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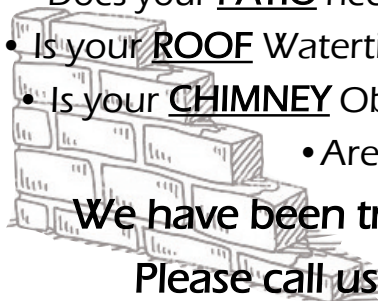
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Your Editors: **Joanna Lambe, Heidi Brown, Natalie Dalley & Nicola Botting**



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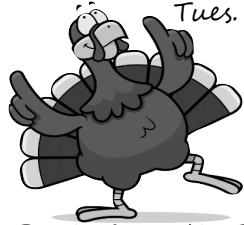


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We thank Sue Farrall for this photo of the team picked through the Hassocks British Legion to play the Stan Love Football Fixture against a factory team on a visit from London. (date unknown)

2nd left back row was Cyril ('Punch') Parsons, 4th from the left back Dougie Simmons.

Please do write in if you recognise anyone above.

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SORRY AGAIN!! Firstly, and with much regret, we have to cancel our Christmas show planned for 19th December. The frightening rise of coronavirus with the possibility of distancing even going into December meant it impossible to organise. We are so very sorry to disappoint you all again but feel sure that you will understand our position during this worrying and unprecedented time.

Many of you now able to visit Hassocks Health Centre will no doubt have realised that 'Bunty's' seat outside the centre has been repaired and repainted. From the monies in the bank when Friends and Neighbours disbanded we gave various donations to worthy Charities including St Peter and St James Hospice but, knowing that the seat was in a poor state we kept money back to pay for that to be done.

Chris Brown came to our aid and has made a really fine job of repairing the arm (you will recall that some 'person/persons' had used a knife to slice a large indent in one of the arms) now you 'can't even see the join!' and the seat looks as new. Thank you Chris.

Sadly, in answer to a fundraising letter from Dame Vera Lynn's Children's Charity I had to

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write telling them that our concert party had disbanded. For several years we had, from the proceeds of our Christmas shows sent a donation to that Charity but of course that is no longer possible. I have received a very nice reply to my letter thanking us for our past valued support and those thanks I also pass on to YOU who were our audiences for your generosity at those shows.

To you all - keep well and safe.

Dorrie and your friends and neighbours

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STAR CINEMA Regrettably we are still unable to resume our popular film nights under the current restrictions, but rest assured we are doing our best to resurrect them as soon as we can. If and when we manage it.....you'll find the info here! Hoping everyone is staying safe, and we look forward to seeing you again in due course, COVID permitting.

Liz Edmunds

REMEMBRANCE SUNDAY - As with so many things this year's Remembrance Sunday will be different from normal. To help people mark Remembrance there will be an opportunity for you to 'tie a ribbon and say a prayer'. From Sunday **1st November to Sunday 8th November** a basket of red ribbons will be



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available on the forecourt of the United Reformed Church. You are invited to take one and tie it onto the cross as an act of remembrance. If you would like to make a poppy and put that on the cross that would be good too.

Darryl Sinclair

DITCHLING FILM SOCIETY - "IMPORTANT ANNOUNCEMENT"

Sadly Ditchling Film Society has now had to cancel our whole 2020/2021 season of films as a result of the Coronavirus pandemic.

Hopefully we will be able to reinstate the Society next year, if and when life becomes more "normal" but, in the meantime, we should like to take this opportunity of thanking you all for your wonderful support over the years and trust that you keep well and safe until we meet again.

Rowena Cager & Melanie Samuel

UNITED REFORMED CHURCH **CHRISTMAS DAY LUNCH.**

Owing to the present day Covid 19 virus we have unfortunately postponed this event. We will possibly be able to celebrate Easter Sunday together if the government rules allow us.

Thank you all for your support in 2019. We did have a lovely day. Best wishes to all and keep safe and well.

Rita

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BERYL MARY FITCH 03.07.1932 - 01.09.2020
Beryl of Holmwood Court, Hassocks, passed away suddenly and very unexpectedly on the 1st September. She was a very unexpectedly on the 1st September. She was a very much loved mum to Sue and Paul, Lin and Sue, a fantastic Nanny to Simon, Lisa and Sarah and a wonderful Great Grandmother to her 5 Great Grand-Children Jasmin, Jake, Sienna, Harrison and Leo.

My mum was a very loyal and dear friend to many people in the village; she had made some special friends at the Royal British Legion, the United Reformed Church, The WI, The Villa Adastra and Cameo Club where she gave her time effortlessly, willingly and always with a smile on her face, and so much to look forward too. Mum had time for everyone, was a great listener and dearly loved by all who knew her.

Her passing has come as a terrible shock to us all, left such a huge gap in the lives of all our family. RIP my dearest mum.

Sue Catford

BRITISH FLOWERS ROCK! Burgess Hill Horticultural Society Online Zoom Talk on **Wednesday 4th November**, at 2.30 pm

Speaker: Ben Cross, of Crosslands Flower Nursery
Small fee is required

About the talk - Approximately 90% of all cut flowers sold in the UK are imported – many are air-freighted for 1,000's of miles before they reach our shops. Ben Cross is a 4th generation horticulturalist who believes that home-grown blooms are the best; from both environmental and economic



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points of view. His family-run flower farm near Chichester produces alstroemerias for the UK cut flower trade. Ben will talk about the history of Crosslands Farm and why alstroemerias are considered to be one of the most eco-friendly flower crops. He will also take us on a tour of the nursery, (which is not generally open to the public.)

About our Zoom lectures: There is a charge to view the talk, (no booking fee.)

Unsure about 'Zooming'? We can provide you with IT support, including a rehearsal-style 'run through' before the event. The talk will be recorded live. The following day, attendees will receive a link to the recording, allowing them to watch again; a useful facility if you experience an IT malfunction or the live talk is at an inconvenient time - you can simply watch it later. To book, and view full information, visit our website:

burgesshillhorticulturalsociety.com/whats-on.

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RETURN AGAIN (AFTER COVID)

I wonder WHEN they return again,
to grace the wide blue plain?
The ghostly throb of the piston-props,
and the whispering jets that whine.
A cloud may hide, and then reveal,
Trailed vapours in accurate line.

I wonder IF they return again,
those Monarchs of the air?
If viewed from 'thirty thousand feet'
Pour contrails white and spare.

I wonder WILL they return again?
When people's minds refrain,
from self-locked isolation,
their confidence regain.

So sure they WILL return again,
self-sacrifice be short.
Soon man again, will flood those skies,



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and replace what they abort.

The Birds return in open joy,
to claim their rightful place,
the skylark now, no voice compare,
ascends God's blue-vaulted space.

With cheerful song, and magic bill,
he sings to his delight.
But soon will come (he doth not know)
returneth mans' own flight.

But Birds of many kind return,
to fill their joyful space.
So bring delight to all mankind,
Regain their treasured place.

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NEWS FROM THE MID SUSSEX HEALTH CARE PATIENT PARTICIPATION GROUP (PPG)

The Patient Participation Group continues to work behind the scenes to help improve your health care service. Most recently we have helped with the annual flu clinics, that took quite a different approach this year, given the challenges of COVID 19 and the need to keep patients safe. We have heard very positive feedback from patients on the way it was managed. Do let us know if you have any feedback to add. (mid-sussex.healthcareppg@gmail.com).

On other health care services, there are various online options now for booking appointments online, seeing your medical history and even having online consultations. It can be a bit daunting and confusing, so if you need help

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with this, the PPG can help you. We do not have a dedicated phone number since we are a group of volunteers. If you cannot email us, do call the doctor's practice and provide your phone number so that we can contact you.
01273 834388.

From the Mid Sussex Health Care Patient Participation Group.
Louise Evatt

SO WHAT HAS BEEN HAPPENING AT DOWNLANDS SINCE WE CAME BACK IN SEPTEMBER?

The students and staff have adapted well to our new way of working. We have changes and updates sent to us from the Department for Education on an almost daily basis. These need reviewing and implementing as quickly as possible to ensure the safety of our students

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and staff. The SLT (Senior Leadership Team) are constantly working to communicate these changes to students, staff and parents alike.

There are some huge differences at Downlands now. Students now learn & socialise in their 'bubbles', with each Year Group occupying a different part of the school. Teachers travel to the students rather than what would traditionally happen, where students move around the school, benefitting from the variety of equipment on offer in each teaching area. This new way of teaching and learning does limit some practical activities but we are still able to deliver the full curriculum. Teaching staff are constantly coming up with new and innovative ways to teach to keep lessons as interactive as possible.

Our excellent Pastoral staff, Achievement Leaders and Tutors keep a close eye on pupils and are quick to offer support when it is required. This has always been a strength of the school, but due to the Covid-19 we are being even more vigilant when it comes to our students' mental health.

On that note, Downlands Community School supported World Mental Health Day on 9th October by all wearing yellow to school. #HelloYellow Day was organised by the charity YoungMinds. Students and staff bring in a small amount in exchange for wearing yellow for the day. We were

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unable this year to run the event as we would usually but we had a great day. (Pictures and final amount raised next month)

We are starting to reinstate many of our after school clubs which is wonderful and helps us all feel a little bit of 'normal' again.

The DSA (Downlands School Association) held their AGM on 21st October. We are very lucky at Downlands to have wonderful parents who are willing to get involved. Our usual fundraising events have been cancelled this year, but the DSA have come up with many new ways to raise money for our school.

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On a different note, we would like to pass on our thanks to the residents of Hassocks and in particular Dale Avenue and the surrounding roads. Many of you will have noticed our staggered start and finish times which is a recommendation from the Government. We are doing all we can to ensure our students safety and the safety of members of the public who also have to move around this area during the start and finish of our school day. Our SLT are always visible during these times and we appreciate the understanding of those residents who live close to the school. We are in close contact with local Councillors, partner schools, local businesses and members of our community

We hope you've enjoyed this update. If you have any questions for us, please email them to gwickens@downlands.org. Keep an eye

on our social media platforms for more school news and photos.

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WINDMILLS SCHOOL It has been such a delight to have all of the children back in school and to welcome our new Year 3 pupils. We have to thank them and the parents for doing their best to stick to the new routines and rules in place to keep us all safe. Comments from the children assure us just how much they enjoy being back with their friends and teachers! On arrival, they were all very excited to see the newly installed 'Ninja' adventure play equipment at the front of the school offering a bright welcome back!

The staff were of course sensitive to the fact that the children would each return with a very individual experience of events over the past months and it was important to give them some time to gently focus on their thoughts and feelings. A key text was chosen as the centre of our work right across all year groups in a way to bring us all together again as a school community. The 'Here We Are' picture book by Oliver Jeffers offered the perfect

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vehicle for everyone to explore their feelings and to find ways to move forward in a positive way.

As a result some wonderful work was produced ranging from poetry, artwork, texts celebrating diversity, creative writing to mindful 'doodling' all using themes from within the book.

As well as enjoying being back together and supporting each other in school, it was so lovely to hear the wonderful work that has been going on in the wider community. An example of this is 'Hassocks Goes Gold' raising awareness of childhood cancer. We were so proud to hear that team 'The Windmills' had raised over £600 by taking part in the Hassocks Gold Run charity event with each member of the team covering 3 miles to complete the 22 mile route visiting every road, twitten and cul-de-sac in the village! They certainly did their bit to paint the village gold!

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HISTORY OF ST LAWRENCE FAIR

Since the 14th century, the village of Hurstpierpoint has celebrated the Feast of St Lawrence with a village fair. The fair is one of the oldest in the United Kingdom.

King Edward II granted a charter which allowed one fair a year to be held to celebrate St Lawrence, the patron saint of the village. Historians say that the fair has taken place every year since then, breaking only during World Wars I and II and this with the Covid 19 Virus. During those inter-war years it was used as a means of raising money for local hospitals.

More than just a village fete, the fair spreads over several days with a funfair, carnival procession, fun run through the village and a range of competitions and events for local children, including a Teddy Bear's Picnic.

The Harris Funfair has been the central attraction of the fair since the early years of the last century. You can find it on South Avenue

Recreation Ground for the week.

The Fair is not only a chance for the village to let its hair down, but also an opportunity to raise money for local charities.

The Harris Funfair has been the central attraction of the fair since the early years of the last century. You can find it on South Avenue Recreation Ground for the week.

The Fair is not only a chance for the village to let its hair down, but also an opportunity to raise money for local charities.

Where did the Fair come from? We can't be sure because there were always fairs in communities. People would get together to trade and have a drink and nothing would be written. Usually, markets and fairs were held on the feast day of the parish saint as people would come into the village on that day. The lord of the area would control these markets and fairs and collect a tax on trading.

Following the Norman invasion, these rights became controlled by the King who then passed them down to his 'tenants in chief'



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- in the case of Hurstpierpoint the de Warenne family. If there was a dispute about who controlled the fairs and therefore had a right to this sales tax, there was an appeal directly to the King. It seems that both Lewes Priory and the Bishop of Chichester were after the money and appealed.

Records show that John de Warenne was there to present his case, and the King found in his favour for Hurstpierpoint and many other fairs and markets in this area.

The record reads: The King to the Archbishops, greetings. Know ye that we have granted and confirmed by this our present deed to our dear and faithful John de Warenne and his heirs that they may hold in perpetuity... one fair on one day a year in his manor of Hurst in the same county on St . Laurence's Day... - providing those markets and fairs are not damaging to any neighbouring markets and fairs. Wherefore we will and we firmly decree, for ourselves and our heirs, that the aforesaid Earl and his heirs may hold the aforesaid markets

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Mr Paul Dixon BSc (Hons) MChS

and fairs, with the proviso aforesaid, with all their liberties and free customs pertaining. Given at London on the 24th day of July by the King himself.
John Gargett

reMEMber, the Mid Sussex-based charity for people with ME, will be holding its Annual Conference as a Zoom meeting on Saturday 14th November starting at 2.30 pm. Expert speakers who have agreed to take part are Dr Charles Shepherd (medical advisor to the national ME Association), Dr Amolak Bansal (consultant immunologist), Dr Nina Muirhead (surgeon), Dr William Weir (consultant physician of Harley Street) and Dr Paul Worthley (GP).

To register for the conference go to **www.remembercfs.org.uk/news/events**.

For further information about the conference, CFS/ME or reMEMber telephone me at **01273 831733**,

e-mail **me_cfs@hotmail.com** or go to our website **www.remembercfs.org.uk**

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UPDATE FROM OLDLAND MILL. Usually at this point in the year we would be writing to draw our open season to a close.

However, in true 2020 style, we were never able to open to the public. Work by volunteers has continued, in a socially distanced manner, with flour being produced, maintenance carried out and the Oldland Mill Guide being finalised and printed.

An Oldland Mill stall will be at the Hassocks Village Market on **28th November**, where our flour, cards, memorabilia and new Mill Guide will be available to purchase in time for Christmas!

In addition to the market stall, our flour continues to be available locally at Budgens, Adastra Deli, the South Downs Heritage Centre and Oaks Poultry Farm Shop, Ditchling.

Due to the fact that the Mill has been unable to open this year, sales of flour have been our only

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CHANGING YOUNG PEOPLE'S LIVES FOR THE BETTER

Follow @RebootSussex on Twitter, Facebook & Instagram to see how over 1,000 young people in Sussex have been helped to turn their lives around.

Sussex Police & Crime Commissioner Katy Bourne is working with partners to raise awareness of the work of REBOOT – a unique early intervention programme that has helped 1099 young people in Sussex since 2019.

With funding from the PCC, Sussex Police is working with NHS Partnership Trust, Youth Offending Service and local charities in order to deliver this programme.

This five-stage referral process engages young

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people in activities of interest to them, and away from negative behaviour they may be displaying within their community. It is a non-criminal approach to diversion that invests in young people's futures, with one offer being a dedicated youth coach who works with them to increase their self-esteem and confidence.

Callum (name has been changed), 13, from West Sussex, was referred to REBOOT after being identified as having several risk factors, which included smoking and buying cannabis, exclusions from school and 'hanging out' with a negative peer group known to be causing anti-social behaviour (ASB).

After engaging with his local Police Community Support Officer, he has been able to access kick-boxing and is working with a youth coach. He also hopes to join a local youth club once lockdown restrictions loosen. Since receiving support he has not been identified as getting involved in any further criminal behaviour.

Success stories like the above are not unusual, as REBOOT continues to invest in the young people of Sussex who may just need some early guidance

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to get on the right path.

Sussex PCC, Katy Bourne comments: "The reality is that some young people are vulnerable to exploitation. I am committed to safeguarding them and giving them opportunities they otherwise wouldn't have. The REBOOT approach is clearly working. Not only does it empower young people to make better decisions but it also educates them on the consequences of their actions."

REBOOT Programme Manager Nicola Pearce said: "REBOOT is a coalition of partners dedicated to, and hugely passionate about, improving the life chances of young people and stopping them entering the criminal justice system. REBOOT takes a whole system approach with Sussex Police working closely alongside their local communities and partner organisations. It is based on solid evidence for what works to prevent youth crime and is a having a profound impact on young people and their families across Sussex."

To find out more about the REBOOT programme visit the PCC's website here: <https://www.sussex-pcc.gov.uk/get-involved/reboot/>

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HURSTPIERPOINT VIRTUAL OPEN GARDENS FILM 2020 RESULTS FOR ST PETER AND ST JAMES HOSPICE

To all the people and businesses that contributed to making this year's Hurstpierpoint Virtual Open Gardens film a success in a very challenging year, we are delighted to share the results with you.

The final amount raised was..... drum roll... £10,709!

Huge well done to everyone who contributed - sponsors, site visitors and donors, amazingly creative photographers and... of course..... our talented and hard-working gardeners. Also to Legal & General for their generous donation.

Let's hope that we can return to 'normal' next year but, until then, we can rest assured that, together, we made a fantastic contribution to our very needed and appreciated St. Peter and St James Hospice.

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HURST GYM REOPENS Following the layoff, Hurstpierpoint Gymnastics Club is up and running with various modifications to comply with its' Covid Risk Assessment. Over 85% are currently attending, a figure that's rising all the time, though class sizes have been reduced by nearly a quarter.

This term will see a bumper crop of British Gymnastics Awards, together with our delayed Annual Champions presentations.

With current restrictions on gatherings for adults, we have taken the sad decisions to cancel both the Family Bonfire and the Christmas Fair. We hope that both will be reinstated next year.

Our waiting lists have disappeared for all current classes. If you think you are on the waiting list for any group please enquire because our waiting lists are empty. There are a just few spaces in each class.

More details about the Club are on its website **www.hurstpierpointgym.co.uk**

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NEWS FROM STONEYWISH A week or so ago, when the wind was riding high, we were in our garden loading buckets of corn for the birds when a strangled groan suddenly stopped us in our tracks. Whatever was that? The groan was followed by a loud fizzing and crackling and in disbelief I said: 'That's fireworks! Who would be letting off fireworks in the middle of the day? Have the campers gone completely crazy?' There then followed three explosive reports, like heavy artillery, all from the field we call Lattenbells, directly behind the ponds. Finally, I remembered that there is a power line which runs through this field, across the Big Pond and away to the north. Had something happened to that? Woodpeckers frequently excavate large holes in the telegraph poles there. Had a pole snapped and crashed into the water? If so, it would be goodbye to all the carp and to Quackers and the other ducks and geese and full of apprehension we hurried down to see. All seemed

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well on the pond but then Michael, with an (ex-)fireman's eye, spotted the source of the mystery. A poplar tree in Lattenbells had split (the groan) and a large limb had landed on the electric wires (crackling) and earthed the current (detonations) leaving a 'live' trunk and foliage hanging over the footpath. Michael put on his metaphorical fireman's hat, assessed the situation and called the fire brigade and part of the village suffered an un-planned power-cut as the official engineers and fireman took over and cut away the blackened branch. This led me to speculation about the electricity we take so much for granted and I have spent some time trying to figure out just what is the difference between a Hertz and Amp and, in the smothered debate about 5G, what are the effects of electromagnetic fields. I discover that the earth has one, and that we, like batteries, each have one too, with our heads being positive, like the North Pole and our feet negative, like the South Pole. I learn that wildlife

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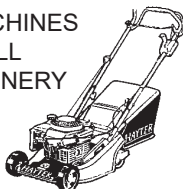
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such as migrating birds and bees use electro-magnetic fields for navigation and that when migrating birds are tagged with electronic leg rings, the signal can interfere with their ability to stay on course. The earth's frequencies are naturally subtle (about 7 Hertz) but man-made electricity runs at ever higher frequencies. The average house hums at 60 Hertz and the signal from mobile phone masts is significantly more powerful. I learn that trees are sensitive to radio waves and that exposure to them increases their susceptibility to environmental pollutants, causing symptoms which sound exactly like Ash die back disease. I learn that some people can actually hear electricity as a crackling or high pitched ringing sound and wonder if this is the cause of the tinnitus which has been bothering me all year. The



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human ear evolved from a 'lagena' an organ found in fish which enables them to 'hear' voltages underwater and it seems our ears still retain an electro-sensitive sacculus, a remnant from our fishy origins. My belated researches have filled me with wonder and concern about these invisible resonances. We know that we are in part electrical creatures; our hearts and brains and nerves all harness the power of this natural force. We know that our hair crackles and our skin prickles when a storm is brewing. We feel a pulse of tangible energy when we touch a lover's hand. How many more marvels, of which we are as yet quite ignorant, sustain our world with their hidden influence? We know that EMFs are implicated in the catastrophic decline in wildlife species, particularly birds and insects, with the gravest

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consequences for the planet. We know that marine life also navigates and communicates through sensitive electroreceptors we barely understand. How much disruption do our human experiments with electromagnetism cause? Do we really need technologies which might unweave the precious web of life itself? Do we actually *need* to generate unlimited power in order to be healthy and happy? Some maintain that the reverse is true. Animals which are finely attuned to the energies of the earth, synchronise their lives so as to benefit for free, like a seagull riding a thermal. The Chinese sage Lao Tsu describes this as living 'the Way' – 'going with the flow'. Rising and going to bed with the sun – experiencing darkness – embracing daylight – resting in winter-time - are scientifically proven to enhance health and well-being and allow our bodies to recharge and follow their inherent wisdom. Against the neon glare of progress and the battle against just about everything on earth, this sounds a rather soothing tonic. Per-

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haps it is just what we need to build up our immunity and ward off depression in the 'unprecedented' crises of modern living. A double-spread in a newspaper recently announced that scientists had made an astonishing breakthrough: 15 minutes in the peace and beauty of the countryside reduces stress!!! Didn't Lao Tsu notice that centuries ago? And Virgil and Wordsworth and just about everyone... ? If 15 minutes soaking up the healing vibrations of nature is enough to reset our scrambled clocks, perhaps we could do with more. Never mind counting species and analysing data and trying to save the planet. First we must sit down and have a conversation with an ant, as wise children do, touch a tree, feel the wind on our faces and remember that we are cousins – kith and kin with the Earth creatures who hold secrets we have forgotten. We need to make space for them to live alongside us, to teach us once more the miraculous things they know. Then we will be in love, and perhaps *then* we can begin to

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to do wise and courageous things.

Quackers has now grown his feathers and is distinguishable from the other ducks only in that he is more manic and calls more loudly for his breakfast – bad habits that I am afraid he must have picked up from us.

Today there is a wintry bite in the air. My bio-rhythms tell me this would be a good day for buttered crumpets by the fire. Have you had yours? Warmest wishes from all of us at Stoneywish!

Rosemary

Toffee Apples Recipe

Prep: 10 mins • Cooking time: 5 mins

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8 apples
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100ml water
1 tsp vinegar
4 tbsp golden syrup





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Place the apples in a large bowl, cover with boiling water – this will help the toffee stick. Dry well, twist off stalks, push a lolly stick into the stalk end of each. Place the sugar and 100ml water into a pan, cook for 5 minutes over a medium heat until the sugar dissolves then stir in the vinegar and syrup, boil to 140°C/275°F.

Remove pan from heat and, working quickly and carefully, dip and twist each apple in the hot toffee to coat. Allow excess to drip away then stand on a sheet of baking parchment to harden. Allow to cool completely before eating. Can be wrapped in cellophane and stored in a dry place for two days.



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We are delighted to announce that Mrs Virginia Lewis-Jones has graciously accepted to become our Branch President, taking over the role from her late mother, Dame Vera Lynn. We know that Virginia will continue to promote our Branch and continue the work that was so dear to Dame Vera's heart.

At this present time of writing we have been informed by RBL HQ that Poppy Appeal will go ahead following strict Covid 19 precautions. There will be no house to house collections this year. All local shops and business will be asked if they are willing to have a Poppy Box and collecting box. The poppy boxes will contain the usual paper poppies as well as the small metal pins with a poppy and 2020 on. We will also have a smaller amount of metal pins for VE-75. I know that many of you like to collect these particular pins. There will also be a QR code on the boxes so that

anyone with a smart phone can donate to Poppy Appeal through their phone. However, cash can still be placed in the collecting boxes. Due to Covid-19 RBL have received many more calls for help from our Veterans and their families. Therefore our local poppy appeal/collection is needed more than ever. Unfortunately we will not be able to hold a Parade this year. The Branch Committee will gather at the War Memorial on Sunday **8th November** for the Act of Remembrance at 11 am to be led by Revd David Wallis. Our Standard will be present and wreaths for the fallen will be laid.

Closer to the time I will make sure that there is a poster with all information relating to Remembrance Sunday and Poppy Appeal. I will put this in Ditchling Post Office and on the notice board outside the Post Office.

If anyone requires a Wreath, poppies or remembrance cross please let me know and I will do my very best to help. *Margaret Bovill*

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Hello again. We trust all our old clients have weathered the Covid crisis in good health and good spirits. Now doors are open for new clients! Be assured our Covid precautions are exceptional. We were lucky to still work through most of the crisis. We have kept to ourselves and followed all the guidelines.

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 the finest 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...made with traditional dovetails and fitted on superbly engineered self-closing runners. We love making funky /clever larder units. Our average larder with racks 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. I started on boats so I know how to utilise space.

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. Sometimes our clients are not sure if they need a refurbishment or totally new so we advise. We are not just there to sell you cupboards. We have a fantastic team...plastering,...tiling. We even do new windows, new doorways and underfloor heating.

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

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.



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

Website: kitchencarousel.co.uk

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

His name is Stephen Hamilton His Tel no is: 07565 722055

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THE ACORNS That leaf is falling off the tree because it is Autumn," a child commented watching the trees at Westmeston. What happens before it falls off? "It changes colour."

Children at the Acorns Nursery and Forest School are encouraged to develop a natural curiosity about the world around them and to learn through playing and doing, adventure and exploration, experiment and discovery. At our setting at Westmeston Parish Hall, near Ditchling, we are surrounded by the natural world and we take the children on walks to the woods and on the Downs. A term time setting, we are registered for children aged 2 to 8 years. We offer sessions for children deferring entry to school and children being home-educated too. Our 'stay and play' sessions for parents and toddlers will resume as soon as possible on Monday and Wednesday mornings.

We have a sister nursery in Lindfield which is a home-based setting offering childcare before and after nursery hours too. Janet Irwin, the teacher-owner, offers private tuition to children of all ages and adults too in person or digitally.



At Westmeston Parish Hall
nr Ditchling

Janet Irwin: **01444 455081**
www.theacornsnurseryandforestschool.com

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Janet Irwin

MOLE...AND I LIVE IN A HOLE If your lawn is full of nectar-rich flowers for butterflies and bees, with a patch of long grass for grasshoppers and hedgehogs, then Mother Nature will thank you. But if you're one of those particular people who demands that their lawn is a perfectly manicured carpet, slathered in chemicals and shamelessly shaved each summer Sunday, then Mother Nature will not be happy and she'll send in her best hit man. So while we remember, remember Guy Fawkes in November, I'm here to celebrate Britain's other infamous tunnelling terrorist – the mole.

It's hard to bond with the mole. Like 99.9% of us, I've never seen one and probably never will. They're almost a supernatural entity – the Bigfoot of the back garden. Their invisibility means my mental image of the mole has been painted by The Wind in the Willows and children's cartoons instead of real-life encounters. I'm always surprised when I see an actual photo of one and it's not wearing glasses.

Moles aren't blind. Admittedly, they'll be struggling by the second line of an eye test but there isn't much call for perfect eyesight when you spend all your life in total darkness. Instead, their pink nose

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is covered with 5,000 sensory organs which register touch and vibration, allowing the mole to 'see' with its snout; a super-sense that makes them efficient hunters. Their tunnel network spreads out like an underground web and when a wiggling worm drops into it the mole's super-senses tingle, sending them scrambling through their pitch-black passageways. Worms are captured, cleaned, beheaded and stored, still wriggling, in a larder for future consumption.

The mole's front paws are like a pair of giant pink snow-shovels and come equipped with an extra thumb; a characteristic they share with the giant panda. These wide shovel-hands can move an incredible 540 times their own weight of soil in a day. That's like me moving 55.46 tonnes of mud (and before you go scrambling for your calculators, yes, I could do with losing a few pounds).

The molehills that erupt on our lawns are spoil heaps created by the construction work below. OK—they're unsightly but gardeners should be welcoming moles. When potted, molehill soil makes an excellent growing medium for seeds and



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seedlings, so if you're blessed with molehills - grab a trowel. Once the tunnels are completed the molehills will stop appearing and, in the long run, mole burrowing bestows untold benefits to soil aeration and quality. But for me, it's a pleasure just knowing that such an amazing animal is living, unseen, a few inches below my feet. Some people will still complain but I guess some folk will always make a mountain out of a, well, y'know.

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 sussexwildlifetrust.org.uk/join.

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STEVE'S BACK PAGE GOSSIP

It's always a great shame when a shop that's been in the village for a long time has to close its doors and shut down. So it was very sad to read the note on the door of Pavilion Electrics to say that due to a variety of circumstances it was no longer reopening. When I first moved in to the village Pavilion Electrics was up in Keymer on the same site as Keymer Car Sales office occupied until recently. That's now moved next door and the building has been turned into two small flats, which has been a bit of a journey for Julian, but he's got their eventually, the end result looks great and I suspect he'll have no problem finding people to occupy them. I expect in the future shops that close down will eventually be turned into houses or flats, although I can't see that happening to Pavilion Electrics, it is on the market as a lease hold property, so if you're interested in taking over an electrical shop you'll find it on the internet, I will say that being opposite I do notice a great deal of people trying the door so the business is still there. I'm sure you'll all join me in wishing Margaret and John happy retirement and luck in the future in whatever they decide to do next.

A couple of months ago I had a steady stream of people asking me what was going on in the fields behind the Jack and Jill Pub, fences had been put up and they suspected some sort of development was about to take place - to start with you'll never get permission to build on those fields. The field can be hired for use - the fences are very high so you can take your dog or dogs along for a walk with the knowledge that you can happily let them off without the worry of losing them, or if you want to exercise your dog and it's not great at recall, then this is the ideal place to take it. They also do puppy training and socialising, very useful. Details of prices & services can be found online.

Congratulations to the Hassocks Hotel for putting on some great evenings featuring very famous comedians, with all these rules and restrictions they've kept giving their loyal customers some very safe entertainment, which isn't an easy thing to do these days - long may it last, because at the end of the day, it will be venues like this which try the hardest will survive the pandemic.

Not being someone who can dance at all, although I will have a go if the need arises but it's not a pretty sight, but apparently proper dancing is a growth industry so you'll be please to know that a lovely lady is considering opening a dance wear shop, personally I think the Help the Aged premises would be her best bet but we'll have to wait and see, although from what people tell me it would be a good addition to the village and well used.

Please keep using your local shops, I know things are very difficult at the moment and it's a lot easier to have deliveries but shops are very important to a community we don't ask a lot just the ability to survive.

Thanks Steve

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