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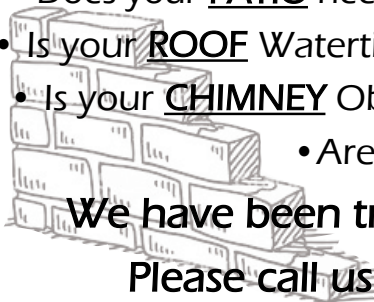
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**is 24th February 2020**

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### LOCAL ACTIVITIES

~~ Single Event Dates ~~

#### HASSOCKS WI

Mon 17th Feb 7.45 pm

#### WOLSTONBURY WI

Tues 18th Feb 7.45 pm

#### STAR CINEMA

Fri 21st Feb 7 pm

#### CHURCHES TOGETHER

Sat 22nd Feb 10 am - 12 pm Godly Play, Adults & Children hear Bible stories (10.30 am) with craft activities

#### HASSOCKS VILLAGE MARKET

Sat 22nd Feb 9 am - 1 pm

#### HASSOCKS FIELD SOCIETY

Mon 24th Feb 7.45 pm

#### HASSOCKS TOWNSWOMEN

Tues 25th Feb 2.30 pm

#### HURSTPIERPOINT HISTORICAL SOCIETY

Fri 28th Feb 8 pm

#### LEWES BARBICAN ROTARY CLUB

Sat 29th Feb 6.45 pm

#### Adastra Hall, Hassocks

A little bit of Me time

#### Hurstpierpoint Village Centre

Jewellery through the ages - Andrew Pescott. Visitors welcome

#### Adastra Hall, Hassocks

Film - The Wizard of Oz. Tickets on the door

#### United Reformed Church, Hassocks

#### National Tyres Forecourt

Local produce, bread, honey, cheese, wine, veg etc

#### Adastra Hall, Hassocks

Why was the Shepherd Delighted? - Bill Avenell. Visitors welcome

#### Age Concern, Hassocks

Climate Change in the Arctic - James D. Weston

#### Guide HQ Trinity Road, Hurstpierpoint

British Seaside Holiday - Jackie Marsh Hobbs

#### New Bury Theatre, Hurstpierpoint College

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## MILLENNIUM GARDEN TRUST

Tues 3rd Mar 7 pm

Review of some of the highlights over the past 20 years. Visitors welcome

## HURST MONTHLY SOCIAL GROUP

Wed 4th Mar 1 pm

## WORLD DAY OF PRAYER

Fri 6th Mar 10.30 am

Women led - hear womens thoughts, hopes, concerns & prayers from all over the world

## THRIVE MEETUP

Tues 10th Mar 6 pm

Organisation for female founders and women in business. Tkts [www.thethriveeffect.co.uk](http://www.thethriveeffect.co.uk)

## HAS SOCKS EVENING JAZZ

Tues 10th Mar 8 pm

## HAS SOCKS HORTICULTURAL SOCIETY

Wed 11th Mar 8 pm

## MID SUSSEX ASSOCIATION NATIONAL TRUST

Thurs 12th Mar 2.30 pm

Ancient Roads - Journeys Through Thrace & Italy - Jan Parsons

## RBL CLAYTON & KEYMER WOMENS SECTION

Thurs 12th Mar 3 pm

## HAYWARDS HEATH FRIENDS OF ST CATHERINE'S HOSPICE

Fri 13th Mar 2 - 5 pm

## Hurstpierpoint Village Centre

The Guide HQ, Trinity Road, Hurstpierpoint

Scams - Natwest Bank

Holy Trinity Church, Hurstpierpoint

Talking Hands Coffee Shop, Hassocks

Hassocks Hotel, Hassocks

Trad Jazz Evening. All welcome

Adastra Hall, Hassocks

Plant Health - Andrew Gaunt

Clair Hall, Haywards Heath

Legion HQ, Woodland Road, Hassocks

Mayor of Cuckfield - Evelyn Stenning

Wivelsfield Village Hall

Annual Bridge Drive. To book 01444 440452

## ~~ Clubs with Multi Events ~~

## DITCHLING FILM SOCIETY

Thurs 20th Feb 7.30 pm

Thurs 5th Mar 7.30 pm

## HURSTPIERPOINT HORTICULTURAL SOCIETY

Tues 10th Mar 7.45 pm

Sat 14th Mar 2.15 pm

## HURST VILLAGE CINEMA

For films and showing times visit [www.hurstfilms.com](http://www.hurstfilms.com)

## Ditchling Village Hall

Film - Capernaum (15)

Film - Can You Ever Forgive Me (15)

## Hurstpierpoint Village Centre

Recycling in West Sussex - Colin McFarlin

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### KEYMER FOLK DANCE CLUB

17th Feb, 2nd Mar 7.30 - 9.30 pm

### MID SUSSEX OLDER PEOPLES COUNCIL

25th Feb, 3rd, 10th Mar 2.30 pm.

### MID SUSSEX AMATEUR RADIO

Fri 21st Feb 7.45 pm

Fri 28th Feb 7.45 pm

Fri 6th Mar 7.45 pm

Fri 13th Mar 7.45 pm

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

If you're intrigued about how these subjects are connected the next concert by Brighton Consort will help explain the mystery! Entitled "Locus Iste" (literally "This place"), the concert will feature a variety of much loved choral works. There will also be a real treat in the form of music by J.S. Bach for solo harpsichord, performed by the up-and-coming professional soloist, Thomas Allery. Included in the choral pieces will be Bruckner's setting of Locus Iste, as well as the famous Allegri Miserere – noted for its top Cs in the soprano part – and works by Machaut, Dufay, William Byrd and Herbert Howells.

The concert will take place on Saturday **7th March** at 7.30 pm in St George's Church, Kemptown, Brighton. Tickets can be purchased online at [www.brightonconsort.org.uk](http://www.brightonconsort.org.uk), or by ringing **01273 833746**, or on the door.

*Mike Clemens*

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### United Reformed Church Hall, Hassocks

Club Callers. All welcome

### Hurstpierpoint College

### Cyprus Hall, Burgess Hill

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West Sussex County Council talk on Recycling  
Radio Night

Talk - Phil G4UDU 'SDR-Remote Radio'

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In caves, in holes where ere I desire,  
He'll care for all, including me  
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His coat is smooth, his coat is rough  
His ears are short, his paws are tough  
His eyes are large or small or thin  
And when he speaks, my, what a din.

His tail is long, his tail is short  
He's altogether a jolly good sport.  
When God made dog he made man too  
Take care of dog, no matter who  
Can feed and water this dear creature  
The dog is God's own loving teacher

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

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

*Erika Chapman*

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

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

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

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

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help us along!

After a vote of thanks, the raffle was drawn, and President Hilary reminded us to bring items for the food bank next meeting.

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

*Kate Hastings*

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

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

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

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

*Ann Tranter*

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**DITCHLING FILM SOCIETY** On Thursday, **20th February** our film entitled Capernaum, winner of the 2018 Cannes Jury Prize. After running away from his negligent parents, committing a serious crime and being sentenced to five years in jail, a hardened, street-wise twelve-year-old Lebanese boy called Zain sues his parents in protest of the life they have given him. Set in Beirut, this is a heartbreaking and emotional film with flashes of humour and two astonishing child performances – a gripping sympathetic cry for the dispossessed.

Director: Nadine Labaki Lebanon Arabic 2018 126 minutes 15 Cert

On Thursday, **5th March** our film will be Can You Ever Forgive Me the true story of best-selling celebrity biographer, Lee Israel, who made her living during the '70s and '80s profiling the lives of people like Katharine Hepburn, Tallulah Bankhead and Estee Lauder. However, it is now 1991 and Lee is drinking too much, writing too little and getting nothing published. While researching her current project, a biog-

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raphy of Fanny Brice, sadly a non-starter, she chances upon some authentic but rather bland letters from the star – yet, with a spicy postscript added to the letter by Lee, its value suddenly rockets. Spurred on by this result, she then attempts to revitalise her career by forging letters from deceased authors and playwrights such as Dorothy Parker and Noel Coward enlisting the help of her drinking buddy, Jack, who assists by hawking them round bookshops with quite some success initially. Lee believes that hers are better than the originals! Hugely entertaining film with brilliant performances from Melissa McCarthy and Richard E Grant.

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

The films will be shown in Ditchling Village Hall. The films start at 8 pm. Doors open at 7.30 pm. Free coffee, tea and biscuits are available and wine can be purchased by the glass beforehand. There is ample free parking behind the hall. Guests and temporary members are welcome for the sum payable at the door.

*Rowena Cager and Melanie Samuel*

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

We meet at 3 pm on the 2nd Thursday of each month at our headquarters in Woodsland Road, Hassocks. We are a friendly group and visitors are very welcome. For further information about our activities, please contact our Chairman, Jenny Budd on **07719 922326**.

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

A Date for your Diary: Saturday **11th April** between 9.45 am and 11.45 am, we will be holding our Coffee Morning at Age Concern Hassocks. Donations for stalls: raffle prizes, bric-a-brac, toiletries etc. are always well received.

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

ated. We hope to see you there.

*Liz Thomas*

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

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

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

*Dorrie*



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

Our New Shop will soon be ready! We are extending it to have a lot more selling space, a changing room and a large store room. We need you! Volunteers needed! We are looking for more volunteers to help serve and sort items in the new shop. If you are interested please do come and have a chat with us!

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

Are you bored and lonely? Or do you know someone that is? How about coming along to our centre where you can have a nice hot chocolate, selection of coffees and tea and cake and meet some new friends. We also serve lunch at 12.15 pm, two or three courses at a very reasonable rate. We put our menu on our website every Friday, [www.achassocks.co.uk](http://www.achassocks.co.uk). Do come along one



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day and have a look at our centre. Transport can be provided locally. We are your local Social Centre providing a warm and inviting environment to encourage people to venture out of their homes. If you would like to just come along one day please feel free to pop in and take a look.

I Pad and Phone lessons held on Tuesday mornings from 9.30 am until 11 am (Not school holidays). Chiropodist here every day please call **01273 855760** Do note this new number!

Knit and Natter – do come along on a Wednesday morning for a chat with fellow knitters, we are again knitting squares for the Salvation Army so please do come along. If anyone does have some double knitting wool to donate to us we would be very grateful.

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

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

*Age Concern*

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"The perfect woodland garden" - Visitor quote 2018.

As I write in early January 2020 I am already fed up with the winter weather! However our Christmas Day count of flowers open in the garden surprised us with an excellent total of about 80 so I should not grumble. Of course one heavy frost on Christmas Eve would have lowered the total. However it would not have been so bad as over 40 years ago we had a bit of luck. We discovered hardy winter flowering shrubs. From then onwards we have always been keen to have flowers in the garden every week of the year. Add to the hardy shrubs our collection of snowdrops and hellebores, winter flowering perennials and bulbs and the garden is a real joy for bees and insects and of course NGS visitors!

So why not book to visit our snowdrop and hellebore garden?

Our garden will be open for the National Garden Scheme caring, nursing and health charities for visitors to enjoy. Pre-booking only. The garden can be visited from mid-February to mid-March 2020. (Dates and details on our website). Individuals and groups are wel-

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come to pre-book so why not arrange to meet friends here and explore the garden together.

One fee includes entry, coffee and cake and garden tour if required.

There have been lots of changes in the garden over the last 18 months but the weather is much the same. So please wear warm clothes and sensible sturdy shoes. Parking available at the house. Groups please car share. The garden can be reached by bus to the Jack and Jill Pub and from Hassocks station on foot along the Cinder Path (public footpath).

We do hope that you will get in touch and book to visit our garden. telephone **01273 842805** or better e-mail: [pembury@ngs.org.uk](mailto:pembury@ngs.org.uk).

*Nick & Jane Baker*

### QUIZ AND CURRY NIGHT FUNDRAISER FOR JACK AND JILL PLAYGROUP.

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

*Jack & Jill Fundraising Committee*



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Over the past twelve months we have completed over twenty kitchen projects in Hassocks, Hurstpierpoint and Ditchling. Around half of these projects have been refurbishments. In some cases we just changed the tired, old, brown oak doors for something fresh and bright. Sometimes we redesigned the kitchen to accommodate an eye level oven or a tall fridge freezer. I have become an expert in designing cupboards that give our [maturing] local citizens better accessibility. [Less bending down!] Sometimes we changed the worktops. On occasions we kept *one half* of the kitchen and just changed the sink and cooking area.

My name is Stephen Hamilton. I have over thirty years experience in designing and then making kitchens. Now I am a little older and wiser I prefer to work closer to home. When I was young I designed and built some of the most luxurious kitchens imaginable and in 1988 I was European kitchen designer of the year. I even designed and made kitchens for clients in New York and Geneva. I still do luxurious bespoke kitchens. As long as your local! You'd be amazed how much more reasonable our prices are than the big boys with expensive showrooms!

When I first started my career, I designed the interiors of boats. That taught me to maximise space. Now I find I am often asked to try and design very small kitchens. I enjoy the challenge.

A few months ago, in Grand Avenue, I designed a kitchen in a 1930's bungalow. The kitchen was only eight feet by eight feet. I managed to fit in: A tall fridge freezer, a tall, eye level oven, three huge sets of pan drawers and more worksurface than before. Mrs F was amazed and is still looking at the spare space in her drawers.

In April I redesigned a kitchen for Mrs B in St Georges Park. They have beautifully appointed apartments but the kitchen design leaves a little to be desired. I kept eighty per cent of the existing carcasses but fitted over a dozen new drawers which greatly increased accessibility. It has transformed Mrs B's kitchen experience. Cost? Around ten thousand pounds.

Sometimes however, a new kitchen is essential. Sometimes people *don't even know* if they *want* a complete new kitchen. Which is where I come in. We give *genuine* advice. Sometimes it goes in stages. If I feel we can accommodate your kitchen design requirements without the palaver of ripping the whole kitchen we will advise accordingly. A brand new kitchen is messy. To do it properly one has to rip the everything out and then, almost always, replaster the walls to make good. Appliances are often moved so new electrics are required ...quite often we move doorways. A refurbishment can take maybe five/six/ seven days but a complete kitchen from start to finish is usually around three weeks. Do you want the hassle? Or the expense? Many of our clients go on holiday whilst we do the work.

I always try to work within your budgets!

A refurbishment with all new doors and worktops and refitting etc generally costs between five thousand and eight thousand pounds. A new kitchen? It all depends. And that's the point. A *small* total kitchen project can be anything from ten to fifteen thousand pounds. It depends what appliances you choose and what services need moving.

With over thirty years experience in all sorts of planning situations I can usually come up with *several different* alternatives you may not have considered. Because we are 'bespoke' and because we make all our cabinets and drawers whatever size is required we have so much more flexibility than the average kitchen company.

When I come to give my first appraisal I do not come with the intention of selling you more than you need. I am happy to just change your doors and drawers if that is what you want.



In April I got a call from Mrs P in Greenlands Close Burgess Hill. She told me her oven was packing up. Could I help her? I arranged to see her. One thing led to another...the cupboards were really beyond recovery. It seemed to me Mrs P really needed a *completely new kitchen*. [Mrs P is 90 going on about 60] The electrics looked dangerous. I scribbled some ideas...one thing led to another. Now Mrs P is whizzing about in her brand new kitchen. We had to rip the old one out, thanks to **Jon and his son Ryan**, plaster the walls, thanks to **John Evans Plastering**, completely reconfigure the plumbing, thanks to **Richard and Ian Thompson**, who have several generations of reputation as local Hassocks plumbers. Only then could we fit a new kitchen. Thanks to **Ian and Liam**, [chief kitchen installation engineers] Mrs P eventually chose one of our classic ash marquetry kitchens] then we tiled the walls, [**Ian** again!] We re-designed and hid the boiler. That was me **Stephen Hamilton**, then we refloored the whole kitchen and dining room [**Homecall** from Burgess Hill]. Then we decorated top to bottom. [**Jon** again!] Five weeks! Although I am the designer I am also the project manger. Mrs P was brilliant. When we first ripped out it became apparent that the electrics were dangerous so we rewired the entire place and fitted a new fuse box [thanks to **Keith Hand**] The Cost? Around twenty thousand pounds. Was it worth it? You'd need to talk to Mrs P about that! Everyone engaged in the project is local.

I understand how big a decision and how big a commitment a new kitchen or even a refurbishment can be. I understand that *initially* you just want some ideas...to explore the *possibilities* and this is where we are building our reputation. We work locally, we only use local reputable tradesmen. We are patient and thoughtful.

If you have a new kitchen we start off by emptying all your cupboards into plastic storage boxes. Then we store and label them and return the contents to the new cupboards.

We are meticulous about covering all the floors and keeping dust and disruption down to a minimum.

We have a brilliant range of doors and worktops. But you know what! I find we frequently don't talk, specifically, about the door and drawer design until much later. I am just about to do a kitchen in Wivelsfield for Mr and Mrs D. The project is signed and sealed and deposits paid but we are still discussing the final design. I took them to look at granites and stones at the stone manufacturers. Now we are going to take a trip to east London to look at their selection of Burr oak veneers. Why am I wittering on? Because I want to let people know that we are **not** a faceless national kitchen company, blinding people with false free offers and sales gimmicks. We are hands on. We care.

Our drawers are just brilliant. You have to *try them* to know what I mean. They are traditionally made with proper dovetails in our own workshops in Ditchling. They come all the way out and they take tons of stuff! I train all our apprentices in proper drawer making.

We have showrooms you can visit but you can also visit some of the kitchens we have finished ...probably just around the corner from you.

I hope this gives you some idea of what we are about. If you are interested in a new or refurbished kitchen I do hope you will give me a call. I don't charge for my planning service if you live within a five-six mile radius of Hassocks. On my first visit I simply talk to you about what you might like. I discuss the problems you have with your existing kitchen and then scribble some alternative plans. Then I will leave you to mull them over. There is no rush and no pressure. Early planning is essential. Planning makes for the perfect project.

To look at our website either google: **kitchen carousel ditchling.**

OR: put **kitchencarousel.co.uk** in your address bar.

Just googling kitchen carousel brings up google junk!

Best thing is to call for a free home visit and an informal chat and get a few scribbles.

**My name is Stephen Hamilton.**

**My tel number is 07565 722055**

**My email is info@kitchencarousel.co.uk**

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### TOAD - THE EYE OF THE BEHOLDER

Ensnorced in my corner of a Sussex pub I didn't look far for inspiration for this month's article. The clanging of brass on lead alerted me to a couple of lads playing that most Sussex of pub games – Toad in the Hole. The perfect excuse for some sycophantic toadying to an amphibian I adore; warts and all.

Toads are beautiful. Yes, I know they have lumpy, poisonous skin. Yes, I know they have a face like Ena Sharples. But that eye. That amazing eye. Next time you see a toad get right up close and allow yourself to be hypnotized by that mesmerizing golden-ringed eye. Fellow toad lover George Orwell called it "about the most beautiful eye of any living creature".

In February that beautiful eye blinks open as toads awaken from their winter hibernation. From under stones, logs and leaves they emerge and start the long walk home – back to the pond where they were born. They proceed on this pilgrimage with a determined, unsteady gait – like one of those old men you see gingerly crossing the shingle on his way to his annual New Year's Day dip. But once the Toad hits the water he is rejuvenated and has one thing on his mind. Croaking and brawling a peaceful pond is transformed into a Club 18-30 pool party as male Toads squabble over females in a writhing ball of amorous amphibians.

The results of this Bacchanalian bonding are long polka dot ribbons of spawn (unlike the Frog's shapeless tapio-ca blobs) and by May the parent Toads have left their breeding ponds to lead a more respectable life on dry land until their winter hibernation. Amazingly these animals can live for over 40 years.

With their primordial appearance, annual gatherings and rituals there is a touch of evil about the Toad.

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Throughout England's history they have been vilified; linked to witchcraft and strange superstitions. And, when it comes to folklore, there's nowt so queer as Toads. Rubbing Toads on your body could cure cancer; a live Toad in your mouth could cure skin infections. Precious jewels (toadstones) were reputed to be hidden in a Toad's head. Immortal toad-eaters were a sideshow attraction at country fairs. Travelling Toad doctors could heal you with Toad hearts and legs. The mysterious Toadmen used Toad potions to cure horses (a practice that allegedly continued until the 1930s in some English counties).

It took Kenneth Grahame's beloved 'The Wind in the Willows' to finally drag the Toad out of the dark ages putting him in a tweed suit and in the hearts of the nation. Keep an eye out for these amazing animals around Sussex in the coming months as they return to their ponds.

*Michael Blencowe*

### RESULT OF HERBIE FLOWERS CONCERTS

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

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

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

*Sylvia Bain*

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### TODAY A READER, TOMORROW A LEADER

At Downlands, we love to read. Every day at 2 pm we Drop Everything and Read (DEAR time) for 10 minutes. Teachers and students alike read together. Our vision here is to create a learning culture in which pupils leave Downlands confident and highly literate citizens who are lifelong readers, able to deconstruct and make sense of the complex world they inhabit. A world in which they can articulate their feelings and opinions through the spoken and written word. We will ensure that every child makes the most of their considerable potential order to flourish and excel.

Last year, we set the students a reading challenge. Clara Davies in Year 9 tells the story better than me: "At the beginning of 2019, my tutor, Miss Millington, challenged me (to my initial horror) to read 52 books in

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the coming year. At first, I thought a book a week would be absolutely impossible, but I became accustomed to the idea and quite liked it; I love reading anyway, so I'd just have to do it more often, right? In the end, much to the shock of everyone around me (including myself!) I managed to finish - and a couple of weeks before the deadline! I went from reading 200 page books to 1000 page books; I certainly discovered some great ones along the way too. One of my favourite books was *The Night Circus* by Erin Morgenstern. It was enchanting and enthralling - I definitely recommend it to all of you. I'd also recommend giving the Book a Week/52 Books in a Year challenge a go because it really does encourage you to read more often and it expands the genres of books you read. Try it!"



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

*Nicki Burston*

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

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

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

This year marks the end of the UN Decade on Biodiversity, and is an opportunity to reflect on the state of wildlife and conservation both globally and locally. The Nature2020 programme aims to raise awareness of, and connect people to, the environment we live and work in.

Flagship events so far include: Brighton Festival Children's Parade – 'Nature's Marvels', Global City Nature Challenge, Wildflower planting in Westdene, Youth Biodiversity Conference, Children's art exhibi-

tions at ONCA and at schools in the region, The Living Coast Biosphere conference.

The full calendar, which is being added to on a regular basis, can be found at: **[www.nature2020.org.uk/whats-on](http://www.nature2020.org.uk/whats-on)** Any organisation or group interested hosting their own event as part of Nature2020 is welcome to submit their details via the portal on the website (conditions apply).

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

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

*R Sandercock*

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

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

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

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



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minded women'.

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

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

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

*Abigail Lock*

**MID-SUSSEX HEALTHCARE PATIENT PARTICIPATION GROUP (PPG)** is pleased to announce that the AGM will be held on the **19th March** at 7 pm in the United Reform Church Hassocks. We welcome patients of the practice to come along to find out how we are working on ways to improve patient experience.

We are also really excited to announce that our newsletter will be available in all surgeries, local press and websites from February. Please keep an eye out for them arriving at the practice in the Near future. Any enquiries can be directed to **[midsussex.healthcarePPG@gmail.com](mailto:midsussex.healthcarePPG@gmail.com)**.

*Hannah Loram*

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

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

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

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

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

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

If you're prone to kidney stones avoid oxalate-rich foods such as rhubarb, celery, spinach, beetroot and sesame seeds. Black tea, chocolate and nuts are all

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moderately high in oxalate. Take them in moderation. Avoid tinned, packet or processed foods all of which have a high salt content too!

[www.westsussexurology.co.uk](http://www.westsussexurology.co.uk)

Janet Francis

**ANNUAL BRIDGE DRIVE** Friday 13th March 2 pm to 5 pm. Wivelsfield Village Hall, Eastern Road, Wivelsfield Green RH17 7QH.

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Joan Moon

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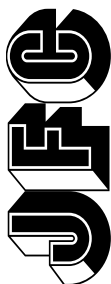
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**THE FINAL AGM OF THE MILLENNIUM GARDEN TRUST** will be held on Tuesday, **3rd March**, at 7 pm in the Club Room of the Village Centre. After a short meeting there will be a review of some of the highlights over the past 20 years. Members and visitors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

*Sheila McNeill*

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



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Players' Theatre on the High Street each evening from **31st March to 4th April** at 7.45 pm. Tickets available towards the end of February online at [www.hurstplay-ers.org.uk](http://www.hurstplay-ers.org.uk) and later from the Theatre Box Office.

*Anne Hopper*

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

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

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

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

*Veronica Aldridge*

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**A REAL GYMNASTICS CLUB** Ever thought of your child joining a real gymnastics club – look no further. Our Club offers regular classes at affordable costs with fully trained coaches, free awards each term, two free entry competitions each year and subsidised clothing. Forty years ago the Club was started with just twenty girls, now it has over 300 boys and girls, starting from just 3 years old. There are currently spaces to join for Boys on Tuesdays, girls on Wednesdays and Pre-schoolers on Fridays. If you want to join visit the website [hurstpierpointgym.co.uk](http://hurstpierpointgym.co.uk) and follow the link to an email enquiry.

Twenty-one years ago Hurstpierpoint Gymnastics Club organised an Arts competition in which over fifty gymnasts performed. This year sees the 21st Arts Competition which will now showcase over a hundred gymnasts performing routine with ribbons, hoops, on the beam and in Sports Acrobatic Sixes. The competition will be held in Hurstpierpoint Village Centre in the morning of the **28th March**. The gymnasts will be competing for the twelve silver trophies and scores of

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medals. Spectating for parents & friends is free. The following opportunity for the gymnasts to compete will be the Club's 36th Annual Championships on the **4th July**.  
*Andrew Hair*

**SUSSEX CHORUS** is a Large vocal ensemble performing in Brighton and Mid Sussex with professional orchestras and soloists.

The next concert is Bach - St John Passion on Saturday **21st March** at King's Church, Burgess Hill. RH15 9LR at 7.30 pm. Ticket outlets: **Eventbrite.co.uk**, Sussex Chorus Ticket Manager or Burgess Hill Help Point. Tenor Solo - Simon B, Jack Thompson - Conductor with Oxford Bach Soloists and Stephen Brown as the Evangelist. There will be an orchestra brought together by Jack & comprising musicians from Sussex & London - it has yet to be named.

We are interested in singers who might like to sing this work with us particularly tenors & bases. For more information see our website **www.sussexchorus.org.uk**.

*Angela Holroyd*

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## HURSTPIERPOINT HISTORICAL AND GEOGRAPHICAL SOCIETY

Meets on the last Friday of each month in the Guides' HQ, Trinity Road Car Park. At each meeting we have a presentation, by an expert speaker on a subject with a historical or geographical flavour. Our next meeting will be on **28th February** starting 8 pm when our speaker will be Jackie Marsh Hobbs whose presentation will be about the British Seaside Holiday.

The March meeting will be on **27th March** when Margaret Nicolle will give a presentation on the Art of the Poster through History.

Come along and join us. New members are always welcome. Contact me (the Chairman) **01273 832280**.

*Bill Kent*

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

Emily-Mai Martin, who is five and from Hassocks, went with dad, Sean, to South Down Nurseries to collect prizes; not only for herself but also for her four-year-old cousin, Max O'Neill. The pair entered a contest run at the family-run garden centre throughout the Christmas holiday. Entrants had to follow clues to find eight of Santa's Elves hiding throughout the Brighton Road business. Also victorious in the garden centre's festive fun was

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four-year-old Nancy Nutley who won the Christmas colouring competition staged in the centre's popular coffee shop.

Each are pictured collecting their prizes from Rob Prior.

*Rebecca Houghton-Knapp*

## STAFF AND CUSTOMERS ALIKE AT A HAS-SOCKS GARDEN CENTRE PUT THEIR WEIGHT AND THEIR WALLET BEHIND JUMPERS DAY, RAISING MUCH-NEEDED FUNDS FOR CHARITY.

The event at South Downs Nurseries in Brighton Road was in support of The Children's Society's festive fundraiser.

"The support was fantastic", said Rebecca Houghton-Knapp from the family-run business. "We smashed last year's total and are sending over £400 to the charity." Staff are pictured in their Christmas jumpers.

*Trevor Butler*



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**HASSOCKS LADIES SINGERS** We are a group of 14 ladies who meet at St Francis Church on a Monday afternoon. We spend a few weeks preparing a programme of 2 part songs which we then take out to Residential Homes mainly in Hassocks and Burgess Hill. Our aim is to encourage our audiences to join with us by singing or just tapping in time, so our programme is designed for that purpose. It is most rewarding.....so either call me on **01273 842387** or just pop in.

*Lyn Bond*

**STAR CINEMA** The February film on Friday **21st February** is Judy - Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. This biographical drama film has a highly praised performance by Renee Zellweger in the title role. Doors open at 7 pm, film starts at 7.30 pm. Tickets on the door. Wine, tea, coffee, soft drinks, plus raffle. Come along. The March film on Friday **20th March** is Yesterday. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent. This is a feel-good film which is a glowing tribute to the Beatles and their music. Doors

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*Liz Edmunds*

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

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

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

*Kathy Green*

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

*Claire Richard*

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