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Hassocks WI celebrated their 10th Birthday in May & members enjoyed a great party. They also won prizes for their entries at the South of England Show in June

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EUROPEAN EEL - ALTERNATING CURRENTS

In August many of us migrate towards the sea; exchanging our familiar habitats for a few weeks in someplace sunnier and sandier. As we leave our county a mysterious creature, born in the dark depths of a distant ocean, is heading towards Sussex for a holiday of its own.

Let me take you 3500 miles west to the wide Sargasso Sea, an area of the North Atlantic known to superstitious seamen (and Barry Manilow fans) as The Bermuda Triangle. Today the once mythical Sargasso is infamous for being the North Atlantic's waste dump where surface currents deposit our non-degradable floating flotsam. But the Sargasso still holds one last mystery. Each year millions of transparent slithers, like a blizzard of tiny polythene leaves, rise from its depths. It's almost as if the seaweed and the spirits of sunken sailors have merged with the PVC and plastic to create the leptocephali; the larval stage of the European Eel. These see-through seafarers go with the flow and slowly drift across the North Atlantic on a three-year Gulf Stream cruise.

Upon reaching Britain's coastal waters their appearance changes. They are now wriggling transparent tubes with black eyes; 'glass eels'. Riding the Rother,



Ouse, Cuckmere, Arun and Adur they swim upstream. In these brackish waters their bodies darken; a tidal tan. They are now elvers. They finally make it to their Sussex holiday homes, exchanging saltwater for freshwater in the myriad of streams and brooks that feed our county's rivers. Yellow-bellied and small-eved these are yellow eels and will holiday here for around 15 to 30 years. But, as with all holidays, the day comes when vou have to return home. In the depths of the eel's mind a primeval urge is awakened. The Sargasso is calling. Their bodies harden, their eyes widen, their stomachs shrivel and vellow eels become silver eels and start their epic journey home. Nothing gets in their way. Land, traditionally an inconvenient barrier for a fish, does not stop them. On dark, wet nights the silver eels crawl out of the water, slithering snake-like across fields and back into the river system.

They'll pass Rye, Shoreham, Exceat, Newhaven and Littlehampton and head out over the great Atlantic Shelf and into darkness. Here's where the silver eels vanish. Exactly where they go and how they get there is unknown. Yet each year the Sargasso will mysteriously spawn a new cloud of transparent tourists hellbent on holidaying in Sussex by the Sea.

Michael Blencowe

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www.achassocks.co.uk email: enquiries@achassocks.co.uk Follow us on Facebook Age Concern Hassocks. We have our own Charity Shop.

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

Well Balanced Community Falls Prevention Service, in partnership with Mid Sussex Wellbeing and Active House Solutions are holding Balance classes here every Wednesday afternoon. Please call **01444 477191** to book your place.

Hearing Aid Maintenance checks/batteries are held here by Action for Deafness on the first Tuesday of each month 9.30 am, but only that day per month – NHS only – just turn up and a waiting system is in place. On other days we do not hold batteries here, you do need to contact your supplier for these.

We have Scrabble, German Scrabble Art, Canasta, Mahjong, Knit and Natter and Craft sessions held here – new members always welcome please do come in and ask us in the office or take a look at our website. We regularly arrange in house entertainment and outings too.

Our Charity Shop is being extended! Building work has now started! Please do be aware that our car park will be very restricted whilst this is going, but we are open for business as usual for refreshments, lunches, activities and the shop is staying open as much as we can! Please





do try and park carefully and only in the marked bays. We do apologise for the inconvenience whilst the work is being carried out. *Age Concern*

PLEASE PLEASE CAN ALL READERS READ THE FOLLOWING Whilst walking my dog I had a chat with my local farmer who is at the moment quite distressed by the thoughtlessness of dog walkers who may or may not be aware of their actions causing this distress. In the last three weeks he has lost a calf that ate a plastic bag containing dog poo which some thoughtless person had just tossed aside and the calf being curious and the bag being green ate it and choked, and in the last three days another calf ate the actual poo and died from the virus contained within it. Also the mother is going to be put down as she too has contracted the virus.

There are so many people who think they are virtuous because they collect their dog's waste and then throw the bags into bushes or to one side. Please think very carefully as to the effect it will have on cattle in the field. Make sure you take the bag with you and dispose of them safely in order to ensure that no other calves or their mothers are going to die due to a seconds thoughtless moment and also to be sure to collect it not just leave it in the field.

Most people are responsible owners but some don't realise the dangers so please – Be Aware Of Your Actions. *M. Thorpe*



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CHARITY SHOP DONATION WHOOPSIE By any chance did you buy a patchwork skirt recently from a charity shop in Hassocks? If so, it was lovingly made by me and donated to a charity shop by mistake. I would like to buy it back please. Should you see someone wearing it (it has some large maroon squares and some Liberty fabric at the front) please email ed@villagemagazines.co.uk Beatrice Sofaer

SIT A WHILE AND ENJOY OUR WELL BEING GARDEN AT DOWNLANDS SCHOOL There is nothing more relaxing that a moment in a beautiful garden. Our Well Being Garden – thanks to the hard work of Dr Karen van den Dolder and her team of budding gardeners – is a delight. The plants are stunning and the layout is worthy of a garden at the Chelsea or Hampton Court flower shows.

Two years ago Mrs van den Dolder and the students sat down and created a design for a Well Being Garden; a space that would be a sanctuary of peace and reflection. Yesterday we were delighted to welcome award-winning designer and TV presenter, Juliet Sargeant to officially open our garden.

Juliet delivered a lovely speech in which she asked us all to look at the ground below our feet and think about who had walked there before us, who had

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worked the land, what had happened to that land over time. She spoke about the benefits of working the land and the importance of being engaged with the environment. She then chatted to the students and was shown all areas of the garden.

Thank you to everyone who helped create the space – the students, their family and friends, local companies who donated time and expertise as well as materials, Mr Matthews, and of course Tesco's Bags of Help scheme who made it all possible.

Nicki Burston





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ARE YOU MAN ENOUGH 1 in every 2 men will have a health problem with their prostate at some stage of their lives

It could be an infection, enlargement or cancer. 1 in every 8 men will develop prostate cancer and those of African-Caribbean origin and those with a family history of the disease are 2 to 3 times more at risk.

PSA stands for Prostate Specific Antigen, it is a simple blood test that measures the amount of antigen, produced by the prostate, entering the blood. It is not a direct test for cancer, a moderately raised reading can be an indicator of a prostate problem, a high reading should trigger further tests to determine if there is a need for any treatment.

Without screening, around 47,000 men are diagnosed with prostate cancer each year. It is now the leading cancer found in men. Around 11,800 men die of this disease annually, one every 45 minutes. Caught in the early stages, cure rates are dramatically improved with over 80% success. General symptoms of problems with the prostate are frequent need to urinate especially at night; bursting to urinate, slow flow, difficult, painful; stop/start and dribbling, or blood in the urine.

The charity PCaSO (Prostate Cancer Support Organisation) in partnership with Burgess Hill District Lions are offering free PSA testing for men aged between 45 and 80 on 12th October at the Triangle Leisure Centre, Triangle Way, Burgess Hill RH15



8WA. We are also testing in East Grinstead on 23rd November.

It is essential to book an appointment time - this can be done online at www.psatesting.org/burgess-hill or for booking enquiries phone 0845 650 2555.

Tony Parris

ADASTRA BOWLING CLUB - HASSOCKS We are your local friendly lawn bowls club. At the time of writing we are busy welcoming and coaching our many new members. If you didn't manage to get to our recent open days but think you would like to give us a try you are always welcome to come along for a taster and to look around the club. Just contact us via our website and we will arrange it. No equipment needed. Don't forget that for those new to bowling we do provide four coaching sessions, by qualified coaches, which will take you to a level where you should be confident to compete in friendly matches. We can even loan you equipment to get you started.

We have bowling for all standards from internal club roll-ups to friendly and league level interclub matches for gents, ladies and mixed.

For more information and a membership application form follow the links below. @.adastrabowling.club, Facebook @adastrabowling.

email: adastrabowling.club@gmail.com,

Frank Titford





SUSSEX VALE ROTARY Another busy time for Sussex Vale Rotary over the past month or so, with a number of social events and fundraising efforts for various charities we support. A boat trip was arranged to the Rampion off-shore wind farm, which is named after a Sussex Flower. The 116 wind turbines it contains will generate enough electricity to run 350,000 homes for the next 25 years. The trip, organised by Channel Diving, left from Brighton Marina and went the 8 miles out to the wind farm on a wonderful calm evening. After sailing in and out of the turbines and base station the boat returned and sailed along the Brighton seafront back to the marina.

Prior to that, members and their guests visited the Ditchling Museum for a social evening and private viewing. There has been a museum in Ditchling since 1985 when the Bourne sisters purchased the old school building and turned it into an Arts and Crafts Museum. Between 2010 and 2013 the museum underwent a major £2.3 million refurbishment to provide a home for the many local craft exhibits. In addition to a grant from National Heritage, many local groups provided support to raise the funds needed and we were one of those who contributed. Rebecca Drew, from the Museum, gave an interesting talk on the history of the museum and the many famous artists whose exhibits are displayed there.

On 11th May Rotarian Russell Taylor abseiled from the top of the i360 in Brighton on behalf of St Peter and St James Hospice and raised just under £1,000. Russell said afterwards, 'The seriously scary part was dropping out



backwards and then swinging underneath the pod at 450 feet up in the air'!

Five runners representing Sussex Vale Rotary Club took part in this year's Burgess Hill Bank Holiday 10k Run. The team were running to raise awareness of the Rotary end polio now campaign and wore the very distinctive Rotary Purple for polio tops.

The team consisted of Russell Taylor; Hilary Scott; Blair Drummond; Joanne Baker & Scott Drummond. Well done to all of them.

In addition to all these efforts, Rotarian Marcus Martin held a 'Musical Moments; performance in Worthing on behalf of the Blood Runners of Sussex, who provide a voluntary service carrying urgently needed blood and other emergency medical supplies between hospitals.

Our Charity Golf Day took place on 30th May at the Mid Sussex Golf Club when we raised some significant funds for the benefit of local and international charities.

It is with great pleasure that we can announce the opening of a memory moments café in the Court Bushes Community Centre, in Hurstpierpoint on Thursday 20th June. The project is supported by Sussex Vale Rotary, Know Dementia and Hurstpierpoint & Sayers Common Parish Council. The café will then operate on the first Thursday of each month from 2 pm to 5 pm.

All our activities are reported on Facebook. For more information about Rotary, contact us on

www.rotary-sxvale.org.uk or message us at secretary@rotary-sxvale.org.uk. Duncan Honeyman



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NEWS FROM STONEYWISH This month, alas, there is no time for me to take my customary nature ramble. It is also rather hot for doing anything but sitting in the shade with beakers of iced lemonade! We have been experimenting with traditional summer drinks: lemon and nutmeg fizzy, fermented with yoghurt whey, which sparkles like champagne after a few days, and Haymaker's Refresher, made with home-made oat water. Our English labourers took medicine bottles full of cold tea, stopped with corks and grease-proof paper, to revive them in the fields. Perfect recycling!

Our next History Morning talk will be on Friday **26th July** when Richard Toms introduces us to his extraordinary grandfather. Reflections on Herbert Toms Archaeologist and Curator, gives a fascinating glimpse into the life of H.S.T. (as he was affectionately known), the archaeologist and charismatic curator of Brighton Museum, who led some of the first scientific excavations of ancient sites in Sussex, and thereby amassed an important collection of finds, central to the Museum's collection. Trained in his methods by the pioneering General Pitt-Rivers, and an expert in folklore in his

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own right, Herbert was also a founder of the Brighton & Hove Archaeological Club (later Society). Richard brings his celebrated relative to life through unique access to family papers and memories. A treat not to be missed. The talk begins at 10.30 a.m. at the Visitor Centre in Spatham Lane and will be accompanied by an exhibition of flint tools found by Michael at Stoneywish and pictures from the Stoneywish archive. Coffee and freshly baked cake are included in the ticket price and may be consumed, with generous top-ups, in the adjoining garden if the weather is kind. To reserve a place please telephone **01273 843498** and leave the names of those in your party. Full details of all our talks are available on our website **www.stoney-wish.com**.

These summer days are heaven for our campers who get the full benefit of the long evenings. For them there is time to listen to the birds at dawn and watch the bats at dusk and be still and notice the miniature worlds of butterfly and grasshopper, while letting life at large happen round them. They have all the benefits of haymaking... without the backache!

Rosemary



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HURSTPIERPOINT OPEN GARDENS A break in 2018 seemed to have been just what was needed for local gardeners and the team as this year, attendance and takings broke all records.

We were overwhelmed with the generosity of local businesses and residents contributing the likes of wonderful plants and home-baked cakes. Both ran out, just at the right time and contributed to the amazing takings. Not surprising when you saw the vendors multitasking to keep up with the queues throughout the afternoon.

The 9 gardeners who opened their gates couldn't have more different offerings so there was something for everyone – cottage gardens, roses, majestic topiary, edible plants, wild gardens, hens, a tulip tree (which came into bloom on the very day) and, not forgetting veg plots. We couldn't have done it without transport being available – kindly provided by Hurst College, Freemans and Cycling without Age. In fact, the event attracted so many more people than expected, that we ran short of transport.... we apologise to those who had to wait this year and we will make sure there's plenty for next year.

The weather was perfect – neither too hot or cold. Events like this bring out the best in the village and we really hope that any newcomers and long-term residents enjoyed the afternoon, bumped into neighbours –





old and new and enjoyed a cup of tea and chat in one of the gardens (in the case of Langton Lane - with relaxing live music to enjoy while you rested your feet).

The grand total raised from all this activity was a record £8,502.71. On top of this, two of our members work for Legal and General who generously added a further £1,000 to the total so it was with huge pleasure that we donated £9,500 to our much deserving hospice – St. Peter and St. James. The Government contributes less than 17% of the £2.6 million the hospice needs to run for a year so they need every penny and have asked us to thank everyone involved.

There are too many contributors, to thank individually here but credits are shown on our Facebook page, Hurstpierpoint Open Gardens and our website www.hurstpierpointopengardens.org.uk.

If you are thinking of opening your garden, you can phone me, Prue Heron, on **01273 835064** or **07769 904724**. Prue Heron

DITCHLING SINGERS We have no rehearsals in August but are looking forward to sing together again in September. We will keep you posted with dates and venues.

If you might like to join us to sing popular songs, you will be given a warm welcome, just come along or contact Julie on 01273 844818 or Christine on 01273 846098. Julie & Christine



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Have you thought that perhaps you don't need to rip out the whole kitchen?

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Now! We could talk about the amazing range of replacement doors that we have on display at our Ditchling showrooms or the wonderful solid oak dovetailed drawers that we make but we are going to start by describing something more mundane.

Let's start at the beginning. Perhaps you need new doors or a tall oven or an eye level fridge or new worktops. Perhaps some things need repositioning and some appliances need replacing. There are many different reasons people want to re-arrange their kitchens.

The first thing we do is come and give you some sensible intelligent design ideas. How can we change/sort/move around or replace the minimum elements of your kitchen to give you a refurbished kitchen that really works?

We do not try to sell you lots of new cabinets. We come and discuss how we can transform your existing kitchen with the minimum of fuss and expense.

Yes, we have a fantastic range of doors and worktops and sinks and taps and appliances and that is important but we are building our reputation on service and attention to detail.

So firstly, we simply come and discuss what you want or need. You will have your own thoughts. You may have lived with some real irritations but can't see a way to sort them out. We can add a professional designers eye. You might well be pleasantly surprised how inventive we can be at resolving difficult kitchen problems. We will do some sketches and scribble some plans and discuss costings and budgets. Then we will leave you with these ideas and let you mull them over at your leisure. There is absolutely no pressure. We are not sales people; we are kitchen designers, cabinet makers and kitchen installers offering an exceptional service to the local community at a sensible price.

If you like the ideas then we invite you over to the showrooms at Ditchling [just off the beacon road] to discuss your plans a bit further.

Then we come back on site and have another chat...then we will do a neat intelligible plan and a proper quote. Everything is done in a quiet and leisurely manner. We will never pester you. We will try to work within your budget.

We organise everything like the plumbing, gas fitting, moving a radiator or a new power point or making good an old wall right down to the painting and decorating.

When we arrive on the specified day we carefully remove all the contents of each cupboard and place the contents in a plastic storage box which we label. Then we complete the work. At the end of the refurbishment we put everything back in the cupboards...under your supervision. We clean and tidy as we go along. Our kitchen installers wear outside shoes outside and inside work slippers in your house. We try as best as we can to minimise the disruption, dust and the mess. All old doors and worktops are immediately removed. The kitchen doorway is sealed off by a new plastic doorway to keep the dust from the rest of the house.

When we're finished we clean everything from top to bottom and make it sparkle.

We leave you with a bunch of flowers and a brand new looking kitchen with a twenty year guarantee.

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

TO VIEW OUR WEBSITE PLEASE ENTER - kitchencarousel.co.uk - in your address bar (If you just Google our website you will only end up with loads of internet rubbish and other adverts.)

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

Please note our extensive showrooms in Ditchling are only open by appointment!

Thanks for taking the time to read this.



HOW TO COMBAT INCONTINENCE THIS SUMMER For the majority of people summer is a time to enjoy the outdoors and let your hair down, however, for women who struggle to control their bladder, the thought of summer can bring on a lot of anxiety. We asked two of Sussex's leading female Urologists Suzie Venn and Angela Birnie what their tops tips are to help women who are experiencing this.

Cut down on caffeine – Food and drink which contains a lot of caffeine, such as chocolate, tea and coffee is one of the main triggers of an overactive bladder.

Avoid certain alcohol – If you are at a BBQ this summer try and avoid certain drinks. Alcohol which is high in acidity, such as white wine can irritate the bladder and make leaks and other incontinence symptoms worse.

Stay hydrated – It is important to stay hydrated all year round, but it is particularly important in the summer during the hot weather. Many people with urinary incontinence think it is better to restrict their fluid intake, however dehydration can irritate your bladder and make your incontinence worse.

Lose weight and eat a healthy diet - Being overweight means you are more likely to weaken your



pelvic floor muscles and experience problems with incontinence. Try and avoid foods containing a lot of salt and choose a fresh salad instead.

Exercise – Certain exercises can be extremely beneficial and can help prevent leaks. Try various pelvic floor exercises that will strengthen the muscles around your bladder.

Don't smoke – Smoking causes chronic coughing, which can damage the muscles of the pelvic floor and weaken your bladder.

Janet Francis

OLDLAND MILL 4th August 2 pm to 5 pm. Please join us for our next Open Day, we are hopeful that all the volunteers hard work with the Sweep Refurbishment will be complete and the Mill will be displayed in full glory. Find out about how our own, low food mile, flour is produced on site. Refreshments, memorabilia and our flour are available to purchase. No vehicles allowed at the Mill. Please park in Grand Avenue near the Thatched Inn and either walk up Oldlands Lane or make use of the free minibus kindly provided by Hurstpierpoint College and Burgess Hill School for Girls. Further details on the website: **www.oldlandwindmill.co.uk.** Many thanks for your continued support!

Rebecca Street





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PRIVATE LIVES BY NOEL COWARD (27th to 30th November)

I do hope you managed to get along to see our production of 'How the Other Half Loves' and enjoyed the play as much as we did staging it. We have had some really good feedback from the audiences including one unsolicited email saying that the writer felt it was as good as a professional production, high praise indeed! Both the cast and back stage crew should all be proud of the part they played in this excellent production and congratulations to the director, Penelope Bennett.

So, now on to our Autumn 2019 production which is 'Private Lives' by Noel Coward. One of his most famous plays it was conceived during a 1930 tour of the Far East when Coward was staying at the Imperial Hotel, Tokyo. He had a restless night struggling to sleep and was visited by the vision of his muse, Gertrude Lawrence. This image was expanded into the play itself which he wrote as he recovered from a bout of influenza in Shanghai. If you're not familiar with the play, it charts the interaction between a couple, Elyot and Amanda, divorced for five years, who find themselves honeymooning with new





younger partners, Victor and Sybil, in the South of France and unfortunately, or not, in adjacent suites of the same hotel. From the moment that Elyot and Amanda rediscover one another, on neighbouring balconies, we understand that theirs has been a volatile and often acrimonious relationship and yet...

Relaxed and friendly auditions for this production are due to take place on Monday **5th August** at 7.30 pm at Ditchling Village Hall. So if you'd be interested in a part or would like to be involved behind the scenes of this production do come along and find out more. If you can't make the audition or would like more information about the parts etc. you can either contact the director, Sara Fisher, at **sara.m.fisher64@gmail.com** or go to our website: ditchlingplayers.org.uk. We look forward to seeing you. David Tettersell

BUY TICKETS FOR OPEN AIR CINEMA IN SUR-REY THIS AUGUST FOR LOCAL AIR AMBU-LANCE! Air Ambulance Kent Surrey Sussex is proud to be hosting an Open Air Cinema, in association with Gatwick Airport, where they will screen the 1.21 gigawatt blockbuster, Back to the Future!

The 80's pop culture classic will be shown on a huge screen in the grounds of Gatwick Aviation Museum, in Charlwood (Surrey), on Saturday **10th August**. Gates will open at 5 pm, with Back to the Future starting at around 8.30pm after the sun sets.

Tickets for this exclusive event and admission includes entry into the Aviation Museum, live music and the opportunity to see the Air Ambulance up close – subject to emergencies.

This event has been organised by Air Ambulance Kent Surrey Sussex in association with Gatwick Airport. All proceeds will go towards the life-saving work of the Air Ambulance.

Tickets are on sale now and are available to buy at **aakssopenaircinema.eventbrite.co.uk** (advanced booking is required). Get yours today! *Lauren Simmons*





HASSOCKS TOWNWOMEN'S GUILD Our June meeting was held at our usual venue the Pauline Thaw Centre and our speaker for the afternoon was Jane Muddle whose title of the talk was 'Secrets of Madagascar'. Jane's interest in Madagascar was inspired after attending a charity fashion show where beautiful Madagascan made raffia bags and hats were being modelled. This led to her visiting the island on several occasions where she described it as being an island of many contrasts situated in the Indian Ocean. Latterly colonised by the French, a type of French is still spoken along with sixty seven different dialects. The population stands at around twenty five million, with an average of six children per family.

The natural features of the island contrast quite starkly dependent on the various locations and is home to thirteen thousand different species of plant, which includes the raffia palm tree – very important for their economy. Travelling by road is made difficult as there are no tarmac roads although it does boast a small airline. The children's education is free up to the age of eleven after which there is a charge, much beyond the reach of many parents of this relatively poor island. It is mainly in their beautiful handcrafting skills which allows them earning power as demonstrated in the lovely products which Jane brought to our meeting.



The meeting ended with refreshments and the usual quiz and raffle. If you would like any information on Townwomen's Guild meetings, please telephone Mrs Sheila Southwell on **01273 841106**, or just come along to try us out. We meet the fourth Tuesday of every month at 2.30 pm and meetings last for about two hours.

Avril Williams

HURST MONTHLY SOCIAL GROUP In June Tanis Faulks from Sussex Living Magazine came to see us. It was good to learn about how and when it started and all the work that goes into production. I recently used the free voucher in the magazine to go to Hickstead - most enjoyable. Thank you Sussex Living & Tanis.

Our next two meetings are: **3rd July** - Colin Trumble, Councillor for HPP & Downs Ward of MSDC and **7th August** - Garden Party. Do come & join us for what are enjoyable, informative & social afternoons.

We meet at The Guide HQ, Trinity Road, Hurstpierpoint from 2-4 pm on the first Wednesday of each month.

For more information please contact Dianne 01273 835284 or myself 07806 670359.

Ann Tranter





SUMMER HAS ARRIVED AT QD STATIONERY

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OF SUMMER My summer is built from screams, cries, chatters and warbles. Walking around the Sussex countryside I'm always soaking up the sounds of migrant birds returning back home from their winter south of the Sahara. Each voice offers a familiar reassurance to me. Only when everything is back in its place can my summer begin.

One of the top tunes in my summer soundtrack is the sweet, bubbling twitter of the house martin. Shakespeare loved that sound too. To him they were 'the guest of summer'. From Macbeth's castle to cathedrals, country cottages and urban terraces these birds have historically been linked to our homes. They're as much of a feature of English architecture as the clay, bricks and uPVC they build their nests against.

House martins are surveyors, architects, bricklayers, decorators and homeowners rolled into one 19g twotone ball of feathers. Give them a building site of a vertical surface under an overhang and they'll get to work. Each lumpy half-dome home, tucked snug under the eaves, is made of 1000 tiny mouthfuls of muddy bricks carried from the edge of a nearby puddle or stream. The birds construct each nest over 10 days, finally lining it with feathers to make it snug.



They don't always build a brand new nest; if they find a fixer-upper they'll renovate.

House martins are stereotypical builders. They constantly communicate with chirpy chatter, call down from the roof-tops and while they're bent over building they reveal their pale rump. This white builder's bum is a way of identifying the bird from that other summer eaves-dweller, the swallow.

They've shared our homes throughout history but their numbers have suffered a massive decline in England with a worrying 18% nosedive over the past decade. Aerial insect food and changing weather patterns here, in Africa and on migration routes in between have had an effect. This loss should strike deep in the heart of every Sussex resident because our county's flag is made of six proud martlets. Martlet means 'little martin' but this heraldic bird may also represent the swift; that screaming summer visitor whose numbers are also in decline.

Either way you should consider yourself blessed if you are one of the lucky people who share your house with these incredible birds. Let's hope our county's martlets and our county flag are flying proudly under blue Sussex skies this July.

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Michael Blencowe





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HURSTPIERPOINT & SAYERS COMMON TWINNING ASSOCIATION Programme for 2019. Association members were invited by the Twinning Committee in S Martin De Boscherville to a weekend in June to watch the Tall ships that visit Rouen every four years. Members had the opportunity to visit the ships in dock in Rouen and then later in the weekend to view the ships from the banks of the Seine as they sailed down river to their next destination. They were able to meet members of the Twinning Association in France and enjoy their hospitality.

There will also be a golf competition again this year. Any golfers out there please get in touch for more details.

We are looking for suggestions for events in Hurstpierpoint and Sussex that we could invite our French counterparts to as part of our programme for this year.

What we do - The Hurstpierpoint and Sayers Common Twinning Association is twinned with St Martin-de-Boscherville, a delightful village on the banks of the Seine just north of Rouen. St Martin is famous for its historic Abbey which has recently celebrated its 900th anniversary. Travel is normally on the Newhaven to Dieppe ferry followed by a pleasant 50 min drive to St

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Martin. Accommodation is with our hosts and we reciprocate by inviting our French friends to stay in our homes. The Association organizes a variety of events for all ages. These events could have a sporting theme (golf, tennis, cycling, walking etc.) a cultural theme (art, concerts, visiting historical buildings, gardens etc.) or an educational theme (student exchanges, pen friends). They all involve much socialising and meeting new friends. There is a yearly membership fee.

Get involved - We are always looking for new members and ideas. If you are interested in joining or finding out more please contact me on **01273 833195**. *Mike Shute*

JACK AND JILL PLAYGROUP OUIZ AND CURRY NIGHT Thank you to everyone who took part in this fun evening. We raised over £1000 and with the Helen Palmer who works for Barclays Bank, which kindly match fund the event, we raised over £2000 for the charity run playgroup.

The pudding auction as always was the highlight of the evening. Thank you to Nick Palmer for being the auctioneer, Judy and Maureen who organise the quiz, Chris from the Hassocks for the lovely curry and my staff at QD Stationery who organised the publicity, posters and tickets. Jo Lambe

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

We meet at 3 pm on the 2nd Thursday of each month at our headquarters in Woodsland Road, Hassocks. We are a friendly group and visitors are very welcome.

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

On **8th August** we will be holding our annual Quiz & Cream Tea. A good chance to test our wits and socialise. The competition is 'Cup & Saucer'.

In a change to our advertised Beetle Drive in June, a Representative of NatWest came along to tell us about the campaign 'Friends Against Scams highlighting many ways of protecting yourself from fraud and scams which can range from postal, online, and even on your doorstep. For further information there are several websites: **www.friendsagainstscams.org.uk** and a government sponsored

www.takefive-stopfraud.org.uk also Sussex Police



Operation Signature protecting vulnerable victims of fraud, www.sussex.police.uk.

Our next Coffee Morning is on Saturday **7th September** at Age Concern Hassocks, between 9.45 am and 11.45 am.

Donations for stalls are always very welcome; raffle

prizes, bric-a-brac, toiletries and cakes. Bring them on the day, or to the branch meeting. If not you can ring Jenny to arrange collection. We really appreciate all your contributions and help. The funds raised go towards our benevolent funds. We look forward to seeing you there. *Liz Thomas*

<u>CIRCUIT TRAINING</u> comes to Hurstpierpoint. 45 minute circuit based training session on South Avenue Green every Wednesday evening 7.15pm - 8.00pm.

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WHATS BEEN HAPPENING AT SOUTH DOWNS NURSERIES IN HASSOCKS



Dylan Jackson with Sally Hughes and Simon Rennie

It was prizes-all-round for six lucky winners in a local competition celebrating National Children's Gardening Week at a family-run Sussex business.

We celebrated the national event in style with a special Colouring Competition and fun Gardening Quiz.

Budding young gardeners were invited to enter the free competitions on visits made to the centre. The quiz



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consisted of eight plant and gardening-related questions, the answers to which could be found on clues hidden around the garden centre. The colouring competition asked entrants to colour in a special gardening picture, and post their entry in the box when finished. The prize winners were as follows: Gardening Quiz – Dylan Jackson, aged eight from Hassocks; brothers Matthew and Daniel Rowland, aged seven and four of Goddards Green. Colouring Competition winner was 19 year-old Annie Lacey from Lindfield; and brothers Thomas and Evie Hunter, aged eight and six of Brighton.



In the Museum of Gardening with Clive Gravett.







All prize winners received goody bags containing a game or activity, sweets, and family day tickets to the family business's tourist attraction, Paradise Park in Newhaven.

A class of students from Woodlands Meed school in Burgess Hill paid a visit to learn about different job roles in a garden centre.

The group of 13 young people were given a tour and received a short talk from a member of each department about what their jobs entail, from the back offices to the warehouse, plants and the main shopfloor.

They also had a brief tour of the Museum of Gardening with curator and Budding Foundation founder, Clive Gravett.

Parklands Allotments in Hassocks, who are taking part in this year's National Open Garden Scheme, received







Emma Mitten and her daughter collecting donated plants from Steph Ellett at South Downs Nurseries

trays of bedding plants. The allotments are took part in the Hassocks Village Garden Trail and held a stall to raise money for the National Open Garden Scheme, which helps many different charities throughout the year. Emma Mitten, from Parklands Allotments went along with her daughter to collect the plants.

Rebecca Houghton-Knapp

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