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THE GOOD, THE BAD AND THE HAIRY

Once upon a time in the West Country. Dartmoor. August. High noon. A young boy wanders away from a family picnic. The sun beats down, buzzards cry and circle overhead. He is startled by a short, snappy rattle like bullets spinning in a revolver. Suddenly he is face to face with an amazing creature. A fly. But a fly like no other. The boy reaches for his camera - but he's too slow. With a rattle the fly launches itself into the air and is gone.

That first encounter with the hornet robberfly is one of my earliest and most vivid wildlife memories and had a huge impact on me. I searched through all my 'I-Spy' and 'Spotter's Guide' books but couldn't find anything that looked remotely like the beast I had seen. For years I believed I had encoun-

tered some weird, mythical beast and I vowed to hunt one down and photograph it to prove its existence. And they

don't come much weirder than the hornet robberfly. There are 28 species of robberfly in Britain and the hornet robberfly is the leader of this wild bunch. At up to 28mm long, it's Britain's biggest fly with a dusty yellow abdomen giving it a hornet-like resemblance. It has huge oval black eyes and a big ginger beard, the overall appearance lying somewhere between an alien and Yosemite Sam. The rootin', tootin' robberfly is a ferocious critter, although they never bother humans. But a grasshopper's knees start knocking at the mere mention of its

Like all good western bandits, they'll wait on a high point in their long grass landscape until an unfortunate grasshopper wanders into their valley. Then,





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Grasshopper taken by Alan Price Gatehouse Studio Sussex Wildlife Trust

with their rattling, buzzing war-cry, they'll swoop down and snatch up their victim in their hairy legs. Hornet robberflies dispatch their prey with a lethal weapon - a sharp beak which pierces a grasshopper's tough armour and drains the very life from them. They lay their eggs on cowpats and their young bury into the soil where they hunt underground for three years before emerging as adults in late summer. Hornet robberflies are extremely



rare and getting rarer; a vanishing memory of a bygone age when our countryside was truly wild and not sterilised by insecticides. I had to wait decades to see another hornet robberfly. I was drifting through the high plains of Sussex when I heard a rattle from behind me and I was instantly transported back to that little boy on Dartmoor. But this time I was ready. My hand tightened around my camera. Ready to draw, point and shoot as I turned to face an old friend. This August, organise a posse and head out into them-thar South Downs hills for a wildlife walk and see what varmints you can find. Sussex Wildlife Trust is an independent charity caring for wildlife and habitats throughout Sussex. Founded in 1961, we have worked with local people for over half a century to make Sussex richer in wildlife.

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

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MARY SMITH 1926 – 2021 Mary Smith, who was a resident in Hassocks from 1951 until 2016 died peacefully on 12th May at her home in Sevenoaks, where she had moved to be close to her son and his family. Having grown up in the North East she came to love Hassocks after settling here following her marriage to her husband Graham. She worked as a teacher and later Deputy Head at Hassocks Infant School from the early 1950s until her retirement in 1986. She made many friends through her involvement with Hassocks Infants and regarded the school as her extended family. She will be greatly missed by her friends and family.

THE LATE MARY PIPER I have organised a memorial service to be held at Clayton Church on **Friday 6th August** at 2 pm followed by the interment of Marys ashes into the grave she will share with her husband, Ralph.

There will be afternoon tea at The Thatched Inn afterwards for anyone wishing to attend.

As Clayton church is not in walking distance of the village I will organise transport for anyone wishing to attend. Pick up from Hassocks Community cen-

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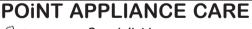
tre and return to Thatched Inn.

If you would like transport please let me know by email memorial2021@hotmail.com

Mrs Karen Puzio (Mary's daughter)

DAISY FARRALL It is with sadness that the family shares the news that Daisy Farrall passed away on 8th June aged 91. Daisy was a lifetime resident of Hassocks, having been born in London Road and lived in Friars Close for 66 years. She was an avid supporter of village life and belonged to many of the clubs and organisations that thrive in the village, her main passion over the years was Hassocks Flower Club, though also included in her interest were the Twinning, Field Society, Indoor Bowls, Age Concern and Scrabble Club also many other organisations through the years. Sons Stephen & Keith would like to thank her many friends in the village for their kind thoughts.

Deadline for the September issue is 1st August for more info visit www.villagemagazines.co.uk



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VOLUNTEERING WITH BROWNIES AND GUIDES

Readers will be aware that Girlguiding Beacon District (Hassocks and Ditching) has been flagging up a request for volunteers to lead, help to lead, or assist with the administration of its units. Ditchling has been particularly lucky with no fewer than ten lovely people signing up. Alli Standen, a Leader in Ditchling with five year's experience, describes in the following account, how she volunteered in order to stop one unit in her village from closing and went on to open another!

"Decades ago, I was a Girl Guide in the 'Swallow' patrol. Many school friends had been Brownies before

joining Guides and loved it but, unfortunately, our Brownie unit was always full (despite my mum's frequent calls to see if there was room for me) so I never became a Brownie. Luckily now, thanks to a national registration system called GO, no child falls through the net and is added to a fair, if oversubscribed, waiting list. Had this been possible when I was a child, I'm sure I would have been the Brownie I always wanted to be.

As a Girl Guide, I earned many badges which sewn on, duly stretched down the sleeves of my blue uniform shirt. Back in the 80s, Girl Guides wore a navy beret-type hat and had a little yellow cross-over collar-tie pinned with a metal promise badge. Whilst I was there, it changed to a neckerchief that was folded over many times and held together around the neck with a brown leather woggle. Sadly, I have no photos of my years as a Girl Guide.

My favourite activity as a Guide back-in-the-day was the chocolate game where a die was thrown by each girl seated in a circle and, if a six was rolled, then a scarf, hat and gloves were put on (at the speed of light) and a knife and fork used to cut one square of chocolate which could then be eaten - unless another six was rolled in the meantime and the next Guide had her go! We have





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played this game a few times with the Brownies and it always brings back memories of my experience (although, sadly now this game is on-hold due to CV19).

Due to my experience of not becoming a Brownie as a child, I added my daughter to a waiting list when she was only three (desperate mother)! When she turned seven. I discovered the unit was at risk of closure due to lack of leaders. Horrified, I started to think if I could help. Being a primary school teacher, I knew I had transferable skills but I was also tutoring when the meetings took place and didn't think I would have the time necessary to be an effective leader. After chatting to some village friends, and juggling my work commitments, along with three friends, we all become Leaders in Training for the Brownie unit. Beacon District were delighted to see the Brownies saved from closure and would often refer to us, affectionately (I hope!), as The Ditching 4!

I led the Brownie unit from 2017. As a Guide, every year I missed out on Guide camp due to my parents booking a holiday at a similar time, so it wasn't until I became a Leader and gained my Going Away licence that I experienced a unit holiday. I've led two sunny camps at Blackland Farm

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and was ready to take the girls to Broadstone Warren and then CV19 hit...

Highlights for me as a Leader are watching the girls laugh and smile - whether at camp, dressed up in different themed costumes for the parade during the Ditchling Fair, running a stall on 'Apple Day', making pancakes on Shrove Tuesday, screaming on a rollercoaster at Chessington, where we went on a glorious sunny day to mark the County's 40th Birthday in 2019, taking the girls to eat pizza and then on to see Diversity at the Brighton Centre, meeting/making new friends, singing carols to the elderly, creating a 'flash mob', leaping off a high tower, abseiling, rock climbing, grass sledging, kayaking, raft building, using low/high ropes, creating decorations/cards/props/presents, serving cream teas, listening to inspirational speakers, raising money for various charities, attending sleepovers such as the LaSER Big Sleepover in 2017 at Adastra and also our County Camp in 2019, designing rooms, making truffles and mocktails, organising and carrying out spa sessions, hiking in the dark, creating treasure hunts, shelter building, foraging, camp fire building...the list goes on and on!

Once Covid struck last year, separating our unit



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into two smaller groups, and meeting outside, became the norm during the easing-off stages of Lockdown 1 and 2, otherwise, we met via Zoom which was different but not quite the same with only a small group of girls from our unit joining our virtual meetings.

Fortunately, we're now allowed to meet as a full unit each week and the girls are enthusiastic and grateful. Our hut being extremely small, outside meetings will continue to be the norm until September.

I am presently supporting the four (!) new Leaders-in-Training who are taking over Ditchling Brownie unit as I'm now working on Module 1 to transfer to another section as an Assistant Leader. This is a unit last active over 20 years ago: the 2nd Ditchling Guides! Ditchling Brownies have always had the opportunity to transfer to one of the two Hassocks Guide units but this never happened and the girls ended up leaving the organisation which was always sad. I wanted to change this and luckily managed to recruit a great team to do so (including a Young Leader)!

After a very delayed start, due to CV19, we were able to reopen 2nd Ditchling Guides at the beginning of this summer term and now have 20 girls

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loving being Girl Guides. We're still waiting on opening a bank account, which has been very frustrating, but where there's a will, there's a way! And already our new Guides have been having a great time.

I'm proud to be able to provide the girls varied opportunities through the Girlguiding organisation and to watch them grow in confidence – socially, emotionally, physically and intellectually. They make all the hard work worthwhile. I've gained skills and met new friends and have loved being outside more than I'm used to. It's been a great journey which continues to deliver for both the girls and myself."

Alli's account of her experiences of Girlguiding as a child and as a volunteer makes great reading and if anyone is encouraged by her story to enquire about volunteering with us and would like to email me penniethomson2000@gmail.com in my role as District Commissioner, I would love to hear from you! Thank you, Alli, for all you and our other wonderful volunteers do to offer such great experiences to our girls in Hassocks and Ditching and special thanks for keeping going during a Pennie Thomson global pandemic!



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GOLDEN BUTTERFLY WINNERS I'm delighted to announce the winners for this year's

Hassocks Goes Gold poster competition. It's always a hard choice to pick the final winners as the standard is so very high. I'm especially excited this year as we have extended the competition to in-

clude both pre-school and postschool [adult] ages!

Overall Winners - Ivy Woodbridge (Pre-school); Maisie May Smith (Hassocks Infants); Farrah (The Windmills Junior); Erin Poat (Downlands)-pictured, and Eva Zemcikova (Adult)

Runners-Up - Ben Aviv (Preschool); Hudson Hurrell-Wood & Jones Emmerson (Hassocks Infants); Dulcie Field & Lois Faith (The Windmills Junior); Maja White & Sam Harvey (Downlands) and Amy Reynolds & Kelly Woodbridge (Adult)

Special Mention - to Jessica Taylor & Esme MacNae Evermy (Down-

lands) for their beautiful blue butterflies which reminded me of Pearl and will also be featured on

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the poster.

TAND UP TO CHILD HOOD

A huge thank you to everyone who entered – I'm hoping to have an exhibition display of all the entries somewhere in the village during September once I secure a venue – details to follow!

> The final poster with the all the winning artwork on will be on sale at the Hassocks Market on Saturday 28th August and from OD Stathroughout tionery September. Please buy one to help turn our amazing village GOLD raising awareness of Childhood Cancer and funds for vital research.

COVID rules allowing we will be doing street collections and pop-up poster sales. You

can find out more, or volunteer to help, by visiting Facebook/HassocksGoesGold, or by emailing HassocksGoesGold@gmail.com

All proceeds from the poster sales go directly to funding research into Childhood Cancer. Pearl's fund is held with the Childhood Cancer & Leukaemia Group (CCLG) one of the leading children's cancer charities in the UK.

Rachel BartlettBundy



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<u>COME'</u> I am sure there are lots of people in our local communities who will join me in saying 'Thankyou' to Colin who has been our 'mainstay' in the Hassocks Hardware Shop for many years.

Even through the lockdowns of this unprecedented pendemic he stayed open - mainly manning the shop alone - in case we needed a light bulb or ant powder or a washer for the tap - his range of stock was always amazing.

Colin was well known for his kind support for our Charities and always happy to finate a raffle prize - this was very much appreciated. In the normal times his friendly staff of Tony and the younger colleagues were always ready and willing to 'go that extra mile' be it for a sale or to give useful, helpful advice. It was a pleasure to visit the shop. So a huge 'THANK YOU' to you Colin - enjoy your much-earned retirement - we miss you!

Now we welcome a new management to our Hardware shop and know that they will receive the continued support from our local communities. So welcome Mark and Duncan to our village.

Dorrie

WWW.WHATSONHURST.ORG hopes to become the central events calendar for the community, and is completely free to use. It has been a labour of love putting this site together; I have been trying to hold my COVID-broken live music business together, whilst looking after a toddler, but really wanted to battle the tiredness and get this site up and running.

The site works in two ways; event organisers can very easily and cleanly upload their events, and the public can also view and search the calendar to find out what's going on. The site is very cleanly presented, uncluttered and clear, and can be viewed as a list or as a month calendar.

Businesses have already started populating the site with their events ahead of the public launch, so there are already a few events there which show off the look and feel of the site.

Dehhie

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Full details can be found on the Parish Council's website – www.hassocks-pc.gov.uk or for further information please contact the Parish Council Office on 01273 842714 or email

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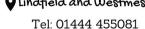
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WANTED If you have any old photos, poems, recipes, stories, events or anything of interest you would like included please email us at

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Days at Holiday Fun can be busy or chilled. With forest school adventures; blackberrying; tree climbing; jam making; bike riding; art and craft; an expedition up on the South Downs; playing in the woods or den-building, there is something for everyone!

September marks the start of an exciting new academic year at our Westmeston and Lindfield settings. We understand that a new nursery can be daunting for parents and children alike. Our popular Stay-and-Play sessions provide children with a gentle stepping stone to nursery, offering a chance to play and have fun with the reassuring presence of their parents.

For further information about Holiday Fun, September enrolment or Stay-and-Play sessions, please chat to our friendly team on **01444 455081** or find us online.

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SHOPS IN HASSOCKS 60 YEARS AGO Having lived in Hassocks for nearly 60 years and with relatives living here since 1937 I feel that before it is forgotten the diversity of shops 60 years ago should not be forgotten.

Therefore I have listed these as far as I can remember. From the West:-

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Tony Sharp

Editors note:

Maybe a reader out there can fill in the question marks and name the shops? Email or write in details on inside front cover.



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HURSTPIERPOINT GYMNASTICS CLUB ANNUAL CHAMPIONSHIPS

thirty-seventh Annual Championships were held during regular class sessions, watched by all their classmates. Over eighty gymnasts chose to enter and demonstrated their skills in their routines and vaulting as they competed for the trophies available. Thirty of the gymnasts were performing for the first time.

In the junior age groups, honours were shared around the competitors with twenty-one gymnasts gaining medals in the different sections.

For all the Year 3s in their first Championships. Jessica Jones won the Floor and Gracie Smith the Vault. In Year 4, also competing for the first time after last year's covid cancellations, Amelia Monteith won the Floor and Freya Perry the Vault.

Summer Sargent came first in the Year 5 & 6 Floor, while Leanna Rose Brazil won the Vault with a fine hand-spring. Leanna Rose's floor routine added too her point score, enabling her to win the 'Stan Brown Memorial' cup for the Junior All-round Champion..

In the senior section the battle for Floor supremacy was won by Emily Holmes by just a tenth of a mark over Isabel Faulkner. Forward and backwards walkovers, free cartwheels, splits and handsprings almost became

Isabel Faulkner

the norm. Chloe Wright won the Senior Vault with a twisting handspring. The Overall Senior Champion trophy was won by Isabel Faulkner.

The club meets in Hurstpierpoint Village Centre and has children from over 30 different schools as far apart as Lewes, Brighton and Haywards Heath.

Further details can be obtained from the Club 01273 832366 or visit www.hurstpierpointgym.co.uk

There are currently vacancies in September in the Pre-school groups which meet Friday afternoons (minimum 3rd birthday) and in the school-age groups. Boys meet Tuesdays, Girls meet Wednesdays and Thursdays.

Andrew Hair (Coach)



Leanna Rose Brazil

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We have a set routine within the session starting with how we feel today, then an activity followed by snack time where we talk together, led by the children, listening to each other. We finish off with a bit of mindfulness to help with the transition back to class.

ELSA stands for Empathises, Listens, Supports and Advises. In ELSA it's about helping children with their feelings and emotions, to understand them and to help them manage them.

There are individual sessions that are planned carefully for that child. The session consists of several parts, starting with emotional check in, followed by a main activity, and finished off with a relaxation exercise to help get ready to go back to class.

ELSA was created to run alongside Nurture. It is recognised that

children learn better and are happier if their emotional needs are also met.

Both ELSA and Nurture are held in our Bubble Room, which is welcoming, comfortable, and well stocked with resources, including our new Nurture trolley, Lap Buddies, and Worry Monsters.

Mrs Buckman - Nurture & ELSA Lead

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4SIGHT VISION SUPPORT ANNOUNCES NEW SUPPORT SERVICES

West Sussex charity 4Sight Vision Support has been providing specialist services to blind and sight impaired adults and children for 100 years this October, and was recently honoured with The Queen's Award for Voluntary Service. Its services include providing advice on sight loss conditions, support with adapting to living with sight loss through magnification, lighting and equipment aids, as well as emotional support, and signposting to other forms of assistance.

4Sight Vision Support is now delighted to announce a number of new services for 2021, open to all, some of which are a direct result of how the Charity adapted in order to provide support to its members throughout the pandemic. For example, a Health and Wellbeing Service is now available,

offering new online social clubs and peer support groups such as quizzes, book clubs, history and theatre discussion groups, as well technology O&A demo sessions.

Other new services include a dedicated Accessible Technology Specialist – providing advice and assistance with setting up and using technology such as tablets, laptops, mobile phones and home speakers, as well as a dedicated Vision Support Service for Children, Young People and Families.



Additionally, 4Sight Vision Support is now able to help with accessing benefits: specialist advisors can advise and assist with completing Personal Independence Payment (PIP) forms, which can make a huge difference to quality of life, independent living and general wellbeing.

To find out more about how we can support you or someone you know living with sight loss, call **01243 828555** or visit **www.4sight.org.uk.**Cathy

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WILLIAM MEDHURST OF ALBOURNE



William Medhurst at Hurst Ploughing Match



Butts Cottages, Albourne,

We thank Dave Evans of Hurstierpoint for these photos:-

William worked for Mr Sidney Hole as Head Carter.

Here he is pictured at the Hurst Ploughing match on Mr Woods land (Washbrooks Farm, Hurstpierpoint) around 1942/1943.

He lived in Butts Cottages, Albourne with Mrs Medhurst for over 50 years.



Mr and Mrs Medhurst with his cart-horse.

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THE WINDMILLS SCHOOL Years 4, 5 and 6 had a virtual visit from author Cressida Cowell. creator of the How to Train Your Dragon and The Wizards of Once series. Cressida spoke about her latest book, her inspirations and gave tips on becoming an author or illustrator. This event was organised by The Book Nook in Hove and the children really enjoyed hearing from an awardwinning, inspiring author.

Years 3 and 4 have been busy creating in their DT lessons. Year 3 are learning to sew and are hoping to alter clothing for use in the garden and year 4 are making their own pencil cases.

The whole school took part in the NSPCC's Speak Out. Stay Safe Online campaign, which explained to the children how to stay safe whilst online and what their rights are.

We are continuing to hold Outdoor Leaning sessions across all years and the children are enjoying the chance to get out of the classroom and take part in a range of activities from den-building to making animal habitats.

We are hoping that the revised transition date will go ahead and look forward to welcoming children from Hassocks Infant School. Year 6 will be going to their secondary school's for the day and we wish them all the very best for the future and will wish them a fond farewell at the end of term.

As the term draws to a close we would like to thank all the parents and carers for their support in what has been another challenging school year.

Sarah Jacobs

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We thank Susan Mottram for the following letter:-Further to my recent comment about the picture of Clayton Cricket Club that I sent you, my brother has spotted three other faces.

In the back row 6th from the left is Ted Wilkins. the ninth from the left in the same row he reckons is our Grandfather William George Mottram.

In the front row 7th from the left is Harry Knight.

YOU SAW HIM HERE FIRST A fundraising Concert Saturday 4th September at 3 pm St Peters Church, Henfield. Henry Godwin with special guests, The Bothy Singers, BF5 and Sidonie Win-

Henry is an 18 year old Baritone who is off to The Royal College of Music in September having secured a Scholarship earlier this year.

This is Henry's last concert before he leaves and he would love for you to come and join him and some special guests for an afternoon of music from Opera and Art Song to the beatles.

Tickets (with include tea/coffee and cake) and more information can be found on eventbrite.com under the title 'you saw him here first'.

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HURST PLAYERS Following the success of the Hurst Players early summer production of "The Boadicea of Britannia Street" the Players have lost no time in starting rehearsals for the play which follows this September – and which forms part of the 2021 Hurstpierpoint Festival. The director this time is Annette Squire, currently organising her cast of nine.

It will be Richard Harris's riotous farcical comedy "Outside Edge" and all cricket enthusiasts and/or cricket 'widows' are advised to leave their respective pavilions and join the Players in theirs – otherwise known as the Players Theatre on Hurstpierpoint High Street.

"Outside Edge" follows the local cricket club leader's attempt to form a team for a local match, organise stumps, refreshments and pitch rolling whilst concurrently defusing the effects of extramarital activities, and will be presented from 14th to 18th September inclusive. Hopefully – we are always full of hope but it is sometimes misplaced - hopefully, we will be permitted to sell the full house of 86 seats with all Covid 19 restrictions long since abolished. Only half the house could be sold for Boadicea which unfortunately left people who wanted to see it unable to do so – and the Players coffers seriously depleted.

So, if you are theatre minded, or cricket minded, or both please reserve those dates now: 14th to **18th September** – tickets will be available from late August either in person at the Theatre when the box office opens or online via the Players website: hurstplayers.org.uk. You will have a good night out without ever tossing a googly and with luck you might bowl a maiden over in our licensed bar! Watch out for posters, banners and leaflets nearer the time. Anne Hopper

BIG THANK YOU Naomi, Karen and myself would like to say thank you to all who sponsored us to do the South Downs Mighty Hike on 5th June

this year. It was a beautiful. though challenging, walk. We are very grateful for all the support given, enabling us to raise £3015 for Macmillan cancer support.





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We thank Rosemary Lacey for the following letter:-While visiting my mother she showed me the photo you published of the 1st Keymer brownie pack in about 1970/71. My name was Rosemary Durrant then (now Lacey) and I am on the middle row, third brownie from the right, not including the toddler. I think the girl next to me wearing the hair band was Alison Turner and the brownie at the left hand end of that row was Deborah Whittington. Shirley Jewell was one of my mum's (Jean Durrant) friends and they are still in touch even though Shirley now lives in Westward Ho! We are actually



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visiting Shirley this September so no doubt we will relive brownie times. We had a lot of fun, especially country dancing, as that was one of Shirley's hobbies. My own 3 daughters went on to enjoy the guiding movement too.

DITCHLING'S APPLE DAY on the Green Ditchling's Apple day is Sunday 3rd October, 2021. Fingers crossed restrictions will be less by then. We will have apple pressing, bar, food, and lots of orchard related activities. If you'd like to be a volunteer helper or if you'd like to have a stall, we'd love to hear from you and keep an eye out for future announcements. Email us at ditchlingorchard@hidtransition.org.uk. Look forward to seeing you all with your apples and enthusiastic welly wanging skills.

Tae Chisholm

CORRECTION from last months article from Dave Evans about Mr Durrant lived actually lived in Western Road and not Cuckfield Road.

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NEWS FROM STONEYWISH - GOING FOR A WALK WITH A WEED Sometimes it is hard to understand the purpose of bindweed. A case can be made for other things despised by gardeners. Slugs feed thrushes and thistles feed gold finches and rats and flies are nature's dustmen and mould and springtails make compost. Even the dreaded Japanese Knotweed earns respect as a powerful

anti-viral.

character.

But common bindweed? My efforts to restore the herb garden in the Farm Centre, have been challenged this month by a relentless advance of the stuff, strangulating all in its path. Moist, warm, midsummer days are bindweed heaven. The tendrils cleave to everything in their path and while the heart-shaped leaves expand to smother other leaves, the roots ingratiate themselves inextricably with the general community of roots underground. They violate all 'social distancing rules', foisting themselves upon weaker neighbours with a fatal disregard. So although bindweed flowers are among the largest of our native wild flowers and have an exquisite purity and elegance of design, the 'weed' itself is considered the very devil in the garden and the fact that it twines 'widdershins', or anti-clockwise testifies to its sinister (left-handed)

Some folk names for bindweed reflect this: Devil's Guts, Snake Meat... yet others have a more affectionate tone: Bellbine, Withybind, Bearbind, Old Man's Nightcap, and Granny Jump out of Bed, descriptive, as Richard Mabey recounts, of a country children's game. In this one the flowers were

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pinched and popped out of their calvxes so that they floated to the ground like the skirts of an oldfashioned nightgown, while the players chanted: "Grandmother, grandmother, pop out of bed!" As adults, we lose this playful relation to our world. We always have a material agenda. And the damage we inflict as nature's policemen, often only compounds the problem and increases our frustration.

Am I hopelessly clumsy, or do others also find that when they pull the beastly bindweed out, the plants they are trying to rescue collapse in a pitiful heap? Beloved rosebuds snap off? And the blackbirds, spying once-hidden raspberries, promptly gorge themselves silly? Perhaps the purpose of bindweed, after all, is as a kind of natural glue, holding things together, greening naked surfaces, shading fruit from the scorching summer sun. The purgative sap of bindweed is distasteful to slugs shading fruit from the scorching summer sun. The purgative sap of bindweed is distasteful to slugs and other plant predators. Can this be protective too? Darwin presented the Victorian world with a model of Nature which was interpreted as pure competition, everything falling prey to everything else. "Big fleas have little fleas upon their backs to bite 'em, and little fleas have lesser fleas, ad infinitum.' This has a distinctly political flavour. By contrast, The Indian Taittreya Upanishad, envisages a world in which all is still food, but everything provides for everything else. A gift. Humans are enjoined to feed everything within their circle of influence. We are not rivals but fellow guests at the

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great feast of life. Bindweed is unruly – the invader of disturbed soils, romping over our feeble hybrids with a vigour they can hardly dream of. But oh for that vigour in our own lives! There is an irrepressible greenness in wild weeds. 'Viriditas', latin for greenness, is the term Hildegard of Bingen coined in the 10th century, to describe the life force that brings health. So perhaps bindweed is also a teacher, showing us that disjunction is a weakened state in Nature that invites opportunist exploitation. Where our herbs have knit themselves together into strong communities, bindweed has a harder time. Plants, like people, are weaker alone.

In the Guatemalan Highlands, the traditional gardeners set aside the margins of their family plots for wild species to strengthen their crops with vitality from the forest.

With this in mind, here in the garden I am trying to keep a truce with bindweed and other weeds. In truth, many of them have respectable histories of culinary and medicinal use.

A Cotswold shepherd I once knew, rightly described all wild flowers as "erbs" and a herbseller's London street rhyme from the 17th century confirms that our distinction between the two is a

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modern one, jumbling cultivated and wild varieties together into one potent posy: rosemary, rue, dandelion, ground ivy, lavender, cinquefoil, sage and heartsease, receiving equal praise. So, at Stoneywish now the Wild Ones are not completely rooted out, for they have the vigour and determination the cultivated species need to acquire. But I cut them faster, in the hope that that will buy time to establish a natural balance.

Just now there are apothecary's roses, marigolds, echinacea, lavender, camomile, and the last of the foxgloves in bloom. Marshmallows are growing tall, the chives are coming up for a second cut, the marioram is thick with bumble bees. The air fills with aromatic oils when the sun shines. You can inhale the 'viriditas'! Indeed it's a pleasure to pull a bit of bindweed among such heady scents. The combined intelligence of these plants is a formidable thing. As Stephen Harrod Buhner the American herbalist says, plants are the first and still the best chemists on the planet. They perform astonishing alchemies from day to day and hour to hour, refining and distilling spontaneous terpenes, syrups, oils, soaps, perfumes and hydrosols. They are said, by Native Americans, to be the friends of

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Man, having promised to lay this pharmacy at his disposal for his defence against disease. Modern science attests that even the thought of a rose is enough to stimulate seratonin production in the brain!

So come and intoxicate yourself while the herbs are in flower. Indulge in some herb bathing. Pinch the leaves between your fingers and breathe the fragrance. Be green in the oldest and wisest way, by entering into community with the green things of the earth and sharing their 'viriditas'. And please, if you see some bindweed on your way, feel free to pull it up!!!

Summer blessings on you all! Stoneywish is open every day now, until the end of September.

Full details available on our website

www.stonevwish.com.

Rosemary

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ON THE OTHER SIDE OF THE 'CLOSED' DOORS FROM THE MID SUSSEX HEALTH CARE PATIENT PARTICIPATION GROUP The past year plunged our National Health Service into a state of emergency, requiring many sudden changes to the ways patients access health care. It's been frustrating, worrying and difficult for the community, and the practitioners alike.

The demands on doctors' surgeries are higher than they have ever been. The Times reported that in March this year the UK had hit the highest consultations on record, a staggering 28 million. So how has this impacted locally? The PPG interviewed Dr Miriam Winn, Partner GP at Mid Sussex Health Care, who shared her experiences over the past 19 months.

"In early 2020 the Practice had to adapt its ways of working. We rapidly needed to move to a total triage model – this was under the direction of NHS England and it was very different to the way we had previously been working. We needed to start screening our patients by finding out what their problem was and how best to manage them whilst keeping patients safe and keeping staff safe".

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Dr Winn recalled the amount of unknowns they had to work with and the speed at which they had to react. She explained how they set up systems to be able to quickly adapt, including the creation of a team to make rapid decisions on a daily basis. "The team met every morning to respond to the information coming through. We also held daily huddles with all staff, to explain changes being made and get feedback on how things were going, ensuring staff concerns staff were heard."

At this time the community was concerned to see the sudden changes, particularly the closure of the Ditchling surgery and the limited access to the Hassocks surgery. Dr Winn explained the rationale for these changes.

"We were worried about patients coming into the practice who may be potentially infected and therefore we needed to limit the amount of contact that our staff were having with patients and we were also rapidly losing staff because they were developing coughs themselves, so needed to isolate, or needed to be at home with family members that were isolating. So we didn't have enough staff available to open all three sites in a safe way."

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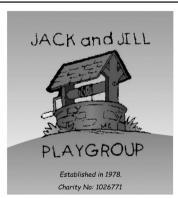
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It has been a common misconception that GP practices have been closed throughout the lockdown. "We've been here all along," said Dr Winn, "seeing patients face to face in the safest way that's possible". She explained how they needed to triage patients to know whether they should be seen in a Covid secure environment or whether they had potential Covid symptoms and should be seen at the 'hot hub'. "It was also important to keep our Hurstpierpoint site as a 'cold site so that we could bring in vulnerable patients for blood tests or other appointments and they could be assured that it was as safe as possible. Vulnerable staff could also be assured that they were safe to be at work and worked only at the cold site."



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It's now well over a year since the rapid response to Covid began and unfortunately things are still very different to what they once were. We asked Dr Winn how it is now for the Practice and its staff.

"We're still doing total triage all day. That will hopefully change soon. At 08:30 it's all go. Our phone lines open and morning clinics start." She explains that each GP sees 32 patients either over the phone or at the surgery, during morning and afternoon sessions. In between the two sessions they make home visits, put through referrals for patients, send off prescriptions and respond to contact made via E-consult. We all stay on until the job is done, so currently it is an extremely long day for us all".

Dr Winn chatted at length about all the changes, what might remain long into the future and what should eventually come to an end. We discussed reduced contact with the GP, and an increased digital service that the media recently predicted. She remains very positive that MSHC are on the right road ahead. "The Rapid pace of change has certainly forced the Practice to try new things such as online appointments, but all of us miss that face to face interaction with patients. We don't have any intention to work only remotely, but we will still have online services so that patients have a choice."

Dr Winn talked about the increased patient choice as a positive to have come out of the changes. She also explained that within the Practice, it has also brought teams together to think about how best to manage the problems and to think outside the box, like providing oxygen monitors at home to patients with Covid symptoms. She hopes that patients understand the challenges they have had and welcome any feedback patients may have.

The PPG would like to thank Dr Winn for this interview and also thank her and all MSHC colleagues for the efforts they have gone to, to keep our local health care going to support us through the pandemic.

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MAKE £5 GROW (VIRGIN MONEY) DITCHLING PRIMARY AND NURSERY SCHOOL - YEAR 6 Since the Easter holidays, Year 6 have been participating in Virgin Money's 'Make £5 Grow' project, a programme designed to give children the opportunity to become entrepreneurs for a term and to create their own small businesses with the aim to sell products to the rest of the school. Their aim was to raise enough money to purchase BeeBots for the school.

To start off with, Year 6 chose their business partners, and started to talk about potential business ideas with help from Vicky Harris (school governor/ fundraiser). Once they had decided on their businesses, they started on market research so they could get an idea of who wanted what and how much they would pay for it. Some groups decided to allow their customers to pre-order their products.

Their next step was to buy products and equipment, ensuring they stayed within their budgets (£5 per person) and got the best quality they could for the cheapest price. The equipment they bought was used on the making day

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to create products good enough to sell to the other year groups. After 6 weeks of buying and making, the groups were finally ready to sell.

Year 6 managed to raise a grand total of £302 profit! *Michelle*

<u>NSPCC</u> concert organised by the Hurstpierpoint and Hassocks committee will be held in the Great Hall, Danny, New Way Lane, Hurstpierpoint, BN6 9BB on **Sunday 1st August** at 3 pm.

Come and enjoy a relaxing afternoon of contemporary Jazz and Blues songs sung by Julie Roberts and Michael Hinton on the piano. Tickets which includes a cream tea are available from Mishon Mackay, 106 High Street, Hurstpierpoint, BN6 9PX 01273 834602.

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STEVE'S BACK PAGE GOSSIP

Apparently, the new dentist is a specialist referral centre only but I'll let you know more about that in the future.

Still no sign of anyone taking over any of the empty shops, which is a shame' but I'm sure sooner or later they will get occupied by something or

Appareinuy, the new dentist is a specialist referral centre only but I'll let you know more about that in the future. Still no sign of anyone taking over any of the empty shops, which is a shame" but I'm sure some or later they will get occupied by something or other.

In the meantime, lets carry on with my story, a new little horse has just arrived in my life. I found an excellent name for him courtesy of a new TV series called Hawk. At first he seemed very depressed and quiet so I just let him graze in a field for a couple of weeks and re-adjust to a different life. I'd just sit on the ground and talk to him so he got to know my voice and my way of lightings. Eventually I got on him and went for a couple of hacks to see what he was like in traffic and if he liked me and my style of riding, so far so good. I thought it was time to take him to a local cross country event run by the pony club. We saintered up to the start, the timekeper raised his arm to signal get ready, then quickly lowered it to go. It was at this point I realised that basically he was madder than a box of frogs! In just a few seconds he changed from Muffin the Mule to Champion the Wonder Horse. We flew round that course, flat out at full gallop and he never put a foot wrong. He was amazing and unbeatable. We won every cross country event we entered, to be honest I was just a passenger, he had the capacity to work everything out for himself, if he was going to do something a bit different he'd signal me by flicking his ears back and forward. For example we were doing some national championship in Melton Mowbray, half way round the course was an Irish Bank — you'd jump on to the bank, pop over the fence in the middle and then off the bank. I remember it so clearly, we came round the corner, the bank was in front of us with loads of spectators & photographers around it. I felt a slight change in him, then the ears started flicking backward and forward which was a signal for — hang on dad — his pace cluckened and that was it he took off and clea