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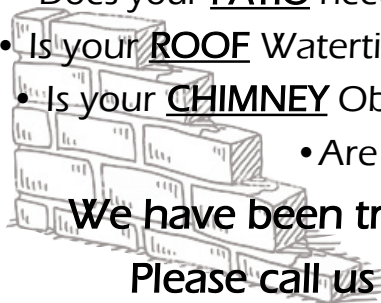
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*We thank Dave Packham for this old photograph of Hurstpierpoint Gymnastics Club (date unknown)
a few names are missing - if anyone can help let us know address and email on inside cover.*

Back Row: Roger Bentley, Unknown, Unknown, Tom Maskel

Front Row: Unknown, Percy Gladman, Ernie Clark

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LOCAL ACTIVITIES

~~ Single Event Dates ~~

HASSOCKS WI

Mon 16th Mar 7.45 pm

HURST, HASSOCKS & DITCHLING U3A

Mon 16th Mar 2 pm

WOLSTONBURY WI

Tues 17th Mar 7.45 pm

MID-SUSSEX HEALTHCARE PATIENT PARTICIPATION

Thurs 19th Mar 7 pm

STAR CINEMA

Fri 20th Mar 7 pm

SUSSEX CHORUS

Sat 21st Mar 7.30 pm

HASSOCKS TOWNSWOMEN

Tues 24th Mar 2.30 pm

HASSOCKS JAZZ LUNCH

Tues 24th Mar 11.30 am

HURSTPIERPOINT HISTORICAL SOCIETY

Fri 27th Mar 8 pm

Adastra Hall, Hassocks

Shops and Shopping

Hurstpierpoint Village Centre

Where Do Novelists get their ideas from? - Bobbie Derbyshire

Hurstpierpoint Village Centre

Sussex murders & misdemeanours in the 18th & 19th centuries - Paul Green

United Reformed Church, Hassocks

AGM! Hear from MidSussex Wellbeing and services it provides

Adastra Hall, Hassocks

Film - Yesterday. Tickets on the door

King's Church, Burgess Hill RH15 9LR

Bach - St John Passion. Tickets eventbrite.co.uk

Age Concern, Hassocks

AGM - Kent, Sussex & Surrey Air Ambulance

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Sat 28th Mar 10 am - 12 pm

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APRIL

HURST MONTHLY SOCIAL GROUP

Wed 1st Apr 2 pm

HASSOCKS CROQUET CLUB

St James Montefiore Cricket Club Pavilion, Keymer Road, Hassocks

Thurs 2nd Apr 10.30 am

THE WOODLAND FLORA & FAUNA GROUP

Fri 3rd Apr 7.30 pm

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Sun 5th Apr 2 - 5 pm

HASSOCKS FIELD SOCIETY

Mon 6th Apr 7.45 pm

The Arts and Craft Movement - Gardens - Katherine Collett. Visitors welcome

HASSOCKS HORTICULTURAL SOCIETY

Wed 8th Apr 8 pm Discussion about rose varieties & growing tips, demo - propagation & pruning - Ray Martin

MID SUSSEX ASSOCIATION NATIONAL TRUST

Thurs 9th Apr 2.30 pm

The Title of Chichester - Romans to Counterculture - Hilly Sloan

~~ Clubs with Multi Events ~~

HURST VILLAGE CINEMA

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KEYMER FOLK DANCE CLUB

16th, 30th Mar & 6th Apr 7.30 - 9.30 pm

The Guide HQ, Trinity Road, Hurstpierpoint

Re-cycling - Colin McFarlin

Annual Coffee Morning

Hurstpierpoint Village Centre

Making Nature Count - Clare Blencowe

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Thurs 9th Apr 3 pm

Sat 11th Apr 9.45 am

Hurstpierpoint College
Cyprus Hall, Burgess Hill
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Legion HQ, Woodland Road, Hassocks
Flower Arranging Demo - Liz Thomas. Comp - Garden Photo
Coffee Morning at Age Concern

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NEWS FROM STONEYWISH Well, the country saying is 'February fill-dyke' and this month has certainly done its best to live up to its reputation. Though lucky compared with no other regions, here in Sussex we have had our own share of floods and gales. The streams at Stoneywish are swollen, the ponds brimming. Spatham pond has burst its bank and half-emptied into the Bevan stream and the ground is temporarily too wet for any work in the Farm Centre. Instead, we have turned to the sad task of felling ash trees stricken with ash die-back disease. The feeling is palpable here, as in many places, that all is not well with our environment. This is gloomy talk for new year and, like other observers, I am reluctant to use that word 'environment' which suggests are disconnected between humans at the centre of things and the rest of the natural world, a kind of suburb or encircling envelope. As I see it, we are the suburb too, part and parcel, and if something is wrong there it is most probably wrong here too. Einstein stated that it was impossible to solve a problem by employing the same thought processes which had created the problem in the first place. If he was right, we cannot stay fixed in our rationalist mental citadel and 'fix' anything out there. Ancient Chinese Taoist teaching encourages attuning one's life to the energy or 'flow' of Nature. In Chinese medicine, the body is a world in miniature with its own


internal weather systems. Health is determined by the balance of inner heat, damp or wind. Too much fire or too much water brings disease. For the Highland Mayans of Guatemala each individual was a microcosm, with bones for rocks, blood for rivers, muscles for animals and so on. The task of each villager was to feed Life (with a capital L) by creating and sustaining pathways of beauty in his or her own small life. All were challenged to remember their cosmic origins so that they would be fit to return there one day. These views from other cultures, fanciful as they may seem to a Western mind, offer reassuring alternatives to our own often bleak world-view. When the newsreaders and weather forecasters have finished their dismal reports, we need space and calm to explore our own more positive connections to the world which gives us life. For Nature is surely more than wallpaper to enhance our holiday snaps, or a mat for us to exercise on, or a fridge for us to raid. It is, acknowledged or not, the intelligent source and substance of our own nerves and molecules. The ash trees, the flood-waters and even corona virus, are surely telling us that the world is not static, inert, or bound by our mental equations. At a casual glance, the sick ash trees looked sound before they were felled, but each log reveals a black spot at its core where the rot has taken hold. Left to run its course, the disease will kill a strong tree in a couple of years

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when the entire trunk may, without warning, crash to the ground. The Chinese dictum of 'strong outside - rotten inside' does not need spelling out. Eco-systems which show small signs of disturbance may actually be in deep trouble, for everything depends on the tiny interactions we are often too busy to notice. The humblest weeds and insects turn out to be the capillaries which feed the heart of the whole and if you have once experienced their mysterious ministry it becomes almost impossible to justify disrupting them. Floods or no, Stoneywish is open again and The Giant Bunny Hunt will return here every day of the Easter Holidays, with a prize of free mini-chocolates for every entrant.

On **24th April**, David Rudling opens our new season of History Talks with a fascinating glimpse into the life of a fellow archaeologist. Ivan Donald Margary (1896-1976) 'Officer, Gentleman, Scholar and Philanthropist', is perhaps best known for buying Fishbourne Roman Palace on behalf of the Sussex Archaeological Society, but he was also an authority on Roman roads and a colourful figure in his East Grinstead locality. David's talk begins at 10.30 am at the Visitor Centre in Spatham Lane and ends with coffee and home-made cake and the usual convivial chat. Details of all our talks can be found on our

website: **www.stoneywish.com**. Please phone **01273 843498** to reserve a seat.

Now time to find wellies and see what is doing outside. In this lull between showers I find the snowdrops have gone over, but there are new islands of sweet violets among them and self-seeded crocuses. Primroses, those lovers of wet, are in between. Spring asserts itself, undeterred, with 'business as usual' and seeing it, I cannot help but be hopeful.

Rosemary

STAR CINEMA The next film Yesterday is on Friday **20th March**. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent. This is a feel-good film which is a glowing tribute to the Beatles and their music. Doors open at 7 pm, film starts at 7 30 pm. Tickets on the door. Wine, tea, coffee, soft drinks, plus raffle. A must for all Beatles fans!

Although we usually only have films Jan/Feb/Mar and Sept, Oct, Nov, I am hoping we can add more months - will let you know asap.

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COMMON SEAL - HERE BE MONSTERS

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

And the seal's certainly a surprise to any Lewes residents who, while innocently strolling along the Ouse, encounter their local leviathan. I've never seen the legendary beast myself but have received plenty of excited tweets, emails and mobile phone photos from amazed observers who can't believe what they've seen. Throughout history, sailors (without the benefit of smartphones and a Twitter account) have confused seals for mermaids and sea serpents and, as Sussex mammals go, this seal is a real monster.

Common Seals can weigh up to 150 kg; twice the weight of a Fallow Deer, the second biggest wild mam-

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mal in this area (and 50,000 times heavier than the smallest; the Pygmy Shrew). As you'd imagine, on land this blubbery behemoth is about as agile as Peter Ustinov trapped in a sleeping bag but underwater they're as balletic as Baryshnikov, gracefully swimming at speeds of up to 25 mph as they hunt fish, shellfish, squid and octopus.

It's this quest for food that occasionally leads seals into Sussex rivers such as the Ouse and the Arun as they follow fish migrating upstream. Common Seals breed in Sussex, where there is a colony at Chichester Harbour. It's a sink or swim situation for seal pups born on the sandbanks exposed during the low tides of summer. Their aquatic life starts as the next high tide rolls in and within hours of their birth they're swimming in the Solent alongside their mother. Mother's milk helps them to double their birth weight in just a few weeks. The name 'common' is a bit of a misnomer. In British waters you're three times more likely to see their larger, Roman-nosed relative the Grey Seal. The patterns on each seal's fur are as individual as fingerprints. Keep an eye out when you're next walking by along a Sussex riverbank and see if a seal is giving the river its approval.

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Michael Blencowe

COBBS MILL OPEN DAY on **9th May** from 10.30 am to 4 pm, Mill Lane, Sayers Common, Hassocks. Come and see this beautiful mill and its associated machinery. Witness the mighty 1908 Tangye Gas Engine in action, still in its place of work.

The Tangye engine is maintained and run by the local S.E.A.M.S (Sussex Engine and Associated Machinery Society) member Colin Williams. The engine was brought back to life some years ago by this group. It is still located in its original place of work and is complete with the original gas producer plant. It is very interesting to watch and would appeal to all age groups and is part of our local history which a lot of people may not know about especially newcomers to Hassocks.

Jenni Jolley

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HASSOCKS TOWNSWOMEN GUILD Members of the Hassocks Townswomen's Guild met for their first meeting of the New Year on the 28th January.

It was a pleasure to welcome back Mr Tony Turner whose expected talk on the construction of the Suez Canal had to be postponed due to technical difficulties but replaced by a fascinating account of the fortunes of the famous Tea Clipper, the Cutty Sark. Built in 1869, the vessel had a chequered career, initially sailing to China with general cargo and returning to England with a consignment of tea, running into many tons. Built for speed, although she was not quite the fastest clipper on the China Tea Run. Cutty Sark collected her final tea cargo in 1877 and from then traded in general cargo such as coal and wool and other commodities. She was then sold to a Portuguese company and renamed Ferreira.

She returned to England after being purchased from her last owners by a retired sea captain who in 1923 restored her to her original name, and subsequently gifted her to the Thames Nautical Training College. Now fully restored after a disastrous fire in 2007 she was reopened to the public in 2012 and can be seen in Greenwich.

After a vote of thanks to Mr Turner for his excellent talk, tea was served and the raffle drawn.



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If you would like to come and join us, we meet at the Pauline Thaw Centre on the fourth Tuesday of the month. Any information can be sought from Mrs Sheila Southwell on 01273 841106.

Avril Williams

HASSOCKS CROQUET CLUB Croquet is a sport for everyone. New members always 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 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 is available in the large car park. New players are able to borrow the club's mallets.

Please also join us at The Hassocks Croquet Club Annual Coffee Morning - Open House on Thursday **2nd April** at 10.30 am - everybody is welcome at St. James Montefiore Cricket Club Pavilion.

Croquet Playing Season starts Tuesday **14th April**. For further details please contact Jeanette Grant **01273 844836** or email hassockscroquetclub@gmail.com or visit www.hassockscroquetclub.net.

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We thank Jeannie for the following story:- It's still dark outside when I wake up. I wrap my toes underneath my duvet so that I am completely cocooned. When I finally drag myself away from this paradise of warmth I go to the window and peer outside at the street below. There is a thick line of frost painted along the tops of the cars. The next door neighbour is scraping his grey minivan clean with a sponge, his cheeks are pink. I wave at him but he doesn't see me. The heat from my tea burns my fingertips as I hold it in my lap. The house is silent. The toast is ruined before I can save it, I place it in the bin and the lid rattles shut. When that stops rattling there's silence again. I turn on the television.

I must have nodded off because when I open my eyes my tea is cold and it's light outside. There's a knock at the door. A tall man with a long, greying beard greets me. He passes me an electronic box where I am to draw what he calls a 'squiggle' as opposed to a formal signature for my delivery package. He brusquely hands me the parcel and leaves without looking back.



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He doesn't hear me say thank you. There's silence again.

Inside the box is a new pair of slippers. They are gorgeous but I don't remember ordering them. After having a shower and getting dressed I move into the living room and begin to read, I am halfway through my book. I'm too tired to go for a walk today. Eventually it gets dark again outside.

Another knock at the door jolts me with surprise, I almost run to it.

"Hello Grandad," she says, "Do you like your new slippers?"

PATIENT PARTICIPATION Mid Sussex Healthcare PPG AGM! Hear from **Mid Sussex Wellbeing** and the services it provides at United Reform Church, Hassocks, on **19th March** at 7 pm. Contact midsussex.healthcareppg@gmail.com for any more information.

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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 and Chiroprapist (Paul Dixon **01273 855760**).

Volunteers needed! Do you have some spare time – can you help us? Our 'New Shop' will soon be ready! We are extending it to have a lot more selling space, a changing room and a large store room. We need you! Volunteers needed! We are looking for more volunteers to help serve and sort items in the new shop. If you are interested please do come and have a chat with us!

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.

Are you bored and lonely? Or do you know someone that 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. We put our menu on our website

every Friday, **www.achassocks.co.uk**. 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.

I Pad and Phone lessons held on Tuesday mornings from 9.30 until 11 am (Not school holidays).

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.

We have Scrabble, German Scrabble, Art, Canasta, Mahjong, Knit and Natter, Table Tennis, Bingo 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.

Easter – We will be closed on Friday **10th April** and Monday **13th April** – Happy Easter to you all.

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JAZZ AND BLUES FOR THE BRITISH HEART FOUNDATION 29th March, Danny House, Hurstpierpoint.

Although I had heard that one in four people will die from heart disease I was always convinced that I would not be one of them. In February last year I was fit, exercised regularly, had a good diet, had low cholesterol, a low heart rate and low blood pressure. Then one day I came back from jogging round Hurstpierpoint and experienced severe palpitations in my chest.

I quickly found myself in the care of the brilliant cardiac team in the Royal Sussex Hospital in Brighton. Over the next fortnight they carried out numerous tests on me using an array of extraordinary equipment and finally decided to install in my chest a very high tech ICD pacemaker. They also put me on a drug to steady my heartbeat, and blood thinners to discourage the possibility of blood clots which might lead to a stroke.

Since then I have learnt that funding from the British Heart Foundation went into the development of the first pacemakers, the development of clot-busting drugs and statins and much much more. Today the British Heart Foundation is funding more than half of all research into heart and circulatory disease in this



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country. There is still much to be understood about the heart and circulatory diseases like strokes and vascular dementia, their causes, prevention and treatment.

I was so pleased when my wife, Julie Roberts, and pianist, Michael Hinton instantly agreed to do a charity afternoon concert for the British Heart Foundation and that Richard Burrows offered the wonderful venue of the great hall in Danny House in Hurstpierpoint for the concert. I am grateful too to the British Heart Foundation volunteers who are helping with this project.

I know everyone who comes to the concert will really enjoy a programme of great songs wonderfully sung and performed. I am looking forward to a memorable and very worthwhile occasion.

The concert is on Sunday **29th March** with doors open at 3 pm for a concert start at 3.30 pm. It will end at 5 pm. Danny House is in New Way Lane, Hurstpierpoint, BN6 9BB. Free parking in front of the house and along the drive. There are steps at the entrance. Tickets can be obtained from **WeGotTickets.com** or phone myself on **01273 965036**. More information at

julierobertsmusic.co.uk.

David Roberts

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A NATURE CONSERVATION TALK BY CLARE

BLENCOWE The Woodland, Flora & Fauna Group, a volunteer organisation dedicated to protecting local countryside and wildlife, invites you to a talk by the Sussex Biodiversity Record Centre Manager, Clare Blencowe.

It will take place on Friday, **3rd April** at 7.30 pm in the Club Suite at Hurstpierpoint Village Centre, Trinity Road, Hurstpierpoint, BN6 9UY.

The talk entitled 'Making Nature Count' describes the meticulous recording of wildlife locally and the work of the Sussex Biodiversity Record Centre. It will immediately follow a brief introduction by The Woodland, Flora & Fauna Group.

Clare is the Record Centre Manager who was instrumental in ensuring that all the data collected in our group's countryside biodiversity study was included in the Sussex records.

She is a very busy person so we are privileged that she has found time to speak to us. If you want to learn more about our local countryside and wildlife and how the collected data helps with their protection, this opportunity should not be missed.

Entry is free and all are welcome. There is a car park opposite the building.

Michael Nailard

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HURST MONTHLY SOCIAL GROUP In February we had a Fish & Chip lunch followed by our first AGM. Unfortunately our local Fish & Chip shop does not open on Wednesday lunchtimes so Jupps from Burgess Hill provided & delivered them to us and very nice they were too!

It does not seem possible that we've had our first AGM - we have been running for a year. This time last year Dianne & I were quite anxious - would anybody want to come? I am pleased to say people did and we ended the year with 40 members. We have started 3 sub-groups - Textiles, Walking & a Lunch Club.

By the time you read this we will have had our March meeting where Sam Collier from the National Westminster Bank is coming to talk about Scams. On the **1st April** Colin McFarlin will be talking to us about re-cycling. He suggested we bring along any items we are unsure about and he will advise us.

Do come and join us - you will be made most welcome. More information from myself on **01273 649023** or Dianne **01273 835284**.

Ann Tranter

VEGETABLES FOR THE GARDEN An illustrated talk by Geoff Peach, presenter of BBC Radio Sussex 'Dig It' for Hurstpierpoint Horticultural Society at 7.45 pm on Tuesday **14th April** in the Club Suite, Hurstpierpoint Village Hall.

Kathy Green



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Kitchen Carousel

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Hello again. We are your local kitchen specialists. You can follow our progress month by month in this magazine. We do thoughtful kitchen makeovers but we also start from scratch and do complete kitchen projects. We are brilliant at small kitchens but we have also done stunning bespoke kitchens in great country houses. Recently we have worked for people with some physical issues. We are clever at making everything much more accessible. Our cabinets and worktops are bespoke. Which means we can make them any shape or size to suit your space. Our most ingenious designs come from the way we utilise dead corner space. We are master drawer makers. All our drawers are made with traditional dovetails and fitted on superbly engineered self-closing runners. As you can see from the picture we make funky /clever larder units. Our average larder with racks on the back of the doors will store 300 average tins. The cost of our bespoke cabinets is about the same as the high street shops which only make standard sizes. I have been designing kitchens for some years. I have some clever solutions you might not have thought of. In 1988 I was made European kitchen designer of the year for designing the same kitchen fifteen different ways.

We do little jobs or we do complete projects. If you just want a few cosmetic changes we won't try to sell you a whole new kitchen...but if you do want a whole new kitchen then we are seriously patient, thoughtful, organised and detailed. We are just putting new worktops on a small kitchen in Hurst. In another we are just changing tired old oak doors for white glossy handle less doors. It's amazing what a new zing fresh new doors can bring. In January we spent two weeks stripping back some really fine oak doors and frames, sanding them back to the bare wood, and then re-varnishing them. They look better than when they were first made. We are very versatile.

If you are seriously contemplating a brand new kitchen project the most important thing is project management. If you need a complete new kitchen it's disruptive. Old cabinets need removing. Walls need plastering. New electrical work is usually essential. Then there's the plumbing, fitting, flooring, decorating etc. If you order a new kitchen from us you get me, Stephen Hamilton, as the project manager from the beginning to the end. For this reason I do over ninety per cent of my work in a five mile radius from our workshops which are based in Ditchling. It keeps life simple and organised

My first visit is around forty minutes. I do lots of scribbles and present lots of different possibilities.

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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 **27th March** when Margaret Nicolle will give a presentation on the Art of the Poster through History.

Come along and join us. New members are always welcome. Contact me the Chairman on **01273 832280**.

Bill Kent

reMEmer's ANNUAL ME AWARENESS CONFERENCE Saturday **16th May** 2.30 pm - 5.30 pm will be held at our new venue Clair Hall, Perrymount Road, Haywards Heath, RH16 3DN, starting at 2.30 pm. There is onsite parking and it is four minutes walk from Haywards Heath railway station.

CFS/ME expert Dr's, Dr Willy Weir, Dr Amolak Bansal, Dr Nina Muirhead, Dr Paul Worthley and Dr Charles Shepherd, Medical Adviser to the ME Association, will be speaking and other invitations have been given. Dr Shepherd will speak on a range of subjects including welfare benefits.

All speakers will be happy to answer questions. Entry is by ticket only which includes light refreshments. You can buy tickets online through Eventbrite by going to

our website www.remembercfs.org.uk. or send a cheque and stamped addressed return envelope to reMEmer, PO Box 1647, Hassocks, BN6 9GQ. Telephone **01273 831733**. Cheques should be made payable to reMEmer.

Janice Kent

OLDLAND MILL Our first Open Afternoon of 2020 will be on Sunday **5th April**, 2 – 5 pm.

Come and see inside the oldest regularly working windmill in Sussex, where the sweeps will be turning if the weather is favourable. 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 www.oldlandwindmill.co.uk.

Rebecca Street

NSPCC COFFEE MORNING - The Hurstpierpoint District committee are having a coffee morning on Friday **13th March** at the Hurst Bowls Club, South Avenue between 10 and 12 noon. There will be a raffle, book stall and a bottle tombola. The entrance includes coffee or tea and a delicious piece of homemade cake. Please come to support us and meet your friends for a good old natter!

Jo Marshall

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PROSTATE CANCER AWARENESS MONTH:

March is Prostate Cancer Awareness Month. Organised by Prostate Cancer UK, this special month aims to raise awareness of prostate cancer, as well as raise money so the charity can provide even better support to both sufferers and their families.

The prostate (found only in men), is located just below the bladder and produces some of the fluid in semen. The prostate fluid protects sperm during intercourse. While the prostate often enlarges as men get older, for many men it doesn't cause any problems.

Prostate cancer is important because of the total number of men nationally and worldwide that are affected. Prostate cancer affects 40,000 men in the UK every year. It is estimated that 250,000 men in the UK live with prostate cancer but sadly 10,000 of them will die of the disease each year. It is most common in older men with the majority of newly diagnosed men in their 70s to 80s. It is rare for men to have prostate cancer under the age of 50.

There are strong familial links in prostate cancer with men being two and a half times more likely to get prostate cancer if their brother has prostate cancer. Black Caribbean or black African men have three times greater risk than white men.

The common symptoms of prostatic enlargement are reduced urine flow, increased number of day and night voids, urgency, hesitancy at the start and a persistent dribble towards the end of urine flow. However, these symptoms merely indicate an increase in prostate size and not of the nature of this

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enlargement and are therefore a poor indicator for the presence of cancer.

If you are suffering from any of these symptoms, the prostate can be assessed with a rectal examination, which will highlight if the prostate is enlarged, and a blood test. The higher the score of the PSA (Prostate Specific Antigen) then the higher the risk of cancer being present. This test is a good indicator but not always conclusive and further tests may be required.

It comes as figures show more than half of men don't actually know where their prostate is. It's the second biggest cancer killer in men.

Janet Francis

HEBER OPERA'S next production is Martha by Friedrich von Flotow a comic opera sung in English and performed in the round. The box office is now open for performances in Lindfield, Uckfield, Hassocks, Steyning and Hurstpierpoint. Heber Opera is entirely self-funding and offers amateur singers and players from the area a chance to take part in performances that are not often open to them. The company has been in existence for 31 years, and we specialise in bringing opera to community spaces around Sussex. Our singers come from East and West Sussex, Dorset, Kent and Surrey and travel weekly to rehearse in Hurstpierpoint! If you would like to know more about Heber Opera or to book your tickets online, please visit www.heber-opera.co.uk or our Facebook page www.facebook.com/HeberOpera/.

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HURSTPIERPOINT PLAYERS held their first ever information evening with wine and nibbles to publicise the 2020 season of plays last weekend. With the successful panto, Mother Goose, just finished, members past and present and those interested in finding out more gathered in the auditorium to hear about the four productions to come – with information given by each play's director.

Richard Coney outlined his play "The Gingerbread Lady" from American playwright Neil Simon – a fast paced comedy packed with sharp one-liners. Casting is now complete and rehearsals begin immediately with performances from **28th April – 2nd May**, nightly at 7.45 pm.

Following on will be Jo Kearns production from 7th to 11th July of a fairly new comedy by Ade Morris "The Boadicea of Britannia Street" - first produced in



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2007. Jo described this as a heart-warming, beautifully observed play as a group of women set out to write and perform a play about the former Queen – with copious cups of tea and even stronger vodka cocktails. What could possibly go wrong? Auditions for this one will take place in late April.

In September, the Players present their annual contribution to the Hurst Festival with a seasonal production of Richard Harris's "Outside Edge". Annette Squire, the Players Chairman directs this modern farce set on one Saturday afternoon in the life of five couples as plans for an afternoon of gentle cricket turns into utter chaos! And yes – it rains! Performances will be from **15th to 19th September**. And no sooner are stumps pulled than the Players prepare auditions for rehearsals for ten performances of A Christmas Carol – directed by Jan Bell and Linda Burton. It must be said that their description of this traditional production brought the house down – if tickets could have been sold there and then it would be a sell-out 11 months early! But you'll have to wait a while, performances of this Charles Dickens classic will be from **11th – 13th December** and **18th – 20th December**.

Hurstpierpoint Players are always delighted to welcome new members – get in touch via the website for more information about the company and the refurbished theatre of which they are now justly proud: www.hurstplayers.org.uk.

Anne Hopper

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MID SUSSEX – NEW DREAM TEAM IN HAS- SOCKS KITCHEN

A popular Hassocks food destination has a new 'dream team' in its award-winning kitchen with the appointment of head chef Jon O'Dowd and recently-promoted sous chef Lee Copleston.

The pair will be responsible for thousands of meals and snacks a week at family-run South Downs Nurseries' catering outlets.

Jon, aged, 44, lives in Albourne and is a chef with over 20 years' experience in hospitality. He trained at The Apprentice, Tower Bridge when it was a Terence Conran-run initiative. Jon then continued his training under Annie O'Carroll at Luca in Surbiton (she trained under Peter Gordon, proprietor of the Sugar Club, London) when the venue gained a prestigious Red Star in Time Out magazine for best local restaurant. After working at The Marlborough Tavern Gastropub in Bath, Jon mentored students at LVS special needs school in Sayers Common where his pioneering work featured in the Mail on Sunday.

Now in his new position as Head Chef at South Downs Nurseries he relishes his new role, getting to know and mentoring his new team. "I am very excited about extending the restaurant menu at South Downs Nurseries and creating more specials."

He is looking forward to working alongside new sous chef, Lee, who has been at South Downs for four years and has recently gained promotion.

"This is a very exciting time for our restaurant", says Rebecca Houghton-Knapp from the Brighton Road business. "Our customers are also thrilled by what Jon will be able to do in extending the menu and creating fantastic special dishes making the most of locally-sourced ingredients."

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Throughout his career, Jon has acquired a vast and impressive portfolio covering everything from kitchen set-up to health and safety, staff training and menu creation. Even now, he recalls his first 'big job' setting up a commercial kitchen at the Finborough Arms in Kensington. This well-known Victorian pub boasts the renowned Finborough Theatre above it, with boards well-trodden by countless famous actors over the years, many frequenting the pub below.

Rebecca Houghton-Knapp



*Sous chef Lee Copleston (Left) and Head Chef
Jon O'Dowd - the new kitchen 'dream team'
at the Barn Coffee Shop, South Downs Nurseries*



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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 Woodland 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**.

At our next meeting on **9th April** Liz Thomas – (yes that's me, we do like to use home grown talent when we can) will be giving a flower arranging demonstration. I hope to give you a few ideas on how to make simple, inexpensive arrangements using containers that can be easily found around the home. Arrangements will be raffled to cover the cost of materials. The Competition is a Garden Photo.

On Saturday **11th April** between 9.45 am and 11.45 am,

we will be holding our Coffee Morning at Age Concern Hassocks. Donations for stalls: raffle prizes, bric-a-brac, toiletries etc. are always well received. The cake stall is very popular as tasty homemade treats can be purchased to enjoy with tea and coffee. All donations can be brought along on the day, or to the monthly meeting. If you need items to be collected please contact Jenny. All the money raised will, as usual, go towards our benevolent funds. Your support is much appreciated and we look forward to seeing you there.

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Finally, please accept our apologies that our February Coffee Morning had to be cancelled at short notice due to the arrival of storm Dennis. Hopefully by the time you read this, the wet and windy winter weather will have flown and Spring will have sprung.

Liz Thomas

HANDS OF TIME

As years go by

And we grow old

What will we have to face

If all alone, the time seems long

No matter where the place.

Let's not despair

Put on that smile

Hold your head up high

Recall loving memories

As time passes by.

At least we are still living

In this world today,

Amongst the turmoil and unrest

Which never goes away.

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SUPER HERO FUN RUN On the **11th April** Spider-Man is returning to Crawley on a special mission, and he needs the help of all our local Super Heroes. Spider-Man will be leading a children's Super Hero Fun Run around Tilgate Lake, to raise vital funds for local charity Home-Start CHAMS.

Train up as a Super Hero and use your powers to take on a sponsored charity fun run, choosing either 1.5km or 500m distance. Walk, run or toddle your way round in Super Hero style and after your mission enjoy the fun mini event village which has stalls and activities for all the family to enjoy! Event village open from 9 am until lunch time.

Every little Super Hero who takes on this mission will receive: a Super Hero wrist band, bottle of water & entry into the prize draw. There is also a prize for the most money raised.

In 2018 – our last Crawley based run, more than 200 little Super Heroes joined Spider-Man, from Super Hero Parties, to take on the challenge which raised over £3,400 for Home-Start CHAMS. As well as sponsorship for the run, local children came up with a range of ways to raise money, from sweet and cake sales after school, a Fundraising Day at nursery, to doing chores around the house.



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Each year Home-Start CHAMS help hundreds of local children in families dealing with issues such as abuse, mental health, financial problems, or serious illness. Their trained volunteers work with the families, helping parents to overcome these challenges and give young children the best possible start in life.

This event is a fun way for local children to get involved and support other children. We are so grateful to Super Hero Parties, Tilgate Park and Tilgate Parkrun, who are supporting this event again.

This event is open to all ages and abilities - under 11's must be accompanied by an adult. There is a small registration fee to enter and every Super Hero is asked to take on the mission to raise much needed funds for vulnerable local children.

For tickets please visit:
www.superherofunrun2020.eventbrite.co.uk or for more information on the work Home-Start CHAMS do please visit: **www.homestartchams.org.uk**.

Aneliese Whittaker

HURSTPIERPOINT BOWLS CLUB The 35 members of Hurstpierpoint Bowling Club surprised former secretary Peter Cooper at Preston Indoor Bowls Club with a celebration lunch on his 90th Birthday. Peter has organised Tuesday and Friday morning sessions at Preston for many years. Following a short address by Denise Hall, Denise presented Peter with an engraved bowl. Peter's family was also in attendance and everyone enjoyed the excellent cake that suddenly arrived. The club President and two former Club Chairmen were also present on this very enjoyable occasion.

Keith Jackson

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HASSOCKS WI meeting in February entitled 'a little bit of me time' where President Hilary welcomed the members and gave out the customary notices.

She then introduced the visiting practitioners who would be sharing their expertise with us. Each gave a brief explanation of their work.

Clare Hobbs explained the process of Sugaring, a traditional Arabic method of hair removal.

'It has nothing to do with cakes!' she assured us. A natural sugar paste is warmed and applied to the skin, and once cooled is removed quickly with special strips. This removes the hair follicle, and slows down regrowth. The procedure is much more comfortable than waxing!

Lila Davies told us about Reflexology, a whole body treatment, which works from stimulating particular areas of the feet. She displayed a 'map' showing these areas, which was fascinating in its detail. Specific body problems can be targeted and assessed, or it can be used as an aid to relaxation by releasing stress hormones. Holistically, reflexology helps the body to heal itself.

Sabine Dahn represented the Weleda Company, established in 1921 by Rudolph Steiner and two fellow doctors. Their products include holistic remedies har-

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nessing the power of plants, which ensures purity. Their growers work closely with the Company, which reciprocates by sponsoring benefits like local kindergarten facilities. These same high standards extend into their famous skin care, body lotion and hair product ranges.

Natalie Le Bouedec is a Nutritional Therapist who spoke enthusiastically about balanced food intake, and the importance of hydration. She treated us to a chocolate and courgette cake, baked with spelt flour and natural sugar, and displayed useful products to buy for better health. She highlighted the importance of seasonal fresh vegetables and stir fries, suggesting 7 - 10 pieces of fruit and veg as a daily intake - the more colourful the better! She advises on supplements for balanced nutrition, and issues like how to get better sleep and the importance of time outdoors to promote good mental health.

Members had an interesting time visiting each of our specialists before adjourning for tea and cake, and the drawing of the raffle.

The next meetings are on **16th March** - Shops and Shopping and **20th April** - Punch, Puddings, Poems and Prose.

Kate Hastings



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