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Useful Information

HASSOCKS PARISH CENTRE Council Office in Adastra Park, Keymer Road - telephone **01273 842714**

(answerphone out of hours) Website: www.hassockspc.net. **Parish Clerk - Ian Cumberworth**

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and/or events to **PUBLISH FREE** in this section.
Email **ed@villagemagazines.co.uk** (We do acknowledge each email per-
sonally) or send to **QD Stationery 52 Keymer Road, Hassocks, West Sus-
sex BN6 8AR.** For more information call **01273 846978.**

LOCAL ACTIVITIES

KEYMER & HASSOCKS SPORTS & SOCIAL CLUB

Sat. 2nd Nov. 5pm Halloween Party, Children's fancy dress, games, face painting, & BBQ. 8 pm Lorelei Rock

DANNY FIREWORKS

Sun. 3rd Nov 5.30 pm

Family Bonfire and Fireworks - Tickets from QD Stationery. See article

HASSOCKS JAZZ BRUNCH

Sun. 3rd Nov 11.30 pm

Julie Roberts & Michael Hinton. Sunday Lunch avail. Tks julierobertsmusic.co.uk

DITCHLING DOWNS WI

Tues. 5th Nov. 7 pm

HURST MONTHLY SOCIAL GROUP

Wed. 6th Nov. 2 pm

DITCHLING WI

Thurs. 7th Nov. 2.15 pm

DITCHLING FILM SOCIETY

Thurs. 7th Nov. 7.30 pm

BURGESS HILL HERITAGE & HISTORY ASSOC.

Fri. 8th Nov. 7 pm The Roman Hassocks to Barcombe Greensand Way - David Rudling. Museum will be open

RSPCA BRIGHTON (PATCHAM) RE-HOMING SHELTER

Sat. 9th Nov. 10.30 am - 12.30 pm Autumn Fair - Gifts, toys, cakes, books, animal accessories. Free admission

Adastral Park, Hassocks

Danny House, New Way Lane, Hurstpierpoint

The Hassocks Pub, Station Approach East, Hassocks

Old Meeting House, Ditchling

Trees of the World - Brian Campion

The Guide HQ, Trinity Road, Hurstpierpoint

My Personal Experiences of a Funeral Arranger - Amanda Browne

Ditchling Village Hall

Annual Meeting

Ditchling Village Hall

Film - As is the Purest White (15)

Cyprus Hall, Burgess Hill

Museum will be open

Adastral Hall, Hassocks



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SUSSEX CHORUS

Sat. 9th Nov. 7.30 pm

reMEMber

Sun. 10th Nov.

HASSOCKS EVENING JAZZ

Tues. 12th Nov. 8 pm

HURSTPIERPOINT HORTICULTURAL SOCIETY

Tues. 12th Nov. 7.45 pm AGM followed by 'What On Earth Do I Do Now' - Sandy Coppen from the Beeches

COUNCILLOR SURGERY

Tues. 12th Nov. 10 - 11 am Sue - suehatton@midsussex.gov.uk - Kirsty - kirsty.lord@westsussex.gov.uk

HASSOCKS HORTICULTURAL SOCIETY

Wed. 13th Nov. 8 pm

DITCHLING HISTORY PROJECT

Wed. 13th Nov. 2 - 5 pm Come along and share your knowledge of Ditchling and ask any questions

MID SUSSEX ASSOCIATION NATIONAL TRUST

Thurs. 14th Nov. 2.30 pm AGM followed by short talks by Local National Trust speakers

STAR CINEMA

Fri. 15th Nov. 7 pm

CLAYTON WITH KEYMER PARISH

Sat. 16th Nov. 10 am - 12 pm Christmas Fair - Stalls, crafts, cakes, teas and coffee, children's games etc.

RNLI

Sat 16th Nov. 7 pm

HASSOCKS WI

Mon. 18th Nov. 7.45 pm

DITCHLING VILLAGE ASSOCIATION

Tues. 19th Nov. 9.45 - 11 am

HKD TRANSITION GROUP

Thurs. 21st Nov. 7.30 pm AGM. Welcome Ratty. Reducing flood risk & providing homes for the wildlife

www.sussexchorus.org St. Andrew's Church, Burgess Hill

An evening of French Music. Tickets 01444 412579

Southwick Methodist Church

20th Anniversary celebration lunch. See article

Hassocks Hotel, Hassocks

Trad Jazz Evening. All welcome

Hurstpierpoint Village Centre

Hassocks Parish Centre, Adastra Avenue

Adastra Hall, Hassocks

Annual General Meeting. All HHS members welcome

The White Horse Restaurant, Ditchling

Clair Hall, Haywards Heath

Adastra Hall, Hassocks

Adastra Hall, Hassocks

Hurstpierpoint Village Centre

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HURST, HASOCKS & DITCHLING U3A

Fri. 22nd Nov. 2 pm

PYECOMBE CHURCH

Sat. 23rd Nov. 11 am - 3 pm

CHURCHES TOGETHER

Sat. 23rd Nov. 10 am - 12 pm

HASOCKS VILLAGE MARKET

Sat. 23rd Nov. 9 am - 1 pm

MOBILE REFUSE

Sun. 24th Nov. 10 am - 12 pm

HASOCKS JAZZ LUNCH

Tues. 26th Nov. 11.30 am

HASOCKS TOWNSWOMENS GUILD

Tues. 26th Nov. 2.30 pm

HURSTPIERPOINT HISTORICAL SOCIETY

Fri. 29th Nov. 8 pm

LIGHT UP HASOCKS

Fri. 29th Nov. 4 pm

PAWS AND CLAWS

Sat. 30th Nov. 10 am - 12 pm

HASOCKS FIELD SOCIETY

Mon. 11th Nov. 7.45 pm

Mon. 25th Nov. 7.45 pm

HURSTPIERPOINT GYM CLUB

Fri. 29th Nov. 6.30 - 9 pm

Sat. 30th Nov. 9.30 am - 1 pm

HURST VILLAGE CINEMA

For films and showing times visit hurstfilms.com

Winter Fayre, gifts, arts, crafts, homemade cakes & lunches, grand prize draw

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Knights & Ladies depicted on Brass Memorials - Elizabeth Lynn

Clayton Tunnel from a different point of view - Derek Moore. Guests welcome

Out on a Limb - Lesley Baker. Visitors welcome

Working with Bats - Amanda Millar. Visitors welcome

Hurstpierpoint Village Centre

Christmas Fair - see article

Christmas Fair - see article

Hurstpierpoint Players Theatre

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Guide HQ Trinity Road, Hurstpierpoint

Keymer Road, Hassocks

Torch Light Parade, Stalls and Big Switch On

Adastra Hall, Hassocks

Adastra Hall, Hassocks

Christmas Fair

Out on a Limb - Lesley Baker. Visitors welcome

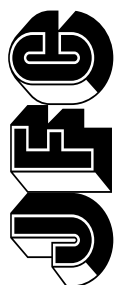
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Christmas Fair - see article

Christmas Fair - see article

Hurstpierpoint Players Theatre



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Mon. 4th Nov. 7.30 - 9.30 pm

Mon. 18th Nov. 7.30 - 9.30 pm

MID SUSSEX AMATEUR RADIO

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Fri. 8th & 22nd Nov. 7.45 pm

Fri. 15th Nov. 7.45 pm

RBL CLAYTON & KEYMER WOMENS SECTION

Thurs. 14th Nov. 3 pm

Sat. 23rd Nov. 9.45 - 11.45 pm

RBL DITCHLING AND DISTRICT BRANCH

Sun 10th Nov. 11 am

Remembrance Parade will start at Ditchling War Memorial more info 01273 845319

Sun 10th Nov. 11 am

Remembrance Parade will start at Streat War Memorial more info 01273 845319

BURGESS HILL CHORAL SOCIETY

United Reformed Church Hall, Junction Road, Burgess Hill

Every Monday 8 - 10 pm new members welcome. See www.burgesshillchoralsociety.org.uk

BURGESS HILL & DISTRICT PROBUS CLUB

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HURST VILLAGE CINEMA

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1st HASSOCKS SCOUT GROUP UPDATE This year we will once again be running our local Christmas post deliveries. Collections will be made from a number of local retailers starting from Light Up Hassocks. (QD Stationery will be collecting them as usual - Ed).

Beavers - We would like to say a big thank you to Knights Budgens for kindly donating food for our highly successful 17th sleepover.

Cubs - Great fun was had by everyone at an action packed county camp at Ardingly Showground with an out of this world Space Theme.

Scouts - In the next month our scouts will be on-line all weekend talking to other scouts from around the world at the online jamboree.

More information on scouting in Hassocks can be found at www.1sthassocksscouts.org.uk.

William Whitehead

RITA'S CHRISTMAS LUNCH & RAVE UP (only joking!) Do not be on your own on Christmas day. Come and join us at the United Reformed Church Hall from 12 to 5 pm for friendship and company and hopefully a decent Christmas lunch (only joking!), music and carols. In memory of the late great Mrs Grace Fry. This is our first time arranging this, so please be patient with us. Please contact me on 01273 845770 if you wish to book.

Rita Perkins

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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

ANNUAL CHRISTMAS CAROLS Sean and Alison would like to extend an invitation to join them and their 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.

Pen

HALLOWEEN PARTY in Keymer and Hassocks Sports and Social Club on Saturday the **2nd November**. 5 pm to 7 pm children's fancy dress party; games, face painting, raffle and BBQ. 8 pm Lorelei Rock. Money raised to go to St Peter and St James Hospice.

Tina

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

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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 body-weight 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

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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

**Deadline for the December issue
 Tuesday 5th November**



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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*

DDWI At our September meeting our speaker for the evening was Michaela Wynn Jones on the subject “Colour me Gorgeous”. She explained that, as a colour consultant, her job was to help people to discover, along with the observation of skin, hair and eye colour, which colours suit their appearance best. Michaela pointed out that it was helpful to have this understanding in different circumstances such as what to wear for an interview, a wedding, a funeral, an informal party, and so forth. We sat in groups of about four, playing with swatches of material in different shades of the same colour, such as red or brown. We had fun identifying which we thought were the most flattering for each of us. There was general agreement that most of our group looked our best in red!

Our speaker for **5th November** will be Brian Campion

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on the subject “Trees of the World”, to be held at the Old Meeting House in the Twitten, Ditchling at 7 pm for 7.30 pm. Guests are always welcome to attend up to three meetings a year before becoming a member.

Sally Willis

MEMBERS OF THE HASSOCKS TOWNSWOMEN'S GUILD

met for their monthly meeting on the 24th September at the Pauline Thaw Centre. On this occasion it was a pleasure to give a welcomed return to our speaker for the afternoon, Peter Griffiths who has entertained us previously with his fascinating account of his career in the airline industry. Peter first joined BAOC as a pilot and navigator in 1967 where he remained until 1975, after which he spent twenty nine years with Cathay Pacific Airlines in Hong Kong eventually rising to Fleet Manager B747. After retirement due to age constraints imposed by the airline, he moved on to flying executive jets. His long flying career produced a wealth of stories from flying out military equipment on behalf of the armed forces during the Gulf War to the idiosyncrasies of the rich and famous whilst piloting executive jets. Our meeting ended with refreshments being served and the raffle drawn.

If you are interested in joining us, please contact Mrs Sheila Southwell on **01273 841106**, or perhaps come along to our next meeting which will be held in the Pauline Thaw centre on the **26th November** when Elizabeth Lynn will be giving a talk on ‘Knights and Ladies depicted on Brass Memorials’.

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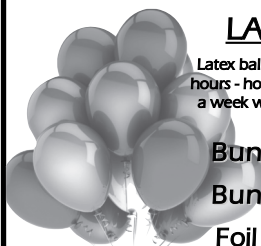


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THE WINDMILLS SCHOOL We would like to tell you this month about some of the many activities available to children at The Windmills Junior School outside of school time. Many of these clubs are run by members of the teaching staff who kindly give up their time to offer a wide range of exciting opportunities, which this term have included lego club and musical theatre. These are in addition to the many sports clubs attended by both girls and boys such as football, basketball and cross country. These sports clubs help our teams enormously when competing in local tournaments. One lunchtime each week, Mr Stockham comes into school to run our Chess club. Our team has been very successful in some recent competitions – and we have received two new trophies for the school cabinet! Well done to the team - Jack Street, James Bristow, Sammy Barton, Archie Sherwood-Keevins, Emma Hardcastle and Milo Bartlett-Bundy who won not just the Top Primary School trophy at the local Burgess Hill Area Academy summer championships, but the Top School trophy, beating all other schools - including Downlands. Milo was the top scorer on the day with an excellent 4/6 and received a Special Award at the presentations. Not just that, but Windmills also won the Rotary Club shield competed for at all events over the course of the last school year, which is based on attendance and commitment from pupils as well as their achievements. A huge thank you to all those

Karen Butterfill Mssch Mbcha CHIROPODY - PODIATRY

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who run the clubs – both our staff and those who offer private clubs – and a particular round of applause to our Chess champs!
Sue Bandy

MESSY CHURCH is a morning of activities for adults and children with refreshments and food for thought. 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 the next Messy Church will be on Saturday **23rd November** between 10 am and 12 noon at Hassocks United Reformed Church. There is no charge and all are welcome.
Darryl Sinclair

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.

On **29th November** the speaker will be Derek Moore whose subject is "Clayton Tunnel from a different point of view" Come along and join us. New members are always welcome.
Bill Kent

CORRECTION TO CHILDEHELPARTICLE LAST MONTH We incorrectly published that Childhelp did not accept small, working electrical items but in fact they do.
Ed



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HASSOCKS GOES GOLD UPDATE! Money is still coming in from various fundraising events and sales, but I am SO pleased to announce that the Grand Total raised has just gone over £7000! A really amazing total, by a really amazing village! All the money raised will go directly to funding research into Childhood Cancers, specifically targeting those cancers with the worst survival rates. The fund is set up in Pearl's name, inspired by Pearl, and run by the CCLG (Childhood Cancer and Leukaemia Group) a leading childhood cancer charity so you can be sure that it will be well spent (www.cclg.org.uk/PearlPower).

If you haven't already signed the petition to demand that more than just 3% of cancer research money is spent on Childhood Cancers, please do sign and share. If we can get enough signatures, it really will make a difference. You can find it at <http://chng.it/RkQwznRx5N> or search 'Rachel BartlettBundy' on www.change.org and it will come straight up.

Hassocks Goes Gold will be back in September 2020, and every September until Childhood Cancer research is funded fairly.

Thank you all so much for all your support....

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DITCHLING FILM SOCIETY Our November film will be shown on **Thursday, 7th November** and is called Ash is the Purest White. It is an unrequited love story which is a pleasure to behold. In an industrial city in China a young dancer, a coal miner's daughter named Qiao, falls in love with a mobster called Bin. When a fight breaks out between rival gangs, Qiao uses a gun to protect Bin and is sent to prison for 5 years. Upon her release she finds herself unceremoniously dumped. However her grit sustains her but she's crippled by this tenacity, too, fighting for Bin against her best interests. Her love for him burns at a high temperature – like the volcanic ash referred to in the film's title, it's made pure".

Director: Zhangke Jia China Chinese 2018 136 minutes 15 Cert

Our Christmas film will be shown on Thursday, **5th December** and is entitled Green Book. Director: Peter Farrelly. US English 2018 130 minutes 12A Cert. The films will be shown in Ditchling Village Hall. The films 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.

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NEWS FROM STONEYWISH We have been so enjoying our Indian Summer, the arrival of Autumn rains has put a few noses out of joint. Wry comments have been passed in shop queues and on street corners to the effect that 'that is probably that' as far as enjoying life outdoors goes this year. 'From now on it is downhill all the way to Christmas.' The heavy dews of September have masked the scale of the drought that the clear skies brought, keeping lawns green. But all around us thirsty trees are shedding their leaves a full month earlier than usual and, inevitably, ponds and streams on the Reserve are dry. So I have been trying to step outside my human skin and imagine how this rain strikes the natural world. How is it for the frogs in the Reserve and for the geese, unable to immerse themselves in water for so long? How is it for the exquisitely sensitive root tips of trees and the mosses, shrivelled to a desiccated crust? A childhood memory conjures up my four-year-old self, standing out in a downpour, face upturned, mouth open, waiting to taste the rain on my tongue, while some grown-up berates me, telling me to hurry and button my coat. Young children and trees have much in common, not merely a delight in rain. Yet long before we are out of our childhood most of us have buttoned up our curiosity about the feel of things. We know, or think we know all about rain. With constant updates from the experts, we are all meteorologists now. We do not even need to go outside

to see what the weather is doing. Somehow, over the years, the child who dawdled to school, who had to touch the leaves or the iron railings on every walk, who instinctively put things in his or her mouth, just to see what they tasted like, who liked to bend over to see the novelty of the world upside-down between splayed legs, that child is educated out of its bliss and buried and lost beneath a heap of information. Life has become serious. So serious it is almost life-threatening! We are all worried to death. Life is also getting faster. So fast we can't keep up with ourselves. What are we to do? Scientists in Japan believe they have come up with an answer. The antidote to busy, competitive city-life is to spend time with nature. Sounds obvious, doesn't it? In Japan they call it shinrin-yoku – forest bathing. Two hours spent quietly communing with forest trees is enough, so medical researchers reveal, to lower blood pressure, improve mental function, lower blood sugar levels, boost the immune system and bring feelings of peace and happiness to subjects who were previously stressed to the hilt. Yes, yes, we know that. Aren't we going to the country? But for shinrin-yoku you have to leave all distractions at home: mobile phones, bicycles, pedometers, cameras, maps... You won't have time for them. You will be too busy drinking in the sights, sounds, smells, and tactile sensations of the world around you. Yes! Smelling the trees! Each one. They are all different, you know. And

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now it is official: inhaling the aromatic chemicals they produce is one of the most calming and uplifting ways to enhance your health. Gradually, the curious child within, so long buried and left for dead, emerges, bright-eyed and playful once more. In Japan the pine forests are particularly prized for their health-giving atmosphere. Forests are judged for the quality of their light, their fragrance, their rocks, the sound of their water-falls and birdsong.

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 out-grow from their infant forms and assume their inherent greatness. NOW FORGET 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 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

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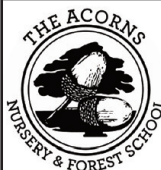
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autumn. These leaves release a herbal scent when crushed. Next, a russet-tinged tree with fine needles reminiscent of curled seaweed. This one smells of lemon! (Limonene for the text-book fact-lover we left at home! Up ahead is a scots pine whose pungent 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... 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 time-frame 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



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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 Pavey*

RSPCA BRIGHTON (PATCHAM) RE-HOMING SHELTER

The Shelter will be holding its Autumn Fair at Adastra Hall, Hassocks on Saturday **9th November** from 10.30 am – 12.30 pm. Admission is free. Lots of bargains – gifts, toys, cakes, books, animal accessories etc. A good time to do some Christmas shopping. There will also be a raffle and tombola and refreshments will be available. Patcham RSPCA shelter is entirely self-funding and all proceeds help the animals in their care.

Margaret Clayton

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

We meet at 3pm 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**.

14th November will be our Annual General Meeting. The competition is for 'The Pettiest Cake Slice'.

Recently Margaret Taylor, one of our branch members, gave us a power point presentation of her visit to the Scilly Isles. She showed us some stunning pictures of the landscape and architecture, and talked about the flora and fauna, how the daffodil industry began, and the methods used to encourage early blooms to beat all the competitors to market. She told us about some of the myths and traditions of the Island and ended her talk with some silly Scilly facts; a really entertaining afternoon.

An update on another speaker: We have heard through his colleagues that the 'Service by Emergency Rider' who had an unfortunate accident on his way to us, is still out of action, but is making a good recovery and is more concerned for his motorbike than his own injuries. We hope that soon he and his bike will be fit and well again. Our Christmas Fair will be on Saturday **23rd November** at Age Concern Hassocks from 9.45 to 11.45 am. If you



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wish to make any donations of toiletries, toys, books, bric-a-brac, cakes, raffle prizes, etc., please bring them along to the meeting, or speak to Jenny to arrange for collection.

Contributions are always welcomed. For all the fun of the fair - we hope to see you there!

Liz Thomas

MACMILLAN SUPPORTERS BRAVE STORMS

Despite the inclement weather on Saturday 27th September, a large crowd attended a coffee morning in Hurstpierpoint and an amazing £900 was raised for Macmillan Cancer Support.

The organisers are extremely pleased with the result and would like to thank everyone who came and those who made a donation.

Thanks also to Hurstpierpoint Bowls Club for letting us use their excellent facilities.

All money raised goes to the charity.

Margaret Bishop

CLAYTON WITH KEYMER PARISH CHRISTMAS FAIR

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DITCHLING SINGERS Our November rehearsals will be on Sunday **3rd November** 4 – 6 pm in the Old Meeting House, Ditchling and on Sunday **17th November** 4 – 6 pm in Keymer Church Hall. New members are always very welcome, no auditions, just come along or contact Julie on **01273 844818** or Christine on **01273 846098**.

Erika

CROHN'S DISEASE 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.



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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

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.

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HURST VILLAGE CINEMA Hello Film Lovers, As you may be aware, the Players Theatre is going dark for 3 months from October to December for the next phase of their refurbishment.

But we do not want to leave you bereft of cinematic entertainment, so for that period we are relocating to the Scout HQ on Brown Twins Road, and we will be putting on one film per month there.

When we return to the theatre, we will have installed the new screen raised through the generous donations of the people of Hurst, and we are planning some other upgrades to make the Cinema better than almost any commercial cinema.

In the meanwhile, we have some absolutely terrific films coming up at the Scout HQ.

Saturday 23rd November, Rear Window (PG) Laid up with a broken leg, photojournalist L.B. Jeffries (James Stewart) is confined to his tiny, sweltering courtyard apartment. To pass the time between visits from his nurse (Thelma Ritter) and his fashion model girlfriend Lisa (Grace Kelly), the binocular-wielding Jeffries stares through the rear window of his apartment at the goings-on in the other apartments around his courtyard. As he watches his neighbours, he assigns them such roles and character names as "Miss Torso", a professional dancer with a healthy social life or "Miss Lonelyhearts", a middle-aged woman who entertains nonexistent gentlemen

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callers. Of particular interest is seemingly mild-mannered travelling salesman Lars Thorwald (Raymond Burr), who is saddled with a nagging, invalid wife.

One afternoon, Thorwald pulls down his window shade, and his wife's incessant bray comes to a sudden halt. Out of boredom, Jeffries casually concocts a scenario in which Thorwald has murdered his wife and disposed of the body in gruesome fashion. Trouble is, Jeffries' musings just might happen to be the truth.

This masterpiece of suspense, one of Alfred Hitchcock's best films, is a crackling thriller and as in most Hitchcock films, the protagonist is a seemingly ordinary man who gets himself in trouble for his secret desires.

David

HASSOCKS WI At our September meeting, we enjoyed a Paracise class with Maxine. Described as a gentle but effective workout that flows smoothly through movements designed to improve mobility, flexibility and balance, members stretched, stepped, windmilled and pirouetted through the clearly demonstrated routine, accompanied by lively music, laughter and some creaky knees. A thoroughly enjoyable experience, followed by tea and cake.

October is our AGM, accompanied by cheese and wine. November will see us making table decorations in time for Christmas.

Kate Hastings



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PRIVATE LIVES BY NOEL COWARD 20th to 23rd November. Since May we've been busy preparing for our Autumn production 'Private Lives' and I'm pleased to report that, following the auditions in August the play is now fully cast with two people returning to the Ditchling stage and a newcomer, as well as someone you will have seen in our last two productions.

'Private Lives' premiered on 18 August 1930, at the King's Theatre in Edinburgh, directed by Coward and starring Coward as Elyot, with Gertrude Lawrence as Amanda. After successfully touring for five weeks, the production opened at the new Phoenix Theatre in London in September 1930. Coward disliked appearing in long runs, and the London run was therefore a limited three-month season. It sold out within a week and was still playing to packed houses when it ended on 20 December 1930, this despite the struggle Coward had to obtain the Lord Chamberlain's approval for the piece to be staged at all.

In the thirties it was considered too risqué with the relationship between Elyot and Amanda being explored in depth when, as a previously divorced couple, they find themselves honeymooning with new partners, rather unfortunately, in adjacent suites of a French hotel. Theirs is a passionate, volatile, funny and poignant relationship and they come to understand they cannot live apart – made still more moving as they seem unable to live to-

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gether. The twists and turns of their liaison are witnessed by their helpless new spouses and the marital chaos caused between the four of them makes for what is often cited as Cowards best and most humorous play.

If you missed 'How the Other Half Loves' then do come and see this production. Tickets are now on sale and can be purchased either online at www.ditchlingplayers.org.uk or in person at the Larder, 2 South Street, Ditchling. We look forward to seeing you there.

David Tetterzell

HURST MONTHLY SOCIAL GROUP Our Social Afternoon, in September, was most enjoyable. Ann told us about her work as a Volunteer with the Befriended Organisation. We started the process of organising some sub-groups - a lunch group, needlecraft group, bridge/scrabble group & walking group were some of the suggestions. The Quiz was a great opportunity to sit & chat to other members over tea & biscuits. On **6th November** Amanda Browne is coming to tell us about her personal experiences as a funeral arranger. We meet at The Guide HQ, Trinity Road, Hurstpierpoint from 2 to 4 pm on the first Wednesday of the month. Do come and join us - you will be made most welcome. For more information contact Dianne **01273 835284** or myself **07806 670359**.

Ann Tranter

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reMEMber, THE CHRONIC FATIGUE SYNDROME SOCIETY, the Hurstpierpoint/Hassocks based charity for people with ME/CFS celebrates its 20th anniversary this year. We were registered as a charity in October 1999 and have been helping people with this chronic illness throughout Sussex and beyond ever since. We are marking this special occasion with a shared lunch on Sunday **10th November** at Southwick Methodist Church BN42 4NA, where we have been holding meetings for more than ten years. Admission is by ticket - free to members of reMEMber, but we would like other guests to make a donation towards charity funds. To get tickets and discuss what food you could bring please contact Wendy Bruce, telephone **01273 596927**, e-mail; white-rock.villa@ntlworld.com before **31st October**.

We hope to see as many old friends as possible there.

For any other queries about ME/CFS or reMEMber contact me on **01273 831733**, e-mail me_cfs@hotmail.com.

Janice Kent

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

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a 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

Deadline date for the December issue is 5th November

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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, 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.

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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 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 would you like to help us out? We are looking for a 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.

Age Concern

STAR CINEMA Friday **15th November**. Finding Your Feet (cat 12). A romantic comedy with a very British cast including Imelda Staunton, Celia Imrie, Timothy Spall, John Sessions and Joanna Lumley.

Doors open at 7 pm and the film starts at 7.30 pm. Tickets on the door. Wine, tea, coffee, soft drinks available. Raffle with great prizes. Hope to see you there.

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~~ STARTERS ~~

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mixed leaves & melba toast

Breaded Herb Mozzarella Sticks

mixed leaves & sweet chilli dip

Haddock, Cheddar & Chive Croquettes

mixed leaves & sweet chilli dip

Cream of Tomato & Basil Soup *roll & butter*

Prawn Cocktail *mixed leaves, bread & butter*

~~ MAINS ~~

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Roast Turkey *in a rich gravy*

Roast Beef *in a rich gravy*

Nut Roast (Vegetarian) *in a rich gravy*

Lamb Shank *in a red wine and rosemary sauce (£2 extra)*

Mediterranean Vegetable Tart (Vegan)

Smoked Haddock *in a cheddar cheese and mustard sauce*

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THE HASSOCKS CHILDRENS CHRISTMAS PARTY



Friday 29th November (Light Up Hassocks Night)
Games & Disco in the Function Room from 5pm
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WELCOMING RATTY In the low lying area between Chichester and the sea, volunteers are reducing the risk of flooding by restoring ditches and ponds. At the same time they are creating wildlife habitats, including those of the endangered water vole, Kenneth Graham's much loved 'Ratty'. Intrigued? Come along on Thursday, 21st November to the Green Room, Adastra Hall when HKD Transition is holding its AGM. Refreshments served from 7.30 for a 7.45 pm start.

The speaker is Jane Reeve, Project Manager of the FLOW Project (Fixing and Linking our Wetlands) on the Manhood Peninsula. She will be sharing with us their challenges and successes, focussing on their flooding and biodiversity improvement work and illustrating her talk with film, a few exhibits – and a stuffed water vole. It is a fascinating story. Since 2015, volunteers, some with expert knowledge, others with a passion for the environment and willing to learn on the job and get their feet wet, have been working through this huge wetland area. Parish by parish, they use land management strategies to encourage water to flow away to the sea, thus lowering the risk of flooding. At the same time they provide a new home for many species – including Ratty, the water vole, who is sometimes so keen that he moves in before the volunteers have finished the job.

Jane's presentation will be preceded by our AGM. There will be a lightning review of the past year's work including good news on cycle routes, work on flood prevention which culminated in the now much admired rain garden in Adastra Park, stream clearing and monitoring, meet-ups on subjects as varied as encouraging hedgehogs to buying local food. Outdoor and children's events included a moth breakfast and a bat walk, as well as the very popular Ditchling Apple Day and Christmas wreath making. Will Jane Reeve's presentation spur us to new

efforts to reduce flooding in our villages and raise awareness of the effects of climate change? We look forward to hearing your ideas on 21st November.

Margaret Ford

LOCAL COUNCILLORS MEET TO DISCUSS VILLAGE LIBRARIES

to discuss the West Sussex County Council's announcement that it was looking at closing some of the county's village libraries. We have worked together in the past and have met again to discuss how we could work together again on behalf of our villages should Hassocks and Hurstpierpoint libraries be threatened with closure. I was able to report that opposition by councillors of all parties to the plans, and the high number of letters written by residents over the summer, mean that the council has backtracked somewhat and will look at alternative cuts first. The risk to our libraries may now have lessened but it could still come back as budgets tighten further. Together, we will keep a close eye on any proposals and respond if the risk returns. Past experience with the Beacon Centre shows that if we lose a service it is nearly impossible to get it back, so in the meantime please show your support for our libraries. There are two simple ways you can do this. Firstly, write to the Cabinet Member responsible for libraries explaining why Hassocks and Hurstpierpoint libraries are so important to our villages, to Cllr Jacquie Russell, WSCC, County Hall, West Street, Chichester, PO19 1RQ or email her on jacquie.russell@westsussex.gov.uk.

Secondly, please continue to, or start to use Hassocks and Hurstpierpoint libraries and encourage other residents to do the same so that we can demonstrate how valued they are. Thank you.

Cllr Kirsty Lord

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CE N'EST PAS DE LA TARTE BUT IT WAS DEFINITELY WORTH IT - EUROPEAN WEEK OF LANGUAGES AT DOWNLANDS!

Everyone at Downlands looks forward to the end of September! You may ask why. Well the European Day of Languages falls on the last Thursday of the month and we love to celebrate all things to do with languages! We have a very talented bunch of language teachers at Downlands who make learning fun and rewarding. Learning a language – especially in Hassocks with our fabulous Twinning Association and links to Montmirail and Wald Michelbach – is so important. Did you know that:

Learning a foreign language makes your brain work more quickly. It improves cognitive and sensory processing.

Using language skills makes us good multi-taskers, because we learn how to easily switch between different systems of speech, writing and structure.

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off with the European Bake Off – and we had some very impressive entries which made Deputy Headteacher, Matt Ashdown's job as Paul Hollywood all the harder! In the end, he resorted to consulting the Year 10 Language Leaders and the winners were: Bea Bam-bury Brenner, Tilly Raynor, Laura Cooper, Honey Moore & Jake Gerthold and Lyddia Babister! Prizes were an Amazon voucher, a certificate and a specially engraved wooden spoon! It might not have been easy but it was definitely worth it!

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On Tuesday we sold the cakes to raise money for charity – thank you to everyone for your generosity.

There was a Kahoot! quiz – the students had to work out the hidden language talents of the Downlands staff which kept everyone puzzled in tutor time.

There was even a photo booth – the photos are very funny. Thank you to all Modern Languages staff who put on such a great celebration of everyone!

Nicki Burston

LIGHT UP HASSOCKS (Update). Arrangements for the start to the Festive Season are going well. The calendar, the sale of which helps fund the event, has been completed and will shortly be on sale. Again, this year, all the pictures have been provided by the U3A and they give varied and interesting impressions of our lovely local area. Thanks are also due to all the calendar sponsors who are critical to helping finance the event, which will take place on **Friday 29th November**. A date for your diary.

As before, the event will begin at 4 pm with the Children's Torchlight Parade, which includes the Burgess Hill Marching Band and I believe Santa may be joining in! We are hoping for more stalls than ever before and many high street traders will be putting stalls outside their shops, as well as remaining open. During the rest of the evening, we will be entertained by live music from

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both ends of the street. In addition, there will be over 25 stalls with some fairground rides and of course Santa will be in his Grotto. It will be a great experience, one not to be missed.

For more information, contact the Sussex Vale Rotary at: **lightuphassocks@gmail.com** or **07546 111996** and you can follow us at LightUpHassocks on Facebook.

Duncan Honeyman

MID SUSSEX RAMBLERS As the Ramblers' group for the Mid Sussex area we offer a varied programme of walks throughout the year to suit all ages and abilities. Our walks programme is available on our website: **www.midsussexramblers.co.uk** along with information about the group.

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MEN'S HEALTH: MOVEMBER IT'S GOOD TO TALK If you're a guy who waits until something is seriously wrong before going to the doctor, you're not alone. Local Urological Surgeons, Simon Woodhams and Dan Magrill open up about Men's Health.

It's a common problem among men...a reluctance to talk about our health and more specifically, the prostate, penis or bladder. It's understandable really, problems 'down there' don't exactly make us feel our most masculine and talking about any type of health issue is never easy. But we need to face up to the problems.

Simon explains 'Women are way ahead of us in terms of raising awareness for their own cancers such as breast or ovarian cancer. Men are lagging behind simply because of a reluctance to talk about these problems. It's an issue that is getting better. Now, for example, we have 'Movember' when men are encouraged to grow a moustache for a month to help highlight male cancers. Movember, not only creates a fun way to raise money and awareness for men's health issues, it also starts conversations about these issues. But there's still a fair way to go. The biggest challenge is to not only get men to spot symptoms, or to see their GP, but to talk about it openly. It's nothing to be ashamed of.'

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Dan continues, 'It's not the easiest thing to talk to your doctor about but early detection of conditions along with raising awareness in Men's Health is important. It's understandable why men shy away from issues with their urinary tract, lumps on the testes, erectile dysfunction or prostate but, like most illness or disease, we need to know more about these problems, and although the more we search for them, the more cases we find, it does help us get closer to helping people live longer and improve their quality of life. The earlier we spot symptoms, the greater the chance of finding curative solutions for them.'

'Symptoms don't always mean bad news and that if men visit their doctor early on, they might save themselves a whole lot of worry. Many of the signs that people associate with the prostate can be harmless. For example, problem urinating can be caused by the enlarging of the prostate gland, but that does not necessarily mean cancer. Also, erectile dysfunction can actually have more to do with the heart and can precede heart conditions that may present themselves in a few years time. So, it's definitely worthwhile being examined to manage, prevent or treat that.'

For more information www.westsussexurology.co.uk.

Janet Francis

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THE NATIVITY Wivelsfield Parish Church and The Wivelsfield Little Theatre Present the Nativity Every evening from **1st to 5th December** at 7.30 pm in Wivelsfield Parish Church.

For the seventh time the Wivelsfield Parish Church and Wivelsfield Little Theatre are coming together to present a Medieval Nativity Play in the parish church of St. Peter and St. John the Baptist, Church Lane, Wivelsfield, West Sussex, RH17 7RD.

This ancient church, which dates back to Saxon times, is the perfect setting for this down to earth portrayal of the historic events surrounding the birth of Christ, as seen by our medieval forebears. It provides a resonant, atmospheric setting, accentuated by the use of candles to light the church. A glass of mulled wine or a soft drink are included in the ticket price.

When it was first produced in 2003 it was hailed as the best amateur theatrical production in Mid Sussex in that year. It has subsequently played to capacity houses. This play is certainly not the sort of thing that you may have seen, or even taken part in, at school. It is an earthy portrayal of events, sometimes dramatic and shocking, sometimes thought provoking, at other times humorous. The audience will marvel as Jesus is born before their eyes, they will laugh at the rustic humour of the shepherds who involve the audience in some singing and they will be outraged and maybe even shed a tear as the In-



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nocents are slaughtered before their eyes. This version is not suitable for children younger than 12 years old. Tickets will be available from **3rd November** at www.ticketsource.co.uk/wlt or **07754 895936**.

Peter Leigh

RNLI QUIZ NIGHT Come and join us and exercise your brains for the Annual RNLI Quiz Night!

Enjoy a Ploughman's Supper at the Village Centre on Saturday, **16th November**. Doors open at 7 pm for 7-30 start. Tickets from Mishon Mackay or from Committee members. For more information phone me (RNLI Chair) on **01273 832819**.

Gill Johnson

PYECOMBE WINTER FAYRE **23rd November**
Adastra Hall, Hassocks 11 am to 3 pm. Gifts, arts and crafts, homemade cakes and lunches, £100 grand draw. All proceeds go to Pyecombe church and community events aimed at reducing isolation.

Please can you let me know if you require further details.

Julie

**December issue deadline is
5th November**

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MEMBERS OF THE WEST SUSSEX FIRE & RESCUE SERVICE VISITED THEIR LOCAL GARDEN CENTRE TO SHARE FIRE SAFETY INFORMATION TO SAVE LIVES

The crew from Burgess Hill Fire Station spent a few hours at South Downs Nurseries as part of their 'Tea & Tips' Campaign', and discovered the garden centre's coffee shop rather a good choice.

The fire safety scheme offers free tips on preventing house fires over a cup of tea with firefighters and volunteers from the county's Service. "We were delighted to host the firefighters", said Sarah Mead from the family-owned Brighton Road business. "Customers and staff alike learned invaluable hints and safety tips during the visit, which was made the more convivial by the relaxed atmosphere and cups of tea."


Rebecca Houghton-Knapp



South Downs staff Jackie Laughton and Rebecca Houghton-Knapp at The Barn Coffee Shop & Restaurant, South Downs Nurseries, with firefighters and volunteers from West Sussex Fire & Rescue Service

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STEVE'S BACK PAGE GOSSIP

I must just say how very touched I was at all the messages of condolence for little Eloise she knew she was special and now all of you lovely people have proved it - 'Thank you', and now on to a lighter subject, for years I been arguing with whatever electrical company I was with at the time how big my electricity bills were, because I've got two shops basically have two of everything, the shop which has all the animals in cats, rabbits etc, has nothing but fluorescent lighting although the bill for this one was always high almost twice as much as the other side with all the freezers tills and kettle etc which I thought very strange. I used to joke with the dry cleaners next door that they'd secretly fed a line through and I was powering their cleaning and washing equipment, trust me I did everything to try and find a fault with the metering system but no, according to the electric company the reading was correct! That was until I had smart meters installed in both sides of the shop and bang (not literally) my bills were virtually halved, so instead of paying nearly a thousand pounds a quarter for both shops it's now down to just over five hundred pounds which is a hell of a saving, so god bless smart meters that's all I can say. When I phoned the electric company to say "see I told you something wasn't right, what are you going to do about it?" (I'm thinking massive refund here) I must of spent at least 15 mins listening to all the reasons why there was such a big difference and to be honest hand on heart I didn't understand a single word they said, my brain was fried by a highly trained person who knew exactly what they were doing, so my dreams of a refund were well and truly shattered but at the end of the day smart meters are my new god.

If you don't mind I'd quite like to stay on this subject of the big businesses that stamp all over the small ones that are trying to get back what they deserve. You'll remember not long ago my life and business was practically destroyed by a solicitor whose one single job it was to protect us from losing the very precious Landlord and Tenants Act. After numerous emails not just from us but our surveyors and even the landlords agents, they still failed to apply to the court in time and all was lost now, the battle has commenced to try and get some compensation back as would anybody and you would think wouldn't you there would be some form of co-operation especially, as they have insurance for this kind of thing and there is no grey area here they were reminded on umpteen occasions by multiple correspondence don't miss the date. We now all know what happened but the aggressive attitude they are subjecting us to is mind blowing you'd think it was us who was in the wrong it's such a shame but hardly unexpected still justice will prevail and all will be out one day.

It's such a shame that all solicitors aren't like the firm we have next door to us, they are such a joy to have as neighbours Mr and Mrs Castle are lovely they looked over finishing off the negotiations of our new lease and did wonderful job and don't charge the earth either, all the staff are friendly too and efficient. Castle Solicitors - highly recommend by Steve, have I ever let you down?

I see we've gained a while Aylesbury Duck on Ditchling pond, not quite sure how he got there, unwanted pet perhaps, who knows but he's ever so sweet and friendly, pop up and feed him sometime with winter well and truly on the way all wildlife will need all the help they can get.

There's a lot of incentives to try and get the public back in the habit of using local shops, the latest is **Totally Locally's Fiver Fest** which states if every adult in the UK spent £5 per week in their local shops instead of online at the supermarket or with any of the multinationals it would be worth £13.5 billion going directly back into our towns which means real jobs better facilities and nicer places to live. **Shop Local, Live Local, Invest Local**, sounds good but the chances of getting everyone to spend a fiver is a very tall order but we need not despair because 'Light Up Hassocks' is nearly on us yet again - this year the 29th November will be the one day of the year when all those people you haven't seen for ages, suddenly appear to once again explore the high street. Amazing what a free mince pie and glass of mulled wine will make people do, see you there!

Love Steve

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