

Hurst Life

Including Sayers Common & Albourne

Local village talk,
by the village

Issue #59 : Feb. 2020

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Hurst's Channel swimmers

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EDITORIAL



By David Tingley, Editor

I know you know this already, but **Gail Millar** exclaims in the article on **page 29** that 'Hurst is a wonderful community!'. The piece goes on to talk about and show the great spirit at the **Community Christmas Lunch** at The Village Centre on Christmas Day.

If you would like to catch up with what the **Parish Council** have been and will be doing – turn to **page 34**. **Page 26** is where you'll find **Belle Amatt's Sweet Potato Rolls recipe**. And, if you are a fan or getting your recycling in the correct bin, or you'd just like to be better at it, **Colin McFarlin** is looking for Recycling Champions on **page 24**.

It always fascinates me just what a fantastically mixed bunch we have living right on the doorstep. In this issue Hurst resident and professional musician and composer **Fraser Trainer** has been good enough to be our **Village People** candidate on **page 22**.

Of course, the regulars are in too. **Ann Winney** talks hedgehogs on **page 20**, **Juliet Sargeant** spreads some winter colour tips on **page 21** and **Mike Thatcher's Village Cinema** column is nestled at the back of the magazine on **page 42**.

I'd like to say thanks to **Jackie Eke** for the superbly snowy **cover photo** of the sculpture on the green. If you'd like your fabulous photo of Hurst to be printed and distributed all round the village, do email in your best shots in high resolution to photos@hurstlife.co.uk. By doing so Jackie has bagged herself a £20 voucher to spend on the High Street too!

Talking of photos, do send us more **Holiday Snaps** – where you take a copy of this magazine away with you and send us back a proud selfie! We love these – see **page 19** for this month's offerings.

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

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

Advertising: Emily Billson
ads@kipperlife.com

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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

Join Dominic Ferris and special guests, Live at Hurst!

Later this month Steinway pianist and singer Dominic Ferris will return to his former school, Hurstpierpoint College, to perform in its newly refurbished theatre. Dominic will be joined by guest singers Richard Hadfield and Martin Milnes. All profits from the event, organised by Lewes Barbican Rotary Club, will be donated to St Peter & St James Hospice and the Cystic Fibrosis Trust.

Dominic Ferris attended Hurst College between 1999 and 2004, before studying piano performance at the Royal College of Music. He is now an internationally acclaimed pianist whose recordings with the Royal Philharmonic Orchestra have sold over three million albums worldwide. Dominic regularly tours internationally with Elwin Hendrijanto as The Piano Brothers.

Richard Hadfield is also an ex-student of Hurstpierpoint College (2007-2012), who found fame winning ITV's Britain's Got Talent with musical theatre vocal group Collabro. He now has a successful solo career touring prestigious jazz clubs.



Photo: Sarah Sutherland-Rowe Photography

At Live At Hurst they will perform some of their classic mashup medleys, including The Entire Score of West Side Story in 8 Minutes.

Tickets (£20) for the event, which starts at 7.30pm on Saturday 29th February, are on sale online now or by telephone 01273 470027 and email: don@lewesbarbicanrotary.co.uk.

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Shopping locally helps to support others

Hurst residents and regular users of the High Street are reminded of the benefits to local good causes of joining the Co-op Membership scheme. St Lawrence School received a donation of over £2,800 recently and three good causes are currently nominated in 2020.

1% of the cost of all Co-op branded goods, including milk, bread and most fruit, purchased with a membership card is given to a local charity. The three for this year are: Hurstpierpoint Preschool, Cancervive and Friends of Twineham School.

By registering your card online you can choose one of the three you want your donation to go to, otherwise it will be split equally between the three. Shop Manager Jess says the shop has been pushing hard and membership has increased in the last 12 months: "We now have about 25% of our customers using the



membership card and we are always looking for more so that the local charities can benefit."

The membership scheme can be joined quickly at the Co-op for £1 and instantly become a member and donations start. For further details ask in the store or go to: www.coop.co.uk/membership

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Special wheelchair to enable Ian's Snowdon Push

Local resident Ian Maskell had a bike accident while cycling on the South Downs in 2013. It left him paraplegic and a wheelchair user. Ian said: "After five months in a specialist spinal unit and then community rehab, I thought I would have to stay on tarmac for the rest of my days. But thanks to the support and encouragement of friends, family and charities I have got back into the countryside. This has been fantastic for me."

He now wants to take part in Back Up charity's Push Up Snowdon in 2020. To do so he needs a specialist bit of kit called a mountain trike.

He has borrowed one for occasional rides out and says: "This is a fantastic piece of British design and manufacture."

But at a cost of £5,000 it's unaffordable, so Ian has set up a JustGiving page, which is aimed at raising enough money to enable Ian to buy the all-terrain mountain trike. The money will be administered and managed by the charity Aspire.

With this all-terrain mountain trike he will be able to take part in the Snowdon Push, donating further sponsorship monies he receives from the Push to Back Up, one of the charities which has helped him readjust and rebuild his life after his accident.

Ian does have form: in 2017 he wheeled 100 miles from the London Eye to the Brighton i360 and raised



over £10,000 for BackUp, Aspire, Spinal Injuries Association and the Architects' Benevolent Society.
www.justgiving.com/fundraising/all-terrain-wheelchair-for-ian

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Brave group will attempt Channel crossing



A group of six friends from Hurstpierpoint are attempting one of the hardest swim challenges in the world - the English Channel - in a relay for a brilliant cause. The six are Zoe Collins, Guy Lovegrove, Sally O'Connor, Claire Grose, Tim Garnett and Cath Barton-Smith.

Known as the Aspire Sussex Sea Turtles, all six friends have a love of outdoor swimming and will attempt to swim the 22 miles from the British coast to Northern France at the end of September to raise money for people who have sustained a spinal injury. Every four hours someone is paralysed by a spinal cord injury. Aspire is a national charity providing practical support from injury to independence.

Life can change in an instant and it can happen to anyone. Having met with Paula Craig, who was supported by Aspire when she suffered life-changing injuries, the team were inspired to take on the challenge.

"After meeting with Paula we're all excited and determined to cross the channel together and raise money for Aspire," says Zoe, "an amazing charity that helped Paula so much with her recovery and continues to support her and others in so many ways. Although I suspect Guy is primarily coming because he thinks he'll get cheap wine and cheese on the other side!"

Each of them must swim in strict order for an hour at a time until they reach the French coast. They can wear only swimming costumes and are not allowed wetsuits or any artificial aids!

The next nine months will mean intense training for the team as they work on their swimming skills in the pool as well as getting used to swimming in the low temperatures of the Channel. By July the team will have had to have swum two hours in the sea at a temperature of less than 16 degrees to prepare them for the day when they are called to Dover for their Channel attempt.




They've already started their training in the sea!

Paul Parrish, Director of Fundraising and Marketing for Aspire, the charity benefitting from the Sea Turtles' heroic efforts, said: "We are so grateful to the team for their commitment. Their hard efforts will be so important to us, and they have pledged to raise over £10,000. This will have such a positive impact on the lives of those with spinal injury. Over the past ten years our Channel Swims have raised over £1,000,000 and it's great to start the decade being supported by the Sea Turtles."

To commence their fundraising efforts, the Sea Turtles will be holding a Pop Up Charity Shop at 40 High Street, Hurstpierpoint (formerly Olive Antiques next door to Morleys) on Saturday 8th February 10am – 4pm. Please go along to support them on the day and help launch their fundraising efforts, have a chat to the team and enjoy tea/coffee and cake.

If you have anything you'd like to donate for the sale please contact Cath on 07816 932559.

If you wish to donate to their worthy cause please go to their fundraising page on JustGiving:- www.justgiving.com/team/SussexSeaTurtles



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Hurst U9s flourishing

HURST COLTS



By Paul Thurston

It's been a groundbreaking season for the Hurst Colts U9s. Since the team's inception at U6s they have divided into two equal teams instead of one for the first time, Hurst United and Hurst FC. Head Coach of United Tim Holt explains: "The idea behind this was twofold, to develop all of the players and build for the future."

So far the new system seems to be working for the U9s under the guidance and coaching of Tim, Leighton and Christian the coaches say they have 'developed a Jurgen Klopp style of football, which is now paying dividends and producing some high-quality and entertaining football'.

The best results this season have been the hard-fought cup tie against Broadbridge Heath on an incredibly heavy and boggy Fairfield pitch, which the team eventually won 10-5 across the two games. "No mean feat in those awful conditions. The football played by the team was reminiscent of Liverpool this season. The coaches just looked on in awe!" says Tim.

After three years of hard work and dedication it sounds like the U9s are starting to really click this year with results this season matching the effort and commitment by the players, with very few losses. Highlights have been too many to mention, but Hurst FC head coach Tom Powell explained: "It has been seeing the development of the players over the season which has taken three years to come to fruition." No coach could ask for more of the players at such a young age. The team bonding has been incredible too, and they are so supportive and encouraging of each other.

Clearly proud of their teams, the coaches don't want to single out any player as they have all been incredible but special mentions go to: "Henry, our first-choice goalkeeper but also plays out on pitch, for making some incredible match-winning saves. Also, Zach for scoring unbelievable 'worldly' goals from the halfway line and finally Sidney for trying the unexpected with an overhead kick."

We are looking forward to the second half of the season. In 2020 the teams have many more games against old adversaries and new, and hopefully lots of tournaments in the summer, which the players always really enjoy.



Console wars

TECH HEAD

By Toby Wyithe

At the very end of last year Microsoft shocked the gaming world by revealing their upcoming console to a much-surprised audience at the 2019 Game Awards. In amongst the interviews, trailers and awards, we learnt that the X Box Series X will be released in Holiday 2020.



Historically console reveals are more lavish affairs, usually reserved for the prestigious E3 event held annually in Los Angeles, but Microsoft has managed to control the holiday narrative by ensuring their secret was kept well guarded.

It is no secret that our current console generation has been won by Sony and their PlayStation 4; but with each previous generation there are strong arguments within the gaming community that both Sony and Microsoft have experienced victories in alternate cycles.

Although the Nintendo Wii was actually the most successful console in the last generation from a sales perspective; many believed the Xbox 360 to be the true standout performer. Despite the PlayStation 3 having now sold more units, their botched launch and heavy hitting exclusives only landing towards the end of the lifecycle meant that Microsoft's offering was generally favoured.

Before then the PlayStation 2's inclusion of a DVD player meant that it will likely never be surpassed in terms of sales figures for any console but many believe this next generation could belong once again to Microsoft.

Boasting twice the power of the current Xbox One X hardware, and with a number of new studio acquisitions over the last few years working on expanding their exclusive library, there is an increased sense of optimism for those who favour Microsoft's Green over Sony's Blue.

It wasn't a completely flawless reveal though with executives having to clarify the naming conventions the day after the event. The name they are bringing forward is simply X Box, with 'Series X' indicating the specific model of consoles leaving even the most dedicated of gaming fan still slightly perplexed.

Sony has previously announced new hardware details in February, so we may not have long to wait for our new information but it already seems like 2020 is shaping up to be a very exciting year whichever side of the Console War you find yourself on.



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Protecting the local countryside

WOODLAND, FLORA & FAUNA GROUP

Mike Thatcher met Michael Nailard, Chairman of the Woodland, Flora and Fauna Group, to find out a little bit of the group's history, what it has been up to and his hopes for its future.

The group was founded in 2004 at the invitation of Mid Sussex District and Parish Councils to have a look at the local countryside and how it could be protected, as it was suggested by the council that the low weald between Ansty and the edge of Hurst was going to be given particular attention for future development. The Parish Council invited lots of groups to a meeting to initiate a biodiversity study of the whole parish in order to determine whether there was anything of value that needed special protection.

Michael Nailard (right) was elected as Chairman, and he estimated the study would take between 12-18 months to complete. "However, there are 200 landowners in Hurstpierpoint parish, and they all had to be approached before any survey teams went on their land. After a public meeting 120 people turned up, all very keen to stop any development and 60 volunteered to help with the survey." These volunteers were trained, with the help of the Sussex Wildlife Trust, but then the number of volunteers dwindled when they realised it was hard work going round the fields identifying flowers and fauna. Numbers dropped to below 20 and the survey ended up taking six years.

He spoke at great length about the achievements of the group, which covered a multitude of areas. About 11 years ago it embarked on a bat conservation project in the woodlands. They also investigated where dormice were, and where they found indications they put in boxes, and there are currently six woodlands where they do monthly checks on them.

In 2007 they realised that barn owls were very scarce and that their habitat was dwindling. So they erected 18

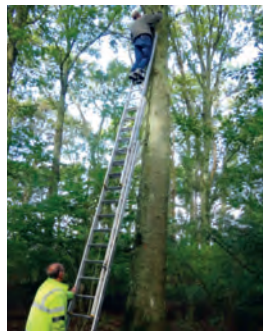
barn owl and 12 tawny owl boxes around the parish in order to help them survive, with great success. Perhaps the biggest ongoing project Michael talked about was at Pond Lye, on the road to Ansty. "In 1992 it was declared that there were distinctive floral species of real value and that site should be looked after. The thorn and bramble had become like a jungle, and some of the trunks were as thick as your waist. It took a long time to do and it was only two years ago we finished the clearance and exposed the meadow. We have seen the benefits now with all the rare species coming back; it's really valuable and quite an achievement for the group."



The group has only a dozen volunteers presently to rely on and could do with more. "We have projects but we need volunteers. To cut the six acre site at Pond Lye, for example, takes a huge amount of time." Once people get familiar with a site, and can prove they can do it responsibly, then they are free to work to their own timetable. "The more we do, the more we get asked to do. Because of our success, and the publicity we get for doing it, we get asked to do a tremendous amount but have to turn a lot of it down because of volunteer numbers."

To coordinate a volunteer day Michael scours the BBC weather forecast to try and pick a dry day in advance during the week, a hard task last autumn! "The best people to catch are those who have just retired, or who are early retired, as they still have the energy and are looking for something to do." The group is free to join and there is no membership fee.

Michael spoke with enthusiasm and pride about their work during our meeting and has a quiet determination to make their presence felt. "It needs groups like ours to fight back and put our heel into the ground and say enough, no more. That's what spurs us on, to try to make a difference."



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Mindfulness course in the village

With the stress of Christmas widely accepted these days, this period of post-January time can be difficult for many people.

Debbie Horney recently launched a new Mindfulness business (Remember Mindfulness). Courses take place at Randolph's Farm on Bedlam Street.

She explains: "Mindfulness is a very simple form of meditation, which is used to bring us back to the basic human ability of being fully present in our

lives so that we are aware of what we're doing and not overly reactive or overwhelmed by what's going on in our minds, bodies and around us. It provides us with a way to respond to life and to be in control of our choices. The key to this is kindness and self-compassion."

Debbie has personally found the practice to help



manage chronic pain, stress and anxiety but it can also reduce depression, addictive behaviours (such as over eating, drinking, working) and much more.

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Tree guy Paul raises over £7,000

After five years and having raised a total over £27,000 for worthy charities, Paul Wilkinson collected Christmas trees for the last time this year. "I would like to thank this fantastic local community, Southdowns Gardens Centre for the printing and all the people who volunteered their time to deliver to every door from Sayers Common to Ditchling," Paul commented. "Thank you all so very much for your support over the years... it is now time to pass on the baton!" This year raised a record £7,600.

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Holiday snaps

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



Hog on holiday in Hurst



Dylan and Freddie Hydes in Sydney, Australia

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How are our Hoggies doing?

HOGGIE HELP

By Ann Winney

I have been doing some reading up on the state of Britain's hedgehog population. It seems hogs are widespread and in some areas still common and yet in other areas totally absent.

Areas around towns and villages can make excellent habitats for them, but rural farm land is not so populated. There may be several reasons for this. It is much harder to track the rural hog whereas in urban areas we can easily get up close and observe this little wild animal. Hedgehogs, as their name suggests, like hedges and undergrowth to live and feed. In many rural environments hedges have been removed. The badger is the main predator, and these are often found on farmland. In urban areas hedgehogs seem to be holding their own, as more people than ever are becoming hoggie aware.

Allowing them to roam throughout our gardens (putting out food and water etc) can give us more chance of seeing an unwell hog, for instance in the middle of your lawn during the day. They can then be rescued, treated and put back in the wild to keep the population going. It made me think I would like to do a survey in a couple of areas of Hurst. Orchard Way, not only is it near The Grange - newish houses - but, in contrast, the allotments. Iden Hurst and Bishops Close near newly built Bramble Park houses. We are hoping Bovis Homes will be interested in our survey, encouraging hogs venture in that direction.

If you live in these areas of Hurst and would like to help with The Big Hurst Hedgehog Survey, please get in touch. We would aim to do this at the end of April. Email me: ann@hursthedgehoghaven.co.uk or call 07787 515296.



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A winter warmer

GARDENING CALENDAR

By Juliet Sargeant

'It's the spring collection now' I was told cheerily by the lady in M&S today, when I went to look at winter coats. It may be mild but we do still have some winter weeks to weather. For some January is a 'down' month, and that is not helped by the dearth of colour in the garden. We eagerly await the brave snowdrops and sunny daffodils.

But, if you live in Hurstpierpoint, you may be blessed with acid soil in your garden and so the winter months can look very different if you grow pieris. This is a shrub whose leaves remain in winter, and in spring they alone can be as brightly coloured as flowers.

Forest Flame is a tried and tested variety that has bright red new leaves in January, which gradually turn salmon and eventually green in summer. From April to May it has long panicles of ivory flowers, shaped much like lily-of-the-valley flowers, which lend the pieris its common name. Forest Flame can grow to 4m in height, so it needs space, but there are plenty of other types to choose from. If you are really restricted for space, you could try Little Heath which has a white line around the edge of its green leaf and grows to only 60cm.

Purity attains 1m by 1m, but has beautiful pure white flowers and its young leaves are a fresh, bright green before fading to a more subdued tone as the leaves mature. My personal favourite is Passion, which has a red-purple colour to its panicles of cup-shaped flowers. Its leaves, too, are red when young and it grows to 2m height and 2m spread.

These plants are about as maintenance free as any you can grow and practically disease-free. The perfect package.

Fraser Trainer

VILLAGE PEOPLE



Mike Thatcher met composer and teacher Fraser Trainer in his house off South Avenue Rec to talk all things music.

Anyone who has listened to musicians on Desert Island Discs will be familiar with the formula: growing up in a musical household, taking piano and, in Fraser's case, trumpet lessons. Then playing in a teenage rock band and parents needing to use carrot and stick for them to continue with their musical studies. Fraser did not disappoint in this area and even threw in a teenage revelation moment, which I often hear about on the radio and about which I'm often skeptical.

"When I was 16 my parents left me alone for a weekend and I went down to their record collection, which was very classical based," Fraser explained to me. "I found the one with the greatest cover on it, which was Herbert von Karajan standing in a big black leather coat, with his hair slicked back and a Berlin skyline behind him. I thought this looks good and I put it on, and it absolutely blew me away. I played it over and over again that weekend, and as mum and dad turned the key in the door I shoved it back into their collection, so they never knew." It was *Ein Heldenleben* by Richard Strauss.

Looking back, he surmises it was discovering the music for himself that was the key, again a story which many of us will relate to. It made him realise that he wanted to study music and it ultimately led to him taking a music degree. During his childhood there were small signs that he might be destined to compose, despite

it not being on any school curriculum. "I used to mess around when playing and change little bits or add some new parts. I'd then cross out JS Bach and write Fraser Trainer at the top!"

He went to Huddersfield University where in the first year everyone had to compose three pieces of music and he discovered he had a talent for it. In 1989 he won the Composition Prize and by the third year he was majoring in composition. The trumpet fell away, as being in Yorkshire he was surrounded by brass players of high quality, but he kept his piano going. However, composition became his main thing.

"I've never found composing an easy or fluent process; it's challenging and gets into all parts of your life when you are writing. It's quite easy to come up with a couple of ideas at the beginning and then it gets harder. Then it gets really hard." He doesn't like to conduct his own pieces, preferring to sit back and take in what's going on. "Conducting is very complicated and there is a huge skill in just getting these musicians, who are spread all over the place, to follow you. Remember, they are playing a piece

that is new to them, so they're trying to stay onboard this thing that is moving rather quickly. When I tried to conduct I was concentrating so much on the technical side of it that my ears were switching off."

When he started composing he didn't own a computer and sat with pencil and rubber at the piano or desk. How does he know, I wondered, if a piece he writes for the violin, for example, is actually playable?



"Ah, that is the process of understanding composing and arranging. You get to know string players, you look at other violin compositions and learn what things are easier than others. It does happen though, that you write something that is either impossible to play or just awkward."

I was surprised to learn that what was perceived as difficult to play 50 years ago is no longer, as both musicians and indeed instruments have developed. "The beginning of Stravinsky's Rite of Spring has a solo bassoon line which is really high on the register and was only just on the verge of being playable when it was written. But now students will play it, although, admittedly, it's still a nervy moment for them."

After Huddersfield he did a post-graduate course at Guildhall School of Music and Drama in 1992 and won another composition competition, The Lutoslawski Prize. It was significant for him as it generated a little bit of publicity within the profession and it got taken up and played by a couple of professional ensembles. On leaving Guildhall he was 'lucky enough' to get a part-time job at the London Sinfonietta, was able to compose at the same time and in 1999 was made Creative Director of Education. Here he was able to indulge his passion for working in the community and taking music and composition out of the concert hall and into schools and indeed prisons, such as Pentonville and Wormwood Scrubs. "Prisons were really interesting and very different from working in a school. In a school with 15 year olds you have a lot of different attitudes, some want to be there, some don't. When you're in a prison doing a week's work with a bunch of inmates, it becomes clear that what you are doing is probably the most exciting thing that they have done in three years. They are totally engaged, totally switched on and work hard creating in their cells at night. It proved an entirely rich and intense experience, unlike your average classroom!"

I listen to a lot of music myself and asked him if, just as a director might watch a film and be observing the camera angles and editing, he can just listen to a piece without deconstructing it? "I do analyse compositions when I listen, that's true. What I'm trying to think about is how the music is put together, made and structured. What are the ideas, what do they physically mean for the instruments and how do they unfold in a narrative. You could listen for how accurate the playing is, how it's been recorded. Beatles' originals always sound the same, but when you hear them covered, using the same notes, it becomes different, so I am also listening for interpretation. But if the music has a strong emotional quality then that trumps everything."

He did five commissions for London Sinfonietta, including a piece for the opening of Southwark Tube station and a piece performed at half-time at the MK Dons stadium in a match between MK Dons and Sheffield Wednesday. One of the most fulfilling things he has done recently was doing a project with six musicians from the Philharmonia Orchestra in London and six musicians from India, featured in a Sky Arts documentary. Indian classical music is a tradition which reaches back over hundreds of years but is



very different from Western classical music; there is no real ensemble playing, it's all about the soloist and improvisation is central. "But this improvisation is fixed to a mathematical cycle, so not as free as you imagine. We went out to Mumbai and Bangalore and met these amazing musicians to try to find common ground as well as highlighting strength of each tradition."

Fraser's job was to bring it together and compose the 45 minute piece with a framework for the Indians to improvise over and it was performed at the Royal Festival Hall as part of the Darbar Festival. "It was really exciting and fulfilling as it brought together all the parts of my life within music: composing, running collaborative workshops and arranging." He has been able to put these skills to great effect for the Hurst Festival, as anyone who witnessed the events at St Lawrence School will testify. In collaboration with Ella Berthoud they encouraged the children to write their own songs and perform them live with professional musicians. The result was amazing and the affects are being felt.

"Feedback from the school suggests it's encouraged more children to do music making, to take up lessons and some are writing songs in Self Initiated Learning Time, so we're really pleased and hope to do it again."

Having had piano lessons there aged 14, he has gone full circle and now teaches at Guildhall on courses which are about developing collaborative skills and socially engaged work with musicians of all genres and students from other artistic disciplines. His future goal is to set up a youth orchestra made up of exciting, creative young people, who'd write and arrange their own music. "Any instruments would be welcome, from strings to sitars, saxophones, synths and steel pans!" And that's just the S's.



Are you a 'recycling champion'?

Our recycling guru Colin McFarlin is looking for Recycling Champions from the village. Is it you or someone you know?

What does it take to become a Recycling Champion?

Are you someone who has lots of questions on recycling? Someone who wants to improve their recycling but is not sure if they are doing the right thing, and does not want to make mistakes. Looking for help and guidance?

Colin is offering to give you the help and guidance you are looking for and make you a Recycling Champion.

And you will receive a very special goody bag for taking part, and feature in this magazine with your recycling journey and the tips you have picked up.

We can only include one champion a month, so email me today if you want to be included and want to find out how you can improve your recycling.

Email us via editor@hurstlife.co.uk and we'll put you in touch with Colin.

RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council. If you have a question for him, email: editor@hurstlife.co.uk

I went along to meet Terisa and find out about her recycling.

Terisa, daughter Tarlie and son Gabriel (even Yanko the cat!) wanted to recycle more but needed more information and realised their knowledge was not up to date, and they did not want to get it wrong. They do not have time to look everything up!



Terisa tells me her wake-up call was the Blue Planet programme. As a busy family they use convenience food. Their black kerbside bin was full every two weeks!

She was delighted when I went to talk to her church group. She tells me she learned so much. "I now use my compost bin and I bought a second-hand wormery after the talk. You buy the worms from Amazon (Tiger Worms) and they arrive in the post!"

"The family now collects all our stretchy plastic and takes it to the supermarket. A simple routine of a bag to pop it into and drop it off before you start shopping.

"We don't think everyone is aware of this fabulous information!"

Carrier bag bins can recycle so many more plastic items, such as:

- Plastic carrier bags
- Plastic bread bags (shake out)
- Plastic cereal bags (like porridge oats bags, but not inners from boxes of cereals although some are recyclable, check the label)
- Plastic wrappers and ring joiners from multipacks of cans
- Toilet roll and kitchen roll plastic wrappers
- Plastic freezer bags
- Plastic magazine and newspaper wrappers (from your letterbox post)
- Fruit and veg supermarket bags
- Bubble wrap

Please make sure these are all clean so they can be recycled!

"We take our milk bottle tops to a local collection point, no longer in my black bin," said Terisa who works in a nursery school and now collects crisp packets from the children's lunch boxes and plastic pens. These go to her local Terracycle point.

Top tip from Terisa: Buy a big bag of crisps and put a handful in each lunch box – have what they want, no waste!

"With a bit of effort and a bit of time, my black rubbish bin has only one small plastic bag every two weeks – before it was full," she said.

Congratulations, Terisa. You are this month's Recycling Champion.



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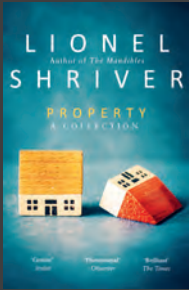


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Property by Lionel Shriver

BOOK REVIEW

By Clair Stanton

Lionel Shriver is not afraid to tackle hard subjects in her novels, but she does so with wit and insight and is always readable – qualities that are also on show in this, her first collection of stories. Property is often seen as a national obsession and this collection seems geared for a UK audience, although the stories take place in a range of countries and focus on property in all its forms, not just bricks and mortar.

There are 12 stories in the collection, including two novellas and my personal favourite was 'Domestic Terrorism': I found it very funny, but if you have an adult child still living at home it could be read as a cautionary tale....

I have recently enjoyed short story collections by Margaret Atwood (Stone Mattress), Joe Hill (Full Throttle), A. M. Homes (Days of Awe), and Curtis Sittenfeld (You Think It, I'll Say It), as I usually have a collection on hand to dip into between novels. It's often claimed that readers don't like short stories, but writers clearly do: most popular writers have at least one collection published. The format seems to allow authors to experiment with new styles or explore different themes than in their longer works, so discovering their short stories can be a good introduction to their work or show you a new aspect of their style.

If you are planning to join in with the library's 'Mid Sussex Reading Challenge' you can use this book as your choice for February: 'a collection of short stories'.

Pick up a copy on your next visit to the Hurstpierpoint library. There will be copies on display throughout February.



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Ingredients

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 5g fine salt
 100g sweet potato, finely grated

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 75g pumpkin seeds, plus extra for topping
 50g feta cheese, crumbled
 1 large egg, beaten

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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.



The sweet potato is well known for its health-giving properties, especially the immune boosting vitamin A and its richness of fibre. This earthy root vegetable made up 70% of carbohydrates eaten in Okinawa (a collection of islands off mainland Japan) in the 1950s and now takes some credit for the fact that this region boasts the greatest number of centenarians globally.

This recipe is one which we are using in our Longevity Kitchen pop-up restaurant evenings in Hurstpierpoint. It is a great illustration of how we can fuse Eastern ingredients with a Western eating style. These rolls work perfectly with chunky stews or soups.

Method

- Put the flours, yeast, salt, grated sweet potato, vinegar and 130g warm water in bowl. Mix for a few minutes to combine. Cover and leave for 30 minutes to allow the wholemeal flour to start breaking down. Add the pumpkin seeds and feta; knead until the dough is smooth and elastic (about 5 minutes in a mixer on medium speed or 10 minutes by hand). Put the dough in an oiled mixing bowl. Cover with cling film or a tea towel; allow to rise until doubled in size (1 hour-1 hour 30 minutes at room temperature).
- When the dough has risen, divide into 8 equal portions (I weigh the dough then divide it by 8 to work out much each should be). Rub your hands with flour, shape 8 neat balls. Line a baking tray with baking parchment then arrange the dough balls on it, smooth side up, leaving 4cm between each. Cover loosely with a clean tea towel and allow to rise until doubled in size. This takes about 1 hour at room temperature.
- Preheat the oven to 220°C, gas mark 7. When the rolls have expanded, glaze with the beaten egg and sprinkle with pumpkin seeds. Bake for 15 minutes, until they have risen and turned a lovely golden brown. Warning - before consumption, however tempting, allow to cool.

For pop up dates see www.belleamatt.com/events

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TUESDAY 12/19



Thank you Hurst

By Nikki Kerr

I would like to write on behalf of all of us at FSW to say a massive thank you to all Hurst residents who so generously contributed to the reverse advent calendar campaign. We collected over 40 boxes from Marilyn Hills' house last week and the generosity of contributors was evident, with some lovely items that will really make a difference to the families we support. Now that the expensive Christmas period is over, many families are finding January an incredibly difficult month with very little money to last, so having these boxes will be a huge help in keeping their heads above water.

If anybody would like to learn more about FSW's work then please visit our website www.familysupportwork.org or contact Nikki Kerr, Director of Fundraising and Marketing on 01273 832963 ex.307 or by email nikki@familysupportwork.org.uk.

Jazz Before Lunch featuring Julie

On six occasions in the last two years Hurst singer Julie Roberts and pianist composer Michael Hinton, from Ditchling, have been performing jazz and blues standards in Hassocks.



"Our Sunday morning jazz and blues concerts at The Hassocks Hotel have proved very popular. Our seventh there is on Sunday 16th February," says Julie.

"This one will be a new and exciting venture for Michael and me as we are being joined by top double bass player, Terry Pack. Terry has played with countless famous musicians and singers, including Brian May of Queen, Bonnie Tyler, Clare Martin and many more.

"We are really pleased that he has agreed to join us for this next gig and two future ones at The Birch Hotel in Haywards Heath and The Hickstead Hotel near Burgess Hill."

The concert at The Hassocks starts at 11.30am and finishes at 1pm in time for lunch. Tickets are £6 and available from www.WeGotTickets.com

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A very special Christmas lunch

By Gail Millar

We live in a wonderful community! The 2019 Community Christmas Lunch was a demonstration of what good and joy comes from people in the community doing something together for one another.

Over 80 people from across Mid Sussex joined us on Christmas Day for a lunch full of smiles, fun, laughter, entertainment and food. One lady who lives in the village phoned up half an hour before it was due to start and said she was all on her own and could she come for lunch. We sent a volunteer round to pick her up and she was overjoyed at being able to come. When we dropped her off home she said: "Thank you so much for a wonderful time, I can't believe that I almost missed out on the best Christmas I have had in years."

Strangers who met on Christmas Day formed friendships that have continued and they have met up for coffee/lunch since, volunteers who came to 'help'

found that they were the ones who benefited.

On Christmas Eve we had an army of Santa's helpers come along to the Village Centre to set up the dining room, peel vegetables and get everything ready. A huge thank you to everyone who made it happen.

Befriended and Hope are two local charities whose passion and aims are to make a difference to the lives of people living in our communities. If you want to make our community a great place to live all year round and support a family or befriend someone who is lonely, please get in touch with us, we would love to hear from you. See our websites: www.buildinghope.org.uk and <http://befriended.org> (where you can also see a time lapse film of the event).

If you want to be a part of our community lunch in 2020, we shall be at the Village Centre on Christmas Day... come and join us.



Calling all young makers to a competition

West Sussex resident Sue Ng, with good friend and co-chair Barbara Ingram, is on the hunt for a talented and creative young person. Could this be you, or someone you know?

By Sue Ng

Are you young, are you artistic and are you creative? Would you like to win generous prizes for your creations, would you like to showcase your talents to thousands of people? Do you like working on your own, do you prefer working in a group or are you already creative at school? If your answer is yes to any of these questions, why don't you...

Get super creative this spring and enter The Young Artisan of the Year Competition at the South of England Show at Ardingly this summer. Over £5,500 in prize money is on offer and there is a real opportunity for your talent to shine.

We are looking for talented young people between the ages of 14 and 23 to come forward and enter. The Competition will take place between 11th- 13th June 2020.

The Competition has been running for 34 years and was formerly known as The Young Craftsman of the Year Competition. It's a very popular destination at the South of England Show, attracting up to 10,000 visitors each year.

The standards are very high and visitors are always overwhelmed by the workmanship, the quality and the ingenuity of the work on show. Prizes are awarded for exhibits in the following categories: woodwork, metalwork, ceramics, textiles, jewellery making and design and technology.

Your school may already enter exhibits in the Competition. Local schools Oathall Community College and Sackville have both taken top prizes in the past, and we get a number of entries from Plumpton College too. However, we would like to encourage all local schools and colleges to take part. We also like to encourage individual entries too. Young people who have hobbies at home and who love to be creative are welcome to enter. The show has helped launched many successful careers in its 34 years.

With creative subjects being squeezed out by the demands of a more academic curriculum in many schools, we believe it's so important to nurture creativity amongst our young people. We would really like more exhibits in our Design and Technology section, as we believe that this is an area which combines innovation with creativity and for which this country is renowned.

This year we have extended the Competition to include degree level students. In 2020 cash prizes will be awarded in two age ranges, 14-17 and 18-23.

We will be introducing a new category of 'collaborative work'. This will allow up to four young people to make an exhibit in one, or a mixture, of the categories for a special collaborative prize. We hope this change will appeal as a challenge to local schools. We have already



been promised funding for this, so that not only the students but also their school or college get a share of the prize money.

If you would like further information, please send an email to Elizabeth Crockford (wiz@seas.org.uk) for an information pack.

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The eye of the beholder

By Michael Blencowe, Sussex Wildlife Trust

Ensclosed in my corner of a Sussex pub I didn't look far for inspiration for this article. The clanging of brass on lead alerted me to a couple of lads playing that most Sussex of pub games – Toad in the Hole. The perfect excuse for some sycophantic toadying to an amphibian I adore; warts and all.

Toads are beautiful. Yes, I know they have lumpy, poisonous skin. Yes, I know they have a face like Ena Sharples. But that eye. That amazing eye. Next time you see a toad get right up close and allow yourself to be hypnotized by that mesmerizing golden-ringed eye. Fellow toad lover George Orwell called it 'about the most beautiful eye of any living creature'.

In February that beautiful eye blinks open as toads awaken from their winter hibernation. From under stones, logs and leaves they emerge and start the long walk home – back to the pond where they were born. They proceed on this pilgrimage with a determined, unsteady gait – like one of those old men you see gingerly crossing the shingle on his way to his annual New Year's Day dip. But once the toad hits the water he is rejuvenated and has one thing on his mind. Croaking and brawling, a peaceful pond is transformed into a Club 18-30 pool party as male toads squabble over females in a writhing ball of amorous amphibians.

The results of this Bacchanalian bonding are long polka dot ribbons of spawn (unlike the frogs shapeless tapioca blobs), and by May the parent toads have left their breeding ponds to lead a more respectable life on dry land until their winter hibernation. Amazingly these animals can live for over 40 years.

It took Kenneth Grahame's beloved The Wind in the Willows to finally drag the toad out of the dark ages, putting him in a tweed suit and in the hearts of the nation. Keep an eye out for these amazing animals around Sussex in the coming months as they return to their ponds.

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



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World Day of Prayer next month

By Veronica Aldridge, Branch Secretary WDP

World Day of Prayer is a woman led, global, ecumenical movement, which enables us to hear the thoughts of women from all parts of the world, their hopes, concerns and prayers .

Women of Zimbabwe have prepared this year's service, and they encourage us all to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future.

The title of this year's service is 'Rise, take up your mat and walk'. We are asked to do this with the women of Zimbabwe as they continue their often turbulent journey towards full reconciliation.

Please do come and join with our friends from the Methodist and Good News churches as we celebrate this service with other churches in over 170 countries, as prayer in many native languages travels around the world.

The service starts at 10.30am at Holy Trinity Church on Friday 6th March.



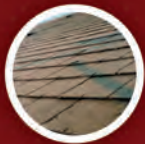
New website and resources for Ramblers

Mid Sussex Ramblers is a local group formed in 1973, which now has a membership of more than 450. It has recently unveiled a new website, which allows users to search for specific walks, distances or areas. Perhaps the new year has given you the perfect excuse to start being more adventurous in your walking?

MSR is leading a number of events this month including: an eight mile 'walk through history' around East Hoathly and Laughton, including a pub lunch on 11th February; a leisurely (and mud-free) route around Plumpton, taking in the station and racecourse, on Sunday 16th February and a longer (11.3mile) Downland walk towards Cissbury and Chanctonbury on Tuesday 3rd March.

Full details of these walks and more can be found at www.midsussexramblers.org.uk or listed in our What's On Elsewhere on page 41.

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Happy New Year from the Parish Councillors and staff

Firstly, thanks to everyone who supported the New Year's Day Walk in Hurst Meadows. Although muddy everyone enjoyed exploring the Meadows, including a talk from Martin Sadler on the Community Heritage Orchard. Hurst Meadows is a beautiful place for everyone to enjoy all year round and more walks will be planned throughout the year. In January and February there will be an additional 57 native trees planted in Hovel Field and infill planting to the new hedgerows in Buckwilly field. More work is planned for the year and we will keep you updated as matters progress.

December and January has been a very busy time for the Parish Council with a lot of projects starting. At the Village Centre we now have a defibrillator positioned outside by the main entrance for use in case of an emergency. The Parish Council offered free training in January to the main users of the Village Centre, including library staff, preschool and gymnastic club. The lights in the Village Centre have now all been completely replaced, and this has made a noticeable difference to the look and feel of the space.

Court Bushes Community Hub continues to become a well-used facility in Hurstpierpoint, and we would welcome anyone to come down and have a look at the building, classes and groups that are held there. Over the last few weeks we have installed curtains and blinds throughout, acoustic panelling and external lighting leading towards the building. Each week at Court Bushes the Melting Pot Cafe is run on a Wednesday and Friday 10am-2.30pm. It is a great place for friends, families and mums to meet who would like a safe and inviting place to have a drink or something to eat. Kiddie Capers nursery is open Monday to Friday and has a designated area, including kitchen facilities and outside space. There are also regular classes, including Kung Fu, Baby Massage, Memory Moments Cafe, Dad La Soul, Hurst Festival Music Club, Kiddie Capers Coffee Morning, U3A recorder club and Mumma & Baby Well-being. For more information on specific groups or to book the facilities please contact the Parish Council office on 01273 833264.

Work on the collapsed wall at South Avenue Cemetery has been progressing throughout January and should be finished by the end of February. Investigations into how to rebuild the wall have been taking place, which were made difficult by the close proximity to grave plots and established trees. Much of the wall will be rebuilt with supporting buttresses and improved foundations, however a short section of the wall will be replaced with a robust close boarded fence.

Coming Soon...

We are very excited to announce that we will soon have a new look website for the Parish Council. We would like to involve our community in this and we need your help. We are looking for any keen photographers who enjoy taking photos of Hurstpierpoint and Sayers Common to share their photos with us. The images will only be used on the website and we would love to show the beautiful, vibrant and welcoming community we live in through your eyes. Images could include Hurst Meadows, Millennium Gardens, Village Garden, Hurst College, Holy Trinity Church, Danny House and areas of Sayers Common.

If you would like to be involved, all images will need to be sent to the Parish Council office in either a jpeg or tiff file to: [Lorna Cooksey hurstpierpoint.pc@btinternet.com](mailto:Lorna.Cooksey@hurstpierpoint-pc.org.uk).

The images will not be used for anything other than the website. By submitting the images to the Parish Office you give us permission to use them for this purpose.



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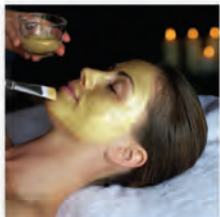
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5 MINUTES WITH...

Paul Gibson

Paul started working for his dad aged 16 in the family greengrocer business and took over the Hurst shop in 1993. A keen match angler, which takes up all of his spare time.

How long have you lived in Hurstpierpoint?
In or around all my life

What's the best thing about being here?
Saves me being somewhere else

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

How many houses have you lived in?
11

Favourite book, film and album?
Steve Gardener Autobiography (Fisherman), Forrest Gump and Firestarter by The Prodigy

Most common New Year's resolution?
Lose weight

Your most enjoyable event in the village?
Snow - it brings everyone out

Do you share your home with anyone?
No, just a few spiders

Song you play the most?
Can't remember the last time I had the radio on

Which app on your phone do you use the most?
No apps on my £10 phone

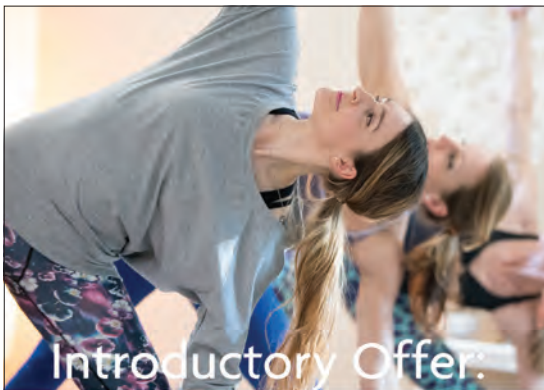
Your most frequented village shop?
Hampers

What's your proudest moment?
Winning Javelin at School Sports Day!

Last present you received?
Jacket, which didn't fit (see New Year's Resolution)

Your advice for life?
Stop worrying

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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Wordsearch



Can you find 32 British castles hidden in this wordsearch?

The answers can be found running backwards or forwards, horizontal, vertical or diagonal.

- | | |
|----------|-----------|
| Auchen | Kendal |
| Bere | Leod |
| Burgh | Maol |
| Clare | Mey |
| Croft | Moy |
| Deal | Muncaster |
| Delgatie | Oer |
| Drum | Piel |
| Elcho | Raby |
| Flint | Rait |
| Floors | Red |
| Fraser | Star |
| Gylen | Sween |
| Hay | Tower |
| Hever | Udny |
| Holt | York |

Answers on p.40

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Sudoku

Find the solution
on p.40

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

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

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What's on

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Regular events

- Sun **Afternoon Tea Dance**
2-4.30pm, nearly every Sunday
- Weight Watchers** – 9.30-10.30am, weekly
in the Club Suite
- Mon **The Sanctuary** – 9.30-11.30am, weekly during
term time – a welcoming place where friendships
can form over coffee and cake
- Tues **Yellow Brick Lab** – 3.30-5pm weekly during term
time
- Knit '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)

February

- 18th **Wolstonbury WI** – 7.45pm
'Jewellery through the Ages' by Andrew Pescott
(visitors welcomed, 01273 834421)

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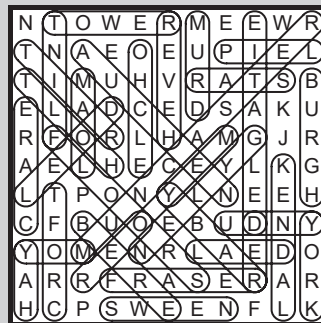
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PUZZLE ANSWERS

From the puzzle fun on page 38

WORDSEARCH:



SUDOKU:

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

What's on...

ELSEWHERE

January

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 **NHS Retirement 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, Hurst

8th **Dad La Soul** – 10am
Court Bushes Community Hub, Hurst

8th **Pop-up Charity Shop** – 10am-4pm
40 High Street, Hurst - in aid of Sussex Sea Turtles channel swim (All donations welcome, call Cath on 07816 932 559 for more info)

10th **Hassocks Field Society** – 7.45 pm
Adastra Hall, Hassocks - 'The History of Morris' a talk by Melanie Gibson Barton (Members £1.50, Visitors £2, Beryl Varley 01273 832351)

11th **Mid Sussex Ramblers** – 10.30am
Meet outside King's Head (BN8 6DR) - 8 mile moderate walk by East Hoathly, Frith's Farm, Laughton & Park Farm. Pub lunch (Brian 07985 201335)

12th **Music Club** – 4-6pm
Court Bushes Community Hub - Free music club for 12-17 year olds, everything provided

12th **Mid Sussex Franco-British Society** – 8pm
Clair Hall - An illustrated talk in French by Professor Brian Stimpson on the subject of the French painter, Cézanne (£5, Barbara Stevens 01444 452385)

13th **HH Ceramics Group** – 10am
Clair Hall - Dr Michael Signy will give a talk on 'Rivets, Repairs and Replacement Handles' (Free entry on first visit, otherwise £8, call 01444 483372 or 452804)

13th **Mid Sussex National Trust** – 2.30pm
Clair Hall - Talk on Preston Manor, Brighton by Jackie Marsh-Hobbs (David Waite, 01444 453954)

15th **Music Concert** – 7.30pm
Methodist Church, Haywards Heath - Jonathon Radford plays works by Debussy (Tickets £15/£5)
Heath Music Society

16th **Plumpton Ramble** – 10.30am
Meet at Railway Station (BN7 3BW) - 3½ mile leisurely walk around Plumpton by Mid Sussex Ramblers (Phil, 01273 835931)

16th **Jazz Before Lunch** – 11.30am
The Hassocks Hotel (tickets £6, www.WeGotTickets.com)

19th **The Arts Society Mid Sussex** – 10am
Clair Hall - The Great Exhibition of 1851 by Prassanajit de Silva (Non-members welcome, £7)

20th **NT Live Cyrano de Bergerac** – 7pm
The Players Theatre – Hurst Village Cinema (www.hurstfilms.com)

20th **Shakers Re-Stirred Again** – 8-10pm
-21st Hassocks Hotel, Hassocks - A Comedy by Gin Palace Productions in aid of Coco's Foundation (Tickets through Eventbrite)

21st **Judy (12A)** – doors 7pm
Adastra Hall, Hassocks - Movie night by Star Cinema, bar and raffle on the night too (tickets £4.50/£4)

22nd **Mid Sussex Meeples** – 9.45am-5.45pm
Cyprus Hall, Burgess Hill - Board gaming group (£5 entry all ages and levels welcome. Paul Lamprey 0788 407 0465)

23rd **Fighting with my Family (12A)** – 3pm
The Players Theatre – Hurst Village Cinema showing (www.hurstfilms.com)

24th **Hassocks Field Society** – 7.45 pm
Adastra Hall, Hassocks - 'Why was the Shepherd Delighted?' a talk by Bill Avenell (Members £1.50, Visitors £2, Beryl Varley 01273 832351)

26th **IT Help for over 60s** – 2.30pm
Hurst College - IT Help for the over 60s in collaboration with Mid Sussex Older People's Council. No need to book, just turn up (01444 242760 or email: Nicola6@msopc.org.uk)

29th **DIY Framing Course** – 10am
Court Bushes Community Hub

29th **Dominic Ferris - Live in Hurst** – 7.30pm
New Bury Theatre, Hurst College - Dom Ferris plus special guests (call 01273 470027 or visit <https://bit.ly/35XBGox>)

March

3rd **Cissbury Walk** – 10am
Meet at layby off A283 (BN44 3TU) - Mid Sussex Ramblers 11.3 mile downland walk above Upper Beeding with return via Steyning. Bring picnic lunch (Judith: 07899 992261)



By Mike Thatcher

Four offerings this month, and we start on Thursday **13th February at 8pm** with **The Chambermaid (15)**. Lila Avilés's terrifically assured first feature finds magic in the routines of a young hotel worker.

Eve (Gabriela Cartol) is a maid in a luxurious Mexico City hotel working on the 21st floor, but dreaming of promotion to the glamour and additional pay and perks of the VIP floor, the 42nd. Diligent and conscientious, she amuses herself by sifting through guests' possessions to get insights into their lives. When she has interactions with guests, some are weird, some funny, some infuriating. Cartol gives a wonderful performance, filled with humour and poignancy in this superbly atmospheric film.

Then we screen **NT Live: Cyrano de Bergerac** Thursday **20th February at 7pm**. James McAvoy returns to the stage in an inventive new adaptation of Cyrano de Bergerac, broadcast live to cinemas from the West End in London.

Fierce with a pen and notorious in combat, Cyrano almost has it all - if only he could win the heart of his true love Roxane. There's just one big problem: he has a nose as huge as his heart. Will a society engulfed by narcissism get the better of Cyrano or can his mastery of language set Roxane's world alight?

Next on Sunday **23rd February at 3pm** we show **Fighting With My Family (12A)**. Here is a heart-warming comedy based on the incredible true story of WWE Superstar Paige.

Born into a tight-knit wrestling family, Paige and her brother Zak are ecstatic when they get the once-in-a-lifetime opportunity to try out for WWE. But when only Paige earns a spot in the competitive training program, she must leave her family and face this new, cut-throat world alone. Florence Pugh shows there's no role and no genre she can't handle with aplomb, effortlessly taking on this nuanced comedic role.

Finally we present **If Beals Street Could Talk (15)** on **28th February at 8pm**. The incredible documentary about James Baldwin, 'I Am Not Your Negro', blew our audience away last season. Now here is one of his novels brought to the screen by the director of Moonlight, Barry Jenkins. The story of two young lovers torn apart by prejudice, bigotry and injustice. Gorgeous, powerful and stunningly crafted, it's an intense meditation on young love, family and social injustice in America. The book was written 20 years ago, but it is utterly relevant today.

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