

M A R C H

2024



your

STEYNING, BRAMBER
& BEEDING MAGAZINE



yourmag.co.uk



accountancy & business matters

Certified Public Accountants & Tax Consultancy

- **Payroll • Bookkeeping • Self Assessment**
- **Corporation Tax • Personal Tax Returns**
- **Accounts Preparation**

Get some tax advice for your business.

Book now for your FREE Consultation

**The Barn, Golden Square,
Henfield, BN5 9DP**

t 01273 491112

e nfo@abmatters.com

w www.abmatters.com

MARCH CONTENT

- Council completes purchase of Bramber Brooks to boost District's biodiversity
- It's a First for Steyning Tennis Club!
- Steyning Gardening Club.
- Wealden Railway Group: Steyning Model Railway Exhibition March 10 2024
- Is your Home Heat Pump Ready?
- Spot Asian Hornets and Save our Bees
- March Steyning Community Orchard: What a wonderful world!
- March: Diary Events
- Spare a little time for your community. Everyone will benefit.
- The Lost Railway
- Steyning & District Flower Club: 'New Beginnings'
- Business Focus: How will you leave your legacy?
- Steyning Festival News
- March 2024 Book Reviews
- Business Focus - Headaches: A pain in the neck
- The Wheatear
- Storrington Tennis Club: Want to play Tennis?
- Steyning For Trees: March 2024 News Letter.
- Local Clubs and Societies
- Henfield Theatre Company has 'Funny Turns'
- Front Cover: Jane - Cole Jellyfish / Cone drop earrings
- March Gardening Journal
- Museum Archives: Sheep Pen Lane or Schepynstrete
- Advertiser's Index

USEFUL NUMBERS

Steyning Library:

Opening Hours: Monday - Friday: 10:00 - 17:00
Saturday: 10:00 - 14:00 - T: 01903 270330
E: steyning.library@westsussex.gov.uk

Steyning Minibus: 0300 772 7735

www.westsussexminibus.org.uk/organisation/

The Steyning Health Centre:

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

Steyning & District Good Neighbours

Association: T: 01903 816181
steyninggoodneighbours.co.uk

Steyning Parish Council: T: 01903 812042 -

W: www.steyningpc.gov.uk
E: clerk@steyningpc.gov.uk

The Steyning Centre: T: 01903 812042

Opening Hours: 09:00 to 16:00
The Steyning Centre, Fletcher's Croft, Steyning
www.steyningcentre@btconnect.com



**To all our current and new customers:
We are back up and running to serve all
your taxi requirements big or small.**



**For up-to-date listings of local
Clubs & Societies or to subscribe
to our mailing list: visit our
website: www.yourmag.co.uk**

Council completes purchase of Bramber Brooks to boost District's biodiversity



Horsham District Council is excited to announce that it has now successfully purchased Bramber Brooks, securing this public green space both for the benefit of local communities and to provide a vital boost to local biodiversity in its goal for the Horsham District to achieve net zero carbon emissions by 2050.

The site, which comprises some 34 acres of green space, is known as Bramber Brooks and benefits from public access, a private nature reserve and a community orchard, and is currently enjoyed by many members of the public.

This successful acquisition will secure Bramber Brooks as public green space for the future in order to retain the community benefits of the land and enhance biodiversity on the site, ensuring that it will continue to operate as a well-loved and much enjoyed area for people to enjoy.

The site is already well-used by local people and has strong links with the local community through schools and scout groups.

Adding Bramber Brooks to the Council's countryside estate will benefit our District by:

- Retaining public access to the land for residents and visitors
- Enhancing delivery of biodiversity improvements via a fully funded Environment Agency approved project to create more wetland areas
- Providing other improvements which could include, the introduction of seasonal cattle

grazing, thistle and bramble scrub control, formal rights of way improvements and improved signage for users. Positively contributing to the Council's existing successful flagship Wilder Horsham District initiative, delivering improvements to habitats and wildlife along the River Adur, as part of a wider nature recovery network. Horsham District Council Cabinet Member for Leisure, Culture and Green Spaces Cllr Jon Olson said:

"We're excited to confirm our acquisition of Bramber Books is now complete, and that ongoing public access has been secured for the local community.

"Managing this land within our countryside estate will also guarantee that proposals to improve the biodiversity of the site can move forward.

"This opportunity really underlines the Council's commitment to address the climate and ecological emergencies we all face, as we take real action to achieve net zero carbon emissions for our District and look to inspire greener futures."



Bramber Brooks Nature Reserve



Bramber Brooks with River Adur

It's a First for Steyning Tennis Club!

Steyning is the first club in Sussex to be awarded 'LTA Youth Recognised Venue' status, recognition by the LTA of our "incredible work in the Youth space and wonderful club environment". Chair Mike Hobbs said, "Being the first club in Sussex to achieve Recognised Venue status is a fantastic achievement for a small 3-court village club like ours".

Our Junior Coaching Programme caters for all ages from 4 to 18 with 12 different sessions each week. Termly blocks of 10 lessons cost £60. Annual membership of the club is £36 for under 11s and £67 for those aged 11-18. We're very happy for children to have a couple of try-out sessions before committing.

For Adults, we have 4 friendly social sessions a week, fun tournaments and teams in the

Sussex Leagues for competitive types. There's also a comprehensive Coaching Programme with 6 different sessions each week including 'Rusty Rackets' (for beginners or those out of practice) through to improvers and team players. Adult and Family (2 adults and up to 4 children) memberships are £175 and £305.

Season Open Day – 10% off memberships

Our season starts on **Saturday April 6th with an Open Day from 14:00 to 17:00** when you're welcome to come and talk to members and coaches. We welcome all standards and anyone who joins on the day will get 10% off their membership.

For more information, contact steyningtennisclub@gmail.com or visit our website: <https://clubspark.lta.org.uk/steyningtennisclub>



Steyning Gardening Club.

As spring arrives and we begin to see our gardens coming back to life after a very wet winter, I know I look out and can't wait to spend more time outside and planning for the year ahead, as well as the more distant future.

As my family call the garden, 'Mum's happy place' I think they are looking forward to me getting outside too and finding my peace after looking at the things that need doing and making yet another list.

I will of course make mistakes and frequently do, plants in the wrong place, some that just didn't survive the brief cold spell despite being 'protected from frost' as advised. These 'jobs' are part and parcel of the joy I find in our garden.

The Steyning Gardening Club has been very much like a garden growing. After months of planning, list making, meetings and seeing

how we can make our new venture a success we are now approaching our Launch on 13th March at the Steyning Centre.

We are all delighted with the positive responses we have received from people we have met or who have contacted us via email, and we are looking forward with great excitement to meeting many of you on 13th.

Just as in a garden, there are the mundane tasks to contend with and I am taking this opportunity to share some of those with you. As we have previously mentioned, we plan to meet on the second Wednesday of the month at 7:30 in the Steyning Centre. We will be asking for an annual subscription of £20 per person, with a reduction to £30 for dual membership. Obviously, we will always welcome guests for a small fee paid on the night. Don't forget our raffle with the chance to win some fabulous prizes kindly donated by several of our sponsors. As well as refreshments, there will be the opportunity to share your ideas for our club. Our planned schedule for our first year will be available for you to see and hopefully put some dates onto your calendars.

Wealden Railway Group: Steyning Model Railway Exhibition March 10th 2024

The show features over a dozen model railway layouts in several gauges and scales

One local resident has a layout on display: Mike Denwood's *'Nubb End'*. This is an OO scale layout which is designed to be stored, when not required, in a Really Useful Box. Thus being easy to set up and to live with whether in use or not. The small layout offers plenty of shunting interest and chances for developing scenery and testing of models. The construction of layouts such as this has been encouraged by the **Wealden Railway Group** over the years

Come and see *'Nubb End'* and the other exhibits, talk to the operators and builders (at this show often one and the same), look at scenery demonstrations, sales stand and partake of refreshments.

So please, make an evening of it. Come along, meet like-minded people, and hopefully make some new friends.

If you would like to join our mailing list for the latest news update or to confirm your place on 13th March, please use one of the links below.

Sign up for our mailing list by clicking the link: https://bit.ly/SGC_sign_up.

Or by contacting us on:
steyninggardeningclub@gmail.com or via
Monique on 01903 814684

Add 13th March 2024, at
The Steyning Centre to your calendar.
Doors open at 19:30.



Is your Home Heat Pump Ready?

There's loads of talk these days about heat pumps being the low carbon home heating solution for the future.

But there's also plenty of uncertainties and nervousness around the technology.

- Will it work for me?
- Will it keep my house warm on really cold days?
- Is now a good time to make the move, or should I wait a few years?
- What will it all cost?
- And how can I tap into the new £7500 Boiler Upgrade Scheme grant I've heard about?

Come along to Green Drinks on Weds 27th March and we can answer all your questions. Heat pumps aren't for everyone - but would they be a good solution for you?

We'll have a panel of experts and homeowners talking about their experience with heat pumps, including Michael Paini from local firm, **Option Energy Solutions** - a member of the **Greening Steyning Home Energy Team** who is a qualified heating engineer in his day job.



Is your home Heat Pump Ready?



It's at the Steyning Athletic Club, starting at 20:00. The bar will be open. Tickets cost £3 and are available from:
greeningsteyning.org/events

Or you can find out more from our website:
greeningsteyning.org/heatpumps/

Spot Asian hornets and save our bees!

Use the **'Asian Hornet Watch'** app
www.bbka.org.uk

REPORT THEM!



Goring Glazing

Double glazing repairs & installation

- Full servicing and repair work undertaken
- All aspects of double glazing
- Replacement glass, handles, locks and hinges fitted
- New windows, doors and conservatories - all 'A' rated frames and glass
- Glass balustrades and glass splash backs

For a free quote, call us now on

**01903
268200**

Email: goringglazing@hotmail.com

46 Parklands Avenue, Goring by Sea

Proud members of
Checkatrade.com
Where reputation matters



STEYNING ROOFING

Checkatrade.com
Where reputation matters

- New roofs and repairs
- Flat roofs
- Tiling and slating
- Leadwork
- Chimneys
- Guttering and Fascias

**LOCAL ROOFER WITH OVER 40 YEARS EXPERIENCE
FOR ALL YOUR ROOFING NEEDS**

TEL: 01903 814378 (Steyning) ~ MOBILE: 07904439915

Email: Jasonstanding917@gmail.com

www.checkatrade.com/steyningroofingltd

NORSAT



Established 1992
Family Run Business



Home & Business Security

- **CCTV** - Our systems conform to UK Police Requirements for Digital CCTV
- View/Rewind/Fast Forward your cameras from your iPhone, iPad, Android device
- **Intruder Alarms** - Wired and Wireless with remote access options
- Installations
- Upgrades
- Maintenance
- Service

Domestic ✓
Commercial ✓



Freesat **sky**

Freeview Proud members of
Checkatrade.com

Satellite TV & Aerials
TV Wall Mounting
Wi-Fi Range Solutions
Data Points

- Satellite TV for Sky, Freesat & European Channels
- TV & Radio Aerials
- Extra TV/Satellite/Internet Points
- TV Wall Mounting Service
- Wi-Fi Range Solutions



Steyning 01903 841197 www.norsat.co.uk **SCAN ME**

Putting The Customer First
Walter Wall
Carpet & Floorings
Since 1986

VISIT OUR SHOWROOM AT:

26 North Road
Lancing
BN15 9AB

01903 750213

www.carpets-lancing.co.uk
info@carpets-lancing.co.uk

UP TO 20% OFF
WINTER / SPRING
CARPET
SALE

MEASURING & FITTING
FURNITURE MOVED
FRIENDLY SERVICE

◆ **ESTIMATES & ADVICE**
◆ **OLD FLOORING TAKEN**
◆ **HOME SAMPLE VISITS**

10% REDUCTIONS ON



VINYL FLOORING



LAMINATE FLOORING

www.carpets-lancing.co.uk info@carpets-lancing.co.uk

March Steyning Community Orchard: What a wonderful world!

After my retirement last July, many asked, 'What will you do?' Answer: Conservation/ regeneration. My faith has always led me towards tending to the preservation of our earth. This has led me to joining the Steyning Community Orchard Group, the Steyning Downland Scheme Maintenance Group, the St Andrew's Churchyard Group and the Abbey Road Conservation Group.

Abbey Road in Steyning is where I live, and it has a special place in my heart, because our boys used to play there on the open ground. Over many years the footprint of the land has changed significantly. Recently I was shown a picture from 2009 of one part of the site which only had three trees on it. Now, there is an abundance of flora and fauna that is being maintained and formed into different habitats.

Central to one area, is a very large, semi-permanent pond that fills with water from the land and floodwater from the nearby stream. Last year, we had a wealth of frogspawn, so we set up a night time camera, which showed a vast number of bright pairs of eyes staring back at us. That would explain the visitation from a Little Egret the following week! In the late spring and summer when the pond dries out, it is filled with Water Mint, Purple Loosestrife and a wide range of grasses. We have just coppiced many Goat Willows to let more light through the central section of the pond, so that more flora will be regenerated in what was previously a dark section with



Abbey Road Conservation Area. April 2023

little growth.

Earlier I mentioned about regeneration; this is because we are not only here to conserve, but add and replace trees and scrub that were there many years ago. We have been gifted nine native Black Poplar trees from Wakehurst Place, as they love wet ground. In addition, five Alders were planted last year, plus six Silver Birch, and ten Alder Buckthorn (to encourage the Brimstone Butterfly population), then thirty Hawthorns next to our new orchard. Our band of local volunteers, numbering about 12, have much to do, not only to maintain, but generate new habitats for everyone to appreciate. Last year for the first time, a Nightingale and Cettis Warbler were heard singing on site; a sure sign that everything we're doing is having a positive effect.

We are planning to have an Open Day at Abbey Rd in late April, to show everyone what we are doing here. Watch out for an item on that in the April 'Your Steyning'.



Abbey Road Orchard. June 2023a



I read recently about the loss of orchards throughout Sussex and it made me want to weep. Steyning, however, is bucking the trend with three orchards; on the Memorial Playing Field, the Downland Orchard on the Steyning Downland Scheme Rifle Range and the newest one at Abbey Road. Over 100 fruit trees have been planted so far in our orchards.

We now have 9 apple trees at Abbey Rd planted over the last 2 years, with more being planned.

Personal reflections from Simon Knowles, who has recently joined the Steyning Community Orchard Steering Group (amongst many other things!)

SUBSCRIBE TO
OUR MAILING LIST
yourmag.co.uk

STEYNING STRUMMERS AND SINGERS
PRESENT A LIVELY CONCERT

Beatles Kinks
guitar banjo mandolin
ukulele
Everly Brothers
Dolly Parton Johnny Cash

WE LOOK FORWARD TO WELCOMING YOU TO THE
METHODIST CHURCH STEYNING
(OPPOSITE SPRINGWELLS HOTEL)
ON FRIDAY 8TH MARCH 4-6PM (DOORS OPEN 3.30PM)
PROCEEDS TO THE STEYNING FIRST RESPONDERS
TICKETS £6 ONLINE AT ticketsource.co.uk
Or email: dianacouling795@gmail.com

Cam Bro Camilleri Family Local Builders since 1969
FREE ESTIMATES • FULLY INSURED
VINCENT CAMILLERI BUILDING LTD.

BUILDING

- Extensions
- Loft Conversions
- Refurbishments
- General Building

GARDEN

- Patio's
- Paths
- Block Paving - Driveways
- Garden Walls - Brick/Stone/Flint & Rendered Block

Tel: 07802 522312 / 01903 752937 vincecamilleribuild@gmail.com

GLENN REED TILING SERVICES

Providing quality tiling & exceptional service
COMPLETE BATHROOM & KITCHEN DESIGN & FITTING SERVICE
WALL & FLOOR TILING
glennreedtilingservices.co.uk
07854 753165



BN Steyning & Upper Beeding Pest Control


Local family run business
Qualified, Insured
For all your pest problems
Tel:- 01903 550149



CJ PLUMBING & PROPERTY MAINTENANCE
20+ years experience
Family business

- ✓ All plumbing works.
- ✓ Bathrooms.
- ✓ Bathroom insulation.
- ✓ Residential, commercial & general home maintenance.

Based in Cowfold, West Sussex
07931 330 392 | cleve@cjplumbing.co.uk



LOMERS
REMOVALS & STORAGE - EST. 1979

For all your moving & storage needs contact our sales team.
Tel: 01403 820215
Email: info@lomersremovals.uk
www.lomersremovals.uk



LOCAL, INDEPENDENT GARAGE FOR ALL YOUR VEHICLE NEEDS

MECHANIC/MOT TESTER REQUIRED
Full time/permanent, £30k - 40k (depending on experience)
No bonus schemes
Monday to Friday, 8.30am to 5.30pm - No weekends!
Immediate start.
Free IMV courses every year to expand your knowledge.

Car and motorcycle
MOT test station
Computer Diagnostics
MOT Repairs
Tyres
Tuning
Mechanical Repairs
Servicing
Welding
Exhausts
*5% donation goes to The Mary How Trust

MOT Special offer £40
if booked online

SAVE 26%
Usual price £54.85*

All makes and all models undertaken
FREE collection & delivery

Checkatrade.com | Meccinics.com | Good Garage Scheme

LMC Auto Services
Unit 7&8 | Station Approach Industrial Estate
Pulborough | West Sussex | RH20 1AQ
01798 873281 | lmcautoservices.co.uk

LMC AUTO SERVICES



Ben Warner
Tree Surgery & Hedge Cutting

N.P.T.C. Certified Tree Surgeon - Fully Insured
Free Assessment and Quotation

Regular & One-Off Visits
Tree Felling
Re-Shaping
Crown Lifting

Dead Wooding
Pruning & Hedge Cutting
Stump Grinding
Logs & Firewood Supplied

TEL: 07743 314 250



OPTION
energy solutions

What if the best boiler cover service in the country was on your door step?

At Option Energy Solutions we have packages starting from just £8.50 per month

- ✓ Local company - Steyning residents
- ✓ Service plans and all inclusive repair plans for your heating system
- ✓ Unrivalled same day/next day GUARANTEED emergency attendance
- ✓ Zero excess payments
- ✓ Unlimited call outs
- ✓ Easy direct debit
- ✓ 1% of all sales donated to environmental causes

Call us on 01903 814777
www.youroption.co.uk

Google 4.9 stars (more 100 reviews)

1% FOR THE PLANET

safe register

QR code: SCAN ME

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

Friday 1st March

Steyning Library

10:30 – 11:00

Steyning Library, Church Street, Steyning, BN44 3YB

Rhyme Time

Rhyme Time sessions at West Sussex Libraries are a free a fun way for under 5s to develop a love of music and language from an early age. Sessions last around 30 minutes and include nursery rhymes, songs, action rhymes, musical instruments and puppets. No need to book, just come along and join in. Due to the popularity of these activities, there are limits on attendance numbers and sessions may become full.

Friday 1st March

Vintage Years Club

14:00 – 16:00

Steyning Centre, Fletchers Croft, Steyning, BN44 3XZ

Tuck Shop Boys (after our AGM)

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle table and a Bring and Buy table. After our business section, including a short AGM, we welcome the return of The Tuck Shop Boys to entertain us. Tea and biscuits will then be served from 15:15. Entrance fee is £3 (£5 for visitors) and Annual Membership is £10 (each April). Please always contact Bev Francis-Hills 01273 493894 or 07801 442891 before attending for the first time/ returning after a long break, for transport needs and any other information.

Saturday 2nd March

Steyning Grammar School

10:00 – 13:00

Chatfields, Church Street, Steyning

1968-1980. Reunion

Exhibition and reunion. Any contributions,

memories photos for the exhibition will be gratefully received. Ruth Brown:

E: rmbrown42@btinternet.com T: 01798

874149, or John Burstow E: john@burstow.org.uk T: 07958 489365.

Saturday 2nd March

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

Reading Friends

Come along to this friendly group to meet new people, chat and share your love of books and reading on the first Saturday of every month 10.30 - 11.30.

Wednesday 6th March

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

Melody for the Mind

Melody for the Mind is an informal, relaxed, dementia-friendly singing group. Singing is known to help the memory and increase wellbeing so why not come along and give it a go! Held the first Wednesday of every month.

Wednesday 6th March

Steyning Parish Council: Community Film Night

19:30 – 22:00

The Steyning Centre, Fletchers Croft, Steyning

Screening: The Old Oak

The Old Oak is a special place. Not only is it the last pub standing, but it's also the only remaining public space where people can meet in a once thriving mining community that has now fallen on hard times after 30 years of decline. TJ Ballantyne (Dave Turner) the landlord hangs on to The Old Oak by his fingertips, and his predicament is endangered



Beltons

Tax - Accounting - Consultancy

INITIAL CONSULTATION FREE

Serving people and businesses since 1976

Personal

Self Assessment Tax Returns

Capital Gains Tax

General Tax Advice



Business

Sole Trader, Partnership Accounts

Limited Company Accounts

Company Secretarial

Corporation Tax Returns

VAT

Payroll, Auto Enrolment & CIS

Training - Xero and Quickbooks Online

Business start-up

Business Planning Advice

01903 813907

beltons@beltons.co.uk

www.beltons.co.uk

The Old Market House, 72 High Street, Steyning, BN44 3RD

GJM LANDSCAPES
BASED IN STEYNING
LANDSCAPE & FENCING SERVICES
Fencing | Paving | Decking | Lawns
Maintenance | Planting
gary@gjmlandscapes.com
www.gjmlandscapes.co.uk
07840 932223

City & Guilds

Inner Space
OFFICE & STORAGE
OFFICE RENTAL | SELF STORAGE
Easy set up & flexible terms
01273 491 375 | info@the-inner-space.co.uk
www.the-inner-space.co.uk
Henfield Business Park, Unit 6 & 7
Shoreham Road, Henfield, BN5 9SL

BEST CHOICE

ROOFING

FLAT ROOFS / UPVC FACIAS
SOFFITS / GUTTERING
MISSING TILES
CHIMNEYS / LEADWORK

www.bestchoiceroofing.co.uk
T: 01903 773699 • M: 07961 410377
marc@bestchoiceroofing.co.uk

even more when the pub becomes contested territory after the arrival of Syrian refugees who are placed in the village without any notice. In an unlikely friendship TJ meets a curious young Syrian Yara [Ebla Mari] with her camera. Can they find a way for the two communities to understand each other? So unfolds a deeply moving drama about their fragilities and hopes Tickets are on sale at the Steyning Centre at £6 per 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 8th March

Steyning Strummers and Singers

16:00 – 18:00

The Methodist Church (Opposite Springwells Hotel) Steyning

Presenting a lively concert

With Guitar Banjo Mandolin and ukulele. Songs from THE EVERLY BROTHERS, DOLLY PARTON, JOHNNY CASH, THE BEATLES AND THE KINKS

Saturday 9th March

Greening Steyning

14:00 – 16:00

Bramber & Beeding Village Hall

Repair Cafe & Home Energy Helpdesk

Don't bin it - let us help you fix it! Bring along your items to repair, and anything you'd like sharpened. If you aren't sure whether we can help please email Robin at repaircafe@greeningsteyning.org for advice. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

Saturday 9th March

Neighbourhood Wardens

14:00 – 15:30

Beeding and Bramber Village Hall, High St, Upper Beeding, Steyning

Neighbourhood Warden drop-in

We will be joining the Repair Cafe, so if you have any questions or community safety concerns, you are welcome to come and speak with us. No need to book. Please

contact the Neighbourhood Wardens if you have any questions: Mike - 07734 387888 / Alison - 07734 387889 / SBUB.wardens@horsham.gov.uk

Sunday 10th March

Parish Church of St Andrew & St Cuthman

09:30 – 10:30

Vicarage Lane, Steyning

Choral Service Mothering Sunday

Choral holy communion service for Mothering Sunday

Sunday 10th March

Wealden Railway Group

10:00 – 16:30

The Steyning Centre, Fletchers Croft, Steyning

Wealden Railway Group Steyning Model Railway Show

The show opens from 10:00 – 16:30. Admission is £5 (accompanied children free). Refreshments, club sales stand (old and nearly new items). Scenic and modelling demonstrations. Model layouts varying in size and scale from O to N from those that are very "house friendly" to the larger group assembled models. The basis of the show is that all the models have been built by members or friends much for their own amusement and interest. Showing what an individual or small group of such can achieve. Come along, ask questions we are all friendly!

Monday 11th March

The Arts Society Steyning

10:00 – 12:00

The Steyning Centre, Fletchers Croft, Steyning

Copies, Curtains & Ways Of Looking: Experiencing Paintings In The Past

A Talk by Chantal Brotherton-Ratcliffe. How does our experience of living with and looking at artwork today compare to earlier centuries? This lecture considers the very different conditions in which paintings were displayed and enjoyed in the past, as well as the different responses they evoked. It

Outstanding care in the comfort of your own home



To us, it's personal

All our care visits are a minimum of one hour, meaning we deliver high quality, relationship-led care at every visit.

- ✓ Home help
- ✓ Dementia care
- ✓ Companionship
- ✓ Personal care
- ✓ Live-in care

"Such caring, friendly and lovely carers has made the whole experience a good one. Would definitely recommend this company for your loved one's care." P Cooper

Now recruiting kind Care Professionals

Join our team. Hourly or live-in care roles available across West Sussex. Flexible hours. Award winning training provided.

T: 01903 206079

www.homeinstead.co.uk/worthing-steyning



THAT HOLIDAY FEELING

Your independent travel agent based in Steyning

How can we help you?

Let us take the hassle out of booking your dream holiday!
Tired of endless online searches and coordinating flight times, hotels, and dates?
You don't have to do it alone!
At That Holiday Feeling we're here to make your travel dreams a reality.

Why choose us?

Competitive prices: We offer incredibly competitive prices and will aim to beat any quote you already have!
Expert advice and help: Say goodbye to the stress of planning. We'll handle all the details, from flights to accommodation.
Save your precious time: Stop trawling through websites, spend your time dreaming, not searching!

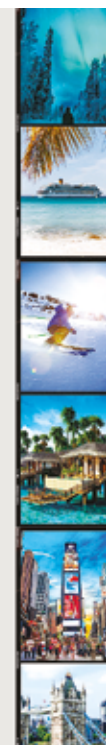
Sarah Robertson

07787 140948

info@thatholidayfeeling.co.uk

Instagram: @that.holiday.feeling

ABTA and ATOL Protected
Backed up by The Luxe Lifestyle Group



draws on the evidence within paintings for the many surprising ways in which people handled, hung, used and responded to the art that they owned. Chantal has an MA in History of Art from Edinburgh and a PhD from the Warburg Institute, London University. She has taught at Sotheby's Institute of Art, and as a freelance lecturer. Having also trained as a paintings conservator, she brings a deeper understanding to her lectures. Free to members; visitors £10 donation
steining@theartsociety.org / www.theartsocietysteining.org.uk

Tuesday 12th March
Neighbourhood Wardens
15:15 – 17:15

Penfold Hall, 35 Church St, Steyning

Board game café

We run a board game café that is free and open to everyone. It is on the 2nd Tuesday of every month at the Penfold Hall in Steyning between 15:15 - 17:15. We have lots of games available or if people want to bring their favourites they are welcome to. We have free hot and cold drinks. Please contact the Neighbourhood Wardens if you have any questions: Mike - 07734 387888 / Alison - 07734 387889 / SBUB.wardens@horsham.gov.uk

Friday 15th March
The Steyning Society
19:00 – 21:00

The Steyning Centre, Fletchers Croft, Steyning

The Commonwealth War Graves Commission by Ian Everest

During 1985, Ian started researching his family history and this on-going activity has led to these local history talks. He attended Plumpton Agricultural College in the late 1960's, but had a change of direction when he became manager of Newhaven Fort. Doors are open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival. Talk will begin at 19:30. Free to members and £5 guests. All very welcome to attend.

Saturday 16th March
Greening Steyning
10:30 – 12:00

The Castle Inn, Bramber

Climate Cafe

A regular event on the 3rd Saturday of most months, the Climate Cafe at the Castle offers a warm and inclusive space, to share friendship and mutual support for those holding questions and worries about the climate crisis and how it will affect us all. Whether you are feeling helpless and fearful about the future, or feeling positive and motivated to bring about change – you are not alone. So why not drop in for a chat.

Saturday 16th March
Upper Beeding FC
19:00 – 22:00

Upper Beeding & Bramber Village Hall, High Street, Upper Beeding, West Sussex

UBFC Race Night

Join us for an exhilarating Race Night at Upper Beeding & Bramber Village Hall and support Upper Beeding Football Club! With 6 live races and a Rock 'n' Roll bingo there are plenty of chances to win. With food and drink both available, it's sure to be a fun night! Sponsorship Opportunities: Make your mark by sponsoring a race for £20 or a horse for just £5! Not only will you be supporting Upper Beeding FC, but if your horse wins, you'll be toasting to your success with a bottle of fine alcohol. It's a fun way to contribute and maybe even win something back. Raffle: Try your luck with our raffle – only £1 per strip! Fantastic prizes await, adding an extra layer of excitement to your evening. Don't miss out on this fun-filled evening where every race could mean more support for your local football club. Whether you're there to bet on the horses, enjoy the thrill of the race, or simply to have a great time, your participation makes a difference.

Thursday 21st March
Henfield Theatre Company
19:45 – 22:00

The Henfield Hall, Coopers Way, Henfield, West Sussex

Spare a little time for your community. Everyone will benefit.

West Sussex Minibus provides a year-round schedule of fun day trips and shopping excursions to help residents stay active and independent. The service is available right from the passengers' front doors. People who use the service tell us how they rely on these trips for their weekly shopping, to visit new places, to catch up with friends, and to gain companionship.

This organisation is run entirely by volunteers. They offer a wide range of roles and require no previous experience. There is a role to suit everyone who wishes to get involved.

If you decide to volunteer, all that is required is a willingness to give some time and a desire to help others. New volunteers have the support of an established team to help get them started. You will learn new skills and make friends while supporting a valued cause.

Here is a glimpse of available positions:

- Division Coordinator: Be at the centre of planning for the Steyning Division and support the team to deliver valuable services for its members.
- Minibus Driver: Collect passengers from

their homes, driving them safely to and from their planned destination. Drivers must be confident, hold a D1 category licence and enjoy chatting with passengers.

- Communication Coordinator: Help promote awareness of the service through local publications and social media channels.

Volunteer and see first-hand what the service means to its members. Give a few hours a week or a day a month. The best part is that you choose the hours that work best around existing responsibilities.

Join the team today and make a significant difference to your community and yourself.
Call 0300 772 7735.

Your Help Is Needed

We keep the community active by providing vital shopping & social excursions. As an all-volunteer organisation, everyone who joins us plays an essential role in enabling our services to operate.



Volunteer Today
0300 772 7735
westsussexminibus.org.uk




Henfield Theatre Company has Funny Turns

We presenting another comedy for your enjoyment. Written by David Hampshire, 'Funny Turns' is delightful, funny, sad, and exactly what good theatre is all about. It's a glimpse into an old-fashioned way of thinking and believing. It reminds us of that wonderful era long ago when we had no TVs, cell phones, videos, or social media and when entertainers devoted their lives to our amusement each at a cost to themselves. Their life was artificial, insecure and rootless, yet it had an excitement and a charm that kept the actors acting and the comedians telling jokes. In a theatrical boarding house in the 1930s, struggling comedian Norman Tate (Tim Swinton) passes his time rehearsing his average act with Sally (Zarinna Danaeva), the daughter of his landlady Alice (Jane Haines). When Norman's ex-wife Nellie Price (Karen Blunden) moves into his lodgings, a chain of events is set in motion which changes Norman's life forever. A tale of humour, heartbreak and eventual redemption which demonstrates that life is indeed full of Funny Turns. Guest Director, Vicki Woods says, *'This fast-moving amusing comedy is both entertaining and wicked in parts... a humorous play that combines poignancy with comedy. If you like witty one-liners, this is the play for you.'*

Performances are from Thursday 21st to Saturday 23rd March at 19:45 at The Henfield Hall, with a matinée at 14:30 on the Saturday. Tickets cost £13 per person for floor seating and £15 per person for raised seating. On sale now via www.henfieldtheatrecompany.com, and at Stevens Estate Agents in Henfield High Street.

Sunday 24th March

Parish Church of St Andrew & St Cuthman
09:30 – 10:30
Vicarage Lane, Steyning

Palm Sunday Service

Palm procession and sung Holy Communion to mark the beginning of Holy Week.

Sunday 24th March

Dr Janet Pennington
10:00 – 12:30

Meet at the Steyning Centre Car Park -

free on Sundays - opposite the church of St Andrew & St Cuthman, Church Street, Steyning BN44 3XZ

The Steyning Scandals Walk

This is a slow historic ramble with plenty of stops. Discover who did what, where and with whom! Steyning's attractive timber-framed buildings and flint cottages hide many secrets from the past - come and discover some of them if you dare. We will be exploring the back streets and twittens of the town with many scandalous stories, all researched through local documentary sources. Dogs on leads welcome. No need to book, just turn up in good time. Ring or email me if any problems. Fee payable on the day £5. If you are easily shocked, this is not the walk for you, but it is NOT suitable for children. W: www.sussexhistorytalks.co.uk Mob: 07703 133952 - E: jpsussex@icloud.com

Wednesday 27th March

Steyning and District Flower Club
19:30 – 21:30

The Steyning Centre, Fletchers Croft, Steyning

"New Beginnings"

This month the Club will be welcoming NAFAS demonstrator Lynda Brayne for an entertaining, creative and informative evening. There will be an opportunity to win one of her beautiful designs in the evening raffle and refreshments will be available. Visitors are warmly welcomed to come along to this friendly evening. Doors open at 19:00. Members free and Non-Members £7 on the door.

Wednesday 27th March

Greening Steyning
20:00 – 21:30
Steyning Athletic Club

Green Drinks - Heat Pump Evening

Is your home Heat Pump Ready? There's loads of talk these days about heat pumps being the low-carbon heating solution for

PROTECTING YOUR ROOF C&S Roofing Specialists Ltd

Visit us at candsroofingspecialistsltd.co.uk



We Specialise in...

New Roofs • Flat Roofs • Tile & Slate Roofs • Re-pointing Chimney Stacks
Leadwork • Valleys Renewed & Repaired • All Roof Repairs
New PVC Fascias & Gutters • External Painting • Moss Removal

Free Estimates • No Obligation • Pay No De-

ALL WORK FULLY GUARANTEED!

OFFICE: 01273 961893 / 01483 378511

MOBILE: 07425 396324

EMAIL: info@candsroofingspecialistsltd.co.uk





the future. But there's also uncertainties around the technology. Will it keep my house warm? What will it all cost? And how can I tap into the new £7500 Boiler Upgrade Scheme grant I've heard about? Come along to Green Drinks and we can answer your questions. We'll have a panel of experts and homeowners talking about their experience, including Michael Paini from Option Energy Solutions - a member of the Greening Steyning Home Energy Team who is a qualified heating engineer. The bar will be open.

Thursday 28th March

Parish Church of St Andrew & St Cuthman

19:00 – 20:00

Vicarage Lane, Steyning, BN44 3YQ

Maundy Thursday Service

Mark Jesus' last supper with his disciples and the watch in the Garden of Gethsemane with this service of sung Holy Communion.

Friday 29th March

Parish Church of St Andrew & St Cuthman

12:00 – 13:00

Vicarage Lane, Steyning

Good Friday Service

Liturgy of the Cross with Holy Communion

Friday 29th March

Parish Church of St Andrew & St Cuthman

19:30 – 20:30

Vicarage Lane, Steyning

Sacred Concert for Easter

The choir of St Andrew's & St Cuthman's, together with friends from Chanctonbury Chorus and other guest singers, will sing John Rutter's 'Requiem' along with some shorter pieces of choral music for Easter.

Saturday 30th March

Parish Church of St Andrew & St Cuthman

20:00 – 21:00

Vicarage Lane, Steyning

Easter Eve Service

Vigil for Easter and blessing the Easter Garden

Sunday 31st March

Parish Church of St Andrew & St Cuthman

09:30 – 10:30

Vicarage Lane, Steyning

Easter Day Service

Choral Eucharist of Easter Morning

Wednesday 3rd April

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning, BN44 3YB

Melody for the Mind

Drop into this free, informal, dementia-friendly singing group, open to all and designed to boost mood and wellbeing on the first Wednesday of every month 10.30am-11.30am.

Wednesday 3rd April

Steyning Parish Council: Community Film Night

19:30 – 22:00

The Steyning Centre, Fletchers Croft, Steyning

Screening: The Miracle Club

Ballygar, Ireland, 1967. A hard-knocks community in outer Dublin marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalising dream for the women of Ballygar to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes. And with a little benevolent interference from their cheeky and rebellious priest, close friends Lily, Eileen, Dolly and Sheila are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. The film stars Laura Linney, Kathy Bates, Maggie Smith, and Stephen Rea. Tickets are on sale at The Steyning Centre at £6 each, 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.

The Lost Railway

For nigh on 3 years the Steyning & District Community Partnership Visitor & Tourism Committee, has been diligently working on producing 4 railway boards to depict the history of the 2 railway stations - Steyning & Bramber - and the Steyning Line; all no longer in existence.

To start the ball rolling, information was collected from Steyning Museum with more input coming from several other local railway enthusiasts, all in order to put together the intricate story of this Lost Railway.

Once this first stage was in place, it passed to design with a member of the V & T Committee creating some beautiful and detailed illustrations to accompany the text together with suggested materials to be used for the boards, etc. - a masterpiece.

Next on the list - sourcing the funding to enable us to produce the boards. We were very lucky to attract the enthusiastic and generous support of the South Downs National Park together with Community Rail Development Fund, who together jointly agreed to fund the project.

At last we could start production ! As well as depicting the railway history, there are also QR codes displayed that can be clicked on.

One will take you to more railway history from Steyning Museum; the next - ECHO - will give you audio commentary on the Steyning Line

and the final one will link you to a fun Augmented Reality figure of a Station Master

The boards are to be found in the vicinity of the Bramber Roundabout - the Steyning Board standing on its own just below Bramber Castle and the other 3 are grouped on the pathway leading to the routes taking walkers and cyclists up to the Downs - sited behind some trees.

This group is actually on the spot where Bramber Station once stood.

At this moment, the Committee are still working on a convenient date to officially

celebrate the siting of these boards.

In the meantime they are there for all to see and enjoy - an interesting focal point to walk to when enjoying the Downs or the Downs Link, or even when you are just en route to Steyning or Bramber.

**Please do look out for the date of the Celebration Day.
It will be a great occasion.**



Steyning and District
Flower Club

Invites you to
an Evening with

Linda Brayne

Demonstrating her
Floral Designs entitled

"New Beginnings"

Wednesday 27 March 2024

The Steyning Centre
Steyning BN44 3XZ
7pm for 7.30

Non-Member Tickets
£7 on the door

© Greetings
ISLANDS

O-life

local organic health store

Unit A, Cobblestone Walk,
Steyning, West Sussex, BN44 3RN

Bonetti's Dry Cleaning Service
Available onsite also.

We are selling all your favorite
organic Infinity goods, Viridian
& Lamberts supplements
& other health products.

For more info please call or text
Lisa: **07455 015 949**

For orders or inquiries please
email: lisa.olife@gmail.com
socials: [@olife_life_organicstore_](#)

Opening hours:

Monday	9 - 5
Tuesday	9 - 5
Wednesday	9 - 4:30
Thursday	9 - 5
Friday	9 - 5
Saturday	9 - 5
Sunday	11 - 3

Supplement of the Month is "Viridian High Potency Magnesium" get 10% of this month on 120 capsules when quoting "Your Steyning"

Involved in over 300 processes in the human body, magnesium is often referred to as the 'spark of life'. Amongst other things, magnesium contributes to a reduction of tiredness and fatigue and supports electrolyte balance, the nervous system, normal muscle function, normal psychological function and the maintenance of normal bones and teeth.

Although Magnesium can be obtained through dietary sources, modern diets with higher levels of processed foods are less likely to contain sufficient levels of vitamins and minerals. Furthermore, intensive farming practices have reduced magnesium levels in the soil by up to 40% meaning that our foods are less nutritionally dense than they previously were. With 300mg of magnesium per capsule, this supplement is an easy way to increase your magnesium intake to support optimal well-being.

In this vegan formulation, magnesium is provided in three different forms: oxide, citrate and bisglycinate in order to deliver the most effective high-strength dose in a bioavailable form.



Alison Crowe Jewellery

www.alisoncrowejewellery.co.uk
Free local delivery
Commissions taken

01273 492932 or 07977 095549
info@alisoncrowejewellery.co.uk

 [alisoncrowejewellery](#)  [alisoncrowejewellery](#)

**Professional Microsuction &
Irrigation Ear Wax Removal
for Children & Adults**



To make an
appointment, please
call Nurse Cara on
07359 437894

<https://www.facebook.com/earforyouinwestsussex>

Home Visit ★ Qualified Nurses ★ NMC Registered
CQC Registered ★ DBS checked ★ Fully Insured

60+ EXERCISE

A class specifically designed for the more
mature body by an experienced and
empathetic teacher.

*All exercises are aimed to help prevent
and improve:-*

- ✓ Osteoporosis.
- ✓ Joint aches and pains.
- ✓ Muscle stiffness.
- ✓ Balance.
- ✓ Posture.

Steyning Centre 9.30 - Tuesdays.

For more information please contact
Jayne Meyler on 07711 814320.

PILATES

For 1 / 1 or 1 / 2.

Beginners – Intermediate – Advanced.
Please call the above mobile No:

While the topic of one's own mortality may not be the most pleasant of conversations, it is a crucial one. The creation of a legal Will is an essential task that far too many of us procrastinate or overlook altogether.

The impact of not having a Will in place can be both frustrating and detrimental, especially to the loved ones left behind. First and foremost, without a Will, the distribution of one's assets becomes a complicated and often contentious affair. In the absence of clear instructions, intestacy laws take over, and this can sometimes result in assets being distributed in ways that may not align with the deceased's wishes. Without a Will, there can be significant delays in the probate process too, this can tie up the deceased's assets for months or even years depending on the complexity of the estate being left.

For those with children it is really important to have conversations with those people you would choose to take care of them in the event that anything happens to you. Without a Will, you have no say in who or how your children will be raised in your absence. In today's world of blended families, ensuring that you have officially documented who you want to inherit and when is even more important.

Making your Will is a simple process in most cases, you can use your Solicitor, a dedicated Estate Planning service like us or even go online. I tend to find that due to the nature of the subject, most people feel more comfortable talking through their options with a real person and we can do this either in our office or in your home- wherever you feel most comfortable.



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.



HOW WILL YOU LEAVE YOUR LEGACY?

GET IN TOUCH



2023

Anna & Tom



Scotland 2022
A little romantic break

WILLS@NSURE.CO.UK
01903 821010



May 24th to June 2nd 2024

We're looking for Friends and Volunteers!

The countdown has begun for our 2024 Steyning Festival, and we are finalising a wide range of exciting and stimulating events, including comedians, music (pop, funk, jazz, choral, folk and world music), art, poetry, theatre, inspirational talks, a packed Green Day and an extensive children's programme, making Steyning a great place to be for the Half Term holiday.

Become a Friend!

Friends get exclusive priority access to tickets for two weeks from the beginning of April, in advance of tickets going on general sale. As well as priority booking, you will also be invited to a special Friends Programme Launch evening. The cost of Friends membership is £15 per individual and £20 for a family (two adults).

To sign up, please email us at: friends@steyningfestival.co.uk

Become a Volunteer!

Come and join us in promoting and supporting the Festival - and having a lot of fun into the bargain. There is a host of roles for which we need help, including marketing and promotion, staffing the café and bar, front of house and operational support.

Interested? Then please email us at: volunteers@steyningfestival.co.uk

www.steyningfestival.co.uk

Culture and Community the South Downs Way!



Broadband | Security | Electrical

We are a family run business with over 30 years experience

- ✓ Phone systems
- ✓ Fibre broadband
- ✓ TV and audio systems
- ✓ Intruder alarms
- ✓ Domestic and commercial electrical work
- ✓ Copper, Fibre and WiFi networks
- ✓ TV Aerial and satellite systems
- ✓ CCTV
- ✓ Door entry / Access control systems

Office: 01903 298066 | Mobile: 07305919448
E Mail: hello@omni3.co.uk

Now available in your area

**A reliable, friendly, family man. No job too big or small.
Call now for a quote.**



DECORATING CONTRACTOR

07780 458204

"Tom has completely blown me away! His work, reasonable prices and fun, friendly attitude have made it a pleasure to get our decorating work done!"

Lucy - Upper Beeding

"I would highly recommend Tom. Two other decorators let us down and then Tom was recommended to us. His work is exceptional, he is polite, trustworthy and reasonably priced!"

Becky - Steyning



"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."

Supported and sponsored by:



Love to Move and Time to Chat

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.

Tuesdays 1:30 to 3:00pm

From September

Fletchers Croft, Steyning BN44 3XZ

To book your seat please contact: cherrytolcher@hotmail.com



Keeping you safe, Right at Home

We deliver trusted care and support in the comfort of your own home in Steyning and the surrounding areas



Our highly trained CareGivers can support you with your daily routine:

- Companionship • Meal Preparation • Medication support • Personal Care
- Live-in Care • Dementia support • Help with washing & dressing

"From the first phone call we made to ask for help for our father's care, Right at Home couldn't have been more kind, friendly, reassuring and professional. The team will never know what a huge difference they made"

Homecare.co.uk review

Call now for a
FREE
care assessment

For more information, please call:

01273 286172

www.rightathomeuk.com/worthingshoreham/



Let us give you something to smile about...

- NHS/Private Patients
- See patients within 24 hours
- Six Month Smiles
- Facial aesthetics
- Your safety is our priority
- Our dental team follows all NHS Covid-19 protocols
- Family friendly practice
- Feel confident at social and business events



Think of Mallards...

2 Mallard Way, Henfield, BN5 9HF

SUPER SATURDAY

Kids NHS check-up

Saturday 25th February, 8am - 2pm

Please contact us to arrange an appointment

CALL 01273 495 966 TODAY

or email enquiries@mallardsdental.co.uk

www.mallardsdental.co.uk



MALLARDS DENTAL PRACTICE

We will give you something to smile about



SCIENTIFIC HOLISTIC SPECIALISTS

Shop 3, Cobblestone Walk,
74 High Street, Steyning, BN44 3RD

OSTEOPATHS

Gemma Rabanser M.Ost
& Ben White M.Ost

01903 812466

info@steyningosteopathicclinic.co.uk
www.steyningosteopathicclinic.co.uk



Shiatsu Physical Therapist

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

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

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

Suitable for any age, each session is tailored to suit your specific mobility.

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

07717152673 | tanyaprice-shiatsu.co.uk | Fully insured | £50 for an hours treatment.



Soft Furnishings

Bespoke Curtains & Blinds
Extensive range of fabrics
Loose Covers & Cushions
Tracks and Poles
Alterations & Fitting



Image © all Fabrics Tridbau

W: www.helenpuxleyfurnishings.co.uk
E: helen@helenpuxleyfurnishings.co.uk
Call: 07860 507483 | Henfield | AMUSF trained

MARK PERRY

REGISTERED DOMESTIC
ELECTRICIAN

Rewires, Lighting,
Extra Power Points, Testing

Part 'P' Registered

m.perry100@btinternet.com

01903 815218

07979 964410



PREMIER WINDOWS

Doors and Conservatories



FREEPHONE 0800 0961696

Factory & Showroom:
Units 4, 5 and 6,
Southern Cross Industrial Estate,
Freemans Road, Portslade. BN41 1GS

www.premier4windows.co.uk

FENSA



**SECURED
24/7**

INTRUDER ALARMS • FIRE ALARMS • CCTV
ACCESS CONTROL • EMERGENCY LIGHTING

01273 495 817

secured247@btinternet.com



Mayo Wynne Baxter
Solicitors



Family Law Specialists

Call us on 01903 743201
Offices across the South East



Lexcel
Legal Practice Quality Award
Law Society Accredited

INVESTORS IN PEOPLE
We invest in people Silver

★ Trustpilot



www.mayowynnebaxter.co.uk

March 2024 Book Reviews

Children's Books

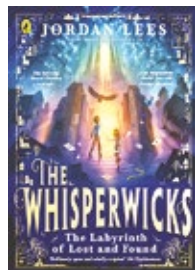


Wilding by Isabella Tree and Angela Harding
Macmillan, £20 hardback
This gorgeous book is an illustrated, children's version of Isabella Tree's fantastic Wilding, the story of the pioneering rewilding project at Knepp, near

Horsham.

Angela Harding's beautiful linocuts, as well as fascinating photos, illuminate the progression of Knepp from an intensively farmed landscape to a much wilder one, thrumming with life (and PHD students), with sections on different ecological processes and different species.

Informative, beautiful, and hopeful, this is a lovely gift. Age 8+



The Whisperwicks by Jordan Lees
Puffin hardback £14.99 – published 28th March
An outstanding debut fantasy novel which weaves an enchanting spell from the very first sentence.

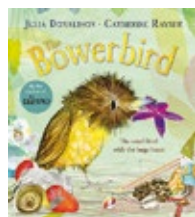
Eleven year-old Benjaminah loves facts, science, and logic, and does NOT believe in magic! But when he receives a peculiar gift – a poppet doll that can transform into a bird, it leads him into the impossible, magical Wreathenworld, a labyrinthine city of shifting streets where maps are forbidden. Benjaminah soon meets the fierce and feisty Elizabetha and is swept into a deadly quest in search of her missing brother. But in this shifting land where nothing is as it seems, how can he ever find his way home?

I was mesmerised by this beautifully written novel, which envelops the reader in a spider web of rich prose and inventive details. For readers of 9+.

KIDS AND PARENTS! DON'T FORGET IT'S

Steining Bookshop - 01903 812062
Monday - Saturday: 9:30 - 17:30
info@steiningbookshop.co.uk

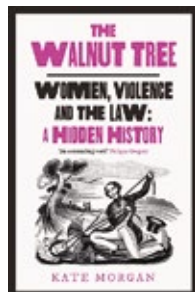
WORLD BOOK DAY ON THURSDAY 7th MARCH AND WE WILL HAVE ALL THE WBD BOOKS ON DISPLAY FROM MARCH 1ST!



The Bowerbird by Julia Donaldson illustrated by Catherine Rayner
Out in paperback £7.99
Macmillan

Bert the lovelorn little Bowerbird has painstakingly constructed the MOST perfect 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 delight in the natural world shines through and the illustrations are stunning. *A real treat of a picture book for under 6's.*

Adults Books



The Walnut Tree: Women, Violence and the Law, A Hidden History by Kate Morgan
Harper Collins hardback £20

A shocking and informative work of historical non-fiction, The Walnut Tree lifts the lid on the story of women under British law during the Victorian and Edwardian eras, exploring the landmark legal cases, bitterly fought campaigns for justice, and revealing the disturbing seams of misogyny which polluted parliament and the justice system. The book shines a light on the forgotten women whose cases became the cornerstones of our modern legal system, such as Emily Jackson of the Clitheroe wife abduction and Phyllis Dimmock of the Camden Murder, it looks at the indignities visited upon women in the name of the Contagious Diseases Act, and follows some of the brave campaigners and suffragists



An Evening with KATE MORGAN



Women, Violence & the Law, A Hidden History

Tuesday 5th March 7.30pm

Steining Methodist Church

Discover the shocking history of women and the justice system

£8

Call 01903 812062 to book your ticket
Or Scan QR code



from Lady Caroline Norton to Maud Crofts who pushed for judicial reform. A chilling read full of jaw-dropping facts for anyone interested in feminism and the law.

Kate Morgan will be discussing the book at our event on Tuesday 5th March.



The Women by Kristin Hannah
Pan Macmillan hardback £16.99

This was my first dip into Kristin Hannah's work – she's a best-selling writer of women's historical fiction, and now I understand her popularity – this is big, bold storytelling which grabs you by the heart. The Women is an emotional story of love, loss, war and trauma which follows 20-year-old Frankie, a newly-qualified nurse from a wealthy Naval family, as she enlists as an Army nurse in order to follow her brother into the Vietnam War. Frankie is thrust

CELEBRATE WORLD BOOK DAY



AT THE STEINING BOOKSHOP

into the thick of the action, experiencing unimaginable horrors and hardship but also forming deep bonds with Ethel and Barb, fellow nurses, falling in love with a Naval officer, and becoming a highly skilled surgical nurse.

Frankie's experiences in Vietnam are visceral, vivid and brutal – but it is when she returns home that the story becomes truly heart-rending. Frankie returns to the opposite of a hero's homecoming.... a family who refuses to value her contribution (her father says 'Women can't be heroes') in a changed America which is sickened by the war. Determined to continue her career as a nurse, Frankie must first come to terms with her grief and trauma before she can find her place in the world.

A powerful sweep of a story, full of fascinating historical detail, which vividly evokes the horrors of war, the pain of PTSD and the nourishing power of female friendship.

Headaches: A pain in the neck

Headaches are one of the most common reasons for visiting the doctor.

There are many types and causes of headaches. Muscle tension headaches and migraine headaches are by far the most common types, but sinus infections and other problems such as high blood pressure can also lead to headaches.

Regardless of the cause, if you have a headache, you want it to end. Fast!

This has produced a huge market for medications that cover up the symptoms of headaches. Powerful drugs can numb your nervous system so the pain doesn't register. While these approaches may be convenient, they can cause adverse effects and in some cases kidney or liver damage. Worse, they don't correct the underlying cause of the headache.

Headaches can sometimes be caused by neck problems in disguise. This type of headache is called a cervicogenic headache.

Evidence for the best way to treat this type of headache has been lacking – until now.

Cervicogenic headaches may respond well to manipulation, mobilisation and specific exercises research shows. This is good news because this type of headache accounts for one in five of all chronic or long-term headache symptoms.

The research on headaches pulls together lots of studies. Pooling all the results in a so called meta-analysis is a great way to improve the power of individual studies and get some meaningful results. Although the results were not all clear cut in favour of manual therapy the trend seems to indicate that the sort of treatment used by chiropractors is likely to be effective for cervicogenic headaches.

Mark Jones from Well Adjusted Health

comments: *'Cervicogenic headaches are caused by muscle spasms or spinal joint problems in the neck. They affect women four times more than men for some reason. They can be made worse by activities that cause your chin to poke forward such as using a laptop or a computer screen that is set too low. We see many patients who have neck and shoulder symptoms and they are surprised that their headaches are also a symptom that can be successfully treated.'*

Chiropractic treatment for cervicogenic headaches uses gentle adjustments to unlock the stiff spinal joints as well as deep muscle release techniques to improve the underlying causes of the pain.

At Well Adjusted Health we can also prescribe specific exercises after identifying the weak muscles in your neck and shoulders, as well as offering advice on lifestyle and posture changes whilst working etc.

If you would like to know if we may be able to help you, give us a call and make an appointment to see us. If you are not sure whether this approach is for you then make an appointment for a check up at no charge. We will tell you whether your headaches are likely to be caused by neck problems and may respond to chiropractic care and treatment.

If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call:

Well Adjusted Health on 01903 892171



Well Adjusted Health

Gentle Chiropractic Healthcare

Resolve to finally sort that pain

**Specialists In Back Pain, Neck & Shoulder Pain,
Headaches, Hip Pain & Sciatica
We Can Help You Live Your Life Without Pain And
Get You Back To Your Best ASAP
Call us for a FREE 15 minute assessment**



01903 892171

The Sport Pavillion, Church Lane,
Ashington • RH20 3JX • www.well-adjusted.co.uk

MARK JONES MCHIRO, DC

MARTIN STEELS LTD

INDEPENDENT OPTOMETRISTS & CONTACT LENS PRACTITIONERS



We've been providing continual support to our patients since 1983, and they trust and cherish our professionalism in caring for one of the most vital senses, sight.

Services:

Optometry, eyewear dispensing, contact lens fitting and aftercare, and medical eye care are among the services we provide.

Hearing Care:

Ear examinations, high-tech hearing aid dispensing, wax removal, and other services are available.



01903 740420

Monday - Friday: 9am - 5pm

Saturday: 9am - 1pm Sunday: Closed

5 OLD MILL SQUARE, STORRINGTON, RH20 4NQ

E: storrington@martinsteels.com



Lorraine Hannah

Personal trainer/STOTT Pilates Practitioner/Life coach

Specialist exercise and wellbeing professional

Gift vouchers available for all occasions

Need help with health issues?

Your body not working quite as well as you want it to?

Call Lorraine for more information on one to one training sessions and Pilates class availability.

All group classes are now back running as normal.

Some Zoom on line classes are still running.

Please look at timetable on my website for details.

For testimonials, class details & to find out more visit: www.personaltrainingwithlorraine.co.uk

T: 01903 742762 • M: 07941 078091

E: fitness.lorraine@gmail.com

I look forward to working with you to achieve your fitness goal

REP certified Specialist Exercise Instructor Level 4

First aid at work trained - Fully insured.

References available on request

The Wheatear

It's been a long winter, but rest assured that our summer migrant birds will soon be with us. As you read this, beating hearts and beating wings are powering tiny bodies through north African skies.

Wheatears are our earliest returning African migrants. It's a fast 3,000-mile flight from sub-Saharan Sierra Leone to Sussex for a 1-ounce Wheatear, and they've been recorded migrating at 500 miles a day. The dashing males arrive first, their soft, sun-bleached shades of pink and buff topped with a dapper black bandit's mask.

At Sussex Wildlife Trust's Southerham nature reserve near Lewes, you'll see them scurrying over the grazed downland turf or perched along the valley's fence lines. When they fly, Wheatears flash the white rump which gives them their name. Because Wheatears have nothing to do with wheat or ears.

Their original name...well, courtesy prevents me from writing their old English name in such an upstanding publication – but let's just say they were named after their white behinds. Victorians and vicars bird watching in mixed company blushed when they were called upon to identify one, so their name was subtly censored.

Wheatear is a more palatable name for a



Wheatear Marshall Sussex Wildlife Trust



tragically palatable bird. In Sussex, Wheatears were considered a local delicacy and were served at the finest banquets in Lewes, Brighton and Eastbourne. Sussex shepherds would trap them to increase their income; in the late 19th Century the birds fetched 3/6d a dozen (£17.50 today). Shepherds could earn £14 per season (£1,260 today) trapping Wheatears – half their annual wage. Around the town, shepherds were eventually banned from trapping Wheatears as it distracted them from their sheep.

Gluttonous gourmets were so desperate for fresh Wheatear that they would prowl the downs and take birds straight from unmanned traps, leaving a pile of coins for the shepherds.

In 1900, outspoken and outraged Sussex conservationist W.H Hudson wrote, *'It is not fair that Wheatears should be killed merely to enable London stockbrokers, sporting men, and other gorgeous persons who visit the coast, accompanied by ladies with yellow hair, to feed on them at the big Brighton hotels.'*



Wheatear Derek Middleton Sussex Wildlife Trust

But the damage was done. Trapping and the gradual loss of their sheep-grazed downland habitat caused the birds to disappear from the Sussex downs. The Wheatears we now see around Lewes unsurprisingly don't hang around. Each spring they briefly return to their old downland haunts, flash their behinds at the people of Sussex and keep on moving.

From Lewes, they'll head onwards to breeding sites in northern England and northern Europe. But for some of these birds, their amazing migration continues for a further 2,000 miles across cold oceans to Greenland and Arctic Canada.

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: www.sussexwildlifetrust.org.uk/join or T: 01273 497532

Wheatear Marshall Sussex Wildlife Trust
Wheatear Derek Middleton Sussex Wildlife Trust

ROB SYKES: ELECTRICIAN
+++++
Steining based electrician
For all your electrical needs in the home, including:

- ✓ Lighting
- ✓ Shower and cooker wiring
- ✓ Sockets
- ✓ Rewires and extensions
- ✓ Fuse box upgrades
- ✓ Outdoor power & lighting
- ✓ Fault finding & fixing
- ✓ Free estimates & advice

NICEIC registered
M: 07739 989 266
www.robsykes.co.uk

Resonance Piano Tuning
OFFERING A FRIENDLY AND EXCEPTIONALLY PROFESSIONAL INDUSTRY STANDARD OF TUNING, REPAIRS AND TEACHING FOR PIANOS OLD AND NEW ACROSS SUSSEX.

CADWEIN BACON BAUS (HONS) MSM
07306 617320
CADDY5@HOTMAIL.COM
WWW.RESONANCEPIANOTUNING.CO.UK



Steining Double Glazing

A local, well established company providing a comprehensive and friendly service

A rated as standard

- ✓ Energy rated A+ Windows Available.
- ✓ Windows & Doors.
- ✓ Facias, Soffits & Guttering.
- ✓ Replacement of blown & misted up double glazed windows.



01903 810 013 | 07790 036 855 | E: njb61@live.co.uk



Sussex Oven Cleaning is a family run business based in Sussex and we pride ourselves on our high standard of service and strive to leave every customer completely satisfied with our service.

We can clean:

- Ovens
- Range style cookers
- Hobs
- Extractors
- Grills
- Agas
- Barbeques
- White goods including fridges, freezers, washing machines, dishwashers and tumble driers.

"I have used Sussex Oven Cleaning for several years and have always been more than delighted with the result. This time Jody cleaned my oven and was as professional and polite as everyone else at this friendly company"

CALL US ON: 01903 416606 or email: info@sussexovencleaning.co.uk



The Association of
Approved Oven Cleaners



ALL LIT

All Lit Plumbing & Heating

- Gas and Heating Installation
- Natural and LPG gas appliance repairs and servicing
- Plumbing Maintenance
- Plumbing Installations

"Dan repaired our boiler in the middle of a cold snap, very reasonably priced and got the boiler fixed the same day"

Contact: Dan Foster

Tel: 07590495548

Email: All-lit@outlook.com

www.All-lit.co.uk



Complete Gutter Cleaning

Year-round gutter cleaning and maintenance services

Proud members of Checkatrade.com

- Contracts Undertaken
- Minor Gutter Repairs
- Unblocking Downpipes
- Window Cleaning
- Seasonal Care and Maintenance
- Residential Gutter Cleaning
- Commercial Gutter Cleaning
- Fascia and Soffit Cleaning
- Jet Washing Drives & Patios

Experienced in managing commercial and residential environments, we offer a professional, affordable and complete gutter cleaning and maintenance service.

If you have a site or premises that needs looking after, please contact us today.

Call 07532 453 873 for your free quote
completeguttercleaning@yahoo.com
www.completeguttercleaning.co.uk

WANT TO PLAY TENNIS? LOOK NO FURTHER

8 courts - 3 Astro - 5 Artificial Clay (7 floodlit)

Hosted social tennis with our coaches

Box leagues and Sussex team tennis

Tournaments and Junior Camps

Coaching for all abilities and ages



Scan me!

**Storrington
Tennis Club**

GREYFRIARS LANE - CHURCH ROAD - STORRINGTON RH20 4HE

www.storringtontennisclub.co.uk

March 2024 News Letter.

Many thanks to those of you who live on higher ground and have been asking for trees and hedges to be planted there. This is of tremendous help to those who live at the lower levels who have been experiencing flooding. We have all seen the pictures of the flooding at the Star Inn a few weeks back. We all know Steyning is bowl shaped so it is important to plant on higher ground to prevent run-off, as well as lower down to absorb the water there. This is something that SFT have been working very hard to do

Trees and hedges are well known to be a vital tool in preventing and controlling flood water. This is predicted to be an increasing problem with extreme weather conditions being caused by global warming. The Environment Agency advises that flood risk could double by 2055. We are so pleased that Richard Goring and the Wiston Estate are so conscious of this. They are planting a one kilometre long hedge at the top of Mouse Lane and have asked Steyning For Trees to help.

We have already helped with the long hedge planted on SDS last year. We transferred the hedging plants ordered for another site to SDS with the help of their Project Manager. They were planted by SGS pupils. Our wonderful SFT volunteers were again at work before Christmas, despite difficult conditions under foot, gapping up this long hedge with tree whips provided by us.

After conversations with Richard Goring before Christmas we were delighted when he told us that he has commissioned a consultation on additional methods to control flooding e.g., the possibility of holding ponds, sluice gates etc. in the Mouse Lane area. He was letting the PC know.

We have been told that the Government say they are going to restore 30,000 miles of hedgerow by 2037 and 45,000 by 2050.

Lets hope that's quick enough for our endangered species!

Pictured is the Woodland Trust printing paper which you can buy from Steyning Stationers. Sales of this contribute to its valuable work as the UK's leading conservation charity.



We were glad to be able to help Ronnie Reed refresh an old hedge by giving her some tree whips to plant, all helping the cause. Also giving Louise Crush some of our surplus whips - we know that she will give them a good home

SFT is so pleased to be supporting the Steyning Festival: we are involved in 4 events. Our main one being the talk to be given by Dame Eleanor Jane Milner-Gulland, Professor of Biodiversity at Oxford University. This will be held at Wilton Park (Wiston House) on the evening of 1st June. EJ is Chair of and involved in many UK and international Environmental Committees. She was a pupil at Steyning Grammar School and was taught by David Buckett, SFT co-chair. Maybe some of you knew her?

She will be talking about the Saiga Antelope which she saved from extinction, and reasons



to be optimistic about the fight to save biodiversity. She and the antelope were featured in the television programme hosted by David Attenborough, Planet Earth II and III.

EJ said, in National Geographic, *'The Saiga Antelope population plummeted by more than 90% in a short time. For starters Saiga horn had great value in the Far East as part of traditional medicine. But the great thing about Saiga is that the local people really love them'. 'To them, it is a symbol of the wild steppe, of independence and freedom.'*

A headline read: *'Floppy-nosed antelope has baby boom raising hope for endangered species'*. That hope was realised, but they are kept on the endangered list because of their vulnerability.

We don't think it would win a beauty competition but it is quite cute!

Well done Professor EJ.

W: <https://www.saigaresourcecentre.com>



imogen ruby

We have moved!

**98A High Street, Steyning
Opening Saturday 2nd March!**

- ♥ Organic, branded clothing 0-5 years
- ♥ Sustainably made toys 0-7 years
- ♥ Reusable products, including nappies, wipes, period products and more

Brands include Kite, The Bonnie Mob, Little Green Radicals, Turtledove London, Toby Tiger, Lanka Kade, Jumini, Floss and Rock and more!

www.imogenruby.co.uk



Local Clubs and Societies

To add a club or society or change the details kindly email roger@barawood.co.uk

CHARITIES:

Cancer Research Steyning.
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 / W: 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.
SteyningArtGroup99@gmail.com

Steyning Bellringers.
01903 813653.

Steyning Bridge Club.
01903 814726.

Steyning Camera Club.
info@steyningcc.org.uk

Steyning Gardening Club
01903 814684

Steyning & District Flower Club. 01903 895939

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

Steyning Museum.
01903 813333. com

Steyning National Women's Register
01903 815577 nwr.org.uk

Steyning So and Sews
01903 813467

Sugar and Spice Sugar Craft Club. 01903 695700.

The Arts Society Steyning.
steyning@theartsociety.org
<http://www.theartsocietysteyning.org.uk/>

The Steyning Society.
E: cmantsteyningsoc@gmail.com / W: www.steyningsociety.org.uk

Vintage Years Club.
01273 493884

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

Cadet Centre. 01903 813113.

Cadet Centre - Steyning Army Cadets. 07737931010.

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

Steyning Litter Pickers.
susanjglover@outlook.com

Steyning Parish Church.
steyningparishchurch@gmail.com

Steyning WEA Day School.
01903 816190/07713 270806.

SOCIAL:
Cheqoutz Cribbage Team.
01903 815471.

Knit and Natter. 01903 812751.

Ladies Thursday Club.
01903 813082
paulinemhadhebi6@hotmail.com

Singability. 07845 546365.

Steyning & District Good Neighbours Association.
01903 816181.
steyninggoodneighbours.co.uk

Steyning Downland Scheme Group. 01903 812404.

Friends of Steyning Downland Scheme. www.steyningdownland.org/support-us/friends-scheme/

Special Task Force.
01903 765340.

Steyning & District U3A.
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.



"YOU MADE IT VERY EASY FOR US; NOTHING WAS TOO MUCH TROUBLE"

"YOU'VE BEEN THE BEST POSSIBLE SUPPORT FOR ALL OF OUR FAMILY"

Chalcraft
FUNERAL DIRECTORS

Standing by your side to guide you through planning your loved ones funeral with a friendly, honest and personal service.

Come and talk to us if you'd like to discuss any aspect of planning for or arranging a funeral - available 24 hours a day, seven days a week.

55 High Street, Steyning, West Sussex BN44 3RE
t: 01903 812656 e: info@chalcraftfunerals.co.uk w: www.chalcraftfunerals.co.uk

Steyning Probus Club.
07786 065077

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

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
01273 452320

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
steyningtennisclub@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@sussexcp.org.uk

MAC Playgroup.
mac_group@yahoo.co.uk

THEATRE:
Milestones Theatre and Supper Club. 07500 478097.

Steyning Drama Company.
07726 33 35 60m

Steyning Youth Theatre.
01903 602 815
07788 497 779.

MUSIC:
Cantatrice 01903 812662
www.cantatrice.co.uk

Chanctonbury Chorus.
+44 (0)7754 168893, E:
hello@chanctonburychorus.org
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.

Henfield Theatre Company has 'Funny Turns'

We presenting another comedy for your enjoyment.

Written by David Hampshire, 'Funny Turns' is delightful, funny, sad, and exactly what good theatre is all about. It's a glimpse into an old-fashioned way of thinking and believing. It reminds us of that wonderful era long ago when we had no TVs, cell phones, videos, or social media and when entertainers devoted their lives to our amusement each at a cost to themselves

Their life was artificial, insecure and rootless, yet it had an excitement and a charm that kept the actors acting and the comedians telling jokes. In a theatrical boarding house in the 1930s.

Performances are from Thursday 21st to Saturday 23rd March at 19:45 at The Henfield Hall, with a matinee at 14:30 on the Saturday. Tickets cost £13 per person for floor seating and £15 per person for raised seating. On sale now via www.henfieldtheatrecompany.com, and at

Stevens Estate Agents in Henfield High Street



Front Cover: Jane - Cole Jellyfish / Cone drop earrings

SteyningARTS
ART TRAILS : EVENTS : INSPIRATION

I am an artist and work in the medium of glass. I have always loved to make and create and glass is such a wonderful material to use. I love the vibrancy of colour that can be achieved, the way light transforms it, as well as the lustre, shine and smooth feel of it.

I graduated with my 3D design art degree 37 years ago and for many years worked mainly with sheet glass. I would slump, fuse and shape my forms using a kiln to heat and transform the flat glass into new and exciting vessel forms.

But more recently I have concentrated on the manipulation of glass rods and strips using a propane gas flame. This flameworking technique allows me to make and create in a more spontaneous way. I will start with one idea but it will often transform as I work on the piece into something else.

I love the serendipity of it and the kind of meditation that the focus on the glass in the

flame demands. Colour, nature and particularly wave forms are a large part of my inspiration and each bead I make is composed of the beauty of glass itself combined with my concentrated thought, creativity and passion.

I will often combine copper and silver wire, semi-precious stones and pearls with my glass. I like to think of my unique glass bead jewellery as wearable art. I am very lucky to live in the beautiful West Sussex countryside and to be able to work from my home studio in Partridge Green.

www.janecoleglass.co.uk
Instagram, janes_art_glass

March Gardening Journal

Come early march there is a glimmer of hope in the air as the days seem brighter and it feels like Winter is almost behind us. The plants in our gardens notice this change too - as the bulbs start flowering and the trees and shrubs start sprouting, we are provided with a new lease of life that helps to lift our spirits. By the end of the month, and as the weather warms up, there are more opportunities to get out and about and appreciate nature as it awakens from its winter hibernation. There are a few plants flowering at this time of year, but few with such a hot pink display as this month's *'Plant of the Month'*.

'Honesty' or *Lunaria annua*, is an old-fashioned dual-purpose plant, grown partly for its fragrant purple or white flowers in spring and early summer, but also for its unique oval and translucent seedheads, popular with dried-flower arrangers.

It's properly grown as a biennial, and makes large, well-branched plants that flower in their second year, after which it will seed itself freely around the garden. However, smaller plants can sometimes be grown as hardy annuals from an early sowing, with a smaller flower display, but very good compact seed-heads.

Lunaria 'Chedglow' is having its moment in late February/early March - offering the garden its first flare of colour. Their liquorice foliage has an iridescent sheen, which adds depth to the surge of spring green as the flowering spikes rise to bloom. The dark, rich violet foliage really makes this plant shine and stand out from other *Lunaria* cultivars available to buy or grow from seed. Biennials and annuals are useful to add a lived-in feeling and for filling space whilst slower growing perennials find their feet. In the winter



Plant of The Month – *Lunaria annua* 'Chedglow'

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

months the silver penny seedheads of honesty are easily as wonderful as the flowers, catching the light and living up to their lunar imagery and so it is tempting to leave the plants standing. Be careful though, after a few years of self-seeding. Be prepared to thin out the seedlings and be particular about where you want it to grow, its easy for a plant like this to be left to its own devices and run amok all over your garden.

Lunaria look best planted amongst the spring flowers of *Brunnera*, *Narcissi*, *Geranium*



maccrorizzhum and the lime green of *Euphorbia*.

Planting it just behind some *Geranium Rozanne* will also mean you are able to complement the decorative seed heads of the *Lunaria* with the summer flowers of the *Geranium*. Overall, it's a great biennial for those who don't mind a plant who likes to spread about and find a home in your garden where you may not have originally intended it to be.

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 sets.
- Harvest the last of the winter crops and compost any un- diseased debris.
- Sow aubergines, cucumbers, tomatoes and chillies in an indoor heated propagator.

Hamilton Cole

Family Run Local Retailer / Service Provider

SERVICE PROVIDER
Aerial/Satellite Custom Installer
TV Wall Mounting
NICEIC Domestic Electrician
PAT Testing
Replacement Watch Batteries
Copying of VHS Tapes to DVD

REPAIR EXPERTS
TV, Audio, DVD Recorders
Lamps
Microwaves
Vaccum Cleaners
Cookers
Hobs

RETAILER
Flat Panel TV's
DAB/FM Radios
Domestic Appliances
Freestanding/Built in
Lighting and Heating

Call 01798 872237
Station Road, Pulborough,
West Sussex, RH20 1AH
Email: office@hamiltoncole.co.uk

www.hamiltoncole.co.uk

Find us on Facebook

Alex Bell
GARDEN DESIGN
Award Winning Garden Designer

creative concepts for traditional
and contemporary gardens

Telephone: 01903 815065
Mobile: 07866 747849
Email: alex@alexbellgardendesign.co.uk

www.alexbellgardendesign.co.uk

Sheep Pen Lane or Schepynstrete

When browsing through the records of the Court of Morowspeche, a court held in Steyning in the Middle Ages, my eye was caught by a couple of slightly unusual entries. In 1465 we read that *'Thomas Rose (2d) barber keeps a certain dog as a guard – against the form of the statute'*. One would imagine that guard dogs were not particularly uncommon but, for this, Thomas, the barber, was fined twopence. Maybe he had failed to keep his dog suitably tied up or kenneled as the law required him to do. Then, four years later he was in trouble again. *'Thomas Rose'* the record said *'keeps a certain dog in the Schepynstrete to the great nuisance of his neighbours: a day is given to rectify the situation.'* Once more he had failed to keep his dog under control.

The name Schepynstrete does not look or sound a lot like Sheep Pen Lane but that is where Thomas Rose had his barber's shop. It was quite possibly a muddy and rutted lane because in 1466 we hear that *'The king's highway towards the garden of William Pelet in the Scheppenstrete is in a bad state and needs repair.'*

That these names would seem to have as much in common with the Middle English word *chepyng*, meaning a *'market place'*, as with the penning of sheep is a little confusing and the confusion continued as, over time, the spelling of the street's name was simplified.

When Richard Pellett made his will in 1531 he left monetary bequests totalling £194 plus *'the parsonage house at the Church style'*, *'the nvest myll in Stenyng'*, a considerable volume of wheat and barley, 361 sheep and 1 cow, together with a barn in *'Sheping Strete'*. Over the next 260 years there was little change in this spelling and, when it became necessary to make a record of all the people who had voted in the general

election of 1791 the saddler, the sawyer, the staymaker and a couple of labourers were all shown as living in Shippen Street. At the same time the Duke of Norfolk, who had an interest in the outcome of the election, got one of his employees, Jonathon Raine – who was not a Steyning man – to list the owners and occupants of all of Steyning's houses. He it was who first chose to call it **Sheep Pen Street** and later writers have stayed with that reading of the name, explaining that it must have been where sheep were penned on their way to the weekly market. Despite the fact that it was the Reverend Cox who contrived the name-plate identifying the sequence of names for the street, he also tells of an old parishioner explaining that it was in the fields leading down to the present day cricket field, rather than in Sheep Pen Lane where *'the thousands of sheep which were brought over the Downs to the market*

were sorted there by their different owners'.

Sheep Pen Lane took you up to what we now call White Horse Square where, in 1791, three new houses had recently been built. Beyond that, the track led up through the Steyning



Open Field to the Downs. There was uncertainty over who should look after this track. Court rolls in 1476 demanded that *'burgesses (should) enquire who ought to repair the Kings Highway leading from the Prison House [the Stone House] towards le Portway, and ditch it on either side.'* This trackway enabled the yeomen and husbandmen to take their carts and ox-drawn ploughs to the furthest limits of the open field, where the Portway Furlong lay, so it was important to keep it in good condition.

For a while the track leading to the Portway Furlong may, itself, have been known as *'the Portway'* meaning the track which led to the market. However, it eventually acquired its present name of Newham Lane.

The origins of this apparently ordinary name are actually shrouded in as much uncertainty as those of Sheep Pen Lane – but that will need to be examined on another occasion.

Article by: Chris Tod - Steyning Museum.

Treedom

TREES • FENCING HEDGES • LOGS

Day: 07941 62 2442

Email: treedom23@yahoo.co.uk

Website: www.treedomssussex.co.uk

Call **Simon Zec** to answer any questions or project queries you may have and to arrange for a free quotation.

"Treedom is fully insured up to 10million pounds, works to British Standards and we are NPTC qualified"

You can now follow **Treedom** on:
twitter (@treedom_trees) or:
facebook (facebook.com/treedomtreesurgery)

Broken Phone, Tablet or Computer?

iMend it!

Trusted repairs for your phone, tablet or computer. Contact iMend to see how we can help.



REPAIRS - SALES - ACCESSORIES - UPGRADES

3 Hyde Square, Upper Beeding, BN44 3JE

IMENDLTD.CO.UK - 01903 899545



FAMILY BUSINESS with 40 YEARS EXPERIENCE



Tiled roofs
Slate roofs
Horsham Slate Stone
Shingle roofs
All types of flat roofs
Lead work
Chimney work
Repainting
Facia soffits and guttering
Insurance work
Free no obligation quote



Specialists in all roofing

G. Standing Roofing Ltd.
Beeding Court Farmhouse,
Shoreham Road,
Upper Beeding,
West Sussex.
BN44 3TN.

Phone: 01903 417416 | 07703 208049

E-mail: enquiries@gstandingroofing.com | W: www.gstandingroofing.com

QUALITY AND VALUE DIRECT FROM THE GROWER!

- You will find an exceptional range of Seasonal and Hardy plants here at our Nurseries in West Chiltington – all grown and sold on site!
- Choose from a wide range of loose Seed Potatoes £2.50 per kg and Onions and Shallots Available Now



GOOD NEWS!
YOU WILL FIND OUR
PLANT PRICES ARE EVEN
MORE COMPETITIVE THIS
YEAR!

VILLAGE NURSERIES
SINNOCKS, WEST CHILTINGTON, RH20 2JX
01798 813040

OPEN 9AM - 5.00PM – 7 DAYS A WEEK
THROUGHOUT MARCH
village-nurseries.co.uk
peter@villagenurseries.co.uk

THE OVEN MAGICIAN

We are an independent family run eco-friendly oven cleaning business that has been operating for over 7 years in Worthing and the surrounding areas.

TA DA!



T: 01903 620257

For a complete price list visit:
www.theovenmagician.co.uk

ADVERTISER'S INDEX

Accountants/Tax Accountancy & Business Matters 2 Beltons Public Account 15	Funeral Directors Chalcraft Funeral Direct.45	Painting/Decorating Keltons Decorating 29 Riverside Home Maint. 32	Wall & Floor Tiling Glen Reed Tiling 12 Riverside Home Maint. 32
Aerials/Home Theatre Hamilton Cole 49 Norsat 8	Flooring/Carpets Walter Wall 9	Personal Account Affairs Beltons Public Account 15	Wills/Estate Planning Investment Solutions 55 Nsurre Estate Planning 27
Auto/Garage Services LMC Auto Services 12	Garden Services/Design Alex Bell Garden Desig. 49 Cam Bro Building Ltd. 11 Riverside Home Maint. 32 Treedom 51	Pest Control BN Services 12	Windows/Doors/Conserv. Goring Glazing 8 Premier Windows 32 Steining Dbl. Glazing 39
Boiler Repair All Lit 40 Option Energy Solutions 13	Guttering/Facias Complete Gutter Clean 40 G Standing Roofing 52	Retirement Matters Nsurre Estate Planning 27	
Bookshop/Reading The Steining Bookshop 35	Health/Sport/Fitness 60+ Exercise 25 Ear Wax Removal 25 Lorraine Hannah Pilates 37 Love to Move 30 Olife Organic Health Sto 25 Shaitsu Physical 31 Steining Osteopathic 31 Well Adjusted Health 37	Piano Tuning/Repairs Resonance Piano Tune 39	
Building/Architecture Cam Bro Building Ltd. 11	Business Affairs Beltons Public Account 15	Plant Nursery Village Nurseries 52	
Carpentry Riverside Home Maint. 32	Home Appliances Carters Home Appl. 56	Roofing Best Choice Roofing 15 C&S Roofing Specialists 21 G Standing Roofing 52 Steining Roofing 9	
Car Hire A Cars 3	Holiday booking That Holiday Feeling 17	Security Omni3 29 Securec 24/7 32	
Children's Clothing Imogen Ruby 43	Home Care Services Home Instead 17 Keeping you safe 31	Soft Furnishings Helen Puxley 32	
Communications Omni3 29	Home Maintain Riverside Home Maint. 32	Tiling & Slating Steining Roofing 9	
Curtains & Blinds Helen Puxley 32	Jewellery Alison Crowe Jewellery 25	Timber/logs Ben Warner 13 Treedom 51	
Dental Practice Mallards Dental 30	Insurance/ Investments Investment Solutions 55 NFU Mutual 54	Transport Sussex Minibus 19	
Electrical Mark Perry Electrical 32 Omni3 29 Rob Sykes 39	Landscaping Alex Bell Garden Desig. 49 GJM Landscapes 15 Riverside Home Maint. 32	Travel/Holiday That Holiday Feeling 17	
Events Steining & Dist Flower 24 Steining Festival News 28 Steining Strummers 11 Storrington Tennis Club 41	Legal Services Mayo Wynne Baxter 33	Tree Surgery/Stump Grind Ben Warner 13 Treedom 51	
Fabrics Helen Puxley 32	Moving & Storage Inner Space 15 LR Lomers 12	TV/Aerials/Satellite/CCTV Hamilton Cole 49 Norsat 8	
Fencing Riverside Home Maint. 32 Treedom 51	Optometrists Martin Steels Ltd. 37	Upholstery/Soft Furnishing Helen Puxley 32	
Financial Planning NFU Mutual 54	Oven Cleaning Sussec Oven Cleaning 40 The Oven Magician 52		

Subscribe to our mailing list: yourmag.co.uk

Stay in touch



EDITORIAL & ADVERTISING ENQUIRIES

Call Us:
Sales T: 01903 816803
melanie@barawood.
co.uk
www.yourmag.co.uk

Copy Deadline for the
April issue is
12th March, 2024
E&OE

Your Steining, Bramber & Beeding is published monthly in the UK by Barawood Publishing Ltd. It is delivered to 3200 homes in Steining, Bramber & Beeding. Printed on FSC accredited paper from managed forests using vegetable-based inks.

Please remember to recycle.

The views expressed in Your Steining, Bramber & Beeding are not necessarily those of the editor or publisher. The publisher cannot accept responsibility for any errors or omissions relating to advertising or editorial. No part of this publication may be reproduced in any form without the prior written consent of the publisher.

WE'RE ON YOUR DOORSTEP

Having a local office means we're accessible, whether you need to make changes to your policy or make a claim.

Our insurance products and financial planning services include:

- Property Owners
- Business
- Income Protection
- Tradesmen
- Car
- Investments
- Commercial Vehicle
- Home
- Pensions

For a real conversation about your needs contact Chichester and Horsham at chichesterandhorsham@nfumutual.co.uk

Tel: 01273 492239 | Anova House, Wickhurst Lane, Horsham, RH12 3LZ



C A Modi and M S Baker is an appointed representative of The National Farmers Union Mutual Insurance Society Limited (No. 111982). And an introducer to NFU Mutual Select Investments Limited, a member of the NFU Mutual group of companies.



www.investment-solutions.co.uk



Based in Worthing, West Sussex, Investment Solutions has been providing bespoke, Independent Financial Advice to private clients, solicitors, accountants and companies on all aspects of financial planning since 1988.

Investment Solutions are fully Independent Chartered Financial Planners. Consequently our clients benefit from an impartial approach. They also benefit from access to the broadest range of financial products and services available in the UK market.

Whether it be investments, pensions, retirement, equity release, protecting what is important or any other financial matter, the company has a wealth of experience needed to create the solution that's right for you.

OUR SERVICE AREAS

- | INVESTMENTS
- | ETHICAL INVESTMENTS
- | PENSIONS AND RETIREMENT
- | LONG TERM CARE
- | INHERITANCE TAX PLANNING (ESTATE PLANNING)
- | EQUITY RELEASE
- | PROTECTION



'Investment Solutions' is the trading name of Investment Solutions Wealth Management Ltd who are authorised and regulated by the Financial Conduct Authority. More details: www.investment-solutions.co.uk

It is important to take professional advice before making any decision relating to your personal finances.

GET IN TOUCH

Phone 01903 214640

Email ifa@investment-solutions.co.uk

Address Grafton House, 26 Grafton Road,
Worthing, West Sussex, BN11 1QT
(Parking on site)

FREE DELIVERY
ON ITEMS OVER £150

INSTALLATION
SERVICE AVAILABLE

CARTERS

Domestic Appliances

Great Spring Deals in Store



AEG Freezer

Model ABE682F1NF
Under Counter Freezer
Frost Free, Frostmatic Function
Freezer Capacity 85 Ltrs
Reversible Doors
2 Year Warranty

Just £589.99



Electrolux Single Oven

Model KOFGH40TW
Built In Oven
A Rated
LED Display
72lt Gross Litres Capacity
2 Year Warranty

Just £349.99



AEG Double Oven

Model DCB331010M
Built In Stainless Steel
Top Oven Capacity 43 Ltrs
Main Oven Capacity 68 Ltrs
Energy Rating A/A
AEG 2 Year Warranty

Just £799.99



AEG Washing Machine

Model LFR71864B
Load Capacity 8KG
ProSteam
Energy Efficiency A
Spin Speed 1600 RPM
5 Yr Warranty

Just £679.99



AEG Dishwasher

Model FSB42607Z
Fully Integrated Dishwasher
13 Place Setting Capacity
5 Programmes
A++ Energy Rating
AEG 2 Year Warranty

Just £549.99



AEG Tumble Dryer

Model TR718L4B
Dry Load Capacity 8KG
SensiDry Technology
EcoFlow Filter
Energy Efficiency: A++
2 Year Warranty

Just £679.99

AEG

Special AEG and Electrolux promotion in store!



Electrolux

CARTERS of Storrington



13- 15 West Street
Storrington
Tel : 01903 959900

Email : st@cartersdirect.co.uk

★ euronics

Also Stores at :

Brighton, Preston Road	01273 628618
Haywards Heath, South Rd	01444 440260
Horsham, Medwin Walk	01403 211551
Southwick, Southwick Square	01273 591199
Storrington Warehouse, Robel Way	01903 745100
Worthing, Teville Road	01903 210100

TRUSTPILOT
★★★★★

BUY ONLINE @ CARTERSDIRECT.CO.UK

All Prices correct at time of going to print. Offer open until the 1st May, while stocks last. T's and C's apply see in store for details