

# HASSOCKS & KEYMER TALK ABOUT & THE DITCHLING DIALOGUE

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**Your Editors: Joanna Lambe, Heidi Brown, Natalie Dalley & Nicola Botting**

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**COUNCILLORS SURGERY.** Held in Hassocks Parish Centre. Sue Hatton(MSDC) & Kirsty Lord (WSCC) will be holding a surgery on Tuesday 18th June 10 am - 11 am. No appointments necessary. Sue can be contacted on **07821 351411** or email [suehatton@midsussex.gov.uk](mailto:suehatton@midsussex.gov.uk) Kirsty can be contacted on **07952 643623** or email [kirsty.lord@westsussex.gov.uk](mailto:kirsty.lord@westsussex.gov.uk)

**HASSOCKS PARISH CENTRE** Council Office in Adastra Park, Keymer Road - telephone **01273 842714** (answerphone out of hours) Website: [www.hassockspc.net](http://www.hassockspc.net)

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*Ditchling Morris were accompanied by London-based side Hammersmith Morris Men  
to give a traditional welcome to the May Bank Holiday in style at South Downs Nursery Heritage Centre.  
Article elsewhere in the magazine.*

## DID YOU KNOW ??

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& Hassocks Talk About online?  
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### LOCAL ACTIVITIES

#### THE OAKS POULTRY FARM

Sat. 1st Jun. 10 am - 3 pm Farm Open Day, chicks, donkeys, goats, pigs, cows, tractor rides, BBQ. Free entry  
[www.theoaksfarm.co.uk](http://www.theoaksfarm.co.uk). Common Lane, Ditchling

#### OLDLAND MILL

Sun. 2nd Jun. 2 - 5 pm

[www.oldlandmill.co.uk](http://www.oldlandmill.co.uk). Oldlands Lane, Hassocks  
Open Day

#### ST PETER AND ST JAMES HOSPICE

Sun 2nd Jun. 1 - 5.30 pm Around 8 Hurstpierpoint Gardens will be open. Beverages, cakes, plants & music  
[www.hurstpierpointopengardens.org.uk](http://www.hurstpierpointopengardens.org.uk). Various Venues

#### DITCHLING DOWNS WI

Tues. 4th Jun. 7 pm

Scandal Salvation & Suffrage - Rhos Black

#### HOLY COMMUNION

Tues. 4th Jun 1.30 pm

#### HURST MONTHLY SOCIAL GROUP

Wed. 5th Jun. 2 pm

#### DITCHLING WI

Thurs. 6th Jun. 2.15 pm

**HURST, HASOCKS & DITCHLING FIRST RESPONDERS** [www.hurstpierpointmethodistchurchhall.org.uk](http://www.hurstpierpointmethodistchurchhall.org.uk)

Thurs. 6th Jun. 7.30 pm

#### DITCHLING FILM SOCIETY

Thurs. 6th Jun. 7.30 pm

Film - Let The Sunshine In. Cert. 15

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### RBL DITCHLING & DISTRICT

Sat. 8th Jun. 2 - 4 pm

75th Anniversary of D-Day Afternoon Tea. All welcome. See article

### BRITISH CACTUS & SUCCULENT SOCIETY

Sat. 8th Jun. 2 - 5.30 pm An Introduction to Living Stones - Roy Earle. Refreshments, plants & seeds for sale  
HEADWAY EAST SUSSEX [www.burgesshillbikeride.co.uk](http://www.burgesshillbikeride.co.uk). Queens Crescent Car Park, RH15 9DP

Sun. 9th Jun. Registration 8 am, Start 9 - 9.30 am

Burgess Hill Bike Ride - 10, 20 & 40 mile routes

### NATIONAL GARDEN SCHEME

13 Chancellors Park, 2 Ockley Lane & Parklands Road Allotments

Sun. 9th Jun. 1 - 5 pm

Hassocks Village Garden Trail. Refreshments at URC Hall. [www.ngs.org.uk](http://www.ngs.org.uk)

### HENFIELD ARTS SOCIETY

Mon. 10th Jun. 2.30 pm

The Painted Ocean (Brighton, Shoreham & Worthing) - Justin Reay. See article

### HASSOCKS EVENING JAZZ

Tues. 11th Jun. 8 pm

Trad Jazz Evening. All welcome

### DITCHLING HISTORY PROJECT

Wed. 12th Jun. 2 - 5 pm

Come along and share your knowledge of Ditchling and ask any questions

### HASSOCKS HORTICULTURAL SOCIETY

Wed. 12th Jun. 8 pm

Fruit Trees, planting, caring & common diseases - Mark Piper

### MID SUSSEX ASSOCIATION NATIONAL TRUST

Thurs. 13th Jun. 2.30 pm

Hampton Court - Tim Kidd

### SUSSEX CHORUS

Sat. 15th Jun. 7.30 pm

[www.sussexchorus.org](http://www.sussexchorus.org). Hurst College Chapel, College Lane, Hurstpierpoint

Will Todd - Mass in Blue plus more. Tickets 01444 412579

### DITCHLING VILLAGE ASSOCIATION

Tues. 18th Jun. 9.45 - 11 am

Coffee Morning run by Horticultural Society

### HASSOCKS VILLAGE MARKET

Sat. 22nd Jun. 9 am - 1 pm

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Sat. 22nd Jun. 7 pm

Music for a Summer's Evening with Hassocks' own community choir. Tkts on the door

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### **WOODLANDS MEED SCHOOL**

**Sat. 22nd Jun. 12 - 6 pm**

### **DITCHLING HORTICULTURAL SOCIETY**

**Sat. 22nd Jun. 2 pm**

### **CHURCHES TOGETHER**

**Sat. 22nd Jun. 10 am - 12 pm**

### **DOWNLANDS SCHOOL**

**Sat. 22nd Jun. 12 - 4 pm**

### **NEWTIMBER CHURCH & MARTLETS HOSPICE**

**Sun. 23rd Jun. 10.30 am - 4.30 pm**

### **RNLI**

**Sun. 23rd Jun. 2.30 - 5.30 pm**

### **MOBILE REFUSE**

**Sun. 23rd Jun. 10 am - 12 pm**

### **HURSTPIERPOINT HORTICULTURAL SOCIETY**

**Sun. 29th Jun. 2.15 pm**

### **PAWS AND CLAWS**

**Sat. 29th Jun. 10 am - 12 pm**

### **reMEMber**

**Sat. 30th Jun. 10.30 am**

### **AD~ASTRA BEACON OF LIGHT SPIRITUAL CENTRE**

**Sun. 30th Jun. 10 am doors open.**

### **HASSOCKS BIKE 'N' FUN**

**Sun. 30th Jun.**

### **HASSOCKS TOWNSWOMENS GUILD**

**Wed. 19th Jun. 2.30 pm**

**Tues. 25th Jun. 2.30 pm**

**www.pta-events.co.uk. Chanctonbury Road, Burgess Hill**

Family Friendly Music Festival - see article

### **Ditchling Village Hall**

United Reformed Church, Hassocks

Godly Play, Adults & Children hear Bible stories (10.30 am) with craft activities

### **Dale Avenue, Hassocks**

Summer Fair and Dog Show, Live Music, Beer Tent, Gin Bar

### **Church Lane, Newtimber**

Newtimber Village Country and Vintage Fayre

### **Blue Haze, 50 Hurst Road, Hurstpierpoint**

Tea Party - Cream Tea and refreshments inc. Prosecco. Tickets on the gate

### **Belmont Close, Hassocks**

Any queries contact the Parish Office 01273 842714

### **Hurstpierpoint Village Centre**

Summer Show - Fruit, Veg, flowers, cookery, photos & kids. Schedule Gibsons

### **Adastra Hall, Hassocks**

Summer Fair - Homemade cakes, jewellery, clothes, books, tombola etc.

**www.remembercfs.org.uk. Clayton Windmills to Ditchling Beacon & Back**

Annual Sponsored Walk

### **Adastra Hall, Hassocks**

Meditation Group 10.10 to 10.30 am Divine Service at 11 am

### **The Hassocks Hotel, Station Approach East**

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### **Age Concern, Hassocks**

Birthday Tea with guests

Secrets of Madagascar - Jane Muddle

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### **HURST VILLAGE CINEMA**

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### **RBL CLAYTON & KEYMER WOMENS SECTION**

**Thurs. 13th Jun. 3 pm**

**Sat. 15th Jun. 9.45 - 11.45 pm**

### **Hurstpierpoint Players Theatre**

**Legion HQ, Woodsland Road, Hassocks**

Beetle Drive

Coffee Morning at Age Concern, Hassocks

**LOCAL MORRIS DANCING SIDE DITCHLING MORRIS WERE ACCOMPANIED BY LONDON-BASED SIDE HAMMERSMITH MORRIS MEN** to give a traditional welcome to the May Bank Holiday in style.

With a weekend of dancing at various locations in Sussex, Saturday saw them dancing through Lewes, and on Sunday they started at Oldland Windmill in Hassocks before ending the weekend on a high at the South Downs Heritage Centre.

Crowds gathered in anticipation at the Heritage Centre, based at family-run South Downs Nurseries on Brighton Road, with seats filling half an hour before their arrival. At one point more than 200 people had stopped to watch the two sides, also accompanied by Hammersmith's famous Jack, as they danced traditional routines from across London and Sussex. They also raised over £70 for Sussex-based charity The Budding Foundation in the space of an hour.

"Ditchling Morris are always an eagerly anticipated date on our calendar," says branch manager Craig Brookwell.

"The event is always so well attended, and Hammersmith were a fabulous addition this year – they really got the crowd going." *Rebecca Houghton-Knapp*

**OLDLAND MILL** **2nd June** 2 pm to 5 pm. Join us for our next Open Day. Come and see inside the oldest regularly working windmill in Sussex. Refreshments, memorabilia and our own flour available. No vehicles allowed at the Mill. Please park in Grand Avenue near the Thatched Inn and either walk up Oldlands Lane or make use of the complimentary minibus. Further details on the website [www.oldlandwindmill.co.uk](http://www.oldlandwindmill.co.uk).

*Rebecca Street*

*We thank Brian G McAllister for the following letter:-*  
With nesting season in full swing we would like to offer heartfelt thanks to those farmers and landowners who spared a thought for wildlife whilst hedge cutting last year, and left some height and habitat to give our feathered friends, hedgehogs, dormice and others a fighting chance. Hopefully others may be inspired and follow your considerate work.

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*We thank Anne Slade for the following letter:-* I was interested to see the photo on the opening page of the April edition of Hassocks & Keymer Talk About.

I am in the picture but not named although my sister, Judith Poynter is on the front row and is named.

I am Anne (nee Poynter) right in the middle of the photo. On my right is Carol Anthony, and next but one on my left is Jane Sutton.

It should be Carol Hewison rather than Christine Hewison. Joyce is probably Joyce Mather.

I remember many of these names and some of the faces.

## MATHS TUITION

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Our mother Doreen Poynter was very much part of the Hassocks village community all those years ago. She was Chairman of the Hassocks Townswomen's Guild, sat on the board of governors at the Infant School and was Chairman of the Governors at the Primary School when Windmills was opened in 1962 by Basil Boothroyd. Alan Bishop was the Headmaster. She presided over the opening ceremony.

My mother passed away in 2017 at nearly 95 years old. She and my father never moved away from Hassocks.

**AN INTRODUCTION TO "LIVING STONES"** Saturday **8th June**. (2 – 5.30 pm) A free talk on an introduction to "Living Stones" by Roy Earle, with an opening talk on Caring for "Living Stones" by Suzanne Mace, will be held in the Club Suite at the Hurstpierpoint Village Centre, organised by the Brighton & Hove branch of the British Cactus & Succulent Society.

There will be free refreshments, as well as plants and seeds for sales. Plus find out more about the BCSS and the benefits of membership.

More information from David Bunyan (**01273 835284**)

*David Bunyan*

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### **FAMILY FRIENDLY ALL-INCLUSIVE MUSIC FESTIVAL** at Woodlands Meed School, Chanctonbury Road, Burgess Hill.

As the great Arthur Conley asked "Do you like good music? Huh that sweet soul music..." Well, the Friends of Woodlands Meed certainly hope you do as we are putting on a Family Friendly Music Festival at the school site in Chanctonbury Road, Burgess Hill on **22nd June** from 12 pm to 6 pm.

We have gathered some of the finest local musicians to come and play, the styles are all different so there is something for everyone, if you're into house and dance then DJ Emz is the woman for you, if soul and funk are more your style then check out Soulville or maybe you prefer a bit of indie in which case Octopuses have you covered. The Nixons will chill you out, Ben E and the Pets will have you rocking out, Crystal Clear will be banging out some well-known tunes and the Swing Street Band live up to their name and will have us all up and dancing!

Our thanks go to Burgess Hill Radio for helping us out with this event and we look forward to Daryn Buckley joining us to compete on the day.

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Also helping us out on the afternoon will be the amazing Steve Duff of Trickswap, who will be demonstrating and teaching circus skills such as diablo, poi and tightrope walking (only a low rope!) and George Gotsinas from Yellow Brick Lab who will be running 2 sessions (limited availability and pre-booking required) with his fabulous Educational Lego which involves both building and coding. Lovely local author Helen Baugh will also be joining us in the chill out zone where she will be reading her fantastic children's books, including The Witch with an Itch, and creating magic with some of the spells from the books. Signed copies will be available on the day with profits going to the Friends of Woodlands Meed. Our wonderful College students will also be on hand to sell you their wonderful Enterprise creations.

So, if you fancy an afternoon of entertainment, grab your picnic blanket and come along to what will be an amazing family friendly all-inclusive afternoon of great music, food, drink and entertainment.

Tickets are on sale now (kids under 18 free)

<https://www.pta-events.co.uk/woodlands-meed>

*Kate Halls*

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**NEWS FROM STONEYWISH** Easter is over and the year is hurtling on. The great lime tree which hangs over our house has put out leaves which will soon expand to fill the sky. Goodbye sunshine, we grumble. But we do not grumble for long for this tree is a whole world on our doorstep. The inner bark of its smaller branches, (the same bast that Russian peasants used for centuries to make their woven shoes), provides our local squirrels with weaving material for their nests. Lime bark has been harvested and soaked and the fine fibres used to make cordage since Mesolithic times. Man's first fish-nets, harnesses, and construction ropes were made from filaments such as these. Britain's rare native lime, of which we are lucky enough to have two on the Reserve, is actually called *Tilia Cordata* – cord lime – string tree. After the leaves, come the aphids. Anyone who has parked a car beneath a lime tree in summer, will be dismayed to find it covered in the thick honeydew that drips from thousands of aphids feasting in the canopy above. These aphids are a vital food source for brood-rearing birds. The honeydew is also food for ants, bees and certain butterflies. Next comes the blossom. The self-pollinating flowers of lime trees appear in June and July - five creamy petals per bloom, suspended in delicate clusters from pale green bracts. The flowers smell of honey, and provide a medicinal tea for humans, but for bees their nectar is quite literally the drink of the gods. Irre-

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sistible! I have known this tree hum aloud with bees on a sunny day, its green vault resonating like a bell. In autumn, the sugar-rich leaves turn golden and the first week of November they fall, filling the house, briefly, with reflected light. Nests which have been hidden by foliage all summer, are finally exposed to view. The nursery stands bare once more till spring. To live with this tree is to share in its mysterious energy. The moon rises behind its branches and the wind groans through them. It breathes. It is a tireless giver and teacher. Owls roost in it. Bats hunt round it. Imagine what secrets must be hidden from the casual observer. Is a tree ever just a tree? Even when it is dead it goes on being home and larder to innumerable creatures. Trees offer the continuity which holds whole ecosystems together. Their time is slow, though they are bound to the sun in a dance of perpetual change. Now scientists tell us what our myth-making ancestors suspected all along: that trees can talk to one another, feel pain, support companion trees... Isn't it time we stopped thinking of them as furniture in a passive landscape, inert and expendable? It might be, for humans, a small but vital step towards a new understanding of our planet home: seeing the complexity and the wholeness, without which, extinctions are simply a matter of course.

For the baby pigs at Stoneywish, May is one glorious outdoor romp. The new season's geese and ducks are

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hatching. The rush is relentless! Summer's hedgerows are already heady with honeysuckle and roses. Bluebells give way to campions. Campers dream of frost-free nights...

For the full programme of our History talks visit [www.stoneywish.com](http://www.stoneywish.com). They take place at 10.30 am at the Visitor Centre in Spatham Lane, tickets includes free coffee and fresh-made cake, an accompanying exhibition from the Stoneywish archive and relaxing chat in the garden! To reserve a seat please phone **01273 843498**. One last thing: the Russian lime-bast shoes lasted approx. 12 days before they wore out and had to be replaced, so plaiting new lapti was a peasant's constant task. However the old ones must never be thrown away. They were hung outside the cottage as protection against evil. In his old age, the novelist and aristocrat, Leo Tolstoy, taught himself to make lapti, 'demeaning' himself to engage in the tradition which had bound man and forest together as long as anyone could remember. The lapti disappeared, together with the peasants who wore them, in the early 20th century. The story of Tolstoy's 'stunt' however, returns with a richer message. On which note... Michael has just come home with news that he has heard the cuckoo. Hurrah!

*Rosemary Pavey*

**NATIONAL GARDEN SCHEME** is delighted to announce The Hassocks Village Garden Trail on Sunday **9th June** 1 pm to 5 pm at 13 Chancellors Park, 2 Ockley Lane and Parklands Road Allotments.

The two gardens on this trail are quite different but each have a wide range of unusual plants and shrubs. One is well established; the other looks established, but is relatively new. Each are excellent examples of use of space to include seating places, winding paths and a wonderful selections of plants. The 55 allotments are not to be missed either. Although early in the season the plots will be being prepared for a wide range of vegetables to be grown. The allotmenters will show you their plots and answer questions. Here there are spectacular views across the Downs and up to Jack and Jill Windmills and an ancient woodland lies along the north side of the allotments.

Everybody is welcome (No dogs) and children are free. The garden proceeds will go to the NGS charities which range from Mind to Hospices UK. Maps can be obtained at any of the three venues.

There will be home-made teas at United Reformed Church (1.15 pm to 5 pm). Refreshments are in aid of Family Support Work. Family support services are a community-based service that assists and supports parents in their role as caregivers; a vital help to families across the area. For further details:

[www.ngs.org.uk/find-a-garden/garden/36547](http://www.ngs.org.uk/find-a-garden/garden/36547).

*Jane Baker*

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*We thank Sandra Holmes for the following letter:-* I have just finished reading 'Hassocks From Railway Halt to Home's Estate' by Dianne Jones, borrowed from the wonderful Hassocks library.

I learned a lot, including finding out about Orchard Gardens "a rendezvous of thousands and one of the most famous pleasure grounds in the South East" with its boating lake and links of the village with Vera Brittain, Donald Sinden, Paul Scofield and Dirk Bogarde and a canteen providing hot midday meals 5 days a week at Keymer Church for evacuees of the Second World War. On page 41, the book talked about the Stafford Legacy. "Mr Stafford was an important benefactor who handed over Villa Adastra to the Salvation Army for an Eventide Home and Stafford House to the county education authority as a youth centre.

Surely I cannot be the only one to wonder how a youth centre, presumably gifted for the benefit of local children, has now become a development of very expensive houses and flats. Have some people gained masses of money for their own pockets in the intervening years? Does anyone wonder why the youngsters in the village are at a loose end in the evenings when the land formerly playing fields and buildings left for their benefit by Mr Stafford, are now privately owned homes?

Assuming the book reflects what has happened in this village, I do not rate this as progress.

### THE CLAYTON & KEYMER BRANCH OF THE ROYAL BRITISH LEGION WOMEN'S SECTION

We meet at 3 pm on the 2nd Thursday of each month at our headquarters in Woodslad Road, Hassocks. We are a friendly group and visitors are very welcome.

For further information about our activities, please contact our Chairman, Jenny Budd on **07719 922326**.

Our **13th June** meeting will be a social afternoon with a Beetle Drive. The competition is the 'Prettiest Rose'. A recent speaker was Martin Wilcox who provided an interesting yet in some ways shocking insight into the work of "Child Aid". I say shocking because of the almost unimaginable hardships suffered by children and their parents in Eastern Europe; namely Belarus, Moldova, Siberia & Ukraine. Here disability is seen as a stigma to be hidden out of sight. State aid is unavailable.

Child Aid is a Christian charity that raises funds through donations and sponsorship. It supports children with disabilities and their parents, by providing therapies, education, healthcare, and importantly social inclusion.

A Date For Your Diary: Our next Coffee Morning is on Saturday **15th June** at Age Concern Hassocks between 9.45 am and 11.45 am. Contributions for the stalls are always very welcome; raffle prizes, bric-a-brac, toiletries and cakes. You can bring them along on the day, to the branch meeting, or ring Jenny to arrange collection. We look forward to seeing you there.

*Liz Thomas*

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'**THANKS FOR THE MEMORY**' is the title of the forthcoming concert in which Hurst, Hassocks and Ditchling U3a Singers are looking forward to performing items from their repertoire.

This group of about 30 U3a members was formed 3 years ago and meet fortnightly to rehearse a varied programme representing many diverse musical styles ranging from Mozart to Mamma Mia! As we are increasingly reminded, singing promotes both health and mental alertness and rather than aspire to be a conventional choir this group's aim is to learn and sing music that's both fun for the members and hopefully fun to listen to!

The Singers give an annual concert, and this year was inspired by an appeal from Sheddingdean Baptist Church in Burgess Hill for funds to advance the Music for Memories Mid-Sussex project. Evidence shows that music can help people with Dementia to feel and live better and this scheme attempts to reconnect those experiencing memory loss with their memories, and allow loved ones to use the individualised playlist to communicate with family members. A personal 'Alive Inside Headset' delivers high quality music combined with safety features such as no external wiring.

The concert will also include solo Organ and Piano items by the singer's founder and director Marcus Martin and takes place on Friday **5th July** at 7.30 pm at St Cosmas and St Damian Church, Keymer by kind permission of the Rector, Fr. Alex Baxter. No tickets are required and



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there is no charge for admission although donations in aid of the project will be most welcome.

*Marcus Martin*

**HASSOCKS BIKE'N'FUN IS BACK!** This fantastic community, family event is now in its ninth year and will be held on Sunday **30th June** and includes a choice of local cycle rides and free bike health checks. The rides will be followed by a barbecue and entertainment at The Hassocks pub.

This is a fun event for the whole community, regardless of age or cycling ability, giving the opportunity to enjoy either a four-mile or an eight-mile partly - marshalled cycle route.

The shorter cycle route will go via Oldland Mill (which will be open for the event until 1 pm) and Ditchling, ending back at The Hassocks Hotel.

The longer route will go via Oldland Mill, Ditchling, Underhill Lane, Hurstpierpoint and back to The Hassocks Hotel.

The event starts at the Hassocks pub by Hassocks railway station between 10.30 am and 11 am (registration from 9.30 am).

Please check out the Hassocks Bike 'n' Fun Facebook page for more information about how to enter or pop into Proper or QD Stationery!

We look forward to seeing you all on the day.

*Pippa Crouch*

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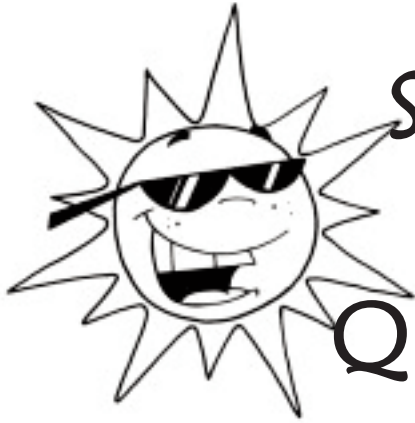
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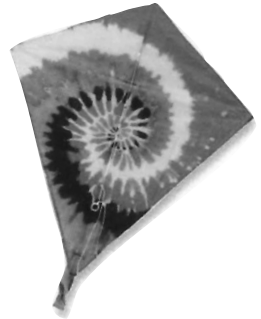
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**www.achassocks.co.uk** email: **enquiries@achassocks.co.uk** Follow us on Facebook Age Concern Hassocks. We have our own Charity Shop – Do pop in and take a look.

Lunches served daily – please call us to book, we can also help you get here on our bus! Do you know anyone who is lonely at home and could do with a nice lunch and some company? Refreshments for sale each morning and there is always cake to go with your cuppa.

Hearing Aid Maintenance checks/batteries are held here by Action for Deafness on the first Tuesday of each month 9.30 am, but only that day per month – NHS Only – just turn up and a waiting system is in place. On other days we do not hold batteries here, you do need to contact your supplier for these.

We have a Chiropodist and a Hairdresser here at the centre with appointments here Monday to Friday. Please do call us to book your appointment.

We have Scrabble, German Scrabble Art, Canasta, Mahjong, Knit and Natter and Craft sessions held here – new members always welcome please do come in and ask us in the office or take a look at our website. We regularly arrange in house entertainment and out-

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Our Charity Shop is open every day and also Saturday mornings too, do pop in and have a look, refreshments and cake available to buy! We are looking for more Volunteer Escorts to help assist our members on and off our mini bus safely, this could be just to help with our rotas to cover holidays or a regular weekly or fortnightly slot when available – do contact Kirsty for more information.

*Kirsty Hunnisett*

**HURSTPIERPOINT HISTORICAL AND GEOGRAPHICAL SOCIETY** Meets on the last Friday of each month in the Guides' HQ, Trinity Road Car Park. At each meeting we have a presentation, by an expert speaker on a subject with a historical or geographical flavour.

Our next meeting will be on **20th July** we will be given a guided tour of Danny House by the owner, Richard Burrows. Further information from the Chairman, Bill Kent, telephone **01273 832280**.

Come along and join us. New members are always welcome.

*Bill Kent*

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**THE WORLD IS THEIR OYSTER!** The students at Downlands are incredibly lucky! Last term two coach loads of students journeyed to Obertauern in Austria for the annual ski trip. The weather was stunning and reports from the students were of an unforgettable trip. Just before Easter, three more trips set off – one to Paris (Art), one to Berlin (History and German) and one to Iceland (Geography). These are the reports written by the teachers who led the trips:

Mr Smith – Geography Teacher - “Velkomin til Íslands! 2019 Trip to Iceland. On 10th April forty Year 9 and 10 students embarked on the annual Geography trip to Iceland, the land of fire and ice.

We began our trip with an incredible Whale Watching boat trip in the bay of Reykjavik. We were happily greeted by four humpback whales who put on quite the display for us during their feeding time. Students were treated with visits to some amazing physical landmarks such as Seljalandsfoss, Skogafoss and Urridafoss waterfalls and were soaked by the ever-erupting Skogar Geysir.

A highlight of the trip was the Lava Show where students were given the opportunity to witness real life lava in a contained environment. During the show, the room increased from 16°C to 53°C, all clad in our winter gear, it was a clammy affair! We finished our trip with an evening at Reykjavik Escape Rooms where the students

(and teachers!) were split into six groups and locked in various rooms with a range of clues and codes needed to escape.

All students were an absolute credit to Downlands and their enthusiasm and excitement was completely tangible.”

Ms Cavanagh – Head of Teaching & Learning/ History “Willkommen in Berlin! History & Modern Languages Trip to Berlin 2019. At the start of the Easter break twenty-nine year 10 students travelled to Berlin, for an immersive History and German experience.

We started with a treasure hunt in the hotel, testing students’ German skills, finding everyday objects in teams. Students visited the main sites of the city, including the Reichstag, Brandenburg Gate, Holocaust Memorial, Bernauer Strasse and East Side Gallery as well as Checkpoint Charlie. Sunday was a more sombre day, when students went to Sachsenhausen Concentration Camp just outside the city. In the evening we saw Berlin by night by travelling 203 meters above Berlin in the TV Tower.

On our final day, we went to the Olympic Stadium, built by the Nazis for the Berlin Olympics in 1936.

The weather was very kind to us, the students walked and walked (35 miles in 3.5 days), we travelled on many trains (how many stops?) and we ate many pretzels. Looking forward to Berlin in 2020.”




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Ms Moss – Head of Teaching & Learning/Creative Arts – Paris in the springtime! – Art & Textiles Trip to Paris 2019. “Thirty-one Downlands students visited Paris at the start of the Easter holidays. We had a fantastic trip. Our students were a credit to the school. Some of the highlights were a morning cruise on the River Seine, visiting the Montparnasse Tower for amazing views of the city and a trip to the artist quarters Montmartre. Students spent time in the world famous Musee D’Orsay and the Pompidou recording their experiences in visual diaries.” Students are looking forward to trips to Italy (English – visiting Verona) and China (International Schools) later in 2019.

*Nicki Burston*

## HASSOCKS PUB AWARDED RUNNER UP IN CELLER KEEPER OF THE YEAR 2019

Chris Lambe who has been landlord at the Hassocks Hotel, Station Approach East, Hassocks since 2003 was delighted to find out he had made the last 12 out of over 800 establishments that took part.

The final of London and South East Area Award Ceremony was on the 14th May in London and Chris was delighted to pick up the runner up award.

He was assessed using the Cask Marque accreditation process looking at beer temperature, appearance, aroma and taste. Line cleaning standards and cellar audits were

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This award was also achieved with the help of Robert Jenner and Dominic Ashby who are key staff in the cellar.



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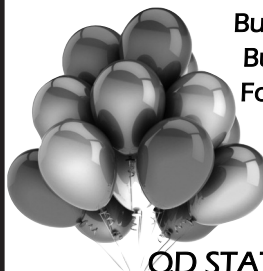
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### ACTION FOR CLIMATE CHANGE IS NOW HIGH ON THE COUNTY AGENDA

In April, West Sussex County Council unanimously agreed to do more to combat climate change and work towards making the County Council carbon neutral by 2030. HKD Transition and its fellow members of the South East Climate Alliance had hoped that the Council would have made this an unconditional pledge. We were also disappointed that WSCC decided not to join the increasing number of local authorities and most recently, the UK Parliament, who have declared that we are living in a time of 'climate emergency'. As our local County Councillor, Kirsty Lord, pointed out, with the average carbon footprint of a West Sussex resident well above the UK average, action is needed now. However, the debate was positive, with cross-party unanimity. Councillors called for decisive leadership including the appointment of an Advisory Board which would keep a watchful eye on the effect of Council actions on its carbon footprint and consult with local communities and businesses.

The emphasis on partnership and consultation tempted HKD Transition to flatter itself by wondering if its own recent work had influenced Councillors. Over recent months we produced a discussion paper 'What would a carbon neutral West Sussex look like in 2030 and what can we do now to help to get there?' It was discussed in detail with Kirsty Lord before the debate, and is now in the hands of Cabinet Member, Deborah Urquhart. It paints a picture of a carbon neutral County and suggests ways by which this could be achieved. (Details on [www.hkdtransition.org.uk](http://www.hkdtransition.org.uk)) Inevitably, the discussion paper is concerned with the big changes that need to be made. Over the next months, HKD Transition will be concentrating on small steps that can be taken by ordinary folk. Expect a range of 'meet ups' to discuss a whole range of possibilities – some new, some old, and some astonishing. How about scrubbing out your bird feeders for starters?

*Margaret Ford*

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**THE CHILDREN FROM THE WINDMILLS** always enjoy the opportunity to get out and about to extend their learning beyond the boundaries of the school – and this was certainly the case when our year 5 children visited Lag Wood in Hassocks! Our outdoor learning expert, Mr Barlow, planned a morning of activities for the children as part of their 'Explorers' topic. On the way to Lag Wood, they learnt some key map reading and orienteering skills which involved using a compass and they learnt how to navigate by using natural signposts such as the position of moss on trees.

Once in the wood, the children had the task of building a waterproof mini shelter. Some looked a bit more waterproof than others! Mr Barlow also pointed out to them a fungus 'King Alfred's Cake' which is used in survival situations when making a fire.

After a quick stomp back to school, the children worked in teams to build shelters that could house larger numbers of children. Mr Barlow showed them how to use a fire stick and the fungus to make a fire to boil some water – which was used to make hot chocolate - a well-deserved treat at the end of the morning!

The children had a great time and it was wonderful to watch them learning new skills and enjoying being outside in nature. The muddy clothes were proof that they got really stuck in with the various activities!

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As usual the spring and summer terms are super busy with many sporting activities. We have taken part in numerous events including netball, girls football, hockey, cross country, chess and dance to name but a few. We are particularly pleased to report our success once again in basketball – having become Mid-Sussex Champions for a second year running! The competitive spirit amongst our children is certainly rife when playing in such tournaments; we are proud of the way they conduct themselves on such occasions and congratulate all of them for the attitude and effort they put in to each and every event. They truly live up to our school values!

*Sue Bandy*



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*Off the Fence founder Paul Young with winner Wendy Cox and Jacky from South Downs Nurseries.*

### SOUTH DOWNS NURSERIES COMPETITION

**WINNERS** Wendy Cox from Burgess Hill was the winner of a giant raffle at South Downs Nurseries in Hassocks, winning an enormous chocolate hamper.

Staff at The Barn Coffee Shop & Restaurant wanted to run the raffle after Brighton based homeless charity, Off the Fence, reached out on social media asking for help to buy a shed so they could store much needed supplies at their Hove headquarters.

The raffle raised more than £400 to cover the cost of the shed, and garden centre staff member Andi Gennery, kindly spent his day off erecting the shed for the charity. Restaurant Manager Karin Reinger said: "Thank you to all our customers who entered, we are always blown

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away by the support we receive for all our fundraising throughout the year. People are so generous and we know it's making a real difference to people's lives".

A brother and sister team from Hassocks has won our Easter Bunny Hunt.

Joshua and Mia Patel-Zich (seven and four, respectively) were picked from hundreds of entries received for the free competition over the Easter fortnight.

Children were invited to take a form and follow clues around the site to collect all the bunny names for the chance to win. Joshua and Mia were thrilled to receive their prize.



*Hassocks duo Joshua and Mia Patel-Zich collecting their prize from Andy O'Brien at South Downs Nurseries.*

*Trevor Butler*

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**HASSOCKS WI** All the fun of the racecourse or casino without a single penny changing hands! Marie had done a wonderful job of organising four different games and appointing glamorous assistants to explain the rules and make sure everyone kept to them. Who would have thought that our ladies were so competitive? Very soon there were shouts and squeals from all corners of the room in pursuit of prestige and token prizes. Judging by the laughter and chatter a great time was had by all.

We also voted to support the two resolutions which will be the basis of the WI campaigns for the coming year. These will be, firstly, a challenge to the decline in rural bus services - something very close to our hearts in Hassocks - and also Don't Fear the Smear, combatting the decline in take-up of cervical smear tests. These are two very different resolutions, but both are passionately supported by WI members. Meanwhile, we haven't abandoned our previous campaign on reducing plastic pollution; we are exploring ways of reducing our own waste, and some members will be attending a WI conference in July on reducing the amount of plastic getting into waterways. Some members will also be joining a mass lobby for Climate and Environmental Action at Westminster on 26th June.

A group of ladies enjoyed a fascinating and informative visit to Farley Farmhouse, the Sussex home of photographer Lee Miller and surrealist painter Roland Penrose.

Crafters had an afternoon making jewellery, and walkers, readers, writers and singers met as usual. Many more outings and activities are planned, not least entries to the South of England Show in June and a tour of Shoreham Harbour in July.

We finished the meeting with a 'taster' from Burgess Hill Musical Theatre Group of their show Sister Act to enthusiastic applause.

June's meeting is on **17th June** at 7.45 pm in Adastral Hall, with a talk from a magistrate. Visitors are always welcome.

*Maureen Dodd*

**MUSIC FOR A SUMMER'S EVENING** Hassocks' own community choir, All the Right Notes, presents their annual summer concert on Saturday **22nd June** at 7.30 pm at the United Reformed Church in Keymer Road. There will be music by Elton John, Billy Joel, John Legend, the Mamas and the Papas, and Charlie Chaplin as well as songs from Rent, The Greatest Showman and 007's big screen adventures - and, as always, there'll be a few for the audience to join in as well. Tickets include a glass of wine/soft drink in the interval, and can be bought on the door, from members of the choir, or by emailing [alltherightnoteschoir@gmail.com](mailto:alltherightnoteschoir@gmail.com). Accompanied school-age children free.

*Paul Simpson*

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Now! We could talk about the amazing range of replacement doors that we have on display at our Ditchling showrooms or the wonderful solid oak dovetailed drawers that we make but we are going to start by describing something more mundane.

Let's start at the beginning. Perhaps you need new doors or a tall oven or an eye level fridge or new worktops. Perhaps some things need repositioning and some appliances need replacing. There are many different reasons people want to re-arrange their kitchens.

The first thing we do is come and give you some sensible intelligent design ideas. How can we change/sort/move around or replace the minimum elements of your kitchen to give you a refurbished kitchen that really works?

We do not try to sell you lots of new cabinets. We come and discuss how we can transform your existing kitchen with the minimum of fuss and expense.

Yes, we have a fantastic range of doors and worktops and sinks and taps and appliances and that is important but we are building our reputation on service and attention to detail.

So firstly, we simply come and discuss what you want or need. You will have your own thoughts. You may have lived with some real irritations but can't see a way to sort them out. We can add a professional designers eye. You might well be pleasantly surprised how inventive we can be at resolving difficult kitchen problems. We will do some sketches and scribble some plans and discuss costings and budgets. Then we will leave you with these ideas and let you mull them over at your leisure. There is absolutely no pressure. We are not sales people; we are kitchen designers, cabinet makers and kitchen installers offering an exceptional service to the local community at a sensible price.

If you like the ideas then we invite you over to the showrooms at Ditchling [just off the beacon road] to discuss your plans a bit further.

Then we come back on site and have another chat...then we will do a neat intelligible plan and a proper quote. Everything is done in a quiet and leisurely manner. We will never pester you. We will try to work within your budget.

We organise everything like the plumbing, gas fitting, moving a radiator or a new power point or making good an old wall right down to the painting and decorating.

When we arrive on the specified day we carefully remove all the contents of each cupboard and place the contents in a plastic storage box which we label. Then we complete the work. At the end of the refurbishment we put everything back in the cupboards...under your supervision. We clean and tidy as we go along. Our kitchen installers wear outside shoes outside and inside work slippers in your house. We try as best as we can to minimise the disruption, dust and the mess. All old doors and worktops are immediately removed. The kitchen doorway is sealed off by a new plastic doorway to keep the dust from the rest of the house.

When we're finished we clean everything from top to bottom and make it sparkle.

We leave you with a bunch of flowers and a brand new looking kitchen with a twenty year guarantee.

If that sounds like the sort of service you are looking for then please give us a ring.

**TO VIEW OUR WEBSITE PLEASE ENTER - [kitchencarousel.co.uk](http://kitchencarousel.co.uk) - in your address bar**  
(If you just Google our website you will only end up with loads of internet rubbish and other adverts.)

But the best thing to do is call our chief designer and arrange a free design visit.

**His name is Stephen Hamilton. His tel no is: 07565 722055**

Please note our extensive showrooms in Ditchling are only open by appointment!

Thanks for taking the time to read this.

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**DDWI** Sue introduced our speaker, Barbara Ehlers, who was here to talk to us about her work as a Silversmith. She has a studio on Ditchling Common, where she makes sterling silver jewellery and gifts. She treated us to an interesting and entertaining talk about the long history of silver. She told us that silver is claimed to be antibacterial and used to be regarded as a symbol of wealth, hence the expression "born with a silver spoon in the mouth". She took us through the history of hallmarks and their origins, and told us about the melting point of various metals. She explained how she made beautiful silverware, plus jewellery such as rings, bracelets, earrings and necklaces. She emphasised that when cleaning silver, only soft cloths should be used, and, you should not rub too hard, especially with silver plated objects as this can eventually remove the layer of silver, exposing the base metal. She displayed many of her beautiful items, which were much admired.

Our next meeting is on Tuesday **4th June** 7 pm for 7.30 pm, when Rhos Black will be talking to us on the subject: "Scandal Salvation and Suffrage". Meetings are held at the Old Meeting House, The Twitten, Ditchling. Guests are very welcome to attend up to 3 meetings before becoming a member. A donation is suggested.

*Sally Willis*



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**THE ACORNS** Booking has now started for Holiday Fun! the brilliant/great holiday club run by The Acorns team at Westmeston Parish Hall near Ditchling from **29th July to 23rd August**. Now firmly established, it caters for children aged 2 - 11. "It's just the best!" was the consensus from the children who came along last year. Please have a look at photos on our website. Chilled out days or busy days, the children can choose. Little ones bring their ride-on toys. With lots of activities and the freedom to choose to opt in or out, time just flies by. Sports, art and craft, den building, forest school adventures, nature trails, woodland walks, circus skills, cookery, puppet shows, theatre, music, dance and drama or time out in the beautiful natural surroundings. And on the final day a party day with perhaps a climb to the top of the Downs and a picnic and barbecued marshmallows when we get back to base! Who could resist? Choose half days or whole days, whole weeks or single days. Don't delay...book today!

Discounts apply for siblings and groups of friends. Booking forms are on our website [www.theacornsnurseryandforestschool.com](http://www.theacornsnurseryandforestschool.com) or available from The Acorns Telephone **01444 455081**.

email: [janetirwin@janetirwin.com](mailto:janetirwin@janetirwin.com)

*Janet Irwin*

**THE ARTS SOCIETY, HENFIELD** will be meeting at The Henfield Hall, Coopers Way, Henfield, BN5 6DB on Monday **10th June** at 2.30pm.

Justin Reay will give a talk on 'The Painted Ocean' with particular reference to the areas of Brighton, Shoreham and Worthing.

This is a change to the advertised lecture.

Guests welcome to attend. For more information call **01273 494633**.

*Stephen Wyman*

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**LAUNCH OF BURGESS HILL BIKE RIDE** The 27th Burgess Hill Bike Ride is being held on Sunday **9th June** and the main beneficiary this year will be Headway East Sussex. The ride is organised by the Burgess Hill District Lions Club and Burgess Hill and District Rotary Club: other beneficiaries of the Bike Ride will be local charitable projects supported by the organisers.

Claire Benson, Director of Rehabilitation and Reablement at Headway East Sussex said, "The money raised from this year's Burgess Hill Bike Ride will go towards sponsoring the gym at Headway East Sussex for 2019. Our gym is a key part of our rehabilitation service and our Personal Trainers use some of the very latest Technogym equipment to help our clients improve their mobility."

There will be three Bike Ride routes - 10 miles, 20 miles and 40 miles - starting and finishing at Queens Crescent Car Park, Burgess Hill, RH15 9DP (a change from usual). As always, there will be water stops and comfort breaks available, including snack bars and bananas.

Sigma Partners have agreed to sponsor the T-shirts again this year and these are free to advance entrants, subject to availability. Sponsorship forms and on-line sponsorship facilities via 'My Donate' are available for entrants. Raffle tickets can also be purchased.

The ride only takes place thanks to the efforts of over



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sixty volunteers who marshal the Bike Ride, register entrants, man water stops and look after the whole event. Many local firms, as usual, kindly provide water, chocolate bars and bananas for the riders, and provide a Bike Doctor service.

Registration on **9th June** will be from 8 am to 9 am with the start at 9 am and up to 9.30 am. Further information and Application Forms can be found on the Bike Ride website: [www.burgesshillbikeride.co.uk](http://www.burgesshillbikeride.co.uk). This year, we have introduced on-line booking on the website to ease the entry process.

*John Thomson*

## **THE ROYAL BRITISH LEGION - DITCHLING AND DISTRICT BRANCH**

To commemorate the 75th Anniversary of D-Day the Branch will be holding a D-Day Afternoon Tea on Saturday **8th June** at the Barn on Ditchling Village Green, from 2 to 4 pm.

Herbie Flowers, Michael Hinton and Rebecca Milford will be there to entertain you and Herbie has promised there will also be some surprises. Of course there will be delicious afternoon teas.

This event is open to everyone so please come along with your friends and family for a lovely afternoon.

For more information please contact me on **01273 845319**.  
*Margaret Bovill*



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**DOWNLANDS COMMUNITY SCHOOL SUMMER FAIR** is on Saturday **22nd June** from 12 - 4 pm. Don't miss our live music, BBQ, craft beer tent, G&T bar and Dog Show. We'll have fun inflatables, craft stalls and student stalls. Come and enjoy the fun!

*Justine*

**BRIGHTON CONSORT WITH THE NEW SUSSEX SINGERS** For their next concerts Brighton Consort (director James Dixon) will be collaborating with the mid-Sussex based New Sussex Singers (director Sebastian Charlesworth). The choirs will be presenting "As Shadows Fall", a programme of music for dusk, evening and the night – perfect for a beautiful summer's evening! Among the choral masterpieces on offer will be works by Parsons, Mundy, Shepherd, Tallis, Wood, Elgar, Schumann, Holst, Whitacre and Coates – music that spans six centuries.

The first concert will take place on Sunday **16th June** in St Wilfrid's Church, Haywards Heath at 6 pm. If you can't get to that one there will be another chance on Saturday **29th June** in St John-sub-Castro, Lewes at 7.30 pm. Tickets can be purchased online at [www.brighton-consort.org.uk](http://www.brighton-consort.org.uk), or by ringing **01273 833746**, or on the door.

*Mike Clemens*

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**HURST MONTHLY SOCIAL GROUP** Jo Kaddish gave us a most interesting & informative presentation on the R.N.L.I. They certainly undertake such wonderful work and are nearly all volunteers. Many thanks to them all.

At our next meeting on **5th June** Tannis Faulks, from Sussex Living Magazine, will be telling us about the work of the magazine. We were most grateful for the full page they gave us to advertise when we were starting the Group.

We now have 35 members but would love to see some more of you - do come & join us.

We meet at The Guide HQ, Trinity Rd, Hurstpierpoint from 2 pm to 4 pm on the first Wednesday of each month.

For more information please contact Dianne **01273 835284** or myself **07806 670359**. *Ann Tranter*

**PAWS & CLAWS ANIMAL RESCUE** Our Summer Fair is due to take place on Saturday the **29th June** at Adastra Hall from 10 am to 12 noon. There will be homemade cakes, jewellery, clothes, cards and gifts, books, dvds, cds, toys, household, tombola with a prize every time, and a raffle. Refreshments will also be available so do come and join us and pick up a few bargains!

*Rosemary*



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**RNLI TEA PARTY** Come and join us at 'Blue Haze' 50 Hurst Road, Hurstpierpoint on the **23rd June** from 2.30 to 5.30 pm for a delicious cream tea. Buy your tickets at the gate on the day and, if you fancy, a glass of Prosecco (for a donation) to complete your afternoon in Jo's wonderful garden. For more information call me **01273 832819**.

*Gill Johnson*

**LOOK OUT! YELLOW FISH ARE COMING TO HASSOCKS** Over the next month or two you may see the outline of a yellow fish alongside a drain near you! It will have been placed there by Downlands School students and the Scouts. It is part of an awareness training programme, devised by the Environment Agency, to remind everybody that 'only rain goes down the drain'. Unfortunately, sometimes nasties such as used cooking oil, paint, and engine oil are also tipped in. Road drains are designed to carry only rainwater to the nearest stream or river, which is why you sometimes see revolting looking scum in the Herring stream.

The yellow fish symbols will be placed on kerbstones or pavements near the drain, so the youngsters will not be in the road. Ask them what it all means. They will be pleased to tell you, and in the process we will all learn a little bit more about pollution and how we can reduce it.

*Margaret Ford*

## **reMEmber, THE CHRONIC FATIGUE SYNDROME SOCIETY**

reMEmber's annual sponsored walk will take place on Sunday **30th June**. The walk will start at 10.30 am and will be from Clayton Windmills to Ditchling Beacon and back. We would like as many as possible to join us, and help people who suffer from this debilitating long-term illness. You can get lunch in the Jack and Jill pub afterwards.

Sponsorship forms are available from reMEmber at PO Box 1647, Hassocks, BN6 9GQ, **01273 831733**, e-mail **me\_cfs@hotmail.com**. If you wish you can sponsor me, the secretary, through Just Giving by going to our website **www.remembercfs.org.uk**. Bill is in the picture wearing the T-shirt presented to us by Usain Bolt.

*Bill Kent*

**HEBER OPERA AUTUMN CRAFT FAIR** Heber Opera will be holding its autumn craft fair in Hurstpierpoint Village Centre on Saturday **19th October**.

Now is the time to book your pitch for the fair if you are a local crafter and would like to join us (table provided). For more details and a booking form please contact Bethan Jackson on **bjackson1501@icloud.com**, or **07990 514428**.

*Jenny Letton*



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**ADASTRA BOWLING CLUB – HASSOCKS** We are your local friendly lawn bowls club. If you are one of the few who missed our recent open mornings then don't despair. You are always welcome to come along for a taster and to look around the club. Just contact us via our website and we will arrange it. No equipment needed.

Don't forget we offer an optional trial membership for those new to bowling which includes four coaching sessions, by qualified coaches, which will take you to a level where you should be confident to compete in friendly matches. We can even loan you equipment to get you started.

We have bowling for all standards from internal club roll-ups to friendly and league level interclub matches for gents, ladies and mixed.

For more info and a membership application form follow the links below. Facebook @[adastrabowling](https://www.facebook.com/adastrabowling), Email: [adastrabowling.club@gmail.com](mailto:adastrabowling.club@gmail.com), [www.adastrabowling.club](http://www.adastrabowling.club).

*Frank Titford*

**HASSOCKS CROQUET CLUB** Croquet is a sport for everyone. New members welcome. If you would like to learn how to play Croquet or are already an experienced player why not consider joining The Hassocks Croquet Club. We are a friendly local club who play Croquet



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most weekdays in the daytime during the season (from April to October) at The St. James's Montefiore Cricket Club, Keymer Road, Hassocks (The road from Hassocks to Ditchling). Free parking in large car park. New players are able to borrow the club's mallets. For further details please contact

Jeanette Grant **01273 844836** or e mail to [hassockscroquetclub@gmail.com](mailto:hassockscroquetclub@gmail.com) or visit our Website [www.hassockscroquetclub.net](http://www.hassockscroquetclub.net)

*Tony Bright*

**GODLY PLAY** is a way for adults and children to hear Bible stories, then have a chance to think about them and take part in craft activities. Why not come along and try the activities or just pop in for coffee, tea, cake and a chat. Organised by Churches Together in Hassocks our next Godly Play will be on Saturday **22nd June** between 10 am and 12 noon at Hassocks United Reformed Church - the story will be told at 10.30 am. There is no charge and all are welcome.

*Darryl Sinclair*

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### **DEADLY NIGHTSHADE - "A POISON BOUQUET TO STRIKE HIM DOWN"** 16th June is Bloomsday,

a celebration of the life of James Joyce, whose novel Ulysses follows Leopold Bloom's escapades on that June date in 1904. Throughout Ulysses, Joyce uses flowers to symbolize romance and the lure of the exotic. Aside from fornication Joyce also tackles expiration, hallucination and urination. All of which (well, apart from the urination) remind me of another bloom that will be raising hell around Sussex in June.

Deadly nightshade looks innocent enough. A tall plant with lush leaves and purple, bell-shaped flowers. Later in the year the glossy berries will catch your eye; dangling temptingly like black pearls. It's in the plant family Solanaceae; related to potatoes and tomatoes. But deadly nightshade isn't the sort of relative you'd invite round for dinner. And you certainly wouldn't want it anywhere near the food. It is lethally poisonous.

Its name should be warning enough (and if not, colloquial nicknames such as 'Satan's Rhubarb' and 'Death Cherries' underline the message). In 1597, Elizabethan physician John Gerard warned us 'banish it from your gardens' and steer well clear but we obviously weren't paying attention. An internet search today reveals recent stories of accidental deaths, comatose children and a naked, hallucinating German monk.

It is reported (but possibly exaggerated) that just three

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berries will kill you. Symptoms start with a dry mouth, dizziness and urinary retention (ha – so there was a link to urination after all!) and progress to delirium, convulsions and a heartbeat so furious that it can be heard from several feet away. It's all downhill from there. Incredibly, the berries are the safest part of the plant – you wouldn't want to go anywhere near the roots.

Wicked witches would use the berries in a potion to make their broomsticks rise. Wicked women in Venice, looking for a similar reaction in their men, used deadly nightshade eye drops to dilate their pupils. The plant's scientific name belladonna means 'beautiful woman.' The potential side effects of this beautification would later be the answer to the question 'how do you make a Venetian blind?'

Barcombe botanist David Lang tells a tale of a student found staggering the streets drunk and disorderly. Nothing new there – until a police doctor saw his wide eyes and realised he had been poisoned by belladonna. He was rushed to hospital where it transpired that his landlady was trying to extract medicine from the berries and was straining them through the same strainer she was using to make his coffee each morning. You won't get a kick like that in Costa. So, be cautious of this killer as you walk the Downs in June to ensure that your life, which to paraphrase Mr Joyce is already a 'parenthesis of infinitesimal brevity', is not made any briefer.

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Michael Blencowe

**DITCHLING FILM SOCIETY** On Thursday **6th June** our film will be *Let The Sunshine In* – a sophisticated, romantic comedy/drama about the beguiling Isabelle (Juliette Binoche), a middle-aged, divorced artist living and working in a now gentrified part of Paris. Whilst looking for *The One*, the film charts the various wryly observed but failed relationships she has with amongst others, a conceited banker, a handsome but muddled actor, a sensitive, gentle fellow artist and a stranger whom she meets in a bar. These liaisons are dangerous in that they do not seem to provide her with the satisfaction she seeks and there is more talking than

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On Thursday **4th July**, we shall be screening The Big Sick

The films will be shown in Ditchling Village Hall. and start at 8 pm. Doors open at 7.30 pm. Free coffee, tea and biscuits are available and wine can be purchased by the glass beforehand. There is ample free parking behind the hall. Guests and temporary members are welcome payable at the door.

*Rowena Cager and Melanie Samuel*

*A thank you from Patricia Ritchie of Hassocks:-* I would like to express my heartfelt thanks to the lady who handed in my purse to Budgens at the beginning of April. The prospect of replacing all the cards as well as the money was overwhelming.

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**THE STUCKNESS OF LIFE** Do you feel stuck? An odd question, perhaps, or, maybe you get it. What do I mean by stuck? If you look at your life and ask if you are happy, fulfilled, content and enjoying the everyday things of which life is made, what is your answer? Is life working for you? Or are you stuck in the same patterns of doing and being which bring the same results, again and again, and which don't bring fulfilment or are simply not the results you want or dream of? Perhaps they bring very little that brings happiness or maybe they are patterns that bring real negative consequences.

The key phrase for me is, 'patterns of doing and being'. Do relationships 'always' turn out the same way and have you ever wondered why and have you ever wondered if they could be different? Or maybe there is something that you've always wanted to say, or to be, but somehow the moment never arrives for you to grasp the initiative or fear gets in the way of making that decisive move and speaking up. Or maybe there

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are things that you'd like to do, or be, or have, but somehow you don't think you deserve them or that so many other people need a piece of you that there is never enough time or energy for you.

When the world becomes difficult for us and our normal way of being doesn't give us what we want then problems can start. The kind of problems that lead us to seek counselling and therapy can appear; depression, anxiety, addictive behaviours or eating problems, relationship breakdown, stress, anger, fear and so on can all start to manifest when the world doesn't give us what we need or what we think we need. Sometimes the answer can be found by taking a good look inside ourselves.

Jon Henderson is a Psychotherapeutic Counsellor specialising in Transactional Analysis Psychotherapy. He trained at Wealden College of Psychotherapy in Crowborough and he works in private practice in Hassocks and at the Heeler Centre Hassocks and for the mental health charity Mind in Sevenoaks. To find out more go to [www.jonhendersontherapy.com](http://www.jonhendersontherapy.com) or ring **07470 785725** confidentially.

*John Henderson*

**DITCHLING MORRIS** once again celebrated the coming of summer, 1 May, on top of Lodge Hill at 5 am. This is one of our favourite days of the year and well worth the early start! What could be better than a magical sunrise, singing and dancing in a beautiful place, and spending time with wonderful people and members of the public. Find us on Facebook for our 2019 programme and see you next year, same place, and same time on 1 May 2020.

*John Bacon*

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Can you believe it's nearly the end of May and I celebrate, if that's what you can call it, my 67th birthday - I mean who wants to have a party about getting old certainly not me? You could say I'm not getting old I'm just not as young as I used to be, but I can say beyond a shadow of a doubt the discovery of the C.P.D Oil has helped me in many ways I swear by it, not everybody does. I don't want to be one of these people I see coming out of the chemist with shopping trolleys full of prescription drugs, my life may not be stress free or perfect, but I do plan to stay as slick like and fit for as long as I can.

Anyway, enough about me, here's an interesting little fact about the Stafford House development, when they started to convert the old building into flats which meant knocking down internal walls to make larger rooms the whole building begun to subside quite dramatically. A specialist team had to be brought in to stop it which entailed a lot of steel and concrete being used, so in the unlikely event of an earthquake hitting Hassocks the safest place to be is in the old Stafford House because nothing will cause that place to collapse ever!

Other than that useless piece of information there isn't a great deal going on in the village - so how about an appeal for help, you know the planters outside my shop which the Amenity Associations have taken over and made a beautiful garden some of the brick work needs some attention, a few bricks need replacing and a few cracks filling in. Is there anyone out there who is retired or otherwise who can help to tidy it up and make it look a lot nicer? Obviously any costs would be covered, we need to try and attract more people to visit our village. I know tidying up these walls isn't going to make a huge difference, but perhaps it'll show we care and are trying.

Just lately we've had visitors who have seen our cat lounge on Facebook who have travelled from London just to visit, some of these couples and families are thinking of moving out of London and living around here. I'm very proud of the fact that people will travel so far just to visit my shop and at the same time fall in love with the area enough to want to change location which is very important because like the Elephant, Snow Leopard and Rhinoceros I'm an endangered species. Gradually our retail shopkeepers will disappear, we can't survive on the High Street with footfall declining so rapidly which is a great loss to the generation of young people growing up, all they will know is how to shop online and get everything delivered which will increase the Carbon Emissions that will speed up Global Warming. I did wonder when I was watching the news and saw all those protestors in London about the environment how many of them go online to buy things and get it delivered, most I bet. I've had to stop watching these programmes about nature and the environment it just breaks my heart seeing all the death and destruction caused to wildlife round the world, I know it goes on I wish I could do more to stop it. My carbon footprint is very small but how do you cut out palm oil or stop using plastic? A question most of us ask every day!

I do enjoy writing this article but frankly I can't afford it, anyone out there fancy sponsoring this space?

Just before I go can I welcome the new managers of our fish and chip shop - Jackie & Tommy - who took over earlier this month I'm sure they are going to get it back to the standard it use to be so once again we can all enjoy top quality fish & chips.

*Thank you to all who support us - Steve, Nola and all out furry friends xxxx*

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