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## MARCH CONTENT

- 4 New Awards from The Steyning Society:
- 5 Steyning in Bloom
- 6 Steyning Community Orchard: Our Wassail returns!
- 12 Local Business Focus: Jackie Scott Ltd
- 14 March: Diary Events
- 17 Front Cover: Trees in full flush of spring - Lindsey Pearson
- 17 Greening Steyning, Bramber & Beeding - Spring Fashion Swap
- 22 Local Environmental News: Common Frog
- 24 Local Business Focus: What's happening?
- 24 The Hub Beeding: Dying Matters Café
- 26 'A walk on the wild side in Steyning Parish'
- 28 Steyning Tennis Club Season Opening Day
- 31 The Sussex Guild Contemporary Craft Show
- 31 Henfield Theatre Company present The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society
- 33 West Sussex Minibus: Your Friendly Door-to-Door Service
- 34 Local Business Focus: Let's Discuss
- 36 Local Business Focus: Elbow Pain
- 38 Local Business Focus: March Book Reviews
- 40 Local Clubs and Societies
- 43 Step into the Climate Café
- 44 March Gardening Journal: Plant of The Month: Erysimum Bowles Mauve
- 46 'Impoverished Widows'?
- 49 Advertiser's Index

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T: 01903 270330

### Steyning Minibus:

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### Rural Henfield & Steyning Children & Family Centre

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### The Steyning Health Centre:

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### 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



## New Awards from The Steyning Society:

The Steyning Society are launching some entirely new awards to mark their diamond jubilee year of 2023. The people of Steyning are rightly very proud of the town and how friendly it is, not to mention the wide range of supportive community-orientated organisations, businesses and individuals.

The Steyning Society wants to recognise this and so is inviting local people to nominate those individuals, organisations or schemes which have contributed '*major enhancements to the character and well-being of Steyning and its local community in the last few years.*'

### New Awards from The Steyning Society: The Steyning Bowl Diamond Jubilee Awards

Do you know someone or a group, or business, who has contributed to the character and wellbeing of the Steyning community?

If so, nominate them for a chance to win a new award from The Steyning Society. The deadline for entries is 31 March 2023

This year 2023 marks the Diamond Jubilee of the founding of the Steyning Society in 1963. To celebrate this significant anniversary we are announcing a new awards scheme.

The Steyning Bowl Awards will celebrate those individuals, groups or businesses who have contributed major enhancements to the character and well-being of Steyning and its local community in the last few years.

The Society says "*We believe it is really important to acknowledge people's hard work and commitment. There are numerous projects, businesses and excellent initiatives in Steyning*

*and surrounding areas that make a difference and support our communities. The awards will enable us recognise these achievements, so we want to hear about your nominations.*"

Examples include businesses and initiatives that support local residents and groups, the creation of attractive new buildings, the restoration of an old building or feature, improvements to the local street scene, such as planting and landscaping, or environmental work to enhance the town or its surrounding countryside.

The first awards and certificates will be presented at the Society's AGM on 21 April 2023 by the Lord-Lieutenant of West Sussex, Lady Emma Barnard.

If you would like to nominate someone, a group, business or scheme for an award, please do so by:

**Friday 31st March 2023 via the Society's website - <https://steyningsociety.org.uk>**

which sets out the timetable and criteria. Just a simple nomination is all that is required.

*The beautiful wooden bowl, designed by local craftsman, Peter Legge, will be presented to the overall winner*





## SteYning in Bloom

Gardens are awakening after a hard wet winter - it's the thrilling time of year where we start to plan for the year ahead. Happily we are starting to see the green shoots of tulips peeping through the soil in the tubs in the High Street to take over from our sadly frost ravaged wallflowers.

SteYning in Bloom have been planning *The Garden Tour* for the past two years and has been a huge success. This year it will be bigger and better. We will be able to visit around 20 gardens

This will include 5 gardens chosen by the 10/10 Greening group with an emphasis on re-wilding. We are all now becoming aware of the need to encourage wildlife - corridors through towns and countryside, insect friendly plants, water conservation, no-mow May. It will be fascinating to see and to hear how people are pushing forward these ideas.

*The times for the Open Gardens are 12:00 - 17:30 on Sunday June 25th.* Several visitors have asked for there could be longer opening times, so they could visit more gardens. This year we'll be starting the tour earlier, and there will be an opportunity for a simple lunch, as well as tea and cake at various venues as before. It's been decided that gardens we've visited for two years will not be in the tour so there will be plenty of new surprises. Please put the date in your diary and alert your friends.

SteYning gardeners are enthusiastic and creative. For many years we've had a



competition for the best front gardens and some amazing winners, but have now decided to change the formula to give everyone a chance to compete.

Our team will be keeping an eye out for the best hanging baskets and awarding prizes for the winners, so get planting and make sure you display is visible from the road!

As always, fund raising is there at the top of the to do list - plant sales has emerged for us as a really useful money raiser, and a happy way of sharing plants likely to do well in our soil. This year we've all had losses due to strange weather conditions and need new plants to fill the empty spaces - so if you felt like putting some out for sale in aid of SteYning in Bloom your contribution would be SO welcome!

**As always we are grateful the the Parish Council and to the SteYning Business Chamber for their support.**

**A big Thank You to them and to the residents of SteYning whose gardening efforts bring us all such delight.**



# Steining Community Orchard: Our Wassail returns!



After a gap of 3 years (due to Covid), and on a cold, clear winter's evening in January we were finally able to invite Mythago Morris back to lead our Wassail off the Memorial Playing Field (MPF) Orchard Dancing preceded the torch lit procession across to the candlelit orchard where the oldest tree had been decorated with lights, ribbons and tatters.



Over 150 people joined in the singing, chanting and blessing of the tree before placing cider-soaked bread in the branches as gifts to the birds and bees. The dance around the tree culminated in making as much noise as possible, with banging pots and pans, blowing whistles and generally yelling to chase the evil spirits away.

The evening finished with members of the Steering Group meeting up with Mythago in the Chequers pub in Steining, where we were treated to an impromptu music and singing session. Thank you to everyone involved – Mythago (who have already been booked for next year), The Chequers, all the helpers and everyone who came along.

The Wassail begins another busy year for

the Steering group and volunteers, with our monthly work parties in one of the 3 orchards, as well as preparing and planting memorial trees, strimming in the Dowlund Orchard, The Steining May Fair, Apple pressing in the Autumn.. and an important job this time of year – pruning the apple and pear trees.

The RHS states – *'apple and pear trees should be pruned every winter to keep them productive and control their size. An open centred crown helps the trees stay healthy and bear good quality fruit'*. Pruning should take place between Nov – early March. For more details visit the RHS website [rhs.org.uk](https://rhs.org.uk) or any reputable horticultural book.

There's an old saying that after pruning you should be able to throw your hat up through



the middle of the crown –although what type of hat was never specified!  
Although we are preparing for the coming year's harvest, there's still stored fruit from last year available to eat.

Here is a recipe for Pear Flan we found in an Usborne children's cookery book, and have used for years

#### Ingredients:

5 pears                      125g (4oz) butter  
125g (4oz) flour        125g (4oz) caster sugar  
3 eggs                      Pinch of salt  
A few drops vanilla essence

#### Method:

- Melt butter in a saucepan over a low heat.
- Beat together eggs and sugar. Stir in the butter, then the flour, a little at a time. Add the vanilla and salt.
- Peel the pears and cut into quarters. Take out cores and pips.
- Grease an ovenproof flan dish. Pour a little

mixture into the dish. Put in the pears, then the rest of the mixture.

- Bake the flan - Oven setting 180C/350F/ Gas 4 -for 45 minutes to an hour until it is puffy and golden brown.

If you would like to come along and join our volunteers (no regular commitment is required, come when you can) contact [steyningorchard@gmail.com](mailto:steyningorchard@gmail.com)

or visit our website where you can sign up for our newsletter. We also have Facebook and Twitter pages.

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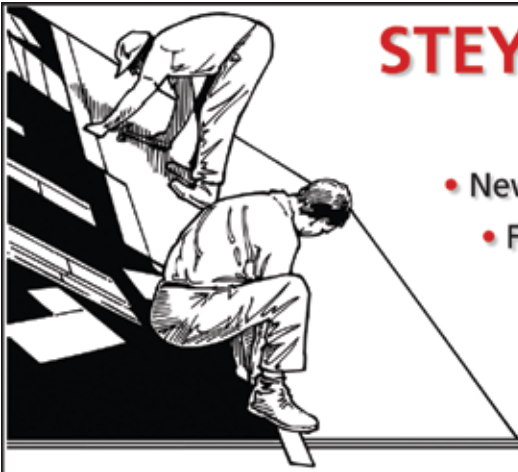
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# March: Diary Events

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)

## Wednesday 1st March

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

Steyning Centre, Fletchers Croft, Steyning

### Screening: FISHERMAN'S FRIENDS: ONE AND ALL

'Fisherman's Friends: One And All' charts the next instalment of the Fisherman's Friends amazing and uplifting true-story. Following the unexpected success of their debut album '*No Hoppers, Jokers and Rogues*' we re-join the world's oldest '*buoy band*' a year later struggling to navigate the pressures, pitfalls and temptations of their newfound fame. '*Fisherman's Friends: One And All*' follows the celebrated shanty singers through the highs and lows as lifelong friendships are put to the test and they battle the dreaded '*curse of the second album*'. Tickets can be purchased 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 3rd March

Vintage Years Club  
13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

### Quiz by Paul Maidment

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 will have a short AGM included in our business section and then look forward to welcoming back Paul to entertain us with his interesting Quiz.

There will be prizes for all the members of the '*winning*' team. Refreshments of tea/coffee and biscuits will be served afterwards and time for a social chat with your friends.

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

## Friday 10th March

10:00 – 15:30

St Columba's Community Farm

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 am 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.

**NOTE:** Also on Friday 24th March & Saturday 25th March.

## Saturday 11th March

Greening Steyning

14:00 – 16:00

Bramber & Beeding Village Hall

## BN44 Repair Cafe

Don't bin it - let us help you fix it! Bring along your items to repair, and anything you'd like sharpened. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

## Sunday 12th March

Wealden Railway Group

10:00 – 16:30

The Steyning Centre, Coombe Court, Fletcher's Croft, Steyning, BN44 3XZ

## Model Railway Exhibition Steyning.

Our latest exhibition features model layouts in several gauges and scales. Models of British, European, and American railways. Many of the layouts are for use within the home setting, as well as larger exhibition models. Demonstrations of various aspects of the hobby; scenery and model making will be in attendance. Sales stand and refreshments available. At the time of writing twelve layouts are booked. Admission £5 children free

## Monday 13th March

The Arts Society, Steyning

10:00 – 12:00

Steyning Centre, Fletchers Croft, Steyning





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## **Making Sport: Jane Austen and the Art of Satire by Annalie Talent**

Jane Austen was a gifted social satirist. Despite the fact that her novels are best known today as love stories, throughout her work she takes delight in lampooning human folly and vanity. We know that Austen was inspired by satirical writings of the 18th century, but to what extent may she have been influenced by the satirical art of her day? This lecture will explore links between the visual image and the written word; it will draw on a range of satirical prints published during Austen's lifetime – including those by Thomas Rowlandson and James Gillray – and consider how far these visual images may have influenced and inspired one of our greatest and best loved novelists.

Free to members, £10 donation for visitors.

[steyning@theartsociety.org](mailto:steyning@theartsociety.org)

[www.theartsocietysteyning.org.uk](http://www.theartsocietysteyning.org.uk)

### **Friday 17th March The Steyning Society 19:00 – 21:00**

Steyning Centre, Fletchers Croft, Steyning

### **'Worthing in the Bad Old Days - Riot, Beer and the Word of God' by Chris Hare**

Chris is a well known Sussex historian. He describes the extraordinary circumstances that lead to riots on the streets of Worthing. Doors are open at 19:00 when a glass of wine or sparkling elderflower juice is available (monetary donations gratefully received). There will be a bring and buy table of books, CD's and jigsaw puzzles.

Our talk commences at 19:30. Free to members or £3 guests. All welcome to attend. [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

### **Monday 20th March Steyning Downland WI 14:30 – 16:30**

Steyning Centre, Fletchers Croft, Steyning

### **Annual Meeting**

Presentation of annual reports and election of the President and committee for the next year. Visitors welcome. For more information please phone 01903 812570

### **Thursday 23rd March Henfield Theatre Company 19:45 – 22:00**

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

## **Henfield Theatre Company present The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society**

No – not a new dramatic society in our midst!

This is the full title of Henfield Theatre Company's production to be presented at The Henfield Hall on 23rd, 24th, and 25th March at 19:45, with a matinee on 25th March at 14:30. (The cast and crew are referring to the play simply as "Farndale".) In his first outing as Director, John Coit leads a cast of six from the Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society in presenting an Agatha Christie-style ambitious evening's entertainment – a cunning whodunnit, "Murder at Checkmate Manor" in a 1930's drawing room. The cast of six cover all fourteen roles with hysterical results!

Every drama group has experienced the horrors of what can go wrong on opening night, and this production is no different – with the possible exception that almost everything that could happen, does! The scenery collapses, cues are missed, lines are forgotten, and the sound effects take on a strange note at times ... Utter mayhem! This play is written by David McGillivray and Walter Zerin Jnr., who formed the touring theatre company Entertainment Machine in 1975. The following year their play The Farndale Macbeth was performed at the Edinburgh Festival Fringe to such acclaim that a further nine Farndale plays ensued. This one, the Murder Mystery, was first produced in Edinburgh in 1980 and was partly revised by the authors for a new tour in 1996.

Kindly sponsored by Andy Blunden Ceramic Wall & Floor Tilers Ltd., tickets for the '*Farndale Housing Estate Townswomen's Guild Dramatic Society Murder Mystery*', costing £12 for raised seating and £10 for floor seating, go on sale via [www.henfieldtheatrecompany.co.uk](http://www.henfieldtheatrecompany.co.uk) and at Steven's Estate Agents in Henfield High Street on 20th February 2023.

### **Wednesday 29th March Steyning Museum Trust 10:00 – 16:00**

Steyning Museum, Church Street, Steyning

### **Women of the Downs**

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*

# Front Cover: Trees in full flush of spring - Lindsey Pearson

Inspiration for Lindsey's work emanates from the sheer spontaneity and exuberance of painting and drawing with Watercolour and Inks. Their unpredictable nature and fabulous colours offer exciting challenges and opportunities to work using bold washes, energy and vibrancy.

Lindsey's paintings embrace an expressive, fluid style which celebrate her love of colour. Paintings evolve through an initial response to an idea, view or experience and textural brush strokes capture the mood or expression.

The reaction between paint, water and paper is a key element of how watercolour works best, allowing each component to do its work.

Her semi abstract paintings interpret the landscape in an evocative and atmospheric way to depict a scene either real or imagined.



Work and ideas are often formed from plain air sketches and then further developed once back in her studio. [www.justlindsey.co.uk](http://www.justlindsey.co.uk)

# Spring

## Fashion Swap

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*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**

#### **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 2nd 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 situated 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). Mike Hobbs - mikeshobbs@gmail.com

### **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.

### **Thursday 27th April**

#### **The Hub Beeding**

**14:00 – 15:00**

The Hub Café, Church Lane, Beeding, BN44 3HP

### **Dying Matters Café**

A safe space to ask questions about death and dying while enjoying coffee and cake. Power of attorney, funeral plans, making my wishes known, what to do when someone dies, making wills, how do I prepare for my death? Dispelling myths, providing information, offering support. With representatives from: Chalcraft Funeral Directors, Lewis Smith, The Hub Beeding & Chanctonbury Primary Care Network.

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*Becky - Steyning*

A poster for 'Discofit' featuring a large, stylized white silhouette of a dancer against a circular background with a red and orange dot pattern. The word 'Discofit' is written in large, pink, cursive script. The background is dark with stars and other circular patterns.

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An advertisement for 'Soft Furnishings' featuring a stack of four patterned cushions in the center. The background shows vertical blinds. The text is in blue and black.

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## Common Frog

My friend Alf passed away a few years back. He loved Sussex and he loved wildlife but Alf's real passion was amphibians: newts, frogs and toads. Alf loved them so much his funeral service ended with that Paul McCartney Frog Chorus song.

That's commitment for you. I spent the rest of the week with that annoying 'bom-bom-bom-aye-e-aye' tune rolling 'round my head. I'm sure Alf was laughing somewhere. While I was helping Alf's family clear his house I was honoured to be given one of his prized possessions: a clock that chimes each hour by playing a variety of frog croaks. Long ago Alf's wife Iris had made him take the batteries out because it was unbearable.

But there was no silencing Alf's pond each spring. Each year it would come alive with the sound of a real frog chorus. Alf was proud of his pond. Creating a garden pond, no matter what size, is one of the best things you can do to help wildlife in your garden. If you're lucky, in March it will turn into a hotbed of activity as Common Frogs return to mate and lay their eggs. After spending the winter hidden away in the garden, it's time to go a-courting.

Approach the pond quietly with a torch and you can observe the mating frogs. Look closely and you may be able to identify the male frog (darker with a bluish tinge to his throat) and the female (white granulations on her flanks). But if you can't notice these features then the males are on top and the females are on the bottom.

The lustful male will hop on the female and grasp her as tight as he can. He even develops special extra-grip pads on his forearms and he'll use those powerful back legs to boot off any rival males who try to muscle in. In theory, the males with the longest and loudest croaks are the most attractive, but with females sometimes outnumbered ten to one by males the pond party can get loud, chaotic and confusing.

Amorous male frogs will grasp anything: a log, a fish, even another male (males have a special croaking signal which politely informs other males there has been a misunderstanding)

Female Common Frogs can lay up to 4,000 eggs, although 1,000-2,000 is more normal. These are fertilised by the male as they emerge and form into those familiar clouds of jelly spawn.

So, in tribute to Alf I decide to restore his croaking clock to full working order. I re-installed the batteries and nailed it proudly on my office wall. After two hours I turned it off. That croaking was unbearable! I'm still sure Alf was laughing somewhere.



By Michael Blencowe:  
Learning & Engagement Officer,  
Sussex Wildlife Trust

Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our guide book: Discovering Wildlife in Sussex.

It's easy to join online at:  
[www.sussexwildlifetrust.org.uk/join](http://www.sussexwildlifetrust.org.uk/join)  
or T: 01273 497532

Common Frog Mark Hamblin Sussex Wildlife Trust

# ADIEMUS

Karl Jenkins

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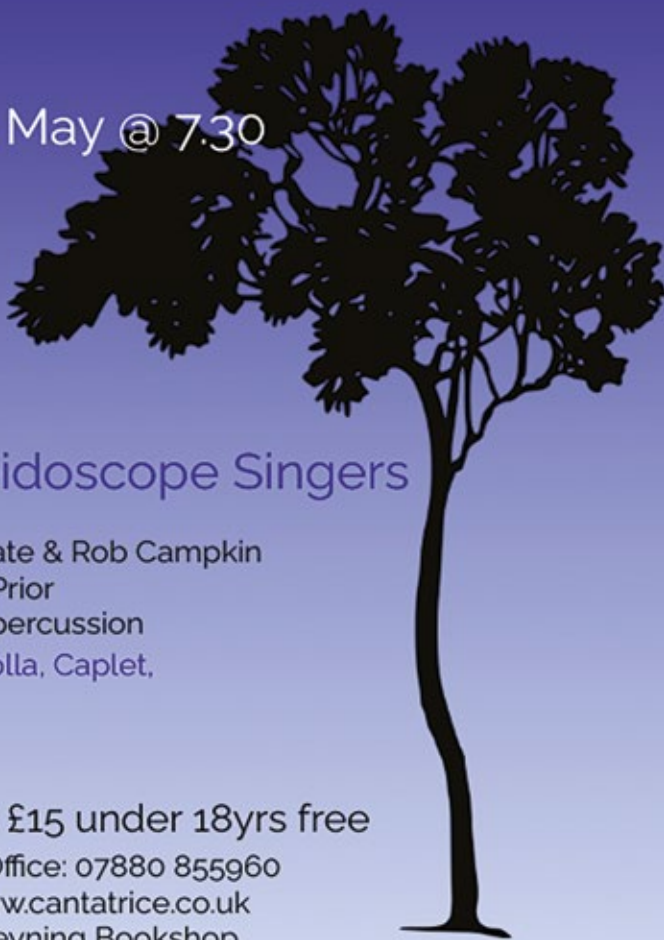
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## What's happening?



The latest Bank of England rate rise made for an interesting week!

The Bank of England announced yet another base rate increase but in the week leading up to the announcement, lenders were reducing their fixed mortgage rates.

Sadly, this doesn't get the wide spread coverage it should but instead the mainstream press would prefer a negative spin on events.

Of course, if you have a tracker rate mortgage then you will be affected with an increase to your monthly payments. However, mortgage borrowers with tracker rates are very much in the minority.

Since the "events" following the promotion of Liz Truss to PM interest rates rocketed so that some fixed rates were in excess of 6%! As was expected Compass received lots of calls from concerned borrowers with regards their own circumstances.

Since then, some kind of normality seems to have settled around mortgage interest rates and from their peak of around 6% rates have in just a few months come down so that there are 5-year fixed rates (at the time of writing this piece) in the mid 3% range! So, a significant drop!

*Where will it all end I hear you say?*

*Well, that is still up for speculation.*

What is clear is that customers feel a little happier and so we hope this will stimulate activity in the market going forward.

If you've a tracker rate mortgage in particular and want to explore your options, please feel free to call Compass Mortgages and speak with one of our friendly and knowledgeable advisers on 01903 815444.

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# 'A walk on the wild side in Steyning Parish'

## An urban 'Rewilding' success story

### Introduction

The Abbey Road Open Space is hidden away amongst the housing developments to the west of the A283 Steyning by-pass and is probably unknown to the majority of Steyning's residents. The site has been left largely unmanaged for the last 20+ years, apart from grass cutting and essential tree maintenance.

This has allowed the site to mature and develop to a point where it now needs some gentle attention to maintain what is there, whilst improving other areas that have become overgrown or swamped by more rampant growth.

Most people who see this site for the first time are surprised by how many different habitats are represented here, including a chalk stream, wet woodland, ditch, pond, meadow, hedgerow and scrub.

None are very extensive, but together they make up a valuable mix, that with some gentle management, has become an even more important biodiverse site in this part of Steyning.

### What was the plan?

Abbey Road is owned by Steyning Parish Council and comprises 4.5 acres, divided by a residential road of the same name, and was designated a 'Village Green' in 2016. In February 2020, the Council agreed to follow a new Management Plan which had been largely conceived and compiled by Roger Brown, a local resident volunteer.





The plan was to make small but effective changes. The First change was to double the frequency of grass cutting on 'Abbey Road South' and begin to plant a Community Orchard to ensure this area became a more attractive family Recreational / Parkland facility, whilst reducing the cutting regime to the grassed area on 'Abbey Road North' to create a more diverse meadow. Also north east of the road, and as part of the rewilding process, the pond was to be deepened to ensure it was less likely to dry out in Summer; trees would be planted (12 last year alone); hazel deflectors installed in the stream to trap sediment and create some more varied flow in the channel; to create and maintain walkways around the site; to liaise with experts and agencies to ensure the correct practices are being followed; then to introduce some additional native fauna such as the 'Yellow Rattle' (pictured below - *Yellow Rattle is semi-parasitic on grass roots, reducing the grass's vigour and allowing other wildflowers to establish. Its nickname is 'The meadow maker'*).



Lastly, and, most importantly, to set up a local volunteer group of enthusiastic residents, with the parish councils support, to complete a series of monthly working parties to improve the habitats by completing a series of sympathetic conservation workdays.

### **What makes this village green so special?**

After two years there is tremendous progress, with the latest botany survey registering 110 different plant species. The bird surveys have reported Buzzards, Heron, Red Kite as well as the regular group of Steyning Swifts. The Bat Surveys report 4 different species; there are 11 different kinds of butterfly sighted and around the pond now reside water voles, slow worms, toads, frogs and above it flies three types of dragonflies.

The Abbey Road Volunteers now number 16 active members, led by Roger, without whom, this project would simply not have been the success it clearly is today. Indeed, on a summers day you might be lucky enough to enjoy some moments in his company, as he explains all that can be enjoyed by walking on the wild side at Abbey Road

For more information or to book your space follow the 'Big Walk Weekender in June' via this link: <https://visitsteyning.co.uk>

**For more information about the Abbey Road project visit our website:**  
[www.steyningpc.gov.uk](http://www.steyningpc.gov.uk)



## Steyping Tennis Club Season Opening Day

Saturday April 1st 14:00 - 17:00 - Discounts on memberships and a bag of demo rackets to try

A former player interested in starting again? Never played but think it might be fun? Have children who might like to play? Visit us on our Season Opening Day and see what's on offer.

The club is renowned for its friendliness and has around 240 members ranging in age from 5 to 85 and in ability from beginner to pretty good. There are social sessions where you can meet and play against other members (and indulge in some tea and biscuits) as well as more serious sessions for team players. With floodlights on 2 of the 3 courts, play goes on all year.

There's a comprehensive coaching programme with group and individual sessions for both the thriving junior section and for adults including Rusty Racket sessions for those who haven't played for a while or are just getting started.

Membership is just £170/£74/£40/£300 for Adults/Juniors (11+)/Minis (10and under)/Families. Join on the day and get a 10% discount.

*'Steyping tennis club is exactly what I was hoping for, and I'm so pleased I've joined a club with so many friendly and helpful members'*





*"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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[www.thesussexguild.co.uk](http://www.thesussexguild.co.uk)

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# The Sussex Guild Contemporary Craft Show

Sussex Guild is delighted to be exhibiting again in The Henfield Hall on 1st & 2nd April. The Contemporary Craft Show will take place throughout the main hall, foyer and garden suite. Delicious homemade refreshments will be available in the café throughout the day, with seating inside as well as in the garden.

Be inspired by an array of exciting ceramics, furniture, glass, jewellery, knitwear, metalwork, silversmithing, textiles and woodwork. Our skilled designer makers look forward to meeting you to discuss their individual work and to explain their craft techniques. Take the opportunity to buy beautifully crafted, handmade items, or to commission an extra special one-of-a-kind piece. Admission is £3 and your



ticket allows you to return throughout the first weekend in April.

## Henfield Theatre Company present The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society

Thursday 23<sup>rd</sup> March - 19:45 – 22:00 - The Henfield Hall, Coopers Way, Henfield , BN5 9EQ

No – not a new dramatic society in our midst! This is the full title of Henfield Theatre Company's production to be presented at The Henfield Hall on 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup> March at 19:45, with a matinee on 25<sup>th</sup> March at 14:30.

A cunning whodunnit, "Murder at Checkmate Manor" in a 1930's drawing room. The cast of six cover all fourteen roles with hysterical results!



Kindly sponsored by Andy Blunden Ceramic Wall & Floor Tilers Ltd., tickets cost £12 for raised seating and £10 for floor seating, go

on sale via [www.henfieldtheatrecompany.co.uk](http://www.henfieldtheatrecompany.co.uk) and at Steven's Estate Agents in Henfield High Street on 20th February 2023.

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# West Sussex Minibus: Your Friendly Door-to-Door Service

Spring is just around the corner, so why not make the most of the weather and enjoy getting out with West Sussex Minibus.

The Association has a long history of supporting the local community. Operating a fleet of 10 minibuses across the county, this registered charity is run entirely by volunteers. They offer individuals the chance to stay active and assist those who live away from public transport links to remain independent. It is an affordable service providing residents with the added convenience of being picked up and dropped back at their homes every trip. It is the perfect way of keeping in touch with old friends and meeting new ones.

West Sussex Minibus, Steyning, organises shopping trips to Horsham, Worthing, Shoreham, Storrington and Pulborough. Frequent trips to the local shops in Steyning are also featured making it easy to meet up with friends. In addition, there are regular days out to garden centres such as Old Barn Nursery (Ashington), Squires (Washington), Southdown Nursery (Hassocks) and Newbridge Nursery (Horsham).

A year-round calendar and daily departures mean you can be out as often as you wish. Small minibuses seating 8-10 passengers are used, making for a friendly and informal service. It welcomes all age groups, with trip fares held at affordable levels. The service is door to door with help on hand to support passengers getting on and off the minibus, plus assistance carrying shopping to your house.

From their Steyning Division, the minibus service area extends to picking up passengers from Ashurst, Bramber, Upper Beeding, Small Dole, Henfield and out to the Washington roundabout (east of A24). Annual Membership is just £10. Alternatively, try the service with a Day Membership of £1.

## Make a Difference in Your Community

Membership for individuals provides an annual calendar of excursions comprising a mix of shopping trips and social outings. Behind all activities is a welcoming and helpful team of volunteers who assist members on every step of

their journey. West Sussex Minibus likes to get to know all its members and ensure everyone feels well cared for and informed so that they can make the most of their membership.

As an all-volunteer organisation, the charity relies on people from the community to help run services. Everyone who volunteers plays a pivotal role in enabling West Sussex Minibus to provide services to the local community of West Sussex. With a variety of Volunteering roles available, you can select the most suitable for you depending on your skills and the time you wish to commit. It may be a few hours a week or a day a month; there is complete flexibility to fit with the Volunteers existing responsibilities.

Each Division has a dedicated team of volunteers to support the running of its services. A Minibus Driver, safely driving members to their destination; Passenger Escort, assisting members whilst travelling on one of their services; Membership Administrator, helping with payments and reconciliation and Trip Planner, researching destinations, venues and attractions for future trips. Everyone who joins plays an essential role and will experience first-hand what difference the service makes to members' lives.

**If you are active and enjoy meeting people volunteering with West Sussex Minibus could be for you. You will be helping to ensure the ongoing success of the charity and the services offered in your local community.**

**New Members and Volunteers are always welcome.**



## Let's Discuss!

There is one thing in my line of work that comes up on pretty much a daily basis, it's the conversation about death. So why is it, so many of us avoid having it?

When it is literally the only thing you can guarantee in life, why do we shy away from having these conversations. The subject of dying is one that is emotionally difficult to deal with, although we all know it will eventually happen, none of us really want to think of a world without us or someone we love being part of it, but in truth, that's exactly the reason why we should be having these discussions.

It may seem awkward at first but discussing life after you have gone gives everyone around you a better understanding of your wishes. Early-stage grief decisions like funeral preferences, can be discussed and thought through in advance. I can't emphasise enough how much stress this can relieve at what is already an incredibly difficult time. Discussions about possessions, money, property and what you wish to leave in your Will, to whom and why. For parents with younger children, talks can be focussed around how life carries on if one of you was no longer around or what provision can be put in place if something unexpectedly happened to both of you.

These conversations aren't about rubber-stamping decisions and finalising every detail, they're about being realistic with the inevitable and having a chat with your loved ones to express your thoughts and opinions. As you go through life, these decisions may change with your personal situation, so it's worth revisiting them when you need to.

So, be brave! Have the conversation and see what you can learn from each other.

Until next time...



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

### Emma Cohen FIPW

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



# LET'S TALK

Discussing what will happen when you're gone is not always the easiest subject, but it's a conversation well worth having. So, whether it's over coffee, breakfast or just slouching on the sofa, get it out in the open and let those closest to you know your thoughts.



01903 821010  
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## Elbow Pain

**Tennis elbow (aka Lateral epicondylitis) often gets in the way of doing the things you love. It can even affect the simplest of tasks like making a cup of tea.**

You don't have to be a tennis player to suffer with tennis elbow! It is actually a misnomer as it occurs in roughly only five percent of people who play tennis. The cause of tennis elbow is down to repetitive strain of the forearm extensor muscles. Practically any occupation, sporting endeavour, or household activity that has repeated use of the forearm and wrist may lead to this condition. Certain activities and occupations are more commonly associated with tennis elbow, such as plumbing, painting, fishing, computer use, and playing certain musical instruments. Tennis elbow is most common in adults between the ages of 30 and 50 but can affect people of all ages.

### Symptoms:

Tennis elbow causes pain from the elbow into the forearm and wrist, it is normally made worse when lifting or gripping things. The pain caused by tennis elbow will make the arm feel weak – so things like picking up a kettle, turning a doorknob, or even shaking hands can feel difficult.

### Diagnosis:

In many cases, your chiropractor can diagnose tennis elbow (Lateral epicondylitis) simply by listening to you describe your symptoms, performing a physical examination, and learning about your lifestyle and activities. However, if they suspect other reasons like a pinched nerve, fracture, or arthritis are causing your pain, he/she may refer for X-rays, Magnetic Resonance Imaging (MRI), or Electromyography (EMG).

### Treatment:

Tennis elbow isn't going to disappear overnight – as a general rule it can take 4-6 weeks to resolve the problem. As with any condition, sometimes, it can be slow to respond initially but remember to persist and not get discouraged.

Mark Jones from Well Adjusted Health will initially give you advice on how to reduce the inflammation around the elbow. This normally

involves;

- Rest, avoiding certain activities especially if they are painful.
- Ice, twenty minutes, three to four times per day.

Mark will quickly be able to determine if a misalignment in your spine, neck, or shoulders may be causing an overcompensation injury. Many patients are surprised that adjustments to the spine of the neck (cervical spine) and mid-back (thoracic spine) are helpful in resolving tennis elbow. These regions are, after all, not even adjacent to the elbow. A key chiropractic principle is that the body functions as a whole, not as a jumble of isolated parts.

Nerves travelling to and from the entire body enter and exit the spinal cord via joints between spinal bones. Consequently, dysfunction in the spine may influence nerve flow to distant joints, including the elbow. In addition, muscles, tendons and other structures form an interconnected '**chain**' from the spine down the shoulder and arm.

This is why during an Initial Consultation Mark would carry out a thorough examination, which includes general tests as well as specific orthopaedic and neurological tests to assess:

- Range of motion of the affected part
- Muscle tone
- Muscle strength
- Neurological integrity

Mark will then correlate all the exam findings, with the details of your health history and create a bespoke treatment program to suit your needs. He will explain clearly the findings from the tests and will explain what the problem is, what it will take to correct the problem, how long it will take, and costs involved. If you're suffering from tennis elbow, we can help you squash the condition. Call our office today to schedule a consultation. We look forward to helping you get back in the game.

**Well Adjusted Health on 01903 892171.**





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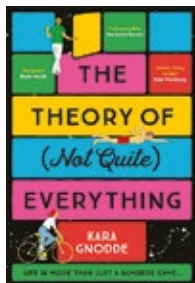
# March Book Reviews

Steying Bookshop - 01903 812062

Monday - Saturday: 9:30 - 17:30

info@steyingbookshop.co.uk

## Adult Books



### **The Theory of (not quite) Everything by Kara Gnodde.** Macmillan, hardback £14.99 16th March

An uplifting, tender novel which sets out for romcom territory before veering off into something altogether more intriguing, weaving a mystery into a story of grief, sibling

relationships, and...MATHS!

30-something siblings Mimi and Art have fended for themselves in their old family home ever since the untimely death of their parents, 12 years before. Art is a neuro-divergent Maths genius, who has devoted his life to solving an obscure theorem. Mimi lives a quiet life; she has slipped into the role of Art's carer, cooking for him and observing his various rules and obsessions. When Mimi gets a new job as a Foley artist she decides it's time to get a life and find romance, and she enlists Art's help to crack the dating site algorithms. But Art is dismayed when Mimi disregards his algorithmic analysis and falls head over heels for Frank, a mathematician she meets at a conference. But something about Frank doesn't quite add up, and only Art can see it... until tragedy strikes and Mimi's loyalties are tested to the limit.

*A darkly funny, character-driven novel with a ribbon of page-turning suspense. Art and Mimi are unique and endearing characters who jump off the page! For fans of Eleanor Oliphant and The Rosie Project.*



### **Into the Groove: The Story of Sound, from Tin foil to Vinyl by Jonathan Scott.** Bloomsbury, hardback £17.99 Event Price £15.

Local writer and music buff Jonathan Scott's second book Into the Groove is a heady blend of science and music writing, and tells the incredible story of recorded sound, from

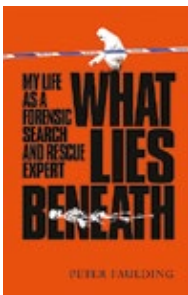
the first capture of airborne sounds to steampunk synthesisers, to Thomas Edison's phonograph, to avant-garde turntablists.

Jonathan takes us to the first recording studios,

meets pioneering music moguls and examines the earliest sounds - from the first live performance to the first F-bomb on disc.

This is vinyl's origin story, a format repeatedly written off, threatened by radio, tape, compact disc and download, only to endure and come back stronger. A story which starts in 1877 with grooves of tin foil in a workshop in New Jersey, and ends a century later as the format goes interstellar.

*To hear all about Jonathan's fascinating research for the book, and have a chance to listen to those first, scratchy recordings and other hidden gems, come to our audio-visual event with Jonathan on Thursday 9th March. Tickets can be purchased at the bookshop or online at our Ticketsource shop: [www.ticketsource.co.uk/thesteiningbookshop](http://www.ticketsource.co.uk/thesteiningbookshop)*



### **What Lies Beneath by Peter Faulding.** Pan Macmillan, hardback £18.99

We are hoping to arrange an event later in March with forensic search and rescue expert Peter Faulding. From recovering bodies, finding discarded remains and identifying unmarked graves to saving people from locations

and situations too dangerous for the normal emergency services, Peter's career has certainly never been dull!

In his extraordinary life story, What Lies Beneath, Peter gives new details on some of the country's most harrowing murder cases - including that of serial killer Peter Tobin, the Nicola Payne case and the Helen McCourt murder. The book also sheds new light on mysterious deaths, including MI6 worker Gareth Williams.

*A life story as gripping as the tautest thriller!*

## Children's Books



### **Adventuremice: Otter Chaos by Philip Reeve & Sarah McIntyre.** David Fickling books, paperback £7.99 2nd March

We are overjoyed to see the launch of Adventuremice; a fun-packed new series for younger readers by the dynamic author/illustrator duo

# THE STEYNING BOOKSHOP EVENTS



**Into The Groove: the Story of Sound**

**An Audio-Visual Talk  
with Jonathan Scott**

**Thursday 9th March at 7.30pm  
Brotherhood Hall, Steyning**

Tickets £15 with book / £5 ticket only from Steyning Bookshop.  
Tel 01903 812062 [www.steyningbookshop.co.uk/events/](http://www.steyningbookshop.co.uk/events/)



**Saturday 1st April Time TBC**

**Signing with Julia Donaldson to launch  
her new book The Bowerbird.**

**Booking essential. Tickets available very soon.**



**Don't forget to pop in on  
WORLD BOOK DAY – MARCH 2nd**

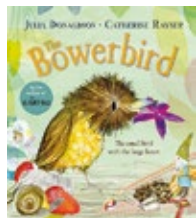


of Philip Reeve and Sarah McIntyre. Their other collaborations such as *Oliver and the Seawigs* are firm favourites at the Steyning Bookshop, for their madcap imagination and effervescent illustrations, and are perfect for children just moving onto chapter books.

*The Adventuremice are a brave, determined team who keep the Mouse Islands safe from harm. Tiny Pedro's dream is to show the Adventuremice that he's brave enough to join their ranks...and when a big scary other starts causing trouble it might just be the chance to show off his strengths...!*

Bower, complete with a pretty purple flower... But Nanette, the lady of his dreams, is FAR from impressed. So Bert flies off finding presents from far and wide... Will it EVER be enough to win Nanette's heart? Julia Donaldson's evident delight in the stories that the natural world presents shines through and the illustrations are stunning. A real treat of a picture book for under 6's.

*We will have a signing to launch The Bowerbird with Julia Donaldson on Saturday April 1st, booking essential, tickets on sale very soon.*



**The Bowerbird by Julia Donaldson, illustrated by Catherine Rayner.**  
Macmillan Children's Books, hardback £12.99.  
30th March – taking pre-orders for signed & dedicated copies now.

Julia Donaldson joins forces with illustrator Catherine Rayner for another exotic avian tale, following their beautiful, best-selling book *The Go-Away Bird* in 2019. Once again, Rayner is the PERFECT illustrator for this story about little Bert, the Bowerbird, who is looking for love. Bert has painstakingly constructed the MOST perfect

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# Local Clubs and Societies

To add a club or society or change the details kindly email [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

## 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)  
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 815803

**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@theartssociety.org](mailto:steyning@theartssociety.org)  
<http://www.theartssocietysteyning.org.uk/>

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

**Vintage Years Club.**  
01903 812040.

**West Chiltington 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](mailto: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.**  
01903 816181.

**Steyning Downland Scheme Group.** 01903 812404.

**Friends of Steyning Downland Scheme.** [www.steyningdownland.org/support-us/friends-scheme/](http://www.steyningdownland.org/support-us/friends-scheme/)

**Special Task Force.**  
01903 765340.

**Steyning & District U3A.**  
[www.steyninganddistrictu3a.org.uk](http://www.steyninganddistrictu3a.org.uk)

**Steyning for Trees.**  
01903 816726.

**Steyning Greening Campaign.**  
01903 813232.

**Steyning in Bloom.**  
01903 812317.

**Steyning Library Book Group.**  
01903 270330.  
**Steyning Probus Club.**  
07786 065077

**The Steyning Downland Young People's Sunday Conservation Group.** 07791 437790.

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**The Steyning Downland Conservation Volunteers.**  
sdsvolunteers@gmail.com

**Volunteering in the Horsham District.** 01403 273985.

**Young People's Sunday Conservation Group.**  
07791 437790.

**SPORTS:**  
**Friday Evening Badminton Club.** 01903 815857.

**Shoreham Snooker Club**  
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**Short Mat Bowls.**  
01903 816474.

**Southdown Gliding Club.**  
01903 742137.

**Steyning Athletic Club.**  
www.steyningac.co.uk

**Steyning Bowling Club**  
01273 887953  
www.steyningbowlsclub.com

**Steyning Scuba Club.**  
07786 243763.

**Steyning Stars Gymnastic Clubs.** 01903 800024.

**Steyning Tennis Club.**  
01273 493155  
E: alanvgbarwick@gmail.com

**Steyning Ladies Table Tennis Club.** Nikki 07740864552

**Steyning Rugby Club.**  
07719 153971.

**Steyning Town Community Football Club.** 07713 628053.  
**The Table Tennis Club.**  
01903 815396.

**HEALTH:**  
**West Sussex Downs Diabetes UK Group.** www.facebook.com/groups/938854172796096/

**Know Dementia - Green Moments.** 01273 494300.

**Parkinson Support Group.**  
01273 969603.

**Pilates Personal Training.**  
07941 078 091.

**Steyning Healthy Walks.**  
Health Centre, Tanyard Lane.

**Steyning Patients Participation Group.** Health Centre, Tanyard Lane,

**YOUTH:**  
**1st Steyning Rainbows.**  
1ststeyningrainbows@gmail.com

**1st Steyning Brownies.**  
1ststeyningbrownies@gmail.com

**1st Steyning Guides.**  
www.girlguiding.org.uk

**2nd Steyning Scouts.**  
Beavers, Cubs. 815807.

**Chanctonbury Ring Woodcraft Folk.**  
steyningwoodcraft@gmail.com

**Sussex Clubs for Young People.**  
jo.bell@sussexcyp.org.uk

**MAC Playgroup.**  
mac\_group@yahoo.co.uk

**THEATRE:**  
**Milestones Theatre and Supper Club.** 07500 478097.

**Steyning Drama Club.**  
07905 451684.  
steyningdramaclub@gmail.com

**Steyning Youth Theatre.**  
01903 602 815 / 07788 497 779.

**MUSIC:**  
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www.cantatrice.co.uk

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www.chanctonburychorus.org

**Kaleidoscope Singers.**  
www.kaleidoscopesingers.org

**Know Dementia**  
01273 494300  
info@knowdementia.co.uk

**Sandgate Singers.**  
01903 743345.  
www.sandgatesingers.org.uk

**Sing Out Sister Ladies Choir.**  
07730 373142.  
www.singoutsister.co.uk

**Steyning Jazz Club.**  
01273 430311.  
www.steyningjazz.co.uk

**Steyning Live Lounge Music Club.** team@steyninglivelounge

**Steyning Parish Church Choir.**  
01903 816008.

**Sussex Harmonizers Barbershop Chorus.**  
01444 553102. - brian@sussexharmonisers.org.uk  
www.sussexharmonisers.org.uk

**Vocal Fusion acapella.**  
www.vocalfusionacapella.co.uk  
- 01444 482183.

# Step into the Climate Café

I wonder how many of you reading this article are struggling with life at the moment? We have lived through a pandemic and are now caught up in an economic crisis that is impacting on all our lives.

And we know there is another disaster in the wings, edging its way onto the stage. A much larger problem, bigger than anything we have been through in the last three years.

The Climate Crisis. It is no longer a distant smudge on the horizon. This is 2023 and the storm clouds are overhead and very real. This time there can be no denial; last year saw unprecedented storms, flooding, record breaking temperatures, official drought and a disturbing shift in the seasons; harbingers of worse to come.

This harsh reality has led to many more people trying to live their lives normally whilst carrying around with them a heavy burden of anxiety about our future and the future of our planet.

School aged children, already conscious of the fact that they are the ones who are going to have to deal with the consequences of what we have done to our world. Those thinking about starting families but seriously questioning whether it is fair to bring children into what seems like an apocalyptic future. Parents worried because they do not have the skills to teach their children the resilience needed to survive the coming storm. An older generation anxiously watching their children and grandchildren, afraid for them and their future.

Climate change is the **'Elephant in the Room'**. An issue which people are reticent about, unlikely to bring up in conversation, to share their feelings about. And many people desperately need to unburden themselves, to talk to others who feel the same as they do.

*Who do you talk to? Family, friends, colleagues? It is difficult to start this conversation.*

On the 19<sup>th</sup> February last year, the Climate Café opened its doors at the Castle Inn in Bramber to those who needed somewhere they could go to share their feelings about what is happening to us and our planet. And it has opened every third Saturday of the month (bar Christmas!) since.

The Café in the front room of the Castle offers a friendly, informal space, open to anyone, where you can buy a really good coffee and sit down and share your worries, your fears, your frustration and anger about our future with people who share your concerns and know where you are coming from.

*Everyone's opinion is respected.  
The conversation evolves around everything.*

People share experiences, swap stories, ideas, news, talk about the difficulties of being **'green'**. It is not a fix-it forum. There is plenty of other advice about offsetting the problem of climate change from organizations like Greening Steyning already out there but ideas are exchanged, and we share useful resources, articles, books to read.

**And above all the mood is positive. And those who come, say they are grateful for coming and return again.**

**Why not try it and join us? You have nothing to lose and the coffee is good.**



**Climate Cafe**

The 3<sup>rd</sup> Saturday of every month at  
The Castle Inn, Bramber  
Meeting 10.30 am until 12 noon  
Jan 14, Feb 18, Mar 18, Apr 15, May 20, Jun 17

Somewhere to meet and share your worries, hopes, fears and ideas about the climate crisis. Everyone's feelings and opinions are respected!

**GREENING**  
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# March Gardening Journal

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

Spring seems to be everyone's favourite time of year. New beginnings in the form of the spring bulbs and emerging blossom on our trees helps to wake us from our winter hibernation with a smile. Mother nature starts to wake from its winter slumber bringing with her longer and warmer days which are ideal for getting out in the garden. Don't be tempted to plant tender plants out too early though but make sure to make the best of the sunny spring days and sow those seeds, plant those plants, generally potter around getting your garden ready for the summer months to come.

If you were to say 'wallflowers' to most people, they'd think of the spring-flowering bedding plants - *Erysimum cheiri* for example. But there are also numerous short-lived perennial types that flower for several months in spring, summer and even well into autumn, such as the very popular *Erysimum Bowles Mauve*.

*Erysimum Bowles Mauve* provides a wealth of colour to beds, borders and containers, producing delightfully scented flowers. It's a bushy evergreen perennial growing up to 75/90cm, with narrow, dark grey-green leaves and erect racemes of beautiful mauve flowers about 2cm across. It was shortlisted for the Chelsea Plant of the Centenary for the decade 1973-1982 and it positively thrives in the gardens located around the South Downs National Park.

In fact, *Erysimum* is found in a range of habitats across the northern hemisphere and has developed diverse morphology and growth habits (herbaceous annual or

perennial, and woody perennial). Different *Erysimum* species are used as food plants by the larvae of some butterflies and moth species. Many species of beetles, bugs and grasshoppers eat the leaves and stalks. Most wallflowers are pollinator-generalists, their flowers being visited by many different species of bees, bee flies, hoverflies, butterflies, beetles, and ants.

All wallflowers prefer to be grown in full sun but will tolerate light or dappled shade. For best results they prefer fertile soil enriched with lots of organic matter which holds plenty of moisture in spring and summer and doesn't dry out or become waterlogged. However, they will tolerate poorer soil too, and you could add a general or high potash granular feed to the soil before planting out.

To care for wallflowers: keep the soil or compost moist, especially when plants are flowering. Regular liquid feeds will help prolong the flowering period. After flowering, cut back perennial wallflowers to keep them



**Plant of The Month: *Erysimum Bowles Mauve***

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compact. This, along with liquid feeds, will also help encourage further flushes of flowers well into autumn.

Erysuimum Bowles mauve is a great little plant that works well on its own as a specimen in a pot. It also looks great in a mixed planting scheme and if mixed with the Orange of something like Geum Totally Tangerine of the Lime Green of Euphorbia you will get a striking contrasting combination that will provide a dramatic display in your borders or pot displays. While its not the most long lived perennial its definitely one that's worth including in the garden and will bring a little bit of something special providing colour and interest for months of the summer season.

### Jobs to be done in March:

#### Ornamental Garden:

- A general fertiliser could be applied over borders if felt necessary. If leaves look yellow on shrubs then give them a folate feed (liquid feed via watering can).
- Aerate lawn with a wire rake if mild and not waterlogged.
- Remove any dead, diseased or damaged growth from trees and shrubs.
- Finish mulching if not done in Autumn.
- Put manure / rose feed around all roses and check for dead, diseased or dying shoots.
- Deadhead bulbs regularly.
- Now is a good time to plant new Perennials and summer-flowering bulbs, top-dress all containers.
- Weed regularly.
- Edge / define all borders if not done already.

- Plant Roses.
- Sow hardy annuals for summer colour.
- Repair damage to lawns if necessary.
- Harden off hardy annuals sown under glass.
- Cut back any remaining growth from herbaceous / grasses left over from the winter.
- Divide summer flowering perennials like astrantia, hemorocallis, hosta etc.
- Coppice dogwoods / willows etc if not done before now.

#### Vegetable Garden:

- Prune Gooseberries and red and white currants. Remove deadwood and then spur prune all sideshoots back to 2 – 3 buds from the base. Shorten branch tips by one quarter.
- Direct sow shallots and onion setts.
- Harvest the last of the winter crops and compost any un- diseased debris.
- Sow aubergines, cucumbers, tomatoes and chillies in an indoor heated propagator.



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## 'Improverished Widows'?

An email from Australia to Steyning Museum opened the door to a fascinating story. Our elderly correspondent explained that before his mother died, she told him she had briefly lived in Steyning, where she attended a boarding school for girls at Jarvis House (now just Jarvis), the oldest house in Jarvis Lane. . . This girl's name was Dorothy Green and she boarded with the school's proprietors, Dr. Taylor and his disabled wife.

Dorothy's next words came as a terrible shock. *'Dr Taylor was your birth-father.'* Her dying wish was that her son, her only child, should travel to England, to Steyning's Churchyard and place her ashes on Dr Taylor's grave – a promise that he fulfilled many years ago. However, he then wanted to find out more. Hence his emailed enquiry.

Our archives tell us that In the early 1900s there was indeed a small boarding school for girls at Jarvis, owned by the mysterious Dr. Henry Herbert Taylor, whose main claim to fame was being the Brighton pathologist who, in 1910 gave evidence against the infamous Dr. Crippen, who was hanged soon after for murdering his wife.

Dr Taylor's other claim was being the first man in the World to have a mechanical lift installed in his house.( There are still traces of it now.)

Dr Taylor was a rich and generous man. When his first wife died, he married a much younger woman and she continued to run the school. Meanwhile, with his considerable wealth, he endowed various parochial and charitable causes, including a special one of his own.

Dr Taylor decided to provide temporary accommodation for *'Impoverished Widows'*. For this purpose he rented several houses and purchased two

disused railway carriages, which were parked in the sidings of Steyning's nearby Railway Station and furnished them appropriately.

Of course it is true that there must have been a large number of war-widows in the early twentieth century, but according to hearsay prevailing at that time, most or of these *'Impoverished Widows'* were young and pregnant, some time after the wars. So perhaps a more apt title might have been *'Unmarried girls who had got into trouble'*. In those days and in most families it was seen as shameful to have a baby out of wedlock. Thank goodness we have moved on from those difficult days 100 years ago!

Whatever we might think of Dr. Taylor, he did redeem himself to an extent, by depleting his own wealth to pay for the passage of every girl who wanted to take up his offer of a new start with her baby in Australia, with appropriate lodging and support set up for them to start their new lives.

Australian archives hold documents that demonstrate the success of Dr. Taylor's

scheme. Finally, whether a scholar or a victim, Dorothy Green certainly made a happy life for herself and her son.

Although he too has died, his own family live on to tell the tale.





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# ADVERTISER'S INDEX

## Accountants/Tax

Beltons Public Accounts 7

## Aerials/Home Theatre

Apex Aerials 45  
Hamilton Cole 20

## Boiler Repair

Option Energy Solution 9

## Bookshop/Reading

The Steyning Bookshop 39

## Building/Architecture

Cam Bro Building Ltd. 8  
Edulis Garden Rooms 51  
Robert Hacker 21

## Building Insurance Claims

Edulis Garden Rooms 51

## Business Affairs

Beltons Public Accounts 7

## Car Hire/Taxis

Henfield Village Cars 48

## Carpentry/Joinery

Robert Hacker 21

## Dance

Dance Fit 19

## Dental Practice

Mallards Dental 37

## Electrical

Mark Perry Electrical 15  
Willett Technical 3

## Events

Adiemus 23  
Sussex Guild Craft 30  
Steyning & District Flower Club 47

## Fencing

GJM Landscapes 10  
Riverside Home Maint 15  
Treedom 15

## Financial Services

Investment Solutions 50

## Florist

Abbey Meadows florist 11

## Funeral Directors

Chalcrafft Funeral Direct.41

## Flooring/Carpets

Robert Hacker 21  
Walter Wall 8

## Garden Services/Design

Alex Bell Garden Design 45  
Cam Bro Building Ltd. 8  
Edulis Garden Rooms 51  
GJM Landscapes 10  
Treedom 15

## Gifts

Flicker Rose 11

## Guttering/Facias

Steyning Roofing 9

## Health Products

Green & Healthy 48

## Health/Sport/Fitness

Dance Fit 19  
Green & Healthy 48  
Lorraine Hannah Pilates 11  
Shaitsu Physical 10  
Steyning Osteopathic 13  
Well Adjusted Health 37

## Home Appliances

Carters Home Appl. 52

## Home Care Services

Love to Move & Chat 29  
Right At Home 29

## Home/Life Insurance

Compass Mortgages+ 25

## Home Maintain

Edulis Garden Rooms 51  
Treedom 15  
Riverside Home Maint 15  
Robert Hacker 21

## Inheritance Tax Planning

Investment Solutions 50

## Landscaping

Alex Bell Garden Design 45  
GJM Landscapes 10

## Locksmith

Lee's Locks 15

## Life Insurance

Compass Mortgages+ 25

## Market

Steyning Market 10

## Mortgages/Advice

Compass Mortgages+ 25  
Green, Wright, Chalton, Annis 2

## Oven Cleaning

The Oven Magician 20

## Painting/Decorating

Keltons Decorating 19

## Pest Control

BN Services 20

## Retirement Matters

Nsure Estate Planning 35

## Plant Nursery

Village Nurseries 20

## Plumbing/Heating/Gas

Option Energy Solution 9  
Willett Technical 3

## Property Lawyers

Jackie Scott Ltd 12

## Roofing/Cleaning

Best Choice Roofing 15  
Steyning Roofing 9

## Soft Furnishings

Helen Puxley 19

## Solar Panels

Willett Technical 3

## Solicitors

Green, Wright, Chalton, Annis 2

## Tiling & Slating

Steyning Roofing 9

## Timber/logs

Ben Warner 21  
Treedom 15

## Transport

Sussex Mini Bus 32

## Tree Surgery/Stump Grind

Ben Warner 21  
Treedom 15

## TV/Aerials/Satellite

Apex Aerials 45  
Hamilton Cole 20

## Upholstery/Soft Furnishing

Helen Puxley 19

## Wills/Estate Planning

Green, Wright, Chalton, Annis 2  
Nsure Estate Planning 35

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