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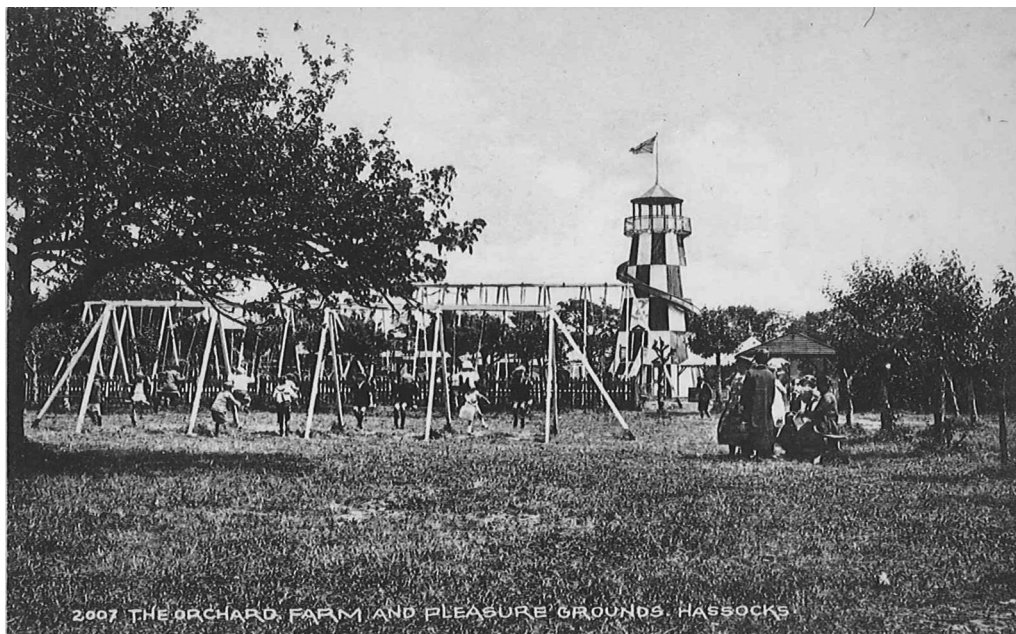
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LOCAL ACTIVITIES

~~ Clubs with single Events ~~

DITCHLING DOWNS WI

Tues 3rd Mar 7 pm

HURST MONTHLY SOCIAL GROUP

Wed 4th Mar 1 pm

DITCHLING FILM SOCIETY

Thurs 5th Mar 7.30 pm

JACK AND JILL PLAYGROUP

Fri. 6th Mar 7.30 pm

WORLD DAY OF PRAYER

Fri 6th Mar 10.30 am Women led - hear womens thoughts, hopes, concerns & prayers from all over the world

HENFIELD ARTS SOCIETY

Mon 9th Mar 2.30 pm

THRIVE MEETUP

Tues 10th Mar 6 pm Organisation for female founders and women in business. Tkts www.thethriveeffect.co.uk

HASSOCKS EVENING JAZZ

Tues 10th Mar 8 pm

COUNCIL SURGERY

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

HASSOCKS HORTICULTURAL SOCIETY

Wed 11th Mar 8 pm

The Illustrated history of Herstmonceux Castle - Melinda Stone

The Guide HQ, Trinity Road, Hurstpierpoint

Scams - Natwest Bank

Ditchling Village Hall

Film - Can You Ever Forgive Me (15)

The Hassocks Pub, Station Approach East, Hassocks

Annual Quiz, Curry & Pudding Auction. To book pop into QD Stationery

Holy Trinity Church, Hurstpierpoint

Henfield Hall, Coopers Way, Henfield

A Brief History of Wine - David Wright. Guests welcome

Talking Hands Coffee Shop, Hassocks

Hassocks Hotel, Hassocks

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Hassocks Parish Centre, Adastra Park

Adastra Hall, Hassocks

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DITCHLING HISTORY PROJECT

Wed 11th Mar 2 - 5 pm

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MID SUSSEX ASSOCIATION NATIONAL TRUST

Thurs 12th Mar 2.30 pm

Ancient Roads - Journeys Through Thrace & Italy - Jan Parsons

RBL CLAYTON & KEYMER WOMENS SECTION

Thurs 12th Mar 3 pm

Legion HQ, Woodland Road, Hassocks

Mayor of Cuckfield - Evelyn Stenning

HAYWARDS HEATH FRIENDS OF ST CATHERINE'S HOSPICE

Fri 13th Mar 2 pm

Wivelsfield Village Hall

Annual Bridge Drive to book call 01444 440452

BURGESS HILL HERITAGE & HISTORY SOCIETY

Fri 13th Mar 8 pm

Cyprus Hall, Cyprus Road, Burgess Hill

The Archaeology of the South Downs National Park - John Manley

HASSOCKS WI

Mon 16th Mar 7.45 pm

Adastra Hall, Hassocks

Shops & Shopping

HURST, HASSOCKS & DITCHLING U3A

Mon 16th Mar 2 pm

Hurstpierpoint Village Centre

Where Do Novelists get their ideas from? - Bobbie Derbyshire

DITCHLING VILLAGE ASSOCIATION

Tues 17th Mar 9.45 - 11 am

Ditchling Village Hall

Coffee Morning run by Ditchling Orchard Group

MID-SUSSEX HEALTHCARE PATIENT PARTICIPATION

Thurs 19th Mar 7 pm

United Reformed Church, Hassocks

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STAR CINEMA

Fri 20th Mar 7 pm

Adastra Hall, Hassocks

Film - Yesterday. Tickets on the door

SUSSEX CHORUS

Sat 21st Mar 7.30 pm

King's Church, Burgess Hill RH15 9LR

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

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HURSTPIERPOINT PLAYERS

31st Mar - 4th April 7.45 pm

United Reformed Church, Hassocks

Messy Church - Activity morning for adults and children with refreshments

Adastra Hall, Hassocks

Spring Fair

Players Theatre, Hurstpierpoint

The Gingerbread Lady by Neil Simon. Tickets www.hurstplayers.org.uk

~~ Clubs with Multi Events ~~

CLAYTON, KEYMER & HASSOCKS PARISH CHURCHES

Sun 22nd March 9.45 am

Mothering Sunday Family Service at St Comas & St Damian Church

Sun 22nd March 9.45 am

Cafe Style Service & Science Versus Faith - Dr Wedgewood at St Francis Church

HURSTPIERPOINT HORTICULTURAL SOCIETY

Tues 10th Mar 7.45 pm

Recycling in West Sussex - Colin McFarlin

Sat 14th Mar 2.15 pm

Spring Show - Schedules from Gibsons or email greenhpp@tiscali.co.uk

HURST VILLAGE CINEMA

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(Roland Emmett continued from last month) In 1953 Malcolm Muggeridge became editor of Punch and began systematic changes, but Emmett continued to publish his work there, albeit less frequently. After a spread in Life magazine on 5 July 1954, his work was much in demand in the United States.

He turned more and more to designing and supervising the building of what he called his "things" – always with silly names such as The Featherstone-Kite Open-work Basketweave Mark Two Gentleman's Flying Machine, two copies of which exist, one of which was displayed in a glass case in the Merrion Centre, Leeds, the other on permanent display at the Mid-America Science Museum in Hot Springs, Arkansas. In the mid-1960's he was commissioned by Honeywell to create a mechanical computer, which he named The Forget-Me-Not Computer. In 1968 he designed the elaborate inventions of Caractacus Potts (played by Dick Van Dyke) for the film Chitty Chitty Bang Bang.

In 1973 his water-powered musical clock, The Aqua Horological Tintinnabulator, was installed on the lower floor of the Victoria Centre, Nottingham, until 2010. In 2015 it was reinstalled, refurbished and in full working order, to a new location on the upper mall. When commissioned, it played Rameau's Gigue en rondeau II from the E-minor suite of his Pièces de Clavecin when striking the hour and half hour. Later modification en-



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abled it to perform every fifteen minutes (the playback system was changed from tape to compact disc).[4][5] Whimsical map of Hemel Hempstead and its neighbours, erected in 1960 on the side of what is claimed to be the first multi-storey car park in the UK

A 30-foot-square mosaic by Emmett, installed around 1960, can be seen on the side of the NCP car park in The Marlowes, Hemel Hempstead.

The Cats Cradle Pussiewillow III clock was commissioned by Basildon New Town and inaugurated by Michael Bentine on 7 August 1981. It is on display at Eastgate Shopping Centre in Basildon.

His larger works, such as Emmettland, went on extended tours, ending up in prestigious venues such as the Smithsonian Institution in Washington, D.C.. The Ontario Science Centre in Toronto has a collection of about ten Emmett creations and every December displays the restored working pieces, usually under the title "Dream Machines".

The Mid-America Science Museum has had four of his inventions on permanent display for most of the museum's existence.

When asked how he came up with his strange designs, Emmett remarked, "It is a well known fact that all inventors get their first ideas on the back of an envelope. I take slight exception to this, I use the front so that I can incorporate the stamp and then the design is al-



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ready half done."

Honours: In the 1978 New Year Honours, described as "Artist and Inventor", he was awarded an OBE.

He died on 13 November 1990 in a Sussex nursing home.

Exhibitions: There is a permanent exhibition of representative examples of Emmett's work at Stoneywish Nature reserve in Ditchling.

An exhibition of Emmett's work was held at the Chris Beetles Gallery in London, and an accompanying fully illustrated catalogue written by Jacqui Grossart, entitled Rowland Emmett from "Punch" to "Chitty-Chitty-Bang-Bang" and Beyond, was published by Chris Beetles Ltd. in 1988.

Until the early 2000s, the "Featherstone-Kite Openwork Basketweave Mark Two Gentleman's Flying Machine" was on permanent display in the Merrion Centre, Leeds in England in its own glass display cabinet, and activated every 30 minutes demonstrating the kinetic functions of the sculpture. It has since been re-

moved from display, but is periodically exhibited in the main thoroughfares along with several other Emmett sculptures owned by the Centre's management.



The Cats Cradle Pussiewillow III clock

An exhibition entitled Engines of Enchantment: The Cartoons and Machines of Rowland Emmett, with accompanying lectures (including one by his daughter), was held at The Cartoon Museum in London in 2009.

In 2014, the Birmingham Museum and Art Gallery held an exhibition of Rowland Emmett's cartoons and machines, including the five surviving 'inventions' from Chitty-Chitty-Bang-Bang (all in working order), television interviews with Emmett, and cine-footage of the 1951 Festival of Britain railway. The BMAG cites "This exhibition will be the

biggest ever display of Emmett's work, which is loved by many across the world and will tell the story of his life, living and working in Birmingham."

Info from Wikipedia



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IT PROVED TO BE A NEW YEAR TO REMEMBER WHEN THREE YOUNG GIRLS' VISITS TO THEIR LOCAL GARDEN CENTRE SAW THEM COME AWAY WITH PRIZES AFTER WINNING FESTIVE COMPETITIONS.

Emily-Mai Martin, who is five and from Hassocks, went with dad, Sean, to South Down Nurseries to collect prizes; not only for herself but also for her four-year-old cousin, Max O'Neill. The pair entered a contest run at the family-run garden centre throughout the Christmas holiday. Entrants had to

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follow clues to find eight of Santa's Elves hiding throughout the Brighton Road business.

Also victorious in the garden centre's festive fun was four-year-old Nancy Nutley who won the Christmas colouring competition staged in the centre's popular coffee shop.

Each are pictured collecting their prizes from Rob Prior.

Rebecca Houghton-Knapp



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SPRING FAIR Saturday **28th March** at Adastral Hall, Hassocks from 10 am to 12 noon. Come along to this popular event with its variety of stalls. Included are delicious homemade cakes, jewellery, gifts, toiletries, bric à brac, accessories, toys, books, cat items, cards, DVDs, CDs, and more like trying your hand at the prize every time tombola, the bumper raffle and enjoying refreshments. Small entrance fee.

Claire Richard

DITCHLING FILM SOCIETY On Thursday, **5th March** our film will be *Can You Ever Forgive Me* the true story of best-selling celebrity biographer, Lee Israel, who made her living during the '70s and '80s profiling the lives of people like Katharine Hepburn, Tallulah Bankhead and Estee Lauder. However, it is now 1991 and Lee is drinking too much, writing too little and getting nothing published. While researching her current project, a biography of Fanny Brice, sadly a non-starter, she chances upon some authentic but rather bland letters from the star – yet, with a spicy postscript added to the letter by Lee, its value suddenly rockets. Spurred on by this result, she then attempts to revitalise her career by forging letters from deceased authors and playwrights such as Dorothy Parker and Noel Coward enlisting the help of her drinking buddy, Jack, who assists by hawking them round bookshops with quite some success initially. Lee believes that hers are better than the originals! Hugely entertaining film with brilliant performances from Melissa McCarthy and Richard E Grant.

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Director: Marielle Heller US English 2017 106 minutes 15 Cert.

The film will be shown in Ditchling Village Hall. The film 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 for the sum payable at the door.

Rowena Cager and Melanie Samuel

BRIGHTON CONSORT, WITH THOMAS ALLERY (HARPSICORD), EXPLORE ARCHITECTURE, MATHEMATICS AND MUSIC

If you're intrigued about how these subjects are connected the next concert by Brighton Consort will help explain the mystery! Entitled "Locus Iste" (literally "This place"), the concert will feature a variety of much loved choral works. There will also be a real treat in the form of music by J.S. Bach for solo harpsichord, performed by the up-and-coming professional soloist, Thomas Allery. Included in the choral pieces will be Bruckner's setting of Locus Iste, as well as the famous Allegri Miserere – noted for its top Cs in the soprano part – and works by Machaut, Dufay, William Byrd and Herbert Howells. The concert will take place on Saturday **7th March** at 7.30 pm in St George's Church, Kempdown, Brighton. Tickets can be purchased online at www.brightonconsort.org.uk, or by ringing **01273 833746**, or on the door.

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Last year, we set the students a reading challenge. Clara Davies in Year 9 tells the story better than me:

"At the beginning of 2019, my tutor, Miss Millington, challenged me (to my initial horror) to read 52 books in the coming year. At first, I thought a book a week would



be absolutely impossible, but I became accustomed to the idea and quite liked it; I love reading anyway, so I'd just have to do it more often, right?

In the end, much to the shock of everyone around me (including myself!) I managed to finish - and a couple of weeks before the deadline! I went from reading 200 page books to 1000 page books; I certainly discovered some

great ones along the way too. One of my favourite books was *The Night Circus* by Erin Morgenstern. It was en-

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chanting and enthralling - I definitely recommend it to all of you. I'd also recommend giving the Book a Week/52 Books in a Year challenge a go because it really does encourage you to read more often and it expands the genres of books you read. Try it!"

You can't beat curling up with a great book. As Jeanette Winterson said "Books and doors are the same thing. You open them, and you go through into another world."

Nicki Burston

THE TURNER-DUMBRELL FOUNDATION The Trustees are looking to fund applications for interesting and innovative projects that benefit the community while closely reflecting the Foundation's grant making objectives.

These are: To support charitable institutions or charitable purposes in Ditchling or in the immediate locality, with particular reference to St Margaret's Church; Education and the Practice of Preventive Cardiology (by the encouragement of healthy lifestyle and exercise).

The income that enables the Foundation to make grants, comes from the letting of the agricultural land at Lodge Hill and Bowries Fields, together with rents from the Turner-Dumbrell Workshops and the generous endowment from the Settler Dr Richard Turner.

In 2019 we made grants totalling £16,500.

Application forms are available on our website at www.turner-dumbrell.org/grants or can be requested in writing from the secretary: Mr John Wood, 10 The Dymocks, Ditchling, Hassocks, West Sussex BN6 8SU email secretary@turner-dumbrell.org

Completed applications should be sent to the secretary by email, no later than **30th April**.

John Wood

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HERE AT THE ACORNS NURSERY AND FOREST SCHOOL, it's a magical time of year as the natural world bursts into life after its winter slumbers. We see buds and green leaves appearing on the trees; birds making their nests; flowers blossoming and insects waking up and getting busy. With binoculars, magnifying glasses and trowels, children are curious, exploring, discovering and asking lots of questions: scientists in the making! Many parents who seek this holistic approach to learning, are deferring their child's entry to school. The Acorns is registered for 2-8 years, and, being run by Janet Irwin, a qualified teacher, welcomes children deferring entry to school or being home-educated. It offers a traditional curriculum, with lots of outdoor play and forest school adventures woven into the day. In addition, at Westmeston near Ditchling, The Acorns holds 'Stay and Play' sessions for toddlers and carers, forest school sessions for home-educated children and, in Lindfield, childcare before and after nursery.

"The endless interest and enthusiasm of the staff really do set a standard that other nurseries would struggle to meet. Just take a visit and see for yourself," Westmeston parent.

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HULLO AGAIN! We hope you have not forgotten when we were the 'Friends and Neighbours'! We are getting together again to join you in celebrating the 75th Anniversary of V.E. Day with an afternoon of war-time singalongs - some entertainment too of course - at the Adastra Hall, Hassocks on Saturday **2nd May**. We hope to raise monies for the Royal British Legion Poppy Appeal.

Friends and Neighbours officially disbanded last year but a Xmas card from David Sachon, our usual M.C. asking if there were any plans for this important Anniversary - well - that was all it needed to set the wheels in motion and a quick 'phone-round' proved excitingly successful - we have all missed your company! So we are working on a programme with stars such as Dame Vera Lynn; Gracie Fields; Billy Cotton and others in mind - what wonderful songs kept us going during those war years - 'memories are made of this!'

So please note the date **2nd May** in your diary and calendar and watch out for more details in the next issue. We are looking forward to seeing you all again.

Dorrie

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. The March 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) **01273 832280**.

Bill Kent

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HURST MONTHLY SOCIAL GROUP 1st Wednesday of each month 2 pm at Guide HQ, Trinity Road, Hurstpierpoint.

This time last year we were quite anxious - would anybody turn up to this new group? Here we are one year later with 41 members and three sub-groups: textiles, walking and lunch club. Many thanks to all the members for helping to make this such a success. We have an interesting programme planned for the coming year including talks/presentations on - Scams, Re-cycling, Magistrates, Action for Deafness, Bees, Out of Africa, Oldland Mill, and the Belgian Royal Family & Links with UK Royal Family. Do come along - you will be made most welcome. A charge for visitors.

On **4th March** Sam Collier from National Westminster Bank is coming to talk to us about Scams.

For more information contact Dianne **01273 835284** or myself **01273 649023**.

Ann Tranter

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.

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

OLDLAND MILL This year marks the 40th Anniversary of the commencement of restoration works of Oldland Mill. This tremendous hard work and dedication from volunteers is set to be celebrated throughout the year, further details to follow.

Our first Open Afternoon of 2020 will be on Sunday **5th April**, 2 - 5pm. 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 the website:

www.oldlandwindmill.co.uk

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AGE CONCERN - Dale Avenue, Hassocks. **01273 844461** Office hours between 9 am – 3.45 pm.

www.achassocks.co.uk, email: enquiries@achassocks.co.uk Follow us on Facebook Age Concern Hassocks. We have our own Charity Shop and Chiropodist (Paul Dixon phone **01273 855760**).

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 pro-

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vided 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 am until 11 am (Not school holidays). Chiropodist here every day please call **01273 855760** Do note this new number!

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.

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.

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ANNOUNCING NATURE 2020 Throughout 2020, our local landscape will be coming alive with events celebrating the unique habitats and species of our natural environment as part of Nature2020.

Nature2020 events connecting people and nature will be springing up throughout the year and across The Living Coast, Brighton & Lewes Downs UNESCO World Biosphere Reserve.

Supported by Brighton & Hove City Council, a coalition of local environmental organisations has set up Nature2020 to celebrate the richness and significance of the local environment, and actively engage more people in the care and conservation of local nature.

This year marks the end of the UN Decade on Biodiversity, and is an opportunity to reflect on the state of wildlife and conservation both globally and locally. The Nature2020 programme aims to raise awareness of, and connect people to, the environment we live and work in. Flagship events so far include: Brighton Festival Children's Parade – 'Nature's Marvels', Global City Nature Challenge, Wildflower planting in Westdene, Youth Biodiversity Conference, Children's art exhibitions at ONCA and at schools in the region, The Living Coast Biosphere conference.

The full calendar, which is being added to on a regular basis, can be found at: www.nature2020.org.uk/whats-on Any organisation or group interested hosting their

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own event as part of Nature2020 is welcome to submit their details via the portal on the website (conditions apply).

What could you do to help biodiversity in your area in 20 seconds? 20 minutes? 20 hours? 20 days? Make a difference in 2020 and beyond! Share your ideas and achievements via Twitter - Nature2020 @2020nature, also on Facebook/Nature2020

“UNESCO World Biospheres are designated as global examples of sustainable development, with nature conservation, environmental engagement and education as part of their key purpose. Nature2020 is a fantastic opportunity for everyone to celebrate and learn about our world class environment of Downs, towns and coast, bringing people and nature together to inspire a positive future, today. Together we are The Living Coast.” – Sarah Dobson, The Living Coast Biosphere Programme Manager.

R Sandercock

THE FINAL AGM OF THE MILLENNIUM GARDEN TRUST will be held on Tuesday, **3rd March**, at 7 pm in the Club Room of the Village Centre. After a short meeting there will be a review of some of the highlights over the past 20 years. Members and visitors welcome. Enquiries: Secretary **01273 832756**.

Sheila McNeill

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HASSOCKS TWINNING ASSOCIATION My name is Stephanie White and I am delighted to write this article as the new Chair of the Hassocks Twinning Association, especially as I have been involved with this organisation from its foundation over thirty years ago. I would like to particularly thank Carolyn Barlow, the outgoing Chair, who has been leading this organisation so enthusiastically and successfully for over ten years. Such commitment and dedication from Carolyn and the committee members have enabled the Twinning Association to flourish and, thus, we are looking forward to the next phase of our friendship and activities with our French and German friends in Montmirail and Waldmichelbach. This year we are looking forward to a range of events in which we will be involved, starting with the May Fayre on Friday **8th May**, when we will be running our ever-successful Tombola Stall. A new and exciting social event, to which all members will be invited, is a 'bistro' night at Bella and Megs with a date to be finalised in late April. On **20th June** we are going to participate this year in the Downlands Fayre where we hope to meet and engage with the Twinning Association members of the future! Last and by no means least, we are looking forward to the arrival of our friends from both Montmirail and Waldmichelbach for a great social weekend in September. The exact date is currently being finalised.

We are very keen to welcome new members to the Twin-

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ning Association and to engage with any societies in the village or surrounding area who are interested in building links with France and Germany. This may be a link which already exists, a link which you would like to rekindle or it may be that this is a completely new venture for your association or society.

We are very happy to facilitate such links with Montmirail and Waldmichelbach so please if you are interested in setting this up, do contact the Twinning Association via the following email
stephaniewhite@btinternet.com.

If you would like more information, would like to help or contribute at our events or would like to join our Twinning Association please contact **HTAcarolineSS@gmail.com**

I very much look forward to meeting up over the forthcoming events and forging strong links within our community and the communities of Montmirail and Waldmichelbach.

SJ White

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.

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THE WINDMILLS JUNIOR SCHOOL the children are taught how to be fantastic learners and brilliant citizens. Underpinning all we do are our core values of: kindness, respect, courage, curiosity, independence and perseverance. To help the children really understand these and learn about them, one value is chosen to focus on every fortnight. During those weeks we spend time talking with the children about the key value and this is our focus for assemblies. Displays are created around the school to demonstrate the value, giving children and teachers the chance to reflect on what they have learnt and ways the value has been shown, perhaps by a show of kindness or courage. You can see from comments made by the children how they relate the school values to their learning and daily lives: "This year, I've realised that values don't have to be shown in a big way - it's all about doing little things right all through the day."; "All the values link up. To be a successful learner you need to use all the values. For example if you want to find out more about something you need to be curious and independent."; "The values were really important on Sports Day - our team captain kept encouraging us to show perseverance, courage, respect and kindness as we competed."

We are proud to say that members of the school's sports teams and children taking part in locality events always



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display many of our school values. Our cross country runners are a good example of this with all of them having finished in the top 15 in December's district event. We are delighted to tell you that five of the seven runners who qualified went through to the next round and are still in the competition with another event still to come! They have all shown great perseverance, particularly having spent many lunchtimes in training, despite the recent spell of wet weather!

Sue Bandy

RESULT OF HERBIE FLOWERS CONCERTS

The two sold-out concerts given by Herbie Flowers and Friends on Sunday January 5 in Ditchling Village Hall raised £4200 for the Mighty Magnus Medicine Fund, which is providing funding for 8-year-old Magnus's non-NHS cancer treatment.

Magnus's family would like to extend their deep gratitude to Herbie and his fellow musicians and to all those who supported the concerts or donated. Their generosity is greatly appreciated.

Thanks are also due to all those who provided the magnificent raffle prizes, including several Ditchling businesses – in particular Black Dog Hill Winery, White Horse pub, The Nutmeg Tree café and The Green Wellie café.

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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

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I try to work around your budget. Then I disappear and leave you to mull it over. For as long as you like. No pressure. Afterwards you can visit our workshops/showrooms. Sometimes we take clients round to see one of our recently finished projects. That way you really get to see our attention to every last detail.



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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 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

DITCHLING DOWNS WI held their first meeting of 2020 in their new venue, Ditchling Village Hall, on Tuesday 7th January. Our speaker for the evening was Neil Sadler, who gave us a very entertaining talk on the subject "(Almost) Death in Paradise: The Caribbean, Pirates and Rum."

For our March meeting the speaker will be Melinda Stone on the subject "The Illustrated History of Herstmonceux Castle" taking place on Tuesday **3rd March** in the Ditchling Village Hall – 7 for 7.30 pm. Visitors welcome.

Sally Willis

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HURST PLAYERS SPRING PRODUCTION Hot on the heels of the successful 2019 annual pantomime at the re-vamped Players Theatre which ended its run on 26th January, the Hurstpierpoint Players have started rehearsals for the spring production of Neil Simon's "The Gingerbread Lady". It's a play full of the usual Neil Simon wit, as diva Evy returns home from a stay in rehab to be greeted by Jimmy, her penniless actor friend still awaiting his big break. Will Jimmy lead his friend into her former bad habits? Will her not very nice 'ex' encourage or discourage her - and will the party she organises to celebrate her 'freedom' allow her to stay on or fall off the wagon. Meanwhile her best friend is struggling with a request for a divorce and asks Evy's advice and her estranged daughter decides to come home to look after her! Full of snappy and very funny one-liners The Gingerbread Lady will be directed by Richard Coney and presented at the Players' Theatre on the High Street each evening from **31st March to 4th April** at 7.45 pm. Tickets available towards the end of February online at www.hurstplayers.org.uk and later from the Theatre Box Office.

Anne Hopper

STAR CINEMA The March film on Friday **20th March** is Yesterday. 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!

Liz Edmunds

CLAYTON, KEYMER AND HASOCKS PARISH CHURCHES Do join us on Mothering Sunday at St Cosmas and St Damian Church at Keymer for our Mothering Sunday Family Service on Sunday **22nd March** at 9.45 am. Or if you don't fancy that there is an alternative! Come to St Francis Church at Priory Road, Hassocks, also on Sunday **22nd March** at 9.45 am for a cafe church style service with a talk on 'Science versus Faith' led by Dr Orson Wedgewood. Both events are suitable for all ages and all are welcome. *Rector Alex Baxter*



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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 Woodsland Road, Hassocks. We are a friendly group and visitors are very welcome.

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

At our meeting on **12th March** Evelyn Stenning, a member of our RBL Women's section will be giving a talk about her time as "Mayor of Cuckfield". An honour won by the person who collects the most pennies for the nominated charitable causes, it is debateable whether this 'High Office' is achieved by foul means or fair! Suffice to say it is a very competitive procedure! The competition item is a 'Spring Flower'. With leaden skies outside as I write, the warmth of Spring sunshine would be most welcomed.

A Date for your Diary: 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.

Items can be brought to the monthly meeting or if needed please contact Jenny to arrange collection. All money raised will, as usual, go towards our benevolent funds. Thank you for your support, it is much appreciated. We hope to see you there.

Liz Thomas

WORLD KIDNEY DAY 12th March. Your body is amazing and your kidneys play a vital part in a healthy bodily function. They are essential to our health, getting rid of excess water and toxins, regulating blood pressure, making red blood cells and helping to keep bones strong. Every day your kidneys filter around 180 litres of blood.

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Dan Magrill, Consultant Urologist explains 'World Kidney Day is an important annual campaign, encouraging people to ensure good kidney health.' With 1 in 11 people getting stone symptoms in their lifetime, including severe pain, nausea and the constant urge to urinate, we ask Dan for his top tips to prevent kidney stones.

Drink plenty of water to flush bacteria and toxins out of your body, reduce the risk of kidney stones and maintain your general urological health. Keep well hydrated, especially when engaging in activities that cause you to sweat. Drink throughout the day, rather than lots in one go. There's no need to drink expensive bottled water: tap water is just as good!

A tip I share with most of my patients is adding lemon juice to your drinks, this increases the levels of natural stone inhibitors in your urine.

Don't restrict your calcium intake, studies show that a normal calcium intake actually protects you from future stones; a low calcium diet can increase your chance of stones.

Certain foods linked to kidney stones include artificial sweeteners found in diet soft drinks, acidic food, such as citrus, tomatoes, apples, and spicy foods. Most people aren't aware that animal proteins can increase your risk of stones and are in fact acidic and so can irritate the bladder.

If you're prone to kidney stones avoid oxalate-rich foods such as rhubarb, celery, spinach, beetroot and sesame seeds. Black tea, chocolate and nuts are all moderately high in oxalate. Take them in moderation. Avoid tinned, packet or processed foods all of which have a high salt content too!

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Janet Francis

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HASSOCKS WI Meeting Monday 20th January at Adastra Hall. The meeting began with notices as usual, and then moved on to a discussion of resolutions for the year. Traditionally, the members consider a number of global issues for discussion, and vote for two to promote awareness and action.

Jackie Leslie spoke on Helium, Maureen Dodd spoke on Slavery, Lorraine McAleenan spoke on Stem Cell Donation, Darryl Sinclair spoke on Talking About Death, Hilary Martin spoke on Crash Dummies, The members selected Slavery and Stem Cell Donation as issues for 2020 resolutions.

After refreshments we were introduced to Udit Everett from the charity 'Singing for Better Health' based in Brighton and Hove. This helps people with health issues and long term illnesses.

Udit showed us how to sit and breathe efficiently to get the most out of the activity. We sang with gusto from the provided song sheets, with recorded piano music to help us along!

After a vote of thanks, the raffle was drawn, and Presi-

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dent Hilary reminded us to bring items for the food bank next meeting.

Next meeting is Monday **16th March** - Shops and Shopping / Burgess Hill Theatre Co.

Kate Hastings

HURSTPIERPOINT HORTICULTURAL SOCIETY Recycling In West Sussex an illustrated talk by Colin McFarlin. All the information you ever wanted to know about this bewildering subject! At Club Suite, Village Hall 7.45 pm Tuesday **10th March**.

The Spring Show is at 2.15 pm on Saturday **14th March** in the Village Hall. Daffodils and spring flowers, floral art, cookery, photography, novice and children's sections.

Exhibiting is free and open to all. Schedules from Gibsons in Hurstpierpoint High Street or email greenhpp@tiscali.co.uk. Tea and home-made cake, raffle and Auction of donated exhibits at end of show.

Kathy Green

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FEMALE FOUNDERS IN HASOCKS ARE THRIVING!

Last November, Ditchling resident and Founder of Lock Healthcare Recruitment, Abigail Lock launched the Thrive Meetup in Hassocks with the support of The Thrive Effect - a purpose-led, membership organisation for female founders and women in business in Sussex.

Since then, over 60 women in business have attended the Thrive Meetup in Hassocks to develop their business skills and make new connections. During the first half of the meetup, attendees learn from a female business owner who shares her expertise or experience on a particular topic. So far, the attendees have learnt how to present with confidence, how to create a successful brand and how to develop customer personas. During the second half, members participate in a peer support session where they find practical solutions for each other's business challenges.

The attendees come from a range of industries and include artists, business consultants, hairdressers, marketers, nutritionists, retailers, social entrepreneurs and solicitors.

Abigail says, 'I have really enjoyed building the Thrive Meetup in Hassocks and getting to know other women in business from the local area. Our attendees have told me that they have found the meetups really inspiring and informative and a great opportunity to meet likeminded women'.

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The group meets on the second Tuesday of the month at the Talking Hands Coffee Shop in Hassocks. Ticket price includes free drinks and nibbles are provided.

The next Thrive Meetup is on Tuesday, **10th March** from 6 pm to 8 pm. To purchase your ticket, go to: **www.thethriveeffect.co.uk/our-events**.

If you would like to talk at a future Thrive Meetup, please email Clare Griffiths, the Founder of The Thrive Effect, at **clare@thethriveeffect.co.uk** or tweet @TheThriveEffect.

Abigail Lock

HENFIELD ARTS SOCIETY will be meeting on Monday **9th March** at 2.30 pm at The Henfield Hall, Coopers Way, Henfield BN5 6DB when David Wright will give a brief history of Wine. David, with thirty years in the world of wine as a retailer and importer, will take us on a journey through 7000 years of wine making in the shape of decorated vessels, paintings, buildings and literature. Guests welcome to attend for a fee. For more details contact me on **01273 494633**.

Stephen Wyman

DITCHLING SINGERS Our March rehearsals are on Sunday, **1st March** 4 pm to 6 pm at the Old Meeting House in Ditchling and on Sunday, **15th March**, 4 pm to 6 pm at Keymer Church Hall.

All welcome, just come along or phone Sue on **01273 845107** or myself on **01273 845627**. *Erika Chapman*

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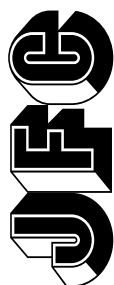
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HURSTPIERPOINT BOWLS CLUB The 35 members of Hurstpierpoint Bowling Club surprised former secretary Peter Cooper at Preston Indoor Bowls Club with a celebration lunch on his 90th Birthday. Peter has organised Tuesday and Friday morning sessions at Preston 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.



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The club President and two former Club Chairmen were also present on this very enjoyable occasion.

Keith Jackson

WORLD DAY OF PRAYER Friday 6th March at 10.30 am, Holy Trinity Church.

World Day of Prayer is a woman led, global, ecumenical movement, which enables us to hear the thoughts of women from all parts of the world, their hopes, concerns and prayers. Women of Zimbabwe have prepared this year's service and they encourage us all to reflect on the difficulties and unrest that have plagued their country over many years. They share the challenges they have met and the hopes they have for the future.

The title of this year's service is "Rise, Take Up Your Mat And Walk". We are asked to do this with the women of Zimbabwe as they continue their often turbulent journey towards full reconciliation.

Please do come and join with our friends from the Methodist and Good News churches as we celebrate this service with other churches in over 170 countries, as prayer in many native languages travels around the world.

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MESSY CHURCH is a morning of activities for adults and children with refreshments and food for thought and now includes Messy Vintage. 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 **28th March** between 10 am and 12 noon at Hassocks United Reformed Church. There is no charge and all are welcome.

Darryl Sinclair

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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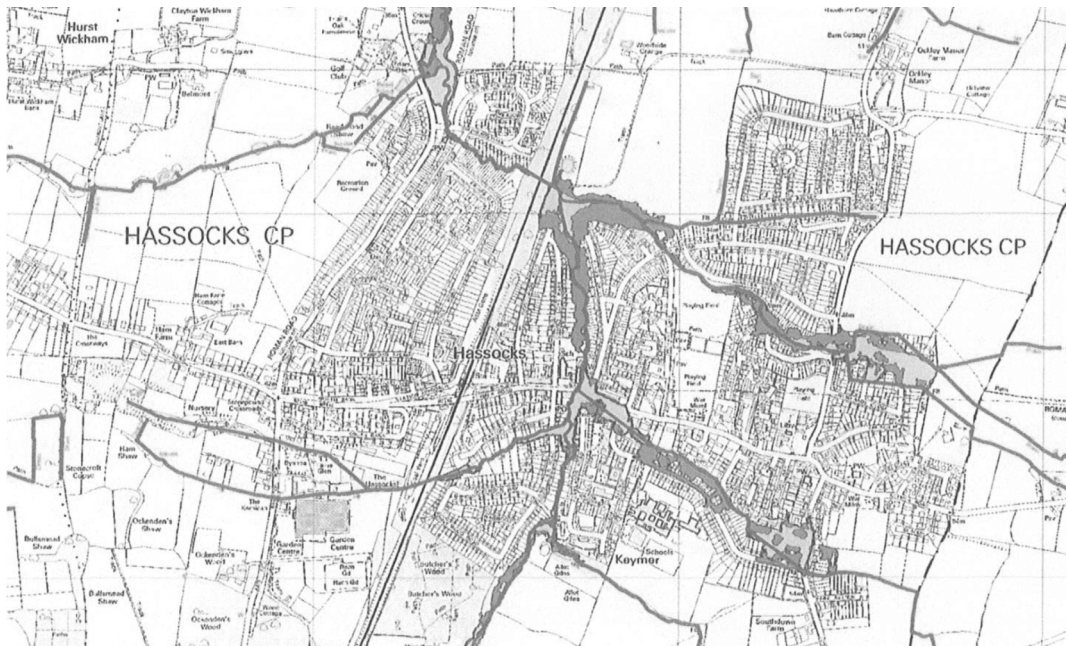
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HASSOCKS STREAMS We are a small team working for the local Rivers Trust and HKD.

Can anyone please help us find the names of the small streams in and around Hassocks which feed into the Herings Stream?

Hassocks has numerous small streams criss-crossing the village and many of us have one at the bottom of our gardens.

If you know the names of any of these stretches of water or know anyone who does please either email **m.valpy@btinternet.com** telephone **01273 841529**.

Mike Valpy

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.

Walks are arranged on Tuesdays and weekends throughout the year and vary in length from 4-12 miles. During the summer there are short walks on Wednesday evenings, trial walks and leisurely nature walks.

New and experienced walkers are both very welcome and if you would like to try one of our walks please get in touch via the Contact Form on our website, email **msrpublicity@gmail.com** or telephone our Secretary and Publicity Officer, Sue Blandford, on **01403 255654**.

Jo Mitchell

A PETITION HAS BEEN RAISED to persuade East Sussex County Council to do road works to make a local accident blackspot safer.

This is a point just east of the Half Moon public house, on the B2116 going towards Lewes.

The bank on the left there is non-existent for many meters, and over the years several vehicles have gone off the road down into the field. The latest was a coachload of students from Plumpton College, several of whom needed hospital treatment after a crash early in January, although fortunately none of them were seriously injured.

You can sign the petition by going to **www.eastsussex.gov.uk/yourcouncil/consultation/petitions** and enter the search term 'B2116 petition'.

Please spread the word.

Mike

QUIZ AND CURRY NIGHT FUNDRAISER FOR JACK AND JILL PLAYGROUP. Jack and Jill Playgroup is the only charity run playgroup in Hassocks. On Friday **6th March** we will be holding a Quiz and Curry Night at the Hassocks Hotel at 7.30 pm. to help raise monies. Quiz teams of up to 8 people (please arrange your teams before the night). Advance tickets only are available from QD Stationery, Judy will return as the quiz mistress. After the curry there will be the ever popular pudding auction please could each team possibly bring a pudding or two to auction.

Jack & Jill Fundraising Committee

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 so magnetic, so enthralling,
 Is it the quaint mysticism belying
 the curious name of Hassocks?
 'Hassocks', grassy hillock,
 where prayers and worship were said,
 Before churches were built,
 where residents knelt to their Creator,
 How I long to remain in your arms,
 until I wither and fade away,
 Hold in my soul the imprint of a stay
 in the most precious of jewels.
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 I could ever imagine, could ever create,
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 But, I must transcend now
 towards my eternal Father's home.

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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

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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 mammal 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,

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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.

Sussex Wildlife Trust is an independent charity caring for wildlife and habitats throughout Sussex. Founded in 1961, we have worked with local people for over half a century to make Sussex richer in wildlife.

We rely on the support of our members to help protect our rich natural heritage. Please consider supporting our work. As a member you will be invited to join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our Sussex guide book, Discovering Wildlife. It's easy to join online at www.sussexwildlifetrust.org.uk/join or over the phone on 01273 497532.

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STEVE'S BACK PAGE GOSSIP

Thank you for your feedback with regard to my visit to our local tip. I've loved all your suggestions about what to do with my old fridge freezer, sadly a lot of them are illegal and a few of them impossible. However something I forgot about was that on certain Sundays a very large council waste disposal lorry can be found parked either in the car park behind Budgens or in Belmont Close - this is normally for people who don't have transport and can't visit the tip. I always knew when it was behind Budgens because I'd notice lots of elderly gentlemen pushing wheelbarrows full of all sorts of rubbish along the road, if you go online you can find the dates so you can see when it is at either of the locations and they don't ask for ID or care where you come from and within reason what you turn up with to dispose of.

Any way enough about rubbish what else is going on, well not a great deal actually, it would seem the only news item regarding our beloved High Street is the addition of another solicitors in the old Lloyds bank, they are fast becoming as popular as coffee shops, that's four we've got now, still as I'm often reminded it's better than an empty premises.

Talking of empty shops I did have a young couple in my shop who were talking about putting a restaurant in the old Ripples shop. They were asking about how busy Hassocks was and what did I think about it? Well a lot depends on what sort of food they were serving up, we've already got Indian & Chinese restaurants as well as Bella & Megs so I'm not really sure, but from what they were saying it would be like Ask in Burgess Hill, but this was only a young couple thinking about starting up their own business who share a love of food, it is not written in stone.

I have been surprised at the amount of businesses that have approached me asking about the future of the dry cleaners next door. I see and talk to Reza's dad a lot, and he'd like to thank all of you who placed flowers or came in the shop to offer their condolences. He is very proud of his son and everything he has achieved in his life, but his heart is broken and for the time being the shop will remain in Reza's name, until a time comes when the pain softens and he can consider its future. So please don't expect to see another name above the door in the immediate future. The staff have been wonderful carrying on giving the service and quality that all the customers are used to.

It's not easy being a shopkeeper these days, not just for the obvious reasons, but knowing what to stock. Retail trends are forever changing so it's quite easy to end up with a shop full of stock nobody wants, so we are going down the more natural route where we can use companies like Earth Animal and Eden Dog Foods. You can also get dog and cat beds now that are made entirely from recycled plastic bottles!

That's all for this month love Steve

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