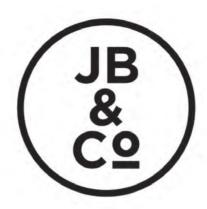


Local village talk, by the village

Issue #56: Nov. 2019





# Come celebrate our 1st birthday with us...

- 9th November
- 25% off everything
- Cold beers
- BIG prize giveaway



A massive thank you to everybody who has come through the shop in the last year.

## **EDITORIAL**

#### By David Tingley, Editor

Welcome to November's issue – which I hope you will enjoy working your way through. We know, from conversations with readers, that



some of you sit down and go from beginning to end, while others start with **What's On** guide and mark their calendar accordingly. However you are about to tackle it, I do hope that this issue resides on the coffee table (or even in the bathroom!) for the month ahead. And please don't forget to mention Hurst Life when you contact our advertisers – they really do make it possible!

One great story, which we are delighted to tell, is that of young **Austyn Emmanuelle** – a pupil at the village school who is now in a West End show. Read more on **page 8**.

The Parish Council take their usual spot on page 21, there's a short news item from the St Lawrence Fair committee on page 22 and if you still need the details for this year's Family Bonfire at Danny House – turn to page 27.

On page 24 Mike Thatcher writes the story of Lucy Driver, founder of South Downs Cellars and who is the subject of this month's **Behind the Counter** feature. Many will know Lucy from village life, so have a read and see what you didn't know.

Thank you to **Belle Amatt** who shows us something great to do with all that pumpkin flesh left over from Halloween. Check out the recipe for a Spiced Pumpkin Latte on **page 30**. If you've got any **Halloween photos** – why not send them in to us too? We could print a 'rogues gallery' in our next issue! Email your images through to editor@hurstlife.co.uk, the same address as anything else you'd like to tell us about in and around Hurst.

Have a fab November!

Issue #56 – November 2019 – 4.200 copies printed

Next magazine copydate: 12th November 2019

Next magazine published: 26th November 2019

#### **Hurst Life**

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

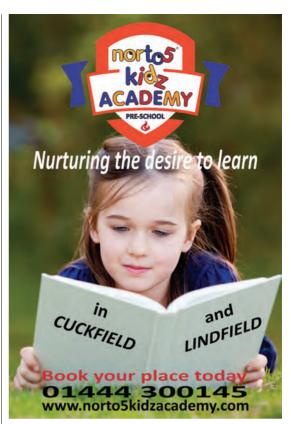
Editor: David Tingley Assistant Editor: Mike Thatcher editor@hurstlife.co.uk

Advertising: Emily Billson ads@kipperlife.com

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 hereach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.



Jackie Eke
Laying of wreaths at the
War Memorial







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

# Community Remembrance Service

Hurstpierpoint funeral directors Freeman Brothers would like to extend a special invitation to all residents and their families and friends, to attend its non-denominational Community Remembrance Service at Hurstpierpoint



Bowls Club, South Avenue on Wednesday 4th December at 6.30pm.

Chrissie Wilkie explained: "Our service will represent a moment to join together to honour and celebrate a loved one that may have passed away recently or a long time ago; the chance to talk openly with others or simply reflect quietly. We will be joined by some very talented guest artists and we hope to be able to share this special, uplifting evening with you."

Guests are welcome to stay for refreshments after the Service.

# Terrific total in terrible temperatures

By Evelyn Hole
Despite the
terrible weather
at the weekend
in September,
two charity
events were
well attended
by villagers
and friends
in Sayers
Common. The



first was a Macmillan Coffee Morning on the Saturday, followed by a Brunch on Sunday.

A big thank you to all for coming along and giving your support to this very worthy cause. The final total sent to Macmillan was £1,005. We'd like to say a huge thank you to all the faithful helpers (shown) on both days, especially 'Shaun the Chef' who cooked 40 breakfasts on Sunday!



# Macmillan supporters brave storms

Despite the inclement weather on Saturday 27th September, a large crowd attended a coffee morning in Hurstpierpoint and an amazing £900 was raised for Macmillan Cancer Support.



The organisers are extremely pleased with the result and would like to thank everyone who came and those who made a donation.

Organisers thanked Hurstpierpoint Bowls Club for letting the team use their excellent facilities. All money raised goes to the charity.





# **Painting & Decorating**

# **By David Gasson**

All aspects of Painting & Decorating undertaken Interior/Exterior Quality Workmanship Experienced, Reliable and Friendly Service Fully Insured Free Estimates

Mob: 07719 358174 Home: 01444 246538 Email: dgasson3@aol.com

# **Hurstpierpoint War Memorial**

#### By Stewart Hall

At 11am on Remembrance Sunday the nation will gather round war memorials up and down the country to pay their respects to those who died in the service of their country.

A fascinating fact is that each war memorial is uniquely different in size, shape and how the names are listed, as each town, village and hamlet independently erected a permanent memorial to those from their area who lost their lives in the First World War. With regard to Hurstpierpoint, a local organising committee was formed and they placed a sketch of a proposed design for the memorial in the Post Office (for comment) in August/September 1920. By May 1921 an architect had

been appointed (Major Godman of Horsham) and a cost of £500 agreed. Work on digging the foundations commenced at the end of May and the memorial was completed by August of that year.

The unveiling ceremony was held on St George's Day (23rd April) 1922 and performed by Colonel W.H. Campion.

The names on the memorial are in alphabetical order with no titles, ranks or honours, adhering to the principle that all men and women are equal in death.

Looking at the names from WWI, there was an assumption that those listed were young men from the village who had died in the trenches; this could be due to war poets such as Sassoon and Owen lamenting the loss of young lives. However, whilst this might be true in some cases, it is not the whole story.

Of the 78 names on the memorial just under half (37) were local lads who were born in the parish. The others either moved in before the war or had relatives in the parish.

Ranging from 17 (John Richard King, who was killed on HMS Indefatigable at the Battle of Jutland) to 58 (The Reverend Charles Antonio Marona, who was an Army Chaplain and died of natural causes), the average age at death was 29.

Interestinaly 42 of those listed were killed in action, 16 died of wounds from combat and 20 were non-combat deaths, for example disease.

The upper panel of the west side contains the 18 names of those who fell in WWII, which includes one female, Irene Mary (Biddy) MacDonald, who was an Aircraftwoman in the Women's Auxiliary Air Force. She was taken ill whilst returning to her base after leave and unfortunately died in Nuneaton Hospital.

Whilst I'm sure every effort was made to ensure all those who lost their lives in both World Wars were engraved on the War Memorial some were unfortunately missed. For example Lieutenant Commander James George Ost, a torpedo expert, who died in Hurstpierpoint in July 1918 and is buried in South



Avenue Cemetery.

If any of your ancestors served during the Second World War and you would like to research them, then the National Archives website is a good starting point (https://bit.ly/33Dhh7q). Or, for those that did not return home, search the Commonwealth War Graves Commission website on: www.cwgc.org/find/find-war-dead

# Are you worried about your family's financial future?

We provide a comprehensive wealth management service, offering specialist face-to-face advice tailored to you. Our services include:

- Investment Planning Inheritance Tax Planning
- · Retirement Planning
- Mortgages

Your home may be repossessed if you do not keep up repayments on your mortgage.

For further details please contact:



## Karen Harris Wealth Management

Tel: 01444 244486 | Mob: 07761 182892 Email: k.d.harris@sjpp.co.uk www.karenharriswm.co.uk

H2SIP32100 05219

# Golf Day to remember Dave

#### **By Gary Warman**

On Saturday 21st September friends and family of David Murray gathered at Singing Hills Golf Club for a Memorial Golf Day.

David loved his golf and was once a member at the club. He sadly passed away on 27th December last year and is much missed. However, he must have been smiling down on us as it was amazingly hot!

The golfers started with a hearty breakfast and then set off in twelve 4-ball teams to play a Texas Scramble round. Fantastically, David's brother Kevin's team won the day, which was a fitting tribute to David.

The golfers, partners and more friends and family then moved on to the Horse Inn, Hurst where the team laid on a brimming buffet; The Nixons and David's son, Kieran (recently landed from Mallorca!) sang, and we all danced the night away. A Silent Auction and raffle helped boost the coffers, with some amazing prizes donated by lots of David's friends and family.

With the golf fees, raffle and auction we raised well over £4,000, and the money will be donated to the Haemophilia Society as David suffered from this condition.

With love and thanks to everyone involved (too many to mention) and to David who made sure we had a gloriously sunny day!



The Bama Boys' (L-R) Patrick Murray, Kevin Murray, Steve Floyd & Jack Floyd





#### By Mike Thatcher

Austyn Emmanuelle, a Year 6 pupil at St Lawrence School, is currently starring as Billy in the West End production of School of Rock, alongside former Hear'Say member Noel Sullivan.

Already a seasoned performer, Austyn began street dance at BPM Dance Academy and performed in his first show when he was aged five. In December 2018 he performed in Jack at the Hilton Metropole in Brighton but the jump to West End stage is a huge achievement.

"He went for a couple of acting castings for TV and wasn't successful," said his mother Sarah. "School of Rock was the first musical he went for, and he got through the various stages of the audition and got offered a six month contract!"

Opening night was a huge moment for the whole family, but especially Austyn himself. "It was amazing because it was a nice treat to have an audience watching me, and it was exciting to have opening night with my new friends." His parents, Dave and Sarah, were suitably impressed. "It was a very special moment to see Austyn in his West End debut. To hear him sing his solo part was very emotional and it made all the hard work of getting him to and from London for the six week rehearsal period worth it."

Austyn has been dancing locally with BPM Dance Academy from a young age. Luke and Kat from BPM first met him when he used to drop his older brother off at his dance classes. Even though he wasn't old enough he would stand in the doorway and try to join in as much as he could. "After just a few classes," they said, "we knew that there was something special about Austyn; he was always so eager to learn everything and would smile throughout class from start to finish. An extremely hard worker in class, he always took every bit of feedback we gave him and worked on it to perfect his moves."

His schedule is very busy now, even though he shares the role of Billy in the show with two other actors. At school he has to miss two Thursdays out of three when he goes in for matinees or any extra rehearsals. St Lawrence School is extremely supportive and provides him with extra work to take to the theatre for when he's on standby. "Other than that," continues Sarah, "he goes to school, gets changed, heads to London, performs in a show or is on standby and gets back home at midnight and then up for school again the next day!"







Austyn hopes this is just the start for him. "I'm really enjoying being in a West End show. I love singing, dancing and acting, and I hope I can go further into more musicals after this." And it seems Dave and Sarah would not disagree: "We are so proud of Austyn for his hard working character, determination and his outgoing nature. Seeing him be able to thrive in something he loves is a joy to us."

School of Rock is at the Gillian Lynne Theatre and is booking until January 2020.





#### **HURST VILLAGE CINEMA**

#### By Mike Thatcher

Last month I suggested that we might have good news to report from Sheffield, and I am glad to confirm that this is the case. David Saitch and I made the trip to Sheffield for the annual Independent Cinema Awards and Hurst Village Cinema was rewarded with a commendation for programming and a Distinction in best marketing and publicity, which was particularly pleasing for David: "It may sound a bit boring, but that is what we spend a huge amount of time and effort on, making sure the message gets out there, so to get that recognition of the quality of what we do is very rewarding - particularly given that the group who won has three marketing post-grads on the team!"



We were also lucky enough to see a film called **For Sama**; a harrowing, uplifting, horrifying yet beautiful documentary shot by a mother during the siege of Aleppo. We highly recommend you seek it out and watch it.

Talking of films we have the one this month, in our temporary home at the Scout Hut on Brown Twins Road. And it's an old Hitchcock classic, **The Rear Window (PG)** at 8pm.

Laid up with a broken leg, photojournalist L.B. Jeffries (James Stewart) is confined to his tiny, sweltering courtyard apartment. To pass the time between visits from his nurse (Thelma Ritter) and his fashion model girlfriend Lisa (Grace Kelly), the binocular-wielding Jeffries stares through the rear window of his apartment at the goings-on in the other apartments around his courtyard. As he watches his neighbours he assigns them such roles and character names as Miss Torso, a professional dancer with a healthy social life, or Miss Lonelyhearts, a middle-aged woman who entertains non-existent gentlemen callers. Of particular interest is seemingly mild-mannered travelling salesman Lars Thorwald (Raymond Burr), who is saddled with a nagging, invalid wife.

One afternoon Thorwald pulls down his window shade, and his wife's incessant bray comes to a sudden halt. Out of boredom, Jeffries casually concocts a scenario in which Thorwald has murdered his wife and disposed of the body in gruesome fashion. Trouble is, Jeffries' musings just might happen to be the truth. This masterpiece of suspense, one of Alfred Hitchcock's best films, is a crackling thriller and, as in most Hitchcock films, the protagonist is a seemingly ordinary man who gets himself in trouble for his secret desires.



## By Kate Cowan

As we speed ahead through a rainy autumn with the evenings getting darker and the temperature dropping, it's been a pleasure to look back over a brilliant couple of weeks in September - the fabulous Hurst Festival.

What were your highlights?

There were so many: James Wilton
Dance were incredible, seeing Ben
Ottewell perform in such an intimate
setting was a rare treat, Super Sunday
was a beautiful, sunny family day, I loved
seeing One Man Two Guvnors with James
Corden at the Players Theatre, Hurst
Open Studios had some real works of art, I
especially love everything inspired by the
South Downs.

Other events included: Rough Chowder, Bohemian Rhapsody, Murder Mystery, Boogaloo Stu, Leaf Snap, Herbie Flowers, Poponin, Heber Opera, Brighton Cello Quartet, the art exhibition and the Horticultural Society show.

Thank you to the committee who work so hard to bring together such a wide variety of entertainment – it was amazing!























# Seymours + Solicitors

# Specialist family & matrimonial lawyers

## Expert resolution by experienced solicitors & barristers

- · Civil and religious divorce
- · Financial remedy on divorce
- Financial resolution for cohabiting couples
- · Child arrangements and financial issues
- Protection of assets by freezing injunctions
- Non molestation and home exclusion Orders
- Domestic violence injunctions
- Cohabitation, Separation and Pre & Post-nuptial Agreements
- Domestic and international jurisdiction issues
- Trust of land (TOLATA) & contested probate
- Private solicitor mediation

Consultations at 20 Keymer Road, Hassocks, BN6 8AW

Also at Brighton & Hove, Horsham and Central London

(01273) 62 88 08 & 70 87 10

Mobile: 077 88 555 262

Out of office hours: 075 01 143 657

info@seymoursolicitors.uk

We have close working relationship with forensic accountants, expert surveyors, property & business valuers, tax & pension consultants, specialist barristers and lawyers in North America and the Middle East

# College musicians, actors and dancers perform for Hurst Festival

Every year the music, drama and dance departments at Hurst College enjoy being part of the Hurst Festival.

This year two recitals - one given by talented senior music scholars in the college's Music School for local residents, and another given by equally talented prep scholars to the residents of Ladymead Care Home – plus the ever-popular Cake at the College, were offered by the Music Department.

The large, extremely knowledgeable and appreciative audience was entertained by a variety of styles (and instruments) from across the centuries, including Rodney Bennett's Rosemary's Waltz to open the concert. The Baroque period was represented with music by Elgar on the violin, Brahms on the piano, Cervetto and Lully on the cello, and by Gossec and by Tierson. Music from more contemporary times was also represented with Out of the Cool by Dave Heath played on the flute, songs by Alicia Keys and piano music by Einaudi. The concert ended with the first movement of a Mozart piano sonata.

Prep School musicians performed classical items such as The Swan by Saints-Saens and Spring by Vivaldi, as well as the well-known favourite Somewhere Over the Rainbow, for residents at the Ladymead Care Home, who were singing along.

The Music School was packed to the rafters again for the extremely popular Cake at the College concert, when the jazz band entertained many local residents whilst they enjoyed tea and cake courtesy of the college. The band music was punctuated by improvised jazz standard solos, including Autumn Leaves and Not a Day Goes by from Merrily We Roll Along. The band ended the concert with a toe-tapping set that sent the audience away with a spring in their step humming many jazz standards from across the ages.

The Drama Department opened its season with Bits of Beckett as its contribution to this year's festival.



Four of Samuel Beckett's shorter, less-staged pieces were performed by six Sixth Form drama scholars, tied together by a series of Beckett-inspired monologues written and performed by cast member Margaux Campbell. Fully embracing the scope and



challenge of Beckett, the production was comprised of pieces based around stripped-back language, with two of the pieces completely without dialogue, relying on movement sequences and mime for their total communication instead. Coupled with the outright absurdity of Beckett's writing, this provided a clear challenge for performers, and one that the cast eagerly took on. In his programme note, Director of Drama Luke Gasper pointed to the current world situation as being a reason for challenging the students with Beckett's own vision of the future, summing up that perhaps what seemed absurd in the 1960s is now scarily normal. This production certainly allowed its very appreciative audiences the chance to make their own judgements.

Student dancers collaborated with professional dancers from renowned company James Wilton Dance for their contribution to the festival. Over a period of just two days, the ten students - girls and boys, ranging from Year 10 to Upper Sixth - embarked on an intense period of rehearsal with company dancers to create an emotionally powerful curtain raiser based on James Wilton's The Storm, via a movement style, that displayed a whirlwind of lightning fast athleticism, and a fusion of acrobatics, break dancing, martial arts and contact work.



**RE-OPENING SEPTEMBER 2019** 





At the brand new Court Bushes Community Hub, Hurstpierpoint, BN6 9TH

The Melting Pot Café is brought to you by the Churches of Hurstpierpoint.

# Christmas is coming early to Hurst

The Festive Season is coming early for the renowned chamber choir Brighton Consort - by over 400 years! The choir performs regularly in the village church, and their next concert will feature music from Tudor times for Advent, Christmas and Candlemas, Entitled 'An Elizabethan Feast', the programme will include choral gems by the 16th century composers William Byrd, Robert Parsons. Orlando Gibbons, John Bull and Thomas Weelkes.

Brighton Consort will be appearing alongside a consort of viols (bowed string instruments with quitar-style frets that were

very popular in the 1500s). The viols will accompany the choir and also perform some purely instrumental pieces. This is the perfect occasion to get into the heart of truly historical seasonal music!



The concert will take place in Holy Trinity Church on Saturday 30th November at 7.30pm. Tickets can be purchased online at www.brightonconsort.org.uk, or by ringing 01273 833746, or on the door.



## **Christmas Fairs weekend**

Hurstpierpoint residents will be able to enjoy both the Hurst Christmas Fair and the PTA Christmas Fair on the same weekend as the run up to Christmas gets underway.

This year Hurstpierpoint Christmas Fair, organised by the Hurstpierpoint Gym Club, is being held on Friday 29th November 6.30-9pm and Saturday 30th November 9.30-1pm in the warm surroundings of the Village Centre, Trinity Road, Hurstpierpoint.

Numerous stalls will offer a wide range of gifts, so why not get a head start with your Christmas shopping! Admission is just 50p.

The annual PTA Christmas Fair is taking place on Saturday 30th November from 12-3pm at St Lawrence School. It's their second biggest fundraiser of the year, after the Summer Fair, and last year raised a staggering £4,800 for the school.

It's a fun afternoon for the whole family to enjoy with: Santa's Snack Shack, Bar and BBQ featuring Clive Miller sausages and burgers, Raffle draw, Elves workshop and, of course, Father Christmas!

Raffle donations would be most welcome, and if you are able to donate a prize for this year please get in touch with Kate Smith (kate@littleoak.cc) or Clare Ashurst (clare.ashurst@gmail.com).

# Leading the way in quality care



An independent provider of superior quality home care based in Mid Sussex

Our highly experienced team of carers can deliver a comprehensive range of care services to people within our local community and surrounding areas.

#### Our services include:

- **Personal Care**
- Administration of Medication
- Companionship
- Shopping and meal preparation
- Laundry and light domestic duties

All our Carers are DBS checked and insured and either hold or are working towards a recognised care qualification.

To discuss how we can provide the very best care, tailored to your individual needs, please phone us on 01273 840625 or make an appointment to pop in and meet us.



Unit 4, Cobbs Mill Units, Mill Lane, Savers Common, BN6 9HN Tel: 01273 840625 E-mail: admin@elitechoicehomecare.co.uk

# Is everything sorted?



Woolly



Sparklers



Tax Return filed

At PRB we can't do much about the first two on the list but we can help you tick off your personal Tax Return! We also do company accounts, payroll, tax planning, VAT compliance and bookkeeping.



For further information or to arrange a FREE chat with Chris call 01444 458252



www.prbmp.com

01444 458252

Kingfisher House, Hurstwood Grange, Hurstwood Lane Haywards Heath, West Sussex RH17 7QX

# **BOWLEY FUNERAL SERVICE**

Funeral Directors and Monumental Masons



Sharon Saunders, Paul Bowley, Berit Hoad

Family owned funeral directors and monumental masons Proudly serving the village of Hurstpierpoint for over 20 years



30 Keymer Road, Hassocks, BN6 8AN Tel: 01273 841711 Email: paul@bowleyfuneralservice.co.uk www.bowleyfuneralservice.co.uk





bespoke jewellery as unique as you are

idea, Brina along vour even materials from your old jewellery, to a free one-hour design appointment to start your journey. P&S combine great design with traditional craftsmanship and cutting-edge technology to create jewellery uniquely for you. The gallery shows their distinctive designs to inspire you to purchase or commission your precious legacy piece. Call to book, drop in or come for a tour of the workshops... What will you design?

2 SOUTH STREET DITCHLING BN6 8UQ WWW.PRUDENANDSMITH.COM INFO@PRUDENANDSMITH.COM

**BOOK A FREE DESIGN** CONSULTATION AND WORKSHOP TOUR

# Christmas Shoebox Appeal

In the lead up to the festive season, for the third year running, Hurst resident Caz Richards is once again collecting Christmas boxes, this time teaming up with Hurstpierpoint Alterations in the High Street. Last year she collected 92 boxes, and this year she is hoping to double that.

Christmas boxes can be taken into Hurstpierpoint Alterations in the High Street until Tuesday 5th November. Forms detailing what to put in the boxes can be found in the shop or email caz.richards@hotmail. co.uk for a PDF version. All parents of pupils at St Lawrence will have received this information in their child's school bag.

Every year there are millions of people across the planet who have to choose between food and warmth, a roof over their head or clothes for their children. There are many elderly people left entirely alone. For these people Christmas presents, and even items we see as basic necessities, aren't even an option.

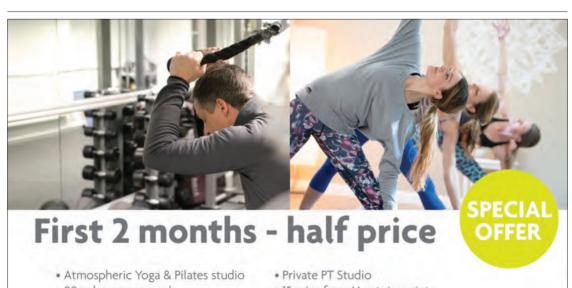
Local Charity Link to Hope, based in Worthing, helps to change the situation for some of those most in need, in Romania, Moldova, Ukraine and Bulgaria.

Link to Hope's shoebox appeal has been running since 1992 and has brought over 800,000 shoeboxes and smiles to those who need them at Christmas. The



Family Shoeboxes of gifts are given to families who often have to make a choice between buying food or fuel at Christmastime – buying presents is just not a priority. Many of these families do not have running water, heating or electricity. Some live in appalling conditions, often living in just one or two rooms, and life for them is a real struggle to survive.

For more information about the charity please visit: http://linktohope.co.uk/shoebox-appeal



- 80+ classes per week
- No contract | No joining fee
- Flexible membership

- 15 mins from Hurstpierpoint
- 5 minutes from HH Station
- Free parking

Offer ends 31st December 2019.
Call Sarah on 01444 473421 or email: sarah@linearfitness.com

LINEAR HEALTH & FITNESS

\* TERMS & CONDITIONS APPLY

LINEAR FITNESS RORDE HILL GARDENS BORDE HILL LANE HAYWARDS HEATH RHIG IXP I WWW.LINEARFITNESS.COM



# **5 MINUTES WITH...** Sarah Hitt

Sarah currently works at Lloyds Pharmacy and has been there seven years. Her previous jobs include BA cabin crew, dental nurse, ambulance driver and emergency dispatcher for the ambulance service. She's a devoted mum to two amazing girls.

How long have you lived in Hurstpierpoint? 14 years

What's the best thing about being here?

The people and all the wonderful friends I've made

What would you like to see in Hurst that isn't here? A little café open on Sundays for yummy breakfasts and hot chocolate with the kids and/or friends

How many houses have you lived in? Ten, but two in Hurst

Favourite film, album and book?

Good Will Hunting, Listen Without Prejudice by George Michael and the Peter James Series

Most common New Year's resolution?

I don't do them and that way I won't disappoint myself!

Your most enjoyable event in the village? Christmas Fair

Do you share your home with anyone? (If so, who?) I live with my two daughters, Martha (15) and Ellen (10) plus dog Robbie and rabbit Michael

Song you play the most? Save Myself by Ed Sheeran

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

Your most frequented village shop? Lloyds Pharmacy!

#### What's your proudest moment?

Having my daughters obviously, but coming 4th in an audition of 1.000 kids at the Dominion Theatre when I was 14

Last present you received?

A microwave from my mum and dad

Your advice for life?

None to give, things always seem to work out in the end

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!

# AW19 eyewear

@ Hassocks Eyecare Centre



Choose your new look Over 500 frames in store



01273 843946

www.hassockseyecare.co.uk

17 KEYMER ROAD, HASSOCKS, BN6 8AD



# Do you have trouble touching your toes?



There may be something you can do.
There are a range of suitable therapies
available which could help improve
your movement including:
Acupunture, Osteopathy and
Deep Tissue Massage.

At our clinic on the High Street we can work as individual practitioners or you may choose to have different therapies to maximise your improvement.

Therapies available: Osteopathy & Cranial Osteopathy /
Canine Osteopathy / Pilates 1:1 & 2:1 / Acupunture /
Reflexology / Herbal Medicine / Nutritional Therapy /
Food Intolerance Testing / Counselling /
Hypnotherapy / Sports, Swedish, Hydrotherm,
Holistic and Hot Stone Massage



Sussex Osteopath and Complementary Health Clinic

135-137 High Street, Hurstpierpoint BN6 9PU Tel: 01273 835 116 | info@sussex-osteopath.co.uk www.sussex-osteopath.co.uk

Canine Osteopathy is also available... info@canineosteopath.co.uk | www.canineosteopath.co.uk

# C&G Plumbers Your local plumbing experts

- Emergency repairs
- ✓ Fast response
- ✓ Central Heating
- ✓ Shower cubicles
- New bathrooms
- ✓ Outside & Kitchen taps
- Available 24 hours

## Godfrey

Mobile: 07833 726 411 Office: 01273 796 148

E: candgplumbers@gmail.com
W: www.candgplumbers.co.uk

OAP discount



Call Godfrey now on: 07833 726 411 or 01273 796 148

www.candgplumbers.co.uk

Checkatrade.com



# Belle Nutrition

Our mental and physical health is an investment worth prioritising. Nutrition and lifestyle coaching can be life changing. With a BSc in Nutritional Medicine and a wealth of experience in a variety of disorders you have expert advice on your doorstep. My consultations are held at The Sussex Osteopath

and Complementary Health Clinic on Hurst High Street. For a free ten minute chat to see how this could work for you, email to

arrange: belleamatt.com 07786 232594 bellenutrition@gmail.com

# B

# Boiler Servicing, Installs or Repairs

We can help you with all your plumbing and heating needs!

We also offer finance on major repairs and new installs



Checkatrade.com



01444 672796

enquiry@matthews-plumbing.co.uk

# ODD JOB MAN

Friendly, Fair Priced Service, Any D.I.Y. or Home Improvements. Ever just needed a Curtain Rail put up, or Shelf made or a Picture hung?

We offer an initial chat with Free Expert advice, so call us on:



Email:

warnerengineears@yahoo.co.uk







# HURSTPIERPOINT & SAYERS COMMON PARISH COUNCIL

# November 2019 | Parish Council News

Village Centre, Trinity Road, Hurstpierpoint, BN6 9UY Tel: 01273 833264 Email: hurstpierpoint.pc@btinternet.com www.hurstpierpoint-pc.org.uk

#### By Stephen Hand, Chairman

I hope it will be useful to residents to hear a little about some of the Parish Council's recent activities.

The work involved in managing the Council's estates and facilities has grown enormously this year. In addition to fifty acres of meadow and woodland at Hurst Meadows, recreation grounds in Hurstpierpoint and Sayers Common and the cemetery in Hurstpierpoint, we now also manage the Hurstpierpoint Village Centre and the Court Bushes Community Hub. We have decided that we need to adopt a more joined up approach to managing this sizeable portfolio and a new Council Committee has been set up to bring together managing priorities and liaising with users of all these important village amenities. Committee meetings are held in public and people with an interest in how these facilities are managed are encouraged to come along and have their say.

Some people may think it is a little early to be thinking of Christmas but we have been thinking about how to decorate the village garden this year. We have in previous years provided a tree and lights but due to an extreme shortage of large trees this year we have decided to look for alternatives. We did not feel able to spend approaching £5,000 of public money on a tree and we are planning to install a lighting display around the flagpole.

The powers of a Parish Council in respect of traffic and parking are very limited but our working group comprising the Parish, District and County Councils has agreed to submit a proposal for some changes to try to improve traffic flows on the Brighton and Cuckfield roads especially. On the Brighton Road the plan is designed to create a 'pull in' place for traffic going south to mitigate congestion at the Cuckfield Road roundabout. On the Cuckfield Road it is proposed to change the restricted

parking areas so that priority alternates between northbound and southbound traffic between the roundabout and Western Road. In Sayers Common we are proposing to implement parking restrictions at the east end of Reeds Lane to remove the obstructed view at the roundabout. The plan will go out for public consultation shortly, and we look forward to hearing views.

While I am on the subject of Sayers Common, I would like to thank the residents of the village who turned out to raise questions and issues at our recent Council meeting in Sayers Common Village Hall. All the points made are being followed up, and it was good to see this level of public engagement with the Council. I am pleased to say that Council has now given the go ahead to construct a new bus shelter on the London Road, which was one of the questions raised.



# Notes from the Fair AGM

## By SLF Committee

Thanks to all the trophy winners who came to collect their trophies and for those that stayed on to have a listen to our news and share their thoughts. Very briefly...

We are donating £500 each this year to St Peter & St James Hospice, The Evelina Children's Hospital and Dementia Café run by Sussex Vale Rotary based in the Community Hub in the village. £100 also goes to the Bowls club who very kindly each year give us access to their power sockets, water and changing rooms for the runners.

Our co-chairs are stepping down from the role but remaining on the committee, and our kids event co-ordinator is also stepping down. We also need someone to focus on advertising. We are desperate for new committee members to help out this year as there are now only nine of us.

If you fancy any of the above roles please get in touch - the kids and advertising roles can be done mainly off-line of the main committee, so you don't need to come to all of the meetings. Contact us on: stlawrencefair@gmail.com. Thanks!



# MM and Co: Your local roofing company









- UPVC Fascias and Soffits, Rain Water Drainage, Lead Work & Guttering
- · Chimney Cowls, Pots, Rebuilds and Pointing
- · Repairs and Moss Removal
- · Commercial, New Build and Period Properties
- · Re-roofing, Sheet Metal and GRP Fibreglass Roofing
- · Sky Lights, Sun Tunnels and Velux Windows
- · Tiling, Slating, Cedar Shingles and Hang Tiling

Tel: Lindfield 01444 214584 or 07709 650994

www.mmandcoroofing.com

"A\* service! Very professional, would definitely recommend and would use again." Haywards Heath customer 2018



# Muscle Balance

for the treatment of muscular tension, aches, pains and injuries.

# Caroline Telfer

Dip SRMT, MSMA

Sports, Remedial, Pregnancy & Post-Natal Soft Tissue Therapy

Holistic Core Restore®

Hurstpierpoint & Haywards Heath

# 07922 114328

mbtherapy@btinternet.com musclebalancemassage.com



# All your garden needs

We offer all the usual things you'd expect from your gardener in autumn, like clearing fallen leaves and planting bulbs for spring.

Or perhaps you have something more specific in mind, like repairing your shed or greenhouse, or making your garden look its best for property viewings.

01273 796195 info@sowsussex.com

Find out more at sowsussex.com



# Abundant autumn

## **GARDENING CALENDAR**

By Juliet Sargeant, garden designer

It has been a great year for fruit, from tomatoes to blackberries, but my allotment was brimming and my freezer is now packed. Even as the wet leaves are blown from the trees, the scarlet hips are clinging to the rose bushes and the crab trees remain draped in shiny apples.

There are a number of trees and shrubs that sport colourful autumn berries and so continue their garden colour well into winter. A common one (and deservedly so) is Malus x robusta Red Sentinel – a crab apple for a small garden, this tree has clusters of big, single white blossoms in spring and then its bright red fruits persist into December or even January if the birds don't eat them all.

That's another reason for planting for berries, it is an invaluable source of food for birds and mammals during the harsh winter months. Hawthorns are beloved by birds and one of my favourites is Crataegus x prunifolia (the broad cockspur thorn). It has large, glossy leaves and long, thick thorns. Like all May blossoms it is one of the latest spring-flowering trees, followed in autumn by clusters of bright red berries. It is a very unfussy tree; tolerating all soils and conditions. I have even established it successfully on an island that floods for several weeks every spring.

If you are looking for something unusual, try Callicarpa bodinieri Profusion. Hailing from China this strange shrub has bright purple berries, rather like Ribena-stained polystyrene. It is difficult to combine with traditional autumn colours of butter yellow and burnt umber, but given the right spot it will brighten a dreary autumn day and many a flower arrangement.

Juliet Sargeant runs talks and workshops on garden design and planting.



#### By Mike Thatcher

As a teetotaller I felt both exposed and empowered when I met Lucy at South Down Cellars; exposed due to my complete lack of knowledge regarding wine and empowered that I was justified in asking basic questions. I need not have worried, as talking about wine, on any level, is clearly something she loved doing and has always been part of her life.

Both her parents loved their wine and, although not a lot of money was spent (they had one bottle per week), a lot of thought went into what was chosen and what it was to be served with. If they were lucky Lucy and her sisters would get a little taste. "My grandfather had built an air raid shelter in his garden and after the war he converted it into an amazing wine cellar. That just sparked an interest and I've always been determined to work with something I love." This extended to working with horses when she left university, working 15-hour days, six and a half days a week, earning £35 for the week. But she loved it, and this will sound familiar to anyone who has connections with the racing industry. She still keeps a horse, which she is only able to ride twice a week but does provide a welcome break from being in the shop.

Four years teaching English as a Foreign Language in France put her in the perfect place to cultivate her love of French wines and she made contacts there that remain to this day. She carried on teaching in Brighton for three years but was actively looking for a job in wine. "The wine trade is very small and is quite hard to get into. I got a job in 2000 in London and then I joined a company in Tunbridge Wells. I was basically brokering, sitting in an office selling incredibly expensive wines but I never actually saw the wine."

By this stage she knew she wanted to do something by herself; doing a job in which she could actually see the bottles of wine rather than just talking about them, as well as meeting people face to face. I wondered if she felt her database of knowledge at this stage was sufficient to open up her own wine shop?

"My French wine knowledge was huge and I'd taken wine exams so when I first opened the shop my personal learning curve was the rest of the world. In the first year I went to a huge number of trade tastings in London and would have to tell myself 'don't taste the French wines, go and taste the others' and I found it easy to learn a lot very quickly."

Her shop on the High Street had been a second-hand clothes shop, financial advisors, travel agent and chemist in previous incarnations and this had the advantage of being a blank canvas for Lucy when designing the layout. Although the split-level aspect has not proved so advantageous. "Last week I had in a customer, who has lived in the village for perhaps four years and has been into the shop hundreds of times, who went up the stairs for the first time. That's frustrating."

A relevant thought struck me from when I interviewed Ivor Knox a few months ago; he will know all the technicalities of a music system but at the end of the day I would only be interested in how it sounds. In the same way why would anyone care about the technicalities of the barrel storage or ageing process, when the actual taste of the wine is the issue?

"I think for a lot of customers that would be true. I like to know that information but it also helps me to sell. When a customer says they don't like oaky wine for example, I know what they mean; that they don't like an imbalance when the oak dominates the fruit. But they will also say they like a silky smooth red, when very often it has become silky smooth as it has had time to rest in oak."

I attempted to play the role of an indignant producer who might justifiably say that just because Lucy doesn't like the wine it doesn't mean it's not good. "You learn how

to appreciate it for its merits and I choose whether it is a good wine or not and not whether I would choose it. Personally I drink about 90% white wine but the shop sells a lot more red. There are wines in here I would not choose to drink; Australian reds are too heavy for my palette but I appreciate they are good wines."

Being the first point of contact with the customers she has to be able to stand by all her stock, and every wine in the shop, without exception, she has tasted. She is constantly at trade tastings or welcoming suppliers into the shop and she estimates for every wine that she accepts there are maybe 20 that don't make the cut.

"Nine out of ten customers don't know what they want when they come into the shop. The first questions I will always ask is do they want white or red, what is the budget, do they want light or full bodied and is it to go with a particular food or to be drunk on its own? From those questions I can get exactly what the customers needs." As if to prove the point, a couple came in shortly afterwards and were recommended a Sicilian wine to accompany their beef chill stew, on the understanding that it was not too spicy.

The autumn build-up to Christmas is obviously a hugely busy time for the shop but for Lucy it comes on the back of the Hurst Festival, which she is heavily involved with. "I supply all the bars for the evening events but I run the big bars, so it's quite a busy few weeks!" She runs them as a volunteer and not as a business and all the profits go to the Festival. As the longest serving member on the Festival committee she has seen many others come and go over the years but remains very proud of the event. "The ethos of trying to appeal to every aspect of the community remains the same and we try to have as many free events as possible." Chair Colin Matthews certainly appreciates her staying power: "I'm amazed by her organisational and logistical expertise in organising and running 21 bars over the Festival's two week period and to be still standing at the end of it."

Wherever possible Lucy will use local products on the bars but with different volunteers at each event she has to keep it simple when it comes to choice. Once the programme is in place she knows immediately when the busy nights will be. "Comedy nights is definitely the most hectic bar, as there are up to 250 people. With two intervals you have 200 people coming to the bar and the Village Centre was not designed for that! The Saturday night bars, when we have live bands, per head are probably the busiest, as people are drinking all night and not just during the intervals."

Perhaps understandably she never gets given wine at Christmas or for birthdays. When it does happen it will be friends that have found an unusual one on holiday and want her to try it. There are uncertain months ahead for her industry as, although she has stocks of 80 English wines from over 30 producers and sells one bottle of Champagne for every 20 English sparkling wines, the majority of her stock is imported and she simply doesn't know what is going to happen regarding the European Union.

Another thing out of her control is the recent concept of 'Dry January'. And, as an advocate of responsible drinking, she maintains it's possible to have a 'moist' year and avoid the deluges, making a dry month unnecessary. "Just don't waste your units by drinking bad wine! And whoever invented Dry January won't be on my Christmas card list!"





If you're looking for a trustworthy garage to carry out your car's next service, the answer could be closer (and easier) than you think!

Under Managing Director Andrew Edie, Baldocks of Wivelsfield Ltd became a Main Dealer for Renault UK over 50 years ago. By the mid 1970s Baldocks had advanced to being one of the most successful dealers in the country offering the highest level of customer care in both Sales and After Sales Departments.

These days, although the business has changed over the years, Baldocks still enjoys an enviable reputation in the area. After Sales Director David Lancaster explains: "Even though we are no longer a Main Dealer we are Authorised Repairers for both Renault and now Kia. We know that locally we are considered as the only place to go for those vehicles but, in fact, our expertise and equipment are equally suited to any make of vehicle."

The site employs a staff team of nearly 25, including Service, Parts and Sales specialists along with seven highly trained technicians. "We are incredibly proud of our skilled team, a number of whom have been in the business for over 20 years," David went on. "As well as a Renault Master Technician and one currently in training for Kia, the garage also has three Senior Technicians who are specifically trained to understand the different needs of certain electric vehicles on the road today."

When asked what makes Baldocks different, David only gives one word - genuine. "I've heard so many stories of customers not getting what they paid for where car servicing is concerned! What we give is good, old fashioned customer service. Our Electronic Health Check System will allow us to email you a report and photo of any repair work needed in advance. Normally we only use genuine manufacturer's parts but we will, if



you wish, quote you an alternative after-market parts price as an option."

Already in autumn and heading towards winter, David is aware that it's always worth ensuring that your car is ready for the changing seasons. "Our Winter Health Check looks at tread depth on your tyres, your lights, the battery, that brakes are in good shape and that your antifreeze is topped up in the engine."

Baldocks can help whether you need advice or work carrying out on your car. With an MOT Testing station, tyre-fitting facilities and state of the art engine diagnostic equipment – their team will be pleased to be of service. With a prior appointment, they will even come and collect your car from Hurstpierpoint and deliver it back to you – free of charge! Plus, see advert on p.30 for a special discount voucher too.

Call David's team on 01444 471521 to find out more or to make a booking. You can also visit www.baldocks4cars.co.uk to get a quote for the Baldocks Fixed Price Servicing – for all makes and models of car – or even to find your next car to purchase!

# 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 Hotel 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.



# Hurst U14s make Champions League final

By Matt Parsons

After an unbeaten league season for our U14s, resulting in them not only retaining their league title but also securing League Cup glory, we travelled to Hove to compete in the countywide Champions League final against West Chiltington & Thakeham, who qualified after winning the West Area junior league.

Despite the disappointment of falling just two runs short, our U14s ended the summer with a fantastic record. The boys have had a tremendous 2019 and can end the summer with their heads held high. Ending with a record of played 21, won 18, lost two (both in a final) and one abandoned, I think it's fair to say we had an excellent season!





# Friends become next-door neighbours

Two friends in Hurstpierpoint received a massive shock when they moved into their new-builds and realised they'd bought adjoining homes.

Corinna Gardner and Denise Russell both bought three bedroom, semi-detached properties at Bovis Homes' Bramble Park, on Iden Hurst, having met each other a few times through the same social circle.

Corinna, who moved with her 11-year-old son Harrison, said: "We were completely shocked when Denise and I realised we had both moved to Bramble Park and into adjoining properties. We can't believe it! I'm so lucky to have someone I already know right next door, and we have a lot of friends in common. It's been great getting to know her better and it turns out we are very similar, and we look forward to a lovely friendship.

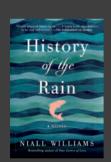
"I met my other neighbours straight away and whenever anyone else moves in, I make sure I say hello and introduce myself, just as everyone else does. It's a lovely community and the Bramble Park Facebook page is very useful. Hurstpierpoint has everything you need and some great pubs and restaurants. There's soon to be a path through to the village, so it will take just five minutes to walk there. Perfect!"

Denise said she was ecstatic to have bought her 'forever home', and to have such a close next-door



neighbour was the icing on the cake. She moved with her 23 and 21-year-old daughters and two small dogs – a terrier cross and bichon frise. "We all just love our new home and the location, and I can't believe we've moved right next door to Corrina. It's wonderful!

Denise continued: "I lived in Hassocks and have also lived in Albourne, so I know Hurstpierpoint well and moved here as this is where all my friends are, including, now, Corinna!"



# History of the Rain by Niall Williams

## **BOOK REVIEW**

#### By Clair Stanton

This is a book that I probably would not have read if it hadn't been on the Booker Prize longlist, as the author wasn't one I was familiar with and the cover didn't grab me.

The Booker Dozen for 2014 included The Bone Clocks by David Mitchell, How to be Both by Ali Smith and Us by David Nicholls with the prize being awarded to The Narrow Road to the Deep North by Richard Flanagan, so this novel didn't get as much attention as it might have done if it had been released at a different time.

Set on the banks of the river Shannon in County Clare, the book centres on the teenage Ruth Swain. Bedbound with an unexplained but debilitating condition (like a latter day Elizabeth Barrett Browning), she surrounds herself with the 3,958 books that belonged to her late father Virgil, a dreamy poet whose family has a long tradition of putting pen to paper.

Ruthie herself aspires to become a writer and immerses herself in stories; she has a fondness for Victorian writers and also explores the tales of her ancestors. The novel unpicks the family history of the Swains, following the courtship of Virgil Swain and Mary MacCarroll and the arrival of twins Ruth and Aeney. Full of humour and whimsical characters and infused with the rain that falls in County Clare, this is an accessible literary read.

# Three Fantastic Offers



# Are you over 60?

If so, we will provide you with

A registered Lasting Power of Attorney for Health and Welfare +

A registered Lasting power of Attorney for Property and Finance +

A Living Will/Advance directive

All for just £450 inc v.a.t and all OPG\* fees when you donate £5 to the Dame Vera Lynn Children's Charity.

OPG Office of the Public Guardian







# If you have children under the age of 18?

we will write your Will for £29.99 (inc vat) when you donate £5 to the Dame Vera Lynn Children's Charity.

#### We're Supporting





Prevent your children having to pay £1000s on the proposed new probate fees being considered for introduction during Summer 2020 and set up a property probate trust today

All properties in probate trusts bypass probate altogether and go straight to your beneficiaries on day 1

These trusts can also:

Prevent generational inheritance tax

Prevent your children getting nothing if you die and your spouse remarries Prevent your home being used to fund your care in the future\*

### Call us now and find out how easy it is to protect YOUR property

\*Remember if you have reason to believe that you may go into care soon or if your sole reason for implementing this package is simply to avoid paying foreseeable care fees and you are not implementing it for any other reasons such as protecting your family against divorce, bankruptor, marriage after death or generational inheritance tax then you could be accused of deliberate deprivation of assets.

Call us to make your appointment on:

01903 649021 | 01273 977385 | 01444 682047 | 01403 458042 | 01323 364029 www.thywill.co.uk



# Where there's a Will there's a Way









Make a simple pumpkin puree in order to create an autumnally warming latte:

#### Step 1:

Place pumpkin flesh in a large saucepan, cover with water and bring to the boil.

Cook for 20 minutes or until pumpkin is tender. Drain well and allow to cool. Then puree the flesh in a food processor or mash with a potato masher.

Once pureed it can be refrigerated for up to 3 days, or deep freeze for 3-6 months.



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.

Carving out pumpkins is such a fundamental part of Halloween. Immensely satisfying to our perhaps latent creative talents. Though the bit I'm not fond of is throwing away the flesh. Raised with a very post-war mentality, wasting food is something I can't tolerate, especially when it's such a nutritionally rich vegetable, so here is an idea of how to use the flesh in an interesting and novel way

### Step 2:

#### Ingredients

1tbsp pumpkin purée

½ tsp of a warming spice mix (combine ground cinnamon, nutmeg, ginger, clove and store in a jar for these latte moments)

1 cup milk (my current favourite is Oatmilk by Oatly Barista Edition. Available in the Co-op, it froths up equally as well as cow's milk)

1tsp maple syrup

1/2 tsp vanilla extract

1 shot espresso (optional for those who are caffeine sensitive)

Whisk all ingredients (except espresso) in a small saucepan over low heat. Simmer for five minutes.

#### Step 3:

Remove from heat and pour through a fine-mesh sieve to remove pulp. Return to saucepan and simmer, whisking for around two minutes.

#### Step 4:

Add the espresso and continue whisking to produce the desired frothiness. Pour into a mug, sprinkle with a little cinnamon and enjoy!

More ways to use up your pumpkin puree appear on my blog: www.belleamatt.com/blog



#### **RECYCLE THIS...**

Colin McFarlin is a Volunteer Waste Prevention Advisor with WSCC.

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 guestions coming...



# Compostable bags

My mailbag has been busy this month with correspondence from readers who have received mail through the post in 'Compostable Bags'.

With the outcry against plastic many organisations, such as National Trust and WI, have quickly moved away from plastic wrappers for their mailings and moved to biodegradable wrappers.

The information they put on the wrapper is not accurate. They suggest putting them into your home compost bin. However, not everyone has a home compost bin, also they will not compost in a



home compost bin as your bin will not reach a sufficient temperature for the wrapper to break down. There are going to be lots of disappointed National Trust and WI members emptying their compost bins in a year's time and finding this wrapper intact!

Councils will not accept this in their garden waste bin, and we, along with many other councils do not have a food waste collection service.

So where can you put it? You are left with your black top rubbish bin.

This new idea is in fact a lot worse than the original plastic wrapper; that can be recycled in major supermarkets with plastic carrier bags.

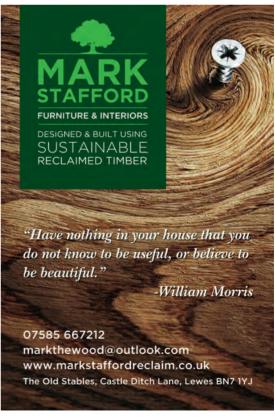
Put it in your black top rubbish bin and I do hope you will write to anyone who sends you correspondence in a Compostable Bag and point out the problems they are causing in West Sussex - and other counties!

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? One email to the Editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you.

Keep recycling!





# Let sleeping hogs lie

#### **HOGGIE HELP**

#### By Ann Winney

Well the clocks have changed, we have an extra hour in bed and we just want to snuagle up and eat crumpets. As we now start to get a few frosts it's the time that our hoggies want to hibernate. Over the last few weeks they will have put on plenty of weight in readiness for this. Unlike bears during their hibernation they will get up every few days to grab a few mouthfuls of food to see them through. So, if you normally put food out for your hogs, keep a dish of dry cat crunches topped up as this will really help them.

During the big slumber their heart rate will drop to five beats per minute and 13 breaths per minute. They will find a dry place that they can make into a cosy nest. Try not to clear away all



your leaves as they can be perfect for this. If you are doing a garden tidy and find a hibernating hog, they often get mistaken for a dead hog. Do not try to wake as this can be dangerous for them, instead put back or find a new cosy leaf pile.

At this time we see lots of late juveniles. Hogs need to be at least 550g before they hibernate otherwise they won't make it through the winter. Size wise you are keeping an eye out for the size of a mango/large avocado. If you find a little one, put it in a warm box and give us a call (Hurst Hedgehog Haven on 07787 515296).

# IT'S OK TO ASK FOR HELP.









Why not start your advertising with us next month?



Go to www.hurstlife.co.uk for more info or speak to Emily on 01273 796026

# U5s and U6s get their first taste of the Colts





#### By Paul Thurston

The season is now well under way and it's time to turn our attention to the next generation of Hurst Colts players. As is tradition at Hurst Colts, the club arranges taster sessions for our youngest teams at the end of September.

And as is also tradition, we receive a torrential downpour on this day! Not wanting to put the young players off at their first taste of football the session was postponed until 6th October when over 30 young players turned up eager to start their football careers with the Colts.

The session provides our youngest players with a taste of our training sessions, enables parents to meet the coaches and hopefully inspires them to take up the game. But this year there was a twist in that, for the first time, Hurst Colts has launched an U5s football team as well as our Under 6s.

Due to popular demand and a willing coach in Chris Harvell we now have an Under 5s set-up for those children in reception. Chris says: "I did my FA Level 1 some years ago and I'm looking forward to putting my coaching experience into practice and running the club's first U5s team." It is proving popular, with training running on Saturday mornings from 9-10am for both age groups.

Helping out with the new team at the first session, it was so nice to see all the boys and girls running around and enjoying their first games. One parent commented on Facebook that their son 'absolutely loved it and had a blast' stating that they would be buying him new boots that evening!

As we go to print, we have some spaces available in both teams. Please contact the club if you are interested in joining.

#### **COMPLEMENTARY HEALTH**

# Five ways to prioritise your health

#### By Nicola Newson

It can be hard to constantly think about prioritising your health. Life is busy and most people have lots to juggle with work and home life. In order to prioritise your health, consistently and long-term, it is critical to make a plan and hold yourself accountable. Here are five simple steps for accomplishing this:

#### 1. Don't try to change everything at once

It is completely unrealistic to change everything at one time. Sometimes the more we try to do, the less able we are to make any of these changes, and everything suffers. Pick one thing that is your priority and stick to it. If you are struggling to pick something make a list of everything you want to change. Think about how each item on the list affects the other, and which makes the most sense to start with.

#### 2. Change your environment

Depending on the goal you set this will mean different things. In order to achieve the goal it is highly likely that you will need to change something in your environment to help you achieve this. For example if your goal is weight loss, why not go through your cupboards and remove the unhealthy foods.

#### 3. Small changes add up

It doesn't always have to be huge changes that you make; small things really do add up. It could be as simple as taking the stairs rather than the lift at work. Parking further away at the supermarket. Drinking more water rather than tea, coffee or fizzy drinks.

#### 4. If you lapse, get right back on the wagon

We are all only human, there will be times when we make poor choices and we do things that we know are not good for our health. Put that out of your mind and get back on track as soon as possible. You don't need to overcompensate to try to undo the damage that was done. This only makes getting back on track harder.

#### 5. Make time for your new habits

Ensuring you follow through and are committed to make long-term change takes time. You are changing behaviours that you have had for years, so it will take time and dedication to stay on track. Take time out every morning to note all the positive behaviours you are committing to for the day. Maybe it's to wake up earlier to work out or make a healthy breakfast or walk a mile during your lunch break. If you do this every day your thoughts will become your actions and your actions will become your habits.

Ref: Louisa Valvano from stress.org.uk

WEDNESDAY 20TH NOVEMBER 7PM - 9PM KING EDWARD HALL - HIGH STREET, LINDFIELD

# YOUR CLIMATE YOUR CHOICES

RESPONDING TO THE CLIMATE & ECOLOGICAL CRISIS

HEAR FROM SPEAKERS ON:

## THE CLIMATE CRISIS & POSSIBLE SOLUTIONS

- CLIMATE REALITY LEADERS, CHRIS LEE & PETER DESMOND

## SHOPPING PLASTIC-FREE

- HARRIET'S OF HOVE

## LIVING SUSTAINABLY

RACHEL CARRUTHERS, SUSTAINABILITY SENIOR ADVISOR, WSCC

## **DEVELOPING A CIRCULAR MINDSET**

SALLY MAY, CIRCULAR BRIGHTON & HOVE





FREE FAIRTRADE TEA & COFFEE ON ARRIVAL & ENVIRONMENTALLY-FRIENDLY PRODUCTS AVAILABLE TO BUY:



ROPIC







THIS IS A FREE EVENT **BUT PLEASE BOOK YOUR PLACE AT:** FAIRERWORLDLINDFIELD@GMAIL.COM OR CALL 01444 484063



f @fairerworldlindfield

# A RELAXED CONTEMPORARY DINING EXPERIENCE ON YOUR DOORSTEP









Let the team at No.1 Broad Street treat you with a fresh and diverse seasonal menu and an elegant wine list, all served in a bright, contemporary setting in the centre of Cuckfield



1 BROAD STREET, CUCKFIELD RH17 5LJ
TEL: 01444 455 557 WWW.1BROADSTREET.CO.UK



### By Steve Mew

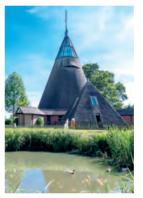
LVS Hassocks is proud to announce that it has opened the onsite Oast Café to the public. This is a long awaited reopening of the café and follows a period of renovation that students have spent in upcycling and decorating in order to ensure a welcoming environment for all our former and new customers.

The café is open for one morning a week (Fridays) to provide valuable work experience to our students, with the aim of further developing self-confidence, numeracy skills and social and communication skills. Several of our students have already undertaken various work experience placements in and around the local area, and the Oast Café is yet another opportunity for our students to get some real life experience. Last academic year Key Stage 5 students completed a tenweek barista course through the One Church, Brighton to equip them with training to support placements in local coffee shops and potential paid employment. Students at LVS Hassocks have also benefited from successful placements at Waitrose in Burgess Hill and local employer AvTrade.

Our students recently hosted a very successful Macmillan Coffee Morning fundraising event and are keen to welcome even more new customers to the Oast Café.

LVS Hassocks is an independent special school for learners aged 11-19 whose primary diagnosis is ASD (Autism Spectrum Disorder). Originally a pig farm, the Kingsland Farm House and surrounding 30 acres in Sayers Common was bought by nuns in 1978 when they moved from The Priory at Haywards Heath. The Priory of Our Lady of Good Counsel extended the complex into the tranquil setting that stands today, including the spectacular Oast building, which was designed by the acclaimed Brighton architect Michael Blee, receiving design awards at the time.

The site was purchased by the Licensed Trade Charity who have been educating children for 200 years





and who initially set up its first school to educate the destitute children of publicans (LVS stands for Licensed Victuallers School). LVS Hassocks opened in 2009 with just four students and now currently provides a safe and nurturing environment for approximately 50 students offering a range of academic and vocational qualifications.

Within the workplace there is a growing understanding of autism, however, there is still a long way to go. It is well documented that those with a diagnosis of autism struggle to get meaningful employment. Only 15 per cent of adults with autism are in full-time employment; only nine per cent are in part-time employment, with fifty-three per cent of adults with autism commenting that they want help to find work, but only ten per cent are getting the support needed. Working with those on the autistic spectrum in the workplace can be highly rewarding for both the employer and employee as many will have exceptional skills, which will enable them to succeed in a variety of roles.

We look forward to seeing you at the Oast Café at LVS Hassocks, Sayers Common. Open in term time only on Fridays from 9.30-11am.









# TRADITIONAL CRAFTSMANSHIP PRODUCING THE FINEST CRETAN TERRACOTTA POTS IN THE WORLD

The Barns, East Street, Turners Hill, West Sussex RHIO 40A +44 (0) 1342 714793 info@pottsandpithoi.com www.potsandpithoi.com



Kevin Carey in Addis Ababa, Ethiopia

# What a view!

#### By David Tingley

This is a photo sent in, I'm ashamed to say, years ago by Jenny Miller. Having got buried at the bottom of a drawer, I really wanted to bring it out into the light in this issue. Apologies to Jenny – thanks for getting involved!



# Your say in patient care

Mid Sussex Healthcare (MSHC) run three practice sites in Hurstpierpoint, Hassocks and Ditchling. The Patient Participation Group (PPG) is a voluntary group of patients acting on behalf of all patients and our doctors across all three surgeries. The PPG has an important role to play in helping give patients a say in the way health services are delivered to best meet their needs, and the needs of the local community.

This month there will be a Special General Meeting of the PPG to appoint a chairman and secretary, also to appoint any additional members to the committee. Those assembled will also be asked to approve changes to the constitution of the group (copies available from each surgery). There will also be a chance to hear from the practice manager and doctors how we are using IT to improve patient care at MSHC.

Any member wishing to nominate him/herself or another Member to be the Chairman, Secretary or Committee Member should please send a note, addressed to the group and left at a surgery reception, email midsussexhealthcareppg@gmail.com or brought to the meeting.

The meeting will take place on Wednesday 13th November at Hassocks United Reformed Church at 7pm.



## Hurst Christmas is coming...

By Matt Rosine

We are just over a month away from our annual Hurst Christmas fair, which takes place the full length of the High Street! This year we're excited to announce The Saviours of Soul as our headline act, a ten piece soul, funk and disco band. We'll also welcome Codabelle, a fantastic female Acapella group singing Christmas classics, as well as The Nixons, Create Space, and more!

Of course, make sure you come hungry - we'll have something for everyone including Yorkshire Pudding Wraps made fresh by The Horse Inn (if you haven't tried these before, you're in for a treat), pulled pork burgers by Morleys, vegan chilli by Marrams, pizza and burgers by the New Inn, as well as many other delicious treats!

Lastly, We are still looking for businesses who would love to sponsor this large community event. Please reach out to hello@hurstchristmas.org if you'd like to learn more!



We now have a showroom! Open Mon to Fri 10 to 4pm and Sat 10 to 2 pm

The Granary, Frick Farm, Off Station Road, North Chailey, East Sussex, BN8 4LY- 01825 724160



Hurstpierpoint 01273 835104 Cuckfield 01444 451818 Henfield 01273 495220



Marcus Grimes for Sales and Lettings

# The theatre refurb begins

### By Anne Hopper

At the beginning of October the Players' working parties stripped the much-loved High Street theatre of the old, uncomfortable seats, worn out carpets and obsolete lighting to allow the long-awaited refurbishment to start.

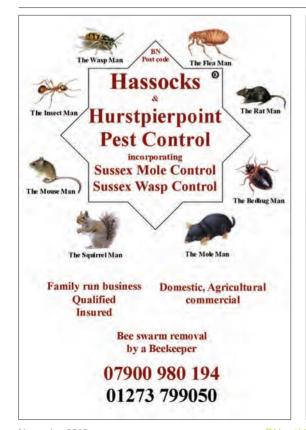
Closewall, the contractor, moved in to begin work and has swiftly transformed the auditorium, relining walls and ceiling and rebuilding the floor ready for its new carpet tiles – the new seats are now being built – the lighting, heating and ventilation systems, all designed to run on cost-saving renewable energy, are ready for installation. Redecoration of the auditorium will follow to complete the transformation.

The Players' 'Big Push' having raised funds for the work in hand, attention is now focused on things in the 'wouldn't it be nice

if ... ' category and one of these is the installation of low level lighting at the edges of the central aisle, making it safer to negotiate if someone needed to enter or leave during a performance. The Players say that yes, they could manage without it, but wouldn't it be fantastic if they could include this work for an additional cost of around £500.



Such a gift would be a wonderful way to be remembered by the thousands of grateful visitors to the theatre in the future. If you could help us with this please get in touch for a chat, without obligation, either to the President, Michael Squire at: fatcat.collegelane@btinternet.com or check out the theatre's website: www.hurstplayers.org.uk







# Nocturnal soundscapes at Glow Wild

Hundreds of glowing lanterns and torches of fire will bring trees, ponds and woodlands to life at what will be Wakehurst's sixth Glow Wild later next month.

Among the new artists helping to create this year's festive experience is ITHACA. This Brighton-based company has created a bespoke and immersive nocturnal soundscape based on the animals that call Wakehurst their home.

lain Parkinson, Glow Wild's creative lead, said: "These newly created soundscapes will be a truly magical experience and will make you feel that pleasurable, eerie feeling where the hairs on the back of your neck stand up. Our visitors will feel completely drawn into the landscape - an experience you won't forget in a hurry.'

Visitors will become part of the Glow Wild trail by picking up a handheld lantern at the start of their journey. On the mile-long path there will be many magical installations that have been created by artists who have drawn their inspiration from the beautiful Wakehurst landscape.

Glow Wild, which features the tallest living Christmas tree in the UK, takes place between 21st November and 22nd December at Wakehurst in Ardingly.





From a small extension to a new house build a range of architectural services can be offered for projects of various scale to suit your needs

1 hour FREE no obligation consultation

RIBA 🖐 Chartered Practice

Tel: 07508 556060 Email: enquiries@globalarchitecturelimited.com Web: www.globalarchitecturelimited.com





Classes held in Lindfield and Haywards Heath for children age 3-18 years

01444 812111

admin@gielgudacademy.co.uk www.gielgudacademy.co.uk

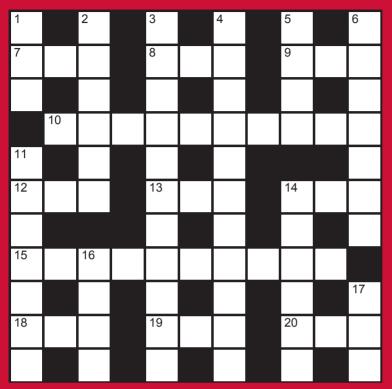
ISTD and RAD Ballet, Modern Tap, Contemporary, Drama Screen Acting, Musical Theatre and Jazz Dance for ages 4-18







# 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.47

### Across

- 7 17th letter of the Greek alphabet (3)
- 8 Tint (3)
- 9 Exclamation of surprise (3)
- 10 The lot (10)
- 12 Container (3)
- 13 Possess (3)
- 14 Very small (3)
- 15 Path of a projectile (10)
- 18 Anaer (3)
- 19 Self-esteem (3)
- 20 Born (3)

### Down

- 1 Globe (3)
- 2 Curved outward (6)
- 3 Temperature measuring instrument (11)
- 4 Journey's end (11)
- 5 Positions (4)
- 6 Abrade (7)
- 11 Refrain voluntarily (7)
- 14 Did not exist (6)
- 16 Matures (4)
- 17 Perceive with the eyes (3)



LUSTIG & WEBB

99B High St, Hurstpierpoint, BN6 9RE Call: 01273 832760







# Sudoku #40

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

Find the solution to #40 in next month's magazine

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

#### #39 Solution

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



## COMPLETE BUILDING SERVICE

CONSERVATION & DESIGN AWARD WINNER 2014 & 2018, HURSTPIERPOINT SOCIETY

We specialise in extensive home transformations such as extensions and conversions, but are happy to discuss any other renovations you might be looking to undertake. Please visit our website to discover more about the work we do and, more importantly, what just a few of our satisfied customers have to say about us.

Contact us now!









To see other projects we have worked on visit our new website www.stylorenovations.co.uk

### FREE ESTIMATES • SITE SURVEYS

Call Jamie at Stylo Renovations on 01273 634846 / 07766 914174 and mention Hurst Life magazine

# 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)

Fri Star Dance School – from 6.45pm, weekly

Sat Best of Ballroom – 7.45pm (1st Saturday)

#### November

2nd Art Workshop – 9am

12th Hurstpierpoint Horticultural Society – 7.45pm
'What On Earth Do I Do Now', a talk on creating
a garden by Sandy Coppen from The Beeches in
Barcombe. To be preceded by a short AGM.

16th RNLI Quiz Night - 7pm

Enjoy a Ploughman's Supper with this annual charity quiz which starts at 7.30pm (tickets £12 from Mishon Mackay or 01273 832819)

19th Wolstonbury WI - 7.45pm

Annual meeting and members' craft competition. This will be followed by a game of bingo. Visitors welcomed. (Enquiries 01273 834421)

29th- Hurstpierpoint Christmas Fair

30th Fri 6.30-9pm, Sat 9.30am-1pm - Stalls with wide range of gifts (admission just 50p)

29th Wreath-making Workshop – 6pm Make a wreath for Christmas

30th Art Workshop - 9am

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

### **AND ELSEWHERE**

#### **November**

2nd Dad La Soul – 10am-12noon Court Bushes Community Hub - Dad's play date club

3rd **Jazz Before Lunch** – 11.30am-1pm The Hassocks Hotel - Julie Roberts & Michael Hinton play jazz and blues (£5, 01273 965 036)

3rd Family Bonfire & Fireworks – Gates 5.30pm
Danny Park, Hurst – Fireworks display at 6.30pm
(£3 in advance from Mishon Mackay or Pierpoint
Pet Supplies, £5 on the gate)

6th Hurst Monthly Social Group – 2-4pm
Guide HQ, Trinity Road - Amanda Browne talking
about her experiences as a Funeral Arranger

7th Dementia Cafe – 2-4pm Court Bushes Community Hub, Hurst

8th MNDA Quiz Night - 7pm

Haywards Heath Golf Club - Charity quiz night, teams of 6, £12 per person (Book: liz@ mndwestwestsussexnorth.com)

10th Musical Bingo Evening – 7.30-10.30pm Guide HQ, Hurstpierpoint - (£10 per book in aid of Coco's Foundation, bring your own drink)

16th Sussex Mineral & Fossil Show – 10am-4.30pm Clair Hall - Stunning displays of minerals and fossils, ultraviolet minerals room. Activities for children and illustrated talks (tickets £3/£1)

17th The Snow Queen – 7.30pm
Danny House, Hurst - presented by
This is My Theatre (tickets: 07732 253311)

20th- Private Lives - 8pm

23rd Ditchling Village Hall - Noel Coward play by Ditchling Players

23rd **Downlands Christmas Market** – 10am-1pm Downlands Community School, Hassocks

30th PTA Christmas Fair – 12-3pm

St Lawrence School

30th Concert by Brighton Consort – 7.30pm Holy Trinity Church, Hurst - Music for Advent, Christmas and Candlemas (01273 833746)

#### **December**

4th Hurst Monthly Social Group – 2-4pm Guide HQ, Trinity Road - Christmas Celebrations with The Handbell Ringers & and a Quiz

7th Hurst Christmas – 4-7pm Hurstpierpoint High Street - Annual Christmas fair with stalls, entertainment and Santa! (p.39)

# Our advertisers **CALL THEM!**

ervices	
Absolute Solutions (IT support)	32
Baldocks of Wivelsfield	26, 30
Bowley Funeral Service	16
C&G Plumbers	19
Dave G (decorator)	5
Elite Choice Home Care	15
Global Architecture	42
G&S Roofing	31
Haywards Heath Auto Centre	9
Helen Puxley Furnishings	9
Hurstpierpoint Pest Control	41
Infinity Renewables	4
Karen Harris Wealth Management	6
Marcus Grimes (estate agents)	40
Mark Stafford	32
Matthews Plumbing & Maintenance	20
MM and Co Roofing	22
nicenstripy (gardening services)	3
Odd Job Man	20
PRB Accountants	15
Rohan Solicitors	7
Seymours Solicitors	12
Sow Sussex Garden Care	23
SPB Plumbing & Heating	42
Stylo Renovations	45
Thy Will Be Done	29
White & Sons (roofing)	20

Retail
Hassocks Eyecare Centre18
Nubie39
Pots and Pithoi38
Pruden & Smith (bespoke jewellers)16
Out & About
Cats Protection Fun Day27
Ensemble Reza27
Fairer World Lindfield35
No.1 Broad Street36
Star Dance School41
The Melting Pot Café13
Education/Childcare
Downlands Community School22
Gielgud Academy43
Isabello's Preschool5
Norto5 Kidz (daycare)3
Health/Lifestyle
Belle Nutrition19
JB & Co2
Linear Fitness17
Lustig & Webb (hair salon)44
Muscle Balance23
Sandra Slinger (Hypnotherapy)14
Sussex Osteopath19
Wickwoods Country Club (hotel & spa)

# Like our magazine?

Please call our advertisers.

(They make it possible!)









# Wickwoods

# Festivity & Gift Vouchers

Spa Days & Hotel Stays
Dining & Festive Parties
Club Membership





