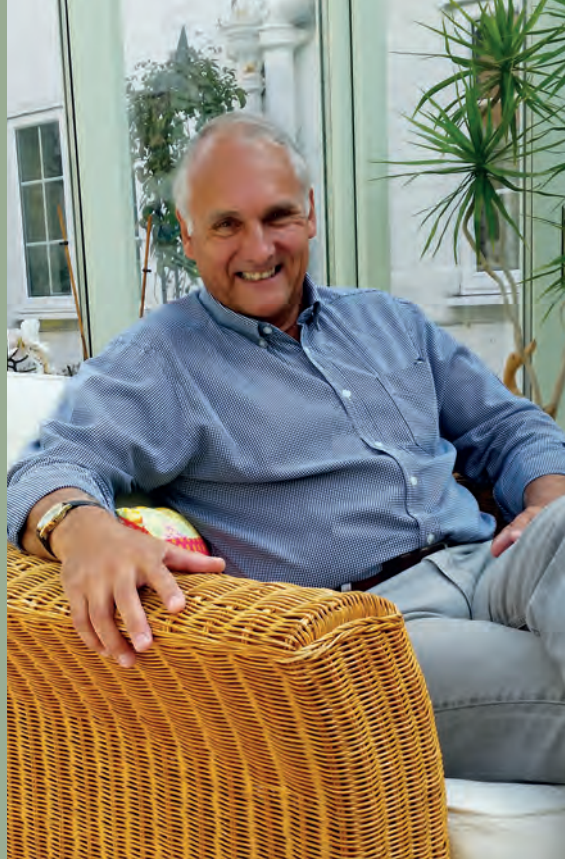
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PERSONALLY STRUCTURED
TO YOUR NEEDS AND
TOWARDS AGREED GOALS

Stephen Hoyles

VILLAGE PEOPLE

"I said to the driver 'Keep going, keep going!' and so he went for it. Shots were fired but we managed to get through..."



Mike Thatcher spoke to the recently retired Parish Clerk about housing, being shot at and tsunamis.

I was apprehensive to meet Stephen. He was every bit the administrator in the run up to our getting together – times and dates were double checked, photos sent in advance – and I confess I wondered if his life story might reflect this efficiency and be somewhat dry. A terrible stereotype, I admit, and I was delighted to be proved wrong.

Born and bred in Sussex he attended Hove Grammar and continued his studies in Brighton. He briefly rented a cottage in Hurst in 1972 before a 30-year stint in Burgess Hill was bookended by a move back to the village in 2003. The role as Clerk, the senior officer at the Parish Council, was 'meant to be a part time job for a couple of years' but it essentially turned into a full time role for 11 years.

"One of my proudest moments was being able to help the council achieve its Neighbourhood Plan and we were within the first 25 in the country to do so," Stephen explained. "We couldn't say no to development, as that is not an option open to you. If you say no, the higher authorities just override you and do what they want to do. The 15 councilors themselves understood the issues and were realistic. They said we can't preserve the villages in aspic forever, we recognise that new developments will come so let's try and compromise realistically."

Being one of the first in the country to go with the Neighbourhood Plan they were able to set a robust agenda and this resulted in a number of community benefits, the most significant of these being Hurst

Meadows. "That is 50 acres of parkland which is now owned by the council, covenanted against future development and it's there forever which is a great legacy. Through my 11 years at the Parish Council that is the thing I am most proud of." Other benefits of money from the new builds included upgrading the play area at South Avenue Rec and putting in the gateways at the entrances to the village.

I ventured that I was not aware the Neighbourhood Plan was responsible for Hurst Meadows. "That's a shame and getting our message out there is always a challenge for the Parish Council, as they are at the bottom of the food chain in terms of local authorities. We had a website, we had public meetings, newsletters, notice boards but we understand that a lot of people lead busy lives and perhaps don't get to notice these things."

Having studied civil engineering at Brighton, a young Stephen joined a consultant-engineering firm in London and was sent to a number of places overseas. This included Abu Dhabi with his wife Lyn and young child, to plan and install water supply systems. The Middle East in the 1970s was very different place to now and in the area they went to there were only two other Western families. The water supply was delivered by tankers. "You went out into the street and hailed down a water tanker, much as you would a taxi, and it had to be boiled and sterilised before you could drink it." A bout of malaria left him seriously ill but his appetite for the work was undiminished and as a young engineer he was happy to be sent where he was needed.

Saudi Arabia, being less Western-looking than the UAE, often proved more of a challenge. On one occasion, with two colleagues, he was doing a survey of small towns in an obscure area along the Red Sea Coast with just a tent, a 4x4 and a map for company. "In one place the local police arrested us and took us off to prison because they didn't know what we were doing. We had some letters in Arabic to explain but the police couldn't read. Eventually they found someone who could read the letter and realised we were there for good reasons and the whole thing turned around. Within an hour or so we were being invited into the local Sheik's house and were drinking tea with him."

As his career flourished and family expanded, his trips abroad became shorter but not without incident. Arriving late in Dhaka one night he climbed into a tuk-tuk, clutching his bag tightly and set off into the night. After a while they approached a throng of people shouting. "I said to the driver 'Keep going, keep going!' and so he went for it. Shots were fired but we managed to get through. I asked the driver what it was and he said, 'There is a curfew sir, and that was a roadblock. But you told me to keep going!'"

He reached a point when he decided he needed a career change and left the world of civil engineering behind. He joined a couple of friends and ran a bus company in London for a period. It was the Original London Sightseeing Tour with 50 open top buses running and it continues to run to this day.

After their own children had grown up and gone to university Stephen and Lyn decided that they would foster children 'while we still had the energy'. They opted for, and were trained to take, teenagers, not always the most popular age group to foster. On a number of occasions they found themselves with teens from overseas. "Often their parents or village elders decided that the best future for them would be to go to the UK to get an education. So they paid the traffickers to go on a lorry, would be dumped at the roadside and the police would pick them up. As unaccompanied minors, with no English or paperwork, they would be passed to Social Services and this is where we came in." Stephen and Lyn cared for around 12-15 over the years, although not all were trafficked; some still live in the UK and they are still in touch with a handful.

Combining his desire to help children, with his background in business and engineering led Stephen to various overseas projects, including converting buildings into childrens' homes in Romania and leading a team of gap year students to build a school in Tanzania. But it was when the world woke up to the news of the Boxing Day



tsunami that Stephen found himself in the right place at the right time.

A friend of his had links in southern Thailand and asked if he could help after a school building very close to the beach had just been completely flattened. The Thais had the skills to rebuild the school so it was agreed to just raise the funds here in the UK. At the time he was chair of Oakmeads College in Burgess Hill, and in that capacity he got a round robin email from the then director of Education for the County Council saying the council would really like to do something in response to the tsunami.

"It finished by saying, 'Does anyone have any ideas how we can help and it would be really nice if it had an educational context.' That was an amazing moment and I just happened to be the catalyst to bring the two together. After that, all the schools in West Sussex, along with the police who also got involved, had the goal of building a school in Thailand and we raised a quarter of a million pounds." A year later Stephen had the privilege of flying out with his friend, the Deputy Police Commissioner and a representative from the County Council to see the completed school; a concrete frame on three stories, built on stilts with an open area at the bottom. Loudhailers were installed in the village as an early warning system and the school is now that safe place for the villagers to go to.

It struck me that there was a great deal of competition in Stephen's life for things he could be most proud of, with various projects all around the world benefiting from his contribution. But it is seeing changes and improvements on his doorstep that in the end holds sway. "In my life I've done a range of jobs in a range of circumstances and although this is just a Parish Council in a little locality it has been one of the most enjoyable and satisfying jobs I've done."

Contemporary fine dining right on your doorstep

NO.1 BROAD STREET



Photo: Richard Paice Photography

No.1 Broad Street is a modern restaurant set in an 18th Century building in the heart of Cuckfield village, just ten minutes from Hurstpierpoint.

The restaurant opened in April this year and is headed up by the legendary Johnny Stanford, who has a flair for British cuisine and creating some of the finest dishes that you are ever likely to try in the county.

Johnny's background right after catering college featured Michelin star restaurants all the way and he recently finished a long stint at The Pass, South Lodge Hotel as Sous Chef before landing at No.1 Broad Street this spring.

He has hand selected a team of young chefs that are dedicated to delivering perfectly cooked seasonal dishes. They are currently putting together autumn and winter menus using seasonal red deer, treacle cured salmon, scallops and Scottish beef, paired with delicious blackberries, cauliflower, chestnuts and wild mushrooms to name but a few complementary ingredients.

'Creative cooking' are the buzz words around the kitchen right now... new ideas, fresh seasonal produce + creative talent = amazing dishes!

Facilities

The main restaurant seats up to 30 guests comfortably, with nicely spaced tables set in a series of small linked rooms giving an intimate but buzzy atmosphere to the restaurant. The front of house team are relaxed, friendly and extremely knowledgeable on both wines and the menu. Their main objective is to ensure that guests feel comfortable and welcome without the starched atmosphere of many fine dining establishments, meaning they get maximum enjoyment from their experience.



Private dining

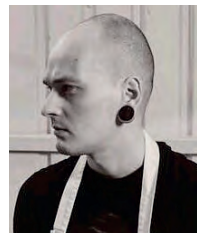
Featuring a beamed open plan room (pictured above) that seats up to 20 guests with its own bathroom facilities it makes the perfect party and function room for Christmas parties or a get together with family and friends.

Menus

A number of options are available at the restaurant: Tasting menus (including vegetarian) with wine flight (carefully selected by restaurant manager Joel), à la carte, as well as a set menus for larger groups.

No.1 Takeover nights

These are regular events that take place every 2-3 months. The next one features 'Luka' bringing his 'trencher' brand menu as a one-off to our restaurant. Luka is a very talented young chef and baker (he baked the bread for Will and Kate's wedding... yes that one!) Luka has worked alongside Johnny Stanford at a previous restaurant and he now runs a series of pop up events during the year. He will be bringing his no nonsense take on some classic British dishes, each packed with flavour, on Thursday 24th October... you can book your places at this event by calling the restaurant on 01444 455 557.



New Year's Eve

New Year's Eve is the next special event for No.1. With a carefully created tasting menu, the team have indicated that they will have a few surprises up their sleeves... it will be a great way to see in 2020!

No.1 Broad Street is located at 1 Broad Street, Cuckfield, RH17 5LJ. Call 01444 455 557 or email: bookings@1broadstreet.co.uk to make your reservation. www.1broadstreet.co.uk

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By Mike Thatcher

A nod to the past and future this month. At the time of writing we have just packed up the kit after showing Bohemian Rhapsody in the garden at the New Inn as part of the Festival. Thank you to all involved in making this such a success, in particular Ivor Knox. As you read this, David and I will have been up to Sheffield for the Independent Cinema Awards and will hopefully have good news to report next month.

We are also delighted to report that through your generosity we have reached our target to get a CinemaScope screen in triple quick time and it will be installed once the refurbishment of the theatre by The Players is complete. We hope to make some other improvements at the same time, which will make the cinema even better.

All change, however, this autumn with those Players renovations. We are still keen to give you something to watch however, so we are moving to the Scout Hut on Brown Twins Road for the autumn with just one film per month. Our October offering is **Sometimes Always Never** (12A) on **Saturday 26th October** at the Scout Hut 8pm. This is the very definition of an overlooked film which received paltry distribution so we we are happy to bring it to you.

Bill Nighy is absolutely spellbinding in this elegant, offbeat, very British comedy. He plays Alan, a stylish tailor with moves as sharp as his suits. He has spent years searching tirelessly for his missing son Michael who stormed out after a row over the use of the word 'Zo' in a game of Scrabble and disappeared. With his family torn apart, Alan must repair the relationship with his youngest son Peter. Then one day he comes across a player online who uses the word Zo.

Could this be his missing son?

Tickets for all autumn films are available online and at Mishon Mackay and we would like to take this opportunity to once again like to thank Mishon's for acting as our High Street box office for yet another year. We really appreciate what they do for the community by taking time to do this.

What makes us different?

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

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A great year at Hurst College

Students at Hurst College recently celebrated the strongest ever set of results at both GCSE and A-level, in what Headmaster Tim Manly has described as 'a great year'.

Their recent pattern of year-on-year improvements continued once again at A-level, with 84% of grades awarded at either A*, A or B. This outstanding achievement has enabled the overwhelming majority of Hurst leavers to take up places at their first-choice universities, including significant numbers heading for Oxford, Cambridge and the most selective Russell Group universities.

Not to be outdone, this year's GCSE cohort also surpassed all previous records. An incredible 83% of all grades were between 7 and 9, which equate to A and A* grades in the pre-reform currency. Perhaps even more impressively, 64% of grades were 8 or 9 which are benchmarked against the A* grade of the previous system and remarkably, the most commonly awarded GCSE grade achieved by Hurst students is the coveted grade 9, introduced by the government to identify the very best students nationally.

Hurst's philosophy is to celebrate individual performance in all aspects of life, judging each student's success against their own potential. These record-breaking results speak volumes for the sheer quality of



academic achievement at the school and Mr Manly is justifiably proud of the students:

"In short", he summarises, "these results are superb overall and comfortably the strongest which our students have achieved at Hurst. They have not just been great people but also set the benchmark for future years."



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Home-made Noodle Pot

FINE FOOD

You will need a 500 ml Kilner jar or other similar sized glass jar with secure fitting lid

- 40g nest dried vermicelli rice noodles, broken in half OR use 1 pack of straight to the wok egg noodles
 - 1 clove finely sliced garlic
 - 1 spring onion, finely sliced
 - 1 tsp sesame oil
 - ½ teaspoon fish sauce*
 - ½ -1 red chilli (judge by own tolerance), finely sliced
 - 1 tsp finely chopped ginger
 - ¼ small courgette, diced
 - 1 small carrot, sliced into ribbons with a vegetable peeler
 - 1 tablespoon frozen petit pois, defrosted
 - 25g watercress leaves, roughly chopped
 - 20g radicchio or spinach
 - ½ lime juiced
 - grind of black pepper and a one of pink Himalayan sea-salt (or other salt is fine)
 - 1 teaspoon of chilli oil
 - ½ teaspoon honey
 - sprinkle of sesame seeds
- *works well without this for vegetarians

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Belle is a Hurst resident and nutrition consultant, author and lecturer in Naturopathic Nutrition. She holds 1-1 health consultations at The Sussex Osteopath Clinic in Hurstpierpoint and workshops on a variety of healthy eating topics.



I've never been a big fan of sandwiches; all bread and no substance. So, this Do It Yourself Noodle Pot floats my boat entirely. It is also full of 'bitter greens'. These are an array of plant compounds which stimulate digestion therefore fabulous for anyone with digestive issues. These greens include rocket, watercress, endive and radicchio some of which are regularly stocked at Gibson's and can be found in their wholly natural state; unwrapped in plastic. This easy lunch has the benefit of avoiding the requirement of plastic wrapping in general; Tupperware boxes and clingfilm are replaced by a brilliantly re-useable jar. So, rest assured that your lunch is both plant-based, healthy and more eco-friendly than a shop bought sandwich.

Method

It's important to use a large heatproof jar with a well-fitting lid if you are taking this to work/school. Put the noodles in the bottom of the jar, then add all the other ingredients except the lime. Pour over enough boiling water to just cover the ingredients – about 300ml. Cover with a lid, leave to soak for 10 mins, then stir in the lime zest, juice and some seasoning and a sprinkle of sesame seeds.

The ingredients travel well (add the hot water 10 minutes prior to eating) but this is equally as tasty eaten immediately. Be sure to stir well before eating, combining the ingredients right from the bottom of the jar. Play around with the addition of different season vegetables as there are so many taste combinations. For extra protein a boiled egg sliced on top is delicious and boosts that feeling of fullness.

Autumn is just around the corner

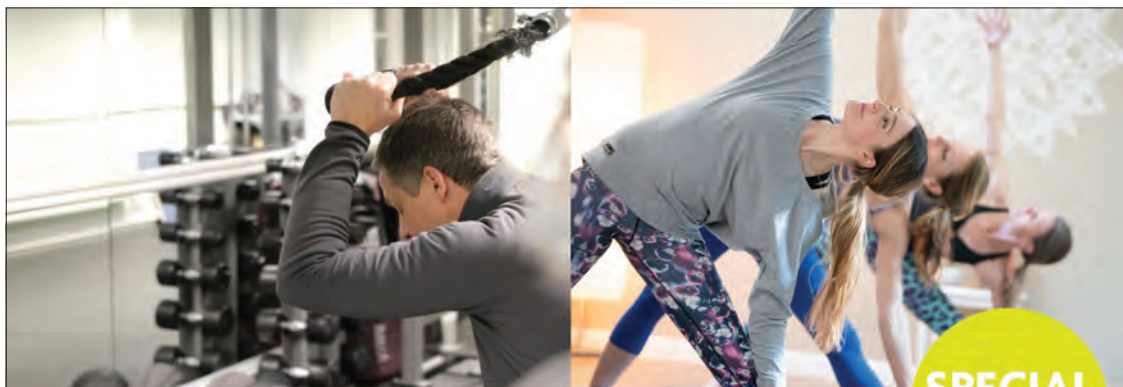
HOGGIE HELP

Yes, the leaves are starting to drop but we are still having some lovely sunny days and it's a time when hedgehogs are eating for England to pile on the pounds ready for the big snooze.

But before that happens it's also a time when, with our warmer autumn hogs, often have a second litter but they can get caught out by early frosts and the little ones do not have enough weight on them to make it through the winter.

Hedgehogs need to be at least 550g to survive hibernation. They can often be seen out during the day trying to find food, so if you see a little hog in your garden the size of a mango or less, they may need help. Put the hog in a warm box with some newspaper and drinking water and give us a call.

Do not wait and see, a few hours can make all the difference. It's also a good time to clean out your hog house and put in fresh hay. If you have a nesting hog in the house don't disturb it. To check the comings and goings of the house put a small stick at the doorway and check if it's moved. I also put some extra hay and dry leaves somewhere for the hogs to build up their nests. If you would like one of our 'must have' hedgehog houses we sell them for £35, complete with bunting! For advice call Ann on 07787 515296. www.hursthedgehoghaven.co.uk



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Back pain and children

By Nicola Newson

The 5th - 11th October is national BackCare Awareness Week, which this year focuses on back pain experienced by children.

Like adults, children can suffer from back pain as a result of a variety of lifestyle activities. And, like adults, there are number of things that parents and carers can do to prevent issues arising.

If your child does complain of back pain, it is important to seek advice from qualified professional, such as an osteopath. An osteopath will help to establish the cause of the problem and will provide advice on treatment, or refer you for further examinations if required.

Good school bags

Children are often required to carry bags full of books, PE kits, musical instruments and other equipment to and from school. Parents should try to limit the weight of school bags as much as possible and invest in a good quality back pack that the child should wear across both shoulders, ideally with a strap across the chest to keep the load close the their body. Packing the bag with the heaviest items (such as laptops and heavy books) closest to child's body, will also make carrying more comfortable and less likely to strain the muscles of the back.

Limit screen time

Looking down to use smart phones, tablets and laptops for an extended period can pull the back and neck into an unnatural posture, resulting in pain. Placing limits on the time spent using devices and encouraging regular breaks may help to avoid problems. If your child has to use a laptop for homework, consider purchasing a support that elevates the screen to a height that allows him or her to sit up straight to look at it.

Regular exercise

A sedentary lifestyle is known to contribute to the risk of developing back pain, as well as contributing to obesity. Regular physical activity helps to keep the core muscles that support the spine strong and maintain flexibility, which will help to avoid back pain. Encourage lots of active play, walking, running, swimming, cycling etc to keep your child fit and healthy.

The right bed and pillow

Good quality sleep is vital for both physical and mental development. Make sure that your child has a good sized comfortable bed with a firm mattress and a pillow that supports their head without lifting it too high.

Osteopathic Treatment for your child's back pain

Your child's back pain may benefit from osteopathic treatment. Using gentle manual therapy an osteopath will help to resolve any stresses and strains that are affecting their body and relieve their pain. They can also provide lifestyle advice that may help to prevent the problem from coming back.




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Too dry or too wet

GARDENING CALENDAR

By Juliet Sargeant, garden designer

We are told that drought-tolerant plants are the solution to climate change, but it's not as simple as that. What happens when it rains? The hot, dry soils of summer, become drenched in winter. That is a problem for places such as Hurstpierpoint, where many of the gardens have clay soil. Clay bakes hard in summer and then locks in the winter rainwater, so many plants will rot. Lavender is an exemplar drought tolerant plant, needing very little water and relishing high temperatures, but on cold, wet clay soils, its leaves and roots can become 'mildewy'.

But, there are some plants that can tolerate both moist and dry conditions. The following plants are pretty indestructible:

Sedums have fleshy leaves which store water for the summer, but they also live happily in clay soils. They don't need much maintenance, are beloved of butterflies and can cope with a little shade, as well as full sun.

Buddlejas have a bad name, due to their rampant behaviour, but now there are several dwarf varieties. Take a look at Buddleja 'Buzz' by Thompson & Morgan, which get to only about 1.2m high.

Miscanthus is a grass that tolerates sun, drought and clay. Steer clear of the very large varieties unless you have plenty of space; they are very difficult to dig out if you change your mind. But smaller varieties like Kleine Silberspinne are elegant and low maintenance.

To give all these plants a helping hand and to make your soil easier to dig, add as much organic matter as you can. Plus coarse grit, which breaks up the soil particles and helps to prevent it baking hard. Clay seems difficult, but it is a very nutritious soil type and with the right plant choices your garden can thrive in both summer droughts and winter rains.

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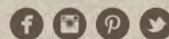


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Wakehurst

KEW'S WILD BOTANIC GARDEN

Wakehurst, Kew's wild botanic garden in Sussex, is home to over 500 acres of ornamental gardens, temperate woodlands and a nature reserve teeming with wildlife. Beautiful whatever the season, there is something for all ages to enjoy.

Run and managed by the Royal Botanic Gardens, Kew, Wakehurst prides itself on being home to picture-perfect gardens, an Elizabethan Mansion and hundreds of acres of diverse landscape featuring rare plants from around the world.

This October Wakehurst invites you to zip up your coat and take a wander down our autumn trail. Watch the Chilli bank transform into a fire-bush of colour, hunt for King Alfred Cakes in Bethlehem Woods, weave through the Sweetgums and breath in the smell of the Candy Floss tree. Picture-perfect vistas can be seen throughout the gardens and woodlands, with an Instagram favourite being Westwood Lake for reflections. Redwoods Coffee Shop is a great spot to escape the chill and warm up with hot drinks and tempting treats.

Wakehurst is open daily from 10am. Adults £13.95, children 16 and under free. National Trust members can enjoy free entry to Wakehurst, however car parking charges apply.

Wakehurst for children

Spy on scientists at the Millennium Seed Bank

A visit to the most biodiverse place on the planet will enthral older children. They can discover why Kew's scientists are conserving seeds from all over the world and the processes the seeds go through after they arrive at the seed bank until they are stored in vaults deep underground.

Become a Wakehurst Explorer

Scramble over our daring log trail, Tree Trunk Trek, on which children can crawl, climb and have hours of fun. Hire an Explorer Rucksack from the Visitor Centre for £4, jam-packed with different activities.

Enter an enchanting garden

Head to the Children's Heritage Garden to get cooking in our mud kitchen (open until 3rd November). Our potting shed houses all budding gardeners need to grow their own plants from seed. Or children can get hands-on in our raised beds filled with soil, digging and replanting wooden vegetables to their hearts' content.

Upcoming events:

Bountiful Botanic: 12th-13th October

A fun-filled weekend celebrating nature's bounty, with an exciting programme of tours, talks and family activities.

October Half Term Fun: 26th October - 3rd November

Plenty of fun for all the family during October half term with a range of activities including art, games and a trail.

Glow Wild: 21st November-22nd December

Glow Wild is a spellbinding night-time experience that all ages will adore. It returns for its sixth year, lighting the beautiful Wakehurst grounds with handmade lanterns and torches of fire. Booking essential.



The Greatcoat by Helen Dunmore

BOOK REVIEW

By Clair Stanton

This novel by the late Helen Dunmore is classified as 'horror' in our library catalogue, but Dunmore's work often has dark undertones and this should appeal to her usual readers.

Set in Yorkshire in the austerity of the post-war years, this haunting tale is the story of a young woman adjusting to married life. Uncomfortable with her status as a doctor's wife, Isabel Carey feels out of her depth and her husband doesn't seem to understand how adrift she has become.

Alone all day, with an unfriendly landlady upstairs, Isabel retreats into sleep using as a blanket an old RAF greatcoat that she finds hidden away in their rented flat. The owner of the coat is Alec, who was once based at the local airfield. He taps at Isabel's window in search of what he left behind and the pair become close, but there is a complication: Alec is dead.

Helen Dunmore writes cold places so well (see also 'A Spell of Winter' and 'The Siege') and the period details are a timely reminder of how the war that began eighty years ago cast shadows over the lives of ordinary people long after it ended.

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Upcoming dates:

Afternoon Tea

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Sunday Lunch

29th September, 27th October, 29th December

Wakehurst

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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 Clare Harms...

I have lived in the Sussex area for most of my life, and am now based in the beautiful village of Hurstpierpoint.

I am a naturally creative person and have an innate love of the arts. I have loved drawing, painting and music for as long as I can remember, and studied for a BA Hons degree in Fine Art and Related Arts at University College Chichester in the late 90s. I now split my time working as a professional artist, gallery owner and music teacher.

I work in a variety of different medium, but the majority of my current work has a distinctively illustrative style. I am inspired by the beauty and freedom that surrounds me on the South Downs and at the seafront (having spent many years living by the sea in Brighton!) and I attempt to capture this in my illustrations.

My illustrations begin life being drawn freehand in pencil. I then outline the drawing with waterproof pen and finally add colour using layers of watercolour. My illustrations are then printed onto a variety of products including cards, mugs and coasters.

I was most recently honoured to be asked for my illustration of Hurstpierpoint to be used as part of the 'Hurst High Street - Open as Usual' campaign during the Stonepound road works, so you may well recognise my illustrations from that. I am also extremely excited to be working on an illustration that will be used for the village Christmas event later this year.

Of course, I am also delighted to own and run Gallery 92 at 92 High Street, with my husband Joff. It has been a long held dream to have my own gallery - having opened our own house as part of the Brighton Artists Open House festival for many years. Running the gallery has given us the opportunity to meet and work with some wonderful, talented artists - all from the local area - and become involved in the fantastic community spirit the village has. Do pop in and see us, where you will find the work of over 20 local artists/crafts people on display.



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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 enquiries about your recycling. By the time you read this I will have replied individually to all your emails. Do keep the questions coming...

Plastic recycling is the most frequent question in my post bag and topic of questions when I am out giving a talk.

So, what plastic can I recycle?

If it has come from your bathroom or kitchen and if it is a bottle then YES. Clean, dry and loose please with the tops removed. The tops are too small for our mechanised sorting. Place tops in the rubbish bin or give to charity.



If it a tub or a tray then YES. Again, clean, dry and loose and with tops separate. To be big enough for sorting, top needs to be jam jar lid size or greater. We want all colours, as you can see. We can recycle black plastic in West Sussex, we have the technology!

And now for some of the other items.

We can recycle take away coffee cups and lids in West Sussex. We can recycle 'Tetra Packs', even with windows and can recycle window envelopes.

Finally I would like to mention batteries – do NOT put these into your rubbish bin or into your recycling bin. You can take them back to any shop that sells batteries. By law they must take them back, although there is no need to take them back to the same shop you bought them from.

I do hope that with this information and these pictures I have helped to make recycling simple.

If still in doubt do look up online at: www.recycleforwestsussex.org or email me via the Editor.

Would you like me to give a talk to your local group on recycling? Do you have an individual question on specific items you are not sure how to recycle? An email to the Editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you. Keep recycling!



Agent digs deep to sow the seed of hospice care

Lindfield-based estate agent Jackson Stops has agreed to sponsor St Peter & St James Hospice's annual Open Gardens season. The event, which takes place each summer, offers people the unique opportunity to explore some of the most beautiful private gardens in Sussex, from charming village hideaways to large country house estates.

This year's event attracted almost 4,000 visitors and raised £38,500 towards the hospice's vital services, which exist to support, empower and care for local people living with terminal illness. Hurstpierpoint residents opened their gardens to more than 600 people, who donated in excess of £9,000. The enthusiastic gardeners and other volunteers increased fundraising further by serving tea and cake, running raffles and providing other entertainment.

Toby Whittome, co-director at Jackson Stops Mid Sussex, said: "We are passionate gardeners and greatly respect and admire the work of the charity, and so supporting this series of events for such a worthwhile cause feels like a natural fit. On a personal level, St Peter & St James cared for my father, so to be able help support and promote the charity in the community, with this wonderful celebration of gardens, is a great privilege."

Carol Hughes, Community Fundraiser at the hospice, added: "We are delighted to have Jackson Stops on board. Guy and Toby's support is greatly valued.



Alongside their financial commitment, their connections across the county will enable us to spread the word of our work and this particular event much further afield."

Next year's Open Gardens season, which takes place from May to August, will include trails in Hurstpierpoint, Lindfield and Burgess Hill, as well as many individual gardens across the county. The season will launch with an opening event at the hospice's own stunning 22-acre garden – watch this space for more information!

Alongside South Downs Nurseries, the co-sponsor of the event, Jackson Stops is encouraging more gardeners to take part. If you've got green fingers, have created a space you're proud of and would love to open your garden gates for a good cause, please contact Carol on 01444 470726 or chughes@stpjhospice.org.

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Forget-me-not

Every three minutes someone in the UK develops dementia. It is fast becoming the country's biggest healthcare challenge, fuelling the launch of a high-profile media campaign calling for the Government to put an end to the dementia social care crisis. Hurst Life takes a closer look at the condition and what is being done locally to support people with dementia.

By Ayesha Gilani

Dementia is a disease in its own right. This myth was quickly dispelled by a passionate and proactive group of individuals who make up the Alzheimer's Society Mid Sussex Dementia Forum. I joined them at their meeting at the Age UK Centre in Haywards Heath where I discovered that dementia is, in fact, the name for a group of symptoms. These commonly include: problems with memory, thinking, problem-solving, language and perception. It is caused by different diseases which damage the brain by causing nerve cells to die. Alzheimer's disease is the most common form of dementia - accounting for approximately 60% of people with the disease. However, it is not the only one. Other types of dementia include vascular dementia, mixed dementia, dementia with Lewy bodies and frontotemporal dementia (including Pick's disease). Everyone experiences dementia in their own way. The specific symptoms will depend on the parts of the brain that are damaged and the disease that is causing the dementia. Other factors include the relationships people have with friends and family, the treatment and support they get and their surroundings.

Dementia currently affects more than 850,000 people in the UK, with an estimated 14,100 people living with the condition in West Sussex. Although it is most common in older people, dementia is not a natural part of ageing. It is a separate and distinct set of illnesses that can affect people of any age. More than 40,000 people

under 65 in the UK are living with early onset dementia. It is a progressive condition meaning that symptoms become more severe over time. There is currently no cure but treatments can slow the progression of the symptoms in some people. Tim Wilkins from Alzheimer's Society, who facilitates the Mid Sussex Dementia Forum, is quick to highlight a growing network of individuals who are working together across West Sussex to raise awareness and push for reform to improve the lives of people affected by dementia. He said: "People are diagnosed with dementia through the NHS Memory Assessment Service. Once they are diagnosed, support and information is available from a number of organisations, including Alzheimer's Society."

The Mid Sussex Dementia Forum is one of five Alzheimer's Society Focus on Dementia groups in West Sussex. It supports and works alongside other organisations, like The Haywards Heath Dementia Action Alliance (HHDA), encouraging local businesses, schools and other organisations to become more dementia-friendly. "Our members are a brilliant group of people from a range of backgrounds," said Tim. "They are doing their best to live well with dementia. Their thoughts, ideas and experiences are much in demand to inform research, change attitudes and improve services for people affected by dementia. They are passionate about creating a more dementia-friendly community for all."



Peter and Jennifer Diack

Sussex resident Peter Diack, 78, became a member of the Mid Sussex Dementia Forum following a diagnosis of dementia with Lewy bodies in October 2017. He said: "My symptoms started off mildly at first. I found it difficult to recall events that took place only weeks earlier and had to start writing details down in a diary. I started to forget people's names - these would be good friends I'd known for years. I knew them by sight but suddenly it was becoming more difficult to recall their names. People were kind and told me that everybody has memory loss but I felt embarrassed and irritated that I was not able to remember. As the symptoms progressed I found it difficult to follow instructions clearly and would have to ask people to repeat themselves. This came with a general feeling of disorientation. I was coherent before but find it hard to be naturally coherent now. I've lost a level of control. I would be at a total loss without my wife Jennifer by my side. Dementia is a difficult word - it frightens people out of their minds, especially in the early stages. In the past a common reaction, following a diagnosis, would have been to hide away and disappear from the world. Too many people fall into that trap of thinking, but I want to reassure them that a dementia diagnosis is not the end of the world. It is not the end of life. It's important to be positive and to stay active. The Mid Sussex group has been my salvation in many ways. I feel at ease, included and able to relate to the people there. I feel that I have a purpose and can use my experience to contribute my thoughts and ideas to help push an important campaign to help people live well with dementia. This has been deeply significant for me."

As the UK population ages the number of people with dementia will climb rapidly. It is estimated that by 2025 more than one million people in the UK will have dementia. Campaigners argue that the only way to beat the condition is through research. In 2015 Join Dementia Research was launched as a national service which allows people to register their interest in participating in dementia research and be matched to suitable studies. Vital studies into early diagnosis, prevention and new treatments are making progress – but more volunteers are needed. Anyone over the age of 18, with or without dementia, can register their interest as a volunteer. For more information and to register visit www.joindementiaresearch.nihr.ac.uk or call Alzheimer's Research UK on 0300 111 5 111.

Need to know...

Alzheimer's disease: Abnormal structures called 'plaques' and 'tangles' build up inside the brain. These disrupt how nerve cells work and communicate with each other and eventually cause them to die. There is also a shortage of some important chemicals in the brain, which means that messages don't travel around as well as they should.

Vascular dementia: is the second most common type of dementia, where a lack of oxygen to the brain causes nerve cells to die. This can be caused by a stroke, a series of mini strokes or a disease of the small blood vessels in the brain.

Mixed dementia: where someone has more than one type of dementia and a mix of symptoms. Alzheimer's disease and vascular dementia is the most common type.

Dementia with Lewy bodies: named after the German doctor who first identified them. Lewy bodies are tiny deposits of a protein that appear in the nerve cells in the brain. These cause a loss of connections between nerve cells, which then die.

Frontotemporal dementia (FTD): is a rare form of dementia, where clumps of abnormal protein from in the front and side parts of the brain cause the death of nerve cells. It is sometimes called Pick's disease or frontal lobe dementia.

Here to help...

- If you have any questions or concerns about dementia, the Alzheimer's Society Sussex Helpline provides information and support for all types of dementia from Monday to Friday 10am to 4pm. Call them on 01403 213017 or email sussex.helpline@alzheimers.org.uk.
- The Haywards Heath Dementia Action Alliance (HHDA) is a group of volunteers made up of local residents, professionals and businesses. They run activities and events for people with dementia and their carers. They also provide free sessions for schools, businesses and organisations that want to increase their knowledge and understanding of dementia. Get in touch via email on: dfc@haywardsheath.gov.uk



Be afraid, be very afraid

By Michael Blencowe, Sussex Wildlife Trust

If you're looking for a balanced article about house spiders being misunderstood animals that actually help to keep our homes free of flies, then you're dealing with the wrong man. My name's Michael and I'm arachnophobic. I know, I know. It's completely irrational. They are totally harmless. So why, when I find all other animals wonderful, do these eight-legged arthropods make me so terrified that even typing their name sends an involuntary shiver down my spine?

Is my fear, as evolutionary psychologists believe, an inbuilt self-preservation instinct inherited from the cavemen? Is it a response conditioned by a spider-fearing society? Or is it just because spiders have those creepy, long, hairy legs? All I know is, after researching this article, I'll be sleeping with the lights on 'til Christmas. I understand that some animals out there actually do have big teeth and need to be feared and respected but they can be cleverly avoided by not going snorkelling at night in the upper Amazon basin. There is no avoiding spiders. They will find you in the one place you thought was safe. Your home.

There are many spider species which have the audacity to swan into our homes uninvited but the real monsters belong to the genus *Tegenaria* – the house spiders. These spiders love dark, cool places so when humans invented 'indoors' they happily followed us inside. There's an easy way to identify the *Tegenaria* spiders. If you're hyperventilating, swearing and sobbing while stood on a chair then you've found one.

There are five *Tegenaria* species but the big daddy of the bunch is *Tegenaria parietina*, also known as The Cardinal Spider (named after Cardinal Wolsey, who apparently lived in fear of one of the eight-legged horrors of Hampton Court creeping up his cassock). Its leg span can reach a whopping five inches.

Tegenaria are most active in the autumn. The mature males scuttle scarily along the skirting board looking for a bigger, even more frightening female. After mating, he dies and then she eats him. A simple relationship but



Photo: Jeremy Early natureconservationimaging.com Sussex Wildlife Trust

suitably horrific. She'll then saunter around your house, giving you a minor heart attack as she passes by, before finding somewhere dark and cool to hole up until she lays her eggs in the spring. So, to all the spider-lovers out there who come to our rescue with a glass and a bit of card, I salute you. To the rest of us, I have no words of consolation. Oh, and while you were reading this, I think I saw a really big one crawling behind your sofa.

Sussex Wildlife Trust is an independent charity caring for wildlife and habitats throughout Sussex. Founded in 1961, it has worked with local people for over half a century to make Sussex richer in wildlife. www.sussexwildlifetrust.org.uk

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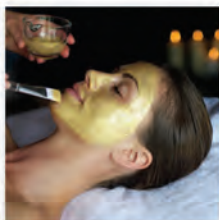
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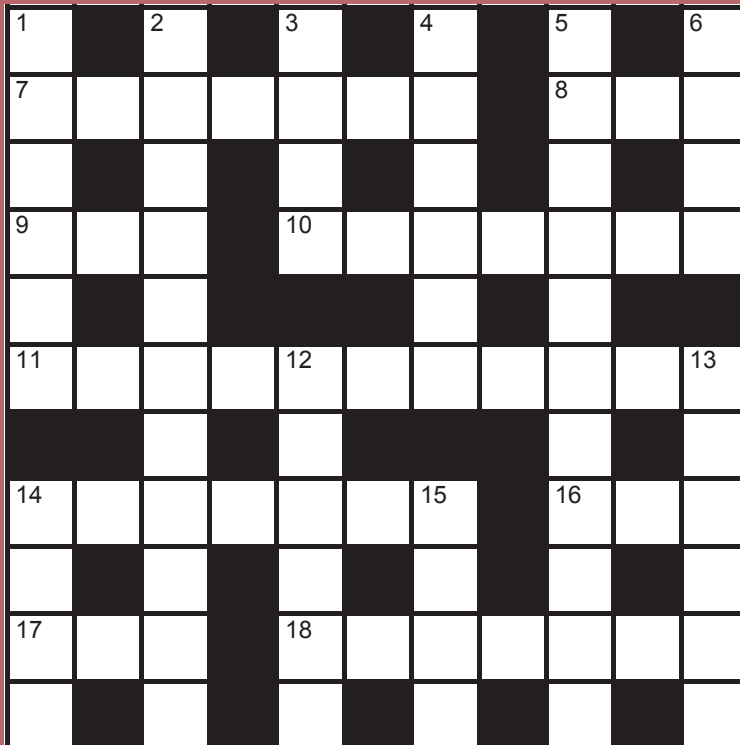


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Family crossword



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.51

Across

- 7 Letter (7)
- 8 Finish first (3)
- 9 Viper (3)
- 10 Adage (7)
- 11 Stylist (11)
- 14 Went in (7)
- 16 Curve (3)
- 17 Late in the day (poet.) (3)
- 18 Move down (7)

Down

- 1 Make over (6)
- 2 E.g. the Mona Lisa (3,8)
- 3 Pace (4)
- 4 Far distant (6)
- 5 Lottery (11)
- 6 Rebuff (4)
- 12 Mock (6)
- 13 Withdraw (6)
- 14 Peepers (4)
- 15 Prescribed amount (4)



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Sudoku #39

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

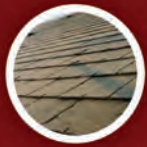
Find the solution to #39
in next month's magazine

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

#38 Solution

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

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What's on this month

AT THE VILLAGE CENTRE

Regular events

- Sun **Afternoon Tea Dance**
2-4.30pm, nearly every Sunday
- Weight Watchers** – 9.30-10.30am, weekly
in the Club Suite
- Mon **The Sanctuary** – 9.30-11.30am, weekly during
term time – a welcoming place where friendships
can form over coffee and cake
- Tues **Yellow Brick Lab** – 3.30-5pm weekly during term
time
- Knit and Knatter** – 2-4pm (2nd Tuesday)
- Wolstonbury WI** – 7.45pm Club Suite (3rd
Tuesday)
- Weds **Storytime & Play for children** – 1-2.30pm
- Board Games for All** – 2.45-4.15pm
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Best of Ballroom** – 7.45pm (1st Saturday)

October

- 8th **Hurstpierpoint Horticultural Society** – 7.45pm
'A Head Gardener's Year' - An illustrated talk by
Mark Saunders, the Head Gardener at Fittleworth
House
- 12th **Paws & Claws Autumn Fair 10am-12 noon**
Animal rescue charity hosts plenty of stalls and
refreshments
- 15th **Wolstonbury WI** – 7.45pm
'One thing leads to another' by Sheila Southwell -
Visitors welcomed (Enquiries 01273 834421)
- 17th **Giggles & Wiggles** – 2pm
Baby Group
- 21st **Downsbeat Band Gig** – 8pm
This is a free concert with any donations going to
the Motor Neurone Disease Association
- 25th **Gong Bath Sound Therapy** – 7pm
- 31st **Giggles & Wiggles** – 2pm
Baby Group

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

AND ELSEWHERE

October

- 2nd **Hurst Monthly Social Group** – 2-4pm
Guide HQ, Trinity Road - Stephen Hand from the
Coastguards (Dianne 01273 835284)
- 3rd **Dementia Cafe** – 2-4pm
Court Bushes Community Hub, Hurst
- 3rd-
6th **Cuckfield Book Festival**
Various locations throughout Cuckfield (www.cuckfieldbookfest.co.uk)
- 5th-
6th **SEAS Autumn Show**
South of England Showground
(www.seas.org.uk/autumn-show/)
- 5th **Dad La Soul** – 10am-12noon
Court Bushes Community Hub, Hurst - Dad's play
date club
- 6th **Windmill Open** – 2-5pm
Oldland Windmill, Lodge Hill, Hassocks
- 6th **Ditchling Apple Day** – 11am-4pm
Ditchling Village Green - By HKD Transition
Group. Activities will include apple pressing,
smoothie bike, honey tasting, bird boxes from the
Monday Group
- 12th **Autumn Fair** – 10am-12noon
Hurstpierpoint Village Centre - Charity event for
Paws & Claws
- 16th **Sussex Mineral and Fossil Show** – 10am-4.30pm
Clair Hall - (Tickets £3/£1)
- 17th-
19th **One Man, Two Guvnors** – 7.45pm
The Henfield Hall - Production by Henfield
Theatre Company (Tickets £10/£8 01273 492141)
- 18th **Fisherman's Friends (PG)** – doors 7pm
Adastra Hall, Hassocks - By Star Cinema. Wine,
tea, coffee, soft drinks available, plus raffle.
(Tickets on the door (£4.50/£4))
- 19th **Violin Concert** – 7.30pm
St Wilfrid's Church, Haywards Heath –
featuring Alexandra Lomeiko (Tickets £15/£5
HHMStickets@outlook.com)
- 26th **Sometimes Always Never (12A)** – 8pm
Scout Hut, Hurstpierpoint - Hurst Village Cinema
host this film night (www.hurstfilms.com)

November

- 2nd **Dad La Soul** – 10am-12noon
Court Bushes Community Hub, Hurst
Dad's play date club
- 3rd **Family Bonfire & Fireworks** – Gates 5.30pm
Danny Park, Hurstpierpoint

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Star Dance School	10
The Melting Pot Café	33
Wakehurst Place	39, 40

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Gielgud Academy	12
Hurstpierpoint College	B
Isabello's Preschool	5
Norto5 Kidz (daycare)	3

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