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LAST DATE FOR COPY for the January/February 2020 ISSUE is 9th December 2019

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> LOCAL ACTIVITIES ~~ Single Event Dates ~~

HASSOCKS JAZZ LUNCH Hassocks Hotel, Hassocks Tues. 26th Nov. 11.30 am Trad Jazz and Lunch. Bookings only call 01273 842113. All welcome HURSTPIERPOINT HISTORICAL SOCIETY Guide HO Trinity Road, Hurstpierpoint Fri. 29th Nov. 8 pm Clayton Tunnel from a different point of view - Derek Moore. Guests welcome LIGHT UP HASSOCKS Kevmer Road, Hassocks Fri. 29th Nov. 4 pm Torch Light Parade, Stalls and Big Switch On PAWS AND CLAWS Adastra Hall, Hassocks Sat. 30th Nov. 10 am - 12 pm Christmas Fair ST LAWRENCE CP SCHOOL **Trinity Road, Hurstpierpoint** Christmas Fair Sat. 30th Nov. 12 pm **BRIGHTON CONSORT** www.brightonconsort.org.uk - Holy Trinity Church, Hurstpierpoint Sat. 30th Nov. 7.30 pm English music for Advent and Christmas from the 16th century. Tickets 01273 833746 HURST MONTHLY SOCIAL GROUP The Guide HQ, Trinity Road, Hurstpierpoint Wed. 4th Dec. 2 pm Christmas Celebrations BURGESS HILL CHORAL SOCIETY St Andrews Church, Burgess Hill Sat. 7th Dec. 7.30 pm Christmas Concert - JS Bach's wonderful Christmas Oratorio. Tickets 07522 493966 FRIENDS OF WINDMILLS SCHOOL Windmills School, Dale Avenue, Hassocks Sat. 7th Dec 1 - 3.30 pm Christmas Favre

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PAINTER, DECORATOR



HENFIELD ARTS SOCIETY Henfield Hall, Coopers Way, Henfield The Art of Celebrating Christmas - Dr Sarah Pearson. Guests welcome Mon. 9th Dec 2.30 pm WOLSTONBURY WI Hurstpierpoint Village Centre The History of Panto & the 'Pantos wot I Wrote' - Mr. Douglas Eaton Tues. 10th Dec. 7.45 pm HASSOCKS HORTICULTURAL SOCIETY Adastra Hall, Hassocks Wed. 11th Dec. 8 pm Christmas Social Evening BURGESS HILL HORTICULTURAL SOCIETY Cyprus Road, Burgess Hill Sat. 14th Dec. 10 am - 3 pm Christmas Market with local groups and good causes. Free Entry STONEYWISH VISITOR CENTRE Spatham Lane, Ditchling Sat. 14th Dec. 10 am Xmas Festival - Exhib. & reading - Rosemary, plus medieval & renaissance instruments **NEWTIMBER CHURCH Church Lane, Newtimber** Candlelit Evening - songs, poetry & story telling. Tickets 01273 831877 Sat. 14th Dec. 7 pm **CHESTNUT TREE HOUSE** Greyhound Pub, Keymer Sun. 15th Dec. 12 pm Annual Christmas Carols afternoon - BBQ and Raffle HASSOCKS WI Adastra Hall, Hassocks Mon. 16th Dec. 7.45 pm Festive Fun **MIGHTY MAGNUS MEDICINE FUND Ditchling Village Hall** Herbie Flowers plus local and international musicians in Concert. Tickets 01273 845361 Sun. 5th Jan. 3 pm ~~ Clubs with Multi Events ~~ AD~ASTRA BEACON OF LIGHT SPIRITUAL CENTRE Adastra Hall, Hassocks Meditation Group 10.10 to 10.30 am Divine Service at 11 am Sun. 22nd & 29th Dec. 10 am doors open. DITCHLING FILM SOCIETY **Ditchling Village Hall** Thurs. 5th Dec. 7.30 pm Film - Green Book (12A) Thurs. 9th Jan. 7.30 pm Film - Shoplifters (15) HASSOCKS EVENING JAZZ Hassocks Hotel, Hassocks Tues. 10th Dec & 14th Jan. 8 pm Trad Jazz Evening. All welcome HASSOCKS FIELD SOCIETY Adastra Hall, Hassocks Mon. 25th Nov. 7.45 pm Working with Bats - Amanda Millar. Visitors welcome Mon. 9th Dec 7.45 pm Christmas meeting with Phil Gravett. Visitors welcome HASSOCKS TOWNSWOMENS GUILD Age Concern, Hassocks Tues. 26th Nov. 2.30 pm Knights & Ladies depicted on Brass Memorials - Elizabeth Lynn Mon. 9th Dec. Outing to Roundstone Garden Centre Tues. 17th Dec. 2.30 pm Christmas Party, Magic Show & Carols HASSOCKS VILLAGE MARKET National Tyres Forecourt Sat. 23rd Nov & 21st Dec. 9 am - 1 pm Local produce, bread, honey, cheese, wine, veg etc HURSTPIERPOINT GYM CLUB Hurstpierpoint Village Centre Fri. 29th Nov. 6.30 - 9 pm Christmas Fair - see article Sat. 30th Nov. 9.30 am - 1 pm Christmas Fair - see article

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HURST, HASSOCKS & DITCHLING U3A Fri. 13th Dec. 2 pm Fri. 17th Jan. 2 pm HURST VILLAGE CINEMA For films and showing times visit hurstfilms.com **KEYMER FOLK DANCE CLUB** Mon. 2nd. 16th Dec . & 6th Jan. 7.30 - 9.30 pm MID SUSSEX AMATEUR RADIO Fri. 29th Nov. 7.45 pm Fri. 6th Dec. & 10th Jan. 7.45 pm Fri. 13th Dec & 3rd Jan. 7.45 pm Fri. 20th Dec. 7.45 pm Fri. 17th Jan. 7.45 pm MID SUSSEX ASSOCIATION NATIONAL TRUST Thurs. 5th Dec. 2.30 pm Thurs. 16th Jan. 2.30 pm **RBL CLAYTON & KEYMER WOMENS SECTION** Thurs. 12th Dec. 3 pm Thurs. 9th Jan. 3 pm SUSSEX CHORUS 15th & 22nd Dec. 6.30 pm

Brian McAllister BSC MPHI 01273 447400 07775 610186 Brian McAllister BSC MPHI 01273 447400 07775 610186 Brian McAllister BSC MPHI 01273 447400 07775 610186 WWW.briansgardens.co.uk

Adastra Hall, Hassocks Weald Ukulele & Song Band Sussex Stories behind the News - Richard Lindfield Hurstpierpoint Players Theatre

United Reformed Church Hall, Hassocks pm Club Callers. All welcome Cyprus Hall, Burgess Hill Christmas Dinner Nag & Natter Evening Radio Night Christmas Quiz - Sue G6YPY Radio Night & Table Top Sale Clair Hall, Haywards Heath Christmas Past in West Sussex - Dr Caroline Adams History of the Royal Botanic Gardens, Kew - Sarah Oldridge CCTION Legion HQ, Woodsland Road, Hassocks Christmas Tea Bingo The Coach House, Sheffield Park Gardens TN22 30X

Christmas Music & Carols - The Manchester Carols. Tickets from National Trust

THE HASSOCKS TOWNSWOMEN'S GUILD met for their monthly meeting on the 22nd October and on this occasion instead of a usual speaker we enjoyed a craft afternoon which was organised by our Chairman, Sheila Southwell, after which refreshments were served and the raffle drawn.

On the following Saturday twenty one of our members attended our annual Federation Day along with members of other Guilds which was held in Adastra Hall. All



agreed the day was a great success and we look forward to meeting up again for a spring lunch.

We will next meet on the **9th December** for an outing to Roundstone Garden Centre, and this will be followed by our Christmas Party which will be held in our usual venue, Pauline Thaw Centre on the **17th December**. We have very interesting speakers lined up for 2020, so if you would like to join us please speak to Sheila Southwell on **01273 841106**. *Avril Williams*





Rob Eager rob@rootedgardens.com Henfield 01273 491556 / 07751 063546 rootedgardens.com

WAXWING - HOLD ONTO YOUR BERRIES Once there was a time when people believed that the rare appearance of a flock of waxwings was an evil omen; a portent of disaster, war or pestilence. Well, if Armageddon is the price I have to pay for a glimpse of one of these beautiful birds - then bring it on. Waxwings are dumpy, starling-sized birds which look like something from a Beryl Cook painting – all silky curves, coiffured crests and heavy makeup. Imagine an orangey-brown hand grenade wearing eye shadow and you're almost there. Add to it black, white and yellow wings jazzed up with a row of shiny, scarlet teardrops. These waxy red feather tips, which give the bird its name, are believed to be used in courtship; the biggest and best wing-bling belonging to the older males.

Waxwings roam in gangs – you're more likely to see twelve than one. To be next to a berry-laden bush when a flock descends is akin to being sat in a quiet pub when a drunken hen party bursts through the door. Waxwings announce their arrival with high-pitched chattering and excited trills, and greedily squabble over berries as if they were fighting over half-price handbags in the January sales.

Waxwings love berries. They can eat their own bodyweight in just a few hours. Once this flock of feathered Pac-Men have chomped their way through one berry bush they fly off to ransack another. Their reliance on berries is the cause of their irregular migrations or 'irruptions'. Every few years a failure in the berry crop in their eastern Scandinavian and northern Russian homeland sparks a winter-long, Europe-wide berry guzzling rampage which eventually leads them to our island. British 'waxwing winters' are by no means an annual event and we may go for years without seeing any waxwings in Sussex.



During some winters though, we hit the jackpot. At the start of November 2012 thousands of them arrived on the Northern Isles and throughout December the advancing waxwing tsunami surged south, binging on berries in Banff then Bolton then Birmingham then Bracknell. By mid-December they hit Sussex and flocks of the birds were reported all over the county. They're not fussy about where they dine; industrial estates, petrol station forecourts, parks and gardens - anywhere that can lay on a decent berry buffet. Out of town supermarkets have a habit of planting decorative berry bushes which attract waxwings. So look out for them over the coming weeks while you're shopping – you may find yourself an early Christmas present.

Michael Blencowe







Albany

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<u>NEWS FROM STONEYWISH - Part 2</u> Continued from last month

Here in Sussex we are hard put to find virgin forest and Stoneywish closes for the winter at the end of October, so I cannot invite you to 'bathe' here for a while, but I thought I could take you on a mental shinrin-yoku tour of the pinetum we planted a decade or two ago. The veteran of this pinetum is a Sequoia Wellingtonia (FACT) brought as a seed from the Sequoia National Park in California (FACT) 40 or more years ago (FACT). Originally planted in Ditchling churchyard, it was rejected out of fear that, like the pines which had fallen on the church roof in the storm of '87, it might prove dangerous in the future (FACT). Inspired by this specimen, which came to us as a gift, we bought other trees whose native homes around the world were under threat: Swamp cypress from Florida (FACT), Monkey Puzzle from Chile, Dawn Redwood from China, Cedar of Lebanon, Cryptomeria from Taiwan, (ALL FACTS). Over the years some have failed and others have thrived and are beginning to outgrow from their infant forms and assume their inherent greatness. NOW FOR-GET ALL THAT. We stand under a low spreading oak at the entrance to the pinetum. A hedgerow, heavy with haws and sloes and berries of the guelder rose encloses this area on three sides. A sandy path leads straight ahead but we choose instead the narrow, clipped, grass path which winds between the trees. The longer grass to either side is heavy with recent rain. The scent of wet



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leaves, wet blackberries assails us. A bird the size of a hand, with white flashes on its wings, flies out of the hedge and skimming past, too fast for recognition, buries itself in the dense foliage of a cypress ahead. In a mature forest the branches would close over our heads. Here we have to go to the trees. This one, with a sizeable, knotted trunk has spread its lower branches wide; the leaves are feathered, like yew, but pale, delicate, and beginning to acquire the rosy-golden tints of autumn. These leaves release a herbal scent when crushed. Next, a russet-tinged tree with fine needles reminiscent of curled seaweed. This one smells of lemon! (Limonene for the text-book fact-lover we left at home! Up ahead is a scots pine whose pungent terpenes bring the unmistakable scent of Christmas). On our right, a primeval candelabra of a tree, armoured with shield-shaped, spiny scales. There a dense cavern of branches encircling a trunk that glows red and amber. The ground underfoot is soft with dark debris.

Two fat green cones, the first the tree has borne, sit quietly swaying, gestating the seeds for future giants. When the wind picks up, the trees sway together, making their own music. Golden birch leaves spin down and settle on the grass. The long, blue-green fringes of a delicate pine exude astringent and tonic scents...



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There are more to explore... The longer you do this, the more time you require. It is like gin tasting. All the intoxication with none of the cost! Trees inhabit a timeframe so much vaster than our own, we can capture moments of eternity just by spending time with them. Sensing the sheer physical power of a tree can take your breath away and yet, ironically it is trees and plant life which give us life-giving oxygen. They also sequester carbon, bringing back to earth the elements which drive the natural cycles of the planet. These are facts too, but of a different order. These are truths we can feel with our fingers. I once laid my head against the trunk of a young ash tree and was astonished to hear a literal roar of water inside. It was spring and the sap was rising. No wonder our spirits rise in spring. Everything is levitating. At the end of forest bathing, the Japanese like to sit and make tea from the beneficial leaves around them - spruce needle tea is full of Vitamin C (FACT). But we don't need to know that. We just need to feel this sensation of the forest flowing through us. When all around are calling on us to be calm and patient, tolerant and life-affirming in our affairs, what better example could we have than the way of the forest? When fears about the future with all its problems are giving us high blood pressure, the trees offer a simple solution. Be with us. Be still. Feel the pain you inflict on us when you hurt us. Accept the bliss we offer as your birthright. My Japanese is non-





existent, so I have done the unthinkable and Googled: Tanoshi! I think, means enjoy!

Rosemary Pavev

HURSTPIERPOINT CHRISTMAS FAIR This year Hurstpierpoint Christmas Fair is being held on Friday 29th November 6.30 to 9 pm & Saturday 30th November 9.30 am to 1 pm in the warm surroundings of the Village Centre, Trinity Road, Hurstpierpoint.

Numerous stalls offering a wide range of gifts including: Comfort Cushions; Flamingo Paperie; Let's Read Together; Aurora's Tub Time Treats; Rustic Angel UK; RNLI; Help Palestine CoCoLtd; The Pickling Duchess; Hassocks Craft Group; Usbourne Books; Forever Living Products; Blendy Pens; Your Dream Event, plus: Scarves; Pictures; Chutneys; Cards; Jewellery; Books; Christmas Decorations; Cakes; Calendars; Wooden craft; Stocking Fillers; Genuine Crafts from Palestine and Bethlehem. Get a head start with your

Christmas shopping! Throughout the event home-made refreshments will be available. There is also a raffle and a children's tombola.

Admission includes a free tea or coffee - Children free. The Fair is organised by Hurstpierpoint Gymnastics Club.



Rebecca Hair

St Bartholomews Church Ann Street Brighton **CHRISTMAS EVE** 4.30pm CRIB SERVICE 11.30pm MIDNIGHT MASS HAYDN: St Nicholas Mass **CHRISTMAS DAY** 10am SOLEMN HIGH MASS MOZART: Spatzenmesse (K220)



HERBIE FLOWERS' CONCERT WILL BENEFIT CANCER BOY Ditchling Village Hall, Sunday 5th January at 3 pm

Fans of the popular musician Herbie Flowers will be delighted to know that he has a concert planned for the New Year. Joined by several well-known local and international musicians, he will play a range of music in a variety of styles that always prove very popular with his audiences.

Demand for tickets is expected to exceed supply so those interested should not delay in getting their tickets from Ditchling Post Office or by phoning Sylvia Bain on **01273 845361**. There'll be a magnificent raffle and refreshments will be available.

The money raised will go towards non-NHS treatment for a little boy with a rare, aggressive and life-threatening cancer. Eight-year-old Magnus has had major surgery, chemotherapy and immunology treatment since being diagnosed in January 2018, aged just six, with a stage four neuroblastoma and he has now finished his NHS treatment. Magnus's family is very thankful for the excellent NHS care he has received but, without further treatment such as new gene therapies now available in the United States, Magnus would have only a 30-35% chance of survival because this cancer usually recurs within five years. However, with gene therapy and other emerging treatments available abroad, his chances of long-term survival are much higher.

Magnus's parents are both nurses and the high cost of treatment in the US is beyond their financial reach, hence





the efforts of their family and friends to raise money to give Magnus the best possible chance of life. He has already undergone his first gene therapy treatments in New York and will have a real chance of survival if he's able to continue to benefit from these cutting-edge treatments.

The Mighty Magnus Medicine Fund was created in May to raise funds for essential treatment not offered by the NHS. Those wishing to help Magnus can do so by donating direct to his fund: Bank of Scotland Magnus's Fund 80-22-60, a/c 17458563. You can Gift Aid your donation if you are a UK tax payer, thus increasing its value by 25%.

Alternatively, Sussex residents can attend the delightful concert on **5th January**. Your support at this event would be greatly appreciated – please come along and bring your friends! *Sylvia Bain*

HURST MONTHLY SOCIAL GROUP The presentation by Stephen Hand, the manager of the Shoreham branch of The National Coastwatch Institution, was most interesting. Their role is to Spot, Plot & Report to the Coastguards and they are operational 365 days a year. A truly wonderful service & many thanks to Stephen and all his colleagues for volunteering to provide this service.

On the **4th December** we are having Christmas Celebrations with the Handbell Ringers - do come and join us.

Contact Dianne 01273 835284 or myself 07806 670359.

Ann Tranter





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 Woodsland 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**.

12th December will be a social event - our Christmas Tea. A big thank you to those who organise it, for their time and effort in providing such a scrumptious feast.

Thanks are also due for your support and contributions to the Christmas Fair we held in November, it's really appreciated; the funds raised help so many good causes.

Another recent fund raiser - our Harvest Table - proved a feast for the eyes and was sold to raise benevolent funds.

The Reverend Darryl Sinclair, the Minister of Hassocks United Reform Church gave a talk. Thought provoking - it was based around the harvest table; with a quiz about the air miles involved in ordering a take away pizza - a staggering tens of thousands of miles just for fairly basic ingredients - good reason to grow and buy locally. Darryl also gave a lively rendition of "Diary of a Church Mouse" by John Betjeman. Very entertaining, it made the point that selfish attitudes such as "I won't bother, the little bit I could do won't count" or "I'll keep quiet as nobody will listen to me" is not like-







ly to promote change, but by joining together in voice and deeds we can make a difference. A theme aptly demonstrated by all the efforts of those who support our coffee mornings, every little contribution counts. Finally, we look forward to seeing you all again in 2020 and extend our good wishes for Health and Happiness both at Christmas, and throughout the coming year. *Liz Thomas*

AGE CONCERN - Dale Avenue, Hassocks 01273 844461. Office hours between 9 am to 3.45 pm www.achassocks.co.uk email: enquiries@achassocks.co.uk Follow us on Facebook Age Concern Hassocks. We have our own Charity Shop. We are extending our Charity Shop and we are looking for some more Shop volunteers, if you are interested in helping in our shop please do contact us in the office. Hair Salon/Chiropody – We have a hair stylist and a chiropodist here each day. Please do call us and we will put you through to them to make your appointment. We have had our salon upgraded with some very accessible new basins and chairs which makes it very easy to help you feel more comfortable with having

your hair washed. Are you bored and lonely? Or do you know someone who is? How about coming along to our centre where





you can have a nice hot chocolate, selection of coffees and tea and cake and meet some new friends. We also serve lunch at 12.15 pm, two or three courses at a very reasonable rate. Do come along one day and have a look at our centre. Transport can be provided locally. We are your local Social Centre providing a warm and inviting environment to encourage people to venture out of their homes. If you would like to just come along one day please feel free to pop in and take a look. We have purchased a Table Tennis Table! Do let us know if you would be interested in having a go!

What a great day we had on our trip to Kew Gardens recently, the sun was shining and we enjoyed the Glass Sculptures all around the gardens. We recently had an afternoon of playing skittles here at the Centre, what fun that was! A few ex bowlers within our members! We will most definitely be arranging skittles again.

Knit and Natter – do come along on a Wednesday morning for a chat with fellow knitters, we are again knitting squares for the Salvation Army so please do come along. If anyone does have some double knitting wool to donate to us we would be very grateful.

Well Balanced Community Falls Prevention Service, in partnership with Mid Sussex Wellbeing and Active House Solutions are holding Balance classes here every Wednesday afternoon. Please call **01444 477191** to book your place.



Hearing Aid Maintenance checks/batteries are held here by Action for Deafness on the first Tuesday of each month 9.30am, 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 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 outings too.

Volunteering – Have you got time on your hands and would you like to help us out? We are looking for a Driver/Bus Escort to help our members on and off the bus, to help fill in some of our rota and also for holiday cover when some of our Volunteers are away. Please do get in touch and come and have a chat to us in the office.

We will be closed on 25th & 26th December and 1st January. Happy Christmas! Age Concern

THE LATE GRACE FRY I would just like to thank everyone who donated to Cancer Research UK in memory of my mother Grace. The donations totalled £522.

Richard





DITCHLING FILM SOCIETY Our Christmas film will be shown on Thursday, 5th December and is called Green Book - the 2019 Oscar winner. Don Shirley (Mahershala Ali), is a cultured, world class African/American classical and jazz pianist who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection he recruits a tough-talking bouncer called Tony Lip (Viggo Mortensen), a blue-collar worker who hails from an Italian/American neighbourhood in the Bronx. Despite their clashing attitudes to life and ideals, the two men soon develop an unexpected bond whilst confronting racism and danger in an era of segregation. The period in which the film is set is romanticised with a handsome palette that could have been lifted from an Edward Hopper painting. The film which is a warm comedy-drama was inspired by the true story of a tour and gives one a bumpy but enjoyable ride through the Deep South.

Director: Peter Farrelly, US English 2018, 130 minutes, 12A Cert.

Our first film of the New Year will be shown on Thursday, 9th January and is entitled Shoplifters. The story is influenced by the Japanese recession, including media reports of how people live in poverty and resort to shoplifting. Set in Tokyo, a Japanese couple, Osamu and Nobuyo, stuck with part-time jobs and hence inad-

equate incomes, avail themselves of the fruits of shoplifting to make ends meet. They are not alone in this behaviour as the younger and the elder of the household are in on the act. However, the unusual routine is about to change from carefree and matter-of-fact to something more dramatic as the couple open their doors to Juni, a

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beleaguered young girl. The reasons for the family's habit and their motivations come under the microscope and this excellently scripted film is a harrowing look at a working class family in Japan just trying simply to make ends meet.

Director: Hirokazu Koreeda, Japan Japanese 2018, 121 minutes, 15 Cert.

The films will be shown in Ditchling Village Hall. The films start at 8 pm. Doors open at 7.30 pm. Our hugely popular mulled wine and mince pies will be available before the screening of our Christmas film. There is ample free parking behind the hall. Guests and temporary members are welcome (payable at the door).

Rowena Cager and Melanie Samuel

BURGESS HILL CHORAL SOCIETY CHRIST-MAS CONCERT Start your festive season by joining us for our ever-popular Christmas concert, where we will be singing JS Bach's wonderful Christmas Oratorio. It is a dazzling work of Christmas music, with Bach at his most exuberant and tuneful. With its trumpets, drums and bells and joyful choruses, it will make a fabulous introduction to Christmas for all the family. The concert features a concert orchestra and young soloists at the start of their professional careers; it also includes carols for choir and audience related to each section of the Oratorio. The concert takes place on Saturday 7th December at 7.30 pm at St Andrew's

Church. RH15 0LG. Tickets are available from BHCS members, the Burgess Hill Town Council's Help Point, on the door, or phone 07522 493966. See also

www.burgesshillchoralsociety.org.uk.

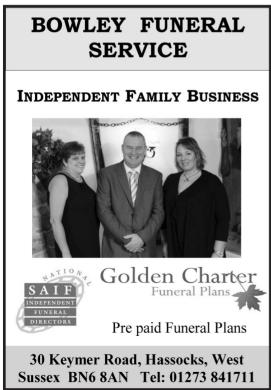
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<u>CROHN'S DISEASE</u> I have recently received the Autumn issue of 'Insider' the quarterly magazine from CICRA (Crohn's in Childhood Research Association) and have been reading interesting and promising news in the search for better treatment and for the cause and a cure of this serious illness.

The particular article is under the heading CD-Treat and tells of ongoing research, part-funded by CICRA - to replace the liquid diet (EEN) which is often used as the initial treatment for children and young people with active symptoms of Crohn's Disease. This liquid diet can require feeding directly in the stomach using a tube passed via the nose and taken for 8 weeks without any other food.





A new dietary therapy that works as well as the liquid diet but does not involve stopping all normal food would obviously be more acceptable and appealing to most people with Crohn's Disease. CD-Treat is an exciting prospect as research continues to bring this about.

It is a very informative article - one of many in the 'Insider'. I have a few copies of the free magazine if anyone would like one - and can obviously get more if required. Please ring me on **01273 845291** if you are interested. Stay well! *Dorrie*

ST LAWRENCE CP SCHOOL, HURSTPIER-POINT is holding its Christmas Fair on Saturday **30th November** from 12 - 3 pm. A fun afternoon for all the family, highlights include Santa's Snack Shack, Bar and BBQ, Raffle Draw and Elfridges' Toy and Gift Store among many other stalls.

Doors open at 12 noon, we look forward to seeing you there! *Clare Ashurst*

THE BURGESS HILL DISTRICT LIONS CLUB HAVE BEEN INVITED BY BURGESS HILL RADIO TO HELP SANTA IN HIS GROTTO AGAIN! You can visit Santa and his elves at 89 Church Walk on all Saturdays and Sundays plus 19th, 20th and 23rd December from 10 am to 12.30 pm and 1.30 to 4 pm, Christmas Eve from 10 am to 12.30 pm where you will be given a chance to talk to Santa and take photos. No booking required. All profits raised will support Woodlands Meed School. Tony Parris



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My name is **Stephen Hamilton**. I have been designing kitchens for over thirty years. If you are thinking of a new kitchen or just a possible refurbishment, please do give me a call. On my first visit I simply scribble some ideas and plans and give you some rough idea of costs and budgets. I'll leave this with you to mull over. No pressure! Just take your time and have a good think about it. I have been told I create original and ingenious ideas you may not have considered. Then, if you are still interested, I'll come back and discuss it in more detail. Still no commitment. Or you can visit our showrooms or...if you like, you can pop along to one of our very satisfied clients who will proudly spin you round their new kitchen for a few minutes.

Website: kitchencarousel.co.uk email: info@kitchencarousel.co.uk Call me Stephen Hamilton for a chat about your kitchen: Mobile: 07565 722055

SUSSEX VALE ROTARY be quite busy and had an excellent evening at our annual Race and Quiz Night, raising £1,700 for our charitable causes, as well as sharing an entertaining and amusing event. Our support of the Memory Moments Café in Hurstpierpoint is proving successful, with more people coming along to meet others for tea, coffee & cake, and be entertained in a relaxing atmosphere. The Café meets on the first Thursday of each month, between 2 and 4 pm at Court Bushes Recreation Centre, Willow Way, Hurstpierpoint BN6 9TH, you can

find out more at www.knowdementia.co.uk.

Preparations continue for Light Up Hassocks on **29th November** - we are hoping to sell all our Hassocks calendars as they provide the finance to pay the costs of putting on the event. So, if you enjoy LUH and would like it to continue, please buy one. They have wonderful local photographs provided by the U3A photographic group.

November continues to be busy as we are helping the 'Link To Hope' charity by packing Christmas shoe

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Sussex Vale Rotary draws its members from Burgess Hill, Ditchling, Hassocks, Hurstpierpoint and surrounding areas. If you are interested in learning more about Rotary International and how you can help, please contact our club secretary on secretary@rotary-sxvale.org.uk, or 07546 111996, who will be pleased to hear from you. We can also be found on Facebook and our website is available at www.rotary-sxvale.org.uk. Duncan Honeyman

ANNUAL CHRISTMAS CAROLS We would like to extend an invitation to join us and our team for the annual Christmas Carols afternoon in The Greyhound Pub, Keymer on Sunday **15th December** from 12 pm onwards. Raffle and BBQ raising funds for Chestnut Tree House. Please come and join us for a great family event - all would be very welcome. Sean and Alison

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NEWS FROM SOUTH DOWNS GARDEN CEN-TRE



Paul Young and South Downs Nurseries' team members Jackie, Chloe and Carolyn.

The Hassocks Garden Centre has been busy collecting hats for its autumn woolly hat campaign.

Paul Young from Brighton-based charity Off The Fence paid a visit to South Downs Nurseries to collect the generous number of hats the customers donated in just a few weeks.

This homeless charity has been doing amazing work for over 20 years in Brighton and Hove, and its vision is to

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end poverty in the local area.

"Staff and customers have been amazing", explains Sarah Mead from the Brighton Road store. "They donated all manner of headgear and it's great to help Paul and the team at Off The Fence who do such good work assisting the vulnerable."

To find out more about this charity please visit **www.offthefence.org.uk**.

Santas Toy Factory - Santa's grotto which last year raised over £23,000 for a local children's charity is setting its sights even higher for 2019.

Among the projects to have benefited from The Budding Foundation's event at South Downs Nurseries last Christmas were gardening and conservation project with several local schools and clubs, as well as respite care and equipment for disabled youngsters. Smaller grants included school uniform assistance, educational laptops and course fees for young people trying to turn their lives around. The fund was also able to meet the shortfall in funding for the Burgess Hill youth minibus.

Now tickets have gone on sale for this year's mammoth Toy Factory in Hassocks as well as for a brand new destination at Old Barn Garden Centre at Dial Post near



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Horsham where Santa's Enchanted Forest will see a magical plantation come alive with a story telling owl, enchanting music and even waterfall. а Clive Gravett, founder of The Budding Foundation said: "We are very excited to have been given this opportunity by Tates of Sussex to open our second grotto. The Tate family fare very kindly funding the construction of the grotto, and you can book online direct with us so all of the ticket revenue comes straight to the charity. "We are hoping to raise more than £40,000 this year from grotto ticket sales and other associated Christmas activities. We are also looking for more volunteer elves, so if anyone can spare a few hours or even a few days over the Christmas period. please get in touch." For more information, contact the charity via their website www.thebuddingfoundation.co.uk. St Peter & St James Hospice - Carol Hughes from St Peter & St James Hospice popped into a Hassocks garden centre (24th October) to collect a cheque for a whopping £1,791 from a charity coffee morning held at South Downs Nurseries earlier this month (11th October). With Carol are James, Steve, and, most importantly - coffee shop assistant Jackie who is the fundraising superstar at the Brighton Road store, raising more than £1,500 of this total selling raffle tickets in the run-up to the coffee morning!

"Many thanks to everyone who participated or supported the coffee morning at South Downs and helped us to raise this fantastic amount of money for a worthy cause", said Rebecca Houghton-Knapp from the garden centre.





James Moore, Steve Parsons and Jackie Laughton from South Downs Nurseries with Carol Hughes from St Peter & St James Hospice

Tates Garden Centres, which runs the Hassocks attraction, held the fundraiser to mark Hospice Care Week. Each of its four Sussex sites (Newhaven, Hassocks, Portslade and Dial Post) donated profits from hot drinks purchased during the morning. Representatives from each centre's chosen hospice were present at the coffee morning which also welcomed local dignitaries, such MPs as "Collectively, the four garden centres raised over £4, 100 during this year's event", added Rebecca. "That's a huge increase from last year's total of £2,500 and we are most grateful everyone who contributed." to The raffle, held at each site, was to win an afternoon tea for two, with a draw for every 50 entries. This raffle raised over £2.000 with over 30 winners collectively across the Trevor Butler, Rebecca Houghton-Knapp centres. and Sarah Mead

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AN EARLY CHRISTMAS FROM BRIGHTON

CONSORT Christmas is coming early for Brighton Consort – by over 400 years! The choir's next concert in Holy Trinity Church, Hurstpierpoint will feature English music for Advent and Christmas from the 16th century. There will be choral gems by William Byrd, Robert Parsons, Orlando Gibbons, John Bull and Thomas Weelkes. Brighton Consort will be appearing alongside The Ashdown Consort of Viols, who will accompany the choir and also perform instrumental pieces from the same period. This is the perfect occasion to get into the heart of truly historical seasonal music.

The concert will take place on Saturday **30th** November at 7.30 pm. Tickets can be purchased online at www.brightonconsort.org.uk, or by ringing **01273 833746**, or on the door. *Mike Clemens*

DO YOU VALUE YOUR NATURAL ENVIRON-

MENT? The Woodland, Flora & Fauna Group are a nature conservation group striving to conserve our local countryside and wildlife. We restore meadows, woodland ponds, nature reserves, and undertake projects to sustain endangered wildlife populations in Hurstpierpoint and surrounding settlements.

We have many projects underway but are desperate for volunteer assistance. Could you help us please? If you



can please contact me on **01273 834001.** Or email **dralianmarine@aol.com**. *Michael Nailard*

CANDLELIT EVENING Tickets are now on sale for a candlelit evening celebrating Christmas as Sussex used to, with folk group Cotillion at Newtimber Church. A festive evening of songs, poetry and story telling on Saturday **14th December** at 7 pm.

Tickets in advance include interval mulled wine and mince pies etc.

Call Lucy 01273 831877, lucy.newtimber@icloud.com or Gill 01273 835013, gillian.bedlam@googlemail.com

Newtimber Church, Church lane, Newtimber BN6 9BT. A pretty Downland church with heating, snuggly blankets and a superb raffle. *Lucy Dalrymple*

THE ARTS SOCIETY HENFIELD will meet on Monday **9th December** at 2.30 pm at Henfield Hall, Coopers Way BN5 6DB. The event title is The Art of Celebrating Christmas. Dr Sarah Pearson will describe and illustrate the ways of depicting Christmas from the Middle Ages to – almost – Modern Times.

Guests welcome to attend for a fee. More info call me on **01273 494633**. *Stephen Wyman*



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FREE IT SESSIONS? The next sessions are 26th, November and 3rd and 10th December.

Free technology help sessions for the over 60's at Hurstpierpoint College, starting on Tuesdays during term time, in collaboration with Mid Sussex Older People's Council.

The friendly students at the college will be on hand to help you with any technology related questions you may have, every Tuesday during term time from 2.30pm until 3.30pm with time for a coffee and chat afterwards.

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

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

No need to book, just turn up. For any questions, please leave a message on our answerphone 01444 242760, or e-mail Nicola4@msopc.org.uk.

Nicola Brotherton

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HASSOCKS WI ANNUAL GENERAL MEETING Boring? Not a bit of it!

After the necessary initial business, the 49 members present were entertained with a pictorial review of the many and various past year's activities, by President Hilary.

The WI Choir and the Christmas Fairies, helped us celebrate last December, and in January Resolutions were made to enhance local bus services, and promote the importance of smear tests for women.

Recycling was February's topic, and Dr Hilary Morris gave a thought - provoking talk on 'Women in Medicine' in March.

A Casino Night and a 10th Anniversary Party followed.

In June the Hall was transformed into a courtroom, complete with trial.

In July we welcomed Ian Gledhill, for a well - researched talk on the history of 'The Seaside'.

In September we experienced Paracise with Maxine, an enjoyable musical routine (no floor work!)

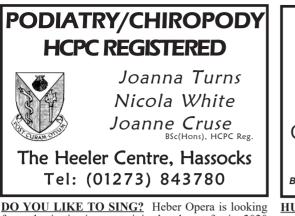
Hilary reminded us of past trips to the Sky Garden, the Albert Hall, Leonardslee, West Dean and South Bank - the latter aiming at lobbying MP's on the subject of climate change.

We spent a busy afternoon making cushions for breast cancer patients, and produced successful entries for the South of England Show, and the Autumn Show at Ardingly.

We will be at 'Light Up Hassocks' with cakes and crafts, on **29th November**.

Kate Hastings





DO YOU LIKE TO SING? Heber Opera is looking for enthusiastic singers to join the chorus for its 2020 production of Martha by Freidrich Von Flotow. Rehearsals for this jolly opera start in January for performance in May 2020 and we would like to arrange to meet interested singers from 7.30 pm on Sunday **8th December** in Hurstpierpoint Village Centre. An ability to read music is an advantage but not essential, as rehearsals are designed to be supportive and encouraging. All voices are welcome, but we would particularly like to hear from tenors and basses.

Please contact Heber Opera's Musical Director Michael Withers on **07802 735190** or **heber@michaelwithers.co.uk** to find out more and to arrange a time to meet on **8th December**.

For	more	about	Heber	Opera,	visit
www.heberopera.co.uk					or
www.facebook.com/heberoper				Jenny Hawkes	





HURSTPIERPOINT HISTORICAL AND GEO-GRAPHICAL 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 29th November starting 8 pm with a talk by Derek Moore whose subject is "Clayton Tunnel from a different point of view" - with particular focus on the south end of the tunnel.

On **31st January** our speaker will be Ian Gledhill whose presentation will be about Art Nouveau.

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

PAWS & CLAWS ANIMAL RESCUE Our Christmas Fair is due to take place on Saturday **30th November** at Adastra Hall from 10 am – 12 noon. There will be homemade cakes, jewellery, clothes, Christmas cards and gifts, books, DVDs, CDs, toys, jigsaws, household, tombola with a prize every time, and a Christmas raffle. Refreshments will also be available so do come and join us and pick up a few bargains!

I am afraid this will be the last event I will be organising at Adastra Hall. I have done it for 18 years and am sorry to say that age is beginning to catch up on me! If there is anybody out there who would be willing to take over please let me know on **01273 846946**. *Rosemary*

<u>CONGRATULATIONS TO SUPER STITCHER</u> <u>JUDY TILBURY</u> who for the 3^{rd} year running has raised another £1,000 in memory of her son Mathew and husband Roy for Headway East Sussex.

So many of her amazing stitcheries are needed to be made and sold to raise this amount.

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