

# Hurst Life

Including Sayers Common & Albourne

Local village talk,  
by the village

Issue #58: Jan. 2020

Free  
Please help  
yourself!

Zoe acting up

**p. 18**

Marmalade season is upon us

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How will Google's Stadia fair?

**p. 27**

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## EDITORIAL



By David Tingley, Editor

OK, that's it – Christmas is officially done! I do hope you and yours have enjoyed (or are still enjoying) the celebrations. While it's still on your mind, turn to **page 8** where we feature a write-up on the **Hurst Christmas** event, which took place at the beginning of last month. Thanks to Hurst's own **Louise and Richard Sullivan** for supplying such incredible photos.

Our **Village People** candidate this month is **Zoe Thompson**. I know that many of our readers will already know Zoe – but I'm sure there'll be something new to discover about her interesting life on **page 18**.

We have a new column started this month on **page 27** – where **Toby Wyithe** gets stuck into technology. This time he's talking about Google's new Stadia product. We're grateful to Toby for putting this together for us, as we seek to include as broad a range of content as possible in our pages. We'd love your feedback on that score too – email **Mike Thatcher** and I at editor@hurstlife.co.uk.

Mike has sniffed out the best-smelling story for January in a feature on **marmalade making** on **page 38**. With a short window of opportunity to buy the Seville oranges, time is of the essence to try your hand creating your own breakfast treat! Thanks to **Christina, Jenny** and Mike's mum **Anna** for the varying recipes.

With **panto season** upon us, we are able to give away one family ticket for Mother Goose, courtesy of **Hurstpierpoint Players**, on **page 33**. Also, if you want a sneaky peek at the **Players Theatre** refurb, then turn to **page 7**.

If one of your New Year's Resolutions happens to be to read more, you may be interested in a **West Sussex Libraries reading challenge** which we showcase on **page 14**.

Enjoy this January magazine, and we'll serve you up more great local content in a month's time!

Issue #58 – January 2019 –  
4,100 copies printed

Next magazine copydate:  
14th January 2020

Next magazine published:  
28th January 2020

### Hurst Life

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

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**Emilie de la Nougerede**  
Looking across  
South Avenue Rec

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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](mailto:editor@hurstlife.co.uk)

## Hurst Guides take part in London show

By Deborah Philips

On Saturday 9th November, 46 members of Girlguiding Sussex Central took part in the Lord Mayor's Show in London. Included in this number were five Guides and the Assistant Leader from 2nd Hurstpierpoint Guides.

There were leaders and girls from all around the County who took part and many others travelled to London to cheer on those in the show. Although the day was cold, it stayed dry and the girls' enthusiasm was clear to see as they waved to the crowds from the float or as they walked alongside.

It was certainly a privilege to join in such a historic event and a wonderful opportunity to showcase the fun and opportunities Girlguiding has to offer.

One of the Guides said: 'It was an amazing experience and I really enjoyed the day' and another said it was 'a once in a lifetime opportunity'.

Although Girlguiding UK was formed 110 years ago, this year, members in the county of Sussex Central have been celebrating 40 years since their formation



from West Sussex Guides. During 2019 there have been special events to commemorate 40 years and over 1,000 members have completed the county's own Lord Mayor's Show Challenge, which encouraged participants to learn a little more about their capital city and the Lord Mayor's Show.

Particular thanks go to Cranleigh Freight Services for donating the vehicle and providing two drivers.

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## School STEM Club wins national award

The STEM Club at Downlands Community School has been awarded Outstanding STEM Club at the STEM Inspiration Awards 2019. The winners were announced at a prestigious event held at the House of Lords last month.

The awards (by STEM Learning and sponsored by UK Research and Innovation) celebrate those extraordinary individuals and organisations who inspire young people to pursue Science, Technology, Engineering and Mathematics (STEM).

The judges praised the school's STEM Coordinator Helen Colvert: 'Downlands Community School has done

an exceptional job raising the profile of STEM subjects. The Clubs are highly collaborative, working with others schools, STEM Ambassadors and with a range of industries. They also encourage a highly practical approach, with students developing business plans and working through a real life design/build processes.'

Yvonne Baker, Chief Executive of STEM Learning said: "I am delighted to celebrate some truly amazing people, all of whom work tirelessly to broaden the horizons of young people in the UK."

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# Players Theatre ready for pantomime

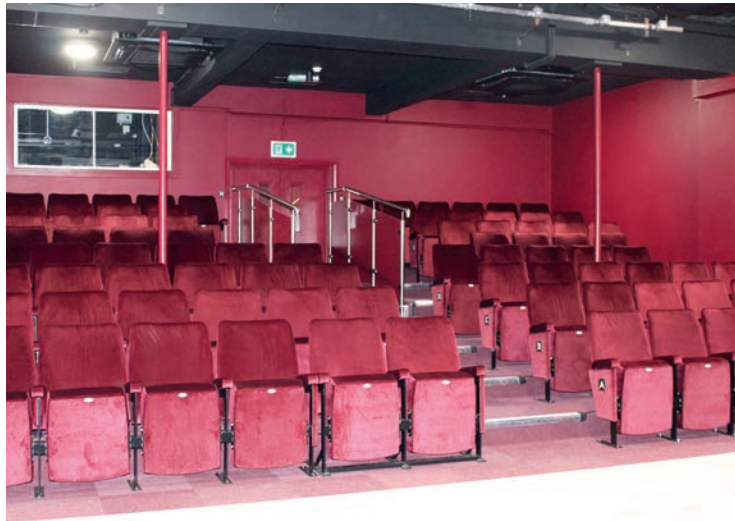
By Anne Hopper

Work to refresh the interior of The Players Theatre in Hurstpierpoint has been completed and has resulted in a completely redesigned space.

Decorated in a warm deep crimson, complemented by new carpeting and seating, the auditorium is heated by a 21st century silent and eco-friendly system, which can switch to air conditioning in our next hot summer. And then there's the seats! If you've been a regular visitor to our productions and have become used to bringing along your own cushions to ease the discomfort from the seats, installed over thirty years ago, you will now sink into our new, specially designed and comfortable armchairs with a sigh of relief!

The Players are now working hard to refresh the remainder of the Theatre; if you've had major building work done at home you'll know how much clearing up is needed once the main job is finished. This means that the first production in the refurbished auditorium will not be until the annual traditional pantomime 'The Wonderful Story of Mother Goose', opening for a short run on 17th January 2020.

Hurstpierpoint Players would like to thank all the organisations and individuals who have supported "The Big Push" in recent years. And by the way, that 'Big Push'



continues into the future, as the coffers, now depleted after an expenditure of over £100,000, will need to sustain the Theatre in future years.

Tickets for the pantomime are available now online at [www.hurstplayers.org.uk](http://www.hurstplayers.org.uk) or in person from the Theatre Box Office between 10am and 1pm on Saturday mornings.



  
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# It truly was 'A Wonderful Hurst'

## HURSTPIERPOINT CHRISTMAS



Photos kindly supplied by Be Me Photography

By Matt Rosine

There are moments throughout the year when the entire village comes together to celebrate as a community, and the 'It's a Wonderful Hurst' Christmas street festival was definitely one of them. The High Street was packed from one end to the other with villagers enjoying the sights, sounds and smells of Christmas.

The evening started with families lining up and down Cuckfield Road to wave to Santa as he arrived on his Sleigh, kindly facilitated by the Burgess Hill & District Rotary Club. The church bells ringing from Holy Trinity Church served as the perfect backdrop as Santa turned down the High Street and arrived at his special grotto – a 1950s vintage Routemaster bus that had been transformed with magical lights and sparkles. Nearly 120 children ended up being able to meet one-on-one with the big man himself!

During the evening we saw amazing performances from Create Space, Coda Belle and The Saviours of Soul, who really kept the party pumping. Then there was the truly touching moment of the nativity slowly moving up the street, singing carols and knocking on the door of each inn they passed. Alas, they were turned away, but luckily found shelter in the bus stop where we were treated to more carols, with villagers joining in the singing.

Of course, it was heart-warming to see everyone supporting the traders, with shops busy selling last-minute Christmas gifts. At a time when High Streets are struggling up and down the country, this is probably one of the biggest days of the year for our local businesses and we thank you for your support!

All of our local food vendors had a great night too, with Mama Bar selling nearly 200 bratwursts, and The

Horse Inn Hurst selling out of their Yorkshire Pudding Wraps (predictably!). Of course The New Inn was rammed full of people enjoying a Christmas tippie! It also goes without saying that the Snow Cannon, sponsored by Barber & Boar, was one of the biggest hits of the night as the street was covered in snow with children (and more than a few adults) laughing and dancing in it!

Finally, a huge thank you has to go to the small, but extremely hardworking, team of volunteers who made this event happen, both in the hundreds of hours in the months leading up to it, and on the night. Our gratitude also goes to our valued sponsors – without their support, the event would literally not happen.

We can safely and enthusiastically say that Saturday truly was 'A Wonderful Hurst'.









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# New support group for pregnancy loss

During baby loss awareness week in October, local midwife Angie Bowles worked with Father Alex and arranged an event at Keymer Church, which they called a 'Gathering to Remember'.

The evening provided a safe and supportive opportunity for those affected by the loss of a baby, at any stage of pregnancy or at/after birth, to have their loss acknowledged. The evening was very moving and reflected the impact that very short lives can have on families and the wider community. A wide variety of experiences were shared, from losses in the very early stages of pregnancy, to babies stillborn at full term and those lost to cot death. Some losses were very recent, others a great many years ago.

In conversation that evening, it became clear that it can be difficult for those affected by such losses to find support and a place to talk about their experiences. It was discussed how those gathered might go about addressing this in our local community. Angie agreed to take the lead in exploring whether a regular meeting can be established, with support from some others who attended the 'Gathering to Remember'. Angie has worked as a bereavement support midwife in the NHS and so brings professional knowledge and insight to add to the personal experiences of other members.



If you have been affected by pregnancy loss or the loss of a baby, however long ago and whatever the circumstances - miscarriage, ectopic pregnancy, termination for fetal abnormality, stillbirth or death after birth - we would welcome you to join us. The support group will aim to meet monthly and will be exploring various venues to work out what is most appropriate. The next agreed meeting date is 28th January at 7.30pm. The meetings will be in the Hassocks/Hurstpierpoint area and Angie will aim to provide transport for anyone who needs it.

The group will be led by volunteers and meetings will be free of charge, other than an invitation to make a small donation to cover the cost of light refreshments. The aim of the group is to share experiences, acknowledge and validate feelings and to support one another in learning to live with loss. We cannot offer



personal counselling but will aim to offer signposting to other services as appropriate.

Please contact Angie on 07974 729566 for further details or to ask any questions and to find out the location for the next meeting.

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# The Horse is Hurst's latest front runner

Some keen-eyed residents may have noticed a change in pub sign recently, as The White Horse turned into The Horse Inn Hurst.

Tim and Lainey Powell took over the pub two years ago, but have been gradually refurbishing the establishment bit by bit. Now the couple are pleased to announce that it's all finished: kitchen, bar and restaurant - and now has four boutique B&B rooms above.

Tim describes owning The Horse as like the couple's seventh child: "After investing emotionally and financially we are now enjoying watching it grow to its full potential."

Lainey explains: "It's a completely different pub from the one you remember from years ago! We really have changed it beyond recognition, and we are delighted to have had so much positive feedback from locals. We are particularly proud of



the gin bar which is now open at one end of the building."

This coming new year looks set to include some exciting events, including regular quiz nights, flamenco theme nights and live music sets.

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# New Honorary Treasurer needed for Hurstpierpoint Society

By David Clarke

After 20 years, the Hurstpierpoint Society is looking for a new Honorary Treasurer. Patrick Haworth has announced that he is retiring from the role he has filled on the Society's committee. He will be very much missed. His contribution to the Society has been immense, as has his work in many other village activities. The Village Centre, the Horticultural Society and the Millennium Garden Trust have all benefited from his work. Since it was established, he has been a significant member of the Advisory Board for Hurst Meadows.

At the AGM of the Hurstpierpoint Society in March 2020 we look to elect a new Honorary Treasurer. Whoever replaces Patrick can be sure that the accounts will be clear and easy to take over. Ideally, we are looking for someone who has experience in the role of Treasurer for a charity, but a

willingness to join our excellent, friendly team, who meet once a month, together with bookkeeping/accounting skills are the main requirements.

If you are interested in joining the team in this important role, please contact either the Chairman, Lyn Williams, (01273 834765 or email [lynjwilliams@btinternet.com](mailto:lynjwilliams@btinternet.com)) or the Secretary, David Clarke (01273 835200 or email [dwandcm@btinternet.com](mailto:dwandcm@btinternet.com)) for an informal chat and further information about the role.



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## Challenge yourself to read more in 2020

West Sussex Libraries are delighted to present the Mid Sussex Reading Challenge, running in Hurstpierpoint and Hassocks libraries, along with other local libraries. The challenge invites people of all ages and reading abilities to read 12 books in 2020, following a variety of themes such as 'a book that has been adapted into a film' and 'a banned book'. Whether you're looking to kickstart a new reading habit or just want to share your love of reading with others, everyone is welcome to join. You can take part as an individual, as part of a reading group or even get reading as a family.

The Mid Sussex Reading Challenge follows on from the success of the Horsham District Year of Culture Reading Challenge, which ran in seven West Sussex Libraries throughout 2019, attracting over 230 participants.

The full list of challenges, plus great recommended reads for each month, can be found on the reading challenge blog at [midsussexreadingchallenge.art.blog](http://midsussexreadingchallenge.art.blog), and libraries are also welcoming book review submissions. Participants are also invited to join the challenge Facebook group to share their latest reads, pick up ideas for great new books and chat with local people about their love of reading.

If you'd like to take part, sign up by visiting any Mid Sussex Library with your library card – and if you don't have a library card, it's completely free to join!

Pop into the Hurst Library to pick up a leaflet and challenge yourself to read something new in 2020.

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# Heading for extinction (and what to do about it)

There is a free talk at Hurst Village Centre on Friday 17th January (7.30pm – 9pm) hosted by a local environmental group.

Are you worried about climate change? Want to do something about it? HKD Transition is a local group which aims to help us all to reduce our impact on the environment. We've invited Extinction Rebellion to come and talk about the latest climate science, the climate emergency we face and what we can do about it.

Bring your climate emergency concerns and questions and hear from Extinction Rebellion about how ordinary people are coming together through non-violent, peaceful direct action to persuade world leaders to tell the truth about climate change and take immediate action.

Please note this talk is not suitable for young children.

More info from [info@hkdtransition.org.uk](mailto:info@hkdtransition.org.uk) or [xrlewes@gmail.com](mailto:xrlewes@gmail.com).

# Remembrance Service held

Freeman Brothers Funeral Directors recently held their first non-denominational Remembrance Service at Hurstpierpoint Bowls Club. The community of Hurst came together alongside many bereaved families to celebrate and honour the lives of those who have died.





The evening was filled with poems, readings and song. Some very talented guest artists – Phoenix Choir of Crawley and soloist Jennifer Bolt – joined those attending.



The Act of Remembrance was particularly poignant: names of loved ones were read aloud, and as the choir sang, guests were invited to place their 'Memory Pebble' in a symbolic bowl.

Abi Pattenden, Manager at Freeman Brothers said: "The event took place during National Grief Awareness Week and we are only too aware of the impact that grief can have on people. We are very pleased to be able to hold this service to enable the community to get together and remember."

Freeman Brothers chose to use the evening to raise funds and support a local charity, Kangaroos, who are based in Haywards Heath and £180 was raised.



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\* Sale starts 1st January 2020 and ends midnight 31st January

# Closure of St Luke's Church

By Joan Denley

In 1925, an Anglican Mission Room and two adjacent cottages on Cuckfield Road were purchased and subsequently became St Luke's Catholic Church. Financial assistance was given by the Augustinian Sisters of St George's Retreat, Ditchling Common and individual donors. The altar was made and given by the Carthusians at St Hugh's Charterhouse, Parkminster. Statuary and other items were made by members of the guild of St Dominic, Ditchling Common. The parish was administered from St. Wilfred's Burgess Hill and flourished. Later the church was enlarged to house a growing congregation.

The first Parish Priest, Fr Stuart Bell, was appointed in 1973 and moved into one of the cottages from where he administered the joint parish of St Edward's Keymer and St Luke's Hurstpierpoint. He eventually moved to a new presbytery, built beside the church at Keymer. He was followed by Fr Tony Churchill, Canon Kevin McHugh, Mgr Jeff Scott and Fr Tony Collins, who unfortunately had to retire after a long spell of ill health. As a result of this, the Parish went through a period of uncertainty, which ended with the appointment of Fr Trevor Welland in 2017.

He worked hard to restore the sense of community in both churches and encouraged a very active participation of the youth in social affairs, particularly in the Brighton charity Off the Fence, which deals with problems of homelessness in the area. Due to the shortage of priests generally, Fr Trevor has been appointed to St Paul's Haywards Heath, due to the retirement through ill health of incumbent there. His sudden departure from St Edward's Keymer has resulted in the parish returning to administration from St Wilfred's Burgess Hill, under Fr Rick McGrath and the closure of St Luke's Hurstpierpoint.



The last Mass at St Luke's was celebrated by Bishop Richard Moth, assisted by Fr McGrath, Fr Welland and Deacon McIlvenny, on Saturday 7th December, attended by parishioners past and present. There were many poignant memories of the 94-year period of service rendered to the Hurstpierpoint community.

The closure of the church is not only a sad loss to the parishioners in particular, but also to the history of the village in general.



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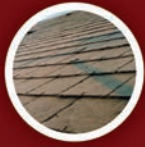
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# Zoe Thompson

VILLAGE PEOPLE

Mike Thatcher went to meet the very hard-working Zoe Thompson, former professional dancer and founder of Create Space Studios.

"People guess that I'm Spanish, Greek or certainly Mediterranean," Zoe comments. I have to admit that I have seen Zoe around the village for years and would probably have guessed the same. "I went into a Chinese takeaway in Hackney once and the woman said 'you're a Chinese-Jamaican, you look just like my granddaughter.' No one had ever said that to me, I was gobsmacked." Her father is half-English, half-Welsh and her charismatic mum is Chinese-Jamaican, was a professional DJ and took Zoe all around Europe with her up to the age of six.

They moved to the Dorking area when she started school and she was later introduced to contemporary dance by a youth worker who was instrumental to her career. "I absolutely fell in love with it. I didn't want to do any of that West End stuff after that; I wanted to be a contemporary dancer."

She hunted down a college which did A-level dance but, on arrival, the course was cut by a third. As a result, her card-playing skills perhaps improved as much as her dancing, but in one aspect this period was invaluable. "I went from being one of only three mixed race people in a school to this hugely multi-cultural environment. People were guessing where I was from and saying what a beautiful mix it was. I was embraced for how I looked, I wasn't 'different'."

Determined to pursue dance as a career, she went on to pass a 'horrendous' audition at the renowned Laban school. "They asked whether I thought I was a little bit big for dance, as I looked more like a lean sprinter than a ballerina. I told them I didn't think my physique hindered the way I dance and in fact I thought I danced better than the other candidates. I was quite brazen, which was unusual for me!" However, at £10,000 a year and with only two grants available for the whole of Surrey for a dance degree, she couldn't afford to go, despite being offered a scholarship. She deferred the offer and worked all hours to get the money together and her grandfather was impressed. "He said 'I've watched you work and save and my company will sponsor you for the shortfall, but only for the first year'."

She absolutely loved it at Laban; eating, sleeping and breathing dance and working weekends on the Camden, Covent Garden and Greenwich markets. When she had to leave at the end of the first year Laban, offered to increase her scholarship but she couldn't find the rest of the money, which was devastating for her.

She was fortunate to be offered an unconditional place at Roehampton and transferred over to finish her degree. "Had I carried on at Laban, I think my dance career may have been bigger and more fruitful because of the industry contacts you get and tight-knit students recruit each other. But I had a brilliant time at Roehampton and because of my experience the MA students and third year students wanted me to dance with them for their exam pieces, so it was full on again." She also learned dance for camera, which has continued to influence the film work she does with young people ever since graduating.

"A friend asked: 'Will you dance with us in a Madonna tribute band?'. I said absolutely not. No way! We ended up doing a tour in Europe supporting Wheatus and having a fab time!"



She realised her passion was site-specific choreography and taking audiences on a journey. "I love the freshness of it. I choreographed one for the Hurst Festival with local young dancers which was performed in the park, then a section on the tennis court and then in a tree and the audience had to follow us around." One of the highlights of her career was doing a piece called Babel Index choreographed by Stephen Koplowitz at the British Library (which I discovered can be found on YouTube). But despite being a major piece with a world-renowned choreographer it was only ten performances and the pay was £50 per week plus travel card. It was very much the penniless artist existence.

Had she ever 'sold out' I wondered, or been tempted by the whole West End scene? "Well," she said with a sheepish grin. "I went travelling with my sister for three months and came back even more broke than before. A friend heard I was back, rang me and said, 'will you come and dance with us in a Madonna tribute band?' I said absolutely not, I'm a dance artist. No way!"

She was persuaded to feature in the promotional video (not on YouTube as far as I could see), so they could get the project off the ground, as it was well-known Zoe could pick up dances really quickly. She hadn't realised it was with a full band of talented musicians and she had such a laugh that she was quickly persuaded to join them. "We ended up doing a tour, we performed in Europe supporting Wheatus, and had a fab time. It was going well with them and contemporary dance company Stopgap, then I was delighted to find out I was pregnant with my daughter."

Eight months after her daughter was born, after they made the move to Hove from London, a friend saw an advert for a dance teacher at Hurst College. Although she was in no hurry to get back to work, she applied and was offered the job the day of the interview. "Before I knew it I was Head of the newly formed Dance Department."

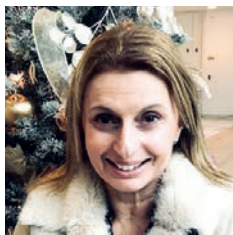
Her dissertation was in Capoeira, a mixture of Brazilian martial art and dance and she would often use it as a way in for the boys, as well as matching them physically in press-up challenges. More students than expected signed up and she received great support from the Head of Sport and immediately went about starting up a dance company. "The goal was to take them out of their environment; to Chailey Heritage School and nursing homes for example. I wanted to challenge the students by taking away the safety of both the stage and their comfortable environment."

After her son was born she decided not to go back to the long hours, with little time for her own children, and they moved to Burgess Hill where she got a job working with a stage school on Saturdays. Increasing problems with her back from a dancing injury bought her to the point where she could barely move. So, for two years, she became an elite athlete manager helping athletes to get to the Rio Olympics, with some success. But the call of the arts was too strong, and with pilates easing her back problems, she left that behind to expand Create Space Studios.

When her children were at St Lawrence and the school asked if any parents had any particular skills she said she could do some dance workshops. Nine years ago it started as a job one afternoon a week and this progressed to include Downlands School and grew and grew. It was originally intended for adults, born of desire to bring arts to all people, not just children. Growing to include script writing, set design, costume making, recording studio sessions and more, she realised she could make it work.

When Sam Nixon stopped Top Hats and Tutus she contacted Zoe and offered her the slot at the Scout Hut and since adding Saturday sessions, she has not looked back. Within two weeks she had a singing and drama teacher and was incorporating songwriting, filmmaking, performing arts as well as inviting in her contacts in the industry to cover the full spectrum of arts. This encompassing approach is very much at the core of Create Space Studios philosophy.

As a parent myself, I've often been part of conversations regarding the 'Hurst bubble' and whether the relative lack of diversity, crime and social issues in the village prepare our young adults for the wider world. I wondered if perhaps this applied more to Zoe's children? "My daughter did go to a Saturday dance school in London when she was very young, at her grandmother's suggestion, to experience more of a cultural mix, but she loves coming home to Hurst. My children and I have not experienced any problems in the village, it's lovely here and it feels very nice to be part of an amazing community. I feel very lucky to work with so many families here in Hurst, I feel really immersed in our lovely community."



**5 MINUTES WITH...**

# Karen Wainwright

Karen has worked for American Express since 1991 as an executive assistant. She loves travelling with her family, and one highlight for her this year was having mum (aka Nana) move to Hurst.

**How long have you lived in Sayers Common?**  
21 years

**What's the best thing about being here?**  
Our lovely community shop and very friendly neighbours and village folk

**What would you like to see in Sayers Common that isn't here?** Cycling Café

**How many houses have you lived in?** Six

**Favourite book, film and album?**  
Skipping Christmas by John Grisham, Top Gun, Older by George Michael

**Most Common New Year's Resolution?**  
Best not to make them

**Your most enjoyable event in the area?**  
Hurst Festival

**Do you share your home with anyone?**  
John (my lovely hubby), Beth and Grace

**Song you play the most?**  
Left outside alone by Anastasia

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

**Your most frequented village shop?**  
Our community shop, of course - the only one and it's fab!

**What's your proudest moment?**  
Seeing Beth graduate in 2018 and having Grace in 2010

**Last present you received?**  
A Tiffany Tea cup from Beth

**Your advice on life?**  
Be useful and kind and keep baking flapjacks!

**If you would like to provide your own answers for 5 Minutes With, simply email them to [editor@hurstlife.co.uk](mailto: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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## How the U10s are doing

**HURST COLTS**



**By Paul Thurston**

Each month this season we're focusing on one of our teams - This month it's our U10s. Four months into the 2019/20 season for Hurst Colts and Alex Scott, head coach for the under 10s, reflects on a great start: "With a limited pre-season behind us before the league kicked off I was worried that we would be a little underprepared, but the players came out of the blocks flying and we scored some great goals in a convincing win in the first game of the season.

"At our age group the team are just finding their feet in terms of competitive football when they can sense the result has a direct consequence. With that in mind we have a plate match coming up and I'm looking forward to seeing their approach to that. This season, we started the year brightly with some fantastic results and more importantly some great football and whilst we haven't had it all our own way as the season has progressed, even when we've been behind in games I'm always pleased with the way our group has responded."

Alex is often described as the Hurst Colts version of Pep Guardiola and has instilled a similar style of play for the U10's. He says: "Some of our passing and movement is, at times, a joy to watch, there's no better feeling for a coach than seeing all the hard work on the training ground realised in matches. When your prolonged and impassioned pleas to 'let the ball do the work' culminate in a fine passing move from one end of the pitch to the other and crowned with a goal."

Looking back over the first four months of the season, Alex says that the U10s highlight has actually come in defeat. Facing a decent team in a recent cup game the players got off to a slow start and were a few goals down before they'd really got going. In spite of this, the group showed so much character to claw their way back into the game and came so close to drawing level only to concede one on the counter attack whilst pushing for the equaliser. "The attitude of all those playing was superb and they never once gave up on the game right till the last minute," the proud coach explains.

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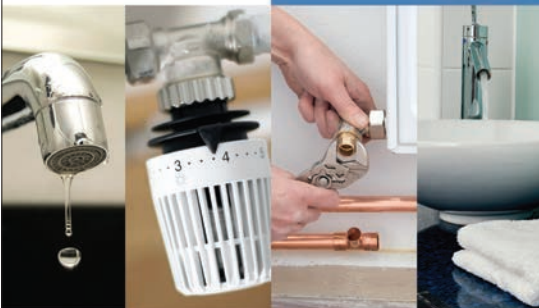
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## Local kitchen designers celebrate their first year in business

### POLISHED KITCHEN DESIGNS

A year ago two local mums – Amy Betsworth and Sarah Henshall – made their dream a reality and set up Polished Kitchen Designs. With a passion for good design, personal service and inspirational brands they decided to offer an accessible and competitive service to suit all budgets without compromising on quality. We caught up with them to see how their first year in business has gone and what is coming up for 2020.

**Sarah, Amy, congrats on your first year in business. Has the year been as you expected?**

I think we can both admit now, we were terrified and excited in equal measures when we set the business up. We both really believed in our concept and business plan but there was the fear no one else would! However, our clients have really been on board with the concept that we bring the showroom to them and can be flexible around their busy working and family lives.

We have been blown away with the response we have had, from our local network of fitters and tradesmen, old clients, friends, family and suppliers – everyone has been so supportive and incredible. We finished 2019 – just shy of trading for a year - having sold our 34th kitchen, which is way beyond our somewhat conservative expectations. Needless to say we have been thrilled with the response.

**What do you think has been the key to your great first year?**

We have kept our ethos pretty simple: To provide good designs, not to compromise on the quality of our products and, most importantly, offer a personal service that gives our clients confidence and peace of mind that we will be on hand to help throughout the process. We really do care, and there is nothing better than meeting with our clients after the project has finished and seeing how happy they are; it gives us real job satisfaction.

**Any highlights?**

Probably the lovely feedback from our clients and when they have then recommended us to their friends and family for their kitchen renovations. We have been lucky to work on a variety of different projects, from simple kitchen replacements to full blown extension building projects. We have also worked on some amazing developments, which has been really exciting.



**What is coming for 2020?**

We have got several projects booked in, which is great, and we are just really excited to see what 2020 brings.

Trend wise, the last couple of years have been all about darker kitchen cabinets and lighter worktops – marble effect being popular in particular. These colour palettes look set to continue. However, the darker more dramatic style work tops are also making a comeback. Embrace a darker colour palette by adding splashes of warm hues and metallic finishes that tie everything together. Gold accessories are becoming more of a must-have – whether it is a tap, sink, handles or even lighting. We do have a blog on our website that discusses trends if anyone needs inspiration.

If you would like to have a chat about your kitchen plans then we would love to hear from you!

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**Don't just listen to us....**

**Here are a few of our recent projects and what our customers have to say...**

"After feeling disappointed with the designs and service from bigger kitchen suppliers I stumbled across Polished Kitchen Designs and worked with them on a large family kitchen we needed for one of our projects. The quality of design, product and customer service Sarah & Amy offer was above and beyond any kitchen supplier we have worked with in the past and we have already got more projects booked in with them for the future."

**Danny Gillespie – 6 Sides Ltd Building Solutions**



"Fantastic work by everyone at Polished Kitchen Designs on my new kitchen. Design, hard work and great organisation. The house has been transformed!"



"We were blown away by Polished Kitchen Designs competitive pricing and how professional the whole team are. We couldn't be happier with our finished kitchen and all of our friends and family have been totally wowed by it."



# It's time to make a few changes!

## HOGGIE HELP

By Ann Winney

This should be a quiet time of year on the hedgehog front: in theory they should all be tucked up in their cosy hibernation habitat. And most will be, from time to time popping out for a small meal to see them through until spring, so keep putting some dried food out and change every few days. Be careful not to move piles of leaves as this could be a hoggie home.

I have just worked out that I have helped 45 hedgehogs this year, phew! Thank you to everyone that has helped me along the way.

This is the perfect time to make New Year's resolutions and think about your garden and consider making it a little more wildlife-friendly. We have a treat in store for you, a date for your 2020 diary. Kate Bradbury is coming to talk to us.

Kate will be known to many of you, she writes amazing books on how to make your garden wildlife-friendly, whether you have a window box or a few acres. When she moved to her Brighton home, it had almost no wildlife, so she set about transforming it into the perfect wildlife haven, just going to show how making small changes can make a huge difference.



Photo: Rob Lamont

Kate is well known on many TV programmes such as Gardener's World, Spring Watch and Country File to name but a few. Save the date: Wednesday 25th March, 7pm at the Bowls Club in Hurst.

Happy New Year from Hurst Hedgehog Haven.

## IT help for over 60s

There are new, free technology help sessions for the over 60s at Hurstpierpoint College on Tuesdays, in collaboration with Mid Sussex Older People's Council.

The friendly students at the college will be on hand to help you with any technology-related questions you may have, every Tuesday during term time from 2.30 until 3.30pm with time for a coffee and chat afterwards. The Tuesdays in January are the 7th, 14th, 21st and 28th.

Any questions you like, big or small, from turning on your device, to using Skype or looking things up. Bring your laptop, iPad or any other devices you have questions about. The college also has PCs to use if needed.

There will be a minibus available to pick people up from Trinity Road car park at 2.15pm before every session, and drop back around 4pm. For everyone else, please just go to the college reception and you will be shown where to go. There are a few steps up in both the minibus and the college.

No need to book, just turn up. For any questions, please leave a message on our answerphone 01444 242760 or email: nicola6@msopc.org.uk.



## Quiz raises good money

By Jo Marshall

The Hurstpierpoint and Hassocks NSPCC committee held their annual quiz recently in the Hurst Bowls club and made £672. It was a really good, fun evening with Andrew Pridell as the quiz master, who was very entertaining.

Dave from Crossways Fish and Chip Shop supplied us with nearly 80 suppers, which were absolutely super - very hot and tasty. Thank you very much for doing such a good job.

Thanks to everyone who supported us and to all the committee who worked very hard.



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## The future of cloud gaming

### TECH HEAD

In this new feature we welcome Toby Wyithe as our technology expert with a passion for the Film and Video Game industries. In this column he will look at, and comment on, recent and future developments in this marketplace.

By Toby Wyithe

Historically, waking up on Christmas morning without the latest games console wrapped up under the tree would cause a lot of disappointment. However, with the release of Google Stadia in November this reality was entirely possible. You can simply connect a Stadia controller to a PC using Google Chrome, any TV connected to a Google Chromecast or in fact any Google-made device (iPhones and Androids coming soon). Google has the unique distinction of joining the console race without a console.



Cloud gaming is not entirely new; Xbox has Project X Cloud and PlayStation 4 allows remote play through Wi-Fi connections, with both of these offerings allowing you to play the games you already own without the need to repurchase.

The marketing campaigns for Stadia promised the future of gaming but, with an incredibly weak launch line up, along with a number of their promised features not available, it has been a very rocky start.

As an avid video game fan, any advancements in the industry are always welcomed with both excitement and intrigue. The ability to use a variety of portable devices to play the same game whilst on the move is very appealing; just look at the popularity of the Nintendo Switch.

Early reviews praised the technological advancements, but what use is that if there is simply nothing worth playing? Netflix has revolutionised the way people consume media but people don't renew their subscriptions because of the technical capabilities of the service, they do so for the content.

Any video game service will live or die by the variety and quality of the available games. The Xbox One X is the most powerful video game console available but it has sold a fraction of the less powerful PlayStation 4 Pro. Why? PlayStation has a better and more varied game library, a view shared by the majority of the video game community.

Cloud gaming is very real, and there is an increasing level of interest and excitement but, until they find a way to increase the content available, Google will struggle to make a foothold in this market.

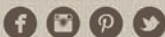
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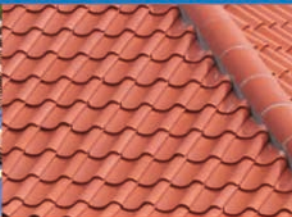
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Trusted Member 

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.



Tofu is wonderful in its ability to adapt to any cuisine. It is a blank canvas in terms of flavour, though is highly nutritious when considering its protein profile. Notching up protein within a meal and reducing the carbohydrate quota allows for satiety, satisfaction and thermogenesis (the ability of the body to speed up metabolism) so is incredible for weight loss. Protein is also the nutrient which is frequently missed when new vegan or vegetarian habits are adopted for the New Year.

A starter tip is to choose a dish that is easily recognisable and work out which flavoured tofu suits your needs.

## Tofu Rosso Pasta

Here I have used a classic pesto pasta dish (gluten free if this works better for you). Simply cook up your usual pasta but not as much as you are boosting the protein/carbohydrate ration. Fusilli works well.

Whilst this is cooking cut a chunk of halloumi into cubes and fry until crispy and browned. Similarly, cut a chunk of my current favourite 'Taifun' (brand) Rosso Tofu into small cubes and fry alongside the halloumi, turning both constantly to create crisp edges. This tofu is the Italian version, which contains herbs such as parsley, basil and oregano, which lend themselves to a Mediterranean style of cooking.

Once the pasta is cooked, drain, add to a dry pan and stir in a large dose of pesto sauce and a handful of rocket and spinach which has been roughly snipped with kitchen scissors. Keep this on a low heat until the flavours combine and the sauce is warm. Around five minutes should do it.

Add the tofu and halloumi to the pasta and season with Himalayan sea salt and black pepper. Decorate with fresh basil leaves.

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## Buying bare roots

### GARDENING CALENDAR

By Juliet Sargeant

This is still a really busy time for us; planting continues apace, despite rain, cold and wind. It is only really when the ground is frozen that we cannot plant.

In fact, there are several good reasons to plant over winter, not least the availability of bare-rooted stock.

Most garden centres sell their plants ‘container grown’, which is convenient, because the plants can be stored for several weeks in their pots, but the horticultural industry is becoming increasingly aware of the amount of plastic involved. Very few garden centres recycle these pots, so most go to landfill. In the course of a year of planting gardens, I use many thousands and I have yet to find an adequate way of recycling them.

An alternative is to buy plants ‘bare-rooted’. They remain growing in the field until you place your order and then they are dug up and sent to you immediately. The roots are wrapped in moist newspaper, heavy duty brown paper or recyclable plastic bags. Because there is no soil or pot, the carriage is cheaper and the carbon footprint less.

However, the bare roots cannot tolerate being out of soil for long, so you do need to attend to them as soon as they arrive. Ideally plant immediately, but if this is not possible, you can ‘heel them in’. This just means finding a spot in the garden where you can cover the roots in soil for a few days, until you are ready to plant them permanently.

Trees, fruit bushes, shrubs and roses are the most common plants to buy bare rooted; the choice of varieties is much greater than for pot-grown plants. But, it is also possible to buy perennial and some annual plants in this way; you’ve probably seen bunches of wall-flower plants.

Well worth investigating.

# Painting & Decorating

## By David Gasson

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By Mike Thatcher

It is so very nice to be reporting that we are back at the Players Theatre and we must thank our landlords for the great refurbishment they undertook over the autumn, which you can read about elsewhere in this edition. We must also thank Ivor Knox who worked very hard to get the sound and set-up as good as it could be in our brief residency at the Scout Hut but it did somewhat emphasise just how good it is in the Players.

There will be two new treats for our filmgoers this month and not just the films. We are unveiling our new cinemascope screen for an increased cinema experience and added speakers to give a more immersive sound. We must thank all our contributors who raised the funds for the new equipment in double-quick time.

The first film to be shown is **Burning (15)** on **Thursday 16th at 8pm**.

Burning is a mystery thriller based on a story by Japanese writer Haruki Murakami; a psychological drama set in the modern Korea. When Jong-su meets vivacious Haemi he knows she is way out his league, but, to his delighted surprise, she takes up with him and they start a relationship. So when he goes to pick her up from the airport on her return from a trip, he is shocked to see she has a new man in tow, Ben, an obviously wealthy, very smooth young man.

He is smug, assured and perhaps just a little bit creepy and, when Haemi suddenly disappears, Jong-su is convinced Ben is involved. Burning is a brilliantly made one-off; puzzling, intelligent and ultimately mesmerising.

Next up is **The Kindergarten Teacher (12A)** on **Friday 31st at 8pm**. Maggie Gyllenhaal is utterly brilliant as Lisa Spinelli, a kindergarten teacher by day, who takes poetry classes by night. Her two worlds collide when a five-year-old Jimmy Roy (Parker Sevak) reveals himself to be a poetic prodigy.

Anxious to protect his gift from a world she believes he doesn't understand, her fascination with the boy spills over into obsession. This smart, sharp film entrances with the deceptive simplicity of the complex matters it deals with and is a showcase for the brilliance of Maggie Gyllenhaal and a reminder she is among the best actors working today.

Tickets are available from Mishon Mackay or [www.hurstfilms.com](http://www.hurstfilms.com)

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# How to get the most out of your New Year's resolution

By Nicola Newson BSc (Hons) Ost

We all tend to over-indulge a little at Christmas and doing a little more exercise is a common New Year's resolution.

There is no denying that exercise is good for you. We know that those who perform a moderate amount of exercise on a regular basis are considerably less likely to suffer from diseases such as diabetes, stroke and heart attack or experience insomnia. It is also very important for our psychological health, as it stimulates the release of endorphins, natural pain killing chemicals that can also improve our mood.

However, some people become a little disenchanted when the exercise they do doesn't have the desired effect.

"Most of the time, it's because people are not clear on the type of exercises that are most likely to achieve their goals" says head of professional development for the Institute of Osteopathy Matthew Rogers. "Different types of exercise will be more appropriate, depending on what you're hoping to accomplish."

"As a general rule," he continues, "if you are trying to build larger muscles, the most effective method is to use a weight which you can manage to lift 8-10 times before the muscles fatigue, in order to get the desired effect. If you are looking for stronger, leaner muscles, a weight programme based upon 20 repetitions would be more appropriate.

"If you are trying to lose weight, cardiovascular exercise (anything that gets your heart rate up such as running, swimming, dancing or football) is the way to go. In order to be most effective, this should be performed at 60 – 80% of your maximum heart rate, which is a lot less strenuous than you might think (subtracting your age from 220 will give you your advised maximum heart rate)."

But going to the gym for two weeks before you go on your summer holidays to shed a few pounds is likely to end in frustration. "It takes 4-6 weeks to start noticing the health benefits of exercise," Matthew advises.

"Doing something you enjoy makes it more likely that you will persist, which is important if you don't want all that hard work to go to waste."

But how much exercise do you need to do to be healthy? If you are aged between 19 and 64, research suggests that you perform at least 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity cardiovascular exercise each week plus muscle strengthening exercises on at least two separate days of that week. Activities such as walking briskly to work (if your journey is more than 10 minutes) counts as part of the total.

If you want to know more about what would class as moderate or vigorous exercise, or if you are outside of this age group, visit the NHS choices website at: [www.nhs.uk/live-well/exercise](http://www.nhs.uk/live-well/exercise)

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council.



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

## Recycling Wisdoms

I am starting an occasional item: 'Recycling Wisdoms'. This where I share your recycling wisdoms. What do you do to recycle more? What do you do to recycle better? Tell me about your local community recycling points. What do they accept? What wisdoms would you like to share? Who is in charge of recycling in your house?

Claire tells me how she is fully emptying toothpaste tubes. There is always some left in the shoulder, so she cuts the tube in half and uses the cut off bit to re-close it. She tells me she is always amazed to find another week's worth by doing this to any tube.

Jane tells me she recently visited the garden centre at Wych Cross, and at the far end of the car park is a collection point for plastic plant pots and trays which then go to be recycled. B&Q in Burgess Hill also have a similar collection point.



As much as this page is about recycling and keeping as much as possible out of your rubbish bin, our foremost thought should be to reuse, repair and reduce, and then recycle. I would love to hear of ways you have reduced your rubbish.

To repair you can take to a Repair Café. There are Repair cafes in Chailey, Horsham, Forest Row and one is opening soon in Burgess Hill. If you are interested in starting one in your village, do let me know and I can put you in touch with the organisers of successful Repair Cafés.

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.



# Win panto tickets... oh yes you can!

The newly refurbished Players Theatre on the High Street will play host to the first production of 2020 and with new, comfortable seats and a silent heating system.

The Wonderful Story of Mother Goose opens in Hurst on 17th January and will run over two weekends. The traditional tale of poor, downtrodden folk battling against unjust, evil power. Go along and cheer the hero and boo the villain in this lovely retelling of the famous story, written by Norman Robbins.

Hurstpierpoint Players have kindly handed us a family ticket (2 adults, 2 kids) to be given away to one lucky reader of Hurst Life magazine. The ticket, which is not transferable, is for the matinee performance of Mother Goose at 5pm on Saturday 18th January. To be in with a chance of getting your hands on the tickets, simply email your name and phone number to [competition@hurstlife.co.uk](mailto:competition@hurstlife.co.uk) before Friday 3rd January. The winner will be drawn at random on that day.

Mother Goose will run from 17th-19th and 24th-26th January. Tickets (£11/£8) can be bought online at [www.hurstplayers.org.uk](http://www.hurstplayers.org.uk) or from the Theatre Box Office on Saturdays between 10am and 1pm.

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# Support getting back into work

Mid Sussex District Council has been engaged in providing a new service that is focused on helping people back into employment. There are many reasons why folk may struggle in finding work, and this council service offers 1:1 tailored assistance structured to the specific needs of that person.



Many of our more rural residents can often feel isolated, meaning help and support in job hunting and practical advice with CVs and applications may seem harder to access.

As well as increasing a person's income, employment can raise personal well-being, self-esteem and self-worth. Not just for them, but for their family members too!

The scheme, in place since May 2019, operates under a wide and broad remit of 'preventing homelessness', which can mean anything as varied as someone falling into rent arrears due to having a low income, or a person who relies on 'sofa surfing' because they can't afford their own rent in the open market.

Rents in Mid Sussex tend to be high compared to the national average, so, in most cases, work is the best way forward to securing and keeping a home, adding the security and peace of mind that tenancy brings.

Iain Fitzsimons, the employment support coordinator at Mid Sussex District Council believes that most people genuinely want to work, but past or current personal situations can present real or perceived barriers to that employment: "Recent welfare benefit reforms have shifted Government strategy to incentivising work more. That means more people are entering the work force than have done for many years. My objective is to

try to equip those who need help in finding work with practical support in finding the right job for them. For example, I work with lots of single parents who have great skills and experience, but just need that kick-start to get things going now the kids are getting a bit older."

As part of the scheme, employers can play an important role. Recruiting reliable staff can be problematic, time consuming and unpredictable. But, according to Iain, what could be better for a local business than having a local resident join that company?

"A local connection is for me a 'no brainer'. I really think a community flourishes more when local people are involved in it, whether that's through volunteering, working or socialising. The scheme we're running may even be able to help not only find the right candidate for an employer, but in the right circumstances discuss possibilities of a trial period. That way if things don't work out, no harm is done."

Success stories so far for the scheme include helping a Cuckfield resident in securing full-time work. A recent arrival to the UK and with very limited English, he was given the opportunity by a local employer who recognised that, although his circumstances meant his options were somewhat limited, his personal drive, enthusiasm and desire to work to provide for his family and be able to give something back to the community that gave him shelter and safety were assets to be harnessed and put to good use.

If you feel you could do with help in getting back to work, know someone who does or are an employer with an eye to recruit local people, please contact Iain on 01444 477546, or email: [employmentsupport@midSussex.gov.uk](mailto:employmentsupport@midSussex.gov.uk).



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# Additional support if power is lost

By Derek Pratt, Sussex Neighbourhood Watch

Power cuts don't happen very often these days, but if there's a power cut, have you ever wondered how some people would cope?

UK Power Networks own and run the electricity cables in most of our region and fix power cuts. They also provide a free priority service for anyone who might face extra difficulty in the event of a power cut, including households with an elderly person, young children, someone less mobile or someone with a health condition.

By registering with UK Power Networks' Priority Services Register you will be given a priority 24-hour phone number for communication, receive extra information and regular updates during any power cut. In the event of a longer power cut you could receive hot food, hot drinks and hot water, mobile phone charging and more.

It's quick and free to register by completing a short questionnaire. If you have family or friends who meet the criteria, you can register on their behalf if they are happy for you to do so. More information can be found online at: [www.ukpowernetworks.co.uk/power-cut/priority-services-register](http://www.ukpowernetworks.co.uk/power-cut/priority-services-register)

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# A New Year dose of nature

By Kirstie Flood,  
Hypnotherapist

In Hurstpierpoint we are lucky to be surrounded by an abundance of natural spaces, which is very fortuitous given that a new study has shown that spending just two hours per week in nature significantly boosts our health and psychological well-being.

20,000 people took part in the study for the University of Exeter, which found that those visiting green spaces reported a higher level of well-being than those who did not. The researchers were also surprised that it did not matter whether the two hours in nature were taken in one go or in a series of shorter visits or whether people went to an urban park, woodlands or the beach.

Additionally, you don't have to even walk, just simply



sitting in nature and enjoying the peace is enough. How's that for a New Year wellness activity that most of us can take advantage of?

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# Marmalade making



## By Mike Thatcher

This may be a familiar situation for many of my generation: your mother has been making chutney or marmalade for years, and at some point you decide that you would like to give it a go and try it for yourself. This certainly happened to me a few years ago with marmalade, so after a very generous Santa bought me a large copper flat-bottomed pot, I started to collect jam jars and I was ready to go. That was the easy part, as I was to discover that being given her recipe was one thing, but trying to follow my mother's slightly vague instructions was another. And when you've been doing it for 40 years you just 'know' when the darn thing is set and that is difficult to pass on or write down.

So, in case anyone thinks this is the year to take the plunge and make your own marmalade, Hurst Life presents a beginners' guide to making your own with three options supplied by Hurstpierpoint residents. Seville oranges are the staple for a classic orange marmalade and they are essentially only available in January. Recipes and instructions are supplied but experience is not; like many things, trial and error may be employed. You will need a large flat-bottomed pot and lots of jars. The first is from Cristina at Gibson's, who makes marmalades all year round and clearly knows what she is talking about. The second is my mum's (Anna) recipe; I added the bit about sterilising the jars as she doesn't hold sway with that sort of nonsense. And the last one was supplied by local artist Jenny Hawkes. Thanks to Michel Olszewski, who supplied a 1799 recipe from one of his collection of old recipe books, but we couldn't squeeze it in – next year perhaps...

## Cristina from Gibson's

2lbs of fruit (any combination of Seville oranges, limes, lemons or anything that takes your fancy)  
3 pints of water  
2 bags of jam sugar  
Approx. 12 jam jars heated to 105C in the oven.

Cut the fruit in half and put into the water and boil until the fruit is soft.

At this stage, remove the pips and any unwanted bits. Put back into the water and add all the sugar and bring to the boil. If you are using jam sugar this should be for around 10 minutes. In my opinion, it is worth spending the extra money on jam sugar as it cuts the time down on this part. If you have plenty of time and are just doing one batch then granulated sugar is fine.

Now take a wooden spoon and scoop a little up and leave it to cool. Tip the spoon and it should 'flake', not pour off but largely stick to the spoon.

Then transfer the hot marmalade carefully into the hot jars. If you find you have enough for 15 or more jars then perhaps it is not set properly and it should go back into the pot with some extra sugar to boil again for a few minutes.

### Jenny Hawkes' recipe

1kg Seville oranges  
Juice 2 lemons  
2kg jam sugar

Wash the oranges and remove any stems and leaves.

Put into a large pan and add 1.5 litres of water and lemon juice.

Cover the pan and simmer the oranges in the water until they are soft - at least an hour. Leave to cool. Strain the oranges through a sieve, keeping the liquid.

Next comes the messy part and it's worth wearing vinyl gloves if your hands don't like the acidity of the oranges: cut or pull each orange apart and scoop the flesh and pips out into a bowl. Set aside for now.

Using a sharp knife, slice the orange rinds thinly and add to the juice you strained off earlier. Add the jam sugar to the rind and juices in the large pan.

Put all the flesh and pips into a square of muslin, tie up tightly and drop into the pan with the rest. If you have one, place your jam thermometer into the pan and bring to boiling slowly, stirring regularly to ensure it doesn't burn on the bottom.

Now is the time to put your jars ready. This recipe should make about 5 large jars but be safe by putting a few more ready. Jars should be clean and placed in a baking tray (with lids removed but also in the tray) and put in the oven at 100C until needed.

Keep the marmalade at a rolling boil for 10-15 minutes, stirring occasionally to prevent burning. Check the thermometer regularly to see if setting point has been reached (106C). If you don't have a thermometer, use your ears! The marmalade will 'pop' and 'crackle' when it's ready. To confirm that the setting point has been reached take a cold plate, put a drop of marmalade on the plate and wait for it to cool. Once cool, push it gently with your finger, and, when ready, it should wrinkle slightly. Don't over-boil the jam though, or it will never set and lose its fresh flavour - better to have it tasting nice but being a bit runnier!

If there is a scum on the top of the marmalade, scoop with a slotted spoon and put in a bowl - this is quite edible but may spoil the look of your jars.

Also remove the bag of pips and orange flesh, squeeze in a colander or sieve and return any juices. Discard the bag and its contents (compost!).

When ready, remove the jars from the oven and pour marmalade into the jars.

While they are still hot, hold in a cloth and put the lids on tight. As they cool you may hear them pop as a vacuum is formed between the marmalade and the lid.

The finished product should keep for years (although it rarely does as it gets eaten!).



### Mike's mum's recipe

9 Seville oranges  
1 lemon  
9 pints of water  
6½ lbs of sugar

Cut the oranges and lemon in half and de-pip. Boil in the water until they are soft. Take them out and cut them to suit. Put them back in the pot and add the sugar. Dissolve the sugar before it comes to the boil, and then boil for approximately 25 minutes. Scoop off the 'scum' as it forms around the edges (save it and have it with stewed apples as a dessert, it's delicious).

Put a tablespoon of the mixture in the freezer for 3-4 minutes and if a skin has formed then it is ready. Leave to cool and transfer to jars, which have been sterilised. If it is too runny the next morning then put back into the pot and boil again. It should make about 18 average-sized jars.



# The Thirteenth Tale by Diane Setterfield

## BOOK REVIEW

By Clair Stanton

Diane Setterfield's haunting debut is peopled with brooding characters; there are recluses, twins, and governesses that would seem at home in the pages of a Charlotte Bronte or Daphne du Maurier novel.

Vida Winter is a renowned author who has avoided press attention and the book begins when she summons Margaret Lea to her home, with the intention of telling her story. Margaret is not an obvious choice for this task, she is a woman who lives quietly, helping in her father's book shop and nursing her own sorrows – she hasn't even read any of Vida's acclaimed novels.

Arriving at Vida's home to start work on the biography, Margaret is soon drawn into her tales of life at Angelfield. Home of the March family for generations, it burned down in mysterious circumstances many years ago....

This was an easy read as the elements seemed so familiar, it was fun to piece together the mysteries and spot the literary illusions – Setterfield clearly loves the gothic novels she has read and filters them through her imagination to create a new tale that has gained her lots of fans. If you have already read this novel you will probably enjoy her latest 'Once Upon a River' – more Dickensian in style it was one of my favourite books of 2019.


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

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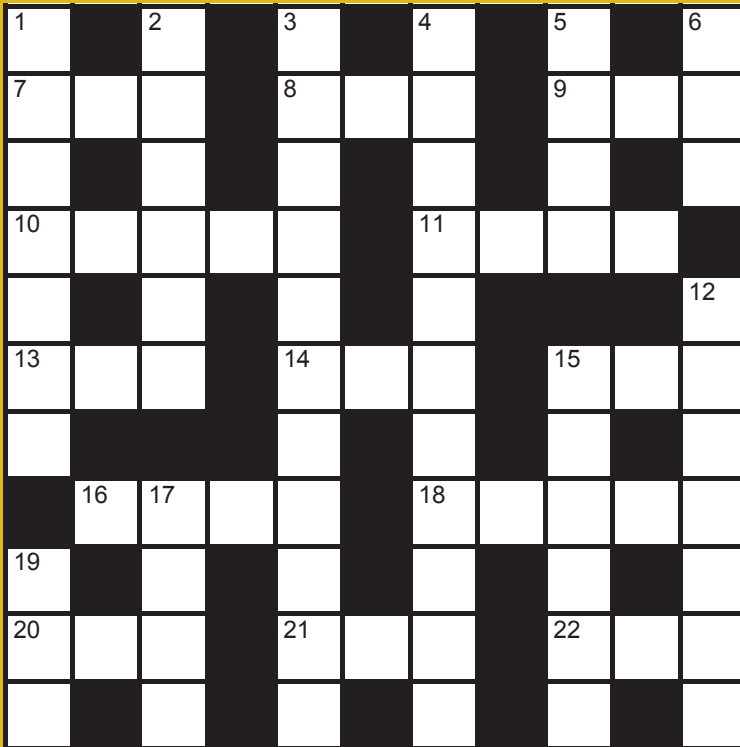
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# Family crossword



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Have a go at this crossword - which should be varied enough for all ages to answer some clues.

Answers on p.46

## Across

- 7 Meadow (3)
- 8 And so on (3)
- 9 Biblical Sarah's husband (Abbr.) (3)
- 10 Cram (5)
- 11 Mild oath (4)
- 13 Before (3)
- 14 Cereal grass (3)
- 15 At the present time (3)
- 16 Large marine food fish (4)
- 18 Sharp (5)
- 20 Lyric poem (3)
- 21 Dove sound (3)
- 22 Weeding implement (3)

## Down

- 1 Drunk (7)
- 2 Ripe (6)
- 3 Execution (11)
- 4 Speed controller (11)
- 5 Individual facts (4)
- 6 Light meal (3)
- 12 Add sugar (7)
- 15 Nothing (6)
- 17 Secondhand (4)
- 19 Enemy (3)



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# Sudoku

Find the solution on p.46

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

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

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# What's on...

## ELSEWHERE

### January

- 2nd **Dementia Café** – 2pm  
Court Bushes Community Hub
- 7th **Mid Sussex NHS Retirement F'ship** – 10.15am  
Franklands Village Hall, Haywards Heath - Val Upton talks on 'The Way Ahead'
- 7th **Dick Whittington Panto**  
-11th Clair Hall, Haywards Heath - presented by The Weald Theatre Group (www.wealdtheatre.co.uk 01444 455440)
- 8th **Music Club** – 4pm  
Court Bushes Community Hub – monthly club for 12-16 year olds
- 11th **Dad La Soul** – 10am  
Court Bushes Community Hub
- 13th **Hassocks Field Society** – 7.45pm  
Adastra Hall, Hassocks - 'Fire at Uppark House' – A talk by Ken Lloyd (visitors £2, Beryl Varley 01273 832351)
- 15th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - 'The Magic of Prague: Czech Art and Culture' by Gavin Plumley (Non-members welcome, £7)
- 15th **The Mid Sussex Franco-British Soc.** – 8pm  
Clair Hall, Haywards Heath - An illustrated talk in French by Joyce Quin, membre des Lords depuis 2006 (£5, Barbara Stevens, 01444 452385)
- 16th **Haywards Heath Ceramics Group** – 10am  
Clair Hall - Talk on 'British Art Deco - between the Wars' by Elisabeth Bogdan (free entry on first visit, otherwise £8, 01444 483372 or 452804)
- 16th **Mid Sussex National Trust** – 2.30pm  
Clair Hall, Haywards Heath - 'History of The Royal Botanic Gardens Kew' presented by Sarah Oldridge
- 16th **Burning (15)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and www.hurstfilms.com)
- 17th **HHD U3A** – 2pm  
Adastra Hall, Hassocks - 'Sussex stories behind the news' with Richard Lindfield
- 17th **The Wind in the Willows** – doors 6.30pm  
The Queen's Hall, Cuckfield - Rain or Shine Theatre present its fast-paced comic retelling of the classic tale (Tickets from Cuckfield Parish Office £10/£7)

- 17th **Mother Goose Panto**  
-19th The Players Theatre, Hurstpierpoint - Family panto fun, Friday at 7.30pm, Sat/Sun 1pm & 5pm (Tickets £11/£8 www.hurstplayers.org.uk)
- 17th **Heading for Extinction** – 7.30pm  
Village Centre, Hurstpierpoint - Talk about climate change by HKD Transition group (not suitable for young children)
- 21st **Cuckfield Evening WI** – 7.30pm  
Baptist Church, Polestub Lane, Cuckfield - 'Well-being with you in mind' by Amanda Grainger
- 24th **Downton Abbey (PG)** – doors 7pm  
Adastra Hall, Hassocks - Star Cinema showing (Tickets £4.50/£4)
- 24th **Mother Goose Panto**  
-26th The Players Theatre, Hurstpierpoint - Family panto fun, Friday at 7.30pm, Sat/Sun 1pm & 5pm (Tickets £11/£8 www.hurstplayers.org.uk)
- 25th **Burns Supper** – 6.30pm  
Roffey Park - Mid Sussex Caledonian Society annual event (secretary@ midsussexcaledoniansociety.org.uk)
- 27th **Hassocks Field Society** – 7.45pm  
Adastra Hall, Hassocks - 'Tales of the River Bank' a talk by Ian Everest (visitors £2, Beryl Varley 01273 832351)
- 28th **Pregnancy Loss Support Group** – 7.30-9pm  
New support group for those affected by pregnancy or baby loss (for venue details contact angie@walkingwithyou.org.uk or call 07974 729566)
- 30th **Skull Drummetry** – 7.30pm  
The Red Lion, Lindfield - traditional event by Lindfield Bonfire Society, drumming performance in the pub garden
- 31st **The Kindergarten Teacher (12A)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and www.hurstfilms.com)

### February

- 5th **Mid Sussex NHS Fellowship** – 10.15am  
Franklands Village Hall, Haywards Heath - The Buzz of Bees with Otto Somodi
- 5th **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road, Hurst - Fish & Chip lunch (pre-ordered) & AGM (Dianne 01273 835284)
- 6th **Dementia Café** – 2pm  
Court Bushes Community Hub
- 8th **Dad La Soul** – 10am  
Court Bushes Community Hub

# 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)

### January

- 7th **Baby Sensory Group**
- 14th **Knit 'n' Knatter** – 2pm
- 14th **Horticultural Society** – 7.45pm  
'A wood on clay': an illustrated talk by Paul  
Roberts on the landscape and nature at Lag Wood  
and Pheasant Field, Hassocks, plus drinks and  
nibbles to celebrate the New Year.
- 17th **Climate Emergency Talk** – 7.30pm  
Talk from HKD Transition group on  
Extinction Rebellion
- 25th **Art Workshop** – 10am

Hurstpierpoint Village Centre, Trinity Road BN6 9QT  
[www.hurstvillagecentre.org](http://www.hurstvillagecentre.org)

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### PUZZLE ANSWERS

From the puzzle fun on page 42

#### CROSSWORD:

ACROSS: 7 Lea, 8 Etc, 9 Abe, 10 Stuff, 11 Egad,  
13 Ere, 14 Rye, 15 Now, 16 Tuna, 18 Acute,  
20 Ode, 21 Coo, 22 Hoe.

DOWN: 1 Sloshed, 2 Mature, 3 Performance,  
4 Accelerator, 5 Data, 6 Tea, 12 Sweeten,  
15 Nought, 17 Used, 19 Foe.

#### SUDOKU:

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

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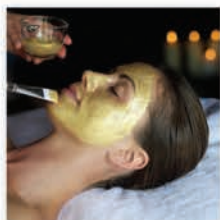
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