

Hurst Life

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Local village talk,
by the village

Issue #57: Dec. 2019

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EDITORIAL

By Mike Thatcher, Assistant Editor

It doesn't seem that long ago we were enjoying Super Sunday as part of the Hurst Festival in the baking sun, taking advantage of a car-free High Street to enjoy what Hurstpierpoint has to offer. In a few short days, on 7th December, we can do the same for the **High Street Christmas Fair** and reap the benefits of all the hard work the traders and various groups have done in putting it together. **Matt Rosine** tells us what we can expect on **page 6**.

As is traditional, the **churches in the village** have compiled their activities and services over the festive period on our centre page spread – find out more on **pages 24-25**.

Two local charities - Hope and Befriended - report on their third **Christmas Day Lunch**, an event which is becoming an important part of Christmas in the village, on **page 5**.

I was lucky enough to meet one of the founders of the Hurst Festival and former magistrate **Michel Olszewski** at his home recently. You can read the interview with him on **page 14**. Any suggestions for future subjects of the **Village People** interview would be most welcome at editor@hurstlife.co.uk.

You can read on how **drinking beer saves lives** on **page 30**, about two pupils at St Lawrence who **walked to Cuckfield** to raise money for African children on **page 11** and read about **Kevin Carey's** latest publication of poetry on **page 10**.

On **page 7** you can read about how resident **Alex Harvell** has received a funding boost to inject into a business venture, getting children into baking – a fantastic local news story for Hurstpierpoint.

All of us in the Hurst Life office would like to thank you for your support over this last year and we wish **Happy Christmas** to one and all.



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 Louise Sullivan
High Street fun at
Christmas



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

Two bicycles made for two

Earlier this month volunteer-led movement Cycling Without Age Hurst & Hassocks celebrated the arrival of its second trishaw at Proper Cycling & Coffee in Hassocks.

Trishaws are specially adapted power assisted bikes that take two local elderly passengers out for rides to feel the wind in their hair. Rather than sitting alone at home the trishaw offers elderly people an opportunity to get out in the fresh air, see new things, meet people and have fun. In winter extra blankets and hot water bottles to keep people cosy.

The new trishaw has been kindly funded by the Burgess Hill District Lions.

Chapter captain Bridget Hamilton explained: "All Cycling Without Age trishaws, in over 40 countries, are given names. Our first trishaw is called Bunty, after Bunty Parkinson who lived in Hurstpierpoint and our new trishaw has been named Peter, in memory of Peter Charlton. Peter had been a keen cyclist and, in later years, lived at Villa Adastra where he loved going out for trishaw rides often with his daughter Claire as pilot and his wife Norma as fellow passenger.

Cycling Without Age locally now have over 30 volunteers trained to ride. They are happy to pick up from home and take people out. Please call Proper Cycling & Coffee on 01273 841 611 to book a ride or email: bridget@cyclingwithoutage.org.uk.



L-R: John Rankin, President Burgess Hill District Lions and Margaret Jones (92) sitting on Bunty with Tim Leech (pilot) and Norma Charlton, her grandson Alfie, plus Martha (dog) sitting on Peter with Dan Hyndman (pilot)

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Christmas Lunch for new and old friends

By Naomi McBain

Hope and Befriended, two local charities, are looking forward to hosting their third Christmas Day Community Lunch in Hurstpierpoint this year. Both charities believe in encouraging everyone in their community to become better connected and supportive of each other.

For many, Christmas isn't a fun-filled, family time, as presented so often in adverts. Both charities are meeting people for whom this perfect image leaves more than a slight dread of the festivities. Perhaps it's the intense sense of being on their own, the increased financial stress or even the heightened awareness of difficult memories.

Whatever the reason people have for joining in, we work at making this event welcoming and an opportunity for people to be part of a day that's full of others who care. We are so grateful for the support from local businesses with generous offers of food and drink, as well as the village charity shop providing a grant to subsidise the initial event two years ago.

Our charities' work goes on through the year too, so, quite possibly, by bringing an elderly neighbour or encouraging a family who is having a difficult time to join in the fun, they may well find an ongoing community connection to help them face what the New Year brings with more hope, joy and peace.

A father, who came last year with his son, said: "It was very welcoming and had family friendly games.



The entertainment was fantastic. It made a world of difference being around people, rather than spending it alone." The wonderful thing is that they have met up during the year with the friends made around their table. They are looking forward to joining in again this year.

The event starts as people arrive from 12.30pm to spend the next few hours enjoying plenty of chatter, fun and games, good food and musical entertainment. We listen to the Queen's Speech and round the afternoon off with a few festive carols, before people head home at around 4pm.

If people are interested in being a part of this year's Christmas Day Lunch, they should email admin@befriended.org.

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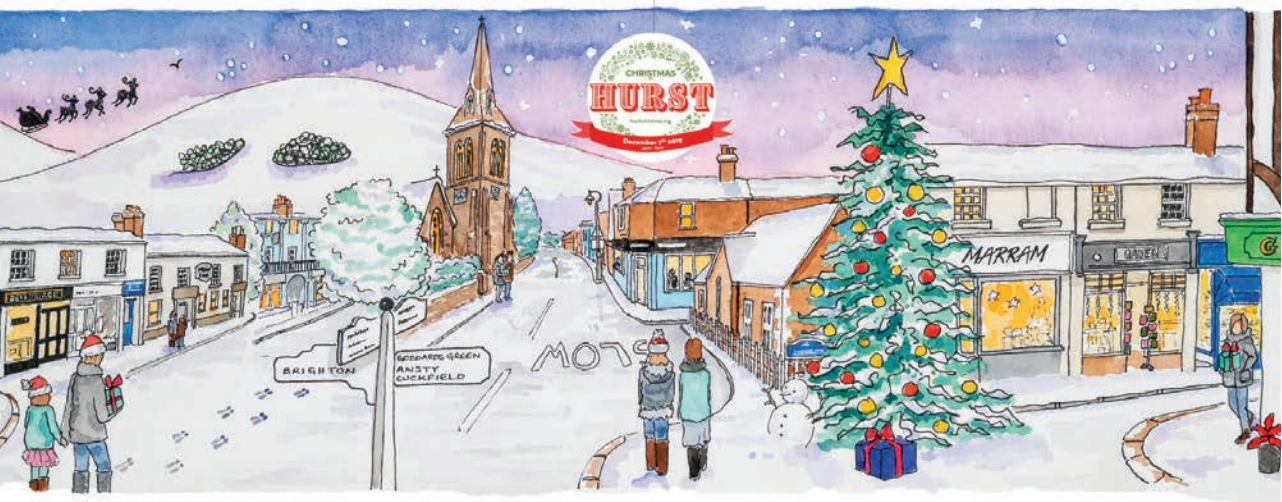


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12 days until the High Street Christmas Fair!

By Matt Rosine

Known affectionately this year as 'It's a Wonderful Hurst', the annual High Street Christmas Fair is just 12 days away! The festivities will kick off with the road closure at 4pm on 7th December, lasting until 7pm.

There is so much to be excited about, and all of the traders can't wait to celebrate with you and your family! Santa will be making a very grand appearance in one of the coolest grottos you've ever seen, and we've got live entertainment from one of the best ten-piece soul bands in Sussex, The Saviours of Soul, as well as from local favourites the Straw Dogs! There will of course be Christmas Carol singing, and the ladies from a capella group Codabelle will be popping up throughout the High Street to keep the festive spirit going through song!

You may or may not want to keep this a secret from your kids, but this year we literally have a snow cannon that will be blasting pure white Christmas onto the street. You read that right: a snow cannon, not a snow machine.

Of course, make sure you come hungry! We've got some amazing food options provided by our local bars and restaurants. We're particularly excited by the Yorkshire Pudding Wraps, but whether it's pulled pork burgers, vegetarian chilli, hot dogs, pizza, roast chestnuts, hot chocolate, candyfloss or mince pies, we'll have something for everyone!

The support of your local High Street is extremely important, and we are all very thankful for your business! In addition to Christmas stalls, the traders will be open and ready to help you with all of your Christmas shopping needs, so please come along and say hi.

There are several other surprises planned throughout the night, which you won't want to miss. If you love Christmas, music, food, shopping and Santa, then make sure you come to the High Street on 7th December between 4pm and 7pm! See you there! Visit www.hurstchristmas.org for more info.



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Bank encourage small bakers

Hurst resident Alex Harvell has been accepted on Natwest's Back Her Business programme to grow and expand her Little Bakers venture. Already an experienced baker of wedding cakes, Alex, who has two children of her own, is looking to enthuse a new generation of bakers and get them into the habit of baking from an early age. "A lot of parents don't bake with their children," said Alex. "I am hoping to give a helping hand to those who are missing out on this wonderful experience."

The venture will be crowdfunded and Natwest will pledge a contribution of up to £5,000 as well as their business know-how. The Back Her Business scheme is designed to support the set-up of new female-led businesses in the UK by enabling women to test their business ideas or projects.

Alex has moved away from the idea of pre-mixed baking. "I supply all the ingredients and step-by-step instructions of what to do. Otherwise it is not really teaching the children how to bake for themselves." There will be a different recipe each month with different themes at various times of the year.

St Lawrence School will also benefit as 20% of any subscriptions she receives will go to the school and information on Little Bakers will be issued in school bags.



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Later life lending: mortgages for the over 55s

OPEN FOR BUSINESS

By Nigel Urban

Mortgage, Equity Release and Protection Adviser

Growing up in Hurstpierpoint in the 1960s and 70s gave a simple view of mortgages. Homeowners invariably took them out in their twenties, paid them off over about 25 years and never borrowed again. Those days are over. For some it is still true, but with low interest rates, house price inflation enabling re-mortgaging and the provision of interest only mortgages, many homeowners are borrowing into retirement.



A common reason for borrowing into retirement is when re-mortgaging an interest only mortgage. The sum owed on those does not reduce over time, so there needs to be a strategy for repayment when they end. Historically, that did not happen; strategies were unsuccessful or abandoned, so many borrowers are finding themselves with their mortgages ending and without the money to pay them off.

Downsizing may be a solution. A smaller property may be acceptable, provided there is sufficient equity left after repaying the current mortgage. Moving home is not always best, though. It has associated costs not just logistics but estate agents' commissions, conveyancers' fees and stamp duty on the new property.

Thankfully the financial services sector has responded and there are now options for over 55s (even over 50s in some cases) to take out mortgages into retirement, even for life. The term is 'later life lending', an unpopular term with the author, who is in that age group and still considers himself youthful!

Later life lending comprises term mortgages, Retirement Interest Only mortgages ('RIOs') and lifetime mortgages.

Term mortgages, like traditional mortgages, have a set duration. They can be repayment or interest only, usually the latter. They require affordability, with income throughout the term being considered. For terms extending beyond retirement, pension income is

assessed. For joint mortgages, independent affordability must be demonstrated after a certain age, for example the ability to transfer pension benefits to a spouse after death. If the repayment method is interest only then a repayment strategy must exist. This is often downsizing, although sale of holiday homes or investment properties are other possibilities.

Alternatively, a RIO might be the solution. These are interest only mortgages which last until the borrower (or last borrower for joint mortgages) dies or goes into permanent care. They require affordability but need no repayment strategy. Currently up to 70% of the property's value can be borrowed.

Finally, there are lifetime mortgages, otherwise known as equity release. Like RIOs, they last for a lifetime or until going into permanent care. Affordability is not required. Maximum borrowing depends on the younger borrower's age and the value of the property. The older the borrower, the more that can be borrowed, currently to a maximum of 58% of the value of the property. Products are available that offer rates fixed for life, voluntary payments, guaranteed minimum remaining equity and downsizing protection (escaping early repayment charges on moving, typically after five years). Lifetime mortgages are appropriate if no other option is feasible or desired. Monthly payments are optional – otherwise the interest rolls up and equity decreases. A product where there can never be negative equity is recommended.

The mortgage products above are not just for re-mortgaging, they can also be used to raise capital or to purchase.

The later life lending market is complex; the above is a simplified overview. Specialist lenders are usually required, and care must be taken in selecting a product, so the use of a qualified mortgage adviser is highly recommended and sometimes required by the lender.

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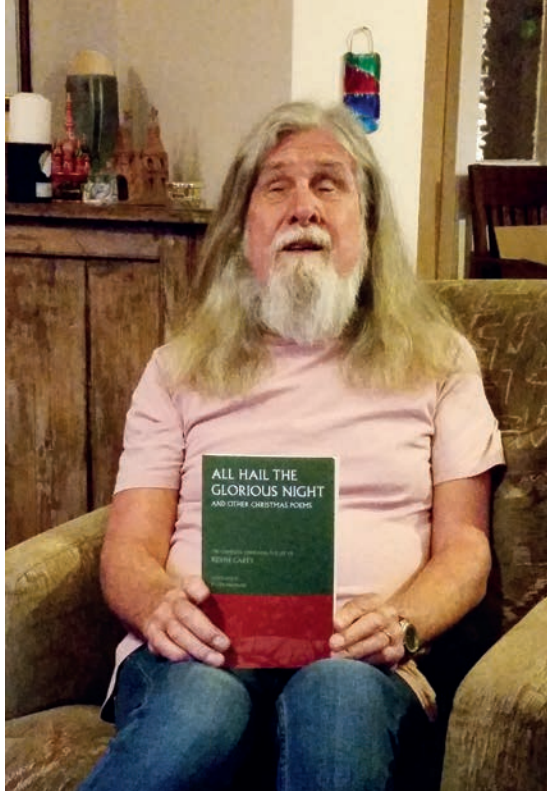
Kevin Carey's collected Christmas poems published

A collected book of poetry by Hurstpierpoint author, broadcaster and lay minister Kevin Carey was recently published. For many years he and his wife Margaret would include a poem in their Christmas cards and this new publication brings together all poems, old and new, in one collection.

Already a prolific author of three novels, two plays and various books of Christian commentary, this will be Kevin's 14th publication with Sacristy Press.

"I wrote a lot of poetry at school, just ordinary poetry, and in 2000 I started writing Christian poetry," he explained. "This included some Christmas verse and I published four small books in successful years. When I submitted the text for the fifth book my publisher thought it would be better to combine the first four and the material from the fifth into one big book."

His real hope is that more of his texts will be set to music, as some already have. "I thought the composers were running short of texts to set to music so I thought I'd write some new text. I don't mind them being read as poetry but I've always had in mind that some composers might want to lift them and set them to music."



All Hail the Glorious Night (and other Christmas poems) is available from Sacristy Press and Amazon.



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Brothers walk to Cuckfield for African children

By Alicia Barker

Isaac (8) and Luca (6) from Hurstpierpoint decided to do something a little different in October half term. The boys both attend St Lawrence Primary School and had been learning about Africa, they decided they wanted to do something to help more children go to school in some of the continent's poorest areas.

They discovered a small charity called The African Children's Fund that runs a Porridge Club, which provide mugs of porridge so that children are able to have a meal at school, instead of working or begging for food. Isaac and Luca decided they wanted to help the African Children's Fund and they chose to do a sponsored walk from their house in Hurstpierpoint to their grandparents in Cuckfield, just over seven miles away.

When October half term arrived, they embarked on their adventure with their parents. It took them just over three hours and they raised £350, providing 5,000 mugs of porridge. This would enable 22 children in Kenya to go to school for a whole year.



"It was a very long walk," said Isaac, "but we are really happy that we have raised the money and have helped children in Africa to go to school. We are already thinking about what we could do next year to help other children that are less fortunate than us."

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Henfield Theatre Company is pleased to be presenting the timeless, classic show, *The Sound of Music*, featuring four young cast members who live in Hurstpierpoint.

Set in Austria shortly before its annexation into Nazi Germany in 1938, the story features a beautiful and moving portrayal of the inspirational true life character, Maria von Trapp. The young Maria is sent as a governess to a large family, while she decides whether to become a nun. She loves the children and, in time, also falls in love with their widowed father, Captain Von Trapp.

Maria's devotion and her love of music combine to energise the family and, in effect, carry them through that turbulent time.

The production is directed by Di Norman, with Dave Barnett as musical director and Ann Atkins as choreographer. It is kindly sponsored by The Post House Café, Henfield.



Photo: Ian Henham

The show will be staged at The Henfield Hall from Wednesday 1st to Saturday 4th January 2020. There will be daily performances at 7.30pm and a Saturday matinee starting at 2.30pm. Tickets (£12/£10), are available online (www.henfieldtheatrecompany.com) or from the box office at Stevens Estate Agents in Henfield.

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By Kirsty Warren

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How? The Cats Protection League collect used postage stamps and turn them into much needed money to help all the cats in their care. Collection organiser Stella Law (aka 'Stella the Stamp') said: "The response from your magazines was amazing last year, I had large parcels! I would like to say a big thank you to all the people who sent stamps in and still continue to do so."

All stamps are welcome; ordinary, festive, commemorative or foreign, but it is important that they are not damaged. Leaving them on a square of envelope is best, with a margin around the edge. Your local stamp donation point is the Nationwide Building Society in Hurst, which is open during the mornings.

Whoever you're sending cards to this year, send it with a stamp and help make 2019 purrfect!





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Michel Olszewski

VILLAGE PEOPLE

"At aged six I caught the bus to Brighton from Hurst, and back again every day."

Mike Thatcher went to meet Michel Olszewski in his pink house off the High Street complete with painted cow outside, where he lives with his wife Val.



By Mike Thatcher

Michel Olszewski bears no resemblance to Peter Falk, but I was put in mind of Colombo by the end of our meeting. "Oh one more thing, did I say I received a medal from the Polish President?" Or, "I almost forgot; I did the Everest base camp walk a few years ago and got airlifted out when my back went." Had I been there two hours, rather than one, I suspect there would have been many more stories and he would have talked about them all with equal modesty I'm sure.

His father was a regular officer in the Polish army before the war and belonged to one of the few regiments that managed to get to England as a whole, fighting their way through France, arriving in 1940. Michel was born on an army camp in Germany to a half Belgian, half French mother, whom his father had met whilst liberating a town. "I came to Hurst when I was two in 1948 and my first language was French. My father spoke Polish, French and English; my mother spoke Dutch and French so the common language at home was French."

After the war, approximately 300,000 Poles were allowed to stay and, although there were areas of the UK where this caused friction as soldiers returned and looked for jobs, this was not the case for his father in Hurst. "People here were incredibly kind and understood what the Poles had done. My father never went back to Poland because he was a Lieutenant Colonel and so he would have been at risk after the Communists had taken over. He lost most of his family in the bombing of Warsaw and never wanted to return."

It didn't take long for Michel to learn English and soon he was off to a boys' Catholic school in Brighton. If you ever need confirmation that things were different a generation or two ago then this is it. "Aged 6, I caught the bus from the church, would walk up the road to school in Brighton and I'd catch a bus back. The driver and bus conductor were Hurst people, they knew you and made sure you got on; they waited for you if you weren't there. So it was very different, but wouldn't happen now."

After studying economics and politics at Cardiff, Michel joined Unilever as a management trainee then moved to market research where he spent the rest of his career. Predicting the success of new products was his field and most of his time was spent on international research. He ended up an MD of an international research company and spent five months of the year travelling around the world, retiring aged 55, as per company policy. Market research pre-internet was a very different beast:

"Not only pre-internet but pre-projector market research meant you actually went round with an easel. There was a huge body of women who made charts for you, all handmade, with numbers stuck on them and once overhead projectors came in, and then computers, their jobs were lost."

From 1989 onwards, his specialty became Central and Eastern Europe. He went out immediately after the fall of the Berlin Wall and helped set up companies in Hungary, Poland and the Czech Republic. "It was quite an important time in my life as I met my cousin in Poland, who was the only one left from my father's family. I brought him over to see my father, which was important." It was during this period he received the medal from the Polish President for helping to build the market research industry in Poland.

After he retired Michel became a magistrate for 14 years, chairing courts for ten of those. He also became a member of the Immigration and Asylum Tribunal for 13 years and had the specialist role of listening to the appeal of foreign prisoners who were going to be deported.

"The reason I became a magistrate was very simple. I was the main witness to an accident some years before and I was really impressed by the process; the way the judgments were made and I thought I would love to do that. It is one of the most humbling things you can do being a magistrate because you encounter people and hear things and you think 'but for the grace of God that could have been me'."

He was the first chairman of the Hurst Festival and is now Chair of Trustees. "The original idea came from Kevin Carey when he was on the Parish Council. I went to see Kevin and Margaret with a couple of other people, including Bob Sampson, and it took roughly two years to set up. We had a one evening taster event the year before we started in the Village Centre. That went really well and what struck us then was how much talent there was in the village."

The first year they couldn't get enough venues so they hired a huge marquee on South Avenue Rec. They did a 'cow walk', placing 25 full sized cows around the village, and it bought a lot of publicity meaning they managed to break even. Now, 16 years on, there is a Festival Manager and, as a Trustee, Michel is charged with ensuring the original concept is adhered to. "The whole event is to bring the village together. Ours is quite a diverse community; there are about 450 social houses in the village and there will be people living in Hurst on a decent income but also some on a fairly low income, so we need to have events for both. In theory the more expensive events pay for the cheaper or free events. And that is why Super Sunday is so important as it brings everybody into the village."

He clearly likes to be kept busy and, once again with his Colombo hat on, almost as an afterthought, he mentioned that two years ago he went back to university and did a post-graduate diploma in Law. This was partly fuelled by the work he did on the Immigration Tribunal and he hopes to put his new skills to good work with pro bono work for a local charity.

He still found the time in retirement to approach the Prince's Trust and he now mentors young adults who are starting businesses. "They come to you with a plan and you mentor them until they launch and then maybe for a year afterwards. It's a very worthwhile thing to do and the Trust have helped thousands of young kids."

He was chairman of the Village Centre for many years in a village he returned to after stints working and living in London and Paris, and which naturally has changed a lot. He remembers climbing over the fence from 30 Cuckfield Road as a child and it would be fields all the way down to the cricket ground at Fairfield. "Technically it's not a village anymore, probably officially a small market town but I still see it as a village. It has changed, but does it matter? Small development doesn't matter; it's when you get huge development that things change. I love living here; I've known lots of people who have moved away and regretted it." Both his children, Ben and Rachel, live locally.

And just one more thing: he doesn't speak a word of Polish.





Preschool understands all about family

ISABELLO'S PRESCHOOL

Isabello's Preschool in Sayers Common has just celebrated its first year after opening its doors in September 2018. Here, owners Emma and David tell us more about their business.

How did you set up your business?

We moved from London to Henfield in February 2018 wanting a slower and more green environment in which to bring up our family. Our daughter was due to start school in September 2018 and meanwhile Emma was looking for a job after leaving her full-time role in London. Emma had always wanted to open up her own preschool and this was the perfect opportunity! We opened our doors in September 2018 and haven't looked back since!

Tell us about your team

There are currently six of us: Emma is one of the Directors and she runs the preschool on a day-to-day basis. She has a background in running large private day nurseries and has a BA Hons in Childhood Studies. Her ethos is a blend of Montessori and Forest School and she will soon be qualified as a Forest School Leader. David is the other Director and he has an operational role behind the scenes but regularly visits and spends time with the children.

Jenny and Saffron are our Preschool Practitioners and between them they have years of experience. They are fully involved in the Isabello's ethos and are adored by our children! Becky provides us with occasional support throughout the year and she also has many years' childcare experience. And finally Hugh is our volunteer helper who works with us twice a week. The children love interacting with him and he wants to become a Child Psychologist.

Why is Isabello's Preschool unique?

We believe that every child is unique! We are all about creating a natural and calming setting where each child has the platform to be pushed and succeed within a fun and welcoming environment. At Isabello's we explore the world around us and have a special focus



on the outdoors, boosted by our outdoor learning activities within the grounds and the surrounding area - wellies are a must!

Throughout the week our children are taught additional languages (currently Spanish), yoga and, of course, Forest School. Another key element to life at Isabello's is risk play and 'tinkering': the children have hands-on experience of using tools and we encourage them to assess the risk for themselves. We have a modern approach to learning and we ensure our resources are of a high quality.

What do you like about being based in Sayers Common?

Sayers Common is a great location, easily accessible just off the A23 for those parents needing access south to Brighton or north to the M25. We have many families from the surrounding villages and towns, providing a mix of different children which enhances social skills. The preschool is set within the grounds of Christ Church with plenty of natural space to explore. A quiet, leafy and pleasant location, we are within walking distance to woodlands, parks and open green spaces, which we explore daily. The children love visiting the cow-field and, come rain or shine, you will see us out and about!



Isabello's Preschool is part of the Early Years Alliance and we offer both the Government 15 and 30 hours funding, as well as private sessions. We are open from Monday to Friday during term-time only from 8.45am to 3.30pm. We still have sessions available and everybody is welcome into our setting.



Isabello's
PRESCHOOL

To talk to David or Emma about your child's place at Isabello's Preschool or to arrange a visit call 07534 701625 or email info@isabellos.co.uk.

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5 MINUTES WITH...

Jon Rolph

Jon Rolph is depot manager at Ernest Doe. His passion is his family, music and sport and he has a massive issue with people who can't load a dishwasher properly!

How long have you lived in Hurstpierpoint? 12 years

What's the best thing about being here?

The sense of community

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

A youth club, somewhere for the kids to hang out

How many houses have you lived in?

Around 14

Favourite book, film and album?

Birdsong, One Flew over the Cuckoo's Nest, Closer by Joy Division

Most common New Year's resolution?

Dry January...

Your most enjoyable event in the village?

Christmas Day get-together in The Poacher

Do you share your home with anyone? (If so, who?)

My partner Caroline and the kids: Sebastian, Danny and Libby

Song you play the most?

The Makings of You by Curtis Mayfield

Which app on your phone do you use the most?

Noseybook - only recently discovered and now addicted!

Your most frequented village shop?

Bob's deli for his homemade sausage rolls

What's your proudest moment?

Apart from having the kids... it's difficult to pick one but listening to my son Danny banging out a tune on his guitar makes me pretty proud every time!

Last present you received?

A homemade fairy cake from Libby!

Your advice for life?

Keep your chin up and laugh a lot

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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Hurst featured in MSDC awards

Guerrilla gardeners, inspiring sports leaders, fundraising exercisers and green gurus were honoured at the recent Mid Sussex Applauds awards.

Chairman of Mid Sussex District Council and Hurst resident Cllr Colin Trumble hosted the new community recognition awards. He commented, "The celebrities of this event are of course all those honoured and recognised, and what a fantastic range of projects, stories and events we have heard from across our fabulous district."

Hurstpierpoint was not without its mentions and credits as part of the ceremony. Hurstpierpoint Football Club was decorated with third place in the Good Sport Award category, Jane Hill shared second place in the Stronger Together Award and The Spire Café secured joint winner of the Stronger Communities Award for its satellite project in the village.



Spire Café

The Spire Café is an IT support group started in Burgess Hill five years ago, run by a group of volunteers who tackle a myriad of computer issues for laptops, PCs or smart phones. In February this year, the group was asked by Clarion Housing if it could offer similar services to the residents of Ribbetts House in Hurstpierpoint.

Founder member Brian Dove commented: "The team were surprised to have been nominated and delighted to be joint winners in these awards. We are a dedicated group, and we enjoy helping those who come to us."

The Stronger Together Award recognised those who have brought communities together through a project or activity. Although Jane Hill is technically retired, she has worked in the Sayers Common Community Shop for five years but also helps with admin and driving to the wholesaler's to collect stock. In addition, she volunteers at the Hurstpierpoint Charity Shop regularly and also keeps up an active link with communities in Sierra Leone, which she is able to support by sending practical and financial gifts – funded by the selling of her homemade jams and preserves at local fetes.



Jane Hill

"The nomination was a great surprise and a huge embarrassment," Jane explained. "Having retired I had time to do lots of things in the community as there is a great need for volunteers in many different organisations. It's a great way to get involved and to meet other like-minded people."

In addition to these, your very own Hurst Life magazine was 'commended' in the Business in the Community Award – which we are delighted about!



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f t i G

15 years for The Point

By Will Kemp

In the summer of 2004, Caroline and I moved from London to Hurstpierpoint with our young family at the request of the then Bishop of Horsham, Rt Rev Lindsay Urwin, to join their good friends Matt and Beth Redman and a few others to start a new church community in Mid Sussex, as part of the Church of England. This was the beginning of 'The Point'. It all began with a small team of ten adults and eight children meeting at the Torch Holiday and Retreat Centre in Hurst, and has grown over the years to a church of over 200, attracting people from around Mid Sussex who now meet on a Sunday morning in Burgess Hill at St Paul's Catholic College.

Starting something from scratch gives the opportunity to go back to basics. The goal has always been to be a church that makes everyone welcome and that is relevant and engaging for those with little or no church background (a church for the un-churched!). Inspired by the early church, The Point is simply a group of people who are seeking to follow Jesus by loving one another and showing God's love to Mid Sussex. This has involved lots of creative activities over the years, such as clearing people's rubbish on Good Friday; running holiday clubs and camps for young people; The Sanctuary parent and toddler group; lots of lunches, teas and BBQs; working with other local churches (refurbishing a chapel in Ditchling); befriending people who are lonely and isolated; helping to set up the Melting Pot Café here in Hurstpierpoint and running courses like Alpha to help people explore the Christian faith and realise that church is for everyone.



The Point has always been a church that has attracted a lot of children and young families (we invested in a bouncy castle early on and have never looked back – it is still in operation every Sunday!). We believe passionately that church has to be fun and engaging for children and young people. We are now regularly invited into a number of local schools and run clubs and groups for young people during the week and on Sundays.



As a church we celebrated our 15th anniversary in style with a weekend at Burgess Hill Girls School during the recent October half term. We are now looking forward to all that is in store for us for the next 15 years!
www.thepointchurch.co.uk



Photo: Matt Freestone Photography

Photo: Matt Freestone Photography

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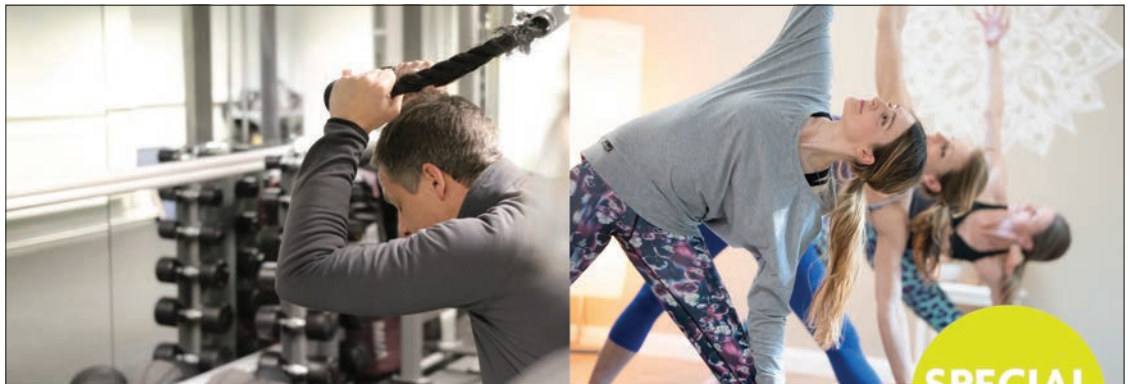
The 'Reverse Advent Calendar' scheme

For the last two years, Holy Trinity Church has supported an Advent project which helps people in need throughout Sussex. It is organised by the charity Family Support Work (FSW). If you would like to take part, please find a suitable box and put something into it on each day of Advent which is 1st to 24th December. Putting something into the box each day makes it possibly more meaningful than leaving it to the end of Advent and putting 24 items in all at once, but the result is the same so do what best suits you and your family! Non-perishable foods, toiletries, sanitary products, small gifts such as warm hats, scarves and gloves, are all very welcome. The gifts will be distributed by FSW after Christmas when many families' budgets have been stretched to their limits to provide for their basic needs and the inevitable additional expenditure at Christmas time.

Please tell other people about this scheme. Last year, the kind and generous families in Hurstpierpoint provided more than 60 boxes – that is well over a thousand gifts! It would be good to do even better this year. Together, we can help more people.

Please take your completed box to Marilyn and Dennis Hills home: Harvesters, Mossy Mile, Albourne Road, on Saturday 28th December or Saturday 4th January between 10 am and 12 noon.

Any queries to Margaret Carey (margaret@112a.co.uk or 01273 835113).



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WILD ROSE

HURST VILLAGE CINEMA

By Mike Thatcher

Our first screening at the Scout Hut, in the continued absence of the Players Theatre, was a sell-out success and the film, Sometimes Always Never, went down well. However, some of the audience members found the dialogue hard to understand in a number of places. It is a sad fact of life that the dialogue tracks for some films are not well-recorded when they are authored onto disc and, if that is the case, we are not able to do much to enhance the sound.

To our surprise and delight, we were contacted by the director of the film, who thanked us for showing the film and asked how the screening went. We told him about the sound issues and he is going to take it up with the distributors.

Our only screening for December is **Wild Rose** on **Saturday 14th December at 8pm** again at the Scout Hut on Brown Twins Road. Jessie Buckley is sensational as Scottish songstress Rose-Lynn Harlan, who wants to be a country singer, but who's as troubled as she is talented.

Just out of prison, this brazenly ambitious livewire is a mother trying and failing to make amends to her two young children, while her mum (Julie Walters) pours scorn on her dream of country music success. But just when you think you know where the story is going, the film switches up on you and changes gear.

This film is a charmer, but it doesn't charm at the expense of intelligence or depth. It marries its populist appeal to thoughtful social commentary becoming one of the high points of 2019 cinema. With Jessie Buckley's performance in Wild Rose, a star is born.

David and I recently made a trip to Sheffield, narrowly avoiding being stranded in the floods in the process, for a screening weekend. These are put on by the Independent Cinema Office several times a year so that organisations such as ours can see pre-release films, in order to programme them in advance. There were definitely some from this batch which will be coming your way in the future. Watching eight films over a weekend is a hard job, but someone has to do it for you...

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7-7 draws and biblical rain for U8s

HURST COLTS

By Paul Thurston

It's the first season of league football for the Hurst Colts under 8s. The club has two teams at this age group, Hurst Athletic, run by Dan Cronin, and Hurst Harriers, run by Adam Battens - both teams have had very encouraging starts to the season.

One big change moving into the league at U8 is that Saturdays are match days, so the squad is training on a Thursday night. "This is a big difference for the young players but they have adjusted well" says coach Dan. But the team are coming together well and played good football against teams in their league (although it is a non-competitive league this year). And because of the size of the squad we also have a third team, which plays friendlies.

One of the highlights so far this season was a thrilling 7-7 draw against each other. This was a great game - after our first game Athletic narrowly lost to Harriers 10-8. Coach Adam is looking forward to the challenge of league football: "We are also now in a different mini

league with different teams around Horsham and West Sussex, so we are looking forward to playing teams we have not encountered before." We're also hoping for some dry weather though... we've had a few games cancelled recently, which is disappointing but understandable with the biblical rain!

Both coaches have been especially impressed with the attitude of the teams so far - when they have been behind in a game, they have worked really hard to get back into the game and played some lovely impressive football. They really are two teams - working together and they enjoy playing together.

Also, the parents getting wet and muddy on the sidelines - keep up the support! The competitive spirit between U8 teams extends to the parents too. "Also watching the parents trying to put the goals up - we had a competition between Harriers and Athletic parents to see who could do it the quickest... it was a very slow draw...we are not signing up to the Krypton factor," says coach Dan!



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High Street, Hurstpierpoint, BN6 9TS

Contact: Rev Jane Willis - 01273 835109 - hurstparishoffice@gmail.com.

www.holytrinityhpp.org



Sunday 1st December	6pm	A Service of Watching and Waiting for Advent
Wednesday 4th December	7.30pm	Mothers' Union Advent Service and Shared Supper Tickets available from Judy Leech 01273 833954
Sunday 8th December	6pm	Mid Sussex District Council's Civic Service Supporting and praying for and with our local community leaders. All very welcome.
Wednesday 11th December	7.30pm	Family Support Work Carol Service followed by mulled wine and mince pies. This is an event for a wonderful family charity we are committed to supporting.
Sunday 22nd December	6pm	Candlelit Carol Service followed by mulled wine and mince pies
Christmas Eve	3pm & 4.30pm	Crib Services with All Join In Nativity – children are invited to dress as a favourite nativity character
	11.30pm	Midnight Mass
Christmas Day	8am	Christmas Communion – a simple said service
	9.45am	Christmas Family Communion with choir and carols – a service for all the family

Good News Church

149 High Street, Hurstpierpoint, BN6 9PU

Contact: Rev David Lowries - david@goodnewshurst.co.uk

www.goodnewshurst.co.uk

Sunday 22nd December	10.30am	Morning Service
	4pm	Carols and Cakes
Christmas Day	10am	Come and celebrate with us our Saviour's birth

Hurstpierpoint Methodist Church

42 Cuckfield Road, Hurstpierpoint, BN6 9RR
Contact: Revd Will Fletcher – 01444 215652

Sunday 1st December	10.20-11.30am	Advent Café Church led by Margaret Taylor
Sunday 15th December	3-4pm	Family Christingle Service led by Rev Will Fletcher Make your own Christingle and enjoy refreshments and mince pies
Sunday 22nd December	10.30-11.30am	Carol Service led by Rev Will Fletcher
Christmas Day	10-11am	Christmas Day Celebration led by Rev Will Fletcher

The Parish of Albourne, Sayers Common and Twineham

Contact: ascat.ad@yahoo.com
www.ascatparish.com

Saturday 14th December	10am-2.30pm	Refreshments and Cribs at Christ Church, Sayers Common The ever popular pop-up café and an opportunity to visit the exhibition of Nativity sets donated by families in the Parish
Wednesday 18th December	7pm	Service of Nine Lessons and Carols at St Peter's Church, Twineham, led by Rev Stephen Terry
Christmas Eve	4pm	Children's Nativity Service at St Bartholomew's Church, Albourne, led by The Point Church
Christmas Day	10am	Christmas Day Eucharist Service at Christchurch, Sayers Common, led by Rev Christina Bennett

The Point

Contact: Rev Will Kemp - 01444 230830 - info@thepointchurch.co.uk
www.thepointchurch.co.uk

Saturday 7th December	3-4.30pm	Sanctuary Parent and Toddler Christmas Special at Court Bushes Community Hub, Willow Way, Hurstpierpoint
Sunday 15th December	10.30am	Family Carols at St Paul's Catholic College, Burgess Hill
	7pm	Carols at The Woolpack The Woolpack, Howard Ave, Burgess Hill
Sunday 22nd December	6pm	Evening Carols at The New Bury Theatre, Hurst College, Hurstpierpoint
Christmas Day	10.30am	Christmas Day Celebration at The New Bury Theatre, Hurst College, Hurstpierpoint

Tips for keeping Christmas calm

By Kirstie Flood, hypnotherapist

The most wonderful time of the year can unfortunately be rather stressful for many of us. From juggling a festive workload, to managing family expectations – it’s vital that you look after yourself so that you too can enjoy the festivities. In moments of stress or anxiety it’s important to stay focused and the following steps work to help you (or someone you know) stay present.

The 5-4-3-2-1 is a well-known sensory awareness tool that can be used whenever you are feeling overwhelmed, anxious or even dissociated from your environment. The remarkably easy technique will take you through your five senses to help keep you in the moment. This is a calming method that can help you get through tough or stressful situations; yes, even in the middle of doing Christmas shopping. Take a deep abdominal breath to begin, then:

- Name 5 things you can see
- Name 4 things you can feel (feet on floor, etc)



- Name 3 things you can hear
- Name 2 things you can smell
- Name 1 good thing about yourself

You can repeat the steps as many times as you need to help return to a calmer state.

I do hope this simple tip will keep you happy and healthy over Christmas.

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How to beat the winter interior blues

By Helen Puxley

After what seems like a distant summer, when looking out of the window delivered a view filled of brightness and colour, it seems to be a bit of a shock now the winter is setting in and our view has changed to more of a rainy, grey palette. It's at this time of year when our thoughts turn to our interiors and decorating.



Photo: Ronnie Hill

The question can sometimes be 'How do I bring colour into my scheme without changing the entire room décor?' and, 'Which colours are best to use in certain rooms or lights?'. One option is to go to an interior designer, which, although is generally money well spent, can be costly. The alternative is to inspire yourself in the dark evenings by reading one of the many good online blogs, and/or picking up tips on social media to get you started.

Here are some examples of helpful hints you might find on use of colour in your home...

South facing rooms with a lot of light will suit either bright splashes of colour, cool tones or neutral palettes. Whereas, a north facing room benefits from rich warm colours or neutrals with warm hues. Also, don't be scared to go for a dark palette in a dark room, this can work wonders in creating a luxe cozy feel!

Even the smallest of additions can refresh your home... why not create the perfect reading spot with either an inviting window seat, filled with lots of soft velvet cushions? Or, update your sofa with a set of bright loose covers? These little touches can brighten the mood without breaking the bank and provide the perfect spot to enjoy throughout the winter months.



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By Stephen Hand, Council Chairman and Tony Lank, Highways Committee Chairman

We have devoted this month's Parish Council update to our recent application to the County Council to try and address some of the issues, large and small, raised by residents regarding traffic and parking in Hurstpierpoint and Sayers Common. The scheme has now passed the first stage in the process and the full detail will be put out for public consultation and comment in the new year. This is an opportunity to give a summary of the proposed changes:

- South Avenue and Manor Road
 - Designated parking bays to be marked within the existing parking zones and a small addition to the parking zone in South Avenue.
- Cuckfield Road
 - 30mph signs at north end to be moved 70 metres north
 - Alternate east /west side parking restrictions to be marked between the High Street roundabout and the Western Road junction (to ease peak time gridlock, and reduce off peak speeding)
 - Investigate the feasibility of a mini roundabout at junction with Iden Hurst (major cost and unlikely to happen in near future)
- Brighton Road
 - install "pull in" bay on east side near Washbrooks.
- College Lane/Malthouse Lane
 - Extend 30mph restriction south of the College.
 - Centre white line on the curve by Malthouse Farm.
- High Street
 - At the junction with West Furlong Lane, remove the white line but not the "Keep Clear" wording.
 - In line with the traders' request, make the loading bay outside the New Inn loading only for 24 hours per day.
- Reeds Lane, Sayers Common
 - Extend parking restrictions from roundabout and create a "pull in" bay on south side.
 - "Access only 7.5t" signs to be placed at east end.
- London Road
 - "Build outs" or "Refuge" to be installed near the Village Hall.



Cuckfield Road



Sayers Common

We have worked with County and District Councils to design this scheme, which hopefully will ease delays and parking to some extent. The underlying problem faced by all villages in Sussex of too much traffic on their narrow roads will remain. As soon as we have further news, especially on the consultation timetable, we'll let you know.

As this is the last issue before Christmas, may we take the opportunity to wish our residents a very Merry Christmas and Happy New Year and we look forward to seeing everyone at the Christmas event on 7th December on Hurstpierpoint High Street.

Drinking Bedlam beer saves sea turtles

Albourne-based Bedlam Brewery are proud of their eco credentials, brewing on a farm at the foot of the South Downs, using solar power and feeding the spent grain to the cattle, as well as actively supporting the community and environment. Recently they were given the chance to support Project Biodiversity to help save sea turtles: by collaborating with The Beer Company they brewed a delicious, light and refreshing Pale Ale, aptly named 'Turtle Recall', which was created to bring back memories of sandy beaches thanks to the floral and fruity notes. Turtle Recall 3.9% has been pouring across the Mitchell & Butlers pub estate as well as individual free trade pubs and Bedlam have donated £5 from each cask and keg and 10p from each can sold to Project Biodiversity.

As a result of their support, a sea turtle nest was sponsored in the name of Bedlam Brewery, which hatched last week! Out of 85 eggs came 72 baby turtles that were released into the sea, giving their nest an amazing success rate of 84.7%!

"The proceeds from our partnership helped make this hatchery possible – we couldn't be more thrilled with the results," exclaimed CEO Bob Emms. "I'm fascinated in stats and was shocked to learn that hundreds of thousands of baby turtles from these beaches will get to the sea, but only one in every 1,000 will be able to come back in 20-25 years' time to lay their eggs. We love our ocean and we're keen to work with the community to act against the destruction of our seas and so this was a great opportunity for us."

Sea turtle hatchlings face a wide range of threats, both natural and caused by humans. Project Biodiversity is a non-profit organisation committed to the protection of wildlife through community-driven environmental



protection plans in Sal, Cape Verde, focusing mainly on the protection and conservation of the endangered loggerhead sea turtle (*Caretta caretta*). Its team of local rangers, biologists, environmental experts and volunteers work tenaciously to ensure these animals are protected from poachers and other human threat, such as ghost nets (discarded nets from fishing boats).

This hatchery is new for the project this year, and is managed by a small but committed group of Cape Verdean volunteers. Discover more about Project Biodiversity, and see what inspired Bedlam Brewery to support Project Biodiversity and its sustainable conservation projects to care for the natural environment around them at:

www.projectbiodiversity.org

Turtle Recall cans are available in stores and online.

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Autumn gold

GARDENING CALENDAR

By Juliet Sargeant

The brilliant colours of the autumn leaves are now turning to a dull brown mush as they are soaked by the rain and start to rot in this month's relative warmth. Now's the time for 'putting the garden to bed'. Raking leaves, snipping dead flowers' heads and chopping back stems. The queues at the local tip are lengthening with the days.

But have you thought about the value of what you are throwing away? That soggy collection on your driveway is 'autumn gold', an invaluable source of fibre and nutrition for your plants. Out in the woods, there are no tidy gardeners, not human ones anyway. Nature has its own army of beetles, worms and woodlice who do the job of turning leaves into compost. There is a natural recycling; the chlorophyll in the summer leaves turns the sun's energy into carbohydrates in the plant. Those carbohydrates are used by the plant to grow, flower and set seed. In the autumn, the leaves containing waste products are shed, along with leaf fibre. Then, those things rot into the soil, to be re-used next year as the process is repeated.

If we take our leaves to the tip, we curtail that closed loop of recycling in our gardens. And gradually, over the years, the garden becomes impoverished. Autumn gold, your own, homemade garden compost is a way of keeping your garden's natural resources in the garden.

The easiest way is to just sweep some of your leaves into the flower beds - towards the back if you want. By spring they will have rotted away. But, if you like a tidier look, then you can put a layer of bark chippings on top.

The insects in your garden will thank you and so too will the hedgehogs.

Juliet Sargeant is a garden designer based in Hurstpierpoint.

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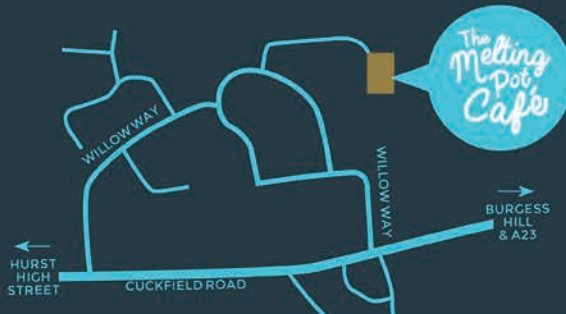
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Photo: Rob Lamont

Size doesn't matter!

HOGGIE HELP

By Ann Winney

Well, this has been Hurst Hedgehog Haven's busiest few weeks, mostly with autumn juveniles (hogs that are too small to make it through hibernation). So it's been a constant round of feeding, weighing, cleaning and filling in detailed notes on each as I go.

I had five hogs all from one garden, possibly siblings.

I collected them all over three to four days from a lovely lady, Sam, who lives in Burgess Hill near The Woolpack pub. She has a tiny garden but has worked with all the neighbours, making this warren of houses into the perfect hedgehog paradise. With the help of her husband, she encouraged folks to make holes in fences, build homes and putting down food and water. There is now a thriving hoggie population in that area, proving that the size of your garden should not be an issue if everyone works together. It only takes one person to take up the challenge.

With the festive season fast approaching, I now start to wonder what hedgehog-shaped gifts will be under my tree. As you can imagine, I have had all sorts of mad things but I must say the best pressie was a hedgehog helper for the morning at East Sussex Wildlife Rescue. Be warned: this can lead to much bigger things as I know only too well! You will get to know all about hogs and how to handle them, help with cleaning out as well as finding out about the work of this amazing rescue.

For more information contact: jen@eastsussexwras.org.uk. Or give me a shout at Hurst Hedgehog Haven on 07787 515296.

Merry Christmas hoggie readers!

Is everything sorted?



Christmas Tree



Presents



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COMPLEMENTARY HEALTH

Ouch!

By Nicola Newson BSc (Hons) Ost

Sprains and strains to muscles and joints happen to all of us and for most they are a painful, but temporary, reminder to be a little more careful. Prompt action can help your body to heal faster and may prevent further injury or prolonged pain.

Strained or 'pulled' muscles often happen when we overexert untrained muscles, train without properly warming up or try to go beyond a joint's natural flexibility. Sometimes we feel the pain straight away, however some injuries might not cause pain until later on. What can you do?

Remember **RICE** (Rest, Ice, Compression and Elevation) – using these techniques can help to relieve the pain and start the healing process.

Relative rest: The first thing to do if you feel pain is to reduce the offending activity – pain is usually your body's way of telling you that there is something wrong that needs your attention. It can be normal to feel a little sore after exercising for a day or two, but if it is more than this, pushing through the pain is rarely beneficial.

However, **movement** stimulates the healing process so stay as mobile as you comfortably can. Try to keep the joint moving through a comfortable range of motion, without forcing it to the point of pain.

Ice: Cooling the area using an ice pack can help to reduce swelling and pain. Wrap a thin tea towel around the area so as to avoid direct skin contact and then apply the pack to the injured area for 10 – 15 minutes. You should repeat this several times per day for the first 72 hours.

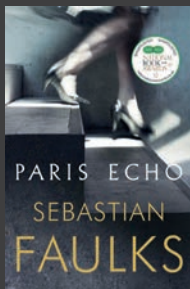
Compression: Gently applying a compression dressing may help to temporarily support the injured joint and reduce swelling. Remove this immediately if there are signs that this is reducing the circulation to the area (numbness, pins and needles, the skin turning white or blue, etc.).

Elevation: If the injury is in the lower limb (knee or ankle), elevating the area a little can make it easier for your body to drain the fluids that might accumulate around the area, causing swelling. For example, if you've hurt your knee, sitting down with the knee raised on a low foot stool may ease the pain.

Seek medical attention: If you have pain that can't be controlled with over-the-counter painkillers, you can't put weight on the injured limb, experience paralysis or loss of sensation or the swelling is very bad – seek help from your local A&E department, urgent care centre or telephone 111 for advice.

If the pain or swelling fails to improve within a week, a visit to an osteopath may be beneficial. They will be able to assess the injury, advise you on the correct treatment and can provide some manual therapy which may help it get better faster.

Ref: The Institute of Osteopathy



Paris Echo by Sebastian Faulks

BOOK REVIEW

By Clair Stanton

This is the latest novel by Sebastian Faulks and, although it is set in the early 2000s, it already feels like a period piece, as it is hard to imagine that the young Moroccan protagonist would manage as well in today's Paris.

There are two narrators, Tariq – a nineteen-year-old runaway and Hannah, a thirty-one-year-old American academic. At first glance, they appear to have nothing in common, but they inform each other's experience of living in Paris and learn to share living space in a harmonious way.

Hannah is hiding from life, taking refuge in the lives of others – she is in Paris to research women who lived through the Nazi occupation and reconnects with an old friend who knew her a decade before, when she was a student.

Tariq may have less life experience, but he seems to understand and connect to people more easily than Hannah: he explores the city and shares his discoveries innocently, only to find that his naivety amuses his landlady and her academic friends.

This is an interesting novel that looks at the dark past of the 'City of Light' through the eyes of its residents - native and visiting, past and present, and shows the boundaries between them to be more porous than they seem....

Pick up a copy on your next visit to the library in Hurstpierpoint, there will be copies on display throughout December.

Merry Christmas &
a Happy New Year



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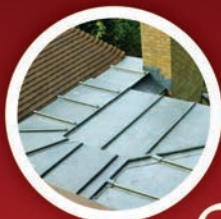
- 3 tbsp extra virgin olive oil
- 250g/9oz chestnut mushrooms, sliced
- 1 red onion, sliced
- 300g/10½oz butternut squash (¼ squash), peeled and cut into 2cm/¾in chunks
- 75g/2½oz curly kale, shredded, tough stalks discarded
- 150ml/5fl oz vegetable stock, made with ½ vegetarian stock cube

- 50g/1¾oz ready-to-eat dried apricots, quartered
- 180g/6oz chestnuts, halved
- 75g/2½oz walnuts, roughly broken
- ½ tsp dried chilli flakes (optional)
- 85g/3oz goats' cheese, cut into small pieces
- Sea salt and freshly ground black pepper

For the pastry

- 4 sheets filo pastry (each about 48x25cm/19x10in)
- 2 tbsp extra virgin olive oil
- Handful chopped fresh parsley, to garnish (optional)

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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.



Christmas is now very much in sight. Often, when you think Christmas is all wrapped up, there's that last minute request, like a text from one of your Christmas lunch guests: 'Did we mention, we've gone vegetarian, hope it's no trouble 😊' – laughing emoji meaning 'sorry, we know it's a bit last minute but oh well!'

Fear not: there are so many tasty vegetarian options. Just remember that nut roast is a thing of the 70s so, when choosing a recipe, try something new like this gorgeous light and flavoursome pie, perfect with a light white wine gravy or served cold later in the day.

Method

Heat 2 tablespoons oil in a large non-stick frying pan and fry the mushrooms over a medium heat for 4-5 minutes, or until lightly browned. Tip onto a plate and return the pan to the heat.

Add the remaining tablespoon of oil and reduce the heat. Gently fry the onion and squash for 5 minutes, or until the onion is translucent and the squash is beginning to soften, stirring regularly.


Add the kale, stir in the stock and bring to a simmer. Simmer for 3 minutes, or until the liquid is reduced to almost nothing, stirring regularly.

Stir in the apricots and gently heat for 2 minutes. Remove from the heat and add the chestnuts, walnuts and reserved mushrooms, stirring well. Add the chilli flakes, if using. Season with salt and pepper. Leave to cool for 45-60 minutes.

Preheat the oven to 190C/170C Fan/Gas 5. Line a baking tray with baking paper. Place one sheet of the filo pastry across the tray and brush with a little oil. Add a second sheet of pastry at right-angles to the first to make a cross shape. Brush with a little more oil. Place the third sheet diagonally over the first and brush with a little more oil. Add the fourth sheet diagonally in the opposite direction.

Spoon the filling into the centre of the pastry and flatten into a circle around 20cm/8in wide and 4cm/1½in deep. Scatter with the goats' cheese.

Bring the excess pastry up around the filling, leaving a gap at the top, scrunching loosely. Brush the pastry with the rest of the oil. Bake for 25-30 minutes. Serve in slices, garnished with parsley if liked.

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Christmas unwrapped

RECYCLE THIS

By Colin McFarlin, Volunteer Waste Prevention Advisor WSCC
Christmas is a busy time and poses more recycling questions! In this month's extended column I try to give quick answers to a range of festive waste dilemmas...



Christmas Tree – did you know that in West Sussex Christmas trees are turned into compost when you recycle them? In Hurst you can drop your real tree to Trinity Road car park (until 10th January) after you've finished with it. I call it treecycling!



Wrapping paper – remove as much packing tape as possible. Paper in the Blue recycling bin, tape in the Black top rubbish bin.



Cardboard – flatten boxes and remove as much Sellotape and packing tape as possible. Cardboard in Blue bin, tape in Black bin.

Christmas cards – remove bows and ribbons. Cards in Blue bin (even glittery ones!), everything else in Black bin.

Sweet/chocolate boxes/tins/tubes – metal, cardboard, plastic or paper can all be recycled (Blue bin).

Glass bottles – beer, wine and champagne in the Blue bin, without the tops please. Metal tops can go in the Blue bin separately. Plastic tops and corks in the Black bin.



Plastic bottles – fizzy drinks bottles in your Blue bin.

Plastic/foil trays – from Mince Pie and other food packaging, in the Blue bin please.

Christmas paper chains – in your Blue recycling bin.

REMEMBER the bin must close. If the lid will not close it may not be collected. Do NOT leave recycling next to the bin as it may not be collected.

What to do with other items that **cannot** go in your recycling bin...

Plastic wrapping paper, bows and ribbons – if you cannot reuse them place them in your Black top rubbish bin.

Tinsel and baubles – take to the Household Waste Recycling Site (HWRS), 'the tip' to you and I.

Christmas fairy lights – as an electrical item take to the tip and not in your kerbside bin.

Artificial trees – take to the HWRS.

Batteries – take them to any supermarket that sells batteries, or the HWRS.

Textiles – from old rags and holey tights to clothes that don't fit any more, bag them up and take them to a charity shop that accepts 'rags' or take them to your HWRS. Do not put in your kerbside bins.



Broken toys – if they cannot be fixed, take to the HWRS.

Used paper napkins – Black top rubbish bin.

Broken crockery or cups – it happens at Christmas(!), take to the HWRS.

Old drinking glasses – take to a charity shop, or - if broken - put them in your Black bin.

Disposable plastic plates and cutlery – try to avoid as they will have to go in your Black top bin.

Please note: your Christmas and New Year rubbish and recycling kerbside bin collections operates from Monday 23rd December to Friday 3rd January. Visit: www.midsussex.gov.uk/waste-recycling for details.

HWRS – Now on winter opening hours. For example, Burgess Hill site is closed on Thursdays. From 1st December you will need to show you are a resident of West Sussex to use the HWRS. Take with you your driving licence or utility bill. TOP TIP: photocopy them now and keep in the car or ready to take with you.

In the new year I would love to hear from you about your 'Recycling Wisdoms' and share your ideas in this column.

What do you do to recycle more, what do you do to recycle better in your house? Tell me about your local community recycling points.

Email the editor (with a photo if possible) to send these in to me. Happy (Christmas) recycling!

Christmas box appeal for rescue animals

Once again, Hurstpierpoint will be a collection point for the Christmas Box Appeal for the charity Raystede Animal Welfare, which is open until 12th December. Sarah Solomon, practice owner at Heath Vets says: "Many of our patients in Hurstpierpoint are rescue cats and dogs from Raystede. We are delighted to play a small part in this worthy appeal and we are asking our clients and the lovely residents of Hurstpierpoint to add one more gift to their Christmas shopping list."

The appeal is now in its 7th year and the idea of the appeal is to fill a box or bag of new food, treats and toys for the various animals in the centre. The Raystede will be housing many animals in its rescue centre in Lewes this Christmas, including dogs, guinea pigs, hedgehogs, horses and poultry, so all gifts will be put to good use. This is a volunteer appeal – if you are unable to get to Heath Vets on the High Street then please search Facebook for more options.



Christmas concert coming up

Start your festive season by joining Burgess Hill Choral Society (BHCS) for its ever-popular Christmas concert, where the choir will be singing J.S. Bach's wonderful Christmas Oratorio.

Dorcus Kalarni, resident of Hurstpierpoint and long-standing member of the choir explained: "If you want to feel good; sing with BHCS. If you want to feel wonderful; sing Bach's Christmas Oratorio with BHCS!"

The concert features a concert orchestra and young soloists at the start of their professional careers; it also includes carols for choir and audience, related to each section of the Oratorio. The concert takes place on Saturday 7th December at 7.30pm at St Andrew's Church in Burgess Hill. Tickets are £14 or free for under-18s, available from BHCS members, on the door, or phone 07522 493966.

For more information about joining BHCS, see: www.burgesshillchoralsociety.org.uk

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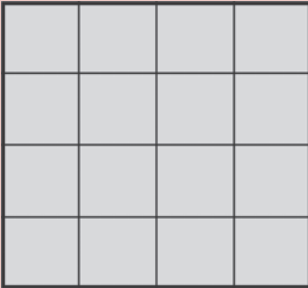
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Time for a break

CHRISTMAS PUZZLE FUN...

In this, our festive issue, we have given you a bumper collection of brainteasers to have a go at. Answers on page 47.

MAGIC SQUARE

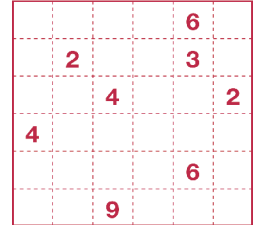


GREETING CARD IDEA

From the 16 letters of the phrase above, find four words which fit the grid so that they can be read both horizontally and vertically.

BOX CLEVER

Fill the 6 x 6 grid with as many boxes as there are numbers printed in the grid. Each box must be either square or rectangular and must contain just one of the numbers. The numbers show how many squares there should be in each box.



MISSING LINK

Each pair of words has a missing word between them that acts as a link to both (e.g. FRONT – DOOR – MAT). The initial letters of the six answers (reading downwards) will spell out a tree.

- | | | |
|----------|-------|---------|
| STERLING | ----- | LINING |
| SALMON | ----- | GIN |
| TRUNK | ----- | RAGE |
| TURN | -- | START |
| WEDDING | ----- | WALK |
| DEAF | --- | TRUMPET |





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SUDOKU

There is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box. This is a logic puzzle and you should not have to guess!

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

NONAGRAM

W	O	N
F	S	T
R	I	D



How many words of four letters or more can you make from this Nonagram? Each word must use the central letter, and each letter may be used only once. At least one word using all nine letters can be found. **15 Good; 18 Very Good; 21 Excellent.**

Any word found in the Concise Oxford Dictionary (Tenth Edition) is eligible with the following exceptions: proper nouns; plural nouns, pronouns and possessives; third person singular verbs; hyphenated words; contractions and abbreviations; vulgar slang words; variant spellings of the same word (where another variant is also eligible).

TRAIN OF THOUGHT

___ T ___

What words link the following definitions?

1. a side;
2. a group of people;
3. a social gathering;
4. those involved in something.

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What's on...

ELSEWHERE

November

- 26th **Hassocks Townswomen's Guild** – 2.30pm
Age Concern, Dale Ave, Hassocks - Talk on 'Knights & Ladies depicted on Brass Memorials'
- 29th **Light Up Hassocks** – from 4pm
Hassocks High Street: children's torchlight parade, Santa's grotto, live music, fairground rides and stalls - organised by Sussex Vale Rotary
- 30th **Concert by Brighton Consort** – 7.30pm
Holy Trinity Church, Hurstpierpoint - An Elizabethan Feast – music for Advent, Christmas and Candlemas. (Tickets from www.brightonconsort.org.uk or 01273 833746.)

December

- 1st- **The Nativity** – 7.30pm
- 5th **Wivelsfield Parish Church** - drama by Angela Black, not suitable for under 12s (£10 www.ticketsource.co.uk/wlt)
- 4th **Hurst Monthly Social Group** – 2-4pm
Guide HQ, Trinity Road - Christmas Celebrations with The Handbell Ringers and a Quiz (Dianne 01273 835284)
- 4th **Christmas Card Workshop** – 7pm
Gallery 92, Hurstpierpoint - A fun evening making lino print Christmas cards with Jennifer Court (More info or to book call: 01273 933020)
- 5th **Dementia Café** – 2-4pm
Court Bushes Community Hub, Hurst - Hurst memory Christmas tea party
- 5th **Mid Sussex National Trust** – 2.30pm
Clair Hall - 'Christmas Past in West Sussex' by Dr Caroline Adams
- 6th- **Cuckfield Christmas Tree Festival**
- 8th **Holy Trinity Church** - Decorated trees, open from 11.30am across the weekend (£5 adults, kids free)
- 7th **Cuckfield Local Food Market** – 9.30am-12.30pm
Outside The Talbot
- 7th **Christmas Market** – 10am-4pm
Great Walstead School, Lindfield - Gifts, festive entertainment, food stalls (free admission)
- 7th **Dad La Soul** – 10am-12noon
Court Bushes Community Hub, Hurst - Dads' play date club
- 7th **Hurst Christmas** – 4-7pm
Hurstpierpoint High Street - annual Christmas fair with stalls, entertainment and Santa! (www.hurstchristmas.org)

- 8th **Christmas Concert** – 3-5pm
Warden Park Academy, Cuckfield - Popular and festive classics from Ensemble Reza and the community orchestra (£10/£5 from Pepperbox or www.ensemblereza.com)
- 9th **Wreath-making Workshop** – 9.30am
The Talbot, Cuckfield - By Chez Fleur (£50pp, call 07811 892644)
- 9th **Mid Sussex NHS Retirement F'ship** – 10.15am
Mid Sussex Golf Club - Christmas Meal
- 10th **Wreath-making Workshop** – 7pm
The Queen's Hall, Cuckfield - By Chez Fleur
- 12th **HH Ceramics Group** – 10am
Clair Hall, Haywards Heath - Patricia Ferguson will give a talk on 'Dolls' Houses and Ceramics' (First visit free, 01444 483372 or 452804)
- 13th **Christmas Carol Concert** – 3.30pm
Holy Trinity Church, Cuckfield - Organised by Alzheimer's Society
- 13th **HHD U3A** – 2pm
Adastra Hall, Hassocks - Weald Ukulele and Song Band (U3A members only)
- 14th **Cuckfield Local Food Market** – 9.30am-12.30pm
High Street – Seasonal produce
- 14th **Candlelit Celebration of Christmas** – 7pm
Newtimber Church, BN6 9BT - A festive evening of songs, poetry and story-telling with folk group Cotillion (Tickets £10/£4, Lucy 01273 831877)
- 14th **Christmas Concert** – 7.30pm
St Wilfrid's Church, Haywards Heath - Mid Sussex Choir sing John Rutter's Magnificat (Tickets £12)
- 15th **Christmas Carols** – from 12noon
The Greyhound Pub, Keymer - BBQ and raffle. Proceeds raised in aid of Chestnut Tree House Children's Hospice
- 15th & **Sussex Chorus Carols** – 6.30pm
- 22nd **The Coach House, Sheffield Park & Gardens** (TN22 3QX) - Christmas music and carols (tickets: www.nationaltrust.org.uk)
- 17th **Cuckfield Evening WI** – 7.30pm
The Baptist Church, Polestub Lane - Christmas Party featuring magician Roy Plumridge
- 17th **Advent Carol Concert** – 8pm
Ardingly College Chapel (free entry)
- 18th **The Arts Society Mid Sussex** – 10am
Clair Hall, Haywards Heath - Lecture: Grandfather Frost & Old New Year - The Russian Christmas by Dr Rosamund Bartlett (Non members welcome, £7)
- 21st **Dec Village Market** – 9am-12.30pm
National Tyres forecourt, Hassocks – market stalls from independent traders

What's on

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 'n' 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)

December

- 1st **Yoga Workshop** – 11.15am
- 7th **Look Sussex Charity** – 10am
Christmas party
- 10th **Knit 'n' Knatter** – 2.30pm
- 10th **Wolstonbury WI** – 7.45pm
Monthly meeting to include a talk on The history
of the Panto and the 'pantos wot I wrote' by
Douglas Eaton (Visitors welcome)
- 12th **Giggles & Wiggles** – 2pm
Baby group
- 13th **Gong Bath Sound Therapy** – 6.30pm
- 25th **Christmas Lunch**
Organised by Hope and Befriended charities

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

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Retail

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Out & About

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No.1 Broad Street	17
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The Melting Pot Café	33

Education/Childcare

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The Young Actors Group	2

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Muscle Balance	39
Sandra Slinger (Hypnotherapy)	41
Sussex Osteopath	27
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CHRISTMAS PUZZLE ANSWERS

From the puzzle fun on page 42

BOX CLEVER:

			6	
	2		3	
		4		2
4				
			6	
		9		

SUDOKU:

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

MISSING LINK: silver; pink; road; up; cake; ear.
Tree: spruce.

TRAIN OF THOUGHT: Party

NONAGRAM: disown; dost; first; fist; foist; fortis;
frons; frost; frowst; rosin; sift; snit; snort; snot;
snow; SNOWDRIFT; soft; sort; sown; stir; stow;
strow; strown; swift; sword; sworn; swot; wist;
worst; wrist.

MAGIC SQUARE: tare; acid; ring; edge

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