

A P R I L

2023



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STEYNING, BRAMBER  
& BEEDING MAGAZINE



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**Community Matters** will be delivered to your inbox each month giving you a sneak preview to the printed magazine.

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## USEFUL NUMBERS

**Steyning Library:**  
Opening Hours: Monday - Friday: 10:00 - 17:00  
Saturday: 10:00 - 14:00  
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T: 01903 270330

**Steyning Minibus:**  
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[www.westsussexminibus.org.uk/organisation/](http://www.westsussexminibus.org.uk/organisation/)

**Rural Henfield & Steyning Children & Family Centre**  
Cowfold Village Hall,  
Bolney Road,  
Cowfold RH13 8AA  
01403 864668

**The Steyning Health Centre:**  
Tanyard Lane, Steyning, BN44 3RJ  
Telephone Appointments: 01903 497227  
When surgery closed dial new NHS 111 service  
**Surgery Hours:**  
Mon: 08:00 - 18:30 Tues 07:00 - 18:30  
Wed 08:00 - 20:00 Thur 08:00 - 20:00  
Fri 08:00 - 18:30 Sat and Sun: Closed

**Steyning & District Good Neighbours Association:**  
T: 01903 816181

**Steyning Parish Council:**  
[www.steyningpc.gov.uk](http://www.steyningpc.gov.uk)  
T: 01903 812042  
E: [clerk@steyningpc.gov.uk](mailto:clerk@steyningpc.gov.uk)

**The Steyning Centre:**  
[www.steyningcentre@btconnect.com](mailto:www.steyningcentre@btconnect.com)  
T: 01903 812042  
Opening Hours: 09:00 to 16:00  
The Steyning Centre, Fletcher's Croft, Steyning



## The White Bridge Link

An exciting new project to link up Steyning, Bramber & Beeding

Would you like your children to cycle safely to school? Is your bike getting rusty in the shed? Does the idea of getting a bit more active outdoors appeal? And would you appreciate being able to access local businesses and amenities more easily without getting in the car?

Steyning, Bramber and Upper Beeding are right next door to each other. But we lack a safe cycling option between the three parishes.

This is a particular issue for children travelling to the various school sites. The current options involve busy roads, roundabouts and dangerous crossings. And the existing footpath across the water meadows is a muddy quagmire for several months of the year.

A working party formed in April 2022, under the auspices of the Steyning & District Community Partnership, has been busy looking at options for improving walking and cycling connections between the three communities.

### So what's the plan?

We're calling it the 'The White Bridge Link' – named after the metal bridge over the Adur, once painted white, which is the central to the plan.

The proposal is to upgrade the paths between Kings Barn Lane in Steyning and Saltings Way in Upper Beeding with:

- A consistent, durable, rolled stone surface for easier walking and cycling in all weathers and in all seasons, sympathetic with the rural location.
- Upgraded gates to enable people on bicycles, all terrain mobility scooters and people with pushchairs to

use the path.

- Signage to encourage correct and respectful use.

Achieving full bridleway status would not be practical so the current paths will still be designated as footpaths, but with permissive cycle use.

The intention is to also upgrade the two footpath spurs that lead to St Peter's Church and to Beeding Bridge, to smoother, all-weather surfaces similar to the 'Walks For All' paths south of the bridge. So it will be a win-win for a whole range of local users.

The landowners and government agencies involved have been approached, and all have been supportive. So it's a case of 'so far so good'. The next step is to gauge public support.

Two public 'Drop in' events are being held in April to share the plans with local residents and get your feedback:

**10.00 - 12.00 on Sat 8th April at Beeding & Bramber Village Hall**

**10.00 - 12.00 on Sat 29th April at the Steyning Centre**



Do come along to find out more, and hear about the crowd funding campaign being launched to cover part of the costs of the scheme.

We are hoping this is a good news project that will benefit the whole community, and which all three parishes will get behind!

See more details at:  
<http://visitsteyning.co.uk/whitebridgelink/>

## Get ready for HM The King's Coronation celebrations

Plans are well underway to help Horsham District residents celebrate HM The King's Coronation on Saturday 6<sup>th</sup> May 2023 and over the Bank Holiday weekend.

There are many ways you can get involved in the celebrations, with communities invited to share food and fun together at a Coronation Big Lunch or street party to help mark this important day in our nation's history.

License application fees for street parties have been waived for events over the Bank Holiday weekend, and grants of up to £200 have been offered by Horsham District Council to participating parish and neighbourhood councils to help support their local celebrations.

**Contact your parish council to find out what may be planned in your local area.**

Horsham will certainly be playing its part in the celebrations over the special bank holiday weekend from Saturday 6<sup>th</sup> to Monday 8<sup>th</sup> May. Look out for a mini funfair in Horsham

Park from 5<sup>th</sup> - 8<sup>th</sup> May, big band sounds in the Park, and a Street Party with a difference on Sunday including live music, street food and some right royal entertainment for all to enjoy!

Those with young children may also like to drop into Horsham Museum and Art Gallery to enjoy making Coronation-themed crafts over the extended bank holiday weekend.

And don't forget that residents are invited to get involved in volunteering on Monday 8<sup>th</sup> May as part of The Big Help Out. Volunteering in Horsham District takes place anywhere, anytime. The Big Help Out is an extra opportunity this year for everyone to join in!

Find out more at:  
[www.horsham.gov.uk/coronation](http://www.horsham.gov.uk/coronation)

## Survey results show local people are taking action on the climate

The results of the 2023 Climate Action Tracker Survey are in, and they make encouraging reading. They show that change is afoot and that a sizeable number of people are taking action to address both the climate and biodiversity crisis, and the energy price crunch.

It's the second time Greening Steyning has run the survey. It asks which of 16 different steps people took last year and what they are planning for the year ahead. A big thanks to

the 108 households who filled it in.

The headline results are shown in the graph. They are listed in order of how many had





taken that step, either previously (in blue), or in the past year (in green).

It is striking to see how many are taking action. On average people said they had taken more than five of these steps last year, having already taken three previously.

Given the recent hike in energy prices, it is not unexpected that 'taking simple energy saving steps at home', like turning down the thermostat, and fitting LED bulbs, came top of the list, with 96% saying they had done this.

Other low cost steps like 'encouraging wildlife in your garden', and 'doing more top repair, reuse and recycle', were also high up the ranking. But further down the list it is significant to see that as many as 33% have now got solar panels, and 21% have switched to electric vehicles or plug-in hybrids.

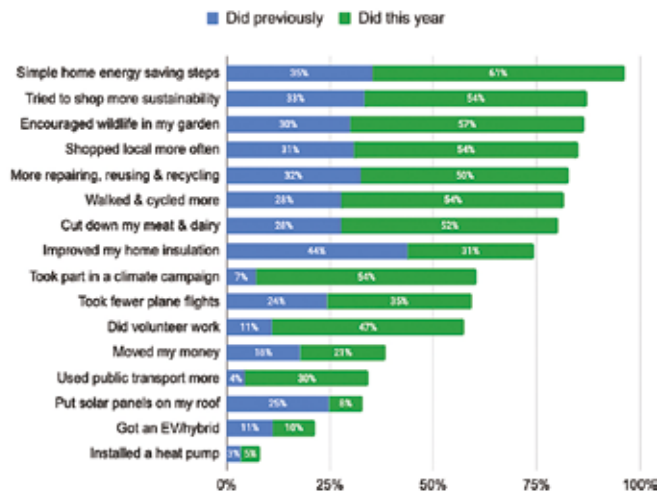
Looking at the year ahead, the results shows that progress does not stop here. On average people said they are planning on taking five more of these steps in 2023, with a further two deemed as 'maybes'.

Given the number of wildlife lovers in our area, it was no surprise that 'encouraging wildlife in my garden' came top of the 'to do' list for the second year running.

But, interestingly, 'taking part in a climate campaign' came second, a sign that people are sensing the need to become more vocal in advocating for climate action.

As this was a self-selecting group, the survey results cannot be taken as representative of the community as a whole. But they

### Steps taken in 2022, and previously



are a clear demonstration that change is starting to happen - and it's local people who are leading from the front. If you are inspired to do more yourself, there's plenty of ideas on how to get started on the Greening Steyning website.

If you'd like to dig into the details, you can find an easy-to-read summary with more charts and figures at: [www.greeningsteyning.org/tracker2023](http://www.greeningsteyning.org/tracker2023)



The UK is one of the most nature-depleted countries in the world, with over one-in-seven native species facing extinction and more than 40% in decline.

Our gardens have the potential to offer a lifeline to birds and pollinators struggling because of habitat loss.

It has never been more important that we all do our little bit towards making our gardens more wildlife friendly.

Keen to make a difference? We have put together an email newsletter aiming to help you stay up to date with the latest ideas and advice in wildlife gardening.



## Steyning Bowls Club celebrate 90 years with an OPEN DAY and BBQ.

Steyning Bowls Club was founded in 1933 and to mark this anniversary we are holding an Open Day on the 8th May from 12.00 to 16:00. This is your chance to try this fun outdoor game and it is free.

If you are peckish there will be a barbecue so you can purchase a delicious Bowl's Burger. Bowls is a wonderful way to bring people together, make new friends and enjoy a new activity. It provides a level playing field across ages and genders and can be as competitive as you wish but is always friendly.

try for free. Steyning Bowls club also offers free Taster sessions, during May, and all you need is flat shoes or trainers as we provide all the equipment.

Phone Mary on 01273 887953 to find out more or see our website [www.steyningbowls.com](http://www.steyningbowls.com) You will receive a warm welcome.

Bowls is a sport that draws you in, so give it a



## Front Cover: Lapwings - Neil Bulpitt



Essentially a wildlife artist and ornithologist with a background of illustration. Neil enjoys the freedom of painting, designing and illustrating subjects at both ends of the creative spectrum.

Neil's landscapes in oil, portray the ever changing light around our coastline. Most landscapes are inspired from Sussex, Devon and Cornwall.

This service is offered in the comfort and safety of your own home and materials can be supplied if required. (contact [neil.bulpitt@googlemail.com](mailto:neil.bulpitt@googlemail.com))

Neil has been involved in studying wildlife all his life and each year Neil produces a unique Wildlife calendar. With the help of watercolour illustrations, each month explains what to look out for in and around the British countryside. Calendars can be signed on request, and are on sale in Steyning at Christmas.

Neil is also a professional teacher, and offers a unique 'visiting' one to one private lesson service aimed at all ages, in any discipline, technique or level.





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### Shiatsu Physical Therapist

Hello my name is Tanya Price. I have lived and worked in Steyning for 20 years qualifying from the London College of Shiatsu in 1993. Being a physical therapist is my passion as the positive difference it makes is very rewarding.

Treatment is fully clothed wearing soft flexible clothing and involves stretching, manipulation and pressure points. This is done on the floor on my futon.

Shiatsu can effectively help sciatica, hip and back problems, joint and disc stiffness, general aches and pains, lowering blood pressure, improving lymphatic drainage and giving a sense of well being.

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I am at Body Matters Steyning daily and offer Friday evening appointments.

**07717152673 | [tanyaprice-shiatsu.co.uk](http://tanyaprice-shiatsu.co.uk) | Fully insured | £50 for an hours treatment.**



## February: Steyning for Trees

The Steyning Bookshop has a really interesting event coming up on 11th April at 7.30 in the Methodist Church Hall. It is an evening with writer and natural navigator Tristan Gooley talking about his new book *'How to Read a Tree'* which promises to be full of fascinating arboreal facts! Link to the event <https://www.steyningbookshop.co.uk/event/how-to-read-a-tree-with-tristan-gooley>. (GERARD can you add their PNG image).

Tristan lives out in the woods near Earham, and is a writer and natural navigator. He is the author of the award-winning *The Natural Navigator*, *The Walker's Guide to Outdoor Clues and Signs*, *How to Read Water and Wild Signs* and *Star Paths*. He has written for the *Sunday Times*, the *New York Times*, the *BBC*, *Financial Times* and many other periodicals. Tristan has led expeditions in five continents, climbed mountains in Europe, Africa and Asia, sailed small boats across oceans and piloted small aircraft to Africa and the Arctic. He has walked with and studied the methods of the Tuareg, Bedouin and Dayak in some of the remotest regions on earth. Tickets on sale at the bookshop.

SFT is pleased to have given trees to *'In Her Hands'* for their wooded garden. *'In Her Hands'* is a not-for-profit project that empowers women by teaching building, woodworking and DIY skills. They host pay-what-you-can workshop days just outside Steyning and host regular community volunteering events, as well as offering more regular volunteering opportunities. They use 100% reclaimed timber and teach others to upcycle wood that would otherwise go to waste. They are regenerating the small garden space at the back of their building into a miniature forest garden, with lots of native trees and shrubs, as well as organically grown veggies for their workshop lunches. For more information visit: [www.inherhands.org](http://www.inherhands.org).

So many of you will, I know, be looking forward to the blossom soon to be seen on the trees on the verges. We have now planted over 80 trees at your request throughout Steyning. At over £200 a tree this represents quite an investment both by members of the community and the fund-raising efforts of SFT, with many local charities supporting us including the Wilson Memorial Trust, the SDNPA, Sussex Giving and the Parish Council. SFT wants to pay tribute to the excellent scheme run by WSCC which plants trees throughout its area, its friendly, dedicated and knowledgeable tree specialists and its excellent contractors Broadleaf.



The scheme provides maintenance so there is no ongoing problem for future generations.

We would like to thank all of them for their generosity in donating and providing a memorial tree for their colleague Jim Mellor. I am sure The Tree Warden will soon be announcing the date of the planting so we can all pay our respects to this admirable man. SFT will be providing a decorative tree guard for it.

Please contact Steyning For Trees if you too would like a tree on your verge. SFT can pay the full amount but a donation of whatever size is always appreciated.

The Government has announced that hundreds of thousands of trees will be planted in communities across England after two funding schemes reopened for applications. The Government has committed to treble tree planting rates (30,000 hectares of trees per year) by the end of this Parliament particularly in urban areas near educational facilities and health centres which will improve the air quality. Lets hope this figure will be realised. SFT is hoping to encourage authorities to use these schemes.

The Government has also committed through its Environmental Improvements Plans to plant 35,000 miles of hedgerow a year by 2037.

As we said in our January Newsletter urban trees are almost one quarter of Britain's total tree population and represent £3.8 billion to the UK economy. SFT are delighted that Steyning Downland Scheme have been working with the Grammar School pupils to plant the hedgerow around the Waves to Weald area as suggested by Dave Buckett our co-chair, supported by John Woodward. SFT are pleased that we have been able to donate 800 hedging plants from the National Park to enable this. It's great to be supporting SDS.

Not long now before the long May holiday weekend arrives, celebrating the King's Coronation.

After being huddled round the telly watching the big event on Saturday, Steyning High Street will be the place to visit on Sunday 7th May, when the Steyning Vintage Revival will take place.

Nothing quite like it has ever been staged there before! It will start at 11:00 and go through until 16:00 and some of the items on display will be: vintage vans, cars, motor bikes, buses, traction engines and, of course, a steam organ - a must for such occasions! To add to the excitement you will also find a miniature railway, vintage rides, food, drink & antique stalls plus street entertainment the list goes on and on.

A whole lot of fun and one not to be missed – a real family outing. Put the date in your diary right now. To find out more visit [www.visitsteyning.co.uk](http://www.visitsteyning.co.uk)

## About the National Garden Scheme

The National Garden Scheme was founded in 1927 by The Queen's Nursing Institute to raise money for district nurses.

Ever since then it has given annual donations to nursing and health charities totalling over £67 million.

It gives visitors unique, affordable access to over 3,500 exceptional private gardens in England, Wales, Northern Ireland and the Channel Islands and raises impressive amounts through admission charges and the sale of tea and cake.

Thanks to the generosity of garden owners, volunteers and visitors we are now the most significant charitable funder of nursing in the UK.

As well as the Queen's Nursing Institute, our beneficiaries include Macmillan Cancer Support, Marie Curie, Hospice UK and

Parkinson's UK. The National Garden Scheme doesn't just open beautiful gardens for charity – we are passionate about the physical and mental health benefits of gardens too.

We fund projects which promote gardens and gardening as therapy, and in 2016 commissioned The Kings Fund Report Gardens and Health Our Gardens and Coronavirus 2020:

The importance of gardens and outdoor spaces during lockdown report was published in September 2020.







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**Open Day**

**SATURDAY APRIL 22<sup>ND</sup> 2023**  
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**For full details of programme and timings go to our website:**

**[www.clubspark.lta.org.uk/StorringtonLawnTennisClub](http://www.clubspark.lta.org.uk/StorringtonLawnTennisClub)**

**GREYFRIARS LANE – CHURCH STREET – STORRINGTON – RH20 4HE**

## Serving the Community

Storrington Tennis Club is happy to announce their Open Day on Saturday 22<sup>nd</sup> April.

A fun interactive day open to everyone, giving prospective members the chance to understand what the club has to offer, meet Head Coach Nigel Matthews and members of the voluntary committee who have helped steer the club to record membership in the last two years.

The fun packed open day will give people the opportunity to try the facilities, access junior coaching and test some tennis rackets and tennis equipment. Alongside this lunch, tea, coffee and cakes will be available.

The Club rests at the foot of the South Downs in the village of Storrington and serves the community as a volunteer run charity to engage people of all ages with tennis, and the fitness and mental health benefits this brings. With 8 courts, 5 clay and 3 artificial grass Astro, the Club provides the perfect environment to enjoy one of the UK's most exciting sports.

With over 500 members ranging in age from 3 to 98 it really does engage people from across the community. Storrington Tennis Club have active and successful teams with 5 men's, 5 ladies' teams and 12 junior teams, all competing at local, county and even national level. The competitive tennis is complimented by an active social tennis programme for members of all levels to enjoy playing with members of the same standard.

The junior tennis programme is a real strength of the club and provides many ways for juniors to be introduced to playing or to hone their skills and build on their tennis experience. Matthews Coaching recently took 26 children and 5 coaches to train and develop at JC Ferrero tennis academy in

Alicante Spain. This is the home of the world's youngest ever ATP world number one player Carlos Alcaraz. The juniors met the founder of the Academy and an ex-world number one Juan Carlos Ferrero and were photographed as a team on their recent trip.

General Manager Sarah Gardner commented *'Our club continues to go from strength to strength and plays an integral role in the community bringing together players of all ages. The fitness, mental health and social benefits of joining the club are huge and we want to get the message out and get people along to our Open Day. Please come and join us on Saturday 22nd April.'*

Storrington Tennis Club Membership is one of the best value sports memberships on offer significantly lower than gym, golf or other memberships with junior membership from as little as £1.76 per week and full adult membership at £5.96 per week.

Head Coach Nigel Matthews commented *'This is one of the best supported and most vibrant clubs in the country and delivers outstanding value for money. Along with my coaching team we look forward to welcoming new members and sharing the benefits that tennis can offer to the whole community.'*

For further information please email: [admin@storringtontennisclub.co.uk](mailto:admin@storringtontennisclub.co.uk)





## April: Diary Events

The following nonrecurring events are also in the What's On section on the Your Steyning, Bramber & Beeding website at: [www.yourmag.co.uk](http://www.yourmag.co.uk) NOTE: Post nonrecurring events before 10<sup>th</sup> of the month prior to the print month. [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

### Saturday 1st April

#### The Sussex Guild

10:00 – 17:00

The Henfield Hall, Coopers Way, Henfield BN5 9DB

### The Sussex Guild Contemporary Craft Show

The Sussex Guild is delighted to be exhibiting again in Henfield Hall. Sussex Guild members will be showing exquisite examples of ceramics, furniture, glass, jewellery, knitwear, silversmithing, textiles and woodwork. Their work will be on display throughout the main hall, foyer & garden suite. **NOTE:** Sunday 2<sup>nd</sup> April the work will again be on display throughout the main hall, foyer & garden suite. Our makers look forward to meeting you to discuss their design inspirations and craft techniques, and you'll have the opportunity to buy or commission individual pieces. A café serving delicious, homemade refreshments will be open throughout the weekend, and there is also seating in the garden. The Henfield Museum, with various collections of local interest is also in this building.

### Saturday 1st April

#### Steyning Tennis Club

14:00 – 17:00

Charlton Street

### Steyning Tennis Club Open Day

Discounts on Memberships and Rackets. Chat to members and the coach about what's on offer. The club has lots of social sessions and coaching for adults and children. We're a friendly club with members ranging in age from 5 to 85 and in ability from beginner to pretty good. Join on the day and get 10% off. We'll also have a bag of demo rackets for you to try (with a 30% discount if you buy).

### Saturday 1st April

#### Steyning Museum Trust

10:00 – 16:00

Steyning Museum, Church Street, Steyning

### Women of the Downs - Opens Wed 29 March

Women of The Downs celebrates women's contribution to Art, Medicine, Agriculture, Law, Literature and Sussex life in general. The exhibition looks at historical women, like Carol Myerscough, Steyning's first female firefighter, to beloved children's author Julia Donaldson. We explore the life of Eva Handley Read, the first female dental surgeon, and the artist Gluck, 'No suffix, no prefix just Gluck'. The exhibition pays close attention to stories of women, often not heard. Edith and Nora Shackleton-Heald, ground breaking journalists. The Watson Sisters, nurses instrumental in Sussex Women's Hospital. We look at the role of the farmers wife as well as the life of female farmers, like Jenny Flake and Maude Robinson. We look at unpaid work and unsung heroines

### Saturday 1st April

#### Local Makers Market

11:00 – 16:00

The Basement, 93 High Street, Steyning

### Spring Fever

Four local artists (ceramicists Jenny Wightwick and Lindy Wells, painter Eve Chalcraft and creative textile artist Jean Griffiths) are getting together to open up their 'pop up shop'. They will be showing and selling some of their recent work including colourful pottery, original paintings (mostly inspired by the the local landscape) and a variety of textile-based products from bookmarks to wall art. With such a wide range of pieces there will be something to interest everyone. After the long winter months, they hope to inject some optimistic colour and flair into the run up to Easter and the holiday season. The shop will be open every day from Saturday 1st April until Sunday 16th April between 11:00 & 16:00 including the Easter weekend and the holiday season.

### Sunday 2nd April

#### Greening Steyning

13:00 – 16:00



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## Give Your Stuff Away Day

Your junk could be someone else's treasure! Give Your Stuff Away Day is a great way of passing on those items that you no longer need, but which someone else would love. Just leave unwanted items in a neat pile outside your home from 1:00 - 16:00 so others can wander round and pick them up. Photographing your stash and putting it on social media with the hashtag #GYSAD will help people find you. A few tips – just make sure you don't block the pavement, and don't forget to take stuff back in at the end of the day. If you've not done it before, find out all the details here.

## Wednesday 5th April

Steyning Parish Council: Community Film Night  
19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

## MRS. HARRIS GOES TO PARIS

Get ready to laugh and cry with Universal's dazzling comedy-drama, MRS HARRIS GOES TO PARIS. In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior. Tickets are available at the Steyning Centre at £6.00 which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. The doors open at 19:00 for a 19:30 start.

## Friday 7th April

Steyning Museum Trust  
10:00 – 16:00

Steyning Museum, Church Street, Steyning

## Easter Weekend Family Quiz

Come along and have a go at our Easter Family Quiz. Admission free and a treat if you have a go.

## Friday 14th April

St Columba's Community Farm  
10:00 – 15:30

Chanctonbury Ring Road, Wiston

## St Columba's Community Farm Day

We are looking for volunteers to help in the market garden on our monthly community days. Please wear appropriate clothing, stout footwear and bring gloves. Please bring your own sandwiches and a flask of coffee/ water etc. for a community lunch. Parking is in the Chanctonbury Ring public car park. We will meet at 10.00 outside the garden shed in the vegetable garden. There will also be Thanksgiving Prayers at 4.00, for those wishing to attend. For further information please phone Su on 07860638167. **NOTE:** Also on Friday 28th April & Saturday 29th April.

## Saturday 8th April

Steyning Downland Scheme  
13:30 – 15:30

Steyning Rifle Range

## Easter Egg Rollaton

FAMILY EVENT – ENTRY JUST £3 per EGG!

The return of this perennial favourite – a fun afternoon for all the family, with prizes for the best decorated eggs and the eggs that roll the furthest! Meet next to the steep slopes on the Rifle Range from 14:00 – please follow signs from Mouse Lane, Steyning. Prizes for longest roll & best decorated hard-boiled egg. Age ranges: Under 5, 5-8, 8-11 and Over 11. Light refreshments & prizes! Egg Judging will take place at 14:30. Steep slopes – please wear stout footwear. To book please go to: <https://steyningdownland.org/events/>

## Friday 14th April

Vintage Years Club  
13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

**Carolyn Phillips - my experience as a young child in a Japanese Prisoner of War Camp**

Our meeting commences at 14:00 but doors are open from 13:45. There will be a Raffle and a Bring and Buy table. Our Annual Membership fee of £10 is due this month (an increase of £2) but the Entrance fee remains at £3. After our Business section, we will be pleased to welcome Carolyn for her interesting talk. Refreshments will be served from 15:15 and a chance for a social chat with your friends.

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Transport can usually be arranged from Upper Beeding or Steyning. For transport or other information please contact Bev Francis-Hills 01273 493894

### **Monday 17th April**

**The Arts Society, Steyning**

**10:00 – 12:00**

Steyning Centre, Fletchers Croft, Steyning

### **Pop Art and the Rise of Consumer Culture**

In this talk by Colin Pink, we will examine the emergence of Pop Art in Britain and the USA as a reaction to the dominance of Abstract Expressionism and the rise of consumer culture in the post-war period. We'll look at both the celebratory and critical aspects of Pop Art. Here was a new art inspired by the popular artefacts generated by a new consumer culture of cars, home appliances, comic books, the celebrity glamour of pop stars and film stars, science fiction, the junk we throw away, and the junk we eat: hamburgers and American pie. Artists covered include Eduardo Paolozzi, Richard Hamilton, Peter Blake, Allen Jones, David Hockney, Pauline Boty, Robert Rauschenberg, Jasper Johns, Andy Warhol, Ray Lichtenstein, Marisol, Claes Oldenburg, Robert Indiana, James Rosenquist, and Tom Wesselman. Free to members; visitors £10 donation. [steyning@theartsociety.org](mailto:steyning@theartsociety.org)  
[www.theartsocietysteyning.org.uk](http://www.theartsocietysteyning.org.uk)

### **Thursday 20th April**

**Steyning Downland Scheme**

**19:30 – 21:30**

SDS Gateway, behind Mouse Cottage. off Mouse Lane, BN44 3LQ

### **Bat Recorder Startup session**

Join professional ecologist and bat licence holder, Holly Harkness for an introduction to the dos and don'ts of bat monitoring! Full training and equipment provided. We're planning to start up a regular bat monitoring group after this training session - come along to find out more! To book: <https://steyningdownland.org/events/>

### **Friday 21st April**

**Steyning Downland Scheme**

**07:00 – 09:00**

SDS Gateway, behind Mouse Cottage on Mouse Lane, BN44 3LQ

### **Songs of the Dawn – April**

Join dedicated birder, Andrew Armitage and experience the tremendously varied birdlife of the Steyning Downland Scheme on this gentle stroll through the woods and meadows of Steyning Rifle Range. Over 100 species have now been seen on the SDS. We probably won't encounter all of those on this walk, but expect to record up to 25 species, including outstanding songsters such as the Chaffinch, Song Thrush and perhaps even Nightingale. Ticket price includes a full cooked, alfresco breakfast! Limited ticket numbers available. Children aged 16 and under go free! To book: <https://steyningdownland.org/events/>

### **Friday 21st April**

**The Steyning Society**

**19:00 – 21:00**

The Steyning Centre, Fletchers Croft, Steyning

### **Our Diamond Jubilee Celebration**

Doors are open from 19:00 when a glass of wine or sparkling elderflower is available (monetary donations gratefully received) and there will be a Raffle table. Our short Annual General Meeting will start at 19:30 and this will be followed by 'The Steyning Bowl Awards' presented by The Lord-Lieutenant of West Sussex, Lady Emma Barnard. Refreshments of cheese and nibbles will served and a chance to celebrate 60 years of the Society. Free to members and £3 guests Registered Charity No. 269859. [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

### **Saturday 22nd April**

**Silverdragon Wellbeing**

**10:00 – 16:00**

Steyning Centre, Fletchers Croft, Steyning

### **The Steyning Holistic Fair**

Welcome the Spring with the return of the Steyning Holistic Fair. Enjoy an uplifting day with lots of exciting stalls, a tranquil healing space and an inspiring talks program, including a special New Moon Gong Bath Meditation. Meet like-minded souls while enjoying homemade cake, raw chocolate, organic juice or a hot drink. Refreshments and hot plant-based food available throughout the day. Come along to this special event to connect, unwind, and discover even more.

# ADIEMUS

Karl Jenkins

Saturday 13 May, 2023

@ 7.30pm

Steyning Centre  
Fletchers Croft  
BN44 3XZ

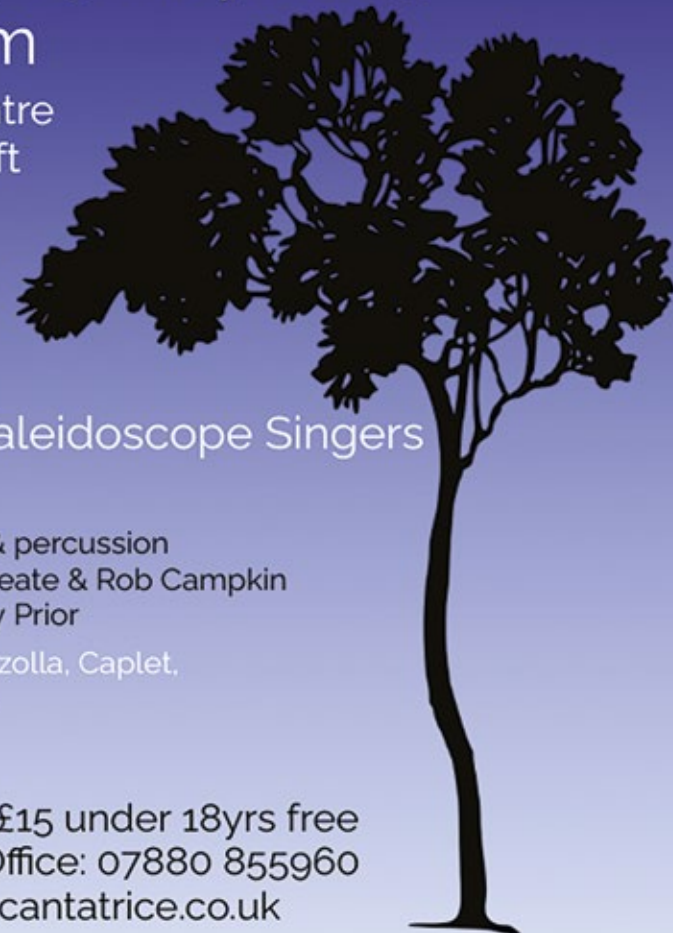
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**Saturday 29th April**  
**Steyning Downland Scheme**  
**07:00 – 09:00**

SDS Gateway, behind Mouse Cottage on Mouse Lane, BN44 3LQ

**Songs of the Dawn Plus**

For those who have enjoyed our Songs of the Dawn walks and are looking for something a bit more challenging, this is for you! Join dedicated birder, Andrew Armitage for a longer walk over the hills of the Steyning Downland Scheme, seeking out some of the harder to find birdlife that can be found there. Please note: Limited ticket numbers available. The ticket price is for the walk only, no breakfast included. Children go free! Involves a 4-5 mile (6-8km) walk over uneven terrain with some steep slopes. Please wear stout footwear and clothing appropriate for the weather. Sorry no dogs. To book: <https://steyningdownland.org/events/>

**Saturday 29th April**  
**The Methodist Church**  
**10:00 – 16:00**

Steyning Methodist Church, High Street, Steyning

**Craft and Hobbies Fair**

We are pleased to be holding another popular Craft and Hobbies Fair. The Fair is open from 10:00 - 16:00 on Saturday 29th April and Monday 1st May. There will be stalls exhibiting a variety of crafts and hobbies, and opportunities to buy items. Ploughman's Lunches will be available from 12:00 - 14:00, and cream teas in the afternoon. Everyone is welcome and entry is free. On Sunday 30th April we will be holding a Songs of Praise at 15:00, followed by a cream tea.

**Sunday 30th April**  
**Dr Janet Pennington**  
**10:00 - 13:08**

Meet at the Steyning Centre Car Park (NOT the Library car park). It is opposite the church of St Andrew & St Cuthman, which is in Church Street, Steyning BN44 3XZ

**The Steyning Scandal Walk**

Discover who did what, where and with whom! Steyning's attractive timber-framed buildings and flint cottages hide many secrets from the past - come and discover some of them if you dare. We will be exploring the back streets and twittens of Steyning with many scandalous stories, all researched through local documentary sources. Dogs on leads welcome. No need to book, just turn up in good time. Fee payable on the day - £5.

If you are easily shocked, this is not the walk for you. The walk is **NOT** suitable for children. [www.sussexhistorytalks.co.uk/](http://www.sussexhistorytalks.co.uk/) - Mob. 07703 133952 email: [jpsussex@icloud.com](mailto:jpsussex@icloud.com) - **NOTE: The Walk will be repeated on 18th June 2023.**

**Wednesday 3rd May**  
**Steyning Parish Council**  
**19:30 – 22:00**

Steyning Centre, Fletchers Croft, Steyning

**THE BANSHEES OF INISHERIN**

Set on a remote island off the west coast of Ireland, THE BANSHEES OF INISHERIN follows lifelong friends Pádraic (Colin Farrell) and Colm (Brendan Gleeson), who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. A stunned Pádraic, aided by his sister Siobhán (Kerry Condon) and troubled young islander Dominic (Barry Keoghan), endeavours to repair the relationship, refusing to take no for an answer. But Pádraic's repeated efforts only strengthen his former friend's resolve and when Colm delivers a desperate ultimatum, events swiftly escalate, with shocking consequences. Tickets are available from the Steyning Centre at £6.00 which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open at 19:00 for a 19:30 start

**Friday 5th May**  
**Vintage Years Club**  
**13:45 – 16:00**

The Steyning Centre, Fletchers Croft, Steyning

**An early 'Celebration of the Coronation of King Charles 3rd'**

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section we

will have the choice of decorating 'Crowns' with our own artistic style before enjoying a Cream Tea. Entrance fee is £3 and Annual Membership is £10 (each April). Transport can usually be arranged from Upper Beeding or Steyning. For transport or other information please contact Bev Francis-Hills 01273 493894

**Monday 8th May**  
**Steyning Bowls Club**  
**12:00 – 16:00**

Memorial Playing Field, Mill Road, Steyning

**Open Day and Barbecue**

A chance to try bowls for FREE. We supply all the equipment and there will be a barbecue. Come along and see what this fun game is all about. We also offer Free Taster sessions every Thursday night during May starting at 18:00. See our W: [www.steyningbowlsclub.com](http://www.steyningbowlsclub.com) for details.

**For full details of the April National Garden Scheme below visit our website: <https://www.yourmag.co.uk/whats-on>**

**The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens.**

**Visit <https://ngs.org.uk> for more information about the work of the National Garden Scheme, to search for gardens opening in your area or to find out how to open your own garden.**

**Monday 10th April - 10:30 – 16:30**

The Old Vicarage, The Street, Washington, Pulborough, West Sussex RH20 4AS

**Sunday 16th April - 14:00 – 17:00**

Newtimber Place, Newtimber, West Sussex, BN6 9BU

**Tuesday 18th April - 14:00 - 17:00**

Bignor Park Pulborough, Sussex, RH20 1HG

**Wednesday 19th April - 14:00 – 17:00** Fittleworth House, Bedham Lane, Fittleworth, Pulborough, Sussex, RH20 1JH

**Saturday 22nd April - 11:00 – 17:00** Warnham Park, Robin Hood Lane, Warnham, Horsham RH12 3RP

**Sunday 23rd April - 14:00 - 17:00**

Manor of Dean, Tillington, Petworth, GU289AP

**Wednesday 26th April - 14:00 – 17:00** Kate Harrison, Bedham Lane, Fittleworth, Pulborough, Sussex, RH20 1JH

**Sunday 30th April - 11:00 - 16:00**

The Denmans Garden, Denmans Lane, West Sussex BN18 0SU



## I have a poor credit rating. What can I do?

My response would be, don't panic! Individual credit reports are split into two areas, credit history and credit score. Credit history is a record what credit you have and how that credit has been managed. Are the payments on time or late, does this occur regularly etc.

It's not unusual for people to miss a credit payment now and then or pay something later than the due date. This will show up on a credit report (which is visible to all credit companies) for 6 years and forms part of your credit history.

Because it is not unusual to have these blips, the lenders will take a view on it. Depending on when it happened and how much was involved, it could be ignored completely!

The most common issues here are when an individual moves mobile service provider. If there is a final balance to settle after the switch or people move and their post doesn't reach them, mobile providers are very quick in issuing default notices and this can have an impact on one's credit history.

Because they act so swiftly and rarely enter into discussions with clients, lenders tend to ignore these issues providing they are low outstanding balances typically between £250-£500.

A lender's view is that credit history is black or white, the details are either correct or incorrect. If it is believed that an individual feels the information contained on their report is wrong then it can be appealed and a record of this left on the credit report.

This is known as a notice of correction. The important thing however, is to endeavour to keep all forms of credit on time and up to date.

The other and probably trickier area, is credit score. An individual's overall personal profile is looked at and each element of that profile attracts a score. So, for example time in a job or how long someone has lived in their home are key parts of credit scoring.

One of the most important bits of information that mortgage lenders look at is if someone is registered to vote and therefore show their

details on the voters role or electoral register. If not, this can significantly reduce a credit score.

With credit scoring, lenders are looking for a potential borrower to achieve at least a minimum score (and this is different from lender to lender) to enable them to consider lending. This is looked at in the very early stages of the mortgage process and is referred to as an agreement or decision in principle.

At this point, someone will pass or fail credit score!

Failing credit score doesn't necessarily relate to a person's credit history either! We've found people with no active credit, not appearing on the voters role or recent or multiple address changes can all cause issues with credit score.

However, as I mentioned at the start, don't panic.

If a client has a low credit score but has not had any issues with their credit history, then some lenders do not credit score so we can always approach them as an option.

Quite often estate agents will ask a potential buyer if they have arranged a mortgage or have an agreement in principle. This is because they know that the prospective buyer has been assessed and is in a good position to borrow against the property they are looking at.

Here at Compass we have an in depth understanding of credit profiles and more importantly how to improve them!

If you've found it difficult to obtain a mortgage and are frustrated at appearing to have a low credit score then call Compass Mortgages on 01903 815444 and one of our experienced, professional and friendly advisers will be on hand to help.



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## Steypning Community Orchard: Latest trees planted in our orchards.

February saw us planting 7 more fruit trees in our orchards in Steypning



Firstly, we added 3 more trees to our newest Orchard at Abbey Road, adding to the first 3 we planted last year.

**Preece's Pippin:** Sheila's grandson planted an apple pip in her garden that developed into a mature tree. Sheila asked us to take grafts from this tree after his death, which we were very happy to do. We were pleased to be able to plant one of these small trees here. The tree is now known as Preece's Pippin.

**Ashdown Seedling:** This Sussex apple is from Horsted Keynes, near Ashdown Forest. It was introduced in the 1930's and is an early ripening apple flushed red with a tangy, sharp flavour. Donated by Chris and Pat Tod.

**Crimson Bramley:** This tree was grown from a graft taken from one of the large Bramley trees on our main orchard on the Memorial Playing Field. Donated by Lesley Raw in memory of her husband Tony Raw.

Then later in February, we planted 4 more fruit trees in the Community Orchard on the Memorial Playing Field in Steypning. Three of them were Sussex apples, making a total of 25 Sussex apple varieties in our collection.

**Green Custard:** An old Sussex cooking apple, possibly from 1629. 'Custard' is believed to be a corruption of 'Costard' which is the old name for large blocky type apples, – hence Costermonger (a seller of apples). Donated by Annie Noble in memory of her mum Joyce Noble.



**Crawley Beauty:** Found in a cottage garden in Tilgate near Crawley around 1870. A late apple with crisp juicy flesh. Late flowering so avoiding frosts. Can store until February. Donated by Liz Tester in memory of her parents Jim and Jacqui Morris.

**Ashdown Seedling:** The same variety as planted at Abbey Rd (see above for description). This tree was donated by Pam Lorraine in memory of her aunts Elsie and Doris Waters OBEs, who were long standing residents of Steypning. They were better known to the nation as the Radio, Film and Music Hall stars, 'Gert and Daisy', performing from the 1930's into the 1960's.

**Plum. Herman:** This plum is an early fruiting modern dual-purpose plum (cooking and dessert) with an excellent flavour. Developed in Sweden in 1972. We have five other plums and gages in the orchard, so this one will complement those and will help with overall pollination. Donated by Alan Baker in memory of Angela Baker.

We are now proud to have 25 Sussex variety apples in this Orchard, including rare varieties such as Bossum, Cappers Pearmain, First and Last, Dr Hogg and Blackjack.

Some of these are so rare that they are not in the National Fruit collection, and almost unknown outside of Sussex. The best way of preserving these old varieties is by planting them in Orchards such as ours. RB Apr 2023



## STEYPNING PARISH COUNCIL NEWSLETTER

At the heart of your town

{By keeping costs down}

Through careful management of its precept income during the pandemic years, the Steypning Parish Council (SPC) has been able to respond to the current cost of living crisis and keep its 2023 Precept increase to just 2% and Band D increase to £3.48, notably less than the national average of 4.3%

*"We are pleased to be able to respond to residents' legitimate concerns regarding the current high inflation rates and ever-increasing energy costs" says a spokesperson for the Council's Finance & General Purposes Committee.*

*"This has now been approved by the Full Council, and the good news is, having been financially astute over recent years, the cutback will not affect exciting future projects planned to benefit the whole community."*

Furthermore, last year SPC gave £8,250 in funding to local groups and charities to help them thrive and continue to expand their valuable work within the community.



Vintage Years, Steypning's monthly social and activity club for retired people (pic above), receives an annual grant to help it to continue its vital support to local older people residents.

*"As a totally independent club, dependent on subscriptions, the money donated by the Parish Council really helps us to not only survive but offer top quality activities and entertainment and an increasing number of days out," says the Clubs' Manager Mary Goodchild.*



## Saving you time



### The Steyning Centre

is probably the most well-known and valuable Steyning Parish Council asset, offering residents everything they need in a single venue - a one-stopshop for health and wellbeing, entertainment, social and business functions, saving you time shopping around for a suitable and affordable venue. It's here right on your doorstep!

Since the pandemic, Centre bookings have bounced back and it now offers a tempting range of activities to keep you fit - pilates, yoga, tai chi, strictly dancing, table tennis, tea dances and entertainment including - film, comedy (pic right, Angela Barnes ) and jazz nights - and informed - cultural talks and Citizens' Advice. And so much more



Furthermore, with its recently installed state-of-the-art audio-visual system, the Centre is ideal for all social and business functions, including the ability to host a myriad of events and shows.

Health Fairs, Choral events, plus Family functions including Birthday celebrations, Christenings, Wakes and Weddings.

" We are so lucky to have a venue where there are events for everyone, from children's shows, exercise classes, film nights, a jazz club and many more",  
says resident and regular film (pic above) and jazz night attendee, Gill Muncey.  
"Staff are always friendly and helpful, and the clean and modern halls are such an asset for our community".

## Saving your town

**Steyning Parish Council** regularly donates a generous grant to Steyning in Bloom, helping to keep the High Street beautifully attractive, giving much pleasure to both residents and visitors alike.

*"Steyning in Bloom is a small band of dedicated volunteers, who for 20 years, has funded and maintained floral displays in Steyning High Street",*  
**explains Coordinator**  
**Elisabeth Harden**

*"There is a Spring display of plants and bulbs, and a summer planting which lasts through until Autumn. The Parish Council gives Steyning in Bloom considerable help financially, and also helps find new locations for planters. Look out this year for some new baskets for the bus shelter!"*

## Pick up a perc!

Early for your group or fancy a pick-me up after a class? Then delicious coffee or hot chocolate is available from the Steyning Centre foyer hot drinks machine. Each drink costs £1.00.



**District & Parish**  
**ELECTIONS 4th May 2023**  
The law has changed and photo ID is now required at the polling stations. **DON'T FORGET YOURS!!**  
**PLEASE REMEMBER TO COME OUT AND VOTE**



## Saving your environment

Steyning Parish Council works closely with Steyning Greening, the local group aiming to create a sustainable, low-carbon future for Steyning, its neighbouring villages Bramber and Upper Beeding, and surrounding areas.

Steyning Greening's focus is on helping local people to take action about climate change in effective and practical ways. SPC works closely with Steyning Greening through its Climate Action Working Party, helping to promote and exercise green initiatives in the town.



*"Greening Steyning has been working closely with the Parish Council to promote green agendas since SPC took the important step in 2019 of declaring a climate emergency. It followed this up in the SPC Neighbourhood Plan which states that, 'Steyning will take active steps to become a "climate smart" community"', explains Steyning Greening Co-Chair, Geoff Barnard.*

*"Turning these good intentions into action is now the challenge and SPC is making a good start by convening a Working Group to develop plans for a 20MPH zone covering the whole town. Greening Steyning is also now working with the Council to agree a set of Green Building Guidelines for the Planning Committee to use when reviewing planning applications."*

## Dates for your diary

Join us and have your say (all meetings take place at The Steyning Centre):

### Community Committee Meeting

including the memorial playing field, allotments, playgrounds, tree and hedge maintenance.

4th April 7.30pm

### Finance and General Purposes Meeting

including looking after contracts such as grass cutting, street cleaning, youth service and wardens, plus keeping an eye on the council's overall finance and governance.

26th April 7.30pm

### Full Council Meeting

all areas of SPC responsibility and ratification of Committee decisions.

17th April 7.30pm

### Planning and Premises Committee -

including The Steyning Centre, High Street toilets, Bus Shelter and MPF pavilion, and planning consultee.

24th April 7.30pm



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### Residents News

We have a special pedestrian entrance just for Steyning Residents this year! If you live in Steyning and wish to walk to the event please walk up Mouse Lane and your ticket will be checked at the Blue Gate prior to the main event site. You will be given a wristband here to access the rest of the event.

Please be careful when walking on Mouse Lane as this will be open for residents and Wiston house staff during the event.

If you have a question or any concerns during the event weekend please call our Community Phone line 01903 495816. This will be staffed 10:00-22:00 26th - 28th May. At other times please leave a message on the answering machine.



[visitsteyning.co.uk](https://visitsteyning.co.uk)

Get 50% off tickets at [bigchurch.group/2023/steyning-residents](https://bigchurch.group/2023/steyning-residents)  
Find out more at [bigchurchfestival.com](https://bigchurchfestival.com)

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19th MAY  
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SUNDAY  
21st MAY**

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*Walk & Sketch*

*A GHOST WALK*

**NAVIGATE & NATTER**

**Chanctonbury to  
Frankland Arms**

**PUBS & BREWERIES**

**Court Plantation Walk**

For details of these guided walks and more walks to be announced go to:

[www.VisitSteyning.co.uk](https://www.VisitSteyning.co.uk)

or email

[steyninganddistrict@gmail.com](mailto:steyninganddistrict@gmail.com)

Updates will be available on

[www.facebook.com/visitsteyning](https://www.facebook.com/visitsteyning)

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## Grey Squirrel



I'm crouching behind my sofa, hiding from a squirrel. While I'm here, peering angrily out of the patio window, it has given me time to reflect on the emotional journey that led me to this place.

There was a time I was nuts about squirrels. As soon as I could walk, I was out shrieking through the autumn leaves, trying to grab a squirrel's bushy tail as it nimbly skeddaddled up the nearest Sycamore. Looking back now, I'm not sure what I planned to do with a squirrel, had I ever caught one. It's actually illegal to release a Grey Squirrel once caught because, despite their cute appearance, they can be extremely destructive.

The main problem is that they shouldn't really be in Britain. The Grey Squirrel is a North American species and we can blame Herbrand Russell, 11th Duke of Bedford, for inviting them. Herbrand's hare-brained plan was to import Grey Squirrels to embellish his estate at the start of the last century. Distributing squirrels as gifts, he and his landowner chums assisted their spread across England.

Our wildlife and landscape just weren't designed to accommodate this brash new American and the native Red Squirrel, already in decline, was hit particularly hard. Attempts have been made over the years to control

Britain's Grey Squirrel population and protect the remaining Reds, and the battle continues, but across most of England it seems the Greys are here to stay.

In the last few weeks the battle has arrived in my back garden. I recently purchased a bird feeding station, an elaborate chandelier draped in peanut feeders, fat balls and coconut shells. Yet the Nuthatches, tits and finches are being usurped by a Grey Squirrel. I'm paying pounds and getting peanuts and it's the squirrel who is packing his cheeks.

It feels like I have laid on a buffet for my friends, only to find some American bloke (who I don't particularly like) has turned up to scoff the whole lot. For weeks, we have been locked in an ongoing arms race. I don't want to hurt him – I just want him off my new bird feeder.

I've deployed Vaseline, peppers and counterbalances but each time I've been outwitted. He is agile, acrobatic and very clever. Today I cracked. I purchased a squirrel proof baffle: a large Perspex dome,



100% guaranteed to make my peanut feeder impregnable. I installed it as the squirrel watched curiously and, with a confident laugh, I returned to my front room...to find the squirrel was already back on the peanut feeder.

I have no idea how he's doing it and he's too smart to climb there if he's being watched. So here I am, behind the sofa, trying to find out his secret. Whether trying to beat them nationally or just in our own back gardens, it really isn't reassuring to know we're being outsmarted by a rodent.

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](http://sussexwildlifetrust.org.uk/join)

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Learning & Engagement Officer,  
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or T: 01273 497532  
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There are many ways to write your Will these days, some choose to use solicitors, others opt for using a professionally qualified Will Writer and some will pop online and use a generic service provider. I suppose the biggest difference between all the options is the service and what you understand at the end of the process.

The question about Executors is probably one of the most frequently asked in my client meetings. It's one of those subjects shrouded in mystery and can be quite daunting for someone who doesn't have an understanding of the legal system in England. So, I thought it would be helpful to just outline a few of the key points.

To put it simply, an executor is a person named in the Will, who is legally responsible to carry out the provisions of the will in accordance with the wishes of the deceased.

#### **What happens when you are an Executor of a Will?**

As an Executor, you're legally responsible for all the money, property and possessions of the deceased otherwise known as the 'estate's assets'. This remains your responsibility until the date the estate has been settled which may include obtaining a grant of probate.

#### **How many Executors can I have?**

It's quite normal for a couple drafting mirror Wills to serve as the Executor to one another, however on second death, it's common to appoint more than one executor. For example, many parents tend to choose their adult children.

#### **Can anyone override an Executor of a Will?**

In simple terms, No! The named executor is responsible for carrying out the wishes outlined in your Will. Wills can be contested under certain grounds but that is a very different subject and probably something for another day.

We are always on hand to answer any specific questions regarding Wills and Estate Planning, so feel free to get in touch.

Emma Cohen FIPW

In 2020, Emma became the youngest ever fellow of the Institute of Professional Willwriters, showing her dedication to the profession.



01903 821010  
wills@nsure.co.uk  
www.nsureestateplanningservices.co.uk

## WHAT ARE YOUR OPTIONS WHEN MAKING YOUR **WILL**



01903 821010  
wills@nsure.co.uk

www.nsureestateplanningservices.co.uk

## A study recently reported that a daily walk prevents one in 10 early deaths!

You don't have to be a runner or play sport to feel the benefits of exercise - fitting a brisk walk into your day is good enough, UK analysis suggests.

It found if everyone did as little as 11 minutes of daily activity, one in 10 premature deaths could be prevented. Most people don't manage to do the minimum recommended 150 minutes of exercise a week, however. But doing some exercise is better than doing nothing, the researchers from the University of Cambridge say.

The NHS recommends everyone does 150-300 minutes of physical activity that raises the heart rate every week or 75-150 minutes of vigorous activity per week, which makes you breathe hard. The research team looked at hundreds of previous studies on the benefits of physical activity and concluded that even doing half the recommended amount could prevent one in 20 cases of cardiovascular disease and nearly one in 30 cases of cancer!

That equates to 75 minutes per week - or 11 minutes per day - riding a bike, walking fast, hiking, dancing or playing tennis.

*'You should feel yourself moving, your heart will beat faster, but you won't necessarily feel out of breath,'* says Dr Soren Brage, who led the research. Doing that amount is enough to reduce the risk of developing heart disease and stroke by 17% and cancer by 7%, the findings suggest. Regular exercise reduces body fat and blood pressure while also improving fitness, sleep and heart health in the long run.

The benefits of exercise were even greater for some specific cancers, such as head and neck, gastric, leukaemia and blood cancers, but lower for lung, liver, endometrial, colon and breast cancers.



Not everyone finds it easy to do the exercise recommended by the NHS - two out of three people say they do less than 150 mins (2.5 hours) of moderate exercise and fewer than one in 10 manage more than 300 mins (five hours) per week.

*'If you are someone who finds the idea of 150 minutes of moderate-intensity physical activity a week a bit daunting, then our findings should be good news,'* says Dr Brage. *'If you find that 75 minutes a week is manageable, then you could try stepping it up gradually to the full recommended amount.'*

The analysis in the British Journal of Sports Medicine looked at previous published research on the benefits of exercise in nearly 100 large studies and nearly 200 peer-reviewed articles to get an overview of the evidence. They calculated that if everyone in the studies had done at least 150 minutes of exercise a week - the full amount - then around one in six early deaths would be prevented.

The researchers say replacing some habits is all that is needed. For example, they advise trying to walk or cycle to work or to the shops instead of using a car or being active when playing with your children or grandchildren.

Getting enjoyable activities into your weekly routine is the best way to increase the amount of physical activity you do, they say.

The NHS recommends adults also do activities that strengthen muscles twice a week. Yoga, Pilates, lifting weights, heavy gardening and carrying heavy shopping bags all count.

At Well Adjusted Health we often treat people that have been unable to build these habits into their routines, due to long term pain or motion problems. Our aim is always to understand how we can not only relieve your pain but also to get you as active as possible.

*'Many patients like to come and talk to us about their condition and the treatment we offer before they commit, and we are always happy to do that.'*

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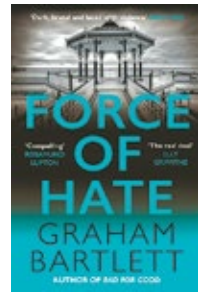
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**MARK JONES** MCHIRO, DC



## April Book Reviews

### Adult Books



**Force of Hate by Graham Bartlett, Allison & Busby.**  
Hardback £16.99

Force of Hate, Brighton crime-writer Graham Bartlett's follow up to his first, blistering thriller Bad for Good does not disappoint, delivering another punchy, exciting story starring the thoroughly decent and very

determined Chief Superintendent Jo Howe. When a firebomb attack at a Brighton travellers' site kills women and children, CS Jo Howe has strong reason to believe the new, dubiously elected, far-right council leader is behind the murders. As Jo digs deeper into the killings, she uncovers a criminal human trafficking ring. Going against the wishes of her chief constable, Jo once again puts herself at deathly risk to expose a devastating plot - from which the murderous politician looks sure to walk away scot-free. Once again, Graham's long career in the police and his local knowledge give this thriller a gritty, authentic edge, and it's an action-packed ride throughout!

*Book 1 in the series, Bad for Good, has just been released in paperback. Graham will be stopping by the shop to sign/ dedicate copies of both in early April so give us a shout if you'd like to order a signed copy!*



**How High We Go in the Dark by Sequoia Nagamatsu.**  
Bloomsbury paperback £8.99

A mind-blowing literary sci-fi debut, told in intricately interlinked narratives, which is sublime, moving, unique, and heart-shattering in equal measure.

The year 2030: As

researchers investigate an ancient settlement revealed by melting Siberian permafrost, they discover the perfectly preserved body of a young Neanderthal girl, and a devastating virus is unleashed. The novel proceeds to hop from character to character, skipping forward in time,

as the virus spreads, wild-fires rage and ocean levels rise, and humanity adapts in a myriad of ways ...

We meet an ex-comedian working at a 'last-rites' amusement park, sending terminally-ill children off on their final loop-the-loop, a scientist working on pig-to human organ transplants who forms a deep bond with a talking pig, the voices of departed loved-ones are implanted in robot dogs, a physicist develops a singularity in his brain which provides the answer to inter-planetary travel, a select group of humans set off into deep-space in search of habitable planets... Yes, there is grief and death, but it is balanced by humour and quirky inventiveness, and much fun can be had tracing the links between the characters, who are all of Japanese or Asian descent. The final chapter - hundreds of light years away - provides a neat and mind-blowing twist which ties everything together.

*A virtuoso feat of story-telling, spanning centuries, continents and celestial bodies to tell a tale of human resilience, love, and compassion. Will appeal to fans of David Mitchell's Ghostwritten and Emily St John Mandel.*



**How to Read a Tree by Tristan Gooley, Hodder & Stoughton.**  
Hardback £22 – Event price £17

*Tristan Gooley runs the Natural Navigation school, AND he is the only living person to have both flown solo and sailed singlehanded across*

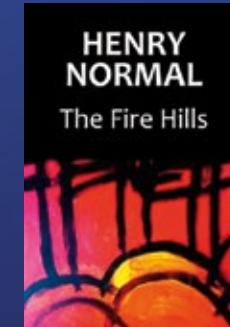
*the Atlantic!* He has appeared on The Today Programme, BBC Stargazing Live and The One Show, and his previous books include How to Read Water, The Walker's Guide to Outdoor Clues & Signs, and The Natural Navigator. So we are super-excited that he's going to speak about his new book How to Read a Tree at our event on April 11th. This is a hugely informative yet eminently readable book with a wealth of rich detail along with plenty of diverting facts - Did you know that a pale line down the centre of a leaf indicates water is nearby? Or that a touch

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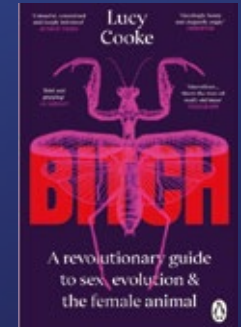
## THE STEYNING BOOKSHOP APRIL EVENTS



**Tuesday 11th April 7.30pm**  
**Methodist Church £7/£17**  
**TRISTAN GOOLEY**  
**How to Read a Tree**



**Wednesday 19th April 7.30pm**  
**St Andrews Church £10**  
**HENRY NORMAL**  
**The Fire Hills Reading & Local Poets Open Mic**



**Thursday 27th April 7.30pm**  
**Brotherhood Hall £12**  
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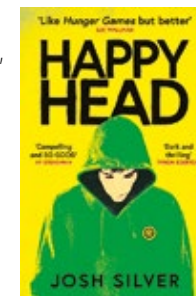
of reddish or purple bark signals new growth? Or that the veins on a leaf can help you find water? I didn't, but I'm delighted to have broadened my understanding of these majestic wonders, so central within our fragile eco-systems.

### Children's Books



Wild Song by Candy Gourlay, David Fickling books, hardback £12.99  
Candy Gourlay is a Filipino-British novelist, and Wild Song continues the story of Luki, a character from her amazing novel Bone Talk. In Bone Talk, we met Samkad and Luki, two kids from a remote Philippine hill tribe, and saw the devastating

impact that the arrival of the first Americans wrought on their small community. Now, the year is 1904. Luki is growing up, and in her hill-tribe this means she is expected to become a wife and a mother - but she still dreams of becoming a warrior. When her tribe are offered a journey to America to be part of the St. Louis World's Fair, Luki jumps at the chance - but she



**HappyHead by Josh Silver.**  
Oneworld paperback £8.99

A guest review by one of our teenage reader-helpers, Rose Bailey Ornella, age 14. Thanks, Rose!  
Teenager Seb is sent on a life-changing trip, to a radical new retreat designed to improve teen's mental health. Seb is determined to make a go of the opportunity

and turn his life around, but as the assessments and challenges the programme presents them with become more disturbing, Seb and his new friend Finn begin to wonder what the real motivation behind the retreat is - and to realise there may be no escape! Rose says *'This book is ominous, gripping and fascinating, I definitely recommend it for anyone who enjoys a thrilling adventure'*.

## Steyning AC's Stinger delivers popular New Race despite unusual lack of mud

Steyning AC staged the 2023 Steyning Stinger Marathon (approx 42km) and Half Marathon (approx 21km) on the first Sunday in March. The annual event also included a middle option of a 30km race for the first time.

The races start and finish in Steyning. The trail run covers the Wiston Estate, Washington, Chanctonbury Ring, Cissbury Ring and Steepdown.

Overall there were around 430 finishers.

The new 30km distance was certainly popular, with nearly 100 runners taking that option on the day. The new, sustainable, wooden race medals were also well received. The only, tongue-in-cheek, 'complaints' related to a lack of mud - which is normally available in abundance at this event! Next year, perhaps.

The first finishers in the 30km this year obviously set new course records.

### They were:

**Men:** Tom Barnard 2h15m13s.

**Women:** Victoria Berrington (of Steyning AC) 2h53m23s.

There were no course records in the other distances this year. But there was another sub 1h30m time in the Half, which is a rarity on this undulating course... which is also slightly longer than a Half distance!

The other winners were:

### Half-Marathon

**Men:** Ben Clarke 1h29m41s.

**Women:** Amber Wright 1h50m32s.

### Marathon:

**Men:** Tom Brown 3h13m10s.

**Women:** Aileen Raynos 3h46m28s.

The next Steyning AC organised trail race will be the Roundhill Romp. A 10km that is part of the West Sussex Fun Run League, and happens on the first Wednesday in July every year.

For more information, visit:  
[www.steyningac.co.uk](http://www.steyningac.co.uk)

*Photos courtesy of:  
Sussex Sport Photography.*



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### CHARITIES:

**Cancer Research Steyning.**  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Steyning & Ashurst Friends of St. Barnabas House.**  
01903 814337

**The Friends of Steyning Parish Church.** 01903 813232

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**The Steyning Friends of Chestnut Tree House Children's Hospice.**  
01903 813901 / 01903 815601

**The Royal British Legion Steyning & District Branch.**  
01903 815176.

**CLUBS AND SOCIETIES:**  
**Chanctonbury Quilters.**  
01903 812171.

**Steyning Art Group.**  
Patricia: 01903 815096.

**Steyning Bellringers.**  
01903 813653.

**Steyning Bridge Club.**  
01903 814726.

**Steyning Camera Club.**  
[info@steyningcc.org.uk](mailto:info@steyningcc.org.uk)

**Steyning & District Flower Club.** 01903 895939

**Steyning Downland Women's Institute.** 01903 812570.

**Steyning History Society**  
Secretary: Mrs. P. Blackie,  
01903 812283

**Steyning Horticultural Society.** 01903 814049.

**Steyning Museum.**  
01903 813333.

**Steyning National Women's Register**  
01903 815577 [nwr.org.uk](http://nwr.org.uk)

**Steyning So and Sews**  
01903 813467

**Sugar and Spice Sugar Craft Club.** 01903 695700.

**The Arts Society Steyning.**  
[steyning@theartsociety.org](mailto:steyning@theartsociety.org)  
<http://www.theartsocietysteyning.org.uk/>

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**Vintage Years Club.**  
01903 812040.

**West Chilmington Bridge Club.**  
01903 742674 / 01798 813626.

**West Sussex Decorative & Fine Arts Society.**  
01903 411086.

**GENERAL:**  
**1140 Steyning Squadron Air Training Corps** 01903 815511 -  
1140@rafac.mod.gov.uk

**Cadet Centre.** 01903 813113.

**Cadet Centre - Steyning Army Cadets.** 07737931010.

**Steyning, Beeding and Bramber Trefoil Guild.**  
01903- 812622.

**Steyning Litter Pickers.**  
[susanjglover@outlook.com](mailto:susanjglover@outlook.com)

**Steyning Parish Church.**  
[steyningparishchurch@gmail.com](mailto:steyningparishchurch@gmail.com)

**Steyning WEA Day School.**  
01903 816190/07713 270806.

**SOCIAL:**  
**Cheqoutz Cribbage Team.**  
01903 815471.

**Knit and Natter.** 01903 812751.

**Singability.** 07845 546365.

**Steyning & District Good Neighbours Association.**  
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**Steyning Downland Scheme Group.** 01903 812404.

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## April Gardening Journal

Article by Alex Bell  
T: 01903 815065 M: 07866 747849

April is when many of us get back into the garden. As the weather warms up the plants respond with fresh new growth and our gardens start to feel alive again. It's a welcome relief as there is lots to be done in April to ensure you're fully prepared for Summer - seeds to be sown and lawns to be mown. With all that work don't forget there is lots to enjoy in the garden too. Above all, it's a time where we can look forward to the longer summer evenings and enjoy the outdoors properly again.

Viburnum Plicatum Kilimanjaro Sunrise is a great small tree / shrub for all year round interest. It is absolutely covered in a profusion of white lacecap flowers during May and June. Then, the flowers gradually change with a hint of palest pink and these are swiftly followed by a mass of crimson berries.

As if this wasn't enough, the berries develop as they age into a deep plum colour. The birds love the berries and pollinators adore the blooms. As if that wasn't enough there is often a second flush of flowers later in the season producing more berries into Autumn when the leaves turn an attractive burgundy colour.

Viburnum plicatum is a species of flowering plant in the family Adoxaceae (formerly Caprifoliaceae), native to mainland China, Korea, Japan, and Taiwan. The Latin specific

epithet plicatum means '*pleated*', referring to the texture of the leaves. Kilimanjaro Sunrise is a compact, slow-growing variety with heart-shaped, dark green, deeply veined leaves. It's a fantastic addition to any garden and was winner of the RHS Chelsea Flower Show Plant of the Year 2015.

Viburnum plicatums are well known for their multi-stemmed, upright, compact, slow growing habit. Kilimanjaro Sunrise reaches six feet tall and two feet wide, making it suitable as a flowering hedge, garden border, or attractive specimen shrub in the garden. It is perfect for the shrub border where space is at a premium.

To care for it properly, keep the pruning of young plants to a minimum. Any vertical shoots that threaten to spoil the distinctive tiered shape of established plants should be

cut back to their point of origin in summer after flowering.

Ideally Viburnum plicatums should be grown in a moist but well-drained soil in full sun or partial shade. They Require minimal pruning but when necessary, remove any misplaced or diseased branches in mid-summer after flowering. It likes most aspects and thrives in direct sun as well as partial shade, as long as the soil is not too dry.

Viburnum plicatums are used as the feature plant of a border their tiered habit creates a structured and elegant look. Because of this it can often be hard to find plants that combine well with it as you don't want to distract from its beauty. Using vertical textures in the forms of grasses like Calamagrostis can work particularly well however I think their best companion would have to be hardy Geraniums.

Having something like Geranium Patricia or Psilostemon snaking its way through the lower braches of the Viburnum can great a simple but effective combination that ensures that both plants work well together with neither out competing the other for space nor looks.

### Jobs to be doing this month include:

- Continue to remove faded flowers on spring bulbs but not the foliage until it has withered.
- Keep borders weed free.
- Mulch borders if not completed last month.

- If the weather is mild, then trim weak or straggly growth of sage and rosemary.
- Penstemons – Cutback last year's stems down to the new growth – if the weather is very cold and frosty delay until end of the month.
- Check evergreens for any frost damage – lightly prune if necessary.
- If not already done so start sowing and start mowing.

### In the vegetable garden:

- Plant second-early and main crop potatoes
- Pinch out the tips of broad beans if they're covered in aphids, or spray shoots with soap-based solution
- Sow outdoor varieties of tomatoes, chillies and courgettes in pots, so they're ready to plant out in late May or June
- Divide clumps of hardy herbs, such as lemon balm and chives, then replant in pots, borders or a dedicated herb bed
- Sow small batches of rocket and other easy salad leaves
- Sow flowering companions in the veg plot, such as pot marigolds and borage
- Continue planting batches of garlic, shallots and onions every few weeks to extend the cropping period
- Sow herbs such as parsley, coriander, dill and chamomile in a sunny bed or container
- Protect emerging seedlings from slugs and snails
- Sow fast-growing crops, such as radishes, to make the most of any temporary gaps



Plant of The Month: Viburnum 'Kilimanjaro Sunrise'



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## WHERE WERE THE WOMEN?

Anyone looking through the Manorial Rolls in our museum's archives might be forgiven for thinking that either there were no women, or that they didn't matter enough to be included. In the first few pages of The 1481-1485 Roll, there are 41 men's names mentioned, and only one woman, but her name was not given.

In fact, there only two mediaeval women in our area that we know anything about. The first was Miliana, the anchoress of Steyning, whose destiny in the year 1250 was to be walled into a tiny stone cell within Steyning's parish church, where she was expected to lead an austere life, dispensing wisdom and spiritual advice through a squint window. However, so impressed was the Prior with her self-sacrifice, that he ordered his kitchen to provide her with a daily supply of bread, ale and a hot meal. However, when a new Prior took over in 1288, all this stopped. Instead of meekly accepting her fate, Miliana sued him in the courts, thus being the first Steyning woman we know of to crusade for a woman's rights. (Sadly she lost).

The next powerful woman we know of was the Abbess of Syon in the 1400s, who was always known simply as 'The Lady' and everyone knew who that meant. The Abbess owned Steyning and its neighbouring villages, receiving taxes from all her properties and imposing fines if they weren't kept in good order.

From the 1600s on, we begin to find more examples of feisty women, such as Rebecca Blackwell. When

William Gereing of Wickham Farm in 1669 refused to pay his tithes to her husband, the priest, Rebecca *'with her servants, came into his ground and forcibly milked his cows six times and carried away the milk, to the value of seven shillings.'* (£48 in today's money).

By the 19th and early 20th centuries, the women of Steyning were gaining in confidence, speaking out and in forging their own futures. Women of all backgrounds dared to break down the old familiar barriers of education, status and personal freedom, taking on new roles and professions. At last they could live and work as they wished. For example, the blacksmith's daughter Sarah Cox, changed her name to Fanny Cornforth and made her way to London, where her

beauty attracted the attentions of the Pre-Raphaelite artist Dante Gabriel Rossetti, whose muse and model she became in several of his paintings.

We had our own artist in Steyning, who went by the single name of Gluck, and whose work was widely exhibited. Other female pioneers of this era included Maud Joachim a militant suffragette, imprisoned and force-fed; Eva Handley Read, the first female dental



Fanny Cornforth

surgeon; Carol Myerscough, Steyning's first female fire-fighter; Val Hodges; Steyning's first female butcher and Alison Settle who was War Correspondent for The Observer and Fashion Editor of Vogue.

We also have or had many 20th century stars as well, including a comedy double-act, an Olympic gold medallist, an eminent human rights lawyer, a highly successful children's writer/Laureate (who saved our Post-Office) and many others.

All these women and many more are featured in our new exhibition in the Steyning Museum entitled **'WOMEN OF THE DOWNS'.**

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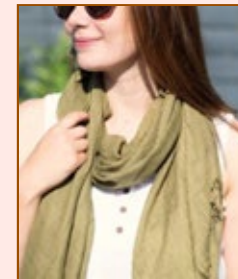
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