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2023



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OCTOBER CONTENT

- 4 Weald to Waves
- 5 Ashurst Fair and Fun Dog Show
- 5 Front Cover: LouPartridge - Blood Moon Rises Over Chanctonbury Ring
- 8 October Steyning Community Orchard
- 10 Mastering the Art of Stonework: A Journey of Knowledge and Creativity
- 10 'Steyning Creatives'
- 14 October: Diary Events
- 22 Your Will Your Way
- 28 Local Business Focus: Hand & Wrist
- 30 October 2023 Book Reviews
- 30 Hoverflies
- 34 October: Steyning for Trees
- 35 Local Business Focus: Pains and Needles
- 36 Local Clubs and Societies
- 39 Local Business Focus: Why use reusable cloth nappies?
- 40 Local Business Focus: October Gardening Journal
- 42 Steyning Museum Achieves: Odd Jobs of the past
- 45 Advertiser's Index

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Weald to Waves

Let's do the bad news first; we are in the midst of a biodiversity crisis. This is not just something that is happening in the Amazon Forest, or about iconic creatures like polar bears hunting off floating Arctic Sea ice. The crisis is here on our doorstep; with large numbers of our native species in decline. Birds, mammals, reptiles, invertebrates; everything that flies, crawls, swims, moves, at every level of the food chain is in trouble and facing an uncertain future. And the sad truth is, that Britain is among the most nature depleted countries on this, our planet.

The causes are many and complex; agricultural management of the land, climate change, the loss of wetlands and pristine freshwater habitats, urbanization, pollution, woodland management, invasive non-native species. In a word; us

The future for our wildlife looks bleak. A glass filled with gloom and darkness and despondency.

And then something happens, a spark, a light, and suddenly the glass clears and the future looks brighter.

An idea, a group of people can change things, turn things around and create something better, something remarkable.

'Weald to Waves' could be that idea, that group of people, shaping a better future not just for our wildlife but for us who depend on it for our own survival.

'Weald to Waves' is an ambitious project created to establish not one, not two, but three wildlife corridors running from Ashdown Forest through the Knepp Estate on the High Weald, along the river valleys of the Arun, Adur and Ouse, and down to the coast. Vital corridors that will enable our local wildlife to move easily from one area to another, spreading down through Sussex, improving our local biodiversity.

The project, co-ordinated by Libby Drew from the Knepp Wildland Foundation, has the support of Natural England, the South Downs National Park, The Sussex Wildlife Trust,



and Wakehurst Kew. Falling under its umbrella are ongoing conservation projects like the Sussex Kelp Restoration Project and Wilder Horsham. The planned 100-mile corridor will include parts of Ashdown Forest and land on the Barlavington and Wiston Estates.

°Farmers and landowners are being urged to pledge all or part of their land to form part of the corridor. It is hoped that over 20,000 hectares of land will be registered as contiguous natural habitat.

And it is not just about landowners and conservation organisations, the most important thing about this project is that we can all be part of this. We can all play a role, either through our local community, our local councils or as individuals, in helping our local wildlife to thrive

To help us do this 'Weald to Waves' has created a Gardens and Greenspaces Network, encouraging

people like you and I to sign up to transform our outdoor space, be it a garden, a park, a playgroup, an allotment, a churchyard, a verge, or a village green into a wildlife friendly area that becomes a stepping stone in the corridor they are hoping to create. If you would like to learn more about the 'Weald to Waves' project, and how you can be part of it, come along to Greening Steyning's monthly Green Drinks at the Steyning Centre on the 30th October, 2023 at 19:30. Tickets £3 and can be booked via our website; <https://greeningsteyning.org/events>



Ashurst Fair and Fun Dog Show

Fun in the sun at the Ashurst Fair & Fun Dog Show held on Sunday 3rd September 2023. The Ashurst Fair and Fun Dog Show, sponsored by Gatleys, was held on Sunday 3rd September at Ashurst Recreation Ground and was enjoyed by all. The afternoon of fun and festivities was a great success, raising approximately £4,000 towards Ashurst Village Hall funds.

A popular feature of the show was the 'Silent Auction'. There were many items on offer including holiday weekends, art classes, a 'Walk on the Wild Side' farm tour and boat trip amongst items to bid for. Other great attractions included the Steyning Fire Engine with their crew, fun football with the Ashurst Football Club, children's activities - including pebble painting, craft stalls and weaving demonstrations, as well as delicious food and drinks served all afternoon, from cream teas, to burgers and even a Pimms bar. The ice cream van also did a roaring trade as the temperatures steadily rose throughout the day.

The main event of the day was the very well supported Fun Dog Show. The 10 different classes included Best Large, Medium and Small Dogs & Best Child Handler. All were skilfully Judged by vets Annalise and Jonathon Underwood from Hawthorn Veterinary Surgery Partridge Green & Henfield; with rosettes and prizes sponsored by Gatleys of Storrington.

Amongst the winners were Best Puppy - 'Gus' shown by Katie Potter, who also went on to be Champion Dog of Ashurst. 'Barney' owned by Natalie Courtney - Best Working Dog, 'Mollie' with Isobel Tipping - Best Child Handler under 12yrs, 'Delilah' shown by Lindsey Tipping - Best Local Dog, Best Rescue Dog was 'Amber' owned by Fay Bishop and Best Trick - 'Max' shown by Rylee Rothe. There was also a 'Fun Dog Agility' course which drew lots of entries with its challenging new obstacles.

All proceeds from the day go towards Ashurst Village Hall. Thank you to everyone who made it such a successful and fun-filled day.

The hall is now a very popular venue, having recently been built with the help of grants from individuals and local businesses, including Rampion, the Big Lottery Fund, Viridor, Leaders, Cordek, GACT, Acre and the local CLC, to name a few. For hall bookings please visit the website <http://www.ashurstvillagehall.org.uk>

Front Cover: LouPartridge - Blood Moon Rises Over Chanctonbury Ring

SteyningARTS
ART TRAILS : EVENTS : INSPIRATION

Lou Kirk-Partridge is the artist and illustrator behind LouPartridge.

You can see more of her artwork and buy prints and cards at www.loupartridge.com

Working from a log cabin at the end of her garden in Upper Beeding, Lou takes inspiration from the local landscape, folk tales, and her own imagination to produce artwork filled with details that make each one a magical story waiting to be told.

Lou also designs projects and teaches workshops in art, crafts and printmaking, specialising in creative wellbeing and rehabilitation.



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October Steyning Community Orchard

We do hope those of you who had an excess of apples were able to take advantage of our day of juicing in the Memorial Playing Field in September. We made many litres of delicious apple juice - all from the fruit, you brought, perhaps a bumper crop in your garden, or apples friends didn't want, or windfalls that might have gone to waste. We love seeing the joy and wonder in children's eyes when they make juice from their own apples and then taste it. What could be better!

On the 7th October at the Steyning Farmers Market, we will have a stall selling juice from local apples. This bottled juice will not have any preservatives added and will have been frozen immediately after it was juiced in September. Remember that once defrosted it must be drunk within 48/72 hrs otherwise it may start to ferment. This is not dangerous but will not taste as good....and is not quite the cider you might imagine results from fermenting apples - this needs to go through a very different process!!

But this is one of our dreams. Perhaps a cider maker might appear out of the woodwork of Steyning community and start making something wonderful from all our community apples. Cider making would certainly help keep our coffers full!

Selling the juice and our cards/notelets is an important part of our funding. Since we started nearly 80 fruit trees have been donated to our three orchards and there is little space left for more. These donations were our original source of funding - for the purchase, planting and for the protective cages around the young trees. We still need to raise money for their ongoing maintenance.

Our orchards are now beginning to produce sufficient fruit

for harvesting, which is exciting. This fruit does not belong to us, the SCO, but to the Community. We are the guardians and caretakers of these fruit trees and orchards. If and when you are picking fruit there, always remember to leave some of the others. Share and share alike! The community spirit!!

This year has been a bit of a roller coaster for the SCO - a wet February followed by a warm March and a very mixed April with unexpected frosts, disturbed the "normal" spring sequence.

Apple trees with early flowers, were damaged by this frost but the later ones were not. Initially, we imagined that there would be a poor harvest, but our insect friends did a good job in pollinating the flowers that missed the frost, resulting in fruit filled branches. A couple were so laden that they broke under the weight of the fruit.

Thank you for your continuing support. We are always looking for volunteers to help in the maintenance of our orchards.

We have monthly work days, so, come and join us, or when we hold 'events' we often need extra help. If the thought grabs you, please get in touch through our

web site. Steyningcommunityorchard.org



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Mastering the Art of Stonework: A Journey of Knowledge and Creativity

Timetable: Steyning Parish Church, Vicarage Lane, Steyning BN44 3YQ.

Drinks: 17:30 – 18:00 - **Talk:** 18:00 to .19:00 (including Q&A) - Everyone in the community is very welcome. Free admission

'Mastering the Art of Stonework: A Journey of Knowledge and Creativity.'

Adam Stone, a distinguished figure in stonework and heritage preservation, will delve into his 40+ years of experience in his talk at Steyning Parish Church. His career started as an apprentice with English Heritage and he went on to develop skills as a mason and specialist in heritage building restoration. His talk will give insight into stone identification, selection, and design.

Adam has overseen notable projects such as the relocation of Temple Bar, the refurbishment of The Monument in London and the Inner Quadrangle at Buckingham Palace. Adam also oversaw the completion of works at Lancing College Chapel which had been started 154 years previously. During his career, Adam established his own successful business, which he managed for twenty three years, and in 2002, he joined Chichester Stoneworks as Production Manager and Technical Director, where he is now Managing director.

The drinks and talk are preceded by the AGM for the Friends of Steyning Parish Church, 17:00 – 17:30. Members of the Friends are encouraged to attend to ensure quorum. For further info: friendsofspc.org/events



'Steyning Creatives'

We are proud to present this years Art Exhibition at the Shoreham Centre in the Skyway Gallery which is a new purpose built space on the ground floor and a Mezzanine level which is reached by the staircase or lift.

The address is Skyway Gallery, Pond Road, Shoreham BN43 5WA.

We will be open from **Saturday 21st October** through to **Saturday 4th November .10:00 to 16:00.**

We have a **'Meet the Artists' Evening on Tuesday 24th October 17.30 to 17.30.**

We warmly invite you to come along and enjoy our new collection of paintings, textiles, and greeting cards.

Refreshments are available on the ground floor and there is plenty of parking available behind the Centre (which is situated Diagonally opposite St .Mary De haura Church.)



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October: Diary Events

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

Wednesday 4th October

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

Screening: What Love Got to do with it.

Zoe is a documentary filmmaker who uses a dating app that only delivers an endless stream of Mr. Wrongs. For Zoe's childhood friend and neighbor, Kaz, the answer is to follow his parents' example and opt for an arranged marriage to a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey to marry a stranger, she begins to wonder if she might have something to learn from a profoundly different approach to finding love. Tickets £6.00 to include tea or coffee during the interval. Please purchase tickets in advance from the office at The Steyning Centre (or by bank transfer. Call the office for details 01903 812042)

Friday 6th October

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

A Concert by Lynda Lyne With Clarinet, Piano and Singing

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and also a Bring and Buy Table, including home made cakes for donations to Macmillan. After our business section we welcome back the talented Lynda Lyne to entertain us. Tea and biscuits will be served from 15:15. Entrance fee is £3 and Annual Membership is £10 (each April). Please contact Bev Francis-Hills 01273 493894, prior to attending for the first time, for other information and for transport needs.

Saturday 7th October

Vocal Fusion Acapella

16:00 – 17:30

St Peters Church, Church Lane, Henfield, BN5 9NY

Concert : Vocal Fusion Acapella with Saints & Sinners

This local chorus of men bring you and lovely mix of music to include Sea Shanties, Musicals, Pop and popular song. They are delighted to be joined by the talented group 'Saints & Sinners'. Also featured are the quartets 'The Blitz Boys' & 'Foursure' who sing their personal favourite songs. Tickets £10 from Stephens Estate Agents, High St, Henfield or

www.vocalfusionacapella.co.uk/p/tickets/

Sunday 8th October

Greening Steyning

13:00 – 16:00

Steyning, Bramber and Beeding

Give Your Stuff Away Day

Your junk could be someone else's treasure! Give Your Stuff Away Day is a great way of passing on those items that you no longer need, but which someone else would love. Just leave unwanted items in a neat pile outside your home from 13:00-16:00 so others can wander round and pick them up. Photographing your stash and putting it on social media with the hashtag #GYSAD will help people find you. A few tips – just make sure you don't block the pavement, and don't forget to take stuff back in at the end of the day. If you've not done it before, find out all the details

Sunday 8th October

Friends of Steyning Parish Church

17:30 – 19:00

Steyning Parish Church, Church Street, Steyning,

Mastering the Art of Stonework: 'A Journey of Knowledge and Creativity.'

Talk by Distinguished Sussex Stonemason, Adam Stone, at Steyning Parish Church

Adam Stone, a distinguished figure in stonework and heritage preservation, will delve into his 40+ years of experience in his talk at Steyning Parish Church. His career started as an apprentice with English Heritage and he went on to develop skills as a mason and specialist in heritage building restoration. His talk will give insight into stone identification, selection, and design. He has overseen notable projects such as the relocation of Temple Bar, the refurbishment of The Monument in London and the Inner Quadrangle at Buckingham Palace. Adam also oversaw the completion of works at Lancing College Chapel which had been started 154 years previously. During his career, Adam established his own successful business, which he managed for 23 years, and in 2002, he joined Chichester Stoneworks as Production Manager and Technical Director, where he is now managing director. The drinks and talk are preceded by the AGM for the Friends of Steyning Parish Church, 17:00 to 17:30. Members of the Friends are encouraged to attend the AGM to ensure quorum. Drinks: 17:30

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Becky - Steyning

to 18:00. Talk: 18:00 to 19:00 (including Q&As)
Everyone in the community is very welcome. Free admission; donations welcome. For further info: friendsofspc.org/events

Monday 9th October
The Arts Society Steyning
10:00 – 12:00

Steyning Centre, Fletchers Croft, Steyning

A Talk by Sarah Lenton: All Singing All Dancing Shakespeare

Shakespeare without words? Composers and choreographers are always using Shakespeare as a springboard, but only the greatest have pulled it off. Amongst that band are Verdi, Berlioz, Britten, Frederick Ashton and Kenneth MacMillan with their versions of Macbeth, Romeo and Juliet and Midsummer Night's Dream. Well-meaning casualties are Rossini, Auber and Bellini. What's the difference? Sarah will be exploring this using clips from the operas and ballets, and first hand accounts from the artists themselves. Sarah Lenton has spent her working life in the theatre. Her principal employers are the Royal Opera House, English National Opera, Glyndebourne Festival Opera and Garsington Opera. She writes programme articles, radio and play scripts, gives lectures and broadcasts regularly for BBC Radios 3 and 4. She is also a cartoonist. Free to members; visitors £10 donation. steyning@theartsociety.org www.theartsocietysteyning.org.uk

Monday 9th October
Steyning For Trees
19:30 – 21:00

Steyning Centre, Fletchers Croft, Steyning

The Wonderful Wildlife of the Lost Woods (of the Low Weald & Downs)

Talk by Michael Blencowe (Action in Rural Sussex). Tickets £5 from The Steyning Bookshop. Wine to purchase. Raffle.

Tuesday 10th October
The Ronnie Smith Big Band
20:00 – 22:00

Tottington Manor Hotel, on Edburton Road
This 17 piece big band plays jazz standards from the big band era with two great vocalists.

After many years resident in Ferring and at Shoreham Airport the band now has a new regular spot at Tottington Manor. Come and enjoy live music from the era of Glenn Miller, Benny Goodman and Count Basie. Entry is free but a hat is passed round for a cash collection. The hotel prefer you to book a table - either to dine or just to sit and enjoy the music with a drink - they can be reached online or call 01903 815757.

Wednesday 11th October
Steyning Patient Participation Group
19:00 – 21:00

The Saxon Room, The Steyning Centre

Developments in cardiac surgery - a consultants experience

Steyning Patient Participation Group are pleased to announce their first Focus Group Meeting since covid! Mr. Uday Trivedi BSc, MBBS, FRCS (C-Th) FECT, MS, consultant Cardiac Surgeon at Royal Sussex County Hospital, and National Cardiothoracic Audit Lead for the Society of Cardiothoracic Surgery, will talk on the improvements and developments in heart surgery and cardiac care during the course of his career. He will be happy to answer any questions on this important topic. All are welcome, and there is no charge for entry. refreshments will be available to purchase on the night.

Thursday 12th October
Henfield Theatre Company
19:30 – 22:00

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

Henfield Theatre Company present Jekyll & Hyde

Henfield Theatre Company are excited to announce that their next production is Neil Bartlett's 2022 stage adaption of Robert Louis Stevenson's Jekyll and Hyde. This is a modern twist on 'The Strange Case of Dr Jekyll & Mr Hyde', which takes a somewhat more female-centric focus. We follow a newly sworn-in Dr Stevenson (aptly named, and played by Emily Norman) as she navigates a male-dominated profession. She plays the role of a detective in a mystery world, unravelling the tale of Dr Jekyll and Mr Hyde (played by Rebel Atkinson). Her presence allows somebody to hold the school of gentlemen accountable who, as the friends of the highly respected doctor, are beginning to wonder why he goes missing all the time! Directed by Trevor Hodgson, he stated, 'our telling of this story, whilst still set in dark and gloomy Victorian London, hopes to provide an insight into the male dominated world, whilst glimpsing the future roles that women would play in our society. It is an intriguing version of the story and one I hope you will find thrilling and a bit scary!' Kindly sponsored by Andy Blunden Ceramic Wall & Floor Tilers Ltd., performances are on 12th, 13th and 14th October at 19:30 at The Henfield Hall. Tickets cost £12 per person for floor seating and £14 per person for raised seating. On sale now via www.henfieldtheatrecompany.com, and at Steven's Estate Agents in Henfield High Street.

Saturday 14th October
Greening Steyning
14:00 – 16:00

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BN44 Repair Cafe

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

Sunday 15th October

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, which is in Church Street, Steyning BN44 3XZ

The Steyning Scandals Walk

Discover who did what, where and with whom! Steyning's attractive timber-framed buildings and flint cottages hide many secrets from the past - come and discover some of them if you dare. We will be exploring the back streets and twittens of Steyning with many scandalous stories, all researched through local documentary sources. Dogs on leads are welcome. No need to book, just turn up in good time, come rain or shine. Ring me if any problems. Fee payable on the day - £5.00. If you are easily shocked, this is not the walk for you. THIS WALK IS NOT SUITABLE FOR CHILDREN www.sussexhistorytalks.co.uk - 07703 133952 jpsussex@icloud.com

Friday 20th October

The Steyning Society

19:00 – 21:00

Steyning Centre, Fletchers Croft, Steyning

The Real St Cuthman by Sarah Leigh

Sarah spent 10 years researching the history of Steyning Parish Church, then writing its current guide. She is now Secretary and Publications Officer for the charity, Friends of Steyning Parish Church, with many members who, like her are not Church members. The 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 21st October

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.

Monday 23rd October

Squire's Garden Centre - Washington & Crawley
09:30 – 13:30

Squire's Washington - London Road, Washington, West Sussex RH20 3BP

Squire's Serves up some Spooky Half Term Fun!

Squire's Crawley - Horsham Road, Crawley, West Sussex RH11 8PL Create & Grow - Spooky Half Term Activities. Date: 23rd-27th October 2023; 09:30 – 13:30. Availability: ALL Squire's Garden Centres participating (except Squire's Chertsey). Squire's Garden Centres is looking forward to welcoming young visitors for some half term fun with some spooky themed activities, running Monday 23rd to Friday 27th October. Children are invited to come along and paint a spooky tealight holder as well as enjoy a FREE ghost hunt (and fancy dress is welcome too!). Squire's popular Create & Grow event for children is the perfect way to fill a morning over October half term with some fun creative craft activities which include painting a ceramic witch's hat* tealight holder (priced £6.50). Once finished, it can be taken home - along with a complimentary battery-operated LED tealight - to brighten a bedroom or corner of the house during the dark, spooky evenings that lie ahead from half-term onwards. Advanced booking is required - which can be done online or in-store. The painting activity lasts approximately 20 minutes and should be booked in advance, with visitors invited to go to the information desk on arrival.

In addition, there is also a FREE Ghost Hunt with clues to find along the trail around the garden centre to complete a spooky word - with a ghost-themed sticker to receive on completion (no booking required). A half-term visit to enjoy some 'spooky' fun at Squire's can be extended with a visit to the popular Café Bars at all centres and a light bite from the 'Little Gardeners' menu. There will be plenty to match the hunger of the spooky crafters, while adults may choose an Autumn-themed treat and a welcome rest.

Sarah Squire, Chairman of Squire's Garden Centres, comments: 'Once again we are delighted to be able to offer families something fun to look forward to for October half-term and the autumn season. Children seem to love this week in our centres and we're sure the tealight holder activity will capture young imaginations. I am sure there will be an amazing variety of decoration and I hope children will enjoy their creations at home during the darker evenings to come.' **Note:** *ceramic tealight holder designs may vary



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Saturday 28th October
Steyning Museum Trust
 10:30 – 12:30
 Penfold Hall, Church Street, Steyning

Autumn Coffee Morning

Home made cakes, raffle, stocking fillers from the Museum. Entrance £2 includes fresh coffee and biscuits.

Saturday 28th October
West Chiltington Silver Band
 19:00 – 21:00

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

The first half of the concert will feature pieces with an autumnal theme with the second half fully embracing Oktoberfest with plenty of audience participation! Come and enjoy an evening's entertainment with some of West Sussex's finest brass musicians. Lederhosen and Dirndl optional... beer, wine and other refreshments available. Time: 19:30 (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 29th October
Mind Body Soul Midwives
 10:00 – 16:00
 Steyning Centre, Fletchers Croft, Steyning

Pregnancy and Baby Fair

Pregnancy and Baby Fair with 30 independent traders offering a diverse range of goods and services for pregnant mothers, babies and young families.

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

Screening: ALLELUJAH

When the geriatric ward of the Bethlehem hospital in Wakefield is threatened with closure due to Tory cuts, its staff spring into action to fight for its survival. Colin Colman (Russell Tovey), a Department of Health consultant, is sent from London to inspect the ward before it is shut down, but his estranged father Joe is later moved there as an inpatient. Time spent around the staff caring for his father helps to thaw his icy heart as the pair attempt to repair their broken relationship. At the same time, a local camera crew arrives to document life on the wards in the hope that it will galvanise public opinion and stop the closure.

Tickets are on sale at the Steyning Centre at £6 per ticket and include tea or coffee during the interval. Wine can be purchased at £2.50 per glass. The doors open at 19:00 for a 19:30 start.

Friday 3rd November
Vintage Years Club
 13:45 – 16:00
 Steyning Centre, Fletchers Croft, Steyning

Chair Yoga with Alice Day

Our meeting commences at 14:00 but doors are open from 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we welcome Alice Day, who is gently going to teach us simple exercises to do from our chair that will help us to remain supple. Tea and Biscuits will be served from 15:15. Entrance fee is £3 and Annual Membership is £10 (each April). Please contact Bev Francis-Hills 01273 493894 if attending for the first time, for other information and for transport needs.

Saturday 11th November
Silverdragon Wellbeing
 10:00 – 16:00
 Steyning Centre, Fletchers Croft, Steyning

The Steyning Holistic Fair

Autumn beckons and the return of the Steyning Holistic Fair comes around again. Welcoming new and familiar faces to this special event, with an array of exquisite offerings from crystals to handcrafted jewellery, from handmade raw chocolate to natural beauty products. We have many talented bespoke Readers, therapists and healers available to give you that special 'me' time. There will also be an engaging Talks/Workshop program running throughout the day. With home cooked vegetarian food, hot beverages and organic juice available, there is so much to experience at the Steyning Holistic Fair, that makes for an enjoyable and uplifting day all round. Entry is £3 and includes all Talks/Workshops. Children have free entry.

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Writing a Will is one of those tasks that often goes overlooked. However, the benefits of creating a Will extend far beyond just financial considerations.

A Will acts as a powerful document that can provide peace of mind to loved ones and ensures the smooth transfer of assets after you have gone. Crafting your Will enables you to have full control over the distribution of your assets after you die. By explicitly stating your wishes, you can ensure that any property, investments and personal belongings are distributed how you want.

You will often hear me coin the phrase "Your Will, Your Way!" This can prevent confusion, reduce the likelihood of disputes and it can eliminate the need for expensive legal processes.

A Will is not just about assets though, it allows you to protect your loved ones in various ways. Guardianship provisions can be included to designate who will care for children, additionally, a Will can provide some security for elderly or dependent family members who require ongoing support. There are also many options to leave financial help to the Charities closest to your heart.

The absence of a Will can leave loved ones in a difficult and emotionally challenging position. Having a roadmap in place can sometimes relieve them of the burden of making complex decisions during an already distressing time. It provides a clear set of instructions, making the estate settlement process smoother, faster, and less stressful. By avoiding intestacy laws, a Will also minimises unnecessary costs and preserves the value of the estate for your beneficiaries.

At Nsure we believe writing a Will is a responsibility that we should all embrace. Beyond the financial considerations, it allows you to take control of your legacy, protect the people who matter the most to you and alleviate difficult decisions after you have gone.



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Hand & Wrist

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The wrists purpose is to function as a flexible link between the hand and the forearm. Because of its complexity, the frequency and diversity of the actions it is utilised in, the wrist is particularly prone to overuse, misuse and trauma.

Symptoms that occur at the hand and wrist include, pain, ache, weakness, numbness, restricted movement and tingling (Paraesthesia).

Conditions treated:

Carpal Tunnel Syndrome - The carpal tunnel is a channel like structure through the wrist formed from bones and ligaments. Inflammation in this area can irritate the median nerve which passes through the tunnel. This can be painful, and cause numbness and tingling within the hand. Felt as pins and needles in the thumb, index and middle finger. Wrist, hand and finger stiffness often occurs, especially after rest. Often worse at night.

Tendonitis - Means inflammation of the tendons and is typically a repetitive strain injury. It is a common problem that can cause pain and swelling.

Tendinopathies: A gradual decrease in the strength of a tendon due to repetitive loading and often insufficient healing time between periods of stressful activity. Felt as pain at the wrist relating to specific activities.

Common in drummers, racquets sports, rowing and golf. It can also occur in patients with rheumatoid arthritis.

Sprain - Sprains are common injuries to the ligaments around the wrist joint. They are either caused by repetitive misuse or trauma and can cause swelling, pain and limit the use of the wrist and hand.

Strain - Strains are also common in the wrist, occurring when the muscles are stressed beyond their comfortable limits, perhaps by overt trauma or repetitive use. Repeated loading such as with computer work, sports and manual labour can result in the gradual build-up of small amounts of damage to the various structures at the wrist and hand usually resulting in pain during a task or compression of structures that run through this region.

De Quervian's Tenosynovitis - Inflammation of the layer of tissue surrounding the tendon in the thumb, causing pain with movement.

Trigger Finger - Prevents smooth movement within the fingers causing 'locking' or 'catching'. It occurs when the tissues surrounding the finger tendons become inflamed and thickened. Caused by an increased friction of the tendon as it slides through its guiding sleeve at the finger. Associated with repetitive finger movement, sometimes initiated by a knock or blow (trauma).

Arthritic Pain: Aches and pain caused by osteoarthritis can be helped by techniques that improve joint mobility and reduce excess tension in the surrounding musculature.

Referred pain: Problems affecting muscle that originate from the elbow and forearm can be felt as pain at the wrist.

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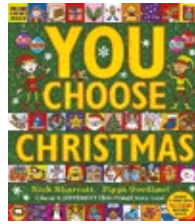
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October 2023 Book Reviews

Children's Books



You Choose Christmas
by Pippa Goodhart,
illustrated by Nick
Sharratt.

Puffin Books, hardback
£12.99

The You Choose books are perennial favourites of parents and children alike, and we are so excited to reveal this new, CHRISTMAS version! From choosing where to sleep on Christmas Eve, which Christmas jumper to wear, what gifts you'd like to give and receive, and what job you'd like to do in Santa's workshop, every page offers infinite possibilities and will trigger hours of festive discussion! Nick Sharratt's detailed, jolly illustrations are a joy to behold, and this book is sure to become an essential part of every family Christmas!

We are now taking pre-orders for signed, name-dedicated copies of You Choose Christmas ahead of Nick Sharratt's book-signing at the shop on Saturday 4th November at 11:00.



Island of Whispers
by Frances Hardinge,
illustrated by Emily
Gravett.

Pan Macmillan, hardback
£14.99

Frances Hardinge is an outstanding writer of highly imaginative fiction written in mesmeric, beautiful prose, so imagine our joy when we discovered that her new book is illustrated by Emily Gravett, one of our FAVOURITE illustrators (and a Brighton lass!) The Island of Whispers is a stunning marriage of story and artwork, and is of novella length, serving as a perfect introduction to Hardinge's world.

On the island of Merlank the Dead linger. A Ferryman escorts them to the island of the Broken Tower from where they can move on. When the Ferryman dies suddenly his son, 14

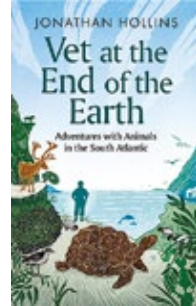
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year-old Milo, must take the helm. Pursued by a vengeful lord and two malignant magicians, Milo must navigate strange and perilous seas where untold threats whisper in the mist.

Does he have the courage to complete his urgent mission?

A dark, deep and powerful coming-of-age story touching on themes of grief, loss, resilience and kindness. Emily's luscious pen, ink and dark-blue wash illustrations are gorgeously atmospheric, adding another dimension to the story.

Adult's Books



Vet at the End of the Earth
by Jonathan Hollins.

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scattered on the South Atlantic brings a special set of challenges. From relocating a far-from-home herd of reindeer to caring for a 200-year-old giant tortoise, inspecting fishing vessels, being vigilant against the ever-present threats to the biosecurity of the islands, and dodging grumpy sea lions, there are unusual and extraordinary adventures galore. *An entertaining look at a world very few of know much about.*



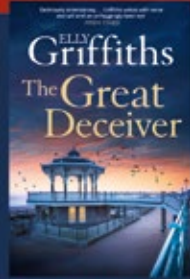
Night Side of the River: A Collection of Ghost Stories
by Jeanette Winterson.

Vintage Publishing,
hardback, £18.99

A new book by Jeanette Winterson is always a cause for celebration, and this is also a Halloween treat for horror fans,

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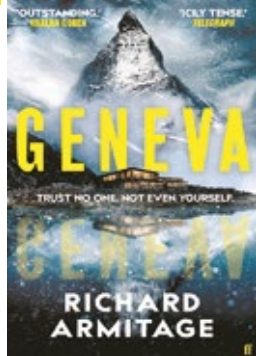
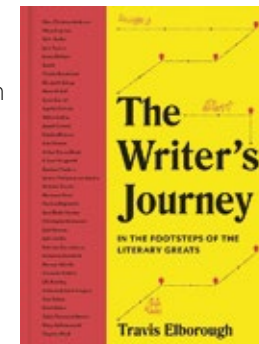


SATURDAY 4th NOVEMBER
11am

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being an eerie collection of ghost stories, interspersed with accounts of Winterson's real-life otherworldly experiences, prefaced with an informative essay on the literary tradition of the ghost story, and ghostly death practices around the world. Both gloriously gothic yet unnervingly contemporary, many of the stories explore Winterson's recent obsession with technology, the metaverse, and A.I.

Lift the veil between the living and the dead, and be spirited away to a haunted estate that ensnares a nomadic young couple in its own dark past, a staged immersive ghost tour gone awry, a West Village séance that threatens the bounds between AI and reality, and a vacation home in the metaverse where widow meets her deceased husband....

A provocative, spooky collection, not to be read while alone in the house!

Hoverflies

Everyone loves bees, don't they? Knowing that our bees are in decline has prompted protests and petitions and highlighted the important service these buzzing pollinators provide to our planet. Without them our crops and ecosystems would collapse. Yet many other pollinators that provide the same service don't get the same level of public support. So today I'm waving my flag for the hoverflies.

For some reason, they're not as loveable as bees. Perhaps it's because most of the time people mistake them for wasps. This isn't totally our fault because that's exactly what the hoverflies want you to think. The 283 species of hoverfly in the UK come in many shapes, colours and sizes but most of them sport yellow and black stripes, making them easily confused for wasps, bees, hornets and bumblebees. It's a strategy called Batesian mimicry and was first proposed by Leicestershire lepidopterist Henry Bates in 1861. Hoverflies are harmless. They don't sting and can't bite but they have discovered you don't actually have to be dangerous to deter predators – you just have to look like something that's dangerous.

Yet their devious mimicry isn't the most incredible thing about them. Their wings are the things. Hoverflies (like all flies) have just two wings (half as many wings as bees and wasps). Whereas other flies keep their wings straight, hoverflies incline theirs to create an angled downward stroke at a remarkable rate of 120 beats per second. This allows hoverflies to fly to a most amazing place: nowhere. Hoverflies have become the motionless masters of mid-air.

It's not all sitting around in the sky though.



During their few days of life, hoverflies fight, fornicate and feed and while busy collecting energy-giving nectar and protein-rich pollen they inadvertently provide that vital pollination service to our flowers and crops. And hoverflies have earned the title of *'The Gardeners Friend'* because about 40% of them have a larval stage which is basically a tiny crawling stomach that roams around your flowerbed eating aphids.

Pollination, pest control – next thing you know these beneficial little insects will be mowing the front lawn for us too.

So why not thank these friendly flies by planting some of their favourite flowers in your garden – parsley, fennel, borage, hebe, sedum and alliums – and consider putting in a pond no matter how small. Do your bit for the pollinators and they'll keep the world working for us.

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

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October: Steyning for Trees

Still a chance to buy tickets £5 from the Bookshop for the Michael Blencowe talk on **THE WILDLIFE OF THE LOST WOODS**. 19:00 for 19:30 at the Steyning Centre. Wine and raffle available. Michael is an excellent and amusing speaker and will tell us about **BIRDS TO BUTTERFLIES - BATS TO BEETLES** and the value of woodland to wildlife.

Why is Biodiversity so Important?

Biodiversity is critical for our future. Species, and the ecosystems they form, make all aspects of human life possible. We depend on the natural services healthy ecosystems provide for every breath of air and every mouthful of food. Our whole society and agricultural system rely on the biodiversity of pollinators, soil organisms, natural predators of crop pests and many more. All are given homes and food in hedges and a diversity of native trees.

Some species are able to move and survive in a number of conditions. Hedgehogs and foxes for example, can adapt well to urban environments. But wildlife like the dormouse relies on the unique environments found in ancient woodland. - source Woodland Trust.

Future Projects:

We have 6/7 hedges to plant this autumn which is great news as it will be firming up our wildlife corridors both through town and expanding out into the surrounding countryside. Many thanks to those who are taking these hedges and mini-copses on their land which are adding to our increasing ability to support biodiversity in and around this lovely town. This will make over 20 hedges planted. Additionally our 20 trees on verges/green spaces this autumn will enable SFT to reach the 100 mark of trees planted on verges, (we have only lost 3). We feel that at last our hard work will be paying off with these maturing trees absorbing carbon, shading our streets etc. Many thanks to all of you who have so ably supported this work by requesting trees, watering, volunteering to plant, mulching and funding us. For the first time we are being joined by Greening Steyning **BAG** hedgerow surveying team to plant at Ben Vick's lovely farm at Annington.

THORNSCROFT Many thanks to all our committee who have worked so hard to add this Green to our Shooting Field area. Persuading



the managing agent to let us plant our Dave Buckett designed mini-copses and allow the grass to grow. Thanks to Katie Parker, SFT committee member, through her expertise and hard practical work this area is already establishing. We will be working with Michael Blencowe on surveying this area. Also hoping that the managing agent will be encouraged to use this format on their other properties and estates.

The Royal Horticultural Society:

WE are great believers in the well researched advice of the RHS, that's why we try to plant our hedges before Christmas. Their roots establish better in still warm but wet soil with dormant top growth. The RHS were reputedly the originators of the phrases '**No mow May Let it Bloom June**'. They do support the re-wilding of gardens knowing the importance of these areas with our ever decreasing open spaces available for wildlife.

Do come and see us at the **STEYNING MARKET** on the **7th October**. we are giving out **FREE** saplings again for your gardens. Many thanks to those who have been taking them and caring for them over the last few years, they will be making a contribution to carbon capture and helping to increase biodiversity now - our major aims!



Pains and Needles

Hello! My name is Jonathan, owner of Hawthorn Veterinary Surgeries, and for the quite a few years, I have been publishing my musings with a loose veterinary connection in some other local publications. I'm pleased to have been given the opportunity to share them in the Steyning magazine as well.



Cricket. It's more complicated than marmite because it's not just about love or hate, it's also about understanding what the point of it is. Even when you think you understand that, it still doesn't always make sense. For example, why do Australia get to keep the Ashes when they drew the series 2-2? My enjoyment of cricket has grown steadily over the years - especially since our two boys have very much grasped the point of cricket and this summer has been dominated by the sport (when it hasn't been raining!)

There have been plenty of practice sessions in the garden, and like many a father, I found myself reminiscing about the good old days of schoolboy cricket as I sent some loose deliveries down to a slightly disappointed 11 and 9 year old. However, unexpectedly, dreams became reality when I idly mentioned my whimsical aspirations whilst in the beer garden of the Royal Oak in Wineham. Having called my own bluff, I ended up in a pre-season net-session - the one opportunity to prepare for the list of compelling pub vs pub fixtures over the summer. After a 2 hour evening session of batting and bowling, I felt that I had roughly remembered what I was about and went to bed dreaming of the time I bowled out Andrew Long in an U12 match.

Many years ago, I got whiplash when someone drove into the back of the 50cc scooter that I was riding to work. When I woke up the morning after the net session, all thoughts of the "yorker" to Andrew Long evaporated and were replaced by a general sensation of pain which made the previous whiplash feel more like a gentle massage. To boot, all the muscles between my ribs ached to the point where if could have opted out of breathing, I would have happily done so!

It turned out that my body was somewhat behind my brain when it came to re-living my youth and despite taking a load of pain relief, I found myself walking around like an inflexible version of Frankenstein. I was thinking a trip to the osteopath may be in order, when my wife, Annelise suggested some acupuncture. To be honest, if she'd told me that sticking a leach in my right ear and purging myself with castor oil would have helped, I probably would have done it; and given that practice on humans was part of her veterinary acupuncture training,

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I was more than prepared to give it a go. Despite being a wimp with needles, I can testify that it doesn't hurt a bit and thankfully I felt some near instant relief as a result.

This brings me neatly onto the fact that our veterinary surgeon, Rebecca East, has recently completed a course in veterinary acupuncture, so we are very pleased to be offering this service again both at the practice and also as part of our discount home visit service - if you would prefer Rebecca to come to you. Acupuncture is defined as the insertion of needles into specific points on the body to produce a healing response. It works by stimulating the body's repair mechanisms, regulating inflammation and causing the release of natural endorphins and opioids. It's most common indication is the relief of pain and muscle spasms, but there are many other indications such as gastrointestinal disease, skin problems and epilepsy to name a few. It is very safe in animals and has all the same benefits as it does in humans. It can be performed in the conscious animal and is excellent to help manage pain - particularly in arthritic pets. Feel free to contact us if you are interested or would like more information.

As for me, other than a slight issue putting my seatbelt on the next day, I was nearly fully functional, although cricket was off the menu for a week!



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.
peacefulorchard@iCloud.com
Oakleylucy@hotmail.com

Steyning Bellringers.
01903 813653.

Steyning Bridge Club.
01903 814726.

Steyning Camera Club.
info@steyningcc.org.uk

Steyning & District Flower Club. 01903 895939

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

Steyning Horticultural Society. 01903 814049.

Steyning Museum.
01903 813333.

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

Steyning So and Sews
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Sugar and Spice Sugar Craft Club. 01903 695700.

The Arts Society Steyning.
steyning@theartssociety.org
<http://www.theartssocietysteyning.org.uk/>

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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.
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HEALTH:
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Health Centre, Tanyard Lane.

Steyning Patients Participation Group. Health Centre, Tanyard Lane,

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1st Steyning Brownies.
1ststeyningbrownies@gmail.com

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Beavers, Cubs. 815807.

Chanctonbury Ring Woodcraft Folk.
steyningwoodcraft@gmail.com

Sussex Clubs for Young People.
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MAC Playgroup.
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www.sandgatesingers.org.uk

Sing Out Sister Ladies Choir.
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www.singoutsister.co.uk

Steyning Jazz Club.
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www.steyningjazz.co.uk

Steyning Live Lounge Music Club. team@steyninglivelounge

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October Gardening Journal

Autumn is a busy time of year for the gardener, with the changing light and cooler weather our borders start to fade. It doesn't have to mean the end of the gardening year, careful planning can still provide a crescendo of fiery colours to provide a dramatic crescendo to provide colour and interest well into the Autumn and beginning of Winter.

However, now is the time to start thinking about Spring. October is an ideal time to start planting your spring bulbs. By combining a simple mix of Narcissus, Tulips and Alliums you will be able to provide a colourful combination of flower in the garden from March until June.

Always buy more than you think you need, as often these displays look better en masse rather than a few flowers dotted here and there through your borders. A further tip would be to only plant the smaller narcissi in your borders as the big trumpet daffs are overpowering and thuggish amongst your other border plants.

Callicarpa Bodinieri Profusion commonly known as Beautyberry is a bushy, deciduous shrub which has long, mid green leaves which in the autumn months turn a wonderful rosy, red and pink colour. In July Callicarpa Profusion will bloom small lilac-coloured flowers, however the true star of the show is the strong, purple-coloured berries which are produced in large clusters covering the plant in the Autumn. Even when the leaves fall the berries remain which maintains the plants



Plant of The Month – Callicarpa profusion

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

interest for a longer season.

Callicarpa 'Profusion' originates from central and western China and is actually a plant belonging to the Mint family. It does well in a sunny, partially shaded area of the garden with well drained soil where it should thrive. It is low maintenance, generally disease and pest free and makes for a good garden plant for beginner and expert gardeners alike. While it requires little pruning, if space is limited it would benefit from a trim back to the main structure of the plant in early spring.

Bees and butterflies are drawn to their irresistible scent, making 'Profusion' a wonderful addition to your garden. Placed near a path or in a front garden, you can appreciate its beauty all year round. You can plant facing any direction, but results have shown that the west and south-facing plants produce more fruit.

Something to note around the gardens of Steyning is that the leaves will turn yellow if the soil is overly alkaline. Flowers should start to bloom in early July, meaning fruit will start to appear around September and die back in November.



Callicarpa will add a flash of colour in the garden when other plants start to fade, it's a versatile shrub which looks a bit drab over the summer months so its best to underplant it with summer flowering herbaceous like Geraniums, Nepeta or salvis to ensure that you have some interest through the summer too.

Jobs to do this month include:

Ornamental Garden:

- Mulch borders with compost if not done in the spring.
- Continue deadheading if weather is mild.
- Remove fallen leaves from Roses to prevent blackspot.
- Continue to tidy borders of weeds and leaves.
- Transplant any plants that need to be moved.
- Plant spring bulbs such as Daffodils etc. But NOT tulips – wait until November to avoid tulip blight.
- Lift and divide perennials.
- Plant up containers etc for winter bedding displays.
- Apply autumn lawn feed etc.
- Now is a good time to plant trees and

shrubs – the soil is moist and warm.

- Sow sweet peas under glass.
- Can lift summer flowering bulbs / tubers and overwinter in greenhouse or can heavily mulch plants and leave in the ground. Eg gladioli, dahlia, canna.
- Cut back herbaceous perennials as they die back.
- Prune climbing roses to avoid wind rock.
- Refill bird feeders regularly.
- Install insect hotels / log piles.

Vegetable Garden:

- Begin planting garlic
- Apply fleece to late season crops when frost is forecast.
- Lift and divide rhubarb.
- Clear away old foliage of strawberries to prevent pest and diseases.
- Pot up herbs and take into frost free greenhouse or windowsill to continue cropping through the winter.
- Complete planting onion sets and plant out spring cabbage.
- Harvest squash and pumpkin if not already done so.



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Odd Jobs of the past

When an archaeologist was recently given the job of examining the ground behind the old Lloyds Bank building, he came across a large stone slab. On moving it he found he was looking down a deep well with the top two to three metres being neatly lined with bricks. It had been dug, he concluded, during the 17th or 18th century.

It is a reminder that there were men, in the past, who followed very specialist occupations – John Norris, for instance, who, in 1614, the parish registers was described as *'a well digger'*. 'Chummy' Greenfield was another such. Born in the 1880's he recalled, when interviewed in 1964, how he had spent many hours down wells at anything up to a depth of eighty feet, descending with the help of ladders and with light being provided by no more than a candle.

From time to time the burial records in the parish registers mention the occupations of those lying in our churchyard. Some were well established jobs which continue to this day, but whose names have changed, such as Thomas Constable, a roofer, who, when he died in 1615, was known as a *'stone healer'* or Edward Moon, a shoemaker who, in 1794, was called a *'cordwainer'*.

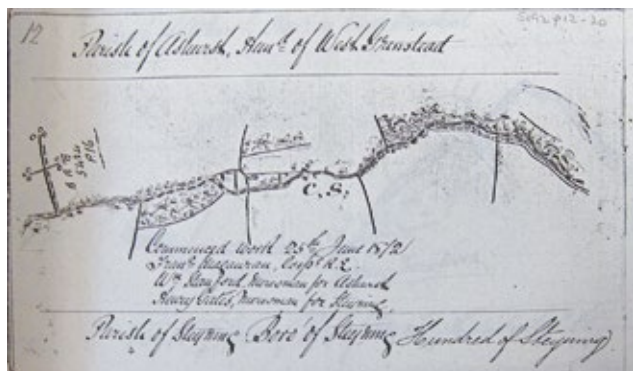
Other terms, however, describe jobs which have completely died out. The *'peruke maker'* who passed away in 1821 must have been one of the last of his breed, certainly as far as men's wigs were concerned.

A *'shingler'* is another trade which has disappeared. In Steyning, they were not uncommon up until the early 18th century when the shingled spire on the Church tower was replaced with what we

have now. In 1636, for instance, more than £6 was paid to the *'shinglers for shingling the church with 3,000 wooden shingles'*. And how about Andrew Myas, the *'Saltpetre Man'* – an unpopular trade because he could enter your stables or yard without permission in his search for putrefying topsoil to mix with ashes. It was a basis for the creation of saltpetre which was much in demand for the making of gunpowder in the 1600's.

Some of the occupations call for further explanation. John Razzall was the *'Wappingthorne Gate-keeper'*. He it was who collected the tolls from horsemen, drovers and all sorts of carts and carriages travelling down the turnpike road from Ashurst to Steyning.

There was also the *'inn holder at the Barracks canteen'* in 1814 – a reminder that there was a substantial barracks on Castle Lane at the edge of the town during the Napoleonic wars. Farnefould Tayler's role as a *'ferryman'* in 1627 is more of a puzzle. There is no record of any local ferry across the Adur at that time.



Meresman Drawing

Several itinerant tradesmen get a mention – the *'Travelling razor grinder'*, the *'Huckster'* (a pushy door-to-door salesman), the more respectable itinerant *'Higgler'* who had a licence to sell

butter, cheese, poultry, eggs and fish or his counterpart, the *'Badger'*, who sold corn and grain.

One of the more curious occupations was that of the *'Meresman'*. His role was to establish the exact boundaries of the parish. In the company of Meresmen from the neighbouring parishes he agreed which side of a ditch or hedge the boundary ran and whether it deviated at a particular marker stone or feature in the landscape. It was the route taken when the old men and boys of the village *'beat the bounds'* with willow wands in rogation week; a ritual designed to pass on a physical memory of where the boundaries lay.

In 1871-3 these memories were put to good use. In preparation for the first 25" 1 mile issue of the Ordnance Survey map Steyning's Meresman drew every yard of the parish boundary in meticulous detail on a sheaf of little slips of paper and the information from

those slips of paper is still used on large scale boundary maps today.

These, of course, are relatively uncommon occupations. The parish registers are just as likely to mention commonplace lives such as *'a poor hemp dresser'* or *'a base-born child'* but they all provide a window into Steyning's past.

Article by: Chris Tod - Steyning Museum.

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ADVERTISER'S INDEX

Accountants/Tax	Flooring/Carpets	41	Painting/Decorating	Wall & Floor Tiling	33
Accountancy & Business Matters	Walter Wall		Keltons Decorating	Riverside Home Maint	
Beltons Public Account	47		Riverside Home Maint		
Aerials/Home Theatre	Garden Services/Design	45	Personal Account Affairs	Wills/Estate Planning	23
Hamilton Cole	Alex Bell Garden Desig.	12	Beltons Public Account	Green, Wright, Chalton, Annis	
Norsat	Cam Bro Building Ltd.	51		Nsure Estate Planning	29
Auto/garage services	Edulis Garden Rooms	33	Pest Control		
LMC Auto Services	Riverside Home Maint	40	BN Services		
Boiler Repair	Freedom		Retirement Matters		
All Lit			Nsure Estate Planning		
Option Energy Solutions	40		Plant Nursery		
Bookshop/Reading	Guttering/Facias	12	Village Nurseries		
The Steyning Bookshop	G Standing Roofing	35	Plumbing/Heating/Gas		
			All Lit		
Building/Architecture	Health/Sport/Fitness	33	LMC Auto Services		
Cam Bro Building Ltd.	60+ Exercise	25			
Edulis Garden Rooms	DiscoFit	11	Roofing/Cleaning		
	Ear Wax Removal	35	Savent Solar		
Building Insurance Claims	Green & Healthy	16			
Edulis Garden Rooms	Lorraine Hannah Pilates	14	Best Choice Roofing		
	Love to Move & Chat	14	G Standing Roofing		
Business Affairs	Shaitu Physical	33	Steyning Roofing		
Beltons Public Account	Steyning Osteopathic	35			
	Steyning Podiatry	34	Soft Furnishings		
Carpentry	Strictly Dancing	52	Helen Puxley		
Riverside Home Maint	Stretch Class				
	Well Adjusted Health		Solar Panels/Renewable		
Car Hire			Savant Solar		
A Cars					
Children's Clothing	Home Appliances	48	Solicitors		
Imogen Ruby	Carters Home Appl.	17	Green, Wright, Chalton, Annis		
		15			
Curtains & Blinds	Home Care Services		Tiling & Slating		
Helen Puxley	Home Instead	51	Steyning Roofing		
	Keeping you safe	33			
Dental Practice	Sussex Home Checks		Timber/logs		
Mallards Dental			Ben Warner		
	Home Maintain		Treedom		
Decking	Edulis Garden Rooms	50			
GJM Landscapes	Riverside Home Maint	40	Transport/Community		
			Sussex Mini Bus		
Electrical	Insurance	45			
Mark Perry Electrical	NFU Mutual	45	Tree Surgery/Stump Grind		
		16	Ben Warner		
Events	Landscaping	33	Treedom		
Chanctonbury Chorus	Alex Bell Garden Desig.	45			
Bonzobills	GJM Landscapes	33	TV/Aerials/Satellite/CCTV		
Food & Drink Festival	Riverside Home Maint	8	Hamilton Cole		
Herber Opera		17	Norsat		
Shoreham Word Fest	Legal Services	23			
	Green, Wright, Chalton, Annis		Upholstery/Soft Furnishing		
Fabrics			Helen Puxley		
Helen Puxley	Mortgages/Advice	23	Venue for Occasions		
	Green, Wright, Chalton, Annis		Tottingtons		
Fencing					
GJM Landscapes	Moving & Storage	24	Veterinary Services		
Riverside Home Maint	LR Lomers	40	Hawthorn Vets		
Treedom					
Funeral Directors	Oven Cleaning	40	Volunteer		
Chalcrafft Funeral Direct.	The Oven Magician		Steyning Good Neighb.		

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Steyning Parish Council invites members of the public to propose nominations for the

Chairman's Community Awards

Criteria for Chairman's Community Awards nominations:

The Chairman's Community Awards {Formerly 'Millennium Awards'} are given annually by the Steyning Parish Council to individuals or groups who have made a significant contribution to the town of Steyning. They will be presented at the Chairman's Christmas function on the 1st December 2023.

Nominations will be invited from the people of Steyning for individuals or groups who in their opinion have made a significant contribution to the town of Steyning during the last year.

The individuals or groups nominated will either:

- Live in the town and the surrounding area
- Be an organisation or a member of an organisation that represents the town
- Or work in the town or surrounding parishes.

It is the contribution to the town or Steyning residents that is significant in deciding whether an award will be made.

The Steyning Parish Council will consider the nominations at their Finance and General Purposes Committee meeting on the 14th November under the leadership of the Chairman. Their verdict will be final.

Please contact the Parish Clerk or Deputy if you wish to nominate a member of your community for an award.

The closing date for nominations is Friday 10th November 2023.

We look forward to your helping us celebrate people, who can't help helping others.

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