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2023



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2023 Climate Action Tracker: Take part in the survey

For the second year in a row, Greening Steyning, Bramber & Beeding are running an online survey to find out what steps people are taking locally to cut their carbon footprints and help tackle climate change. We want to find out what's really happening out there as people adjust to rising energy bills, and growing worries about a warming planet.

It should only take 5 minutes to fill out. The first section asks what actions you took in 2022: so how did your New Year's resolutions pan out? The second asks what plans you have in store for 2023. There's 16 actions to choose from, but you can add others if they are not on the list.

120 households took part in the Tracker Survey last time. Top of the list of actions taken was encouraging wildlife in my garden, shopping locally more often, and doing more repairing, reusing and recycling. But 4 homes had fitted heat pumps, 8 had installed solar panels, and 8 has got an electric vehicle.

Has the pace of change picked up? Has the penny dropped in our community about how we can all make a difference if we all play our part? The Climate Action Tracker is designed to find out.

So do take a moment to fill it in. Just go to: www.greeningsteyning.org/tracker

**The Survey closes on 28th February,
and is limited to one person
per household.**



Which of these steps do you plan to take in 2023?



The Steyning Athletic Club 2022

Our annual awards took place on Saturday 26th November. There were many outstanding performances over the last year. Highlights included: Shane Bridgman winning Performance of the Year for his efforts at the extreme ironman distance in the Lake District - where he clocked the quickest swim (2.4 miles) of all the finishers, followed by a hilly bike section (112 miles), and finally scaling Scarfell Pike as part of the marathon distance run (26.2 miles); Coach(es) of the Year were Camilla Bishop and Juliet Starbuck, who have built the newly successful SAC Inters section of the club (ages 12 to 16), and led Steyning AC to winning the Junior West Sussex Fun Run League in 2022.

The winners were:

Circuiter of the Year: Pete L.

Race Walk Performer: Ian R (not in collage).

Run Performer: Gez C.

Swim Performance: Anne W.

Swim Piranha: Ant B.

Triathlon Performer: Moyra A.

Race Walk Special Mention: Gillie CY.

Run Performance: Nicola P.

Run Improved: Victoria B.

Swim Performer: Tim D (not in collage).

Triathlon Performance: Matt H.

Best Overall Performance: Shane B

Coach Special Mentions: Carly P, Claire R, Gez C, Philli R.

Coach OTY: Camilla B & Juliet S.

Member OTY: Matt H.



Photos courtesy of
Philli'sPhantasticPhotos

Did you go a little wild in the garden last summer?

Volunteers needed for the 2023 Wildlife Gardens Open Day

Perhaps you took up the challenge of 'No Mow May' and left the lawnmower in the shed and let the grass grow, along with those dandelions whose bright yellow flowers provide that important early nectar for bees.

Maybe you went further than that and decided to leave an area uncut for the rest of the summer, providing a home and food for the year for a myriad of important insects that pollinate plants. Or did you create a 'wildflower meadow' within your garden. Were you one of the lucky ones who discovered orchids popping up out of nowhere in your lawn?

Were you ambitious and created a pond for wildlife? Did you make a woodpile in a shady corner for all manner of creepy crawlies to live in?

Was the hedge allowed to grow wilder for nesting birds. Were the berries left on the bushes in the autumn and are the remains of the windfalls from the apple tree still rotting beneath it, food for blackbirds and thrushes in the Autumn and snacks for slugs and snails, fungus, and hundreds of tiny, microscopic creatures over the winter?

Gardens have a really important role to play in the fight to reverse the desperate decline in biodiversity over the last seventy years.

Private gardens in Britain cover about 270,000 ha – well in excess of the total area of national parks.



Photo: Sierra Narvaethm/Unsplash



That is a lot of potential habitats for wildlife to thrive in.

Greening Steyning has been promoting wildlife gardening since we conducted a survey back in 2020 on people's gardening habitats. This year, we want to raise awareness of how important it is that we all do a little bit towards making our gardens havens for a whole raft of wildlife.

We approached Steyning in Bloom to ask them if they would provide us with an opportunity to include a group of 'wildlife friendly' gardens in their annual Open Garden Day at the end of June 2023. And they have said YES!

So now we are looking for gardeners who are proud of their wildlife friendly gardens and brave enough to share them with others.

Size doesn't matter. This is all about sharing ideas and encouraging others who may be thinking about 'wilding' their gardens or maybe opening the eyes of those who would never dream of changing their habits.

And the important thing is that you don't have to worry about the weeds coming up in the lawn or nibbled petals on those roses!

Interested?

For more information go to: www.greeningsteyning.org/opengardens

January: Steyning for Trees Newsletter

Many thanks to the Lord Lieutenant, Lady Emma Barnard of Parham House for coming to Steyning and, on the right as you go down to the Steyning Centre Thanks to HDC. It is one of the trees from the Tom Heatherwick installation which was outside Buckingham Palace during the Queen's Platinum Jubilee celebrations. It was good to see Harry Goring who has been so instrumental in organising this as he is on the L. L.'s committee for the Queen's Green Canopy.

Thanks to the Parish Council for welcoming all and for hosting the reception in the Steyning Centre afterwards. To our own dedicated Committee, including Simon Zec preparing the site. To our amazing volunteer tree planters, funders and donors and land owners who have taken hedges.

We all feel very honoured by this Award and hope it will help to promote further tree planting throughout Sussex, once one the most wooded counties in the UK, hopefully it will be again. This lovely tree will be an inspiration to us all.

SFT has been very happy to helping the W. I. with sourcing its Memorial Tree which was planted at Abbey Road on 16th December at 10:30. We have managed to find, from a local supplier Southdowns Nurseries at Hassocks, a very interesting species of Field Maple, William Caldwell. This is a slim upright tree suitable for urban planting but also providing excellent autumn colour.

It is with great sadness that we have heard, from his partner, that Jim Mellor has died. Jim was on our committee and was a

great inspiration to us. We first met Jim when we were giving out trees at a market stall. He told us about the scheme he ran for WSCC, planting trees on verges. By the end of this year we should have at least 80 trees planted on verges with the support and donations of the community. Thank you Jim for helping us with your incredible depth of knowledge and friendly support.

Steyning For Trees wishes you all a VERY HAPPY CHRISTMAS and thanks every one FOR THE TREMENDOUS SUPPORT YOU HAVE GIVEN US THIS YEAR.

We have managed to get over 400 more whips already in the ground and hope to get more in at St. Mary's, Bramber once the water has receded. Plus another 20 or so semi mature trees on verges.




Planting the beautiful multi-stemmed birch at Fletcher's Croft



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Here We Come A-Wassailing

Saturday 21st January. 2023. January; grey, cold, wet, drear. The magic of Christmas already a faded memory. New Year forgotten along with all those well-meaning resolutions.

As dusk gathers in Steyning High Street, one by one, the shops are closing for the night. Lights go out. Darkness sidles into the corners of the bus shelter by the car park. The pavements, wet and shiny with rain, are empty.

January; dark, cold, wet, miserable. But wait, there is something in the air; a tingle of excitement, the sound of voices, movement, laughter, shadows gathering, people making their way up the high street, along Charlton Street, heading for the Memorial Playing Field. A crowd has collected outside the Cricket Club. Some are carrying pots and pans, whistles tucked in coat pockets. Wrapped up against the chill in the air, excited youngsters, parents, old and young are waiting.

A small huddled group stands apart; shadowy blackened faces, and strange dark tatter jackets. Mythago Morris dancers. They stand and wait watching the crowd grow larger.

At the top of the Playing Field, the orchard, wrapped in night, is also waiting. Fruit trees, bare branches spread across the darkened sky, stand listening, around a gnarled ancient tree which is garlanded in lights.

They are all waiting because tonight is special. Really special.



After a break of two years, because of Covid, Steyning Community Orchard, is once again celebrating its annual Wassail. It is time again to take part in a ritual that has come down the ages to us, which has its roots deep within the soil and bonds us to the natural world around us, as it has bound those before us.

The word Wassail comes from the Anglo-Saxon greeting 'Waes hael' means 'be hale', 'be in good health'. For hundreds of years, people have gathered to go Orchard Wassailing on the eve of Twelfth Night, to rouse their winter fruit trees into life with chanting and singing; beating the trees with sticks to wake them, praising the trees for past harvests and exhorting them to 'be hale' for the coming season and harvest.

At last, the wait is over; Mythago welcome the gathering, and open the evening's celebration with music and dancing and gently lead young and old up to the orchard and around the chosen tree festooned in lights. Then the fun begins as the tree is woken from its winter slumber with chanting, music, dancing, the stamping of feet, the banging of pans and the blowing of whistles. Any evil spirits dwelling within the tree are chased away. Then everyone makes an offering to the tree; a slice of toast dipped in



a specially prepared Wassail bowl filled with mead, crab apples, sugar, spices and egg, laid at the foot of the tree, a token of thanks for the fruit it has borne the previous year and a gift to the tree spirit living within it.

Then with a final roar of noise, the celebration draws to a close and people drift back to the warmth of their homes carrying with them the memory of something special that lit up a dark, wet, cold January evening.

Join us for this year's special family Wassail, wake up the orchard and look forward from the depths of dark January to a new year full of light and life.

Saturday 21st January. 2023.
Meet at 17:00 outside the Steyning Cricket Clubhouse.
Finish by 8:30

Donations to Steyning Community Orchard welcome.



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WARDENS



Your Steyning, Bramber and Upper Beeding Parish Neighbourhood Wardens



Paul Conroy
07734 387889

Mike Pearce
07734 387888

sbub.wardens@horsham.gov.uk

As a service, we believe that prevention is better than cure and as a result the team spend time working to prevent issues by dealing with the long-term causes in partnership with other agencies rather than just the symptoms.

If you would like to talk to the Wardens in person on any issues you have in your community, they are holding a series of drop in sessions throughout January at The Hub, 19 Church Lane, Upper Beeding, Steyning BN44 3HP on the following dates:

Wednesday 4 January	10.30am – 12pm
Tuesday 10 January	2pm – 4pm
Wednesday 11 January	10.30am – 12.30am
Tuesday 17 January	2pm – 4pm
Tuesday 24 January	2pm – 4pm
Tuesday 31 January	2pm – 4pm

Based within the community, our wardens work alongside partner agencies to improve the quality of life for everyone and promote community cohesion and resilience.

The wardens can help:

- Provide a reassuring, uniformed patrolling presence.
- Provide an efficient eyes and ears service aimed at reducing fear of crime and improving the quality of life.
- Deal with environmental crime issues, notably dog fouling and littering.
- Reduce incidents of criminal damage and antisocial behaviour.
- Encourage the establishment of activities for young people.
- Support vulnerable members of the community by preventing isolation.
- Work in partnership with other agencies to help benefit the community.
- Work in close partnership with and are accredited by West Sussex Police.

The wardens are not:

- A replacement for the police.
- An emergency service or response team
- A 24/7 service. There will be times when no wardens are on duty.
- A care service. The neighbourhood wardens are able to signpost elderly and vulnerable people to relevant agencies.
- Parking wardens. The neighbourhood wardens cannot issue parking tickets.



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January: 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 NOTE: Post nonrecurring events before 10th of the month prior to the print month. roger@barawood.co.uk

Wednesday 4th January

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning.

Screening: Elvis

From director Luhmann, this film explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley (Olivia DeJonge). Tickets are on sale now at the Steyning Centre at £6.00 a ticket 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 6th January

Vintage Years Club

14:00 – 16:00

Steyning Centre, Fletchers Croft, Steyning

Musical entertainment by The Tuck Shop Boys

Our meeting commences at 14:00 but doors are open from 13:45. There will be a Raffle and a Bring and Buy Table. We look forward to welcoming back the Tuck Shop Boys, who will provide us with a joyful start to 2023. Make sure that you get those toes tapping and those hands clapping! Afterwards, we can enjoy a cup of tea/coffee served with biscuits by our wonderful catering team. Entrance fee is £3 and Annual Membership is £8 (each April) Transport can usually be arranged from Upper Beeding or Steyning. For transport or

other information please contact Bev Francis 01273 493894.

Sunday 8th January

Greening Steyning

13:00 – 16:00

Just outside your property

Give Your Stuff Away Day

Have a New Year clear-out. In clear view from the road, leave good quality items you no longer want. Others can then collect them for re-use. See what your neighbours have put out – and take home what you like – for free! At the end of the day, take in and recycle any items that are unclaimed

Monday 9th January

The Arts Society, Steyning

10:00 – 12:00

Steyning Centre, Fletchers Croft, Steyning

Cubism Explained by Steven Barrett

The most influential art movement of the 20th century, according to many, will be explored in this lecture to reveal the true beauty of Cubist painting. The theory behind Cubism, its various phases and the different types of Cubist painting, collage and sculpture between c.1907-25 will be covered. The talk will be illustrated with art by Picasso, Braque, Léger and others. Free to members, £10 donation for visitors. steyning@theartsociety.org www.theartsocietysteyning.org.uk

Thursday 12th January

Henfield Theatre Company

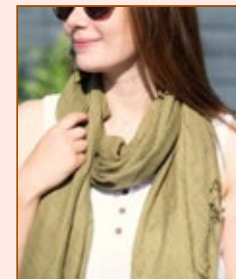
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The Henfield Hall, Coopers Way, Henfield. BN5 9EQ

Henfield Theatre Company present Hans Christian Andersen

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Growing up, many of us enjoyed fairy stories about Thumbelina and The Little Mermaid. These, and many others, written in the 19th century by the Danish author Hans Christian Andersen, have sparked many young imaginations. Many of us have also seen the film, starring Danny Kaye as Hans. This January, Henfield Theatre Company's musical production, full of these well-known stories, is being brought to the stage, appealing to parents and children alike. The story tells of Hans, a humble cobbler, who travels from his hometown Odense to seek his fortune in 'Wonderful, Wonderful Copenhagen', where he is joined in song by the welcoming crowd.

Hans becomes renowned as a cobbler but has even more success as a storyteller. Wherever Hans goes, children follow, and his story of The Ugly Duckling inspires a small boy, teased because of his appearance, to gain in confidence. The ballet tells of The Little Mermaid who dreams of becoming human when she falls in love with a Prince. Hans, now a successful author, returns to Odense and the show ends with the rousing retelling of The Emperor's New Clothes.

NOTE: Presented at The Henfield Hall on 12th, 13th and 14th January 2023 at 19:30, with a matinee at 14:30 on Saturday 14th, the musical is directed by Susanna Seaford, with Musical Director Jane Haines and a live orchestra.

Kindly sponsored by Andy Blunden Wall and Floor Tiling Ltd., tickets will be available from 12th December online at www.henfieldtheatrecompany.com or at Steven's Estate Agents at £13 (adults) and £10 (under 16's).

Friday 13th January
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. Fresh vegetables available to take away. 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 16:00, for those wishing to attend. For further information please phone Su on 07860638167.

Friday 13th January
Steining Film Society
19:00 - 22:00

Steining Centre, Fletchers Croft, Steining

"Sweetheart" an award winning British film

Starting at 19:30: "Sweetheart" is a light-hearted British film about a socially awkward, environmentally conscious teenager named AJ. She is dragged to a coastal holiday park by her painfully 'normal' family.

There she becomes unexpectedly captivated by a chlorine smelling, sun-loving lifeguard named Isla. Entry with Society Membership, which can be obtained from The Steining Bookshop.

Monday 16th January
Steining Downland WI
14:30 - 16:30

Steining Centre, Fletchers Croft, Steining

"Tales from the Clink"

A talk by Neil Sadler. Visitors and new members welcome. For more information please phone 01903 812570.

Friday 20th January
The Steining Society
19:00 - 21:00

Steining Centre, Fletchers Croft, Steining

The Life Story of a Winemaker by Dermot Sugrue

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at 19:00 and a glass of wine or sparkling elderflower juice is available (donations most gratefully received).
The talk will commence at 19:30. Free to members and £3 guests. All are very welcome to attend.
www.steyningsociety.org.uk

Saturday 21st January
Steyning Community Orchard
17:00 – 18:30
Steyning Cricket Club

Community Orchard family Wassail

Saturday 21st Jan. 17:00 we meet outside the Steyning Cricket Club, when the Mythago Morris Side will perform their traditional Wassail Dances whilst explaining the tradition of Wassailing. (Called Apple Howling here in Sussex) At 17:30 we process to the Steyning Community Orchard where Mythago will continue telling the Wassail story with songs and dance.

Part of the ceremony involves making as much noise as possible, banging pots and pans, whistling and shouting to scare away the evil spirits and at the same time awakening the fruit trees to prepare for the coming spring.

So don't forget to bring some noise-making utensils, and torches, with you!
This is a great family event, but might be a bit scary for very little ones.

(PS Unlike previous years, we are not able to return to the Cricket Club for refreshments and live music)

Friday 27th January
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. Fresh vegetables available to take away. 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 16:00, for those wishing to attend. For further information please phone Su on 07860638167.

Saturday 28th January
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. Fresh vegetables available to take away. 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 16:00, for those wishing to attend. For further information please phone Su on 07860638167.

Wednesday 1st February
Steyning Parish Council: Community Film Night
19:30 – 22:00
The Steyning Centre, Fletchers Croft, Steyning

Screening: WHERE THE CRAWDADS SING

From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumours of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect.



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As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. Tickets are available from the Steyning Centre at £6.00 per person 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.

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Great Spotted Woodpecker

My New Year's resolution is to try and be more positive about the future - but I already feel like banging my head repeatedly against a tree. Standing out in the street this morning, I heard a noise that reassured me that I'm not alone.

The drumming of the Great Spotted Woodpecker is a familiar sound throughout February, surely earning this striking black and white bird the reputation as one of Britain's most famous drummers along with Ringo Starr and Phil Collins.

The bird's drumming serves an important function because the Great Spotted Woodpecker realises it can't sing and doesn't attempt to. Sadly, the same can't be said for Ringo Starr and Phil Collins. Instead, its drumroll is a percussive proclamation that hammers home the message to other male woodpeckers to stay away from its territory in the treetops. It also serves to drum up support from female woodpeckers in the vicinity who may be looking for a pied partner.

This 'song' may not be as sweet as the melodies sung by the Robin or Blackbird but it still gets its message across. Indeed, the drumming can



carry the bird's message across half a mile of countryside, with a male broadcasting up to 600 drumrolls a day. Each drumroll consists of up to 10-16 beats, typically in a one second burst.

Of course, if I did attempt to take my frustrations out on a tree in a similar way, I'd suffer some form of concussion - but woodpeckers are specially designed to avoid this by having shock absorbent tissue between the base of their bill and their strengthened skulls to cushion the impact.

Their incredible beak is more than just a drumstick, it's also a pickaxe which allows them to chip away at trunks to excavate their own nest hole; and a chisel with which the woodpecker prises open tree bark to find food. That mighty beak is a formidable weapon too, which sends other birds on the peanut feeder scarpering pretty sharpish.

And Great Spotted Woodpeckers are becoming more greatly spotted, as it is a British bird which is actually increasing in numbers. The pecker's population leapt in the seventies and nineties, with some estimates stating they have increased by 300% over the past five decades. The availability of dead wood thanks to Dutch Elm Disease and the availability of peanuts thanks to British bird lovers being among of the reasons for this increase.

See, I ended the article on a positive note, maybe I won't break my New Year's resolution after all. Well done to me, I'm feeling upbeat about the future. Now to put the kettle on, put my feet up, and turn on the news...

By Michael Blencowe: Learning & Engagement Officer, Sussex Wildlife Trust.
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. It's easy to join online at:
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or T: 01273 497532
Great Spotted Woodpecker Darin Smith
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Will it be a happy new year?



As I write this, the Bank of England have announced yet another interest rate rise the ninth in the last year.

However, for interest rates not directly linked to the base rate (like trackers) rates have gradually been decreasing something the mainstream press seem to have forgotten to report!

Since the chaotic period of Liz Truss' reign and the spike in rates, there have been three mortgage interest rate reductions!

This has brought fixed rates down to the mid 4% range from the height of around 6%. Still higher than we'd all like but a significant improvement.

So, with the easing of rates for the time being, what else is on the horizon for those with mortgages or looking to take one out in 2023?

Well, with the closure of Help to Buy which allowed people to purchase properties that may not have been available had there not been the deposit incentive from the Government some lenders, Nationwide being one, have developed a product to try to fill this void called the Deposit unlock scheme.

This requires a minimum 5% deposit for a new build property and is available to first time buyers and subsequent movers.

Normally at this high loan to value there is a requirement for an indemnity fee to be paid (a type of insurance to protect against negative equity) but this is waived in these cases.

There are also incentives out there for "greener" homes, cash backs for first time buyers and another scheme called First Homes introduced by the Government to assist first time buyers to purchase a new build home at a large discount.

The mortgage market rarely sits still so one

would expect announcements next year on how banks and building societies aim to stimulate the mortgage market.

We have our fingers on the pulse and are ready to pass on new developments to our clients so if you'd like to discuss anything relating to your mortgage then please feel free to call and speak with one of our advisers.

For now, it leaves me and the team here at Compass Mortgages to wish you all a very merry Christmas and a happy and healthy 2023.

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"My mum who has Alzheimer's absolutely loves these sessions – it's a wonderful activity that we can do together and she really comes alive."

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Love to Move is seated exercise for all, especially those with dementia and their carers. Delivered by British Gymnastics' Love to Move coaches. There will be refreshments and time to chat after the class. There will be a nominal charge.

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Love to Move in the Steyning Centre every Tuesday

"An hour and a half of Wonderfulness Each Week"

Promoting brain function by getting older adults moving & grooving!

Love to Move is a new and exciting age and dementia friendly exercise to music programme launched this September in the Steyning Centre in Fletchers Croft. The programme is there to support everyone in the community and is set up and fully funded by a local domiciliary care company, Right at Home. The class is run by the wonderfully vibrant Cherry Tolcher and Anna Shaw from the British Gymnastics Foundation. Supported by Sport England, the programme has been a great success since launching. With help from the Steyning Parish Council and Sport England, Right at Home worked with Cherry and Anna to get everything up and running.

Why try Love to Move?

Love to Move is a programme specially designed to get older people moving and functioning better. As well as this, there are so many other benefits of the programme helping to improve the lives of people living with dementia:

- Social Interaction - the fun and enjoyment of Love to Move makes the programme really effective. The exercises are enjoyable to do and encourage conversation.
- Memory stimulation - trying the exercises in time to your favourite music can help to stimulate memory and recall in people living with dementia.
- Use of foundation gymnastics skills - the movements used during Love to Move exercises help to develop coordination, balance, core strength and flexibility to name just a few of the many benefits.

History of Love to Move

In 2014 The British Gymnastics Foundation began working with experts in Japan who deliver their own age and dementia friendly gymnastics programme. The Japanese programme has been so successful that it is now completely state funded, taking place in every care home across Japan.

Research published in 2016 on the original Japanese programme concluded that it significantly improves walking speed.

The programme has also been shown to:

- improve cognitive function.
- help reduce depression in participants.
- improve balance.
- improve the ability to undertake activities for daily living.

Two years ago, the Foundation began delivering Love to Move in multiple care homes and community settings in the UK. To date, the programme has been delivering life-changing outcomes for many participants. The Love to Move programme has helped some participants to use their hands again so they can feed themselves, do crafts, play bingo and socialise with friends and family.

Vinai Karania, Research Manager from Age UK says *'It has a demonstrable benefit in the physical, emotional, and cognitive aspects of older people. Older people having mild to advanced forms of dementia appear to benefit the most'*.

Refreshments and cakes are provided after the 1-hour programme allowing time to socialise giving attendees the opportunity to reconnect further in the local community. Initial reluctance to join may be encountered, but feedback from participants is overwhelmingly positive. Cherry Tolcher says *'most important is about having fun to the tunes of the 1950's and 1960's. You really see a difference in people's wellbeing as they leave the class uplifted'*. Owner of Right at Home, Anton van Baalen says *'I am over the moon noticing the positive difference in people from one week to the next. Their confidence, ability to carry out the bilateral exercises, and happiness is a joy to see'*.

Feel free to join the classes each Tuesday at 1.30pm. There is a small fee of £5 asked as a contribution to help a little towards the cost of the programme.

To sign up for the programme, please email Cherry on cherrytolcher@hotmail.com or Right at Home on worthing.shoreham@rightathome.co.uk

The Force is with us again:

A very warm welcome back to the Downland Task Force, who will be helping us weekly with various conservation activities.

The Task Force, aka classes of Year 7 students from Steyning Grammar School, are being led again this year by SDS volunteer extraordinaire, Christine Humphreys and her team.

We're very grateful to Adam Whitehead, the Head Teacher at SGS for saving the



Task Force from extinction and to the South Downs National Park for funding a brand new set of tools!

Look out for the Task Force in action on Tuesdays through to spring next year.

No Fence . . . ?

We're planning some exciting changes to our conservation grazing plans for 2023, using the very latest satellite technology!

Thanks to a wonderfully generous grant from the John Spedan Lewis Foundation, and the very welcome support of Frances, our grazier, soon we'll be fitting special Nofence collars to our herd of Dexter cattle.

These welfare-friendly collars will allow us to precisely control where the Dexters graze from the comfort of a living room armchair, via a smartphone app. The collars also make

it much easier for dog walkers to avoid walking through the cattle, by first checking where the virtual grazing boundary is on their phone (or computer at home).

More news on this big step forward for our conservation grazing in 2023. Meanwhile, in case someone asks, no, we haven't been able to get the Dexters to moo to Rudolf the Red Nosed Reindeer - just not yet anyway . . .





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What's on your 2023 To Do List?

Firstly, let me take this opportunity to wish you all a Happy New Year.

As we go from 22 to 23, no doubt there are a number of you that have made some resolutions or goals for the coming 12 months, there may even be a few of you, like me, that have failed miserably already.

Christmas is often a time when we get together with loved ones, whether that's old friends, new friends or family members. It's a chance to catch up, eat too much and even grab an afternoon nap. The New Year tends to bring with it a new energy, we plan, we dream and we start booking up our social calendars.

January is always a busy time for us too. It's noticeable that people reflect on what's important over the festive period and because of this we see an increase in enquiries about Will Writing and Legacy Planning.

We have a very strong belief that making your Will isn't and shouldn't feel like a morbid

experience. You're not planning death, you're planning what happens to your belongings, assets and estate when the inevitable time comes. It's about taking control and being able to make those important decisions in a relaxed and stress-free environment.

It still surprises me that so many of our clients say that "getting it done" has been on their to-do list for a number of years. Writing your Will obviously isn't one of those impulse purchases and rightfully so, it should be well considered and we are huge advocates of discussing your plans with your nearest and dearest first, maybe just not at Christmas!

So, if planning how to leave your legacy is on the agenda this year, feel free to give us a call or drop us an email to see how we can help. We promise to make it an enjoyable experience. emma.cohen@nsure.co.uk

Front Cover: MegaLilyDesign - When The Wind Blows



Alexandra Owen is the printmaker and artist behind MegaLilyDesign.

Working from her home studio as well as her little shop at Cobblestone Walk here in Steyning every Tuesday, Friday and Saturday, Alex enjoys chatting about all thing's printmaking with visitors.

Alex works in linocut printmaking and finds inspiration in the natural world and the mystery of humankind. She creates a variety of prints from simple single layer prints to complex reduction prints and limited editions and is pleased to now be sharing her love of linocut through teaching, find out more at www.megalilydesign.com



WHAT'S ON YOUR 2023 TO DO LIST?

We provide more than just the documents that you sign. From start to finish you will have a qualified, dedicated member of our team taking you through the whole process.

The person that you meet at your first appointment, is the person who will draft your documents, be your point of contact throughout the process and help you with any questions or queries you have along the way.

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Patient Charter: Professional Resolutions

In November, the British Chiropractic Association launched its new Patient Charter to its members and the general public, as part of the second phase of its *'Repositioning Project'* which aims to continue the BCA's Mission to be *'the home of chiropractors who put patients first'*.

Created by the BCA to provide patients with reassurance. It will act as a transparent agreement between patients and BCA Chiropractors, ensuring that patient-centred, evidence-informed care is provided at all times.

In a bid to end misperceptions and myths about the Chiropractic profession, the Patient Charter highlights that Chiropractic is a strongly regulated and rigorous profession, with regulation helping to provide consistency, such as the standard of education and training required. Chiropractors are regulated by law and required to adhere to strict Codes of Practice, in the same way as dentists and doctors. Mark from Well Adjusted Health commented, *'The Patient Charter is a pledge that BCA Chiropractors can be proud of. It proudly reiterates the reputation of BCA Chiropractors as being credible, evidence-informed, ethical experts working within the modern healthcare sector.'*

'Every BCA Chiropractor recognises their role, as a healthcare professional, to help empower the patient to make an informed decision about their treatment that is based on individual needs.'

The Patient Charter

As a member of the British Chiropractic Association I undertake that I will:

- Always put my patient's interests above any other considerations.
- Develop an individual treatment plan, to the highest standard of clinical care, according to the needs of my patient, and adjust it if required over time, in

full consultation with my patient and, where appropriate, having secured informed consent.

- Treat on an evidence-informed basis, by using objective research, my own experience, and the wishes and needs of my patient.
- Always give my patient the best clinical advice, to treat their condition as effectively as I can, in order to reduce their symptoms or suffering as soon as is possible.
- Be kind, empathic and caring, respecting my patient's dignity, privacy and rights, and maintaining clear professional boundaries.
- Communicate clearly and professionally to my patient, informing them openly of the progress of their treatment plan, my fees and charges, and the careful way in which I will be recording and handling their confidential information.
- Communicate clearly and professionally to other healthcare professionals to whom I may refer for further treatment and guidance, if my patient's treatment plan requires skills which lie outside my professional limitations.
- Inform my patient immediately and honestly should any of their treatment not go as expected.
- Recommend the appropriate use of imaging and investigations, consistent with that clinically needed through evidence, and to avoid risk to my patient.
- Maintain my skills and knowledge so that I can offer my patient the most up-to-date clinical treatment, advice and support and be reflective as a practitioner so that I can advance my own capabilities, in the



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MARK JONES MCHIRO, DC

interests of my patient and my profession.

- Advertise my services in a way that is honest, decent and legal, ensuring that they are properly understood by potential patients.

About the British Chiropractic Association:

The BCA is the largest and longest-standing association for chiropractors in the UK and has been named: **'Best Professional Body of the Year'** at the Memcom Excellence Awards 2022 for its Repositioning Project which has played a pivotal role in changing the healthcare landscape for the better.

Many of our patients visit Mark at Well Adjusted Health as they really prefer the gentle techniques that he practices. If you would like to talk to us about how we can help you, please do not hesitate to call us.

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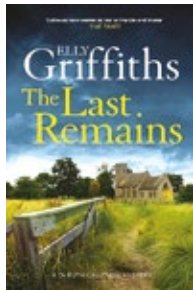
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January: Book Reviews

Adult Books



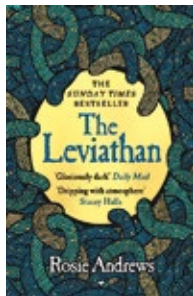
The Last Remains by Elly Griffiths. Quercus.

Hardback £22. 31st Jan.

Not a review, but just a heads up for all our Elly Griffiths fans out there – the FINAL Ruth Galloway novel, The Last Remains, comes out on 31st January! Fans will be gutted that Ruth's adventures are coming to an end, but this looks to be a highly dramatic

conclusion, involving Ruth and Nelson working on a murder case in which Ruth's dear old friend Cathbad emerges as the prime suspect. Can they uncover the truth in time to save their friend?

We hope to arrange an event or signing with Elly around the publication date.



Leviathan by Rosie Andrews.

Bloomsbury, paperback £8.99. 5th Jan.

I was HOOKED by this compelling debut historical novel, which simmers with darkness and tension. Set against the bloody backdrop of the English civil war, the action starts in 1643, when young soldier Thomas

is summoned home by his sister, who is concerned that their widowed father has been seduced by a new servant girl. By the time Thomas reaches the family farm, in the depths of rural Norfolk, he finds his father insensible, felled, perhaps, by a stroke – and the servant girl in prison, accused of witchcraft. 'Oh, another witchcraft novel!' I thought, at this point – but NO ... Leviathan goes so much deeper...

Thomas, a rational man, does not believe the village superstitions, and trusts the servant girl's protestations of her innocence. Trying to uncover the truth, and beginning to doubt his sister's account of events, he finds himself embroiled in a battle with an ancient, briny evil, linked to his father and a shipwreck, many years before. What is wrong with his sister? What has awoken? And can it be laid to rest?

Richly researched, seething with atmosphere, utterly gripping, and deeply unsettling, I could not put this down!



The Slowworm's Song by Andrew Miller. Hodder.

Paperback £9.99. 19th Jan.

A profound, tender and beautifully-written tale of guilt and redemption, by the Costa-award-winning author of Pure. Stephen Rose is an ex-soldier and recovering alcoholic living quietly in Somerset. He has just begun to form a bond with

the daughter he barely knows when he receives a summons – to an inquiry into an incident during the Troubles in Northern Ireland, which he has spent his life trying to forget. To testify would jeopardise his fragile relationship with his daughter. And if he loses her, he loses everything. Instead, he decides to write her an account of his life; a confession, a defence, a love letter... *What was his youthful error, back in 1982, and why has it consumed him so?*

Children's Books



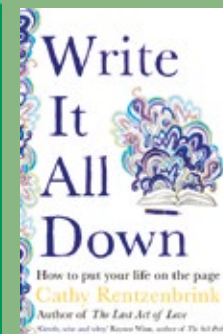
The Light in Everything by Katya Balen. Bloomsbury, paperback £7.99

Katya Balen's previous novel, October October, won the YOTO Carnegie medal 2022. This warm-hearted novel about blended families is a well-observed and sensitive story for readers aged 8-13. Tom and his mum live a quiet life, just the two of them, in a

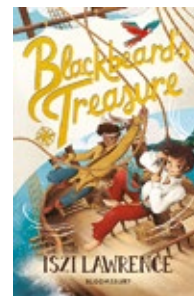
little flat in the city, having escaped from domestic violence. Tom is anxious, timid, scared of the dark, and finds comfort in folding origami birds. Zofia couldn't be more different – competitive, energetic and loud, she lives by the sea with her dad, and is super popular and a fearless sea swimmer. When Tom's mum and Zofia's dad fall in love and announce a pregnancy, it's a shock to both children. Zofia is mean and bitter towards Tom, as she worries about being replaced in her dad's affections. Tom shrinks into himself to avoid being noticed, and is terrified of Zofia, of the sea, and of starting a new school. As the children try to get used to their new lives, tragedy threatens to strike. Both Tom and Zofia are forced to reassess what is truly important – and what makes a family. *This moving, compassionate story is heartfelt and uplifting.*



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Blackbeard's Treasure by Iszi Lawrence. Bloomsbury £7.99

Iszi Lawrence is a writer, comedian, podcaster and history presenter, and, as if that wasn't enough, is also a rising star in children's writing! Her 2 previous novels The Unstoppable Letty Pegg and Billie Swift Takes Flight are both excellent, exciting historical stories which we

rated highly. Blackbeard's Treasure, her new book, is a riveting pirate tale set in the eighteenth century during the golden age of piracy in the Caribbean.

It's 1718: pirate ships sail the oceans and brutal slave masters control the plantations. Eleven-year-old Abigail Buckler lives with her father in the Caribbean. Her clothes are made of finest muslin so she can't play in them, not that there's anyone to play with anyway. She isn't even allowed to go out alone. But when pirates attack Abigail's life will change forever.

Suddenly her old certainties about right and wrong, good and bad start to unravel. Maybe Abigail doesn't have to be so ladylike after all... Packed with historical detail about the Atlantic slave trade, the ravages of empire and human cost of

providing luxuries like sugar, cotton and tobacco to Europe, Blackbeard's Treasure is a page-turning, swashbuckling adventure which takes a look at the real pirates of the Caribbean! *Perfect for readers aged 8-12.*



Harley Hitch and the Fossil Mystery by Vashti Hardy.

Scholastic, paperback £7.99 Local favourite Vashti Hardy's Harley Hitch series is perfect for emergent readers, and we are excited to unveil the 3rd book, in which our intrepid hero Harley is whisked off onto a time-travelling adventure!

On a school trip to the Jurassic Coast, Harley discovers a mysterious fossil. Determined to prove she has discovered a new dinosaur species, Harley dreams big and attempts to invent a time machine inevitably, there is prehistoric chaos ...and what's she going to do about the huge dinosaur wandering around Forgetown?

With plenty of vibrant illustrations, action, adventure and dino-fun, this will please readers aged 6-9 years.

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What's in a Watt?

The watt is named after the Scottish inventor James Watt. The unit name was proposed initially by C. William Siemens in August 1882 in his President's Address to the Fifty-Second Congress of the British Association for the Advancement of Science. Noting that units in the practical system of units were named after leading physicists, Siemens proposed that watt might be an appropriate name for a unit of power. Siemens defined the unit consistently within the then-existing system of practical units as *'the power conveyed by a current of an Ampère through the difference of potential of a Volt'*. For more in depth information: <https://en.wikipedia.org/wiki/Watt>

So what's in a watt? It is the amount of energy an item needs to function; the rate at which energy is consumed. One watt is equivalent to electricity flowing at a rate of one joule (unit of energy) per second.

How do you calculate watts?

Equation: Amps x Volts = Watts

E.G.: 5 Amps x 220 Volts = 1100 Watts.

If one examines the label on an electrical device it will usually advise that the device needs a certain voltage and will be a certain wattage.

E.G. Your electric kettle: 220 VAC - 2000 W.

Using the above equation as $W/V = A$ the kettle will require a supply that is able to deliver 9.09 Amps (note this excludes allowance for resistance of the connecting cable).

So what are Volts, Amps (Amperes) and Watts as these are all related.

Volts: A common analogy used to describe volts is a garden hose where voltage is the water pressure or force in the hose that causes the water to flow. Volts are a measure of how much force each electron is under, which is called *'potential.'* Potential is what causes electricity to flow. Thus volts measure the *pressure* causing them to flow.

Amps: measure the flow of electricity as an electric current. Using the garden hose analogy to describe how amps work can be

compared to the volume of water flowing through the hose. More water flowing through the hose per minute, the stronger the current. Specifically, they measure the amount of electrons that flow past a certain point per second. Thus the difference between volts and amps is that amps measure the *volume* of electrons flowing past a certain point per second and if this increases, so do the amps.

Watts: Amps x volts = Watts which is a measurement of the amount of energy being *released*. Using the garden hose analogy, this would be the amount of water flowing. The higher the wattage, which we now know is the combination of electrical potential and flow, the more power and output we'll see. For example, the greater the wattage rating of a microwave the faster it will cook the food.

How does this relate in practice?

Electrical power sold to a user is measured in units. Each unit = one kwh (1000w for 1 hour).

10 x 100w globes will use one kwh or 1 unit if they are all **ON** for 1 hour.

Therefore to reduce the cost of electrical power used, one needs to be careful not to have any devices **ON that are **NOT** needed **EVEN** if this is just a low wattage device because the cumulative effect of all the **'low'** wattage devices (like 'dripping taps') being **ON** will result in paying money needlessly for your electricity.**

January Gardening Journal

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

January is a time for rest and recuperation – the best place to view the garden can be looking from the comfort of your chair with the heating on and a cuppa in hand. To enhance that view there are some great plants with colourful Winter Stems that will brighten up those dark winter days. The bright winter sunshine and crisp frosty mornings bring an added dimension to the garden too, it gives us a chance to appreciate the garden in a completely different light.

the winter gloom and Cornus is one of them. With their vibrantly coloured stems they provide fantastic structure in winter gardens and also contrast with early bulbs, especially the pure white of snowdrops. Later in the year, if left to flower, the large white bracts provide colour in the summer garden too.

Cornus is a large and varied genus, made up of 65 species of mainly deciduous shrubs and small trees. *C. alba*, *C. sericea* and *C. sanguinea* are the main producers of the coloured stemmed varieties.

Not all Cornus are known for their Stem colour, some are known for their unusual flowers in mid summer, eg *Cornus kousa* and others for their interesting branch formations, eg *Cornus Controversa*.

It's a varied group of trees and shrubs, all have their own merits but as its winter see below for some suggestions on how to bring a little bit of sunshine in the depths of winter.

Cornus alba Elegantissima is probably my favourite and I use it a lot – its variegated leaves are useful as a backdrop to summer flowering

herbaceous planting and the winter interest is provided by its bright red stems. The red stemmed varieties are probably the best known and are a valuable part of any planting scheme.

Cornus Midwinter Fire is one plant that will light your garden up throughout winter. During the summer this shrub can be quite unassuming but come winter its stems show their fiery nature and it becomes evident where they get their name from.

Cornus stolonifera Flaviramea has clusters of white flowers in May and June and oval, dark green leaves, which redden in autumn and fall to reveal bright, yellow-olive winter stems. The stems of this dogwood look stunning planted alongside salmon-pink and red-stemmed varieties. An excellent specimen plant for sunny, moist areas of the garden. It's particularly effective near water.

Cornus sericea 'Budd's Yellow' is a vibrant, deciduous, suckering shrub with yellow-green stems that are especially useful in adding winter-interest colour to the garden. Small yellowish-white flowers are borne in clusters in early summer and are followed by round white

berries making 'Bud's Yellow' a plant for many seasons.

Cornus alba 'Kesselringii' has dramatic, dark stems which provides an excellent focal point in the winter garden. Tolerating a range of conditions including partial shade, it contrasts well with yellow-olive or red-stemmed varieties of dogwood.

Cornus are best grown in rich soils in full sun to part shade. It is tolerant of a wide range of different soil types but prefers a bit of moisture. The best stem colour occurs on young stems and although pruning is not required, if you want to make the best of that winter display, it is advisable to prune at least once every couple of years. Pruning can include removing 20-25% of the oldest stems in early spring of each year to stimulate growth of new stems or can be as savage as pruning right down to the ground on an annual basis.

These fabulous little shrubs can be used in so many different types of schemes, its versatility making it very popular in both domestic and commercial planting schemes. They look best planted in groups in front of a dark background but can be used as a single specimen in smaller schemes too.

One of my favourite combinations include Geranium Patricia planted in front of the *Cornus alba Elegantissima*. The stems of the geranium climb into the Cornus with the flowers poking out from the leafy structure. When the herbaceous then dies down in the winter, the cornus comes alive and ensures that you still have some interest in the garden during those grey gloomy days too.

Jobs to be done in January: Ornamental Garden.

- If the ground is waterlogged then keep off the soil to avoid compaction and worsening the conditions.
- If snow falls – Do not let the snow sit on the shrubs, gently shake off to prevent damage.
- Prune bush or standard apples and pears, aiming to create an open framework of about 5 main branches.
- Sweet Peas can be sown this month and those sown in the autumn can be potted on. Place them in a sunny greenhouse, coldframe or windowsill.
- Plan annual cut flowers for the borders.
- Mulch borders if not already done in autumn.
- Plant deciduous hedges.
- Move deciduous trees and shrubs if necessary.
- Ensure protective coverings such as fleece/ mulch have remained in place over frost tender plants.
- Avoid walking on turf when the grass is covered with frost or is waterlogged.

Vegetable Garden.

- Protect brassicas from pigeons with cloches, netting or fleece.
- Harvest Winter Vegetables such as parsnip, swede, sprouts, leeks and turnip.
- Remove one third of the oldest stems of black currants at ground level to encourage new basal shoots.



Plant of The Month: Cornus



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Fabrics, Hats and Furbelows

In recent issues of Your Steyning our articles have touched on the leather workers, the shoemakers and candle makers of Steyning and how people might have shopped for their groceries in the past. But they were not the only things people needed: they also needed clothes and, very often, hats.

Many a Steyning housewife will have made the family's clothes but some tasks were difficult to tackle and, as time went by, they came to rely more on seamstresses and tailors. Indeed, by 1791, there were four tailors in the town. They needed little in the way of 'tools of the trade' and were each of them living in quite small houses in the town. Various earlier inventories of Steyning tailors confirm this picture: rolls of cloth and smoothing irons were mentioned but not much else.

However, it continued to be a respectable trade and, towards the end of the 19th century, Richard Skinner, a master tailor, could be seen sitting cross-legged in the window of 25 High Street, along with his two assistants, whilst working on his tailoring. It was Richard's son or grandson who discovered Steyning's cavalier's hat whilst larking about at the top of the house. This was the hat which was eventually deposited with Bristol Museum and which, during the war, sank to the bottom of the Atlantic – the

ship, which was carrying it 'to safety', having been torpedoed.

Perhaps this hat was one of those made by Thomas Temple. When he died in 1670 he had 169 hat blocks to cater for different sizes and styles, '*one tub to hold dye liquer, a stiffening block, a vat, two stampers and twenty two pounds of wool*', along with '*two new hats, a hat band and seven hats drest*'.

We know that 120 years after Thomas's death, hats were still being made in Steyning. At that time James Jenner was the hatter; he lived and had his workshop where the Truffles café is now. The hats he made would, of course, have been to a rather different style from Thomas Temple's, even if the tools of his trade were largely unchanged.

Hats were also on Samuel Lucke's inventory in 1706 – he had '*capps of knitt yarne, bonnets and straw hats*' plus a box of hat bands and another head covering – a '*huke*' – which was apparently a long veil

reaching to the knees. Hats, however, were only a small part of Samuel's inventory. In his Steyning shop (where the post office is now) he stocked 123 different fabrics, both plain and coloured, made from many different combinations of yarn – wool, worsted, cotton, flax, silk and even horsehair – using a wide variety of weaves and finishes. He had 4,500 yards of fabric in the Steyning shop and another 2,000 yards at Shoreham.

Some of the fabrics such as Dowlas and Cantaloon have largely dropped out of use but the names of others are still evocative: swan skin, for instance, was (and is) a soft compacted flannel.

It was an impressive selection and suggests that Steyning women were discriminating and knowledgeable shoppers when looking for material for clothing or for furnishing, or indeed for ribbons, for gartering, for buttons and for lace. Samuel did not only cater for those who made their own clothes. For good

measure he also sold '*printed petty coates and yellow wastcoates*', together with '*hose*' for men, women and children and '*bodies*' (bodices) together with '*stomachers*' – a stomacher being a diamond shaped garment, often using patterned or embroidered material, which decorously covered the cleavage under the laced bodice. To make sure that he could deal with almost any eventuality he also had on his shelves some clogs and pattens for when the roads became too muddy, three gallons of French brandy for almost any occasion and a box of shrouds.

It would seem as if there were few of the necessities or elegancies of life – or of death – which a Steyning household could not obtain within the town, all those years ago.

Article by: Chris Tod - Steyning Museum.



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