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We thank Daisy Farrell for this photograph of the 1945 VE Day celebrations in the London Road Recreation Ground, Hassocks.

This year VE Day will be observed on Friday, **8th May,** commemorating the end of World War II in Europe. Victory in Europe (VE) Day marks the formal surrender of Nazi Germany to the Allied forces on 8th May, 1945, ending six years of devastating conflict across Europe. It is a day to honor the courage and sacrifices of both military personnel and civilians who contributed to the war effort, and to reflect on the triumph of unity, resilience, and hope over tyranny.

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Parent Charlie Bancroft with South Downs Nurseries' Plant Manager, Louie Cobb and the donation.

SCHOOL'S PLANTING PROJECT GIVEN LOCAL BOOST. A village school is set for a makeover of its planters thanks to generous donations.

With much-needed plants as well as some potting donated by nearby family-run South Downs Nurseries, Hassocks Infants is set for a riot of seasonal colour.

The Chancellors Park school were given herbs, shrubs and alpine plants to complement others from the National Trust to spruce up its main entrance. They will provide an attraction for the children, parents and everyone visiting the school.

"We're especially proud to support Hassocks Infant School with this planting project, right here in our local community", said Benjamin Tate, executive director of the Brighton Road business.

"As a Hassocks-based garden centre, it means a great deal to contribute to a space that will be enjoyed by children, families and visitors alike. It's wonderful to see these planters being brought back to life, and we're delighted our plants can play a part in that," he added. *Trevor Butler*

HELP IS NEEDED TO NAME THREE NEW HASSOCKS LOCALS! These cuties are stepping in to be the faces of Dusty Shelf which is an alternative DJ night housed after hours at Proper Coffee. So, what does an LP, cassette, minidisc have to do with Hassocks? Dusty Shelf was born out of a desire to find and play forgotten songs that we'd lost on old mix tapes, compilation minidiscs and records that were gathering dust on our shelves, explain Jon Wood and Paul Bell. These three characters embody this original aim and represent what we're trying to build which is a super easygoing, friendly and accessible night out for everyone in Hassocks. The music spans all genres but to give a flavour of the night you can listen to some digital mix tapes at the link below and also suggest names for the three mascots. **https://linktr.ee/dustyshelfdjs.** The names will be revealed at the next Dusty Shelf, at Proper Coffee, 7pm - 10pm on Friday 5 June. See you there!

Jon Wood

Articles for the June issue can be emailed to ed@villagemagazines.co.uk Deadline 1st May

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HASSOCKS BRICK LIBRARY: LOWER PRICES AND A NEW LIBRARY SYSTEM! My name is Christopher, I am 13 years old and I live in Hassocks. I love Lego but I also know that it is made of plastic which harms the environment, so I have started up Hassocks Brick Library.

Hassocks Brick Library is a non-profit local organisation which will help to make Lego more affordable and eco-friendly. It's aimed at anyone aged 8 or above including adults!! You can take Lego sets out for a week for a very small fee which includes free delivery or collection.

The library is now open and ready for borrowers. Just go to our website, navigate to the library page, and fill in the form for your chosen Lego Set. Our library system has been changed to make it easier to use and is now built into the main website. As well as that, there is a no sign up fee, you can just start borrowing.

All the money will go towards improving the library, funding the club and providing reduced rates for those on low incomes**.**

We will also run a monthly club in Hassocks on a Saturday morning, where you will be able to join fellow builders and take part in fun activities.

There are only 15 club spaces available so sign up now on the website! There will also be a members group who will meet once a month after the club, to discuss the next steps for the library and club and to share ideas. In the future we are interested in starting a home-education group and expanding the library to include local schools. To join or ask any questions, please contact us at **hassocksbrickclub@gmail.com**. To find out more or to join either group, search online for 'Hassocks Brick Library'**.**

If you have any spare Lego sets, or any unsorted Lego that you don't need any more, please get in touch as we are always in need of more donations. All donations will go into the library and/or club and will be much appreciated. *Christopher*

BURGESS HILL HORTICULTURAL SOCIETY – Open Meeting on Wednesday **6th May**, Heather McNiven will be giving a talk entitled 'Bees in our Garden'. Venue: Cyprus Hall, commencing 7.45 pm, (doors open 7.15 pm). All welcome! Admission: BHHS members free. Visitors are charged a modest entry fee - refunded if they join BHHS on the night.

www.burgesshillhorticulturalsociety.com. *Flo*

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ALISON BENNETT MP: KEEPING OUR CHILDREN SAFE ONLINE Many of us spend too much time on our screens. We're all guilty of 'doomscrolling' or relying too heavily on our phones, but for children and young people the effects of too much exposure can be especially serious. Social media use among under-16s has become a major topic of concern among teachers, parents and carers, as well as in Parliament, and it is right that action is taken. The online world can be dangerous, and children must be protected.

I have met many professionals and child development specialists who work directly with young people. They have described increasing numbers of children who are heavily dependent on screens, struggling to cope with daily life and, in some cases, refusing to attend school. These experts warn that excessive use of technology and social media is having significant effects on young people's physical and mental health.

Childhood itself is changing. It is shifting from a 'play-based' model - playing outdoors with friends and neighbours - to one that is increasingly screen-centred. A child therapist explained that this trend accelerated during the pandemic, when parents tried to help their children stay connected with friends. But it is also linked to the fact that this generation of children (and in some cases their parents) have grown up in a world where technology and social media are deeply embedded in daily life.

Alongside managing how much access children have, we must ensure they are safe when they are online. Here, both government and social media companies need to do far more. For too long, big tech firms have treated children as data to exploit rather than vulnerable people to safeguard. Their addictive algorithms can amplify harmful content and keep children endlessly scrolling.

This is why my Liberal Democrat colleagues and I have been calling in Parliament for stronger online protections for children: banning tech companies from collecting children's data, introducing mandatory health warnings on social media platforms, and setting limits to reduce excessive screen time.

We have also pushed for a ban on harmful social media for children through an amendment to the Children's Wellbeing and Schools Bill. This proposal would create age ratings for social media platforms, similar to film classifications, with the most harmful platforms restricted until age 18 and a default rating of 16.

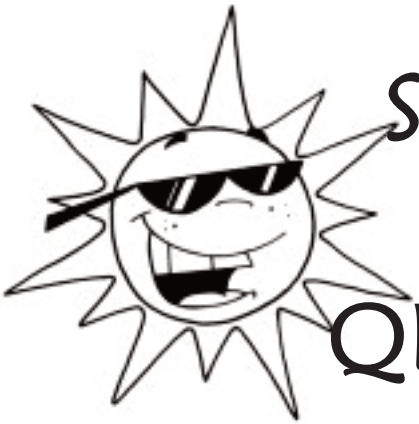
This issue must now be recognised as a public health crisis. We do not need more consultation; the evidence of harm is already clear. We are urging the government to work with us to bring forward practical, future-proof proposals that truly protect children and young people. We cannot continue to delay. Do you have any thoughts that you would like to share? Please do get in touch with me via email at:

alison.bennett.mp@parliament.uk

Ciara Howard

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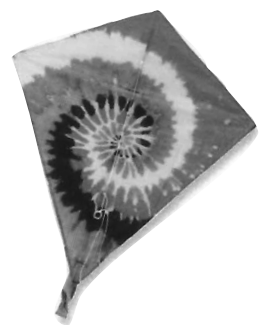
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AGE CONCERN Dale Avenue, Hassocks, **01273 844461 www.achassocks.co.uk**
Facebook – **Age Concern Hassocks**
May is shaping up to be a lively month here at the centre, with plenty for everyone to enjoy.
On Tuesday **5th May**, JJ Fashions will be setting up in our conservatory from 10 am to 12 pm, bringing along a lovely selection of ladies' clothing and accessories. It's always nice to treat yourself or someone else! On Thursday **7th May** at 11 am, the ever-popular Sundown Ukulele Band will be joining us again. They bring such a cheerful atmosphere, so come along and enjoy the music.
We'll also be marking VE Day on Friday **8th May** with a special lunch. Spaces will be limited, so please book early if you'd like to join us. Louisa from South Down Ear Care will be visiting on the mornings of Tuesday **12th May** and Friday **22nd May**, offering her ear-care services for anyone who needs them.
And of course, don't forget to look out for our next Charity Shop Rummage Sale sometime this month — always very popular! Our charity shop is open Monday to Friday from 9 am to 4 pm, and Saturdays from 9 am to 12 pm. Pop in anytime for a browse; you never know what treasures you might find!
We look forward to seeing you soon.
All at Age Concern Hassocks

THE GROWING NETWORK will be in Hassocks this month at the village market.
We are a freely-giving community network that supports local people to grow and share food, with no one left out.
We'd love to meet you whether you're a veteran gardener or would-be grower of vegetables and if you'd like to find others to help you get started on your gardening journey. You don't even need to have your own garden, as there are some of us that like to collaborate by growing with others. Come along and see what we're up to and help yourself to the seedlings and plants on offer.
Next meeting Saturday **23rd May** 9 am to 12 pm at Hassocks Village Market, Dale Avenue Car Park (by Age Concern).
Feel free to bring any seedlings to share. Or just bring yourself! *Catherine, Imke & Julie*

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NEWS FROM STONEYWISH Spring is hurtling by. The wild plum petals, which were such a delight a week or so ago have been torn away by the winds of March and cherry blossom is looking ragged already. Daffodils have fizzled out like spent fireworks. The primroses are suddenly engulfed in their own green leaves. Everything races on towards summer, pumping strong sap into tender shoots in the race to set seed and bringing in a new taste – bitterness. This is hard for lovers of all things soft and innocent: baby birds, baby lambs, the first flower buds, the promise of everything yet to come, especially so, when, as with this spring, the weather is bleak and sunless and one feels cheated of warm hours in the garden. I want Spring to wait till the weather is kinder, but Nature never looks back. On the stems of the wild plum, tiny green beads are already forming amidst the withered stamens – autumn's fruits in embryo. A wave of being and becoming carries these and every facet of life inexorably forward till each moment is a poignant goodbye to something sweet. After the deprivations of Winter, the absence of birdsong and bee-hum, scents and colours, it is only natural to long for a reward. And since the delights of Spring remind us of our own youth and innocence and first love, we would like it to be extended for as long as possible. 17th Century poets expressed this longing in their songs and poems: "Fair daffodils, we weep to see ye haste away so soon..." People of the 17th Century were exquisitely aware of their own impermanence too. Well, we moderns can comfort ourselves on that score with the thought that they died young, so they had more to worry about. They had the plague and they did not enjoy the benefits of modern hygiene. We have the advantage of technology. Do we want to 'gather rosebuds' all year? Well we can breed repeat-flowering species and press *'Replay'* to our hearts' content. Do we resent the arrival of undesirables; the bindweeds and blowflies of summer? We can *'Delete'* them with any of a host of proprietary poisons. When affairs seem to be getting out of control, *we* can now take them in hand. Do we want to *'Pause'* time itself to enjoy perennial youth? If hair-dye and face cream cannot bring it off, we can resort to Virtual Reality and Photoshop. Everything is now available on demand and can be delivered to the door as if by magic. But something is wanting all the same. And this something is the ability

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to experience and savour emptiness. Manufacturers know that if we start eating Hot Cross Buns in February we will be sick of the sight of them by Easter. How to keep the already sated desiring more? Why, by developing new, improved varieties. This year I have heard of cheese hot cross buns, lemon curd hot cross buns, chocolate hot cross buns... Yet the threat of boredom never quite goes away. Those who practise fasting in Lent learn that 'hunger is the best sauce'. Perhaps we should embrace a new approach. In our materialist society, with its emphasis on permanent pleasure, there is a great resistance to letting things go, admitting losses, coming last. Our sense of destiny is always driving us on to new conquests. Man has been conquering Nature for centuries. Now we are conquering Space. We are eradicating everything which casts a shadow on our right to total fulfilment, (viz. the case of trees and solar panels). Yet having so much, we are still plagued with anxiety. We haven't got it ALL. There is a strange irony in all this. Moment by moment Nature flings away riches, forever incarnating into something new, something larger than the sum of its parts. There seems to be no pause, no time for regret. In a few months, the wild plums will fall from their trees and moulder with the same spontaneity as the spring petals which went before, surrendering their kernels to the earth. Those which are plundered become wasp juice, mouse larder, fox supper and stream away into other patterns of life. Today there is a commotion on the Black Swan Pond: a rough croak and flapping overhead, followed by frantic protests from the resident moorhens. A hunting heron has landed. Perhaps he is just casing the joint. Perhaps he has been watching for some time and spotted the moorhen nest wedged in the branches of a fallen willow. At all events there is nothing the poor moorhens can do to protect their brood. I on the bank am equally helpless. The heron has young to feed. The moorhen chicks will be sweet to them. When, later, the moorhens breed again, the herons will have fledged and this time they will be successful. The heron and the moorhens are one, distributing patterns of energy and beauty, heart-breaking, heart-stopping, whole. This is the way it goes. The forms break but the energy flows on. In our human determination to implement what we see as right and just, we often fail to recognise these greater patterns and acknowl-

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edge that we belong within them. We ruthlessly eliminate everything which casts a shadow over us, but fail to see the shadow we cast in turn. (By the way, since trees *are* solar panels and also oxygen factories and climate regulators and food and shelter for fellow-creatures which we love, not to mention self-maintaining pharmacies and chemical laboratories, *and* beauty for the soul which binds us all together, we may need to re-think this solar panel thing.) Because mankind cannot relinquish the dream of always winning, succeeding, excelling, we are caught in a double-bind, striving for ever greater supremacy over an ever-depleted domain. We *could* eventually be so successful we become monarchs of nothing at all - a pixelated wasteland. We could mess up the moon and then the whole of space... and still be hungry. But perhaps there *is* another way. Instead of inflicting our 'destiny' on the universe, as though 'out there' was something separate from 'in here' - something to be merely saved or subdued - we could embrace the concept of wholeness, of being indivisibly One with everything that is. This would entail a leap of faith to share insecurity and impermanence with all other forms of life and not with those only, but also with rivers and mountains, pebbles, clouds and stars - *living* poetry. In return, we might just rediscover the thrill of novelty and bliss in simple, everyday things, a spontaneous sense of communion and belonging, a sudden freedom from anxiety. According to Alan Watts, the Japanese have a word for this faculty of accepting incompleteness and impermanence. *Yugen* is the art of living without grasping or clutching at things: to watch geese fly over the mountain without needing to know where they are going; to accept endings and missed opportunities and the unknowable – and thereby recapture the sense that nothing is lost and that every moment is mysterious and perfect just as it is. Now how is that for a windfall? *Rosemary*

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Heber Opera presents two abridged operas: Carmen and Turandot in June. Each opera is abridged to fit into about an hour (basically you get all the best bits and familiar tunes!). In a first for Heber Opera, one performance will be in glorious Danny House, Hurstpierpoint with an extended interval for the audience to enjoy a picnic on the lawn (weather permitting). The other performances will be traditionally staged theatre style. Dates are **6th June**, Steyning Centre (7.30 pm); **7th June**, Danny House (3.30 pm); **11th June**, Hurstpierpoint Village Centre (7.30 pm).

Tickets are available via **www.ticketsource.co.uk/heberopera** or by calling **07867 975967** between 9 am and 5 pm.

For more information contact: **jenny@heberopera.co.uk.** *Jenny Hawkes*

PYECOMBE FLOWER FESTIVAL Sunday **16th May** 10 am to 4 pm and Sunday **17th May** 12 pm to 5 pm.

This year's theme is Children's Story Books. There will be flower displays in church, cream teas reservation by ticket and other refreshments available throughout. Music, plant sales and other stalls in the marquee.

Songs of Praise is on Sunday evening at 5 pm.

If you would like to do an arrangement, help over the weekend, supply a raffle prize or need any information please call Sally Brown on **07850 300603**. All proceeds to our Mid Downland Parish Churches. *Sally Brown*

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HASSOCKS FC The season is over and at the time of writing we'll either still be in the Isthmian south east division or returning to the Sussex County league. Whatever league we find ourselves in we'll be in a good place to go again.

It was encouraging how we managed to adapt to hosting the level above with the bigger fan base and extra requirement. Thank you to all who visited and to all the volunteers at the club on the match day helping. Crowd numbers were a real highlight and the locals came out in force to support their club. The team performed as well as they could on a budget that would be the lowest in the league.

There's a crazy amount of money thrown at players at other clubs in the Isthmian division but we have to be sustainable to survive long term. And if we have found ourselves relegated back into the Sussex County league then our expectation is to be challenging near the top next year.

Our u23 and u18 manager Sean Fernley is stepping down in the summer after some hugely successful seasons. We wish him well and thank him.

The Ladies had a new young team and finished a respectable mid table in a tough division.

Ground news; we're hoping to extend the kitchen area to help efficiency on match days with an extra serving hatch, the scoreboard will be completed at the start of May and ready to go for the start of the season (thank you to Chris Bere and Station Garage for help with the funding).

Our south field training pitch plans are moving ahead with planning submitted. All exciting stuff and exactly why it's optimistic to be a Hassocks fan at the moment.

On **10th May** we host the crazy Junior's Day where all the youth teams flock to the Hassocks Hotel Beacon ground for their presentations and games.

Throughout the summer I'll be pestering any local business' that would be kind enough to sponsor pitch side banners at the ground or anything else. This really helps the club function, and anyone who is up for some promotion please get in touch **07843 762132** and we'll help highlight your company as much as possible. *Pat Harding*

SUSSEX CHORUS Saturday **20th June** will be performing at St Andrew's Church, Burgess Hill. RH15 0LG at 7.30 pm.

Elgar - 'The Music Makers' and Coleridge Taylor - 'Hiawatha's Wedding Feast'. More information next month. *Angela Holroyd*

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THE LAZY GARDENER – A MONTH FOR MEADOWS We've been taking part in No Mow May for six years now, and the transformation has been remarkable. When we began, the front garden was a typical lawn: neat, green, and offering very little to wildlife. Over time we added seeds, bulbs, plug plants, and, crucially, allowed the self-seeders to settle where they chose. What has emerged is a richly diverse meadow that now supports an astonishing range of species. From January through to September there's always something happening; delicate wildflowers, shifting textures, and a steady procession of colour. People stop and look… and I don't think it's just because it's a bit wild and unruly.

One unforgettable year, the wild marjoram was so thick with Gatekeeper butterflies (I counted around fifty before giving up), even the delivery driver stopped to watch, amazed. That's what happens when a lawn is allowed to become a habitat.

We've repeated the process in the back garden, creating a grassy meadow bank that's developing its own character, a slightly different mix, but the same long flowering season and low-maintenance rhythm. We cut once or twice a year, and that's it. We don't even own a mower anymore, just a strimmer. No weekly obligation, no noise, no chasing a perfect lawn that gives nothing back.

What we do have is life. Everywhere. Bees, beetles, butterflies, spiders, frogs, newts, birds, all using the long grass, seedheads, shelter, and flowers.

If you have a larger area, you can cut paths for access or play. If you prefer a tidier look, mow the edges and leave the centre long; those edges often become brilliant nectar corridors.

And the real lazy gardener tip for May is simple: don't mow, not yet… and if you can wait longer, even better. Give the mower (and yourself) a rest, and see what appears when you stop interrupting the process.

I am a local garden designer specialising in wildlife-friendly gardens. *Helen Codd*

DDWI below Our March speaker – Dr Janet Pennington, a noted Sussex historian – talked about a local beauty spot and landmark familiar to us all - Chanctonbury Ring. We learned about the very ancient settlements that were there many years ago, and then about Charles Goring who planted and nurtured the famous beech trees by hand in 1760.

Mimi Bogelund will be our guest speaker in May telling us about 'Wardrobe Edit and Organisation'.

Our monthly meetings take place on the first Tuesday of the month in Ditchling Village Hall. We love to welcome visitors and new members to our group and to our regular meetings and trips - if you're interested, please email **gmtennant.ddwi@yahoo.com.**

Alison White

DEADLINE DATE FOR THE JUNE 2026 ISSUE IS 1ST MAY

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CYCLING AND UROLOGICAL HEALTH: WHAT MEN SHOULD KNOW Cycling is a fantastic way to stay fit, reduce stress, and improve overall wellbeing. However, spending long periods in the saddle can sometimes cause perineal numbness, tingling, or irritation. For most men, these issues are temporary and do not lead to lasting urological problems.



"Cycling is excellent exercise, but like any sport, it comes with specific considerations around pelvic and urological health," says Mr Simon Woodhams, Consultant Urologist.

"Most symptoms are mechanical and temporary. With a few adjustments, men can enjoy cycling safely without worrying about long-term damage."

Simon is an avid cyclist himself, often riding in the beautiful South Downs, so he understands firsthand the joys and challenges of long rides.

Tips for Healthy Cycling

To protect urological health while enjoying cycling:

Ensure a proper bike fit — saddle height, tilt, and handlebar position all matter.

Choose an ergonomic saddle with a cut-out or pressure-relief design to reduce perineal pressure.

Stand up periodically during long rides to alleviate compression and improve circulation.

Avoid intense cycling in the 24 hours before a PSA test, as it may temporarily elevate results.

Wear padded cycling shorts and consider switching saddle types if discomfort persists.

"If numbness, pain, or urinary symptoms continue, it's important to get checked," adds Mr Woodhams. "Persistent issues could indicate something beyond mechanical pressure and may require specialist evaluation."

With these simple adjustments, most men can continue to enjoy cycling while protecting their urological health, combining the benefits of exercise with peace of mind.

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THE SUSSEX KELP RECOVERY STORY

Five years ago, the Sussex Kelp Recovery Project was born. The story starts with seaweed.

Kelp; a large brown seaweed, used to be plentiful off the Sussex coast. Imagine this forest of the deep, creating a habitat for marine wildlife. Black Sea Bream would dig and spawn in gravel nests. Blue Mussels would provide a grounding for the kelp to attach to, and engineer further resources for others, like Starfish and Plaice.

The chalk reef outcrops would writhe with life; scuttling Spider Crabs, swaying ethereal-looking Piddocks and the occasional fin-flap of an Undulate Ray. Seals would benefit from these supreme hunting grounds. From above, Gannets would spear the surface to take their fill of the abundant beneath-the-waves buffet. And so, safely and sustainably, could we.

In the 1980s things changed. Storms, marine heatwaves and poor water quality had a negative effect, and persistent damage has been caused by intensive trawling for commercial fishing. This indiscriminate practice decimated the biodiversity of the seabed. By the end of the century, 96% of Sussex kelp was lost, and with it, a whole ecosystem wiped out, in repeated, traumatic acts of destruction. All happening under the waves; beneath our noses, yet out of sight.

But some people did notice. Sussex IFCA formed a case for a Nearshore Trawling Byelaw, and production company Big Wave created *Help our Kelp,* a film narrated by Sir David Attenborough. Other organisations joined the fight, and a campaign of the same name was launched.

It worked. In March 2021, trawling was prohibited from 304 square kilometres of the Sussex coast. The byelaw is one of the largest in the UK. The collective became the Sussex Kelp Recovery Project; twelve organisations*, co-ordinated by Sussex Wildlife Trust, who have continued to monitor and advocate for the recovery of our seabed.

Benefits are underway; Black Sea Bream and Blue Mussels are on the increase. But nature takes time to recover. These five years have been focused on laying the groundwork to enable the steady return of these great forests and their inhabitants. Rewilding our ocean, piece by piece. With patience and collaboration, the story of our Sussex shores gets wilder each year. Although it started it all, really, kelp is just the beginning.

*Sussex Wildlife Trust, Blue Marine Foundation, Zoological Society of London, Queen Mary University of London, University of Brighton, Adur & Worthing Councils, Sussex Underwater, Big Wave Productions, Sussex IFCA, University of Exeter, University of Sussex.

By Kerry Williams: Communications Officer - Conservation, Sussex Wildlife Trust

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THE ROYAL BRITISH LEGION – DITCHLING & DISTRICT BRANCH: Just wanted to let you all know that on Saturday **20th June** it will be Ditchling Fair Day. There will be a whole day of exciting events. During the afternoon on Ditchling Village Green our Branch will have a stall with our well known *'Find the Poppy Game'* plus a great prize for the winner and something for second and third. As this day coincides with Armed Forces Week we will also have some of the special RBL Armed Forces pins available. Please do come and visit our stall on Saturday **20th June** from 2 pm onwards. Margaret Bovill, Branch Poppy Appeal Organiser – **01273 845319.** *Margaret Bovill*

SUSSEX PATHFINDERS RAMBLING CLUB

SPRC is an independent club whose members share a common interest in walking for pleasure in the Sussex countryside and sometimes beyond. Throughout the year there is usually a walk of 5-6 miles on Saturdays and a walk of around 9-11 miles on Sundays.

If this appeals to you, there is no need to book just turn up on a walk and introduce yourself to the group leader.

The following is a selection of our walks in May but for full details see our website **www.sussex-pathfinders.org.uk.**

Sunday, **10th May** 10.5 miles. Start 10.30 am Midhurst. Sunday, **16th May** 6 miles. Start 10.30 am Boxgrove. Sunday, **17th May** 11 miles. Start 10.30 am Pevensey. Saturday, **23rd May** 5 miles. Start 10 am Goring by Sea and Sunday, **24th May** 9 miles. Start 10.30 am Petworth. *Diann*

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DITCHLING FILM SOCIETY Please note we have no film showing in May. Our next film, The Marching Band 2024 (15) will show on the Thursday **4th June**. Run time:1 hour 43 mins. French with English subtitles.

By common assent, the French have a way of infiltrating charm into their films that allows them to handle difficult and challenging issues with a deftness of touch that instantly characterises a film as "French". In *The Marching Band,* the matters at hand are terminal illness, impending factory closure, questions of kinship and identity, the high brow and the low brow, celebrity versus nonentity status, All of these become a bag full of treats in the hands of Director Emmanuel Courcol as the story of two brothers, (played by Benjamin Lavernhe and Pierre Lotin) each with perfect musical pitch, is played out against the back drop of an impending double demise: demise of the factory band and demise of the internationally renowned orchestral conductor. The *Marching Band* promises Ditchling Film Society Members and guests an evening to delight both eye and ear, especially when served up with a glass of fine French wine or a soft drink if preferred

General. Doors open at 7.30 pm, meet friends, enjoy fine wine or soft drinks before the show the film starts at 8 pm at Ditchling Village Hall. There's plenty of parking in the village hall car park.

A year's membership gives you free entry, guest entry is available and half price for under 25s. Cards accepted. Members are eligible for a 20% discount on pre-booked meals and drinks at The Bull Pub on film night!

To keep up to date with our film showings and special events please go to our website, **ditchlingfilm.org.uk**. We are on **Instagram@ditchlingfimsoc and X @Ditchlingfilm**. *Nick*

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SOME TIPS FOR GROWING SUNFLOWERS FOR THE HASSOCKS GOES GOLD SUNFLOWER COMPETITION!

Sunflower seed can be sown straight in the ground in late April or early May I recommend sowing in pots from March or April.

Fill 7.5/9cm pot with peat free compost cover seed with 1cm of compost.
Lightly water with rose on a small watering can.
Keep on sunny/warm window sill until signs of germination.
Transfer to greenhouse/cold frame/covered propagator in April as weather warms preventing plants getting too 'leggy'.
Plant out in sheltered/sunny position when around 30cm tall.
Add compost to planting hole as they like a rich soil.
Protect from slugs/snails with 10mm shingle/eggshells/coffee grounds/organic slug control.
Most sunflowers need staking, especially taller varieties, or tying into fences/trellis. Stake early to give plenty of support.
Keep well watered throughout summer and feed with liquid tomato food as flowers develop.
Enjoy!!
Recommended varieties are Velvet Queen (1-1.5m), Titan (2.5m) and Claret ((1-1.5m).



Matt Burnett of Maple Leaf Gardens,
and sponsor of the Sunflower Competition.

GIRLGUIDING SUSSEX CENTRAL CELEBRATE INTERNATIONAL WOMEN'S DAY BY CHEERING ON BRIGHTON & HOVE ALBION WFC

On Sunday 22nd March, Girlguiding Sussex Central County had the opportunity to cheer on Brighton & Hove Albion WFC, against Liverpool F.C. Women. This is now a regular event in the calendar, when Sussex Central are invited to the Broadfield Stadium, Crawley to recognise the recent International Women's Day. Over 200 members and their families were in attendance.

This year's event was particularly significant for Girlguiding Sussex Central, as the county remembered their late county commissioner, vice president & guide leader; Deborah Phillips, who was a loyal supporter of Brighton & Hove Albion and had initially organised the association between the county and club in 2022. To recognise this, each Girlguiding member in attendance received a special badge designed by girls from her guide unit, 2nd Hurstpierpoint.

Eighteen guides from Copthorne, Crawley, East Grinstead, Hassocks, Haywards Heath, and Horsham units were excited to be selected to carry and wave the flags at the start of the match, and two members of Deborah's own unit were asked to be mascots.

Although the match was a draw, everyone agreed that Brighton had played well & the girls were inspired by the team's determination.

One Rainbow parent said *'We'd never been to a women's football match before but my daughter had such a great time we are coming again!'*



Hurstpierpoint guides designing the badge

Wendy Colson county commissioner said *'I would like to thank Brighton & Hove Albion WFC for providing the opportunity for our girls & their families to attend today. I'm sure Deborah, who passed away last year would be so pleased to see her initiative continue & we are delighted that her husband Ronnie has been able to join us.'*



Flag Wavers from Copthorne, Crawley, East Grinstead, Hassocks, Haywards Heath and Horsham units

The event continues to encourage interest in the Sussex counties' Football Challenge, which was produced with the encouragement and interest from those at Brighton & Hove Albion together with the other Girlguiding counties in Sussex. The Challenge is all about teamwork and fun, which is at the heart of Girlguiding.



Mascots from Hurstpierpoint

Girlguiding helps girls know they can do anything and what better way to demonstrate this by attending a women's football match.

We're the UK's largest youth organisation dedicated to girls. We're over 300,000 girls from 4 to 18 who come together to laugh, learn, explore and have adventures. We're 80,000 volunteers who make guiding happen by giving our time, talents, enthusiasm and care for girls.

If you or someone you know, wants to give time to your community and would love to empower girls, build your own confidence and make new friends, then Girlguiding actively welcomes people like you. To find out more and join us go to **www.girlguidingsussexcentralcounty.com** or **www.facebook.com/people/Girlguiding-Sussex-Central-County/61552497038149** or email **janet_samuel@talk21.com.** Girlguiding Sussex Central geographically covers Mid Sussex, Crawley and Horsham areas

. Janet Samuel

HASSOCKS TWINNING
INVITES THE VILLAGE TO JOIN THEM

at the following community events, to welcome visitors from our twinned towns of Montmirail in France and Wald-Michelbach in Germany.

Saturday Daytime – 23rd May 2.30 pm

Ditchling Vineyard Tasting. This delightful tour around the local Court Garden vineyard is the perfect way to spend a bank holiday afternoon, price includes sample tastings.

Saturday evening – 23rd May 6.45 pm to 11 pm.

Barn Dance Supper in Adastra Hall, Hassocks. Come and join the fun of a lively band and caller, as well as a delicious, locally sourced buffet supper.

Sunday afternoon 24th May 5.30 pm.

Community High Tea party in Adastra Hall, Hassocks**.** Come and join our visitors, their local hosts and the wider community at this traditional offering of delicious goody filled tea party to end the weekend with some British flair. Sample the delights of our local bakers as part of this traditional feast.

Tickets for these events and further information from *Jeannie Brooker*
hassockstwinning92@gmail.com.

PEMBURY HOUSE GARDEN OPENING



What a year it has been for springtime blossom. Here at the Pembury House garden opening snowdrops, camellias, hellebores and Wordsworth daffodils have performed perfectly. The same cannot be said for the weather. It was probably one of the worst years ever with day after day of cloudy skies and rain. Nevertheless, I am pleased to say that I was able to send off a magnificent £10,200 to the National Garden Scheme charities which include Macmillan Cancer Support, Marie Curie nurses and Parkinson's UK. My thanks go to all 660 visitors and to the Pembury House team who not only baked an estimated 80 cakes but served them with a smile in the tearoom. Now starts the preparation for next year's opening. Where will the snowdrops spread? Will there be new flowerbeds and paths in the woodland? Check the website www.pemburyhouse.co.uk for details of 2026 work in the garden as it proceeds. *Nick Baker*

BEACON DISTRICT TREFOIL GUILD

Our March meeting was all about tasting Hot Cross Buns! Samples from Lidl, Marks and Spencer, Tesco and Waitrose were tested. It was a 'blind 'tasting, so no-one knew which bun was which! Some were judged to be more fruity, some were softer, some more moist and of course some more expensive. Interestingly members did not rate the buns in the same order.

The conclusion was it's all down to personal taste!

At our meeting in April we had a Spring and Country Theme. Lovely flower arrangements were created to take home for a table centrepiece or a windowsill.

The evening finished with a quiz on flowers and trees!

We meet at the Guide Hall, Semley Road on the 3rd Wednesday of the month 8 pm to 9.30 pm. Visitors are always welcome.

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DITCHLING COMMON SITE OF SPECIAL SCIENTIFIC INTEREST (Part 2) Uniquely, Ditchling Common and the Beacon, were purchased by the Commoners from the Marquess of Abergavenny, the Lord of the Manor, in the 1950s. A decade or so ago, the Commoners passed the ownership of the Beacon and Common to a Trust to ensure the future of the land as an open space. After the compulsory purchase of the Countryside Park, the area south of Folders Lane, continued to be grazed through a leasing agreement with a local farmer. The Commoners asked Sussex Wildlife Trust to help produce a management plan, subsequently approved by English Nature, which was written by Graeme Lyons, their talented ecologist. Before the plan was implemented a decade ago, this part of the common had been somewhat overgrazed, largely as a result of a succession of dry years. The new management plan and its grazing regime has been successful in restoring the flora of the grassland and boggy areas here. Recently, Herdwick sheep, originating from the Lake District have grazed the SSSI and produced an abundant crop of twin lambs this year.

In Spring, the SSSI is covered by large patches of Wood Anemones (*Anemone nemorosa*) in a range of colours from pure white to pale blue. In June, Heath Spotted Orchids (*Dactylorhiza maculata* subsp. *ericetorum*) are frequent, the ones here having particularly pale flowers, almost white with tiny pink spots. Dyer's Greenweed (*Genista tinctoria*) was formerly gathered by the weaver Valentine Kilbride and his daughter, Jenny, to dye cloth when they worked in the Guild workshops just over the bridge in Folders Lane. Large patches of it with spikes of golden flowers can be seen from mid June. A close relative, the rare and delicate Petty Whin (*Genista anglica*) can also be found here but its flowers appear earlier. The common Gorse (*Ulex europaeus*) is an important habitat for nesting small birds but can quickly get out-of-hand and has to be periodically controlled. The wetter areas, dominated by rushes (*Juncus conglomeratus*, *J. acutiflorus*, *J. inflexus* and *J. effusus*), especially by the stream, have patches of Dwarf Gorse (*Ulex minor*), Meadow thistle (*Cirsium dissectum*) and Sneezewort (*Achillea ptarmica*) and a few surviving patches of Creeping Willow (*Salix repens*). The dark blue flower heads of Devil's-bit Scabious (*Succisa pratensis*) cover this area in the autumn. In late spring, Marbled White butterflies fly here in profusion while Common Blue, Small Copper, Small Heath, Meadow Brown, Ringlet and Gatekeeper are also common. Sorrels (*Rumex acetosa* and *R. acetosella*) here provide foodplant for the Small Copper while the Bird's-foot Trefoil (*Lotus corniculatus*) sustains the Common Blue.

Another area of the common that is also worth exploring is Bull's Brow, the small strip to the west of the road as you enter the common from Ditchling. Marbled Whites are common here flying over a rich sward where Betony (*Betonica officinalis*) is frequent. On the brow, Zig-zag Clover (*Trifolium medium*) is an unusual plant, forming large patches with bright pink flowers in large round heads. In the autumn, the deep blue flowers of Devil's-bit Scabious (*Succisa pratensis*) coat the damper areas where large Parasol mushrooms (*Macrolepiota procera*) also frequently appear.

The management of the common is the subject of a tenancy agreement granted by the Trust to Jeremy and Elaine Taylor of Stocks Farm. Natural England support the management of the SSSI by way of an environmental stewardship scheme which aids, in part, the costs of a prescription of work to ensure the flora and fauna is maintained. Some additional supportive work is carried out by a group of conservation volunteers from the South

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Downs National Park under the guidance of David Evans, one of the Trustees.
Article written by charity trustee, Mr. Phillip Cribb. Retired from the Royal Botanic Gardens, Kew in 2006, he continues his research there as an honorary fellow.
For further information, please visit **www.ditchlingbeaconandcommons.org.uk/** or email **info@ditchlingbeaconandcommons.org.uk**
Birds of the Common:- Kestrel, Sparrow hawk, Red Kite, Buzzard, Tawny owl, Pheasant, Snipe, Canada goose, Mute swan, Mallard, Moorhen, Coot, Grey heron, Kingfisher, Wood pigeon, Rock dove, Collared dove, Nightjar, Swift, Swallow, House martin, Sand martin, Green woodpecker, Greater spotted woodpecker, Skylark, Wood lark, Pied Wagtail, Wren, Dunnock, Robin, Meadow pipit, Stonechat, Blue tit, Great tit, Coal tit, Long-tailed tit, Nightingale, Blackbird, Song thrush, Mistle thrush, Fieldfare, Redwing, Chiff-chaff, Willow warbler, Grasshopper warbler, Sedge warbler, Reed warbler, Whitethroat, Lesser whitethroat, Blackcap, Wood warbler, Spotted flycatcher, Nuthatch, Treecreeper, Goldcrest, Lapwing, Jay, Magpie, Jackdaw, Carrion crow, Starling, House sparrow, Tree sparrow, Yellowhammer, Reed bunting, Linnet, Goldfinch, Greenfinch, Chaffinch, Bullfinch, Siskin, Black-headed gull, Herring gull. *Phillip Cribb*

We thank Jan for the following letter:- We moved to Hassocks in 1962 to Tallinn in North Bank.
An old wooden stable was at the bottom of the garden and was replaced by a brick garage.
During the re-organisation of the garden an explosive device was dug up and the bomb squad called. Fortunately, the device was inactive. We were told that the Canadian Soldiers had been billeted in the area, and I think that they may have also been in Ditchling?
There has been a recent report of similar events and spurred on my memory.

WANTED If you have any old photos, poems, recipes, stories, events or anything of interest you would like included please email us at **ed@villagemagazines.co.uk** or send it to QD Stationery, 52 Keymer Road, Hassocks, West Sussex BN6 8AR. Deadline for the June Issue is 1st May.

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BRIDLEWAYS GROUPS are active all year round, working on projects that help keep our networks running.

Much of this work is the result of reporting from users who access our Facebook page to share their findings, helping us follow up with our own reporting to the appropriate authorities.

Here are some examples of our successes. One of the most common problems with Bridleways is the state of the surface; it becomes eroded, flooded or boggy. In one year alone we were able to help towards the repair of 13 paths, bringing them back to usable condition. Obstacles and obstructions are another common concern, as are gates with broken latches/handles or rotting wood, which no longer allow access. Fallen barbed wire fencing on the ground, hidden in overgrown vegetation, is a danger to all users and should be removed as soon as possible. The Fire and Rescue Team, at a recent event, told our members about two incidents in which horses were trapped on bridges with dangerously rotten wood where a section had given way as the horses crossed. This amazing team were able to free them both without either horse being badly hurt. Another area that we have to watch are those paths that have been used for many years but are not a designated Bridleway. These paths could be closed or permission be withdrawn at any time, so any chance to change their status becomes an urgent matter. It takes a lot of work to gather evidence of historical usage and then submit it to the authorities. And it can take years of persistence to accomplish a successful result.

If you know about or come across any of the examples just mentioned, or have suggestions that might help, please share them with us on our Facebook page or join the Mid Sussex Bridleway Group and receive our newsletter, which includes current news about what's happening in our area and information about our upcoming events. Being a member helps the Group to donate towards vital projects that keep our Bridleways in good order for everyone. If you have time to be more involved, there are many opportunities to help by surveying the area you use, reporting issues, supporting other users with vegetation clearances or helping to gather evidence to designate a path a Bridleway. Membership is £9 a year if you pay by direct debit and your membership also entitles you to discount at some local retailers. Join us via Facebook or **midsussexbridleways.org.uk**. *Jacqui Manley*

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25TH ARTS COMPETITION SUCCESS

Hurstpierpoint Gymnastics Club had an excellent morning with their 25th Annual Arts Competition. Nearly 200 parents and friends were able to watch all of the competitions in progress. This year over eighty gymnasts competed for trophies and medals in Ball Solos, Beam Pairs, Ribbon Pairs and Sports Acrobatic Sixes. Competitors come from all over the district :- Burgess Hill, Ditchling, Haywards Heath & Cuckfield, Albourne and many other villages, Brighton and Lewes, with more still from Hurstpierpoint & Hassocks. The children choose whether to enter, then choose which sections to do, chose their own music and then created and practised their own routines for performance.

The Beam Pair competition involves mounting the beam and performing six different skills before dismounting. This year's winners were :- Year 3 – Aimee Kenner & Anoushka Sokell, Year 4 - Isabel Smith & Sophie Weeding, Year 5 & 6 - Isla Gould & Poppy Dignam, Year 7+ - Emily Church & Miller Turpin

The rhythmic apparatus is rotated each year and this year the pairs were the very popular Ribbon. The winners were Year 3 & 4 – Elodie Crowther & Aya Cornwall, Year 5 – Milly Woolven & Darcy Poyntz, Year 6 - Xaviera d'Agostino & Amelie Rose, Year 7+ - Emma Alcock & Imogen Cox.

The Ball Solo winners were :- Year 3 – Liah Chambers, Year 4 – Jessica Parsons, Year 5 – Ruby Lewis, Year 6 – MollyRose Harris and Year 7+ Emma Alcock.

The last two sections were Sports Acrobatic Sixes, where six gymnasts perform a sequence including agilities, balances and dance. The routines were choreographed by the gymnasts. The Junior Six winning team was Xaviera D'Agostino, Isla Gould, Poppy Dignam, Amelie Rose, Paige Hawkins & Cadi Fisher. The Senior Six competition resulted in a win for Emma Alcock, Imogen Cox, Gracie Allen-Laverty, Eleanor Lipscombe, Zoe Buck & Ella Kelly.

Adding together the scores from their entries, the Overall Junior Champion was Eleanor Lipscombe and with three wins the Senior Winner was Emma Alcock.



The next opportunity for the gymnasts to compete will be the Club's 42nd Annual Championships on the **4th July**. Spectating is welcome throughout the morning.

There are a vacancies to join the Club in most groups. For further details regarding the Club please visit their website **www.hurstpierpointgym.co.uk.**

Andrew Hair



Tates plant team member Enzo with Garden of Remembrance coordinator Allan Nicholls and volunteers Gerry Dandridge, Pat Elliot ready to plant the donation.

BUSINESS DONATES TO IMPROVE HASSOCKS GARDEN OF REMEMBRANCE

A dozen splendid coral bell plants will brighten up a Hassock's remembrance garden.

Planted around a central pergola, the evergreen perennials will provide vibrant year-round foliage in Adastra Park.

Donated by nearby South Downs Nurseries, the family-run garden centre was delighted to help with the project to improve the beds in this park of the public park and last year donated for the commemorative VE Day plantings.

"We're delighted to support the refresh and replanting of the Garden of Remembrance, helping maintain a peaceful and beautiful space for the community to reflect and enjoy," said Benjamin Tate, Executive Director of Tates of Sussex

The area is enjoyed by those seeking a space of peace and tranquillity to spend time in quiet reflection.

The Huechera plants are ideal because they are low maintenance evergreen perennials, noted for their lime green to near-black foliage. *Trevor Butler*

HASSOCKS WI Meet 3rd Monday in the month. Doors open 7.30 pm and the evening started at 7.45 pm.

Can't believe the year is going so quickly. Hopefully, some of you have renewed your subs for 2026/27 and the committee hope you enjoy the new programme we have put together for you.

In April we learned about the best colours to wear with various skin tones from House of Colour.

Some of us will take part in the Great Big Water Blitz end of April measuring nitrates and sulphates in some of the local streams.

For our May meeting we will hear about the work of our local Hurst Hedgehog Haven rescue and rehabilitation charity.

And don't forget our smaller groups. The Arty Outings Group have had several recently. The trip to the Ramster Hall Textile Exhibition sounded amazing. Thank you, Jayne, for your organisation of them and Iris has arranged another London Theatre outing for later in the year. Thank you, Iris.

Don't forget to read your emails, read the noticeboard and contact these efficient members for more details of the events.

Visitors are always welcome (donation). Enjoy the lighter evenings and the sunshine (fingers crossed).

Gerry

BEE SWARMING It has been a very damaging winter for bees as they can tolerate cold but not wet. this last winter killed many colonies.

So, if you see a swarm of honey bees-or a mass of bees hanging in a tree/hedge, please don't be alarmed- They are very precious, and need to be collected, away from public areas, to a new home.

Please note wasps (yellow) don't swarm - bumble bees (fat and furry) don't swarm. Honey bees (brown) do.

We do not charge for removing but will collect as soon as possible'. All advice given. Call me on **07792 551413** or Ken Isted **07970 635034.**

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BURGESS HILL & DISTRICT PROBUS CLUB APPOINTS THEIR FIRST LADY PRESIDENT Heide Hughes marking a significant milestone in the club's evolution. This landmark decision reflects the club's commitment to inclusivity and progressive values. It also celebrates the contributions of both women and men within its membership. The club welcomed its first lady members in 2019. It now has equal numbers of women and men among its active members. We also invite guest speakers to our lunches to give talks to our members on a whole range of interesting topics and and arrange visits to local places of interest.

Retiring President Kurt Mc Connie said "We are very proud to welcome Heide as our new president Our Probus club opened in 1983 and from 2019 we have welcomed membership from both Ladies and gentlemen as a result we have an and active and thriving club with an equal membership split.

Heide has worked very hard for the club over the years and has served as our vice President, membership secretary, and welfare officer. She will without doubt make an excellent President"

Incoming President Heide said "I feel privileged to be appointed particularly as my late husband David Hughes was President in 2014. In those days Probus was an all-male club, and I was only allowed to participate on special occasions, fortunately those days have long passed. Our monthly lunches are held on the first Thursday of every month where we invite guest speakers on a whole range of interesting subjects. We also enjoy optional visits to places of interest. We are a friendly, vibrant and lively. I am determined that our club remains fully inclusive and above all an enjoyable experience for all our members"

To join us or learn more about Burgess Hill and District Probus Club. call me on **07836 260984**. or e mail **davidlouisgee@gmail.com**. *David Gee*

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THE HURSTPIERPOINT AND SAYERS COMMON TWINNING ASSOCIATION will be holding a fun and competitive Quiz Night at The Duke of York, London Road, Sayers Common BN6 9HY on Wednesday **6th May** starting at 7.30 pm; drinks and welcome from 7 pm.

Teams can be any number up to six people and entry is payable to the Quiz Master in cash on the night. If you are on your own and would like to come along, don't worry, we will find a team for you to join. For those people who do not drive or do not like driving in the dark, lifts will be available from designated places in Hurstpierpoint.

Food is served at The Duke from 5.30 pm. You are welcome to arrive earlier to eat before the quiz. Please just let the pub know when you book your table for the quiz.

To book a table, call The Duke of York on **01273 832262**.

To book a lift to Sayers Common please email **secretary@hpsctwinning.co.uk** or call **07421 899303** for further information.

A raffle will be held during the quiz, payment for which can be made by card or in cash.

The twinning Association look forward to welcoming you to this social event at The Duke of York.

Sue Deane

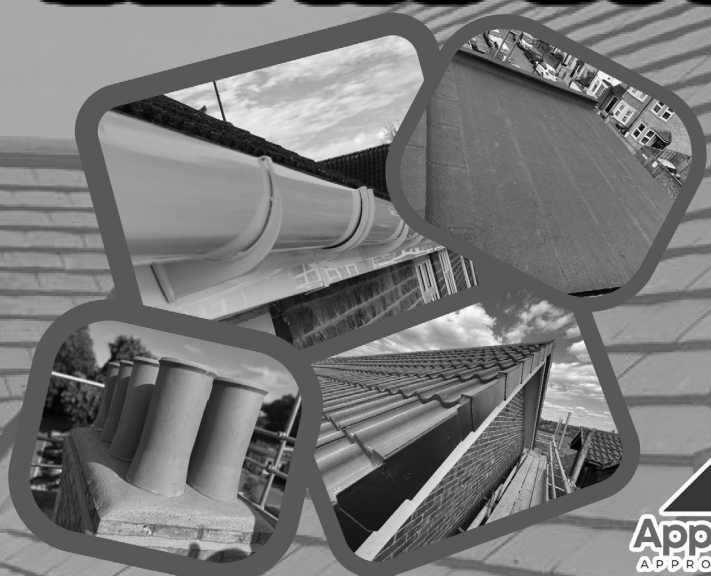
BURGESS HILL HERITAGE & HISTORY GROUP meet on Friday **8th May** at Cyprus Hall Burgess Hill, doors open at 7.30 pm.

Davinder Dhillon OBE will speak about the contribution of Indian Soldiers from an undivided India on the Western Front during WW1, and their convalescence in Brighton.

All welcome for a small fee. Further info from **www.burgesshillheritagehistory.org.uk.** *Peter*

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We thank David Porter of Clayton for this photo of Clayton Tunnel which he believes was taken in 1930's.

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THE U3A SINGERS BRING HARMONY TO THE COMMUNITY Local Choir Group Welcomes New Members and Spreads Joy.

The Hurst, Hassocks & Ditchling u3a Singers, a vibrant local choir group, have been making waves in the community with their spirited performances and inclusive approach. Open to all, regardless of musical background, the group meets regularly to rehearse and share their love of song. Members describe the atmosphere as uplifting and supportive, with friendships forged alongside melodies.

Those interested in joining or attending upcoming performances may message the group leader via the Groups page of the website **https://hhd.u3asite.uk.** Whether you're a seasoned singer or simply looking to try something new, the u3a Singers offer a warm welcome and a chance to be part of a musical community that celebrates togetherness.

The group hosts two or three public performances annually, with events dedicated to raising funds for local charities. Information regarding upcoming concerts can be found in the local press, on posters, or via our Facebook page 'u3a Hurst Hassocks & Ditchling'.

This year, concerts by the u3a Singers, organised in collaboration with the Sussex Vale Rotary Club, will be held on Friday, **12th June** at Adastra Hall, Hassocks, and on Friday, **10th July** at St Cosmas and St Damian Church, Keymer. *Marie Fraser*

HURSTPIERPOINT HISTORICAL & GEOGRAPHICAL SOCIETY. Tuesday **12th May** 7.30 pm Talk on "The Brunel Family, the Father, Son & Grandson" This talk is about the story of revolutionary engineering in 19th Century Britain as told through three generations of one famous family. The speaker is Bill McNaught. Location is The Players Theatre Hurstpierpoint. (Please note it will be preceded by a brief Annual General Meeting at 7.15 pm) Small fee for Non Members. All welcome. For further details please email **hurst.hist.geog.soc@gmail.com**. *Mrs J Simmons*

OFFICIAL OPENING OF BEFRIENDED HUB

Join us for the official opening of Befriended Hub at 20 South Street, Ditchling on Wednesday **6th May**, from 2 to 5 pm.

We are delighted to welcome our special guest and patron, Bishop Ruth Bushyager, as we celebrate this exciting new chapter for Befriended. We feel truly proud and blessed to be part of the local community in Ditchling. Many of our much-loved activities will be taking place at the new hub, alongside a range of new events planned over the coming months.

For full details of upcoming activities, please visit **www.befriended.org/events**. *Sally*



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Hurstpierpoint Surgery
The Health Centre, Trinity Road BN6 9UO
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Lewes Road, BN6 8TT

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Hurstpierpoint & Sayers Common
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Ditchling Church West Street
Streat Church Streat Lane
Westmeston Church and Westmeston Village Hall Lewes Road

HURSTPIERPOINT

Village Centre Library Entrance, Trinity Road
Cricket Pavilion Cuckfield Road
St Lawrence School Cuckfield Road
Flat 40 High Street
St Peter & St James Distribution Centre Albourne Road
Court Bushes Community Hub Willow Way
Hurst College Chalkers Lane

SAYERS COMMON

Sayers Common Community Shop London Road
North Star Garage London Road
The Woodlands Reeds Lane

PYECOMBE

Pyecombe Golf Club Brighton Road

HASSOCKS & KEYMER

Adastra Hall Keymer Road
Adastra Bowling Club Adastra Park (North Field)
Age Concern Dale Avenue
Freedom Leisure Centre Dale Avenue
DMH Stallard Keymer Road
Downlands School Dale Avenue
Friars Oak London Road
Graystone Referral Centre 38 Keymer Road
Hassocks Dental Surgery 54a Keymer Road
Hassocks Health Centre Windmill Avenue
Hassocks Infant School Chancellors Park
Keymer & Hassocks Sports & Social Club Adastra Park
Oldland Windmill Oldlands Lane
Hassocks Railway Station, Outside Ticket Office
South Downs Garden Centre Brighton Road
Thatched Inn Grand Avenue
Weald Lawn Tennis & Squash Club South Bank
Windmills Junior School Dale Avenue

Local Clubs

BBT - Hassocks (Bumps, Babies & Toddlers) - St Francis Church, Priory Road, Hassocks. Thursdays 1 - 2.30 pm. A group for play & chat.

BEFRIENDED 20 South Street, Ditchling. Support those living with dementia, their carers and loved ones. Email: office@befriended.org.

Mondays - Cafe Neuro 10.30 am - 12 pm (except Bank Holidays) and Balance Exercise Class 2 - 3.30 pm with Steph (term time only)

Tuesdays - Community Choir 2 pm - 3.30 pm, no need to sing well, just come along. (term time only)

Wednesdays - Befriended bITs & PCs 10 am - 12 pm helping you with your tech problems.

Thursdays is Bereavement Support Day. Bereavement Cafe 10 am - 11.30 am is on the first Thursday of the month. Board Games are on first & third Thursday from 2 to 4 pm. Craft and Chat on second and fourth afternoons 2 to 4 pm and Compassionate Conversations Course every Thursday except the first.

When the flag outside is flying your always welcome to drop in.

DITCHLING MORRIS - Practice Thursdays at United Reformed Church Hall at 7.30 pm. Pop in if you feel like joining.

GREYHOUND MORRIS Practice every Tuesday at Keymer Church Hall, 7 pm. We welcome new members of all abilities both musical and dancing, see you there.

HASSOCKS COMMUNITY RUNNERS local, free, volunteer run, community running group meets outside the Sports & Social Club in Adastra Park on Mondays 6 pm, Wednesdays 7 pm and Fridays 9.15 am. Distances to suit everyone 3k to 10k as well as a walk and periodically, a couch to 5k group. Do join us or look at our Facebook page.

HASSOCKS TABLE TENNIS CLUB - Monday & Thursdays 2 - 4 pm at Adastra Hall. Roll up to play.

HASSOCKS WI LADIES CHOIR meet Tuesdays (except 2nd in the month) 7.30 pm at St Francis Church, Priory Road, Hassocks . All welcome.

HASSOCKS YOUTH GROUP The Green Room, Adastra Hall, Hassocks. Thursdays 5.30 - 7 pm School Years 4 - 13 (Term time). All welcome for games, crafts and activities and social time.

HEARTS OF SUSSEX BRIDGE CLUB - Monday online and Tuesdays at Age Concern Hassocks. More info visit www.hsobcbridgeclub.co.uk

HUG IN A MUG MUMS, DADS & CARERS - 8.45 - 10.30 am every Monday, Keymer Church Hall, For parents, carers or grandparents who look after children. Cake, coffee, toys and games.

HUG IN A MUG - A coffee (and cake!) morning for all. Monday 10.30 - 12 pm at Keymer Church Hall and at Clayton Church Hall, every Tuesday at 10.30 am to 12 pm.

IRISH SET DANCING The Emmanuel Centre, Ditchling 7.15 - 9.30 pm. Come and join us for some fun and active dancing (not Riverdance). We are an informal and friendly group. Beginners are very welcome, no need to bring a partner. Your first session is free call 07802 847234 for more information.

KEYMER BADMINTON CLUB - We are a friendly ladies club which meet Thursdays at 7 pm at Keymer Church Hall. Info call Denise 01273 967774.

MID SUSSEX RAMBLERS We offer a varied programme of walks for the new and experienced throughout the year to suit all ages and abilities. More info phone Sue Blandford 01403 255654 www.midsussexramblers.org.uk

MID SUSSEX SCOTTISH COUNTRY DANCE GROUP. Tuesdays 7.30 pm, Hurstpierpoint Village Centre. Anyone is welcome, no previous knowledge is necessary just a willingness to have fun. Please visit www.msscd.org.uk for more details. (excluding July or August)

SUSSEX FLY DRESSERS GUILD Hurstpierpoint Village Centre, Thursdays 7 - 8 pm. Beginners to Advanced sussexflydressersguild.org.uk.

VISUALLY-IMPAIRED CLUB We meet alternate Wednesdays from 10.30 am to 2 pm at Clayton Parish Hall in Underhill Lane. If you are interested, please ring me on **01444 450947**.

WHIST DRIVE - Our friendly club meets at Age Concern, Hassocks every Thursdays at 6.45 pm. More info 01273 843390.



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Whats On in May

Clubs, Societies & Groups please let us have your programmes and/or events to **PUBLISH FREE** in this section. Email **ed@villagemagazines.co.uk** or send to **QD Stationery 52 Keymer Road, Hassocks, West Sussex BN6 8AR.** For more information call **01273 846978.**

3rd DITCHLING ORCHARD Boddingtons Lane, Ditchling 10 am - 12 noon Orchard Maintenance Morning. All ages welcome.

3rd OLDLAND MILL Oldlands Lane, Keymer 11 am - 4 pm. Special Event Day.

4th HASSOCKS WI Adastra Hall, Hassocks 2 pm. Craft Club. Visitors welcome.

5th DITCHLING DOWNS WI Ditchling Village Hall, 7 pm. 'Wardrobe Edit and Organisation' Mimi Bogelund.

5th GREENER HASSOCKS & DITCHLING Proper Coffee, Hassocks 7.30 pm. Hassocks Swift Project and how to support other birds and Barn Owls. All welcome.

5th AGE CONCERN Dale Avenue, Hassocks 10 am - 12 pm. Visit from JJ Fashions ladies clothing. All welcome.

6th BURGESS HILL HORTICULTURAL SOCIETY Cyprus Hall, Burgess Hill 7.15 pm. 'Bees in our Garden' Heather McNiven. All welcome. www.burgesshillhorticulturalsociety.com.

6th BEFRIENDED HUB 20 South Street, Ditchling 2 pm - 5 pm. Official opening with guest speaker Bishop Ruth Bushyager - see article. All welcome.

6th HURST MONTHLY SOCIAL GROUP Guide HQ, Trinity Road, Hurstpierpoint 2 - 4 pm The Stroke Association. Visitors welcome call 07806 670359.

6th UKES OF HASSOCKS Proper Cycling & Coffee 7.30 pm. Monthly community jam session, play and sing along, beginners welcome. All welcome.

6th AGE UK MEMORY CAFE Adastra Hall, Hassocks 10.30 am - 12.30 pm. These sessions are for anyone with memory problems, dementia and their family member or carer. More info call 01444 450248.

6th HURSTPIERPOINT AND SAYERS COMMON TWINNING ASSOCIATION Duke of York, Sayers Common 7 pm. Quiz Night. All welcome see article. To book call 01273 832262.

7th AGE CONCERN Dale Avenue, Hassocks 11 am. Sundown Ukulele Band. All welcome.

8th AGE CONCERN Dale Avenue, Hassocks. VE Day Special Lunch - please book 01273 844461.

8th VOICEM'ALE The Greyhound Keymer 7.30 pm. Ladies and Gentlemen 'Singing for fun'. Everybody is very welcome its all very informal, friendly and relaxing - and great fun.

8th MID SUSSEX AMATEUR RADIO SOCIETY Cyprus Hall, Burgess Hill 7.30 pm. www.midsussexars.org.uk. 'Bring and Buy Sale'. Refreshments available. All welcome.

8th BURGESS HILL HISTORY GROUP Cyprus Hall, Burgess Hill 7.30 pm. 'The Contribution of Indian Soldiers from an undivided India on the Western Front during WW1, and their convalescence in Brighton' Davinder Dhillon OBE. All welcome. www.burgesshillheritagehistory.org.uk.

9th/10th MID SUSSEX AMATEUR RADIO SOCIETY www.midsussexars.org.uk. 'MOTA'. All welcome.

9th CHURCHES TOGETHER URC Hassocks 9.30 am. Messy Church - breakfast, crafts, games and story. All welcome.

9th SUSSEX SEWING CLUB Westmeston Parish Hall 10 am - 4 pm. Like minded makers spend the day doing a hobby they love. To book sussexsewingclub@gmail.com.

9th SUSSEX VINTAGE MODEL RAILWAY Plumpton Village Hall 10 am - 4.30 pm. Eight active layouts, 'hands' on for the young, bring your own train and give it a run, second hand sale.

11th THE GROUP The Railway Pub, Station Road, Burgess Hill. 7.30 pm. A club for the over 55 unattached for more info www.thegroup.org.uk.

11th CAMEO Keymer Church Hall 2 pm - 4 pm. Open to all - come and enjoy an enjoyable afternoon over a cup of tea.

12th AGE UK MEMORY CAFE Court Bushes, Hurstpierpoint 2 - 4 pm. These sessions are for anyone with memory problems, dementia and their family member or carer. More information call 01444 450248.

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COME AND HAVE A BROWSE.

12th HASSOCKS JAZZ LUNCH Hassocks Hotel, Station Approach East, doors 11.45 am Start 12 pm. Muskrat Ramblers Great Food, Great Jazz & Great Company. A set lunch included in the entrance fee. Pop in or call QD Stationery on 01273 846978 to book.

12th HURSTPIERPOINT HISTORICAL & GEOGRAPHICAL SOCIETY Players Theatre, Hurstpierpoint 7.30 pm. AGM followed by 'The Brunel Family - The Father, Son & Grandson' Bill McNaught. See article for more info.

13th DITCHLING HISTORY PROJECT White Horse, Ditchling 2 pm. Monthly meet drop in all welcome.

13th POYNINGS POLICE BEAT SURGERY Rushfields Plant Centre, Poynings 11.30 am - 12.30 pm. Come along to get crime prevention & advice on neighbourhood issues.

14th HURSTPIERPOINT POLICE BEAT SURGERY Court Bushes Rec Ground, Willow Way, Hurstpierpoint 9.30 - 10.15 am. Come along to get crime prevention & advice on neighbourhood issues.

14th HASSOCKS POLICE BEAT SURGERY South Downs Garden Centre, Hassocks 11.30 am - 12.30 pm. Come along to get crime prevention & advice on neighbourhood issues.

14th FIBROMYALGIA SUPPORT GROUP Chloe Cafe, South Downs Garden Centre, Hassocks 10.30 am. Support group for Fibromyalgia or Chronic Pain. To book email hassocksfibrogroup@gmail.com.

14th WOMENS BREAKFAST The Greyhound, Keymer 10 am. For a social cooked breakfast. All welcome to book email mo.delaine@btinternet.com.

17th BEFRIENDED Court Bushes, Hurstpierpoint 3 - 5 pm. Afternoon Tea Party with quizzes, celebrations, making friends, information, advice and great entertainment. More info www.befriended.org.

16th PYECOMBE CHURCH 10 am - 4 pm. Flower Festival, plant sale, stalls and refreshments. Cream teas by ticket only. See article for more info.

17th PYECOMBE CHURCH 12 pm - 5 pm. Flower Festival, plant sale, stalls and refreshments. Cream teas by ticket only. See article for more info.

18th HASSOCKS WI Adastra Hall, Hassocks 7.30 pm. The work of our local Hurst Hedgehog Haven Rescue and Rehabilitation Charity. Visitors welcome.

18th KEYMER FOLK DANCE CLUB URC Church Hall, Hassocks 7.30 pm. Music from Sally and Co with calling from Club Callers. No partner needed just come along. www.keymerfolkdanceclub.co.uk.

20th AGE UK MEMORY CAFE Adastra Hall, Hassocks 10.30 am - 12.30 pm. These sessions are for anyone with memory problems, dementia and their family member or carer. More info 01444 450248.

20th TREFOIL GUILD Guide Hall, Semley Road, Hassocks 7.45 pm. Monthly meeting visitors welcome.

21st DITCHLING VILLAGE ASSOCIATION Ditchling Village Hall 10 - 11.30 am. Coffee Morning run by Ditchling Downs WI. All welcome.

21st CLAYTON AND WINDMILLS PROBUS Pyecombe Golf Club. A club for retired & semi retired professional business people. To book call 07976 794237 or email clivelambert75@gmail.com.

22nd MID SUSSEX AMATEUR RADIO SOCIETY Cyprus Hall Car Park, Burgess Hill 7.30 pm. www.midsussexars.org.uk. 'First Direction Finding Evening of this year'. All welcome.

23rd HASSOCKS VILLAGE MARKET Age Concern Car Park, 9 am - 1 pm. Local produce, bread, honey, cheese, wine, veg etc.

23rd REPAIR CAFE Age Concern Centre, Hassocks, 9.30 -11.30 am. Bring items for repair more info call 01273 040110 or www.hkdtransition.org.uk.

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23rd GREENER HASSOCKS & DITCHLING Age Concern Veg Patch, Dale Avenue 9 am - 1 pm. Seedling Swap. All welcome.
23rd THE GROWING NETWORK Age Concern Car Park, 9 am - 1 pm. Feel free to bring any seeds or plants to share or gardening books/tools you don't need - All welcome.
23rd HASSOCKS TWINNING ASSOCIATION Ditchling Vineyard Tasting Tour 2.30 pm. All welcome to book hassockstwinning92@gmail.com. See article.
23rd HASSOCKS TWINNING ASSOCIATION Adastra Hall, Hassocks 6.45 pm - 11 pm. Barn Dance. All welcome to book hassockstwinning92@gmail.com. See article.
24rd HASSOCKS TWINNING ASSOCIATION Adastra Hall, Hassocks 5.30 pm. Community High Tea. See article. All welcome to book hassockstwinning92@gmail.com.
26th FIBROMYALGIA SUPPORT GROUP Chloe Cafe, South Downs Garden Centre, Hassocks 10.30 am. Support group for Fibromyalgia or Chronic Pain. To book email hassocksfibrogroup@gmail.com.
26th CITIZENS ADVICE LEWES DISTRICT Quaker Meeting House, East Gardens, Ditchling 10.30 am - 1.30 pm. Drop-in for a chat, free, confidential and impartial advice. Email info@lewesdistrictca.org.uk.
27th SOUTH DOWNS WOODTURNERS Upper Beeding Village Hall, 7pm AGM and Professional Woodturner Paul Hannaby. Visitors welcome. Please visit southdownswoodturners.com for more info.
27th MID SUSSEX MUSIC HALL Hassocks Hotel, Station Approach East, doors 7.30 pm Start 12 pm. Beth Rowley. Tickets www.brighthelmstonepromotions.co.uk
28th HURST VILLAGE CINEMA Players Theatre, High Street, Hurstpierpoint doors 6.30 pm. National Theatre Live - 'The Playboy of the Western World' John Millington Synge'. More info and tickets from www.hurstfilms.com or Charlotte Grace.
28th LIBERAL DEMOCRATS SURGERY HASSOCKS Parish Council Offices Committee Room 11 am - 12 pm. Sue Hatton, Kristian Berggreen, Chris Hobbs & WSCC Councillor Erika Woodhouse-Truman. No appointment necessary.
28th BEREAVEMENT WELL-BEING GROUP Clayton Wood, Natural Burial Ground, Brighton Road, Clayton 10 am - 12 noon. Come and meet others who understand what you are going through. www.bereavementcare.uk.
29th HURST, HASSOCKS & DITCHLING U3A Adastra Hall, Hassocks 2 pm. 'Finding Shackleton's Ship' Michael Smith. Small entrance fee. Refreshments inc.
30th MENS BREAKFAST The Greyhound, Keymer 10 am. For a social cooked breakfast. All welcome to book email alexbaxter66@yahoo.co.uk

Church Services

DITCHLING UNITARIANS The Old Meeting House, The Twitten, Ditchling. Sunday Services at 11 am www.ditchlingunitarians.org.uk.
HASSOCKS UNITED REFORMED CHURCH Evening service 'Worship & Praise' at 6 pm on 3rd Sunday in the month. All welcome.
PYECOMBE CHURCH 18th May 5 pm. Songs of Praise.
QUAKER MEETING FOR WORSHIP 10.30 am Sundays, Ditchling Friends Meeting House.
Also 2nd & 4th Sundays at 10.30 am, at The Yews, 55 Boltro Road, Haywards Heath.
All are welcome for peaceful worship and coffee.
Our magazine "Friendly News" is available at Ditchling PO www.ditchlingquakers.org.uk
THE BEACON PARISH OF DITCHLING, STREAT & WESTMESTON Sunday 3rd, 10th, 24th and 31st May Services of Morning Worship with Holy Communion in Ditchling at 10 am. Following the service on 10th May we encourage members of our Electoral Roll to join us as we hold our Annual Parochial Council Meeting (APCM). Sunday 17th May the service will be in Westmeston at 10 am. Little Beacons is on 3rd and 10th May in Ditchling during the service. Our weekly Wednesday@10 Holy Communion continues and SING is on the first Wednesday (6th May) at 5 pm in Ditchling. Everyone welcome but please always check our website www.beaconparish.co.uk for any changes or contact Tessa on admin@beaconparish.co.uk.
THE PARISH OF CLAYTON WITH KEYMER Our usual pattern of Worship for Sunday services is 8 am 1662 Book of Common Prayer Eucharist st at Keymer. 9.45 am Mass at Keymer
9.45 am Service at St Francis and 11.15 am Holy Communion at Clayton.
For other information see our website **www.claytonwithkeymer.org.uk -** Fr Alex

GILES TURNER
FINANCIAL PLANNING

The shift to spending your own money

After over 20 years working with clients, a clear pattern emerges around spending behaviour.

During their working lives, people are often relaxed about money. Income arrives regularly—salaries, bonuses, or business profits—and is spent with relatively little friction. Holidays are booked, homes improved, and lifestyles maintained without intense scrutiny. It's not carelessness; it's psychological. The money feels abundant and ongoing, almost like "other people's money," even though it's earned through their own effort. Because human capital is continually being exchanged for income, spending feels sustainable and repeatable.

Then, at some point, that changes.

Whether through retirement, selling a business, or stepping back from work, the regular inflows reduce or stop entirely. What replaces them is the wealth they've spent years building—pensions, ISAs, and investment portfolios. For the first time, they begin drawing directly from their capital.

This is where a profound mindset shift occurs.

Spending now feels very different. Withdrawals that would once have gone unnoticed suddenly carry weight. Without income to replenish what's spent, the money feels finite, visible, and more vulnerable. Even when clients are financially secure—often in their strongest position ever—they can feel poorer and become more cautious.

This is where good advice matters. The challenge isn't technical; it's behavioural. Clients need help reframing their thinking. Their financial capital is simply a conversion of their past efforts and is there to support their lives.

At this stage, the real risk often isn't overspending—it's underspending, and living smaller lives than they need to.

"The path to the financial future you desire starts with the plans that you make today."

If you would like to find out more, please get in touch.



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STEVE'S BACK PAGE GOSSIP

"WHAT WOULD YOU DO? – episode 2" I was out the back of the shop in one of the garages one evening before Easter when I heard this very loud commotion. There was a lot of shouting and a great deal of Olympic grade swearing – I thought Trump was in town - it sounded all very serious. Then a voice shouted down at me asking if I'd seen anybody. I shouted back 'No' but was eager to find out what was going on! Apparently, a chocoholic was in need of a fix and had decided to help himself to a couple of Easter Eggs and leg it from a local store – he obviously hadn't reckoned on being chased half way round Hassocks by a couple of members of staff, which was very brave of them considering what he was shouting was what he was going to do to them if they captured him. In his wisdom he decided to run down the service area at the back of the shop clutching his chocolate contraband. He glanced at me as he ran past. My first thought was do I go in hot pursuit of the Cadbury kid? my second thought was no because he decided to leap over the wall at the bottom crushing the eggs he was holding into a chocolate jigsaw. After a lot of scrambling and even more swearing he limped along the top of the wall, then disappeared after taking a leap of faith down the other side, perhaps had I been younger I might have given chase but at 74 I decided it wasn't worth it – besides I already had a couple of my own eggs ready to be consumed.

You may or may not be aware that an appeal concerning the old National Tyres building has been submitted to the Secretary of State. This is in respect of changing the existing building into ground floor commercial/community use with 26 flats above them. You will have your own views on this, some agreeing and some disagreeing but if you want to have your say and don't have the access to the internet you can still do so. If you don't have access you can still have your say by writing to The Planning Inspectorate, C/O Quadient, 69 Buckingham Avenue, Slough SL1 4PN – this must be done by **4th May 2026** you must quote the planning inspectorate's reference 6006655 or they will be ignored, don't forget all parties get to see what side of the fence you are on.

Re-cycling these days is a word on everyone's lips and it's Wednesday again – Bin Day – how different things are now from when I was growing up in the 50's & 60's – I now look at the multi coloured plastic bins full of different kinds of waste ready to be transported by various vehicles to various processing sites. When I was a young person living in Camberley, Surrey at 2 Heatherly Close, we had one small galvanised steel dustbin - which we hardly filled - each week the bin men would collect it from our back door and carry it up the garden path, empty it, then return it for mum to wash it out and disinfect it. There were no plastic bottles, the milkman delivered glass bottles and took away the empties to re-use, pop bottles were also glass of course and returned empty to the shop to collect our thruppence deposit. Mum had a raffia shopping bag and walked to the local shops, most products were sold loose and put in paper bags. In those days nearly every house had a compost heap so any uncooked food waste went on that, there was no cooked food waste we weren't allowed to leave the table unless our plate was clear. Any paper and the odd bit of cardboard were burned in the garden in Dads small firepit and any ash he dug from the firepit was put on the compost heap; how much simpler and efficient life was then?

I can't bring myself to mention all the road closures and mayhem that's been going on round here lately it's been a financial nightmare! So please shop locally when you can.

We have yet another new Horse Bedding – Wood & Slumber 20kg Bales £9.99 – Great Value – Bedmax still £8.95, we're here to save you money. Steve

HASSOCKS PET CENTRE, KEYMER ROAD, HASSOCKS 01273 842392