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

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
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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

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Upper Beeding Parish Council News

Youth service: A Youth Club is coming

Although the old service ended over a year ago, the three parishes (Steyning, Upper Beeding and Bramber) are working to restart the service.

It will not be the same, as the old group are no longer involved, but it is hoped that there will be a service in the Parishes very soon. Currently there are advertisements out for the staff who will bring this new and exciting service to the residents.

There is a strong belief that the service can be back in time for the summer holidays and then into the new school year.

<https://www.upperbeeding-pc.gov.uk/community/>

Dementia Friendly Village:

We have been doing some work on how we can become more Dementia Friendly and communicate Activities, Support, Events etc. that may help People Living with Dementia (PLD) and their Carers.

We have recently been in touch with Horsham District Council, our Community Wardens, Carers Support, other local Parish Councils and Steyning Health Centre PPG. The aim was to see if it was worth setting up a local WhatsApp group to help communicate to PLD and their Carers. After some consultation it would seem this currently wouldn't help.

One reason behind this is the inability to reach out to these people, as due to data protection we are dependent on them contacting us to register. So far in trying to advertise our help and advice I have only been contacted by 2 to 3 such people.

In raising this issue at a recent Carers group, I was told that a Carer's husband doesn't want to meet other people living with Dementia, another said they wanted to keep their condition private. I do understand this and will step back considering a WhatsApp group but continue to communicate through our PC website the following useful activities / help:



- ✓ The HUB - UB Baptist Church.
- ✓ Community Wardens: SBUB.Wardens@horsham.gov.uk
- ✓ Melody for the Mind: Location Steyning Library.
- ✓ Carers Support: <http://www.carerssupport.org.uk/>
- ✓ Love to Move: worthing.shoreham@rightathome.co.uk
- ✓ West Sussex Dementia: <https://www.westsussexdementia.org.uk/>
- ✓ Dementia Friendly Village: <https://www.upperbeeding-pc.gov.uk/community/>

White Bridge:

The good news for the area is that WSCC are keen to replace the bridge as soon as possible and the funds for the initial investigation works has been agreed. 2025 there should be more movement on the project with the bridge being planned out this year and construction planned for the financial year 2025/26.

<https://www.upperbeeding-pc.gov.uk/white-bridge-closed/>

Riverside Walk:

The Parish Council and the Steyning and District Community Partnership have been awarded a grant which will see the stretch of pathway from Saltings Field Pumping Station through to Dawn Crescent footpath, upgraded.

<https://www.upperbeeding-pc.gov.uk/riverside-pathway-upgrade/>

Play Areas:

The continued vandalism and graffitiing of the play area and recreation grounds continues to be a concern and takes up a lot of the funds available for new and interesting play equipment. The Parish Council will be starting to save where possible and set aside funds for new equipment.

Skatepark:

As we go to press the Parish council is delighted to announce that the skatepark will be upgraded this year. The funds have been found and the contractor selected.

<https://www.upperbeeding-pc.gov.uk/small-dole-skate-park/>

Planning:

The latest large plan to involve the Parish is the Small Dole Solar farm.

This will take over the Horton Landfill site, making use of the unused location and making some impact of the climate change and the green credentials of the area.

<https://public-access.horsham.gov.uk/public-access/simpleSearchResults.do?action=firstPage>

Local Cycling & Walking Infrastructure Plan for Steyning, Bramber and Beeding:

Over the last few years, a whole range of 'active travel' initiatives have been suggested for the Steyning, Bramber & Beeding area to encourage people to leave their cars at home and walk and cycle more. These include introducing a 20mph zone in Steyning & Bramber, installing improved bike racks in Steyning High Street, creating zebra crossings near schools, reducing speed limits on the bypass, and upgrading the White Bridge Link across the river. So far, and for a variety of different reasons, progress has been slow. But there is no doubt that many residents would welcome a shift in this direction – particularly parents with young children who need to get safely to and from school.

<https://www.upperbeeding-pc.gov.uk/local-cycling-walking-infrastructure-plan-for-steyning-bramber-and-beeding/>

Volunteers for Litter Picking:

Fancy helping to keep our villages litter free. The Bin Brigade group supported by the PC meet once a month to pick up litter from our roads and pavements. The group was started by Neil Laughton and helped by Hilary Snowdon. Get in touch with the Clerk if interested - clerk@upperbeeding-pc.gov.uk

HDC Local Plan and objections to proposed

site in Small Dole:

The local plan has highlighted some new developments in Small Dole, these have been vehemently objected to by the Parish council and the residents.

The extra 40 homes proposed need to be on sites already agreed by the Parish in the Neighbourhood Plan rather than added ones which have not been agreed by residents.

<https://www.horsham.gov.uk/planning/local-plan/what-is-a-local-plan>

A Yank in Upper Beeding:

Have a look at this great video on YouTube, lots of interesting facts about UB.

<https://youtu.be/hxES4MtJM2k?si=ENm-XKICSQH4u2-2>

New Road Crossings in Upper Beeding:

The new and improved road crossings on the A2037, A238 and Dacre Gdns have received some mixed response from the Community.

These came about from Community Aspiration 2 of the Neighbourhood Plan produced in February 2020. For information WSCC will be carrying out Stage 3 (Safety Audit) and Stage 4 (Monitoring any incidents) before final sign off of these crossings to ensure they meet all safety requirements and to check whether any changes need to be made.

Green / Climate Change:

The parish Council has declared a climate emergency and will be supporting the climate bill. This means that where possible the Parish council will endeavour to reduce their carbon footprint where practical.

<https://www.upperbeeding-pc.gov.uk/community/>

Annual Parish Meeting: 23rd May B&B Hall:

We have invited Andrew Griffiths MP and if unavailable Paul Lineham WSCC Councillor. The Greening Steyning group will also be giving a talk as will the local police cybercrime officer.

<https://www.upperbeeding-pc.gov.uk/home/newsletters/>

News from Bramber Parish Council



At the start of the year Bramber Parish Council took action and launched its own Climate Action Plan as a member of Horsham District's Parish and Neighbourhood Council Climate Action Group.

The local aim is to work with groups and societies in Bramber, neighbouring parishes and outside agencies to make Bramber a greener and better place to live. The live plan can be found on our website (<https://www.bramber.org.uk/climate-issues>).

Do come along to our Annual Parish Meeting on Wednesday May 22nd at Beeding and Bramber village hall at 18.30 to find out more, perhaps to make your own suggestions, and to hear a talk from Horsham District Council about their plans for Bramber Brooks.

Everyone is welcome.

Planning application for Glebe Farm

Calling all Steyning residents - Planning application for Glebe Farm.

The planning application for **Glebe Farm**, which proposes at least 267 houses to be built on the site, is due to go to the **Horsham District Council Planning** committee shortly.

This is therefore our last chance to influence the decision. If this application is agreed it will result in an additional 267 houses, all in one location and an increase in the population of approximately 1000 people.

There is no proposal to increase the number of GPs, NHS dentists, school places, road infrastructure etc and of course the adverse effect on the environment.

This application affects **ALL** of Steyning, our town would increase by roughly 11% with no

additional resources or infrastructure. We're sure there are lots of individuals and groups perhaps already working together to oppose this development and think it might be a good idea to bring everyone together as a united front, so that we can all have a say or influence in what happens to our town.

With that in mind we are planning to hold a public meeting to focus our response to this planning application, so if you're interested in attending this please email glebefarmplan@gmail.com

The intention is to organise this as soon as possible as time is of the essence and if we don't act now we will lose any opportunity to influence the decision and maintain the integrity of our town.

Countdown to Green Day: Prepare to be inspired!

The Steyning Festival will be bursting into life with a fun-packed Green Day with a special focus on **'Making Space for Wildlife'**.

The fun begins with a **'Wildlife Corridor Adventure'** – a children's parade, looping around the Fletchers Croft area, led by musical theatre group, **Moving Sounds**. It is designed for children from 0-8, who need to be accompanied by an adult or older sibling. Youngsters will be encouraged to disguise themselves with animal and bird masks. Adults will be invited to join in and carry tree branches to help create imaginary hedges and woods where the adventure will play out.

Carrying on this theme, there will be a captivating storytelling tent where professional storyteller, **Jon Mason**, will be recounting **'Tales from the Wild Woods'**. Ever wondered how the hills were made? Where the sun goes at night and where birds and hedgehogs go to sleep?

Jon is known for his love of place and history and he'll be weaving a web of myths from the wildest woods to the deepest dells, linking human life past and present with the land and creatures all around us.

There are four storytelling sessions during the day. These are bookable via the Festival website. Ideal for children 4-12, there's no upper age limit. Children under 7 must be accompanied by a paying adult or an older sibling.

All around Fletchers Croft there will be stalls showcasing the work of all our amazing local environment and wildlife groups. Many of them will be running activities for youngsters like leaf and bark rubbing and **'pin the maggot on the**

apple! The Greening Steyning stall will be providing tips and inspiration on wildlife friendly gardening.

In the Big Top Tent you'll be able to hear about the pioneering **'Weald to Waves'** project and its ambitious plan to create wildlife corridors all over Sussex. You can join in by putting your garden **'On the Map'** – placing a pin in giant map of Steyning – to help create nature corridors that link up our own back gardens.

To kick Green Day off, there will be a parade for electric vehicles and e-Bikes followed by a showcase where you can quiz the proud owners about their cars and bikes.

Come and join us. It should be an informative, inspiring and fun day for the whole family!

Green Day Schedule:

10:45 EV & e-Bike Parade sets off from Fletchers Croft.

11:00 Wildlife Corridor Adventure sets off from Big Top Tent.

11:00 - 12:00 EV & e-Bike showcase.

11:00 - 16:00 Stalls and activities.

12:00 - 14:30 Storytelling sessions (30mins each - please book tickets).

12:00 - 15:00 **'Put My Garden on the Map'** activity in Big Top Tent.

The Festival Café and Bar will be open throughout the day, and there will be yummy street food on offer including vegetarian and vegan options.





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Steyning Community Orchard. May 2024: Making Space for Wildlife



May, as the blossom opens, is the perfect time to visit the Downland Orchard. Just sit beneath the trees, relax and breathe in the scent around you. But be warned; you are not alone! All around you, there are tiny, dark eyes amongst the long grass, at the bottom of the hedgerows, in the branches of the trees and looking down from the clear blue of the sky above; quietly watching you.

Orchards are amazing places. They provide us with fruit to keep us healthy, bring people together, and if you need it, they offer a place of quietness, peace and wellbeing. But orchards do not belong just to us. They are important as places of refuge for wildlife and play a role in improving local biodiversity. This was first recognized in 2007 when traditional orchards were designated as 'priority habitats' under the UK Biodiversity Action Plan.

Traditional orchards are full of beautiful, gnarled old fruit trees that have been sensitively managed without pesticides or herbicides, where grass has been allowed to develop into flower meadows, where hedges have been left to spread and the ground, down through which the trees have pushed their roots, has been undisturbed for decades.

They are biodiversity rich, with a mosaic of different habitats; hedgerows, scrub, unimproved grassland, fallen dead wood, even ponds, dykes, and old walls.

This mosaic is important for much of the wildlife that lives within the orchard.



Many bumble bee species that help to pollinate the trees need tussocky grassland for nesting and hedgerows or scrub to hibernate in through the winter, whilst some beetles which live as larvae in the wood of the fruit trees feed as adults on the flowers of tall herbs like hogweed or hawthorn and other shrubs.

Age is everything. Fruit trees age relatively quickly compared to woodland trees and as they grow old, they develop 'veteran' features like hollow trunks, rot holes, dead wood and sap runs, homes for over 400 species of 'saproxylic' (depend on dead or dying wood!) invertebrates like stag beetles, and chafers.

Rot holes provide nesting sites for bats like Noctules and hollow trunks can be home for Lesser Spotted Woodpeckers and Little owls.

The community orchards in and around Steyning are young. The first trees in the Downland Orchard were planted in 2017, and it has a long journey to travel before it becomes as rich in biodiversity as some of our traditional orchards but importantly, it will change in character as the trees mature

and different habitats for different creatures will be created along the way.

Even now it is enhancing the natural environment around it. The blossom around you is an important source of nectar for pollinating insects including bees, hoverflies and butterflies. The hedgerows which have filled out since they were planted, provide shelter for small mammals, nesting sites and food for birds. The long grass is home to field mice and rabbits, countless beetles and bugs. This is a hunting ground for the kestrel above you. At night there are owls and bats and the odd fox or badger with a sweet tooth for fallen apples.

When we plant an orchard, we are making space for wildlife, now and in the future.

Something we need to celebrate.

Which is what we plan to do on Green Day on the 25th May, at the start of the Steyning Festival. The Community Orchard

is joining together with a host of other local conservation organisations under the banner of 'Making Space for Wildlife' to share how and why we are all working hard to help our local wildlife survive and thrive.

Come and see us all; Steyning Community Orchard, Greening Steyning, Steyning for Trees, Steyning Downland Scheme, Abbey Road Conservation Area and Weald to Waves.

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Richard Bates, a local (Henfield) resident and consultant solicitor at Cognitive Law in Brighton, comments on Later Life Planning.

Are you concerned about your, or a loved one's, later life? Do you need help understanding how care is paid for or how to protect the family's wealth from inheritance tax or the cost of care?

Most of us don't want to think about ageing, much less talk about it. However, not telling people how we wish to be treated, or not having a plan for how we might afford our care, can leave us uncertain and worried at a time of vulnerability.

I am a solicitor and, although I undertake the usual 'private client' work of wills, probates and tax planning, my particular area of interest is around later life planning.

My role is to help clients plan what sort of later life they aspire to and how they might afford it. I also look at the most suitable ways to limit the impact of tax and care fees. For example, often the most effective wealth protection can be as simple as having the right sort of will, rather than the incredibly expensive, usually inappropriate and often unlawful 'property protection trusts' that certain, unregulated, providers push.

Many clients need help with the transition to supported living. I engage with care professionals and advise on the next steps. I can even assist in finding suitable placements in residential accommodation or arrange care at home. And, for those arranging their own care or already in a care environment, I can advise on the care provider's contract to give you peace of mind that you or your loved one is receiving the right standard of care and value for money.

However, a large part of my work is planning for and dealing with the loss of mental capacity, whether via the Court of Protection or by use of powers of attorney. What concerns me is the significant proportion of people who agree to be an attorney without any idea of what a complex job it is, or the standards to which they are held in law. Unprepared attorneys can lead to family tensions, guilt and, sometimes, the risk of financial abuse. To help combat this I give advice and training to attorneys. I also have great success in managing families at crisis point so that together we can find a path back to best supporting the person in need.

If any of this strikes a chord with you or someone you know, I'd love you to get in touch on 01273 284012 or richard.bates@cognitivelaw.co.uk. You can find out more about me at www.cognitivelaw.co.uk.

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Richard Bates, local solicitor

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Steypning in Bloom: Open Garden Day Sunday June 30th - 12:00 - 17:00



Greetings from the Steypning in Bloom team. We have some wonderful gardens for you to visit, little gems in the middle of town, larger ones with different 'rooms' to wander through; some formal, and some which fall into the 'wild' category, whose owners have a passion for creating a space where wildlife thrives and who are eager to pass on their experience and encourage others to create such places for themselves.



We will have 16 or so gardens to visit and would love to gather some volunteers to help on the day so we have a mini team in each venue to welcome the visitors - we had over 400 last year! If you could spare a couple of hours on the day please make contact with us at aeaharden@btinternet.com

AND... some of you taking a walk along Mill Road in the Spring and Summer months may have noticed our plant stall. If any enthusiastic plant growers have any to spare, we would welcome them.

Please let us know on the email above..and thanks again, Steypning residents, for your ongoing support!

Front Cover: Emma (Miller Phoenix)

SteypningARTS
ART TRAILS : EVENTS : INSPIRATION

Emma is a self-taught ceramicist working under the name Miller Phoenix. She has a long-held fascination of the sea and all things coastal...the ebb and flow of the tide...the power and fragility of the sea

With her ceramics, she endeavours to convey the fluidity of form and encompass the beautiful irregularity of our natural world. Preferring to hand build from a single piece of clay, each creation is teased and torn into being. Emma loves to use her hands as tools and often uses no equipment other than a paint brush to overlay glazes, preserving a natural feel within each piece. She is inspired by rock pools, corals, crevices, seaweeds, sea tumbled objects and the pull of the tide... the fact that nothing remaining static but has a constant movement with cause and effect.

She lives in Shoreham by Sea and her work can

be found in her shop Miller Phoenix Home, 42a High Street, Steypning. New pieces are regularly featured on her Instagram @millerphoenixhome including her ever popular collectable ceramic beach huts which she makes 'when playing'.



Steypning and District Flower Club



Invites you to
an evening with

Barbara Caldecourt

Demonstrating her
Floral Designs entitled

"Snapshots"

Wednesday 22nd May 2024

The Steypning Centre

Steypning BN44 3XZ

7pm for 7.30pm

Non-Member Tickets
£7 on the door

Greetings
ISLAND

May: Diary Events

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

Wednesday 1st May

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

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 10:30 – 11:30.

Wednesday 1st May

Steyning Parish Council: Community Film Night

19:30 – 22:00

The Steyning Centre, Fletchers Croft, Steyning

Screening: WONKA

In the enchanting world of "Wonka," audiences will be transported to the vivid, mythical beginnings of Willy Wonka, the ingenious inventor destined to become the scrumdiddlyumptious Mozart of chocolate. This origin story delves into Wonka's early life, exploring his magical journey from a young, imaginative inventor to the renowned chocolate-making maestro we adore. Tickets are on sale at the Steyning Centre at £6 each and include tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open 19:00

Friday 3rd May

Vintage Years Club

13:45 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Sing Out Sisters Choir

Our meeting commences at 14:00 but the doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we welcome the return of Christabel and her fabulous ladies choir to entertain us. Tea and biscuits will 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 or any other information.

Saturday 4th May

Steyning Methodist Church

10:00 – 16:00

Steyning Methodist Church

Flower Festival - 'Seasons of the Year'

Floral displays and patchworks on the theme of 'Seasons of the Year'. **NOTE:** Open on Saturday 4th May and Monday 6th May from 10:00 – 16:00 when light lunches, refreshments and a cake stall will be available. On Sunday 5th May we will open at 15:00 for a Songs of Praise service. People attending the Songs of Praise service will be able to enjoy the displays during the service and browse them afterwards when refreshments will be available. All welcome.

Saturday 4th May

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.

Sunday 5th May

Steyning and District Community Partnership

11:00 – 16:00

Steyning High Street

Vintage Revival Day

Join us for a Vintage Revival Day! Vintage van and cars, motor bikes, busses, traction engines, steam organs, miniature railway, vintage rides. Food and drink, antique stalls, street entertainment and more!

Monday 6th May

Steyning Bowls Club

13:00 – 17:00

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Steyning Bowls Club Open Day and B-B-Q

Come along and have a go at Bowls! All you need to bring with you is a pair of flat soled shoes. For more info visit: www.steyningbowlsclub.com

Thursday 9th May

National Garden Scheme

12:00 – 17:00

Sedgwick Park House Sedgwick Park Horsham, Sussex RH13 6QQ

Pop Up Open Garden: Sedgewick Park House

Sedgewick Park House is holding two 'Pop Up' openings before their sale at the end of the year. This means that the garden is not listed in the NGS Sussex County Booklet but is now on the website. It is open for the National Garden Scheme on Tuesday 9th May and Sunday 19th May (12:00 – 17:00). Admission £6, children free. Pre-book on the NGS website <https://ngs.org.uk> or pay on the day (cash only). Tea, coffee and biscuits (in aid of Bloodwise Cancer, cash only)

Saturday 11th May

Steyning District Churches Together

10:30 – 12:30

The Penfold Hall, Church Street, Steyning

Coffee Morning

A Coffee Morning in aid of Christian Aid. Come and enjoy a piece of homemade cake with your coffee. Plants and homemade cakes for sale. Christian Aid is a member of the DEC and is involved in supplying aid and support in emergency situations. Christian Aid Week 2024 is focusing on the worldwide cost of living crisis: <https://www.christianaid.org.uk>

Saturday 11th May

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 11th May

The Church of St Andrew and St Cuthman

19:00 – 22:00

The Church of St Andrew and St Cuthman

Chanctonbury Chorus Spring Concert

Do join us for an evening of lovely music to include Vivaldi, Chilcott, Shearing and others. An eclectic and interesting mix of great music! Tickets available at The Steyning Bookshop, King and Chasemore, chorus members and Eventbrite. We are delighted to be supporting them Shoreham RNLI in their 200th Anniversary year. We look forward to seeing you there!

Saturday 11th May

The Church of St Andrew and St Cuthman

19:30 – 17:50

The Church of St Andrew and St Cuthman

'Now if the Month of Maying'

Chanctonbury Chorus and Orchestra. Music for a Spring Evening to include Vivaldi, Chilcott, Shearing and more! Tickets £18 through Steyning Bookshop, King and Chasemore and Chorus members. Further information - Shirley Cook - shirleycook@gmail.com or 07592810828.

Monday 13th May

The Arts Society Steyning

10:00 – 12:00

Steyning Centre, Fletchers Croft, Steyning

THE BOOK OF KELLS: A talk by Imogen Corrigan

This extraordinary manuscript, dating to c.800AD, has been admired for its sublime beauty, but also described as 'cold-blooded hallucination'. A fantasy of intertwined animals, birds and people's heads, it is also a standard Book of the Gospels with full-page illustrations. Annotated by some and stolen by others, it reflects the spirituality of its creators and the Christianity of their age. It is also notable for its errors. Imogen is a Freelance lecturer. After nearly 20 years in the British army she gained



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Tuesday 14th May
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 17th May
The Steyning Society
19:00 – 21:00

The Steyning Centre, Fletchers Croft, Steyning

History of Parham House by Lesley Chamberlain

Doors are open at 19:00 for 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 18th May
National Garden Scheme
10:00 – 18:00

The Cottage Potts Lane Pulborough

Open Garden: The Cottage Pulborough

Visit this beautiful little cottage garden set in the heart of Pulborough, open for the first time for the National Garden Scheme. A quintessential English cottage garden, jam packed with a mix of perennials and bulbs on a potentially challenging multi layered site. Comprising four distinct rooms including a small roof terrace, top terrace sitting above the house garden and a vegetable garden built in what was a small swimming pool. This is not a huge garden, however every square inch has been

used! It is open for the National Garden Scheme Saturday 18 May and Saturday 7th September (10:00 – 18:00). Admission £6, children free. Pre-booking essential, please visit www.ngs.org.uk for information & booking. Home-made teas. Two hour timed slots at 10:00, 12:00, 14:00 & 16:00.

Visits also by arrangement 6th May to 7th Oct for groups of 10 to 20. Home-made teas included.

Wednesday 22nd May
Steyning and District Flower Club
19:30 – 21:30

Steyning Centre, Fletchers Croft, Steyning

"Snapshots"

We are delighted that Barbara Caldecourt will be our guest Demonstrator this month. Barbara has not only been teaching florists and floral leisure courses for the last 25 years but she is also a Sussex Area NAFAS Demonstrator. Do come and join us for an evening of inspiration with an opportunity to win one of Barbara's creations in the evening raffle. Doors open at 19.00. Members free and non-members £7.00 on the door which includes refreshments.

Friday 24th May
Steyning Festival
09:00 – 22:00
Fletchers Croft, Steyning
Steyning Festival

Over the ten days of the festival, we will be offering a potpourri of entertaining and illuminating events ranging across the genres of Theatre, Music, Visual Arts, Walks and tours, the Environment, Literature, Community and Comedy. Tickets: www.steyningfestival.co.uk

Saturday 25th May
Steyning Arts
11:00 – 16:00
Steyning and surrounds
Steyning Art Trail

25 art venues open in Steyning for the bank holiday weekend and first weekend of June showing paintings, prints, ceramics, jewellery and more! Venues open 11:00 – 16:00. Trail maps can be collected from the Steyning Museum or downloaded from: www.steyningarts.co.uk



The poster for the Steyning Arts Art Trail 2024 features a green background with several circular images of art. The images include: a cluster of colorful, flame-like sculptures; a colorful abstract painting; a landscape painting with a full moon; a still life with a vase of flowers; a close-up of a piece of jewelry; a branch with red berries; a close-up of a piece of jewelry; and a large, abstract, colorful landscape painting. The text on the poster reads: "SteyningARTS Art Trail 25th-27th May & 1st-2nd June 2024" and "www.steyningarts.co.uk".

Saturday 25th May
Greening Steyning
11:00 - 16:00
Fletchers Croft, Steyning

Green Day

With a special focus on 'Making Space for Wildlife', our fun-packed Green Day includes a children's parade, a storytelling tent and our local environmental groups running stalls and activities. In the Big Top Tent you'll be able to hear about the 'Weald to Waves' project. To kick Green Day off, there will be a parade for electric vehicles and e-Bikes. The Festival Café and Bar will be open throughout the day, and there will be yummy street food on offer including vegetarian and vegan options. Tickets for the Storytelling Tent are available to book at <https://www.steyningfestival.co.uk/product/green-day-tales-from-the-wild-woods/>

Saturday 25th May
West Chiltington Silver Band
19:30 - 21:00

West Chiltington Village Hall, Mill Road, West Chiltington RH20 2PZ

Spring Concert

An entertaining musical trip to London Town presented by West Chiltington Silver Band, including some of Sussex's finest Brass musicians. There will be opportunities for some audience participation with the band's unique 'Brassaoke' pieces. (Pearly King and Queen outfits optional!) Refreshments (beer, wine and soft drinks) will be available. (Doors open 19:00). Tickets £10 (under-16s free if accompanied by an adult). Available from Julie (simplythebest21@btinternet.com), Richard (rabarron@btinternet.com) and from Nisa Local, Haglands Lane, West Chiltington.

Sunday 26th May
National Garden Scheme
13:00 - 17:00

Foxglove Cottage 29 Orchard Road Horsham West Sussex RH13 5NF

Open Garden: Foxglove Cottage Horsham

A ¼ acre plantaholic's garden, full of containers, vintage finds and quirky elements. Paths intersect both sun and shady borders bursting with colourful planting and salvias in

abundance! A beach hut summerhouse and deck are flanked by a water feature in a pebble circle. Two additional small ponds encourage wildlife. A surprise at every turn. The end of the garden is dedicated to a plant nursery. In 2023 Foxglove Cottage was featured on Gardeners' World, episode 3, and in the July issue of All About Horsham (AAH). Garden levels change and gravel paths make it unsuitable for wheelchairs. NOTE: Is open on Sun 26th May, Wed 3rd and Sun 7th July (13:00 - 17:00). Admission £5, children free. Book online at <https://ngs.org.uk> or pay on the day. Home-made teas. Vegan, gluten & dairy free cake.

Tuesday 28th May
Friends of Steyning Parish Church
16:30 - 17:30

Steyning Parish Church of St Andrew and St Cuthman

Steyning Festival concert for the community

Listen to music from Schubert, Bach and Clarke. The Friends of Steyning Parish Church are organising a lively and unusual concert which will highlight both rarely heard and better-known pieces from the 18th, 19th and 20th centuries, played on viola. Everyone will be welcome to the concert, a free event (with a retiring collection). *'While the event is free of charge, we will also be taking donations in support of an important project to enhance facilities at the Church for the benefit of the local community.'* Tickets are available free from the Festival website and the concert starts at 16:30 (not 17:00 as appears from the printed programme) to allow people to get to Polly Toynbee's talk which begins at 18:00.

Tuesday 28th May
The Church of St Andrews and St Cuthman
19:00 - 22:00
The Church of St Andrews and St Cuthman

Chanctonbury Chorus 'Come and Sing'

Chanctonbury Chorus is delighted to offer a Come and Sing as part of The Steyning Festival. All music will be provided and we warmly invite you to join us for a drink, nibbles and chat afterwards. Doors open at 19:00. Tickets available through steyningfestival.co.uk and The Steyning Bookshop. Any further information please contact shirleyfcook@gmail.com.

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com or 07592 810828. We look forward to seeing you there.

Friday 31st May

Cantatrice
11:45 – 12:30
Steining Centre

Steining Festival Concert with Cantatrice

A celebration of WOMEN in music to include 'Downtown, I am woman, I will survive and so much more! Free event

Saturday 1st June

Steining Library
10:30 – 11:30
Steining Library, Church Street, Steining

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 5th June

Steining Library,
10:30 – 11:30
Steining Library, Church Street, Steining

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 10:30 -11:30..

Wednesday 5th June

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

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Screening: ONE LIFE

ONE LIFE tells the true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis. Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions with little or no shelter and food, and under threat of Nazi invasion. He immediately realised it was a race against time. How many children could he and the team rescue before the borders closed? Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he wasn't able to bring to safety in England; always blaming himself for not doing more. It's not until a live BBC television show, 'That's Life', surprises him by introducing him to some surviving children – now adults – that he finally begins to come to terms with the guilt and grief he had carried for five decades. Tickets are on sale at the Steining 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.



COFFEE MORNING

SATURDAY 11th MAY
10.30am-12.30pm
Penfold Hall, Church Street
Steining

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Residents News

We have a special pedestrian entrance just for
Steyning Residents again this year!

If you live in Steyning and wish to walk to the event
please walk up Mouse Lane and your ticket will be
checked at the Caravan Ticket Gate prior to the main event site.
You will be given a wristband here to access the rest of the event.

Please be careful when walking on Mouse Lane as this will be open
for residents and Wiston house staff during the event. We would
also like to inform you that we will be having a firework display on
Sunday 26th May at around 10pm.

If you have a question or any concerns during the
event weekend please call our Community Phone
line 01903 495816. This will be staffed 10:00-22:00
25th - 26th May. At other times please leave a
message on the answering machine.



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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.



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Here's a selection from the 90+ events taking place during the Festival:

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Comedy – An evening with stand-up comedian Marcus Brigstocke and support, and the Steyning Drama Company present 'Curl Up and Die', a comical farce!

Fantastic talks – Polly Toynbee, John Boyne, Dr Joanne Paul, Mairi Cunningham, Tristan Gooley, Dr Harry Cliff and more

THE SAIGA SAGA – saving the Saiga Antelope from extinction, with Dame Eleanor Jane Milner-Gulland

Music galore! Singing Salon, Live Lounge, Slavic Voices, Papagena, Vocal Fusion, Cantatrice, organ recitals, a string day workshop and concert, and former BBC2 Folk Singer of the Year Chris Wood!

Brilliant band events! Blunter Brothers! The Los Palmas 6! Forever – The Tribute to ABBA! African Night Fever!

GREEN DAY – a fun-packed day focussing on all things 'eco' including a Wildlife Corridor, storytelling, EV & e-bike parade and Tales from the Wild Woods

In conjunction with The Arts Society Steyning, a lecture on Lucian Freud and David Hockney – Who Is The Greatest?

Community Fun Day with Steyning FC, Neighbourhood Wardens, the Emergency Services and Horsham Sports Services

In conjunction with the Steyning Film Society, a presentation of WILDING, the new film based on Isabella Tree's book of the same name.

Culture and Community the South Downs Way!

STEYNING FESTIVAL

Go online or pick up our programme for full listings!

Tickets available from www.steyningfestival.co.uk and the Steyning Bookshop



Food Vans – including Sicilian, Mexican, Jamaican, Egyptian, vegan, pizzas, waffles, ice cream and more! Come and enjoy some delicious food and accompany it with a thirst-quenching drink from our Big Top bar!

Happy Hour – as well as being open for all the main events, this year we are introducing a Happy Hour on certain days. Discounts on drinks to the backdrop of local musical talent in the environs of the Big Top!



29 different children's events – including a grand parade, writing workshops, art, bubbles, tales from the wild woods, bug hunts, puppet shows, painting, singing and Julia Donaldson's The Hospital Dog and Other Stories!

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DATE	DAY	PICK-UP	TO	FARE
01-May	Wednesday	1.00pm	Horsham	5
02-May	Thursday	9.00am	Shoreham / Holmbush Centre	4
02-May	Thursday	1.00pm	Horsham	5
03-May	Friday	9.00am	Steyning Village	3
03-May	Friday	1.00pm	Vintage Years Club	3
06-May	Monday	1.00pm	The Old Barn Garden Centre	5
07-May	Tuesday	9.00am	Storrington Shopping	4
08-May	Wednesday	9.00am	Shoreham / Holmbush Centre	4
08-May	Wednesday	1.00pm	Shoreham / Holmbush Centre	4
09-May	Thursday	9.00am	Steyning Village	3
10-May	Friday	9.00am	Steyning Village	3
14-May	Tuesday	9.00am	Worthing	4
15-May	Wednesday	1.00pm	Worthing	4
16-May	Thursday	9.00am	Shoreham / Holmbush Centre	4
17-May	Friday	9.00am	Steyning Village	3
20-May	Monday	1.00pm	Riverside Tea Rooms, Amberley	5
21-May	Tuesday	9.00am	Storrington Shopping	4
21-May	Tuesday	1.00pm	Horsham	5
22-May	Wednesday	9.00am	Shoreham / Holmbush Centre	4
22-May	Wednesday	1.00pm	Worthing	4
23-May	Thursday	9.00am	Steyning Village	3
24-May	Friday	9.00am	Steyning Village	3
28-May	Tuesday	9.00am	Pulborough	4
30-May	Thursday	9.00am	Shoreham / Holmbush Centre	4
31-May	Friday	9.00am	Steyning Village	3

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The small, friendly team here in Steyning helps residents get out and about with a year-round schedule of trips. There are weekly shopping outings to join, including Worthing or Horsham town centres and the Holmbush Centre, Shoreham. Trips to one of the larger garden centres like Old Barn Nursey (Dial Post), Newbridge Garden Centre (Horsham) or Southdown Garden Centre (Hassocks) also

feature regularly. In addition, there are weekly trips to the village shops in Steyning and Storrington. Passengers have plenty of time to shop and relax with friends over a cuppa. Twice each month, you can look forward to a delicious lunch or an afternoon tea. Current outings include the Riverside Café (Amberley), The Frankland Arms (Washington) or The Bolney Stage (Bolney).

The service operates from Steyning, with passenger pick-up from the villages of Washington (east of A24), Ashurst, Bramber, Upper Beeding, Small Dole, and Henfield. Members can look forward to a great day out and also have the chance to explore new places. Join today with an Annual Membership of £10 (Day Membership £1), plus a per-trip fare. New members are always welcome. Call 0300 772 7735 (local rate) or 01903 815433 (Sherie).

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May 2024 Book Reviews

Adults Books



The Silence Factory by Bridget Collins

Harper Collins hardback £18.99 9th May

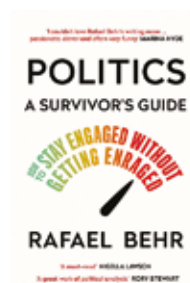
A delicately woven tale of darkness, desire and deception by the best-selling author of The Binding.

The plot of this stunning gothic novel weaves

between two narratives: the diary of Sophia Ashmore Percy in the 1820's, and that of Henry Latimer, a young widower, a few decades later. Sophia's story sees her travelling to a remote Greek island alongside her husband, who is hunting for a rare spider, believed to spin a silk with extraordinary silencing properties.

Fast forward a few decades, and we meet Henry Latimer as he encounters Sir Edward Percy, an industrialist who is developing the spider silk commercially, and falls under the spell of both Sir Edward and his mysterious silk, with its otherworldly qualities. Henry throws himself into working for Sir Edward and his 'Silence Factory' in Devon, but as he delves deeper into the secrets of the spider silk and discovers Sophia's diaries, he finds himself entangled in a web of intrigue and ensnared by Sir Edward's dark, horrifying plans for his macabre material.

A masterpiece of Gothic storytelling with a genuinely horrifying and unique premise - a must for fans of historical fantasy fiction.



Politics A Survivor's Guide by Rafael Behr

Atlantic Books £10.99 paperback
Rafael Behr is a political columnist for the Guardian and spent many years as the Guardian's Baltic and Russian correspondent, so he is uniquely qualified to analyse the state of our

(rotting?) democracy.

The book is both personal and political, beginning with an account of the heart attack Behr suffered in 2019 and exploring how we

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can engage with politics without becoming embroiled in toxic rage or sliding into cynicism and despair. There are chapters on ideology, Europe, Brexit, culture wars, polarisation and populism, and Behr also ponders questions of national identity and migration. I found the book immensely informative but also comforting, because Behr is a rare voice of reason in our heated political landscape. His lucid analysis runs alongside thoughtful historical perspectives and personal reflections on his own identity as left wing, Jewish and a second-generation immigrant. There are plenty of jokes to lighten the load and the book is beautifully and elegantly written.

An essential accompaniment to an election year! We are really looking forward to our event with Rafael on Thursday 2nd May at Brotherhood Hall.



EARTH by John Boyne

Transworld £12.99 hardback
The second in Irish novelist John Boyne's quartet of novellas, following various inhabitants of a small island off the West Coast of Ireland. In Water, the first novel, we briefly encountered Evan Keogh, who becomes the main

character in Earth.

Evan, now a rising star in a Championship league football team, is facing a sexual assault trial - he was an accessory to a rape committed by his teammate Robbie. As tensions rise and the trial unfolds, Evan must decide whether he is ready to face the truth; about himself, about the fateful night of the assault, and about his relationship with Robbie.

In flashbacks we follow the events in Evan's life that led him to this point... Back on the island, Evan was a troubled young man, pushed into sports by his overbearing father. But in his heart of hearts, he knows he is gay, has no interest in football and wishes to be an artist. He flees Ireland for the UK, where his attempts to break into the art scene ultimately end in failure and a descent into prostitution, and he suffers abuse which ultimately leads him back to football.

OUR AUTHOR EVENTS IN MAY ... SOME AS PART OF THE STEYNING FESTIVAL



RAFAEL BEHR: A Survivor's Guide to Politics
THURSDAY 2nd MAY 7.30pm £10 Brotherhood Hall

TRISTAN GOOLEY: The World of Natural Navigation
Friday 24th May 7.30pm SGS Towers Lecture Theatre



An Evening with iconic Irish novelist JOHN BOYNE
TUESDAY 28th MAY 7.30pm Methodist Church

JOANNE PAUL: Tudor Intrigue in The House of Dudley
WEDS 29th MAY 7.30pm Methodist Church

A short novel which takes its shocking subject matter in its stride, and has plenty to say about class privilege, the English, misogynistic football culture, and social media.

Beautifully-written, gripping and punchy with an unexpected twist in the tail.

John Boyne will be discussing his ELEMENTS quartet at our Steining Festival event on May 28th.

Children's Books



Bird Boy by Catherine Bruton

Nosy Crow £7.99 paperback
A beautiful, heartfelt story about a grieving boy forming an unbreakable bond with an injured bird, by the award-winning author of No Ballet Shoes in Syria.

When eleven-year-old Will arrives at the remote Lake District cottage of his uncle Ian, he is grieving and in shock after the death of his mum. Will has spent years cooped up in a high rise flat, home educated, with just his mum for company, so he is very anxious about moving and starting a new

school. At a summer nature camp, Will forms an instant bond with Omar, a refugee boy from Afghanistan. While exploring the mountains, the boys discover an Osprey nest, with two small chicks inside. They are thrilled at their discovery but soon disaster strikes when, during a storm, Will finds the female chick fallen from the nest with a broken wing and decides to rescue her. Enlisting Omar's help, Will begins 'Operation Bird Rescue'.... But Ospreys are an endangered, protected species, so how are they going to keep this a secret and what on earth will happen if they are found out? There is much excitement, subterfuge and shenanigans along the way, but eventually Will learns to trust the grown-ups around him, helps Whitetip to grow and to heal, and in doing so, he finds a strength inside himself that he never knew he had. This is an emotionally moving story which had me in tears of both sadness and joy at various points! Triggering subjects like the death of a parent and migration are handled with empathy and sensitivity, and the characters of Will and Omar are beautifully drawn.

A classic in the making which will appeal to fans of Gill Lewis, Onjali Rauf and Katya Balen. For readers of 9-12 years.

Steining Gardening Club News

Well, what an amazing couple of months we have had. From our launch to our first demonstration, it has been a whirlwind of meeting lots of the lovely people who have welcomed our new club.

The launch was an overwhelming success with over 100 people in attendance and since then our numbers have soared. Thank you all for making Steining Gardening Club a success and thank you too for the complimentary messages both in person and via email, especially regarding the hall layout

Despite a few hiccups, we, like our gardens, are looking forward to the better weather and the chance to grow and establish ourselves as a part of the Steining community and so we had our April meeting.

Lynne Broome delivered an amazing demonstration of how to plant up hanging baskets and containers. Not only was her demo full of wonderful plants, but Lynne also gave us lots of practical tips, answering questions as she planted and then the baskets and pots were raffled off, so many of our new members were lucky enough to walk away with some fabulous displays ready for the summer to come.

In true gardener's style we are anticipating our next meeting on **Monday 13th May, 19:30 at the Steining Centre**, with excitement.

Martin Jarvis from Culberry Nursery in Angmering will be sharing his extensive knowledge of growing herbs and their uses in the kitchen, and as a form of pest control. I think



we could all do with as many tips as possible on how to keep the pesky pests away from our precious plants.

Summer is a time to be outside, and we have been fortunate enough to arrange two visits to a local sustainable flower farm, 'Chalk', in Findon. More details will follow shortly so put the **8th or 10th June** into your diary if you are interested in finding out all about sustainable and organic flower growing and to follow the journey from seed to vase.

Today the sun is shining, and it makes our growing spaces feel even more special and full of potential and that is how we are feeling after our promising beginning, and as someone once said, *'life must be full of enthusiasm, like a flower that blooms in the morning.'*

We look forward to seeing members and guests on **13th May 19:30 at the Steining Centre**.

Sign up for our mailing list by clicking the link:
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For general enquires please contact us at steininggardeningclub@gmail.com or via Monique on 01903 814684



OUR STEINING FESTIVAL CHILDREN'S EVENTS

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MONDAY 27th MAY 11am BIG TOP

MANGA DRAWING WORKSHOPS with CHIE KUTSUWADA
Weds 29th May 11am-12.30pm beginners/ 2-3.30pm improvers

Kid's Writing Workshops with HELEN PETERS & VASHTI HARDY
Thurs 30th May 11am/2pm and Fri 31st May 11.30am

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'Movement: Moving more for our mental health'

Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of 'Movement: Moving more for our mental health'.

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week they want to help people to find moments for movement in their daily routines which are achievable. Going for a walk, putting on your favourite music and dancing around the living room, chair exercises when watching television – it all counts!

This year's theme really emphasises the importance of physical activity in mental health maintenance.

The discourse surrounding mental health has evolved significantly over the years. In 2024, there's a heightened awareness of the interconnectedness between mental, emotional, and physical well-being. Mental health is no longer viewed in isolation but as an integral component of holistic health. From anxiety and depression to stress-related disorders, the spectrum of mental health conditions is vast and affects individuals across all demographics.

Chronic pain often coexists with mental health conditions, exacerbating symptoms and diminishing quality of life. Chiropractic care offers non-invasive pain management strategies that address the root cause of musculoskeletal pain, helping individuals experience relief and improved mood without relying solely on medication.

The impact anxiety has on the body:

During lockdown especially more and more people were reporting increased feelings of stress and anxiety, with many experiencing physical symptoms as a result, or an increase in pain for pre-existing conditions. Our bodies have a physiological 'fight or flight' response, which releases cortisol and adrenaline, preparing our body to fight or run away. The challenge we have within our current lives, is that we can't necessarily remove the root cause of this

response. This can therefore build up tension in our muscles and joints, because we don't have an outlet to relieve these feelings.

You can't always remove the source of stress, but you can reduce its physical impact by using techniques like controlled breathing, muscle relaxation and mental calming techniques. Exercise is also one of the best forms of reducing the physical symptoms of stress, but try gentler activities like Tai Chi, yoga or Pilates, as high impact exercise can cause your body to produce more adrenaline.

Back pain in itself can also cause anxiety, which then creates a cycle, so always seek the advice of a health professional if you have any symptoms which persist for more than a couple of weeks.

At Well Adjusted Health we ensure that we always have enough time to really talk to our patients and understand exactly what is contributing to the problems they are experiencing. It is always very rewarding to see not only improvements in symptoms or pain management but also how this can really effect their mood and wellbeing.

Call our team at Well Adjusted Health today to see if we can help.

For more help and advice on how to improve your mental health, visit the Mental Health Foundation's website.

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

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Hawthorn

You could set your calendar by it. Around the first day of May, our ancestors would step outside to find foamy white clouds erupting across the Sussex countryside; the Hawthorn was blooming, spring was turning to summer. The sight was so visually stunning and so linked with the arrival of May that Hawthorn became the only British plant to be named after the month in which it blooms. Well, the name Hawthorn is derived from the Anglo-Saxon hagathorn (haga meaning hedge). I'm referring to that other name for Hawthorn: May.

Unlike the impetuous Blackthorn, which flowers in March before it's even bothered to grow leaves, the Hawthorn is more dignified. It waits until it has clothed itself in undergarments of lobed leaves before it dons a resplendent gown of exquisite white flowers. This stunning costume and perfect timing meant Hawthorn took centre stage at May Day celebrations and it partied with Green Men, Morris Dancers, Maypoles and May Queens. *'Gathering nuts in May'* actually refers to *'gathering knots of May'* to make May Day garlands and decorations.

Then, in the middle of the eighteenth century, tragedy struck. I don't know about you, but I get thrown into disarray twice a year when the clocks change. My life would have gone into meltdown in 1752 as our whole calendar changed from Julian to Gregorian, and we lost an entire 11 days. In this new timeline, Hawthorn now found itself late for the party, blooming around May 12th.

It wasn't the first time Hawthorn had been cast aside. Superstitions dictated that bringing Hawthorn indoors led to misfortune – even death. This could stem from the fact that Hawthorn blooms release trimethylamine, which gives the flowers that unpleasant smell of cat's wee and attracts pollinating insects. It's also a chemical formed in decaying tissue and reminded people of the smell of Black Death – and nobody wanted to be reminded of that.



Hawthorn Blooms



I remember at primary school being taught *'Ne're cast a clout 'til May is out'*. I translated this gibberish into the fact that you should keep your warm clothes on until the end of May. I've only just discovered that *'May is out'* refers to Hawthorn blooming. My clouts could have been cast weeks earlier.

But the world has changed since I was a nipper – we're warming up. For a temperature-sensitive plant like Hawthorn, the blooming times are changing again. Hawthorn is responding to climate change by flowering up to two weeks earlier than it was thirty years ago.

It has crept back to bloom around May Day and is now more commonly seen flowering at the end of April. So this May Day, cast your clouts, get out into the great outdoors, and welcome the return of the real May Queen.

By Michael Blencowe:

Learning & Engagement Officer, Sussex Wildlife Trust
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our guide book: *Discovering Wildlife in Sussex*. It's easy to join online at:
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Now is the Month of Maying

Chanctonbury Chorus invites you to celebrate the arrival of Spring with them on Saturday, May 11th, in St Andrew's Church at 19:30.

The programme is light and cheerful, as befits the time of year. It is an airy mixture of madrigals from some of our greatest madrigal composers and two jazz-infused pieces, both with their roots in Elizabethan music and often referencing the very madrigals we're performing.

These pieces, written by George Shearing and Bob Chilcott respectively, are accompanied by piano, bass and drums.

It's a programme of varied colours and contrasts – we also include a performance of Beethoven's Spring Sonata by a young local violinist, Richard van Zyl, and some solo songs performed by Lucy Mair and Katherine Bond Smith.

The centrepiece of the second half of the concert is Vivaldi's Magnificat – written as an opportunity to showcase some of the wonderful voices he had at his disposal in Venice at the time. Lovers of Vivaldi's Gloria will very much enjoy this piece.

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Steining for Trees May 2024

We are so pleased that the Steining For Trees work, over the last five years planting wildlife corridors/hedges through our lovely town, is contributing to the Weald to Waves scheme. Getting on for 25 now with residents support. These are now maturing and providing homes, shelter, food and pathways for so many species as well as sequestering carbon. As Isabella Tree says '*I think nature is longing to solve the planetary crisis, but we need to give it a chance to do so*'. We so agree with her at SFT, and think we need to give it a helping hand as they do.

We are glad that so many of you have now added to these hedges/wildlife corridors by seeking SFT advice about planting the right sort of hedges yourselves. See www.steyningfortrees.org under the title **Hedges for Nature**. Pointing you in the direction of planting for endangered species.

We have recently been able to help some of you with this due to the generosity of **Greenwood Plants Nurseries** who have yet again donated to SFT free barerooted whips which we feel are able to plant rather late in the season due to the very wet weather. Many thanks to Kevin Merritt, Greenwood Community Scheme Manager and Chris Williams, Marketing Manager.

We are so glad that the following have dealt man/womanfully with these quite large plants!:

SDS, Tom and Christine Aubrey, Ben Vick, Angela and Liam, David Mills, Celia Beresford and John Gardner, Lorna Templeton, Katie Parker, Steining PC, Sian Fisher with her wonderful eco-therapy naturespace uk.

We are very conscious of the need to protect our greenfield open spaces within the town, so necessary for biodiversity and reducing the risk of flooding.

Spring is such a wonderful time here with so much blossom. But we mustn't forget our humbler pollinators, especially those providing early sustenance. Lesser Celandines, Dandelions, Prunus Pandora. etc. We were alarmed to hear that Swallows are reported to be arriving a lot earlier here in the UK, is there enough food for them?



SFT now has a considerable spread of trees and hedges planted by our sterling volunteers and committee who are now, not just planting trees, but helping in their maintenance. They have grown into a close team, collaborating and keeping an eye on our past work to help them to succeed. So we at SFT are working harder than ever, planning for new planting and looking after what we have already planted

We are pleased to be supporting the Steining Festival with a number of Events. We know that you will come and support us as you have always done, particularly our talk: The Saiga Saga at Wiston House on 1st June".



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steyninggoodneighbours.co.uk

Steyning Downland Scheme Group. 01903 812404.

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

Special Task Force.
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Steyning & District U3A.
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HEALTH:

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Parkinson Support Group. 01273 969603.

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

MAC Playgroup. mac_group@yahoo.co.uk

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www.singoutsister.co.uk

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£500 grant to the Steyning Area First Responders (SAFeR)

The Rotary Club of Shoreham and Southwick has provided a £500 grant to the Steyning Area First Responders (SAFeR) to help cover the cost of team training for the forthcoming year.

As Steyning no longer has its own Rotary Club, The Rotary Club of Shoreham and Southwick offered financial assistance towards training the six volunteers who last year attended over 200 emergencies.

SAFeR is a local charity, entirely funded by donations from the local community, which supports the Steyning team of emergency responders and maintains a network of public access defibrillators. SAFeR's volunteer responders are fully trained by the South East Coast Ambulance Service – SECAmb. They provide an essential service supporting the Ambulance Service in the local community, and are often able to get to an emergency before the ambulance arrives. Every year SAFeR responders attend numerous falls, strokes, heart attacks and other medical emergencies in and around the Steyning area and beyond.

For more details on how to join those Steyning residents who are already members of The Rotary Club of Shoreham & Southwick, please contact tony.wagstaff@outlook.com.

Tony Wagstaff, Rotary Club President, and other Rotarians, hand over the cheque to the SAFeR responder team.



Steining Drama Company present CURL UP AND DIE

Following a sell-out run at the Barn Theatre in November 2023, this fast-moving action-packed farce, set in an antiquated hair salon, returns for the Steining Festival on Sunday 26th May.

A complete makeover is the salon's only chance of survival. Owner Ruth enters a top hairdressing competition, desperate to win a cash prize to pay for the upgrade, but all does not go according to plan.

Will Ruth achieve her dream to turn her beloved salon into one fit for her high-end clients, or will the blue rinse brigade and a fleet of unexpected visitors get in the way? Curl up and Die was written by the highly acclaimed playwright Anna Longaretti. When asked, 'What are the unique challenges of writing farce?' she replied: 'Writing farce is like trying to unravel spaghetti and then put it back exactly how it was – just don't forget the sauce!' Expect twists,

turns, hilarity and calamity!

Director Glenn Chubb and Steining Drama Company promise an entertaining evening – so roll up your curlers, book your tickets and make your appointment at Ruth's salon!



26th May at Steining Grammar School Drama Hall 19:30. Doors/bar opens 18:45.

Tickets online – Box Office section on the Steining Festival website: www.steyningfestival.co.uk or The Steining Bookshop.

Follow our Company on Facebook. Our next production is 21st – 23rd November, Barn Theatre, Southwick.



loss, physical disability, mental health issues and adults with a learning disability.

Passionate about green lifestyle and wanting to do more to promote action around sustainable living Lou has decided to try



to make a difference in a small way by incorporating creativity and sustainability into this exciting project.

Lou is offering local workshops and demonstrations.

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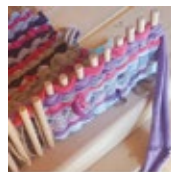
The Pegloom Project

Upper Beeding artist and creative wellbeing specialist, Lou Partridge's latest workshops promote environmental awareness through the ancient craft of pegloom.

Old clothing too worn out for the charity shop can be woven into useful, beautiful and personal door mats giving the fabric a second lease of life.

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Lou has designed many creative wellbeing projects through a career in rehabilitation working with those with sight and hearing



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May Gardening Journal

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

May often seems like the beginning of the summer, however it is a month where you can still see evidence of spring in our gardens too as the leaves on the trees are yet to be scorched by the heat of the summer and there is often a chill in the air in the early mornings and evenings too. It's a time for extravagance with the big gardening shows kicking off the show season providing us with plenty of ideas for our own gardens. While budgets may not be on the same scale, with a little creativity and imagination you will be surprised at what can be achieved so don't be afraid to make a few changes if you feel you haven't quite got it right yet!

Geum, commonly called avens, is a genus of about 50 species of rhizomatous perennial herbaceous plants in the rose family (Rosaceae). They are native to Europe, Asia, North and South America, Africa, and New Zealand and are closely related to Potentilla and Fragaria. Most species produce flowers on wiry stalks, in shades of red, yellow and orange.

Geum Mai Tai develops attractive mounds of deep-green, fuzzy pinnately lobed leaves. It blooms slightly later than many of the geum cultivars, but unlike most, flowering continues through the heat of summer. With the flowers being sterile, they continue to bloom, producing hundreds of warm, bright-apricot to tangerine-orange single flowers over the growing season.

Geums 'evergreen-ness' makes them great for filling holes and providing year-round interest but don't be afraid cut them back if you think they look scruffy in winter. In domestic gardens, Geum Mai Tai is a front of the border plant where it will grow to about 45cm, given reasonable soil and a sunny position. It does not need much looking after. As it is a sterile hybrid it doesn't seed itself around the place and just needs a little deadheading every now to keep it in check.

As ever at this time of year sometimes a plant gets into the groundwater of the RHS Chelsea Flower Show and pops up repeatedly - Geum Mai Tai would be one of them. With its reliable nature and floriferous apricot flowers it is totally understandable why as they are great with Geraniums and grasses, perfect in bold and bright colour schemes,

mixing equally well with Nepeta or Salvia Nemorosa Caradonna too.

Geum Mai Tai is ultra-adaptable as it looks as good with yellows as it does with blues and is fantastic against Sambucus Black Lace and other purple shrubby plants too. It can also be mixed with white where the effect is surprisingly subtle.

One of my all-time favourite combinations would be a simple pairing with Salvia Purple Rain - can't get much better than that.

Jobs to be doing this month include: Ornamental Garden:

- This month is a fast period of growth. Late frosts may catch early blooms and soft growth - remove any damaged growth.
- Spray roses with rose clear or similar.
- Weed
- Continue to remove spent flowers of spring bulbs but not the foliage until it has withered and yellowed.
- Chelsea-chop time - If the Nepeta and Sedums are looking leggy then cutback by a third to encourage compact growth that will not collapse later in the season. This can be applied to the lavender, echinops, Echinacea, aster, helenium and salvia too if felt necessary.
- Trim Rosemary, Thyme and Sage if not done in April.
- Cutback withered daffodil or tulip stems once they have turned yellow.
- Trim grass edges of borders regularly to keep neat and tidy.

- Prune spring flowering clematis
- Stake and support herbaceous perennials if necessary
- If daffodils gave a poor show lift and divide bulbs and replant.
- Continue deadheading spring bulbs.
- Start hardening off tender plants for planting out.

Vegetable Garden:

- Harvest Asparagus
- Direct sow french beans and sweet corn if weather is warm enough
- Start earthing up potatoes
- Harvest early crops such as radish / lettuce etc.
- Refrain from planting tomatoes too early as they suffer if exposed to temperatures below 12 degrees.
- Sow pumpkins, cucumbers, courgettes, squashes under cover now and outdoors towards the end of the month.

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Plant of the Month: Geum Mai Tai

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The Parson Family of Newham

In 1639 the plague came to Steyning. The sexton would usually have expected to dig some 15 graves each year but, between the winter of 1639-40 and that of the following year he had to contend with 78 deaths and there were yet more in the year after that. Particularly hard hit was the Parson family. John Parson lost his only son and *'heyre apparent'* (also called John), and four grandchildren, plus Dulce, an older member of the same family.

The Parsons were a prosperous local family who, for several generations, had been described as *'yeomen'* – yeomen being what we would now think of as farmers. Their landholdings, however, were scattered across the local landscape in a way which would be unfamiliar to the modern farmer.

For instance, when Thomas Parson died in 1565, he was farming more than fifty different fields and plots of land. Seven of them were crofts – separately enclosed small fields of between one rood (about the size of two tennis courts) and three acres. One of the croft's adjoined a house called Mawdlyn and another an oratory [possibly the church at St. Botolphs]. A further three of the landholdings were messuages – dwelling houses with land attached – one of which was *'a messuage with a garden at Singwell in the tithing of Southbroke in Stenyng'*. Most of his land he didn't actually own. This messuage was *'held of the Queen as of her manor of Woking by fealty in free socage and not in chief; and is worth 10s' – 'free socage'* being a form of land tenure and *'fealty'* an oath of allegiance.

This is all complicated enough, but he also had various strips of land in the open fields of Bidlington (the portion of Bramber Parish next to Steyning), in Wickham and in Steyning plus access to *'a certain common called the Downes'*. The number of strips is

not mentioned but, in Wickham, they added up to 20 acres (possibly incorporating ten to fifteen strips) of which two were meadowland in the *'common meade'*.

The only coherent bit of landholding was in Bidlington where he farmed 80 to 90 acres split between seven fields though, even there, they managed to introduce another type of confusion. Thomas *'was seised'*, so the record shows, *'of a field called Twelve Acres containing 16 acres and a field called Tenne Acres containing 15 acres.'*

By 1640, when the family were suffering such tragic loss, they were living at *'Newam'* (Newham) and their land holdings had temporarily increased. Following the death of a son-in-law they had acquired the wardship of a substantial farm at Aldingbourne during their grandchild's minority. Then, over the next twenty years, they climbed yet further up in the world. By 1661 John Parson was describing himself as being of Steyning and the Middle Temple and had acquired a coat of arms – *'Per fess sable & azure, three suns or' – and a crest – 'A garb of trefoils vert, band or'.* The interpretation of this (shown here) is not contemporary; it was created over one hundred years ago by a later occupant of Newham House. 1640 was, in fact, the earliest mention of the name *'Newham'* in our records.



John Parson Coat of Arms

Attempts have been made to explain the name by linking it to a local *'manor called Ewelme'*, suggesting a derivation from *'atten elm'* and thence to Newham. But we don't know whether this manor lay anywhere near Newham. Between 1378 and 1630 it is only ever mentioned in conjunction with Wickham and Annington. Moreover, its name is just as likely to be derived from a spring – as is that of the Oxfordshire manor of the same name. Perhaps, instead, the name Newham (a new home or settlement) was chosen for this substantial house when it was first built in the 16th century and that the Lane going past its front door became known by the same name.

The thread of history running from a plague to the naming of Newham Lane is, as ever, as complicated as Thomas Parson's landholding.

Article by: Chris Tod - Steyning Museum.

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