

# Hurst Life

Including Sayers Common & Albourne

Local village talk,  
by the village

Issue #60 : Mar. 2020

Free  
Please help  
yourself!



Meet the marathon mates

**p. 30**

Tips for more 'green' in your wardrobe

**p. 22**

Finding the de Pierpoints

**p. 16**

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## EDITORIAL

By David Tingley, Editor

As we just tip into March, it's great to have a full magazine as many events and groups wake up from the winter slumber.



On the High Street we welcome a couple of new shops: **Charlotte Grace** is a ladies fashion retail outlet (see **page 5**) and **Apple Mint** is a florist, which recently opened its doors too (see **page 8**). **South Downs Cellars** were the winners of a national award in London last month – and we celebrate with **Lucy Driver** and the team on **page 8**. Our channel swimmers had a successful **Pop Up Shop** last month. Find out how much they raised on **page 26**.

I'm very grateful to Hassocks resident **Alice de Pierpont de Burnot** for digging up some local history. Unbelievably, when she moved to Sayers Common 30 years ago she had no idea of the connection to her family name from the village next door! Read her and the de Pierpont story on **page 16**.

Another resident – **Emily Cronin** – has put together a helpful piece on ways to 'green up' our wardrobes, which includes local places to recycle, sell and buy second-hand. Find out more on **page 22**.

For those who are still clinging on to their New Year's Resolution to run regularly, you will hopefully be inspired by a team of Hurst mums who will take part in the **Paris Marathon** next month. Mike finds out why on **page 30**. Good luck ladies!

With regular items like **Hurstpierpoint & Sayers Common Parish Council** page (p.39), **What's On** listings (p.56), **Gardening Calendar** (p.37) and **5 Minutes With...** Sayers Common resident **Peter Milton** (p.24) – there is plenty to get stuck into and more besides.

Oh and, before I go, a shout out for the **Mid Sussex March** – a fundraising walk organised by Hurst resident and councilor **Colin Trumble** on 29th March (see p.14).

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Hurst Life Published by Kipper



David Tingley  
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## Hurst College cricket girls' progress

The U15 girls' cricket team from Hurst College recently took part in the ECB Lady Taverners indoor competition on home ground and made it through to the next round.

Hurst played Sackville in their first game and batted first. The Hurst team started their innings brilliantly as Jemima and Jenna set the tone by running well between the wickets, striking the ball hard and precisely, until they retired. The girls then bowled tidily to keep the run rate down and the extras at a minimum, backed up by some brilliant fielding. The bowlers restricted the Sackville batters to win the game by 80 runs.

Hurst then played Millais. The start to this game was completely different to the first game as Hurst lost three wickets in the first over and the pressure was on. Leila, Jenna and Lucia recovered the innings well for a respectable total of 94-7 - a score that never looked possible at one stage.



"What a fantastic afternoon of cricket, played in a lovely spirit," Master-in-charge of Girls' Cricket Matthew Reynolds exclaimed. "It was great to see so many talented girls playing competitive cricket! Well done to all involved and to our girls who go through to the next round of the competition."

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# Linda's new venture

Having spent the last two years running her own trade stand at various local shows, including South of England, Hickstead and the Kent Show, Hurstpierpoint resident Linda Wood has decided to move to a permanent base. Her new shop, Charlotte Grace, selling ladies fashions, greetings cards, gifts and other items, will open at 40 High Street in Hurst on Tuesday 3rd March.

Linda and her husband Bob have lived in Hurstpierpoint for nearly 30 years, and both their children, Thomas and Nicole, attended St Lawrence and Downlands schools. They share their home with four-year-old Cavapoo 'Floss'. She says that when the sun is shining and the crowds are out selling at shows is a great experience. However, she is looking forward to a break from erecting marquees, battling with gale force winds and getting soaked in torrential rain, which are also all part of life when selling at outdoor events.

With over ten years' experience in retailing behind her, Linda can't wait to bring her offering home to Hurstpierpoint. The shop, which is next door to Morleys and an easy walk from Trinity Road car park, will stock the latest ladies' spring and summer fashions and introduce a cute range of soft toys and gifts. Not so long ago this shop traded as 'Vanilla' and was run by Cath Barton-Smith. Linda is indebted to



Linda and Floss take a break

Cath for all the helpful advice and tips that she has passed on.

Linda is looking forward to welcoming old friends and new to her latest venture, and all are invited to join her for some bubbly and nibbles to celebrate the opening all day on Saturday 7th March.



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# Is there a doctor in the house?

Hurst resident Kevin Carey has been awarded an honorary doctorate from the University of York in recognition of his service to disabled people throughout the world for more than forty years and for pioneering work to improve the life chances of blind children in particular. The award also recognises his work in the university's Department of Computer Science, his lectures to students studying for their masters' degrees and his research.

After attending both Cambridge and Harvard Universities, he worked as a BBC journalist and then joined Sightsavers International (formerly the Royal Commonwealth Society for the Blind), becoming Overseas Director before leaving to set up his own IT consultancy. He has always been passionate about improving the life chances of visually impaired children in poor countries, commenting that: "After all, I was a blind child myself."

He has advised the UK Government and the EU Commission, sat on the Content Board of Ofcom and has achieved numerous awards in recognition of his



lifetime of service. He is currently chair of the World Braille Council.

Kevin's braille computer, absolutely essential for his working and cultural life, is supplied by the Government's Access to Work programme and costs around £4,000. This makes it out of the reach of children and students in poor countries, something that Kevin has always considered unacceptable. In 2011 he promised to find a way to cut the cost of braille computers by 90%. He was, of course, told he was mad and that it couldn't be done. Undeterred, Kevin put together a global consortium of organisations working with blind people worldwide and raised the \$1.5m needed for the research. In

2018 the first little Orbit 20 braille computer came out of the factory in India at the cost of about \$400! A year or so later, almost 2,000 blind children in East Africa have an Orbit computer, which allows them to read braille, type, access the internet, play games and have equal status with their sighted classmates. Something Kevin is both pleased and proud about!

## Space for you and baby to relax...

Parents and babies will soon be able to relax together in the Village Centre. The multi-award winning classes by Baby Sensory will introduce you and your baby to a world of sensory delights, where the two of you can relax, spend quality time with each other and enjoy meeting other new parents. Specifically designed from birth, the programme is packed with an incredible variety of sounds, smells, sights, textures, music, dance, signing and massage – and you'll never experience the same class twice.

Baby Sensory is magical world, full of glowing balls, light shows, puppets, bubbles, petals, rainbows, even an underwater experience of breathtaking imagination. The classes are run by Alison White at 10am with the first of the new term starting on Wednesday 4th March at the Village Centre on Trinity Road.

For more information call Alison on 07971 300523.

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# New florist comes to the village

Hurstpierpoint welcomes Luba Carlton who has just opened Apple Mint Florist on the High Street.

The name Apple Mint is inspired by Luba's happy childhood memories of growing up on a smallholding, walking in the orchard with the scent of the mint covered ground.

She qualified in advanced floristry over 15 years ago while living in the New Forest and has built up huge experience and knowledge working in different florists in the UK and even spending time in New Zealand.

"It felt like a natural progression to start my own business and when we found the shop in Hurst High Street there was no doubt that it was the right place. Derek had recently discovered a branch of his family tree that lived in Hurst in the 1800s so it felt there was a connection and meant to be!

Before settling in the area three years ago with her husband Derek, she lived in London and worked at a high-end florist that specialised in designer weddings and high profile sporting/corporate events. Working at this level gave Luba a fantastic range of experience and professional skills that enabled her to operate in all aspects of floristry.



"People have been so welcoming and many have said they are glad to have a florist back in the village," Luba said. "Flowers are a wonderful way of expressing feelings and emotions, so I am delighted for the unique opportunity to be able to open the shop and share my passion for flowers with you."

## SDC wins Drinks Award for 2020

Hurst's own retailer South Downs Cellars has been named as the 2020 Independent Drinks Retailer of the Year by the Drinks Retailing Awards.

The Independent Drinks Retailer of the Year Award is highly contested and described as an award for independent retailers that excel across the board in beers, wines, spirits, ciders and hard seltzers. Judges were looking for creativity, business flair and the role they play in educating and exciting their local communities with their drinks offerings. South Downs Cellars was delighted to be shortlisted in the final four and thrilled to be chosen as the winner, introduced as 'a fantastic example of a superb all-round drinks retailer that excels in every category, so well done to the team'.

South Downs Cellars is a growing business with two shops, in Hurstpierpoint and Lindfield, and a thriving wholesale business that provides over 30 local restaurants, bars and cafes with wine, beer and spirits. Owner Lucy Driver said: "We are honoured to have been unanimously chosen for this award and it is a testament to not just our incredible team but also our amazing customers who drive our business and make it a pleasure to go to work every day."



The DRAs are the drinks trade's biggest annual highlight, bringing together the leading lights in retail and rewarding the greatest innovators. Competition was fierce, as the awards received a record number of entries, but a rigorous judging process eventually yielded an elite group of overall winners.





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# Players look forward to a year of drama

By Anne Hopper

Hurstpierpoint Players recently held their first ever information evening with wine and nibbles to publicise the 2020 season of plays. Members past and present and those interested in finding out more gathered in the auditorium to hear about the four productions to come – with information given by each play’s director.

Richard Coney outlined his play *The Gingerbread Lady* from American playwright Neil Simon – a fast paced comedy packed with sharp one-liners. Casting is now complete and rehearsals begin immediately with performances between 28th April and 2nd May.

In July this year Jo Kearns will direct a new comedy by Ade Morris - *The Boadicea of Britannia Street*. Auditions for this play will take place in late April.

September (11th to 13th) sees the Players present their annual contribution to the Hurst Festival with a seasonal production of Richard Harris’s *Outside Edge*.

The Players will then prepare auditions for rehearsals for ten performances of *A Christmas Carol* during December.

Hurstpierpoint Players are always delighted to welcome new members – get in touch via the website for more information about the company and the refurbished theatre: [www.hurstplayers.org.uk](http://www.hurstplayers.org.uk)

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# Neil and Julie raising funds to fight homelessness

Two Hurst residents will be taking part in Sleep Out on 20th March to raise funds and awareness of youth homelessness. Neil MacFadden and Julie Mooney are hoping to raise as much sponsorship as possible by braving the cold night and swapping their warm beds for a sleeping bag and hard floor.

"Julie has lived in the village all her life and she persuaded me to join her at this event, which I was delighted to do," said Neil. "I hope it gives me a small insight into the challenges faced by many vulnerable young people at risk of homelessness." It's the first time he has done anything like this and feels it's a small sacrifice to make a difference.

It takes place at BHASVIC College in Brighton, and the pair are hoping to both raise funds and awareness. "If you find yourself," said Julie, "in an intolerable situation, through no fault of your own, sleeping out may feel like the only option. Money raised through sponsorship will hopefully offer an alternative route to a better future."

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# Downlands looks for school governor

By Di Hunt, Chair of Governors

Are you interested in the education of children in our local community?

The Governing Board of Downlands Community School in Hassocks is looking to recruit a co-opted governor at the end of this month. All governors are volunteers and no formal qualifications are required. However, as a co-opted governor you may be able to use your professional skills in the role. At present we are particularly looking to recruit someone who has some knowledge of education. However, this is not a prerequisite and we would be glad to hear from those who have other skills to offer.

To become a school governor you must be over 18 years of age. Those in employment are entitled to 'reasonable' time off work to carry out their governorship duties.

The governing board exercises its authority collectively rather than as individuals.

If you are interested in joining us and would like further information regarding the roles and responsibilities of a school governor, please contact the Clerk to the Governors by emailing: [ctog@downlands.org](mailto:ctog@downlands.org).



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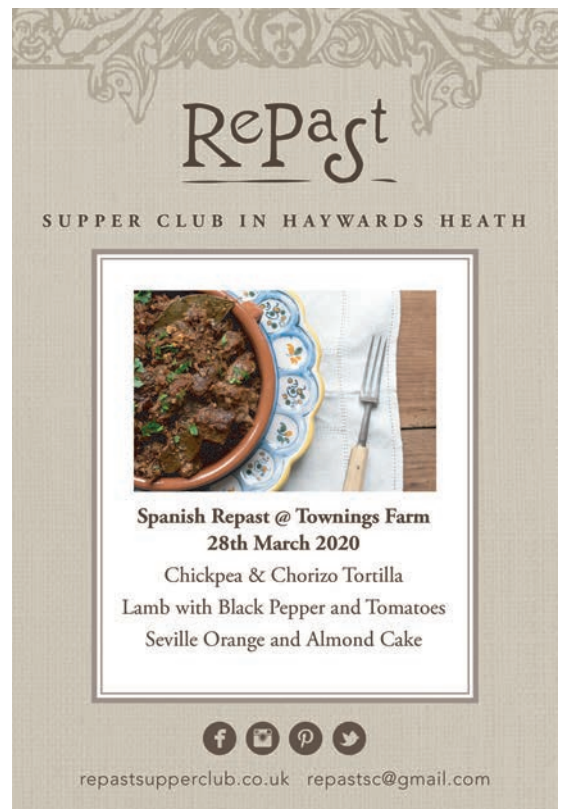
Photo: Claire Brewer

## Robert Harris Fair Talk to follow AGM

By David Clarke, Secretary of The Hurstpierpoint Society





The Annual General Meeting of The Hurstpierpoint Society will be held at 2pm on Saturday 28th March in the Village Centre. After the business meeting, awards will be made to owners of properties where work has been done in the last year which meets the Society's criteria for good workmanship in keeping with the conservation and history of the village. Details on those awards in Hurst Life next month.

To finish the meeting there will be an illustrated talk by Robert Harris about the funfair which we enjoy at the St Lawrence Fair in the summer. The Harris family has had a long connection with Hurstpierpoint and we look forward to the talk. Join the Society and come along.



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# Join Colin on charity walk

Mid Sussex District Council's Chairman and Hurst resident Councillor Trumble is organising a circular walk through the Mid Sussex countryside to raise funds for the Royal Marsden Cancer Charity, and he'd like your company.

Are you a walker and enjoy the great outdoors? The circular route around the village will raise funds for the Royal Marsden Cancer Charity. It takes place on Sunday 29th March.

You can choose between a 3km walk or a more challenging 9km route, which includes the spectacular Wolstonbury Hill. The walk is family friendly and you can even bring your dog, on a lead of course! For sponsor forms and to register online, go to [www.midsussex.gov.uk/leisuresport/mid-sussex-march](http://www.midsussex.gov.uk/leisuresport/mid-sussex-march) or phone 01444 477003.

Each Chairman chooses charities to fundraise for during their term of office, Councillor Trumble's chosen charities are the Children's Unit at The Royal Marsden Hospital and Woodlands Mead School.

"The Royal Marsden is an organisation very close to my heart, as they supported my family over a number of years whilst my granddaughter received treatment for cancer from the age of 18 months," said Councillor Trumble.

"Thankfully she is now a bubbly 10-year old, a testament to the care and specialist treatment provided by the doctors and staff at the hospital. However, I am



acutely aware that not every child has such a happy story to tell, and I am determined to help promote and support an organisation that tirelessly works to support people through their darkest time.

"I'd like to thank our sponsors Collinsons, Swan Press and Paul Masson Funerals for supporting the March in Mid Sussex. I hope many people will join us for this special event."

## What makes us different?

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

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**Hurst** Life

## Retired and want something new to do?

Hurst Hassocks & Ditchling U3A welcomes everyone, particularly those approaching retirement or already retired, to its forthcoming Open Morning on Saturday 21st March 10am – 12 noon at the Adastra Hall, Hassocks. Free entry and refreshments awaits.

Most of the 40 plus interest groups will have displays and members will be available to chat about their activities. These range through Art, Crafts, Music making, Gardening, Walks, Languages, History, Book Groups, Bridge and many more, not to mention the two popular Sunday Lunch groups.

Ideas for new groups are always welcome. Find out about our monthly speaker meetings and the trips planned for this year. New members may join on the day, whilst current members may renew their membership or just collect their card if they pay by Direct Debit.



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**Weds. 11th March (eve), 6pm-8pm**  
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**Thurs. 12th March, 10am-2pm**  
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# My surprising connection with Hurstpierpoint

## HURST HISTORY



### By Alice de Pierpont de Burnot

When I arrived in Sayers Common in 1989 to improve my English language, I was far from thinking that I would come across places in England with the same name as my surname. Very early on in my stay, I noticed the village of Hurstpierpoint on one of my walks. I was very surprised and really interested in finding any connection with my family.

I decided to visit Lewes library, which I was told was one of the best places to find information about the area. I spent a whole day amongst old books and registers only to find that there is so much information to look at that it would take a very long time to ascertain whether Hurstpierpoint has any link with my family. There were various spellings of the name such as: Pierpont, Pierrepont, Pier Point, Pereppoint, Perepond, Perpoint. To this date I have no idea if these names all have the same root rather than various spelling due to the authors' inconsistent spelling.

When I visited the little village church, Holy Trinity, with my parents who came to visit me during the year I spent in Sayers Common, we saw the two effigies of what is thought to be Sir Simon de Pierpoint in 13th century chain armour and 14th century plate armour. We were so fascinated that we asked the lady who was present in the church at the time and she led us to a gentleman who lived opposite the

church. This gentleman, whose name escapes me after 30 years, welcomed us with open arms and we had a long chat with him over a cup of tea. It was so interesting listening to him that we left his company with a strong desire to find out more about Hurstpierpoint.

As many will know, Hurstpierpoint derives its name from the Anglo-Saxon 'hyrst' – a wood, hill or clearing and 'Pierpoint' from an old Norman family who came from a place of that name in Picardy with William the Conqueror in 1066. Throughout the centuries there have been several variants on the Hurstpierpoint name e.g. Herst (11th century); Herstperpunt (14th century); Perpondesherst (15th century).

There are actually three villages 'Pierrepont' in Picardy, Northern France and at least one village Pierpoint in the South of Belgium.

There were formerly three parks in and around Hurstpierpoint: Great Park, Little Park and Danny Park, only the last of which exists now. The ancient manor of Hurstpierpoint was held in 1086 by Robert de Pierpoint, who obtained a licence from William de Warenne, and it stayed in the family until approximately 1359. Of the manor, sadly there are no traces left. The old manor house was burnt down.







The Pierpoint name is used in many aspects of the village such as: Pierpoint Close, The Pierpoint pub which was situated on Western Road (this pub was previously known as The Chinese Garden), Pierpoint Lodge, Pierpoint Terrace, Hurstpierpoint College and also some properties with that name around Hurstpierpoint and its surroundings.

On further investigation on the internet, there is a Pierpoint family branch also spelt Pierrepont who were landowners in Nottinghamshire and came originally from Pierrepont, near Grandcourt in Picardy, and settled at Hurstpierpoint in Sussex soon after the Conquest.

Furthermore Holme-Pierrepont, one ancient seat and burial place of the family, stands three miles south-east from Nottingham and 98 miles north from London. The arms adopted by the Nottinghamshire Pierpoints constituted a silver or white background, with a number of red cinquefoils (five leaf decorations) dotted over it, and a black lion rampant (upright on two feet, facing away).

And in the 1086 Domesday Survey, Robert was recorded as an undertenant of William de Warenne, along with (presumably) his brother Godfrey, in lands in Sussex and Suffolk (Lordships of Henestede and Wretham). He may have had another brother, Reynald.

Some members of the family even settled in America!

We are now in 2020 and the Pierpont family is still around. I have been living in Hassocks since 2014 and I believe that there are other people with that name or with a similar spelling of the name living in the area. I would be interested in finding possible family connections with the very first Sir Simon de Pierpoint and any other person with that name. If you have the same desire or you are a keen historian with knowledge of the area, please do get in touch via the editor of Hurst Life.

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# David creates charity jazz night at Danny

A Hurstpierpoint heart patient has helped to organise a fundraising concert for the British Heart Foundation.

Last February David Roberts believed he was very fit with no prospect of a heart problem until, suddenly, he had severe heart palpitations and soon found himself with heart medication and a sophisticated ICD pacemaker implanted in his chest.

He explains: "I have since learnt that funding from the British Heart Foundation went into the development of the first pacemakers as well as the early development of clot-busting drugs and statins. Today the British Heart Foundation is funding more than half of all research into heart and circulatory disease in this country, investing around £100 million each year. There is still much to be understood about the heart and circulatory diseases like strokes and vascular dementia, their causes, prevention and treatment."

As a result of his experience and research David asked his singer wife Julie if she would perform for a fundraiser



concert. She obliged and will be joined by pianist-arranger-composer, Michael Hinton from Ditchling, when they perform in the Great Hall of Danny House.

David goes on: "I hope this concert will make a useful contribution to the work of BHF. 100% of ticket sales income and the profit from the sales of drinks will go to the British Heart Foundation with, we hope, many additional donations too."

The concert will run from 3.30-5pm on Sunday 29th March with doors opening at 3pm. The bar will offer white wine and soft drinks. The concert has been organised with the help of Richard Burrows of Danny House, Lucy Driver of South Downs Cellars, Hannah Miller of the British Heart foundation and BHF volunteers. Tickets are

£12 from WeGotTickets.com and the ticket agency also offers the opportunity to make a donation to the BHF when you purchase your tickets. Alternatively call 01273 965 036.

## Happy 5th Birthday to us!

By David Tingley, editor

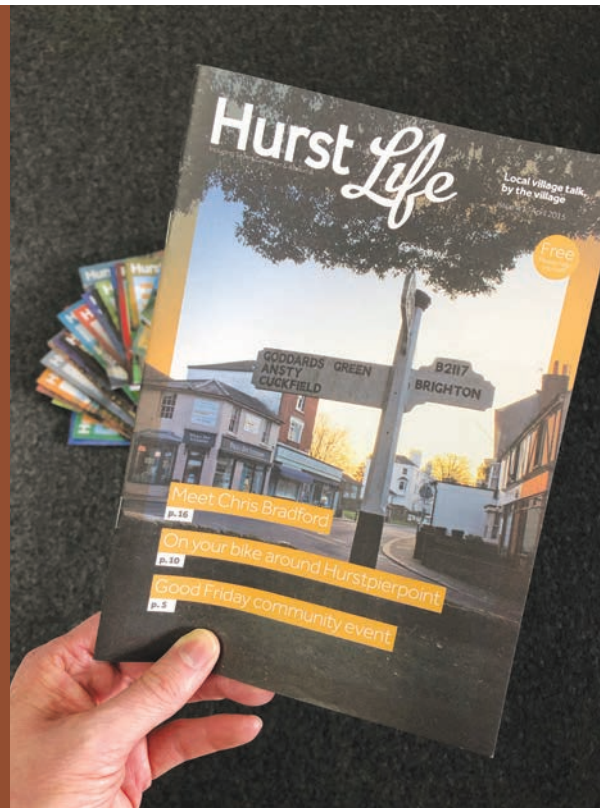
In some ways it feels like ages since we launched Hurst Life five years ago, but then I also ask myself 'where did that time go?'

I am very grateful to the few people I knew in the area at the time, for giving me a few 'ins' with local people and stories. Our first Village People feature was author Chris Bradford thanks to a mutual friend, we printed a bike ride feature courtesy of Sussex Nomads rider Ashley Knowles, Deb Hollywood (later to work for the magazine) wrote a book review for us and our early adopter for the 5 Mins With... Q&A was none other than Jerzy Lewandowski.

Although we've grown a bit over the years (our first issue was just 32 pages) our core principles have remained the same. In simple terms we are all about people and faces. Our content is focused on this village and its activities and residents. As a bonus on top of that we love to connect local businesses with our readers and that, of course, makes your favourite community magazine free and delivered to your door every month!

Thanks to all of you who have contributed stories, news items and events. Thank you to the various residents who have taken on the Assistant Editor mantle over the years, but especially Mike Thatcher. And also Emily Billson who works with me in the office and keeps the whole thing afloat.

Here's to the next five years!





## New Hurst theatre welcomes car workers

The recent demolition of the Martlets Hall in Burgess Hill saw the Burgess Hill Musical Theatre Society (BHMTS) lose their long-standing performance venue, and they will subsequently be relocating to the New Bury Theatre at Hurstpierpoint College starting with their upcoming performances of 'Made in Dagenham'.

Hurst resident Karyn Kelley is a member of the society: "This year we are performing the contemporary musical 'Made in Dagenham', which is the inspiring story about the Ford women's strike for equal pay in the 1960s. It an extremely funny show and very topical given the recent prominence of the #metoo movement and surge in female empowerment.



"The story focuses on the girls at Dagenham who are responsible for making the car seats, and what starts as a grievance over being graded as unskilled workers

quickly becomes a much larger stand for equal pay, which sees them take the debate all the way to Westminster. As to whether they achieve it or not you'll have to go and see the show... or read a history book!

"This will be my fourth show with BHMTS. I only joined four years ago, just after my 50th birthday, proving that life really does begin at fifty! I am a huge theatre fan and love going to see musicals but hadn't been on stage since my teens."

After the closure of the Martlets Hall in Burgess Hill, the Society feels very lucky to be able to perform in the beautiful new theatre facility at Hurstpierpoint College. They hope that local residents will support them and come along to enjoy this musical, which is on between 1st and 4th April.

For more information and tickets go to [www.ticketsource.co.uk/bhmts](http://www.ticketsource.co.uk/bhmts) or call 01273 890347.

Burgess Hill Musical Theatre Society is always looking for new members, so if you are interested in getting involved in musical theatre please contact the group on: [info.bhmts@gmail.com](mailto:info.bhmts@gmail.com).

## Painting & Decorating

### By David Gasson

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# To rescue or not?

## HOGGIE HELP

By Ann Winney, Hurst Hedgehog Haven

As I type this, I have no hoggies in my care. The two I did have are both back to the wild now but I have had lots of phone calls regards hogs that don't need rescuing. I am only too happy to give reassuring advice. We haven't had that much cold weather so hedgehogs may not be hibernating. Therefore, if you see one out at night doing normal hedgehog things, they will be ok - offering some food might be very welcome. Things to be concerned about are hogs out in the day and not moving much or being underweight for the time of year.

While things are quiet, I took the opportunity to go to a hedgehog conference in Gloucestershire - who knew there was such a thing? I sat next to two vets giving a paper on the stresses of keeping hogs in care. It seems that some hogs hate a little 'TLC' and being in care really stresses them out, whereas many hogs seem to settle in to the dinner B&B and a warm cosy bed idea very happily.

Like most mammals they have quite different personalities. The last two hogs in my care were totally different. Primrose a shy, quiet girl, but Arthur a gregarious friendly boy. So, like us, they handle stress in different ways, and I always remember that they are wild animals and getting them back to the wild ASAP is my priority.

Dates for your diary: I will be going back to South Downs Nurseries doing an info event on Sunday 15th March, 10am until 4pm. And, on Wednesday 25th March, Kate Bradbury will be giving a wildlife gardening talk at the Hurstpierpoint Bowls Club, starting at 7.30pm.

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## Happy Birthday, Peter

The 35 members of Hurstpierpoint Bowling Club surprised former secretary Peter Cooper at Preston Indoor Bowls Club recently with a celebration lunch on his 90th birthday.

Peter has organised Tuesday and Friday morning sessions at Preston for many years. Following a short address by Denise Hall, Denise presented Peter with an engraved bowl. Peter's family was also in attendance and everyone enjoyed the excellent cake that suddenly arrived. The club President and two former Club Chairmen were also present on this very enjoyable occasion.



# What can we all do about recycling clothing?

## By Emily Cronin

Our clothing consumption has increased alarmingly in the past few decades. The average garment is worn only ten times before disposal. In the UK alone we consume around 1.1million tonnes of clothing per year, collectively 350,000 tonnes or £140 million pounds worth of clothing per year ends up in landfill. These are just a few of the many terrifying statistics. Becoming aware of how to recycle our clothing effectively to decrease the consumption of clothing locally will help reach a few of the Global Sustainable Development Goals that the fashion industry is working towards.

## We can give our clothing a longer lease of life locally by:

### Selling them...

On various social media platforms – eg: Hurstpierpoint Hub on Facebook.

### Swapping them...

St Lawrence School PTA is organising an adult Clothes Swap coming up on 20th March at 7pm. This event will be run by Ruth Lawrenson, who is a Buying & Retail Consultant based in the village helping local retailers and designer/makers. Tickets cost £3 and include a complimentary glass of fizz. Bring a bag of clothes to swap - either before the night or on the night. Help yourselves, try on and take away!

### Altering them....

Making alterations to your existing clothes - Alterations at 56 High Street (01273 918997) offer timely, professional repairs, alterations and tailoring at affordable prices. Their alterations service will ensure that you get the best out of your clothes and household fabrics. Whether you need a favourite dress re-hemming, taking in or remodelling, new jeans shortened, your best suit taking in, they are here for you.



### Donating them....

Hurstpierpoint Community Charity Shop is a great place to take them.

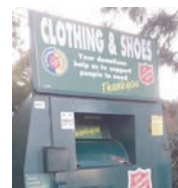
Please only donate clean clothes and items that can be resold.

You CAN also take bras there to be recycled. Do not donate incomplete toys, clothes with holes or marks, no electrical items or bike helmets or car seats. If you do donate damaged or incomplete items, they cost the charity shop money and time to dispose of appropriately.



### Recycle them...

Burgess Hill Household Recycling Site – place clean, dry and bagged clothes and shoes, in the textile banks, they accept items for reuse and well-worn to be used as car seat filler. There are three ways of recycling – items good enough to sell, items that get baled and sold in bulk, items that get shredded for insulation, each charity will vary.



### Buy secondhand...

Goldfinch Styling pre-loved clothing store is now located in Garden Sage, London Road, Hassocks. Buying pre-loved clothes is the most sustainable way to update your wardrobe and Goldfinch Styling's aim is to make sustainable shopping easy. They do this by bringing a curated collection of pre-loved women's clothes, shoes and accessories from high-end high street brands, along with some vintage and designer pieces, to you at fabulous prices in a relaxed environment.



Recycling clothing is a great way to lessen the environmental impact of our shopping habits, but also have a think before you purchase a new item. Think about the longevity, how you will wear it over the years to come, landfill implications and your carbon footprint.

Instead of buying new clothes, challenge yourself to a month of buying and donating as above. You will save money and help the global impact of fashion on our environment.

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# U11s in nail-biting action

HURST COLTS



By Paul Thurston

It has been a busy start to 2020 for the club both on and off the field with over 100 people joining us for the annual quiz, run for the first time at the Hurst Hub. Club chairman Alex Pitt reflected: "A fantastic night as usual and a great venue, thank you for everyone's support."

This year the winners were none other than this month's feature team, the Hurst Colts U11s. As with other age groups, the U11s run two teams: Hurst Albion and Royals.

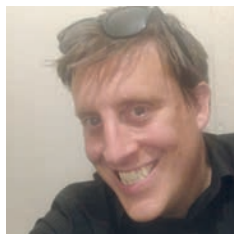
Albion coaches Chris Brant and Andrew Main explain that the boys have had to quickly adjust to 9-a-side, a larger pitch and new rules (including offside). "In the nine games before Christmas we put together an unbeaten run in the league and cup, playing some really good football." In the cup, after conceding a nail-biting last-minute equaliser, the team won on sudden death penalties – parents and players were delighted!

It has taken Albion through to a cup semi-final, to be played this month. "So we're hoping the weather will dry up to allow us to play some games to prepare for it," says coach Chris. The other U11s team (Hurst Royals) have also tasted their fair share of success with head coach Paul Lambert, whose team remain unbeaten in the league.

This year The Royals have welcomed two new excellent players to the squad, Harry and Fred. "Both have been superb additions," says coach Paul. "They have contributed to some great performances. Scoring ten goals in one game was amazing, however the closer win and draw against a very good Steyning side was more pleasing.

"We continue to play in the top league for our age group. Like other coaches, I sometimes feel like I am a part-time meteorologist, continually looking at the forecast, hoping for some dry weather!"

Hurst Colts next event is the end-of-season awards evening on Friday 15th May, a chance to celebrate all of our teams' hard work and efforts this season. Hopefully our U11s team will have even more to celebrate by then.



5 MINUTES WITH...

## Peter Milton

**Peter is the new landlord at The Duke of York in Sayers Common and was a holiday rep before running pubs.**

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

Five months

**What's the best thing about being here?**

The amazing community spirit. I have already met so many wonderful people, who are now my good friends.

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

More fundraising for local charities and businesses. We're hoping to host a special event to help Albourne School.

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

Lots abroad, but five in the UK

**Favourite book, film and album?** Of Mice and Men, Shawshank Redemption and Queen's Greatest Hits

**Most common New Year's resolution?**

Is always be happy and enjoy life

**Your most enjoyable event in the village?**

As I'm new to the area I can't quite answer that yet

**Do you share your home with anyone?** I live alone but have an amazing 8-year-old daughter called Violet. She is my best friend and visits me every week.

**Song you play the most?** Anything by Queen or Oasis

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

Probably Facebook

**Your most frequented village shop?**

The community village shop

**What's your proudest moment?**

Raising funds in my last pub to buy our own defibrillator. Myself and customers raised £2,500 walking the coast.

**Last present you received?**

One of my amazing staff members, Beth, drew a picture of me and my daughter. The best present I have ever got.

**Your advice for life?** Be happy, as life's far too short. Love the people that matter in your life.

**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!**



# New chair announced at Cricket Club AGM

By Rob Sawyer

And so, on a rainy winter's evening we found ourselves back at Fairfield Rec on the occasion of Hurst CC's 2020 AGM.

Unlike last year there were some changes to vote upon. Tudor Ellis announced his intention to step down from both playing and admin roles. We already knew that women's skipper Karen Miles was not going to stand so we needed a new chair, women's captain, 3rd XI captain and a Sunday skipper. Respectively, Kenton Green (pictured) was proposed as chair and Sunday skipper, Kate Davies will be the new women's captain and Kieron Seth will skipper the 3rd XI at our alternative Sayers Common base.

There have been many improvements to the cricket facilities. New nets, a storage lock-up, an electronic scoreboard and new artificial surface. We hope



to continue to progress the club. Already this year a professional groundsman is tending the cricket square after last year's relaying, and to help we've upgraded all our pitch curation equipment.

Next to focus on is the bar area, which can kindly be described as 'homely'! We've already completed work on the kitchen, dressing rooms' showers and created a female dressing room for our mixed senior sides.

There is much to look forward to this season: Our senior 1st and 2nd XIs are targeting promotion, our juniors are performing brilliantly across all age ranges and genders and our 3rd and women's XIs will look to move on and strengthen.

Fancy getting involved? You'll be welcome, whatever your ability, age or gender. Get in touch via Facebook.



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# Fundraising Pop Up does swimmingly

A group of Hurst residents calling themselves The Sussex Sea Turtles, who are training to swim the English Channel, raised a fabulous £900 at their recent Charity Pop Up Shop for Aspire to support those with spinal cord injury.

During the event they met with Ian Maskell, the local resident who was supported by Aspire after a cycle accident and is currently fundraising for a new all-terrain mountain trike to enable him to take part in the Snowdon push.

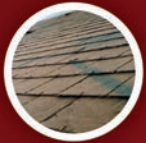
"We are delighted that it was through Hurst Life that we were introduced to Ian," said one of the intrepid swimmers, Sally O'Connor. "What a lovely coincidence that we were in the magazine during the same week. We hope to share some fundraising experiences together in the future."

All involved were inspired by the generosity of their community, and the Team Sussex Sea Turtles would like to say a huge thank you to everyone who both visited and contributed on the day.

Please do follow and support their fundraising on JustGiving for this brilliant cause: [www.justgiving.com/team/SussexSeaTurtles](http://www.justgiving.com/team/SussexSeaTurtles)



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# Goodbye gift for Mr Dyer

By Kate Cowan

Many of us have children who have attended St Lawrence School over the years. Whether you are a parent, grandparent, current or past pupil, chances are you have come

across Paul Dyer and been impressed by the education our fabulous headmaster has enabled within our village.

In November Paul shared with all parents that, after 27 years at St Lawrence, he is going to retire. He leaves at Easter.

The PTA have created a Just Giving page to enable everyone – parents – past-parents, past pupils, friends of the school etc – to donate towards his retirement. We will be asking Paul nearer the time if there is something he would particularly like but, for now, we are just collecting towards his 'Thank you' gift.

If you or your family have been positively impacted by Mr Dyer and would like to contribute, please donate here: [www.justgiving.com/crowdfunding/mrdyer](http://www.justgiving.com/crowdfunding/mrdyer)

This is a parent-run initiative where we just wanted to give everyone in Hurstpierpoint the opportunity to say thank you and goodbye.



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By Mike Thatcher

Having said that we had all our equipment in place with new screen, amplifier and ceiling speakers, we have since added a new centre speaker to make all dialogue crystal clear. We also addressed feedback that the subtitles were slightly low with the new seating arrangements, and they have now been raised.

So we are all set for three very different films for you in March, starting on **Thursday 12th at 8pm** with **Maborosi (12A)**. Here is a rare chance to see the 1995 debut film by the Japanese giant of World Cinema, Hirokazu Kore-eda (Our Little Sister, Shoplifters, Afterlife, Still Walking). The film never had a UK cinema release when it first came out and we are delighted to have the chance to screen it. This exquisitely beautiful film follows the spiritual odyssey of Yumiko, a young Japanese woman recovering from her husband's inexplicable suicide. Several years pass, and Yumiko takes the train from Osaka to Noto, a fishing village on the Sea of Japan, to marry a widower in a match arranged by a friend.

Complete change of mood for **Fisherman's Friends (12A)** on **Sunday 15th March at 3pm**. A fast-living, cynical London music executive (Danny Mays) heads to a remote Cornish village on a stag weekend where he's pranked by his boss (Noel Clarke) into trying to sign a group of shanty singing fishermen (led by James Purefoy). He becomes the ultimate 'fish out of water' as he struggles to gain the respect or enthusiasm of the unlikely boy band and their families (including Tuppence Middleton) who value friendship and community over fame and fortune.

Finally, the extraordinary **Bait** on **Friday 27th March at 8pm**. This abrasive seaside parable is a quietly thrilling piece of film-making. Cornish writer-director Mark Jenkin has conjured up something truly arresting: a debut film rooted in local traditions, with a dark humour and an atmosphere that's as brooding as its Atlantic backdrop.

Its central character is scowling Cornish fisherman Martin. He's a fundamentally good-hearted man who nurses a bundle of unexpressed grudges over the flood of new money into his fishing village. His equally gruff brother uses their dad's old trawler to take tourists on pleasure cruises, while the family's quayside home has been sold to the kind of well-heeled urbanites Martin so resents. To add insult to injury, they've installed a porthole.

'Bait' is a story of gentrification and class friction that builds and builds, But it has deeper currents too, as Jenkin explores the day-to-day slog of maintaining a generations-old way of life and the near-spiritual pain of being prised, like a barnacle off a rock, from your place in life by forces beyond your control. As visually distinctive as it is narratively satisfying, Bait is a thrillingly original and uniquely enriching drama.

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## Marathon girls

Six friends from Hurstpierpoint are heading across The Channel to compete in the Paris Marathon at the beginning of April, mainly for fun but also to raise money for good causes. All mothers of children at St Lawrence, Mike Thatcher caught up with Katie Sharp, Michaela Oakley, Catherine Ferrer, Clare Harms, Sarah Shephard and Clare Bell to find out more.

### How are you training for the event?

MO: My training consists of three runs each week, including one longer run. It takes a lot of motivation to get up on the cold, dark and wet winter mornings and this has been my biggest challenge in training, but the runs around our village on a gorgeous sunny day with views of the Danny Estate, Jack and Jill windmills and the Downs make it all worthwhile.

CF: I am training for the marathon by following a plan written for me by Hassocks runner Malcolm Roweth; his support and expertise have really progressed my running. I am approaching this marathon with a lot more confidence in my running ability and knowing that I am training appropriately.

### How long have you been running?

SS: I started the 'Couch to 5K' podcasts in May 2017 and completed my first 5k in July. It became a bit addictive!

MO: I got into running around two years ago. I started six months after having my third child to regain fitness but found it really helped me mentally too. I completed my first half marathon in 2018 and first marathon in 2019.

### Do you run alone?

CF: I sometimes run alone but I have a lovely group of friends that I do the long training runs with. I can't talk on the tempo runs so we either do those in silence (or the sound of me struggling for breath and/or muttering profanities) or on our own.

CH: Quite often yes - I love the solitude. I enjoy running with friends too though!

SS: We run together whenever we can. It's not always possible, unfortunately, as we're all juggling work, childcare, etc. I always prefer to run with others on the longer ones, but when I'm on my own I stick headphones in and listen to music and podcasts.

### **Why do you run?**

CB: When my second daughter was four months old, I realised I was struggling to adjust to life, and I was diagnosed with postnatal depression a month later. The diagnosis was a wake-up call for me; I hadn't realised how unwell I had become. It was this that prompted me to take up running in a bid to try and improve my mental health before considering whether I needed medication. Thankfully running gave me the headspace I needed, so for me it was absolutely the right path.

SS: I started the 'Couch to 5k' because I felt really unfit; I hadn't lost the weight I put on when I had children. Once my youngest was four, I realised this was no longer 'baby weight' but simply greed! Running 5k seemed impossible when I started, but I loved that running gave me headspace and a rush of endorphins I'd never experienced before. In a year I lost over two stone, and I now feel healthier physically and mentally than I ever have before. I've also made some fantastic friends.

CF: I was a dance teacher for years before having children and found that my job kept me healthy and active, after having three children in 2¼ years (twins second time around) I gave up teaching dance and lost my fitness. I lost myself a little in those earlier years surrounded by the demands of a young family and lost confidence in my own identity or where I belonged. Running has given me back my fitness and confidence, a little something that is just for me. It's also given me friendships that aren't just focused on whether my kids like yours. In my experience a running friend becomes a very close friend.

CH: I run for so many reasons, but mainly because I love it! It's my 'me time' and good for my soul. It also comes with obvious health and fitness benefits, and it's a very convenient form of exercise - all you need is some well-fitting running shoes.

### **What has been your biggest challenge?**

SS: In the beginning I only ran alone - it took me a while before I felt I was 'good enough' to run with anybody else. Running with others felt like a huge step for me, and I'm so glad I took it. Also, last summer I developed hip bursitis, which was really painful. I kept ignoring it, hoping it would go away, but eventually had to concede defeat. Not running felt really tough - it made me realise how much I now rely on it for my sanity and well-being.

CF: It was training for Brighton Marathon last year. My dad ran a marathon before he died and I wanted to follow in his footsteps, running for such an emotional cause.

CH: Definitely overcoming an injury to my Achilles' tendon in 2018. It stopped me running for six months, which affected me a lot. I then spent another six months very gradually building my running fitness back up. It taught me a lot about self-belief and I am now a completely different runner! Fitter, stronger and faster - as well as much more focused on looking after myself with warming-up, stretching, nutrition and strength training.

CB: The biggest challenge I have faced training for this race has come from picking up an injury to my knee in December. I have had to run on a treadmill for the past two months to reduce the impact, which has set me back hugely and reduced my time expectations for the big day!

### **What tips and advice would you like to give other runners?**

SS: Don't ignore it when something hurts! Also, even a bad run is good for you (a mantra I repeat in my head when a run feels tough).

MO: On long distance runs don't overthink how far you want to go; your body is capable of running further than your mind lets you believe!

CF: Just get out there, it is the most mind clearing and calming activity I have ever done. A run can shift my mood for the better for the rest of the day. I would say it's like free therapy but marathon training does mean lots of new shoes, and not the beautiful strappy type!

CH: Enjoy it! Look after yourself - get some decent properly fitted trainers, warm up well before every run and take the time to properly stretch afterwards.

We wish them all best and the last word goes to Clare Harms, which may ring a bell with many readers: "I hated running at school (hiding from the teachers on cross-country!), and I only started running after signing up for my first 5k for a laugh with a friend! I couldn't even get to the end of the road without getting a stitch, but after I trained and ran that first 5k the sense of achievement got me hooked!"



## Chocolate and Beetroot Brownies

FINE FOOD

### Ingredients

- 250g unsalted butter, cut into cubes
- 250g dark chocolate (about 70% cocoa solids), broken into pieces
- 3 medium eggs
- 200g caster sugar
- 50g hazelnuts, hammered into chunky pieces
- A pinch of sea salt
- 150g self-raising flour (wholemeal ideally but white works well too)
- 250g beetroot, boiled until tender, cooled, peeled and grated

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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.



Life is all about balance and I'm aware that cake is a UK institution. Cake also brings people together as it is generally eaten in company, shared over a long chat and a cup of tea, so it is high time for a recipe to fit the bill. Baking is good for the soul and avoids the buying of processed foods, which are full of additives. My general rule when buying food is to check the ingredient list. Is there anything I don't recognise or anything I would not add to my own home cooking? If so then it goes back on the shelf.

In this recipe the wonderfully earthy flavours of beetroot are added to the dark bitterness of high cocoa content chocolate and sweetened with sugar, so clearly it will taste incredible and needs to be eaten in guilt-free moderation. Enjoy.

## Method

Grease a shallow baking tin, approximately 20 x 25cm, and line the base with baking parchment.

Put the butter and chocolate in a heatproof bowl. Set the oven at 180°C/Gas Mark 4 and put the bowl in it for a few minutes until the chocolate and butter start to melt.

Stir, then pop back into the oven for a few more minutes until entirely melted.

Whisk the eggs and sugar together in a large bowl until combined, then beat in the melted chocolate and butter until smooth.

Combine the salt with the flour, sift them over the chocolate mixture, then gently fold in with a large metal

spoon. Fold in the grated beetroot and hazelnuts – be careful not to over-mix or it will make the brownies tough.

Pour the mixture into the prepared tin and smooth the top with a spatula. Bake for 20-25 minutes. To check that the brownies are done, a knife or skewer inserted in the centre should come out with only a few moist crumbs clinging to it.

If they are overcooked they will be dry so keep an eye on the time. Remove the tin from the oven and leave on a wire rack to cool before cutting into moderate squares.

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## My Sister the Serial Killer by Oyinkan Braithwaite

### BOOK REVIEW

By Clair Stanton

Set in Lagos, this is a darkly comic story of sibling rivalry and multiple murders.

Korede is very protective of, but infuriated by, her younger sister Ayoola. Ayoola is beautiful, lazy and attracts men to her effortlessly, while Korede is a hardworking nurse, who compares her looks unfavourably with her sister's. Both sisters have man problems: Korede has a long-standing crush on one of the doctors at the hospital and Ayoola's boyfriends keep ending up dead.

When Ayoola comes to Korede's workplace she catches the eye of Korede's crush. Korede is desperate to keep them from getting together. Is she scared of losing the man she desires to her sister – or scared of what may happen to him if Ayoola is, indeed, a serial killer?

Korede finds her life becoming ever more complicated and confides her worries to her favourite patient, a wonderful listener who never judges her and who keeps her secrets – that he's in a coma is a small drawback, but it helps her to get things off her chest...

This is a novel that defies classification. The closest I can get is to suggest that you imagine how the Coen brothers would adapt Chimanda Ngozi Adichie's 'Purple Hibiscus'...

If you are planning to join in with the library's 'Mid Sussex Reading Challenge' you can use this book as your choice for March: 'a book set in another country'.

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

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## A world within your headset

### TECH HEAD

By Toby Wyithe

A friend recently asked me what was going on in the world of Virtual Reality (VR). As a casual gamer he had heard rumours of a VR takeover in recent years. Films such as Ready Player One reminded audiences of the endless (albeit speculative!) possibilities of VR but it all seemed to have gone quiet recently.



However, a quick look into the current state of VR shows a very different picture. Most high-powered VR headsets, such as the Valve Index and the Oculus Quest, are actually sold out across the board despite having extortionate price tags. PlayStation VR units are owned by 5% of their install base, and whilst those numbers don't exactly scream 'next big thing' that is a respectable amount largely due to a quiet resurgence for the device in both 2018 and 2019.

Although there have been some critically acclaimed successes on VR platforms, there is still a hesitancy when it comes to fully committing to VR. Valve, the developers of the aforementioned Index, recently shocked the gaming community by announcing that the continuation of their beloved Half Life series will be a VR exclusive.

With Half Life 1 and 2 both holding a 96% review on Metacritic the popularity of the series cannot be questioned, but by only releasing on one specific platform (a platform that most cannot physically buy at present) are they potentially alienating a large amount of their previous customer base?

Despite some other exciting releases planned for 2020 my personal belief is whilst the price point remains this high it will still be a large barrier of entry for most; reserved for one off occasions with friends etc rather than an industry defining revolution.

Video games offer a form of escapism to me (along with many others no doubt) and are often used as a way to relax. Although my fiancée would likely encourage me to don a headset and free up the TV for some more reality shows, she certainly wouldn't encourage me to spend thousands of pounds to do it.

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## Experiment with spring Irises

### GARDENING CALENDAR

By Juliet Sargeant

I am always on the look out for new planting ideas, especially when I see plants defying what the books say they should do.

Iris reticulata looks a delicate little thing, especially when grown as a prized specimen, nurtured alone in a decorative pot and placed in its favourite position in full sun. So I was surprised to see it recently, growing happily at the base of a tree. It was in sun, but it was also in grass. I imagine the iris was relishing the dry soil in amongst the tree roots and, at the same time, those conditions would be keeping the grass from swamping the little iris plants. The downside of trying this experiment might be that iris reticulata is not a great 'increaser'; having spread a little, the clumps tend to stop flowering and need dividing and adding to in order to maintain the display.

The more traditional way to grow them is in a rockery or at the front of a border, where the fresh blues, purples, whites and creams can be enjoyed fully, in the wintery months of January, February and March.

They are prone to slug predation, so mulching with grit is a good idea. I use them in gravel gardens, along with other drought-tolerant plants, such as thymes, oregano, lamb's ears and scabious.

Dry bulbs can be planted from Sept. to Nov. about 10-12cm apart and at a depth of about 8cm. But you will also find potted plants available now. If you have heavy clay soil, add some grit into the soil, to help with the drainage.

After flowering don't chop the leaves off, but allow them to replenish the bulbs with nutrients and help them along with a high potash feed.

In that way your spring irises will continue to delight you with spots of bright pastel colours in the earliest months of the year.

Juliet runs courses on garden design and planting at her Sussex Garden School.

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## Community Engagement Update

Each financial year the Community Engagement Committee awards grants to local groups or charities within Hurstpierpoint and Sayers Common. The total budget for the Grant Aid scheme in 2019/2020 was £4,000 and we are pleased to announce that we have awarded eight grants to a range of different causes. The Parish Council grant system aims to help the Parish's voluntary groups to improve their effectiveness in providing services needed by the Parish's residents. Decisions on grants awarded are informed by the Parish Council's Action Plan and we particularly aim to support organisations which meet the needs of people experiencing social and economic difficulties. Grants awarded in 2019/2020:

Organisation	Grant Request For	Grant Approved
Know Dementia	Support with running Memory Moments cafe	£500
Older Peoples Tea Parties	Annual Christmas Party for the elderly	£180
Hurstpierpoint Players	Towards the refurbishment of the theatre	£500
Sayers Common Village Society	Fourth Phase of tree planting along London Road	£1000
Cancervive	Running costs of the charity	£600
St Catherine's Hospice	Supporting the community team who care for local residents facing the end of life	£500
Sussex Clubs for Young People	To help cover some of the costs for running the Sussex Clubs for Young People youth club	£500
Knit 'n' Natter	Running costs of the charity	£220

Grants awarded in 2020/21 will be in the range of £50 - £500 in order to support a wider range of initiatives. For more information regarding grants please visit [www.hurstpierpoint-pc.org.uk](http://www.hurstpierpoint-pc.org.uk)

## Coming Soon...

### Drop-Ins at the Friday Melting Pot Cafe, Court Bushes - Willow Way.

- Employment Support from Clarion Housing is available on Fridays between 10am-12pm. Pop in to speak to the Community Developers and Support Officers.
- Hope family charity is hosting Playtime Sensory Fun sessions 10-11.30am on 20th March and 17th April
- A Table Top Sale will be held between 10:30am-12:30pm on 11th March and 8th April. If you are interested, please contact Naomi McBain on 07732 012554.

### Hurstpierpoint's Safe Place Initiative; Dementia Friendly Community.

The Parish Council is working hard to ensure that our community is inclusive and safe for all and that people suffering with dementia feel understood and able to carry on with their daily routines.

We are therefore setting up a 'Safe Place' scheme in Hurstpierpoint. This scheme will allow anyone with dementia to know that there are designated 'safe places' they can go to collect their thoughts, have a chat or just a cup of tea with someone who will listen.

We have six High Street shops, the Health Centre and the Parish Office already signed up to the scheme. These organisations will be given free training about dementia including how to deal with different situations and how to support someone who is confused or lost. Once the organisations have had the training a sticker will be displayed in their window alerting the community that they are a 'Safe Place'. If you would like to get involved in this scheme, please contact the Parish Office on 01273 833264 or [office@hurstpierpoint-pc.gov.uk](mailto:office@hurstpierpoint-pc.gov.uk) as the more organisations/groups/businesses we have involved the more powerful this scheme will be.





## Music Club a great success

Hurst Music Club first opened its doors in September 2019 and is currently open on the second Wednesday of each month between 6.30pm and 8.30pm at Court Bushes Community Centre in Hurstpierpoint.

It is an opportunity for young people between the ages of 12 and 17 to play live music, write songs, try broadcasting, podcasting or even film work, with guitar, drum, songwriting and broadcasting experts and equipment provided for the participants. It is also entirely free!

We hear from those who attend and are involved...

Patrick, who's in Year 11 and a budding songwriter, dancer and guitarist: "Everyone's really friendly. It's a great atmosphere, and you get good advice and a way to navigate through your ideas. It's okay if you mess up; you're encouraged to try again."

Natalie, a Year 9 student is a drummer, guitarist and bassist who has been coming since the start: "I enjoy playing as part of a group and seeing everybody else perform and develop."

Danny is in Year 8 and a hugely talented lead guitarist: "It's good fun to mess about. Good to see how it is to play in a band and really good experience. I love to play with different genres too. The people are very nice; very inviting."

Ethan is Natalie's brother and does a lot of work filming what goes on and editing it down afterwards. His first commission was to edit down some four hours of film into four and a half minutes! He says: "There's nothing else like it around. It's great because you just come along and it's all just done for you."

Organiser Ian Deeley is on the Hurst Festival committee and he looks after the live sound. "I love how everyone gets on, and they just get on with it when they're here."

Burgess Hill Radio's Daryn Buckley attends each week and says: "It's a great way to engage younger people in being creative. It's such a friendly atmosphere and everyone encourages each other. It's remarkable to see

how just a few notes at the start of a session can turn into a proper song – I wish I had had something like this when I was that age!"

The club is open to anyone between 12 and 17 years old, so why not head down to the Court Bushes next Wednesday evening and get involved with this fantastic youth resource in the village?

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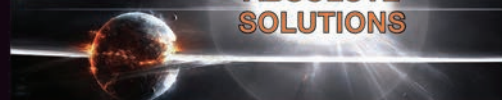


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and unsustainable development, every objection will count!

# Probus Club becomes first in Mid Sussex to open its doors to women

The Burgess Hill & District Probus Club, which has members from Hurstpierpoint, has become the first Probus Club in Mid Sussex to open up its membership to women.

Like most other Probus Clubs, Burgess Hill & District traditionally only allowed men to become members, but the move to become a mixed Club was overwhelmingly supported in a recent AGM vote.

On the outcome of the vote, newly elected President Terry Mallaband said: "I am delighted that our membership has made the sensible decision to admit women members and thus signal that we are a forward-looking organisation.

"Decades ago it wasn't unusual for retired men and women to go their separate ways for social events, but things are thankfully very different now - we are all used to mixing at work and out of it."

Terry says: "I hope this sends out the message that we are fully open to new members of either gender."

People wishing to apply for membership of Burgess Hill & District Probus Club should contact Secretary Fred Reynolds at [reynoldsfj@btopenworld.com](mailto:reynoldsfj@btopenworld.com).



Joan Peters, new member of the Probus Club



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\*OPG = Office of the Public Guardian



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## Getting things started

### ST LAWRENCE FAIR

#### From the St Lawrence Fair Committee

Hello everyone, we have taken a break but are BACK, BACK, BACK!

With a roar - or should we say 'Roaring 20s' because this is our theme for this year's St Lawrence Fair, so get your thinking caps on for the procession, the High Street and we will theme our activities as well.

We just wanted to bring you up to speed on some other news quickly as well...

We normally choose a charity to donate to before the Fair and let you all know, but this year we thought we would see what funds we had and then make the donations and let you know. So, we have given £500 each to the Evelina Children's Hospital, St Peter & St James Hospice and the new Village Dementia group. Additionally, we gave Paul Wilkinson £250 towards his Christmas tree collection campaign. Look out for this year's programme where we will explain why we chose these charities and what work they do.

Recycling... with an event like our Fair we try our best to increase our efforts at recycling but it is quite tricky as we rely on you guys to put your rubbish in the right bins. Please do look out this year for the signs on the bins and the different bins dotted around to help us achieve this.

## Key SLF dates:

#### Hurst's Got Talent

Saturday 13th June from 3pm at The Horse Inn, Hurst

#### Pet Show

Sunday 28th June from midday at Guide HQ

#### Fair weekend

3rd/4th July South Avenue Recreation Ground, including Teddy Bears Picnic, Kid's Disco, Bands and BBQ on the Friday and all the fun of the procession, Fun Run and the Fair on the Saturday.

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# Life-saving knowledge

## Where's your nearest defibrillator?

At Hurst Life we'd like to encourage everyone living and working in the village to familiarise themselves with the sites of the life-saving defibrillator machines and learn how to use them.

An estimated 60,000 people each year in the UK have an out-of-hospital cardiac arrest and, sadly, less than 10% of those people will survive. Yet if a bystander is able to start CPR they could double a person's chances of survival.

As far as we know, Hurstpierpoint has four machines: One on the outside wall at the Fairfield Rec on Cuckfield Road, another is situated at the Bowls Club on South Avenue Rec, a third is inside the Medical Centre on Trinity Road and the final defib machine is mounted on the wall in the alleyway between Morley's and Olive on the High Street. In Sayers Common there is one on the outside wall of the Community Shop (by the door to the hall). While in Albourne there is one inside the Primary School, in the gym of Wickwoods Country Club (up Shaves Wood Lane) and one mounted on the outside wall of Albourne Village Hall, to the right of the entrance doors. Not all of

these will be available 24/7 but the outside ones listed (right) should be.

All of the machines are portable and contain full instructions, but why not give yourself a head start with an online tutorial?

The Resuscitation Council (UK) has produced plenty of information to help us all learn more about what to do in these dramatic and highly pressured times, should we find ourselves involved.

You can watch videos and play interactive games to increase your understanding. You can even download an app - see [www.resus.org.uk/apps/lifesaver](http://www.resus.org.uk/apps/lifesaver) for more information.

Please give it a go. With our emergency services so overworked, we as communities can get better at helping ourselves, and it really does make a difference.

If you have any information about changes to these defibrillators, then do please let us know, so we can update this mag for next time.



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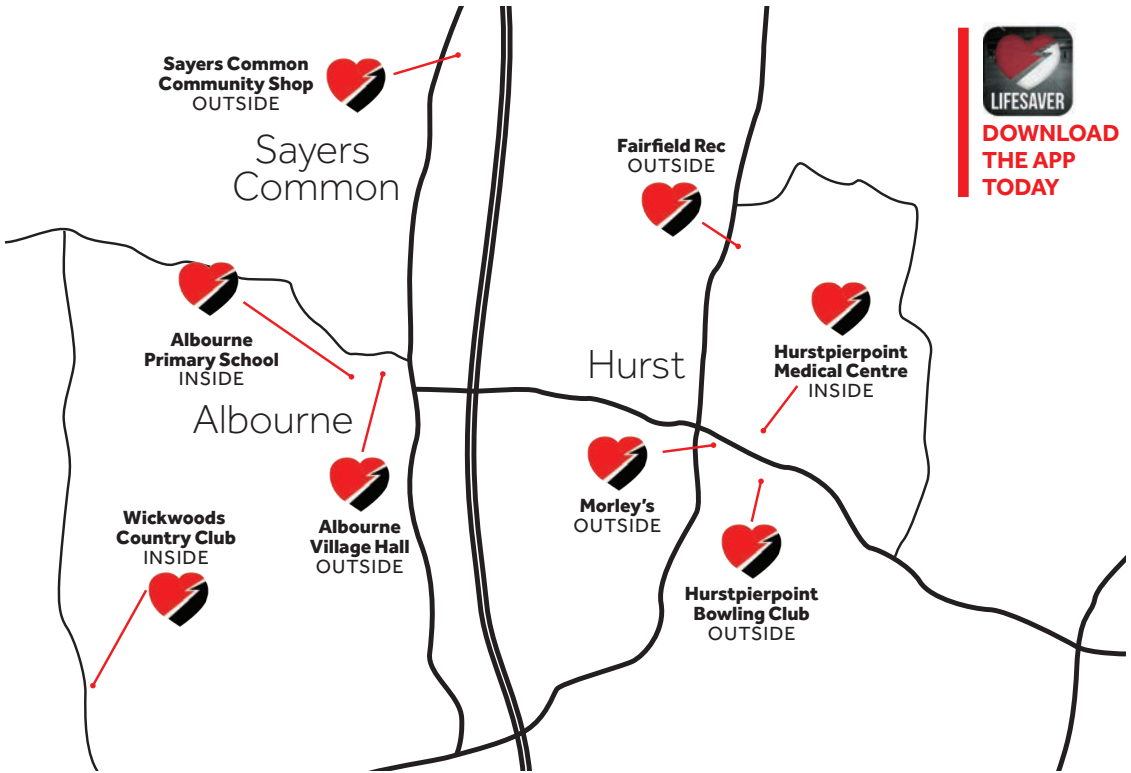
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# St George's Millennium Garden Trust

The Trust, which manages the Millennium Garden, will close down at the end of this month and the future maintenance of the garden will be controlled by the Parish Council as part of the larger area of Hurst Meadows. David Brown, Trust Chairman, explains more...

Over the past 20 years the Trust has achieved its objective of creating a peaceful and beautiful natural haven in the centre of the village, much loved by walkers and nature lovers of all ages. But, we are now convinced that the security of the garden will best be ensured by integrating its upkeep into the publicly funded and managed Hurst Meadows.

The idea for the garden first arose in 1996 with the closure of St George's Home for the Elderly, owned by West Sussex County Council. Rumours abounded about the future of both the house and its substantial garden. A village campaign, spearheaded by Susanna Kemp, quickly raised over £6,000 and eventually the newly formed Trust was granted a 60 year lease to manage an area of 1.7 acres, to be known as the St George's Millennium Garden.

To create a 'normal' garden with flower beds, shrubs etc was clearly not affordable nor practical, so a management plan was agreed and has remained basically unchanged since. It is a wildlife garden with minimal intervention and with a focus on encouraging as much native flora as possible. Some areas have proved a challenge because of the heavy clay soil, but the small meadow at the Medical Centre end, which was largely an old concrete yard, has proven to be a great area for a succession of cowslips, red campion and oxeye daisies.

An unusual aspect of the central part of the garden is the presence of a number of Bramley apple trees. We think that they must have been planted in 1940 or so when the Government ordered landowners to convert some of their land to food production. These trees continue to produce fine cooking apples.

We received bad news in early 2016 with a report that the iconic Monterey Pine near St George's Church had become dangerous, and so we had no choice but to have it felled - a massive task (and expense!) apart from the genuine grief at losing this 120 year old tree. However, some sculptures, created by a local tree sculptor, have enabled the tree to live on in the shape of three wise owls and various other animal figures. I am also pleased to say that a seedling from the tree is now growing well in a quiet part of the garden.



It has been a real pleasure in recent years to have children from St Lawrence Primary School coming to the garden to learn and play as part of the Forest Schools Project. Long may that continue.

With no public funding, except for occasional grants for special projects, we have been grateful for the support of our 90 or so members, and donations from local residents. And, above all, I should like to thank the volunteers who have responded to calls for help with the various tasks necessary to maintain a level of control over this beautiful place. I am confident that it will remain a prized asset for many decades to come.





# YMCA Positive Placements: take a step in the right direction

**Are you aged 16-25?** Not in education, training or work? Living in the Hurst area? Want help to achieve your goals for the future?

Then take that first step: contact YMCA Positive Placements, meet a mentor and talk about your hopes and plans, build confidence, identify strengths, find work or training opportunities, get help with applications and interviews.

A young person who took that first step says: "I'd recommend this to anyone – it changed me, my confidence, my future."

**Are you over 18 years?** Become a Positive Placements mentor in your local area and take that step towards helping a young person on their journey towards education, training and employment.

Volunteer mentors are linked with a young person and provide one-to-one support for up to year helping their mentee build their confidence, identify strengths, overcome barriers and achieve their potential.

No specific formal qualifications are needed but patience, resilience, empathy and a sense of humour are essential.



Having a criminal record is not necessarily a barrier and each application will be considered on an individual basis.

We're looking for applicants who are at a reasonably stable point in their lives and who don't expect any major changes in their circumstances over the next six to 12 months.

Volunteers receive training and ongoing support, including peer support with other mentors.

All sorts of people, from all walks of life, are mentors for all sorts of reasons.

One volunteer says: "Some people do it [mentoring] to give something back, but for me the greatest reward is to be part of the process as someone turns their life around; and to interact and learn from the young people themselves."

Please contact Catherine on 07881 013 758 or email: [catherine.pardoe@ymcadlg.org](mailto:catherine.pardoe@ymcadlg.org) for more details.

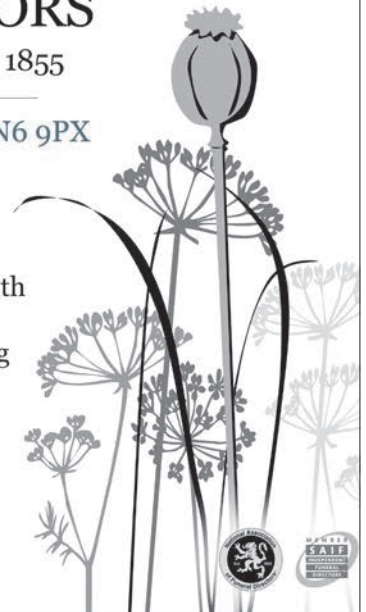
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# New Homelessness Strategy for Mid Sussex

Mid Sussex District Council has produced a new strategy to prevent homelessness and help homeless people find long-term affordable and sustainable housing.

The new Homelessness and Rough Sleeper Strategy was presented to the Council's Scrutiny Committee for Housing, Planning and Economic Development in January. At the meeting, Committee Members recommended that the strategy be formally adopted by Full Council on 1st April.

The new Homelessness and Rough Sleeper Strategy identifies five key priorities for addressing homelessness within Mid Sussex:

## 1) Preventing and relieving homelessness

The most effective way to minimise the impact of homelessness is to prevent it occurring in the first place. The Council helps residents at risk to ensure they are receiving all the benefits and support to which they are entitled. When homelessness cannot be avoided, Rent in Advance and Deposit Guarantee Schemes can help local people to find somewhere new. Over the last five years, Mid Sussex District Council has helped over 470 households obtain housing through the private rented sector.

## 2) Minimise the use of and improve temporary accommodation

Being in temporary accommodation can be a stressful experience, particularly if the accommodation is located away from support networks, health care, employment and schools. The Council is committed to providing more temporary accommodation within Mid Sussex and enabling households to move on to a settled home as soon as possible.

## 3) Prevent recurring homelessness

Housing Officers work with people in temporary accommodation to ensure that appropriate support is

provided, either by the Council or an external agency. The Council's Employment Co-ordinator ensures households are receiving all the benefits they are entitled to and provides advice and assistance to enable them to find employment.

## 4) Tackling rough sleeping and homelessness amongst vulnerable groups

The Council works with Turning Tides, which is a community led homelessness organisation that provides support to long-term rough sleepers and those new or at risk of rough sleeping.

## 5) Enable access to suitable and affordable accommodation

Mid Sussex District Council requires all new residential development over 11 units to provide 30% affordable housing. Last year the Council oversaw the delivery of 102 new affordable houses.

Councillor Andrew MacNaughton, Cabinet Member for Housing and Planning said: "Homelessness, in all its forms, can have a significantly detrimental impact on people and their families. Health and wellbeing suffers, there's a detrimental impact on educational achievement and homelessness can act as a barrier for those seeking and keeping employment.

"Our Homelessness and Rough Sleeper Strategy will help to ensure that fewer people in Mid Sussex experience the trauma of homelessness and that those who do can find a settled home as quickly as possible."

For more information contact the Mid Sussex Housing Needs team on 01444 477574 or email: [housingadvice@midssussex.gov.uk](mailto:housingadvice@midssussex.gov.uk).

## Seals surprise Lewes residents!

By Michael Blencowe, Sussex Wildlife Trust

Legend has it that it's been visiting Lewes for years. There have been sightings from Southease all the way up to Barcombe. In January, John glimpsed it vanishing into the murky waters of the River Ouse near Tesco. A few months later, Barry was on his way to work when he encountered the creature hauled out on a pontoon by the Cuilfail cliffs. You'll find 38 species of wild mammal living in or around Lewes. Badgers, foxes, stoats, weasels, shrews, rabbits, hares, moles, voles, dormice, bats, rats, hedgehogs, mice and mink all form the mammalian fauna of a landlocked South Downs town. Yet there's one salty surprise on the list; the Common Seal, an animal that's typically found in Britain's coastal waters 12 kilometres away.

And the seal's certainly a surprise to any Lewes residents who, while innocently strolling along the Ouse, encounter their local leviathan. I've never seen the legendary beast myself but have received plenty of excited tweets, emails and mobile phone photos from amazed observers who can't believe what they've seen.



# Living life to the full at Haven<sup>HENFIELD</sup>

**The Henfield Haven is a lively, bright & inspiring place to be.**

The Centre promotes 'living life to the full' for individuals, their carers and family supporters by providing activities and services that help to maintain health & wellbeing, by keeping mind and body active.

### **Our Café – open to everyone**

Weekdays from 10am to 4pm, from Monday to Friday providing refreshments, lunches & snacks and all freshly cooked every day. We're open to all throughout the week so please feel free to drop by to see what we are all about and visit our beautiful garden room.

### **Activities for the 50+**

On Tuesdays and Thursdays we also have range of community activities for people 50+, such as EXTEND (gentle exercise to music), music therapy either one to one or group sessions, as well as activities like New Age Kurling, the Haven Quiz, Boccia plus Target & board games. Wellbeing treatments – such as chiropody – are available to book on specific days.



### **Dementia support days**

Every Monday, Wednesday & Friday 9.30am - 3.30pm we offer specialist support and tailored activities in a safe, caring and friendly environment. During the day customers have a choice of activities which are created for increased mental, social and physical activity. These include exercise and movement, arts and crafts, memory games, cooking, singing, poetry reading, music recitals.

We also have areas for quiet occupation and a beautiful garden where activities are held when the weather permits. We provide a two course home cooked lunch using fresh produce, fruit snacks and refreshments throughout the day. Our Staff are fully and regularly trained and we also have the support of a strong group of volunteers to enable an increase the support we are able to offer our customers.

Get in touch on  
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If you would like to join us please  
contact the Haven's centre manager  
**Lorette Mackie** on **01273 494 747** or at  
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and let her know if you require transport

# 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](mailto:photos@hurstlife.co.uk)



Neil McFadden at the Whitehouse



Margaret Carey at Fremantle Boat Harbour in West Australia



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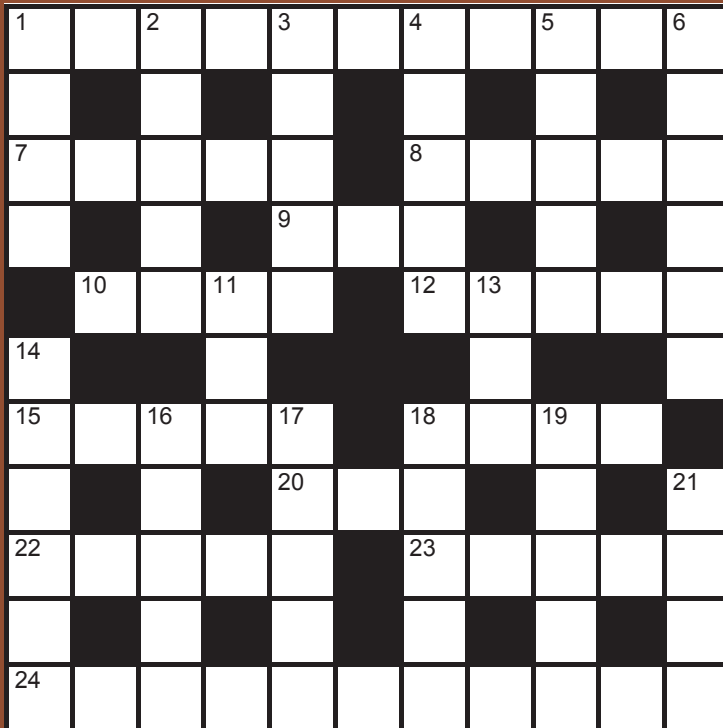


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# Family crossword



Got 20 mins spare?  
Have a go at this crossword - which should be varied enough for all ages to answer some clues.  
Answers listed on p.58

## Across

- 1 Kill (11)
- 7 Russian spacecraft (5)
- 8 Thaw out, perhaps (2-3)
- 9 Biblical high priest (3)
- 10 Oceans (4)
- 12 Mature (5)
- 15 Mother's brother (5)
- 18 Not one (4)
- 20 Supplement (3)
- 22 Crowbar (5)
- 23 Greeting (5)
- 24 Result (11)

## Down

- 1 Too (4)
- 2 Genre (5)
- 3 Dimensions (5)
- 4 World's largest democracy (5)
- 5 Farewell (5)
- 6 Builds (6)
- 11 To be unwell (3)
- 13 Pair (3)
- 14 Communal (6)
- 16 Assembly of witches (5)
- 17 Strange and mysterious (5)
- 18 First prime minister of 4 Down (5)

- 19 Thermoplastic yarn (5)
- 21 Ballot choice (4)

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Hurst *Life*

# Sudoku

Find the solution on p.58

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

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
- 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 - term time
- Knit 'n' Knatter** – 2-4pm (2nd Tuesday)
- Wolstonbury WI** – 7.45pm Club Suite (3rd Tues)
- Fri **Star Dance School** – from 6.45pm, weekly
- Sat **Best of Ballroom** – 7.45pm (1st Saturday)

## March

- 3rd **Millennium Garden Trust AGM** – 7pm  
The final AGM of the Trust - after a short meeting there will be a review of some of the highlights over the past 20 years (visitors welcome)
- 4th **Baby Sensory Group** – 9.30am
- 7th **Best of Ballroom** – 7pm
- 10th **Recycling in West Sussex** – 7.45pm  
An illustrated talk by Colin McFarlin; all the information you ever wanted to know about this bewildering subject! (Hurstpierpoint Horticultural Society, members and all visitors welcome)
- 13th **Local MP Surgery** – 10am  
(appointment only)
- 14th **Horticultural Society Spring Show** – 2.15pm  
Daffodils and spring flowers, floral art, cookery, photography, novice and children's sections. Exhibiting is free and open to all. Schedules from Gibsons or email: greenhpp@tiscali.co.uk. Tea and home-made cake, raffle and Auction of donated exhibits at end of show.
- 16th **Hurst, Hassocks & Ditchling U3A** – 2pm  
'Where do novelists get their ideas from?' a talk by Bobbie Darbyshire
- 17th **Wolstonbury WI Meeting** – 7.45pm  
Sussex murders and misdemeanours in the 18th and 19th centuries by Paul Green (Visitors welcome, 01273 834421)
- 20th **Gong Bath Sound Therapy** – 7pm

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# What's on...

## ELSEWHERE

### March

- 4th **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road - Scams with Sam Collier from Natwest Bank (Dianne 01273 835284)
- 7th **Scaynes Hill Ceilidh** – 7.30pm  
Millennium Centre, Scaynes Hill - Charity fundraiser. Music by Reel and caller Tony Dunn (tickets £15, including pizza <https://bit.ly/2FI2NjJ>)
- 10th **Cissbury Ring Walk** – 10am  
Meet at The Gallops CP (BN14 0EX) - 7.5 mile moderate by Mid Sussex Ramblers taking in High Salvington and Findon Church (07985 201335)
- 11th **Mid Sussex Franco-British Society** – 8pm  
Clair Hall - An illustrated talk in French by Christopher Doidge: '1885-1900 - Quinze Ans qui ont transformé la France' (£5, 01444 452385)
- 12th **Mid Sussex National Trust** – 2.30pm  
Clair Hall - Talk by Jan Parsons on 'Ancient Roads: Journeys through Thrace and Italy'
- 12th **Haywards Heath Ceramics Group** – from 9.45am  
Clair Hall, Haywards Heath - Jim Sewell on 'Collecting Rockingham - Problems and Opportunities' (Free entry on first visit)
- 13th **NSPCC Coffee Morning** – 10am-12noon  
Hurst Bowls Club, South Avenue - Coffee morning, raffle, books and a bottle tombola. The entrance (£4) includes cake plus coffee or tea
- 13th **Annual Bridge Drive** – 2-5pm  
Wivelsfield Village Hall, Eastern Road, Wivelsfield Green - Haywards Heath Friends of St Catherine's Hospice fundraiser. £40 per table, which includes a delicious Afternoon Tea. Free parking. Raffle (To book a table, contact Gaynor on 01444 440452)
- 14th **Jumble Sale** – 10.30am-12pm  
The Queen's Hall, Cuckfield - Biannual fundraising jumble sale for Cuckfield Preschool
- 14th **Repair Cafe Burgess Hill** – 10am-1pm  
Salvation Army, BH - monthly opportunity to get broken items fixed while having a cup of tea
- 14th **With A Song In My Heart** – 6-7.30pm  
Holy Trinity Church - Al Leith (vocals) and Marcus Martin (piano), perform Rodgers and Hart songs. Licensed Bar (£5, Margaret Carey 01273 835113)
- 16th **Hassocks Philosophical Group** – 2pm  
The Purple Carrot, Hassocks - 'What is God?' discussion group (purchase or £1 donation)
- 17th **Cuckfield Circular Walk** – 10am  
Meet opp Bolney Stage Pub (RH17 5RL) - Bolney, High Weald Landscape & Legh Manor, 9 mile, bring a picnic (Philip, 07714 33917)

- 18th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - Lecture on Celebrating Raphael's Quincentenary by Joanna Mabbutt (Non-members welcome, £7)
- 19th **Mid Sussex Healthcare PPG AGM** – 7pm  
United Reformed Church, Hassocks - Patient Participation Group meeting. Patients of the practice welcome (midsussex.healthcarePPG@gmail.com)
- 20th **Clothes Swap** – 7pm  
St Lawrence School, Hurst - PTA fundraising event
- 20th **Eat Well for the Planet** – 6.30pm  
Adastra Hall, Hassocks - Duncan Williamson, food system and sustainable diet expert, will talk about food, the environment and health, how they are linked and how sustainable diets and agricultural diversity are key (Booking essential online: [www.hkdtransition.org.uk](http://www.hkdtransition.org.uk))
- 21st **Sussex Chorus** – 7.30pm  
King's Church, Burgess Hill RH15 9LR - Bach - St John's Passion
- 25th **Wildlife Talk** – 7.30pm  
Hurst Bowls Club, South Avenue - BBC's Kate Bradbury talk on wildlife. Hoggie raffle and book signing (Tickets £4, Ann 07787 515296)
- 28th **Hassocks Market** – 9am-12pm  
National Tyres forecourt, Hassocks - monthly collection of independent stallholders, this month includes a SEED SWAP
- 28th **Spring Fair** – 10am-12noon  
Adastra Hall, Hassocks - A wide variety of stalls, plus refreshments, for Paws & Claws animal rescue
- 29th **Jazz for The BHF** – 3.30pm  
Danny House, Hurstpierpoint - Julie Roberts (vocals), Michael Hinton (piano), Jazz, blues and contemporary songs for British Heart Foundation (Tickets £12 [www.WeGotTickets.com](http://www.WeGotTickets.com) or 01273 965 036)
- 29th **March for Marsden** – from 9am  
Starts at Hurst Bowls Club, South Avenue, Hurst - 3km and 9km routes, raising money for charity (Sign up: [www.midsussex.gov.uk](http://www.midsussex.gov.uk))
- 31st **Pregnancy Loss Support Group- 7.30pm**  
Venue TBC - (Details from Angie 07974 729566)
- ### April
- 1st **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road, Hurstpierpoint - Recycling with Colin McFarlin (Dianne 01273 835284)
- 1st -4th **Made in Dagenham** – 7.30pm  
The Bury Theatre, Hurst College - Musical performed by BHMTS, Sat Matinee at 2.30pm (Tickets £18/£16 from [Ticketsource.co.uk/bhmts](http://Ticketsource.co.uk/bhmts))

**RECYCLE THIS...**

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council. He went along to meet Carol Comber and find out about her recycling.



So, Carol, how did your recycling journey start? My recycling story began with a visit from you (Colin) to the Village Sustainability Group that I belong to, back in October 2018. Your enthusiasm set us all on a mission!



I immediately started a bag that would be filled with stretchy plastic to go back to the supermarket, and began collecting any textiles because these can go to the charity shops marked 'rags' for which they get money!

In November 2018, the sustainability group arranged a trip to the black bin recycling plant in Horsham. We all learnt so much about what happens to our black bin contents.

Inspired after a visit to the Ford Recycling Centre in April last year, in July I ran a recycling information stall at a local Flower Show with a quiz and a game of 'Black Bin or Blue?'.

I continue to encourage my family to improve our recycling habits; the cry of 'Can this be recycled?' rings out in our household regularly. We are not perfect, but we have come a long way over the last couple of years, and our Blue bin contents far exceed that of our Black bin now.

Our village has a fruit and vegetable sharing scheme where, in the summer, people can place their excess veg etc from their gardens or allotments on our lovely trolley and others can take the produce. All free!! Just a way to help reduce food waste when successful gardeners have produced a bit too much!!!

**Congratulations Carol, you are this month's Recycling Champion. Could you be next? Email the editor to get in touch with Colin and tell him your story.**

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**PUZZLE ANSWERS**

From the puzzle fun on page 54

**CROSSWORD:**

1	A	S	2	S	A	3	S	4	S	5	I	N	6	A	T	E
	L	T		I							N	D				R
7	S	O	Y	U	Z		8	D	E	I	C	E				
	O		L		9	E	L	I		E						C
		10	S	E	11	A	S		12	A	13	D	U	L	T	
14	P			I								U				S
15	U	N	C	16	L	E		17	N	O	18	N	E			
	B		O			20	E	K	E		Y		21	V		
	22	L	E	V	E	R			23	H	E	L	L	O		
			I		E					I		R		O	L	T
24	C	O	N	S	E	Q	U	E	N	C	E					

**SUDOKU:**

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

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## Services

Absolute Solutions (IT support) .....	40
Alter & Company (architects) .....	2
Bowley Funeral Service .....	32
C&G Plumbers .....	25
Dave G (decorator) .....	20
Elite Choice Home Care .....	25
Finance Planning Group .....	56
Freeman Brothers (Funeral Directors) .....	49
G&S Roofing .....	55
Haywards Heath Auto Centre .....	3
Helen Puxley Furnishings .....	13
Hurstpierpoint Pest Control .....	43
Infinity Renewables .....	53
Karen Harris Financial Planning .....	45
Kennedy Landscapes .....	33
LAMBS .....	41
Marcus Grimes (estate agents) .....	34
Mark Stafford .....	21
Matthews Plumbing & Maintenance .....	46
MM and Co Roofing .....	47
nicenstripy (gardening services) .....	3
Odd Job Man .....	5
Polished Kitchen Designs .....	52
PRB Accountants .....	17
Ready Steady Store .....	7
Retirement Villages .....	29
Right Move Contractors .....	4
Rohan Solicitors .....	9
RTFJ (jewellery) .....	10
Scissor Sisters Interiors .....	35
Seymours Solicitors .....	18
Sow Sussex Garden Care .....	15
SPB Plumbing & Heating .....	36
Stylo Renovations .....	42
Tara Fraser (mortgage adviser) .....	6
Thy Will Be Done .....	44
Time2Shine .....	36
White & Sons (roofing) .....	26

## Retail

Charlotte Grace .....	12
Fine Furnishings .....	27
Hassocks Eyecare Centre .....	28
Lockdales .....	15
Nubie .....	43
Pots and Pithoi .....	37

## Out & About

Ensemble Reza .....	56
Repast (supper club) .....	13
The Sussex Hive .....	23

## Education/Childcare

Baby Sensory .....	19
Floater's Swimming Schools .....	12
Gielgud Academy .....	38
Hurstpierpoint College .....	B
Isabello's Preschool .....	5

## Health/Lifestyle

Be-Yoga .....	11
Brighton Bodyworks .....	15
Hypnotherapy West Sussex .....	45
Impact Initiatives .....	51
Linear Fitness .....	15
Lustig & Webb (hair salon) .....	46
Muscle Balance .....	27
Remember Mindfulness .....	58



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