

DECEMBER

2022

Late Night Shopping
pull-out programme
inside



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*Seasons Greetings
and Best Wishes
to all our Readers,
Advertisers
and Contributors*

USEFUL NUMBERS

Steyning Library:
Opening Hours: Monday - Friday: 10:00 - 5:00pm
Saturday: 10:00 - 2:00pm
E: steyning.library@westsussex.gov.uk
T: 01903 812751

Steyning Minibus:
Sherie Knight on 01903 815433

Rural Henfield & Steyning Children & Family Centre
Cowfold Village Hall,
Bolney Road,
Cowfold RH13 8AA
01903 270444

The Steyning Health Centre:
Tanyard Lane, Steyning, BN44 3RJ
Telephone Appointments: 01903 843400
Out of Hours/Emergencies: 01903 843400

Surgery Hours:
Mon: 8:00am - 8:00pm Tues 8:00am - 6:30pm
Wed 8:00am - 8:00pm Thur 8:00am - 8:00pm
Fri 8:00am - 6:30pm Sat and Sun: Closed

Steyning & District Good Neighbours Association:
T: 01903 816181

Steyning Parish Council:
www.steyningpc.gov.uk
T: 01903 812042 - E: spcclerk@btconnect.com

The Steyning Centre:
www.steyningcentre@btconnect.com
T: 01903 812042
Opening Hours 9:00am to 5:00pm
The Steyning Centre, Fletcher's Croft, Steyning

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W: www.yourmag.co.uk - Subscribe to our mailing list: www.yourmag.co.uk

Dreaming of a Green Christmas: Some tips from Greening Steyning



When we consider how to be Green at Christmas, there are a few things we can think about – most especially the gifts we buy, the decorations we choose and the food we consume. And stopping to consider even a few small changes to these annual habits can make a difference to the planet, to our pockets and to our communities.

Gifts:

It is possible to have a Green Christmas without resorting to hand made cards and gifts. Instead of rushing to the Internet and furiously ordering off Amazon.

Can we research our local producers and buy sustainable products?

If we give ourselves enough time, can our high street order them in?

Can we give ourselves a day to do one shopping trip instead of multiple deliveries from online suppliers?

Can we buy most of our gifts locally to avoid using fuel at all? And in doing so, we support our local shops and help keep our wonderful high street going strong.

Sustainable gifts fall into a number of categories from earth friendly material items to vouchers or experiences. Here are some alternative ideas:-

- ✓ Gift vouchers - ask our high street
- ✓ Cafe/Restaurant vouchers/food hamper ask our high street
- ✓ Charity vouchers
- ✓ Make a donation on behalf of your loved one.
- ✓ UNICEF and Oxfam have long established packages that come with their own Christmas card.
- ✓ Contact your favourite charity to see what they offer.
- ✓ Make a contribution to



St Barnabas House, The Trussell Trust or the local food bank to help closer to home.

- ✓ Experiences - has your friend or loved one always dreamed of trying something new but just needs a nudge? There are lots of classes locally offering vouchers. Also the West Sussex Experiences Initiative has been set up to support our local tourism industry.
- ✓ Secret Santa with family members to reduce the number of unwanted gifts. Set up a Secret book Santa from Steyning bookshop.
- ✓ The gift of time. Maybe your funds are low and you can't afford to spend money, but you want to give something. How about time tokens promising a dog walk, a bike ride, some babysitting or just a coffee and a chat? Give it a date limit so they know you're serious about giving your time to them.

Trees & Trimmings:

According to the Forestry Commission, real trees use ten times fewer materials and five times less energy to produce than fake ones, but a tree without roots won't survive and comes wrapped in plastic netting.

Sustainable Christmas tree options: Make your own wooden tree with reclaimed wood. Grow your own tree from seed in a pot; buy a 'Pot-grown' tree to reuse every year; Rent

a tree; decorate an existing houseplant.

Decorations: up-cycle old decorations by painting, sticking fabric, wool or string around them. Search charity shops for second hand decorations. Trim foliage from your garden and bring it indoors.

Wrapping: Use old fabric to wrap your gifts, make fabric bags to reuse every year, ensure any wrapping paper is fully recyclable,

Food:

Food waste at Christmas is a huge problem.

Our Community Fridge is working hard to redistribute food and save it from a landfill, but individual consumers need to change habits for supermarkets to change theirs.

Trying to buy only the food we can consume within its use-by dates and looking for different ways to use leftovers will save waste but also save money. Remember to support your local food bank if you can and don't forget the support is needed well after Christmas has passed.

Front Cover: MegaLilyDesign - Robin



Alexandra Owen is the printmaker and artist behind MegaLilyDesign.

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



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

Steyning Centre availability:

The Steyning Centre, Fletchers Croft, Steyning - T: 01903 812042
W: www.steyningpc.gov.uk



AVAILABILITY AT THE STEYNING CENTRE

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Deputy Clerk: Hazel Roxby
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The Steyning Centre has morning availability in the Saxon Room from 08.30 to 13:00 Monday to Friday from January 2023.



'Fun with the Tudors' and a harp concert in Steyning Parish Church

More than 40 children had 'Fun with the Tudors' including tudor-themed games, craft activities, dressing up and dancing to celebrate the 500th anniversary of the 16th century carved oak screen in Steyning Parish Church. King Henry VIII (aka Steyning's John Tolputt, in full costume) presided over the October event.

Earlier that month, a fabulous concert from the four-harp ensemble, 'Glissando', played to a 100-strong audience. The programme included the premiere of 'Catalina Suite', by Alex Rider and inspired by the Tudor screen, which was seemingly made to mark the marriage of Catherine of Aragon (the 'Catalina' in the title) to King Henry VIII. Music was interspersed with readings by John Tolputt and Wendy Francis evoking the 16th century and explaining the screen's tumultuous history.

The Friends of Steyning Parish Church organise events around the year; they are a community organisation comprising people from across the community of Steyning and

beyond, whether church goes or not. New members welcome; membership free. The children's event was held with the support of Fulham Palace and the Steyning Museum.



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Look out for offers from advertisers, find out about local events, community news and everything in between.

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Get into the Christmas mood

Join Chanctonbury Chorus for an evening of seasonal music in the beautiful St Andrews Church, Steyning. The chorus will perform a variety of works, all chosen to reflect Paradise at Christmas.



The Ukrainian Nightingale Choir joins the chorus and will perform two Ukrainian Carols. The Ukrainian singers have enthusiastically attended choir rehearsals and live mainly in the local area. A highlight of the event is Faure's Requiem which includes the beautiful In Paradisium movement.

The chosen charity for the evening performance is Steyning Ukraine Refuge and Adur Ukrainian Support. Drinks are available during the interval. You can book now to avoid disappointment.

Tickets are available at www.chanctonburychorus.org via Eventbrite or The Steyning Bookshop on the High Street.



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Fox



Christmas is almost here folks and it'll soon be time for that fella in the red coat to come sneaking around. Yep, your neighbourhood Fox is on the prowl and shortly after Santa has finished pulling presents out of his sack, your local Fox will be busy trying to pull half a turkey out of your bin bag.

Foxes have lived among us for centuries and, just like Christmas, they're celebrated in folklore and myths all around the world. Whether the story belongs to the Greeks, Japanese, Celts, Native Americans, Disney or Roald Dahl it is always the same – the Fox is portrayed as cunning, slippery and devious.

I prefer intelligent, adaptable and resourceful – and it's these traits that have helped the Fox to survive in the modern world. It was the modern world that transformed the Fox's wild woods into endless agricultural fields, towns, cities, tower blocks and cul-de-sacs.

Traditionally, in the face of development Britain's wildlife has silently been displaced and died. But where others fled destruction

the Fox, like any shrewd opportunist, saw a brave new world of golden opportunities where the dustbins *'overfloweth and where the streets are paved with cast away kebabs and finger-lickin' chicken'*.

And for me this is the chapter in the Fox's story that does indeed seem mythical: that in urban Britain there are wild dogs living among us. I can look out my bedroom window and see a relative of the Wolf, Dingo, Jackal and Coyote casually sauntering across my lawn. It's a touch of the Serengeti in suburban Sussex.

Studies undertaken by the University of Brighton have estimated that there are 20 Foxes per square kilometre in the city. Of

course, tradition dictates that some people do not like Foxes. As I child I always viewed the Boxing Day hunt as the antithesis to Christmas; a reminder that amidst this season of goodwill there are still people who are proud to dress up in costumes in a public celebration of their cruelty.

It's in the bleak midwinter that Foxes are at their most vocal. The blood-curdling, human-like scream of the vixen sounds like something from a Hammer Horror film. This foxy lady is only fertile for a few days and her scream advertises her availability and sparks bow-wows, barks and bickering from amorous dog Foxes. Her cubs will be born about fifty-two days after mating and emerge from their earths in April.

So this Christmas if you've had it with the plastic snowmen, the fake tree and the fake sentiments take a short walk away from it all and out into the darkness. Listen for the sound of wild dogs howling at the moon, the

sound of survival. Let it stir something wild in your heart.

Merry Christmas everybody and best wishes for 2023.

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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December: 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

Thursday 1st December

Southdown Nursery

16:30 – 18:30

Southdown Nursery, Jarvis Lane, Steyning

Carols After Dark

Southdown Community Nurse Fundraiser. Back by popular demand, Southdown nursery is holding its second annual Carols After Dark fundraiser. It's an open invitation and a great opportunity to meet other local families for some festive fun - an exciting raffle, games and carol singing - and to enjoy delicious BBQ food, cakes and hot chocolate.

Friday 2nd December

Vintage Years Club

14:00 – 16:00

Steyning Centre, Fletchers Croft, Steyning

Making Christmas Table Decorations

Our meeting commences at 14:00 but doors are open from 13:45. There will be a Raffle and a Bring and Buy table. We look forward to welcoming our friends from The Steyning Flower Club who will be helping us to make individual flower arrangements (to take home afterwards for the festive season). We can enjoy cups of tea/coffee served with mince pies and the wonderful 'Sing out Sisters' choir will perform Christmas songs. Printed sheets will be available for audience participation! Entrance fee is £3 and Annual Membership is £8 Transport can usually be arranged from Upper Beeding and Steyning. For transport or other information please contact Debbie Stewart 01903 812040

Friday 2nd December

Steyning Jazz Club

20:00 – 22:30

Steyning Centre, Fletchers Croft, Steyning

The Buster Birch Quartet

with Buster Plays Buster playing jazz standards as an accompaniment to the Buster Keaton Film "Steamboat Bill Jr". with

Jo Fooks trombone, Neil Casey piano, Pete Ringrose bass and Buster Birch drums. Doors open at 7:30 for 20:00. Entry £7 Members, £12 Non-Members. Payment by card accepted. Bar by Riverside Brewery.

Saturday 3rd December

Paper Daisy Events

10:00 – 15:00

The Shoreham Centre, Pond Road, Shoreham, BN43 5WU

Christmas Makers Fair

Paper Daisy are back in Shoreham for their annual Christmas Makers Fair, held at The Shoreham Centre. Discover a phenomenal collection of over 50 specially selected Makers, Artists and Designers from across Sussex. It's not all about shopping at a Paper Daisy event. We've got lots to keep the little ones entertained. There will also be a special visit and photo opportunity with everyone's favourite snowman! Children can also get creative at one of our workshops, such as decorate a gingerbread biscuit or learn how to make a pom pom decoration. Plus enter a colouring competition judged by Olaf! Don't forget to write your letters to Santa - all letters sent to Santa's Grotto. In addition to the children's workshop we have workshops suitable for adults too! With Calligraphy and Lino Cutting courses running throughout the day. For more details and to pre book (strongly recommended to avoid disappointment) please visit our website. Seashore Bakes, will be hosting the artisan pop-up cafe, with delicious cakes, sweet treats, savoury bakes, hot drinks with some festive specials too. You'll be greeted by the Shoreham Ukelele Group for some feel-good tunes. There will be a raffle & tombola - ALL PROCEEDS going to the local charity, Chestnut Tree House.

Special lunch time performance of The Messengers UK Choir to get us all in the festive mood! Free Entry and on-site parking makes a great opportunity to support local, shop small and spend some family time together and leave on a festive high! The

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Saturday 3rd December

Steyning Arts

10:00 - 16:00

The Steyning Centre

Steyning Arts Christmas Gift Fair and Art Exhibition

Once again, our talented local artists and creative makers will come together under one roof to show and sell their unique artwork and gift items at this lovely festive event. The Gift Fair and Art Exhibition is a great opportunity to 'meet the makers' and purchase original artwork and unique handmade items from 30 of Steyning Arts' creative members.

We hope to see the return of the choir and the café (raising funds for SAFer), and enjoy some Christmas cheer. We look forward to seeing you there!

Saturday 3rd December

Chanctonbury Chorus

19:30 - 22:00

St Andrew's Church

Paradise at Christmas with Chanctonbury Chorus

Get into the Christmas mood and join Chanctonbury Chorus for an evening of seasonal music, in the beautiful St Andrews Church, Steyning. The chorus will perform a variety of works, all chosen to reflect Paradise at Christmas. They are joined by a trio of professional soloists and accompanied by the choir's orchestra. A highlight of the event is Faure's Requiem which includes the beautiful In Paradise movement. Our chosen charity is Steyning Ukraine Refuge Drinks available during the interval. Book now to avoid disappointment. <https://www.eventbrite.co.uk/e/paradise-at-christmas-tickets-439561378917>

Wednesday 7th December

Steyning & District Business Chamber

18:00 - 21:00

Steyning High Street

Late Night Shopping

Every year the Steyning & District Business Chamber pays for and organises the Christmas trees and late night shopping in Steyning High Street on the first Wednesday in December. The High Street is closed to traffic and stalls, entertainment, street food and a fun fair take over the High Street. Most High Street businesses stay open for late night shopping.

Friday 9th December

St Columba's Community Farm

10:00 - 15:30

Chanctonbury Ring Road, Wiston.

St Columba's Community Farm Day

We are looking for volunteers to help in the market garden on our monthly community days. Fresh vegetables available to take away. Please wear appropriate clothing, stout footwear and bring gloves. Please bring your own sandwiches and a flask of coffee/water etc for a community lunch. Parking is in the Chanctonbury Ring public car park. We will meet at 10.00 am outside the garden shed in the vegetable garden. For further information please phone Su on 07860638167.

Saturday 10th December

The Cheer Up Mollys

19:00 - 22:30

Beeding and Bramber Village Hall

'A Cheer Up Christmas' with The Cheer Up Mollys

Local band The Cheer Up Mollys are bringing their feel-good live show to Beeding and Bramber Village Hall for a seasonal celebration of festive folk, 'A Cheer Up Christmas'. Known for their inventive arrangements of folk, acoustic and Americana music as well as reimagined 70s and 80s pop hits and their own original songs, expect stunning vocal harmonies accompanied by guitar, ukulele, fiddle, mandolin, bass, and percussion. *'An infectious blend of wonderful melody, harmony, musicianship, humour and above all, great entertainment.'* Bluebell Roots We'll be joined by our good friend, singer-songwriter extraordinaire, Al Start. NOTE: No bar available so please bring your own drinks & glasses, and snacks! We'll be holding a charity raffle with proceeds to our local food bank. Tickets £10 from: <https://>



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Sunday 11th December
Steyning District Churches Together.
14:30 – 15:45

We will be starting at Steyning Methodist Church and finishing at St. Andrew's church.

Advent trail

If you have children or perhaps if your grandchildren could visit, or maybe some friends, on Sunday 11th December, then get your walking shoes on and join the Churches Together Advent Trail. Details will be put on the posters around Steyning near to the date. There must be at least one adult with each group that takes part. The trail will start at Steyning Methodist Church at 14:30. Each family group will be given a map and a paper carrier bag to collect their treasure sheets. The trail is simple and quite compact. It can be completed within an easy walk around Steyning. Fairy lights and decorations will welcome you at each 'station'. It could be based in a camper van, under a Gazebo, and others may be found in the open garage or porch of a house. At each 'station' the children will pick up an activity sheet. There will be a table with some craft resources to make one of the activities suggested on the sheet to be put in their bag. The last station will be in the Church of St Andrew and St Cuthman, where hot chocolate and perhaps a mince pie or Christmas cupcake will be served before you may join in the Christingle service at 16:00.

Sunday 11th December
Cantatrice, Kaleidoscope Singers and Vocal Fusion Acapella.
15:00 – 16:00
Cantatricesteyning centre BN44 3XZ

Merry Christmas

A fun, stirring and entertaining hour of carols old and new sung by three local choirs - Cantatrice, Kaleidoscope Singers and Vocal Fusion Acapella. To include readings and audience participation. Tickets £10 - from Steyning Bookshop or on the door. Under 18yrs FREE (ticket required though)

Thursday 15th December
The Friends of Steyning Parish Church
St Andrew's Church
19:00 – 21:00

Handel's Messiah performed by The Hanover Band and Hanover Band Chorus

Sussex orchestra of international repute, The Hanover Band, together with The Hanover Band Chorus, a group of soloist standard singers, will perform Handel's Messiah in Steyning Parish Church. This will give the chance to see the performance locally – and before it goes to London! Tickets from: www.thehanoverband.com /> Ticket prices: £35.00, £20.00 & £15.00. Under 25s free. Further information: The Hanover Band www.thehanoverband.com/>

Friday 16th December
Sloe and Wild / Spring Gardens Nursery
14:00 – 14:00

Spring Gardens Nursery, Washington, Pulborough, West Sussex RH20 3BS

Christmas Supper Club Dinner

Christmas menu for small and large parties on Friday and Sat 16th 17th December, Set in the glorious surroundings of a renovated old Victorian greenhouse amongst architectural plants and chandeliers. We have a lovely pay bar with wines, cocktails & craft beer. Booking & information at <https://www.sloeandwild.co.uk/the-gooseberry-house/> W: www.sloeandwild.co.uk

Friday 16th December
The Steyning Society
19:00 – 22:00
Steyning Centre, Fletchers Croft, Steyning

Christmas Supper

Tickets are available from the Steyning Bookshop for £25 per person to include a two-course supper with wine, coffee and musical entertainment by the Cheer Up Mollys. Please tell the Bookshop your choice of main course menu when you buy your tickets: options are: chicken, salmon, vegetarian or vegan. This is a joint venture with our friends at The Steyning Museum. www.steyningsociety.org.uk



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Monday 19th December

Steyning Downland WI

14:30 – 16:30

Steyning Centre, Fletchers Croft, Steyning

How the Victorians reinvented Christmas

A talk by Katharine Collett followed by a festive tea. Visitors and new members welcome. For more information please phone 01903 812570

Tuesday 20th December

Columba's Community Farm

10:00 - 15:30

St Chanctonbury Ring Road, Wiston

St Columba's Community Farm Day

We are looking for volunteers to help in the market garden on our monthly community days. Fresh vegetables available to take away. Please wear appropriate clothing, stout footwear and bring gloves. Please bring your own sandwiches and a flask of coffee/water etc for a community lunch. Parking is in the Chanctonbury Ring public car park. We will

meet at 10.00 am outside the garden shed in the vegetable garden. For further information please phone Su on 07860638167.

Wednesday 21st December

St Andrew's Church

17:30 – 19:30

St Andrew's Church

The Agnes Collective: The Voice of Christmas

'A Spectacular evening of beautiful and magical Christmas music performed by four professional singers.....' For the tenth year running you are warmly invited to St Andrew's Church in Steyning for this sell out event to 'kick start' your Christmas with a concert of traditional and modern vocal music that is both joyous and thought provoking. This year again we are offering two separate performances. So, please do come along to sit, relax and take in the wonder of this spectacular church whilst listening to a wealth of beautiful music throughout the ages that has been specifically written for unaccompanied voices. This concert is

performed by professional vocal quartet THE AGNES COLLECTIVE and joined yet gain, by local actor John Tolputt. This special event it is the perfect family way to enjoy the true Spirit of Christmas. Tickets: £15 Adult £8 Child (4's and under free) . Seating unreserved. Seasonal refreshments will be available. Please buy your tickets from The Steyning Book Shop or Alexandra Gibson e. alexandra.gibson@me.com on 07973469113

Wednesday 4th January

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning.

Screening: Elvis

From director Luhmann, this film explores the life and music of Elvis Presley (Austin

Butler), seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story delves into the complex dynamic between Presley and Parker spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley (Olivia DeJonge). Tickets are on sale now at the Steyning Centre at £6.00 a ticket which includes Tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open at 19:00 for a 19:30 start.

Neighbourhood Wardens

'Hi – we're Paul and Mike and we are the two Neighbourhood Wardens who cover Steyning, Bramber and Upper Beeding.

We're employed by Horsham District Council and our main aim is to help improve the quality of life for the residents and that can take many forms!

We've been busy recently tackling some anti-social behaviour issues within the parishes and working with the Police to help support this. We also link in with the youth clubs to support young people and to work closely with partner agencies.

Please do give us a call if you have any questions or queries that we can help with.'

You can also find us on Twitter @horshamwardens and Facebook @ Horsham District Neighbourhood Wardens.

Our numbers are 07734 387888 for Mike and Paul's is 07734 387889.

You can also email us on SBUB.Wardens@horsham.gov.uk We are hoping to feature regularly in yourmag.co.uk so do look out for our articles and please don't hesitate to get in touch with us.



The Hanover Band Chorus: Handel's Messiah

The Hanover Band, together with The Hanover Band Chorus, a group of soloist standard singers, will perform Handel's Messiah in Steyning Parish Church on Thursday 15th December - 19:00 - 21:00. This will provide a chance to see the performance locally before it goes to London! This seasonal masterpiece is brought to Steyning by the Friends of Steyning Parish Church and should prove a wonderful start to the Christmas festivities. The Hanover Band concentrates on music of the Hanoverian period and includes some of the UK's best period instrument specialists.

'Strings are gleaming and engaged, their woodwind sublime, their brass bright and flexible, their percussion alert...' Independent on Sunday. The Hanover Band, formed in London by Caroline Brown in 1980, is known internationally for its performances and recordings of 18th and 19th century music which are described as 'revealing, luscious, outstanding and illuminating'.

Their distinguished players are committed to education work, teaching in the top music conservatoires in the UK, including the Royal College of Music and Royal Academy of Music. The Hanover Band is directed by Andrew Arthur who also plays the harpsichord; Theresa Caudle is Leader of the orchestra.

This is one of many events organised by Friends of Steyning Parish Church a community organisation comprising people from across the community of Steyning and beyond, whether church goes or not. New members are welcome; membership is free. Members receive invitations to events and news about the church

Tickets from: www.thehanoverband.com
/> Ticket prices: £35.00, £20.00 & £15.00.
Under 25s free.

Further information:
The Hanover Band

www.thehanoverband.com
/> The Friends of Steyning Parish Church
www.steyningparishchurch.org/friends

FOR THE TENTH YEAR RUNNING The Agnes Collective are thrilled to be able to share some beautiful and magical Christmas Music with you all again this December.

Type to

The Voice of Christmas



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with John Tolputt

Wednesday 21st December 2022

@ 5.30pm & 7.30pm (each concert approx 50min)

St Andrew's & St Cuthman's Church, Steyning Adult

£15 - Child £8 (4's and under free)

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Steyning & District
Business Chamber



STEYNING LATE NIGHT SHOPPING EVENING EXTRAVANGAZA

WEDNESDAY 7th DECEMBER, 2022 - 6pm to 9pm

Come and join us for a great evening of fun, festivities and seasonal shopping. Our lovely High Street will be buzzing with a great array of entertainment, gift and food stalls and warm welcoming shops and eating places.

There will be a Traditional Fairground in the town centre car park, great local choirs, fabulous bands, and the awesome comedian and juggler Dan The Hat will be joined by the amazing roller skating hula hoop artiste Kiki LaHula.

PROGRAMME OF EVENTS

SOUTH END OF HIGH STREET:

6.00pm Children from Steyning and Upper Beeding Primary Schools wave Santa on his way in his mini vintage open top bus led by the equally vintage Stephen Davies Jazz Band, along with Dan and Kiki as they progress along the High Street.

6.05 – 6.25pm Jolly festive songs from the Primary Schools' combined choirs.

6.30 – 6.50pm Kiki La Hula performs her sparkingly awesome hula hoop and roller-skating act.

7.00 - 7.40pm Alfonso the Magnificent (indeed!) with their foot-tapping mix of Jazz, Gypsy, Latin, Classical and Modern Folk.

7.45 – 8.15pm Comedian and Juggler Dan the Hat – what an act!

NEW THIS YEAR IN THE HIGH STREET:

Free Children's Christmas Art and Craft Workshop organised by Russell Barnes and sponsored by Steyning High Street property lawyers Jackie Scott Ltd and estate agents Mansell McTaggart and The Steyning Business Chamber. A wonderful opportunity for the children to decorate cards, gift tags and bags, to get a Christmas gift wrapped and even make a decoration for the tree. Local artist Amanda Duke and a team of eager helpers will be on hand to assist with the activities.

8.20 – 9.00pm The return of Alfonso the Magnificent to fill the end of your evening with joy.

OUTSIDE BUDGENS:

6.20 - 6.40pm Patcham Silver Band bring Christmas Cheer.

6.45 – 7.30pm The wonderful Chanctonbury Chorus and their friends from the Ukraine.

7.35 – 7.55pm Patcham Silver Band return.

8.00 - 8.30pm The fabulous Sing Out Sisters.

8.35 – 8.55 Last chance to hear the tuneful boom of Patcham Silver Band.

NORTH END HIGH STREET:

6.10 Santa arrives, serenaded by Stephen Davies and his Jazz band.

6.20 – 6.50pm Dan the Hat performs his very funny show.

7.00 - 7.20pm It's the wonderful Woodcraft Kids singing their hearts out.

7.30 – 8.00pm Amazing hula hoop spinning on skates by the glamorous Kiki La Hula.

8.10 – 9.00pm The fantastic Razz Kids including The Doyle Twins and Molly Walsh

OPPOSITE THE CHEQUER INN PUB STEYNING: Stephen Davies and his Jazz Band – back for the 30th year!

The Kate Burnett Singers.

IN THE TOWN CENTRE CAR PARK: Shaylers Traditional FunFair with fun rides for all ages.

BY THE CAR PARK: Steyning Business Chamber fabulous raffle.

BIG THANK YOU FROM THE STEYNING & DISTRICT BUSINESS CHAMBER

The Steyning & District Business Chamber does hope that you enjoy the evening. The town will continue to sparkle and shine all through the festive period with our display of Christmas lights and trees bringing a traditional feel of Christmas to Steyning.

The Steyning Parish Council now generously provides the sparkling lamp-post Christmas lights each year for which we are truly grateful. The Steyning & District Business Chamber funds and provides the Late Night Shopping Evening and all the lighted Christmas trees with help from the sponsors below and appreciates the support of those businesses and residents that enable this to take place once again.

The Chamber committee would like to specifically acknowledge the kind generosity of those members and supporters, as shown below, who make this a truly special event:

WITH MANY THANKS TO:

David King, Siobhan Denning, Jill Allen, Sarah Pargeter, Pete Varkala, Nick Marks, Christabel Cossins, Brendan Whelan and Kate Burnett for providing and coordinating the musical entertainment, to Simon Zec for his great MC-ing skills, and to our hard-working Chamber committee members Julie Belton, Keith Kempton, Hannah Ryan, Darren Nash, Louise Crush, Anton van Baalen, Rebecca Louis, Sara Bowers, Sarah and Justin at Raft, and our chair, Russell Barnes.

AT THE TIME OF GOING TO PRESS:

Many thanks to these generous sponsors
Steyning Parish Council; Horsham District Council;
Beltons Public Accountants; Bluetone Business Solutions;
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Jackie Scott Ltd; The Little Sweet Shop;
Mansell McTaggart; Mayo Wynne Baxter Solicitors; Miller Phoenix;
Raft; Russell Barnes R & R Architects; Sakala; Slipped Discs;
Spirit of the Downs; The Steyning Bookshop; Truffles;
Steyning Osteopathic Services; Your Steyning; Vintage and Home.

RAFFLE PRIZES:

£100 Steyning Business Chamber.
Meal for two at The Chequer.
Bottle of Bubbly from Compass Mortgages.
£50 bookshop voucher from The Steyning Bookshop.
Meal for two at the Castle Inn Bramber.
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Who are we??

Compass Mortgages began life way back in December 2004. At the time it was just the Director Dean Haysom but as things picked up Beth Hampton came on board initially as an administrator and then a fully-fledged Mortgage Adviser.

What a great move that was!

We both became extremely busy and needed assistance and that's when Laura Haysom joined us in December 2017.

Business continued to thrive and that's how we now have a team of six advisers with Sarah Funnell and Hannah Stoner our latest recruits.

Everyone at Compass has the same ethos and that is to offer the very best advice and service and go that extra mile.

Over 20% of our new business is from referrals so we feel we must be doing something right!

We still find it surprising that people go straight to their bank for mortgage advice when there are so many lenders out there all vying for your business.

Some of the lenders will not deal with the public direct and only transact mortgages through brokers which makes their cost base low and therefore allows them to offer competitive rates as a result.

In addition, brokers like us have access to 'exclusive' products where the rates can be lower even if you bank with that particular lender!

In the recent past we have arranged mortgages with Precise, Kent Reliance, Ipswich BS, Swansea BS and Bluestone to name but a few.

This demonstrates the breadth of access we have to the market so it is always worth seeking independent advice from a professional company like Compass



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How important is your Will?

It's the run up to Christmas and most of you will hopefully be full of the festive spirit and let's be honest, writing your Will is probably the last thing on your mind at the moment and I'm certainly not suggesting that they make great Christmas presents either, although it may be one step better than a last minute panic buy at the local service station.

One question we get asked a lot is 'What happens if I don't have a Will?' In short, you place yourself in a position of having no say in what happens to your estate and leave your family open to the process of intestacy. There is no legal requirement to have a Will and surprisingly just over 50% of the adult population in the UK don't currently have any provision in place.

Depending on your circumstances, you may feel there is little reason to spend a few hundred pounds in getting something drawn up and under the current economic situation, many of you may choose to use that money on heating your homes rather than writing out

your legacy. It's all about choice, what you feel is important and whether or not you are happy to let others make those decisions for you once you have gone. There are numerous things to consider when it comes to assets, pensions, savings and belongings too. Dying intestate means that someone else has to pick up the pieces, whether that's a partner, your children or a close friend.

If you haven't expressed your wishes or how you would like your estate to be divided it up, it falls on those left, to make those decisions for you. Ultimately there are many benefits to producing a Will and very few negatives. Merry Christmas!

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Back Pain Myths

On World Spine Day in October this year, the British Chiropractic Association explained the most common misconceptions about back pain and debunked the most common myths surrounding the condition.

Myth: Back pain means damage or injury

In a lot of cases, back pain doesn't mean damage or injury. We like to use the analogy of a paper cut. Everyone knows how much a paper cut hurts – it's a lot of pain but minimum damage. The level of pain you experience is very rarely proportional to the amount of injury sustained to the back.

Added to this, more pain doesn't mean that more damage has been caused. Your actual pain level is a reflection of the threat level that your brain perceives itself to be going under. Your brain creates this level of pain based on all of the information it receives from your body, your environment and internally as well, such as memory of past experiences of certain situations and beliefs about pain. If your brain deems there's a threat, it will create pain to alert you that there is a problem and that you need to make a change. It's our in-built protective mechanism, which will create pain even if there is only a chance of potential damage.

If your pain persists, it's always advisable to seek a professional opinion from a registered health professional.

Myth: Painkillers will speed up your recovery.

Most back pain is mechanical in nature so even though painkillers can be helpful, some sort of hands-on treatment or movement or exercise is more likely to manage the problem than painkillers.

Painkillers can be useful when it comes to reducing pain in the short term and so helping people to start moving earlier after onset of back pain, and that movement through the pain can be helpful. But we would recommend more conservative therapies, such as use of a heat/cold pack, manual therapy (massage, spinal manipulation, or acupuncture), gentle home stretching, short walks within your pain tolerance; activities that help your back to

relax, pain to reduce and allow you to return to higher levels of activity. Too much rest is the enemy when it comes to back pain.

Myth: Lifting causes more back pain than sitting.

Bending and lifting are often portrayed as causes of back pain and sometimes we avoid them in fear of damaging our backs. If you pick up something awkwardly, however, it's more likely to cause a mild strain or a sprain than an injury in most cases.

Different activities cause more back pain for some people than others. Some might experience more pain with sitting, others with lifting. For those who sit for a long period of time, I recommend moving and changing your posture every 20-30 minutes so you're not stuck in the same position for too long. Most people believe that bad posture causes back pain, but actually posture causes a relatively low load on your back. It's the absence of activity that causes pain. If you have back pain already, you may find some postures are more relieving than others when sitting; a perfect posture does not exist.

Those who lift should focus on gradual strength training over time, to build up and get used to the weights they're lifting, not only in the gym but also at home and at work. It is not that lifting is a cause of back pain, it is because we are unaccustomed to the loads that we are lifting or how often we are lifting them, whether this is lifting boxes at home or weights in the gym.

Myth: You need a scan to diagnose the cause of back pain.

There is no scan available that can tell you where your pain is. Imaging or scanning is just one piece of the puzzle when diagnosing the cause of back pain. It is very common to find changes such as '*degeneration*' on scan reports, research has shown that these





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are found in people with back pain and even without back pain, so are not necessarily the cause of your pain and are often part of completely normal aging like '*wrinkles of the spine*'. Somebody's clinical history and a physical assessment can help to create a more complete picture when it comes to determining what is causing somebody's back pain.

Myth: Exercise, especially weight training, will make back pain worse.

Exercise generally has been shown to be the best intervention for treating low back pain in acute back pain (six weeks) and chronic back pain (three months and over). There are also recent studies on the long-term safety of lots of different exercises, including weight training, and it's been shown to have great benefits.

If you're weight training and your back pain is getting worse, it likely comes back to going up through the weights too quickly and lifting beyond your capacity. In this case, we would recommend graded exercise over time, slowing building up the amount and intensity.

If you find that you're experiencing an increasing amount of back pain and exercise isn't helping, it's always worth going to a registered health professional, such as a chiropractor, to treat your pain and to find a better exercise for you.

Myth: Doing too much causes wear and tear

Our bodies thrive on being used and are more likely to '*rust*' than to '*wear out*'. Several research pieces show that marathon runners have less knee wear and tear in later life than people who don't run.

The original article contained all the supporting extensive studies that have been carried out in each of these statements.

These can be found on the British Chiropractic Associations website.

Many of our patients visit Mark at Well Adjusted Health as they really prefer the gentle techniques that he practices. If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call Well Adjusted Health on 01903 892171

December: Book Reviews

CHILDREN'S BOOKS



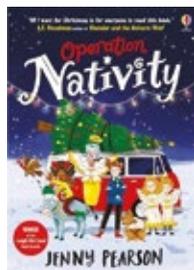
What the Ladybird Heard at Christmas.

By Julia Donaldson.
Macmillan, hardback
£12.99.

The fifth adventure in Julia Donaldson's series about the brave, clever little

ladybird, gloriously illustrated by Lydia Monks. It's Christmas Eve. Ladybird has gone to stay with her friend Spider in a big old country house – rumoured to be haunted! But who else is there...? Oh no – it's Hefty Hugh and Lanky Len, who've cooked up a horrid plot to steal the presents from the children's stockings! With the help of the other animals in the house – a Great Dane, a Siamese cat, a parrot, and the spider, the ladybird is determined to foil the burglars' dastardly plans and SCARE them away!

A delightful rhyming picture book for ages 3-6, what a Christmas treat! Julia will be signing copies of this, and her other books, at the Steyning Late Night Shopping on 7th December.



Operation Nativity.

By Jenny Pearson.
Usborne books, hardback
£12.99.

When Oscar and Molly rush outside to investigate a crash in the night, the last thing they expect is to find a dazed Angel Gabriel, who has accidentally crash-

landed in the village of Chipping Bottom, 2000 years ahead of his big announcement in Bethlehem! And where are the shepherd, the wise man, Joseph and Mary, and the donkey – swept up with Gabriel but now mysteriously AWOL, somewhere, in 21st Century Hampshire...? If Gabriel can't track them down and get them back to Bethlehem, then Christmas will cease to exist... and so will Oscar and Molly! Operation Nativity is ON and the race to SAVE CHRISTMAS has begun!

Steyning Bookshop - 01903 812062
Monday - Saturday: 9:30 - 17:30
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An exciting, joyous and hilarious Christmas time-slip story with heaps of heart, humour and thrills, perfect for readers aged 8-11.



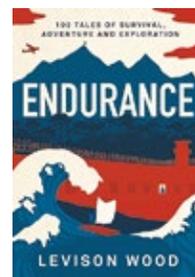
We Wish you a Merry Christmas.

Poems chosen & illustrated by Chris Riddell.
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ADULT BOOKS



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Edited by Levison Wood.
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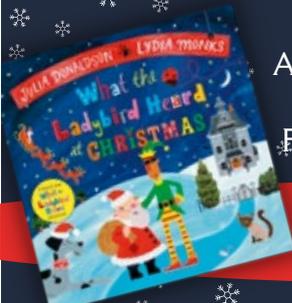
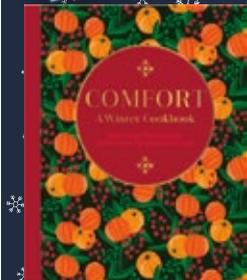
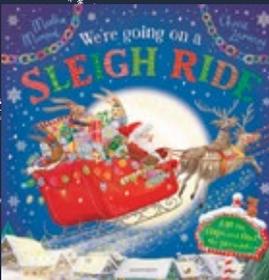
fascinating accounts of human endurance throughout history, chosen by explorer and bestselling author Levison Wood. Endurance is packed full of you-couldn't-make-it-up true stories and adventure fiction classics, from the high seas to the poles, from inhospitable jungles and deserts to the unknown realms of space, through physical and mental despair to euphoric highs. Includes extracts about and by Ernest Shackleton, Robert Falcon Scott, Sir Edmund Hillary, Tenzing Norgay, Amelia Earhart, Marie Colvin, John Krakauer, Solomon Northrup, Ella Maillart, Freya Stark, and Alex Honnold, to name but a few!

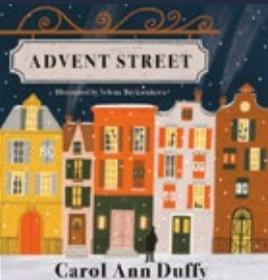
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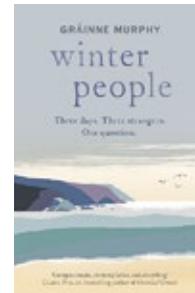
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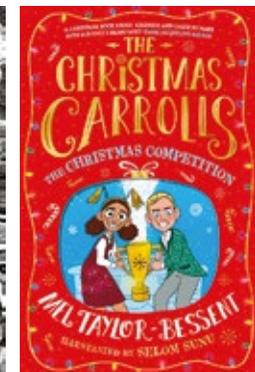
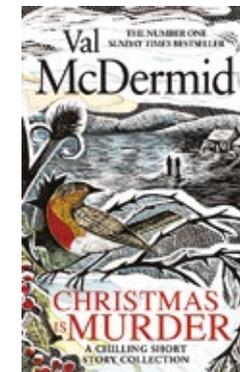
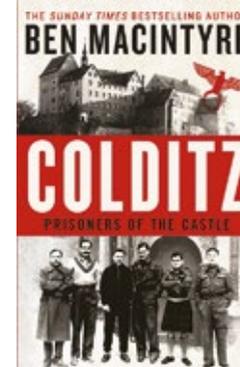


Winter People.

by Grainne Murphy.
Legend Press, paperback,
£8.99.

An absorbing read for lovers of literary fiction, this thoughtful, compassionate novel comes highly recommended by bookshop staffer Gill.

The novel follows 3 separate, unconnected people over 3 days, on the wild Atlantic coast of Ireland; Sis, in her 70's, is facing the loss of the house where she grew up, raised a family, and buried her husband. Peter, in his 40's, is struggling to cope with his elderly foster mum's dementia, and the illness of his childhood friend, and Lydia is dealing with a burden of guilt after a tragic accident... Winter People is a character-led novel which takes a quiet, contemplative look at love & loss, and Nature's role in healing. A really poignant emotional slow-burner which is written with great beauty and clarity.



December: Steyning for Trees Newsletter

SFT is delighted that we now have a date for the planting of the Queen's Green Canopy tree commemorating the Queen's Platinum Jubilee which is being donated to us. It will be 14:00 Sunday 27th November, do come down to Fletcher's Croft in Steyning to see the lovely multi-stemmed birch tree being planted by Lady Emma Barnard, Lord- Lieutenant of West Sussex, the King's representative in Sussex.

SFT is pleased to be working with the Parish Council and HDC to organise this event.

An article in the national press says, *'It is hoped that these trees, given to tree-planting groups in every county in Britain will serve as an inspiration for tree planting within communities as part of our nation's stunning landscape.'* SFT feels very honoured to have been chosen to receive this tree on behalf of Steyning.

We are pleased that our Free Trees for Gardens went so well at the Steyning Farmers Market last month. 196 trees were taken, including for a small hedge leading down to the Adur, and Lou Crush took some to in-fill one of her hedges. It was great to talk to so many enthusiastic tree-planters and thank you for your kind donations.

A busy programme of hedge and tree planting lies ahead. Tree deliveries will be starting soon with planting starting in earnest after that. Many thanks to our volunteers and also to Pete Varkala for helping us prepare some of the ground.

We were sad to read that the world's wildlife population has declined by more than two thirds since 1970. The World Wildlife Fund's Living Planet Report 2022 showed population sizes had reduced by 69 per cent on average with deforestation, human exploitation, pollution and climate change being listed as the biggest drivers of the decline.

And finally, if you want to unsubscribe from these Newsletters, then please get in touch via our email address: SteyningForTrees@gmail.com



Remember: Trees are front-line warriors in the fight against climate change.

If you have any enquiries or suggestions please, E: SteyningForTrees@gmail.com or visit W: steyningfortrees.com or ring us on 01903 816726

Any donations, large or small, will be greatly appreciated and will assist in enabling us to continue our important work. Please make any contributions to the bank account below.

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December Gardening Journal

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

December is the month when our gardens are ignored, there are many other distractions, and the weather is never great either. However, it's the perfect time to dig your borders or get that landscaping project done as the ground is so soft and easy to work. It's also the perfect time to mulch your garden before those bulbs start to sprout. So, challenge yourself, get your wellies on and make the most of the brighter December days.

Everyone will know that kissing under sprigs of mistletoe is a well-known Christmas tradition, but this little plant's history as a symbolic herb dates back thousands of years. The Greeks were known to use it as a cure for everything from menstrual cramps to spleen disorders, and the Roman naturalist Pliny the Elder noted it could be used as a balm against epilepsy, ulcers and poisons.

The plant's romantic overtones most likely started with the Celtic Druids of the 1st century A.D. Because mistletoe could blossom even during the frozen winter, the Druids came to view it as a sacred symbol of vivacity, and they administered it to humans and animals alike in the hope of restoring fertility.

Mistletoe's associations with fertility and vitality continued through the Middle Ages, and by the 18th century it had become widely incorporated into Christmas celebrations. Just how it made the jump from sacred herb to holiday decoration remains up for debate, but the kissing tradition appears to have first caught on among servants in England before spreading to the middle classes.

European mistletoe (*Viscum album*), the traditional mistletoe of literature and Christmas celebrations, is distributed throughout Eurasia from Great Britain to northern Asia. It forms a drooping yellowish evergreen bush, 60–90 cm (2–3 feet) long, on the branch of a host tree. It has thickly crowded forking branches with oval to lance-shaped leathery leaves about 5 cm (2 inches) long, arranged in pairs, each opposite the other on the branch.

The flowers, in compact spikes, are bisexual or unisexual and have regular symmetry. They are yellower than the leaves, appear in late winter, and soon give rise to one-seeded white berries, which when ripe are filled with a sticky semi-transparent pulp. These berries, and those of other mistletoes, contain toxic compounds poisonous to many animals and to humans.

The European mistletoe is most abundant on apple trees, poplars, willows, lindens, and hawthorns. Its North American counterpart, the Eastern, or oak, mistletoe (*Phoradendron serotinum*), also parasitizes many deciduous trees, including oaks.

If you would like to try and grow mistletoe, collect the berries from live plants as soon as they are ripe. Only collect berries from trees where you have been given permission to do so. Don't be tempted to collect from the wild, as this special plant is in decline.

If you have berries remaining from Christmas decorations, these can also be used, but there is no guarantee they will germinate. The decoration cuttings can be kept fresh in a vase of water or the berries can be stored in moist sand in a cool room or shed.

It is important to know where the berries originated as it is believed that the mistletoe will grow best on the same type of tree that the mistletoe parent chose. So if it was growing on an apple, plant the seeds on an apple or crab apple.

February or March is the best time to 'plant' mistletoe berries. The host tree should be well established, preferably at least 20 years old. There are various possible planting techniques. You could try simply smearing the berry onto a crevice or fissure in the bark for example. Better results may be achieved by making a small incision on the bark first, so that the berry can be firmly attached. Do this at approximately 1.5m above ground level on the side or underside of a strong, young, branch. Tie the berry in with some string or length of sacking or cotton bandage. This will also protect it from some hungry insects and snails as well as reminding you where it is planted.

Have patience. The seeds may take a couple of years to germinate. I don't know of many people who have tried to grow Mistletoe, I have often thought about giving it a go but never got any further than that . . .

Jobs to do this month include:

Ornamental Garden:

- Give the borders one last tidy before Christmas by removing any debris, leaves etc.
- Check newly planted shrubs for wind rock (loosened soil around base) after strong winds firming soil.
- Avoid any pruning when frost or snow is forecast.
- Replenish birdfeeders as soon as they run out.
- Plant winter flowering shrubs like daphne and sarcococca.
- Prune acer, betula before mid-December to avoid bleeding cuts.
- Mulch if the weather is still mild.

Vegetable Garden:

- Harvest winter vegetables like sprouts etc.
- Clear any remaining plant debris and compost.
- Prune free standing apples, pears, currants and gooseberries.
- Do not prune stone fruit until spring to avoid silver leaf disease.
- Prune grape vines by mid-December.
- Continue to plant fruit bushes etc.
- Divide and re plant rhubarb.
- Lag outdoor taps and pipes to avoid them freezing.
- Ventilate greenhouse on mild days.



Plant of The Month: Mistletoe

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Shopping for Food and Light

Butchers, bakers and candlestick makers have all featured in Steyning's past, along with many other shopkeepers – though the candlestick makers were commonly referred to as tallow chandlers. Tallow for candles was mainly derived from beef fat. It was softer than beeswax, was smokier when it was lit, spat a bit and was a lot smellier – but it was very much cheaper than beeswax, so it was used by all but the rich.

A chandler was the maker of candles (same derivation as 'chandelier') and John Groome was one such. An example of the token he issued in the 1660's, at a time when small coins were in short supply, is in the Museum's collection; it has three candles embossed on the front and his name on the back.

Whereas the aim of butchers and bakers was to sell their meat and their bread, tallow chandlers did not generally rely solely on their candle making. In 1693 for instance, when William Langford died, the inventory of his goods showed that he was selling many other things apart from candles. He had a rather amazing 'four hundredweight [c.200

kilos] of tobacco' in his warehouse together with 'one Ingin and screws to cut tobacco, three pockets of hops, one hogshead [about 60 gallons] of vinegar, [some] pitch, tar, rosin, sope and starch' plus 'broomes and bedmatts'. In his shop he had the shop counter itself, some 'lynnen cloath and other small ware, suger and other Grossery ware with vinegar and strong water' plus 'sault and crockery ware' – a pretty random mixed bag, with some of the items being stocked in considerable volumes.

Someone else whose purchases were on a grand scale was Daniel Easton. He was actually a master builder living near the White Horse, but he bought groceries in substantial volumes from London warehouses. He would appear to have been a middle man. Sixteen barrels of butter weighing almost half a ton which he bought in 1764 cannot all have been for his own use – imagine: no refrigeration! Similarly, the 36 Dutch cheeses weighing in at more than 3 hundredweight (some 160 kilos) must surely have been for distribution to Steyning's grocers. Whenever local shopkeepers needed products which

were difficult to obtain locally Daniel seems to have been the man they went to. He had the means to buy on their behalf and could accept, as he had to on one occasion, an extra hundredweight of Dutch cheeses because the carrier from London insisted that, without them, it would not have been worth his while to have made the journey: his wholesaler reported that 'I could not get the man to come unless I made his load a little'. Sugar too was bought by Daniel in large volumes along with relative rarities only available from London warehouses such as nutmegs, pepper, raisins, currants, ground rice, starch and saltpetre; saltpetre being needed in this instance as a meat preservative.

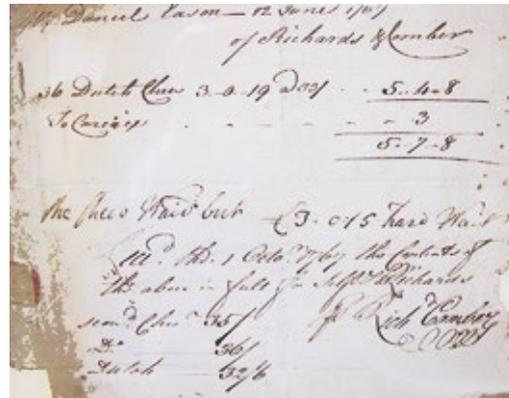
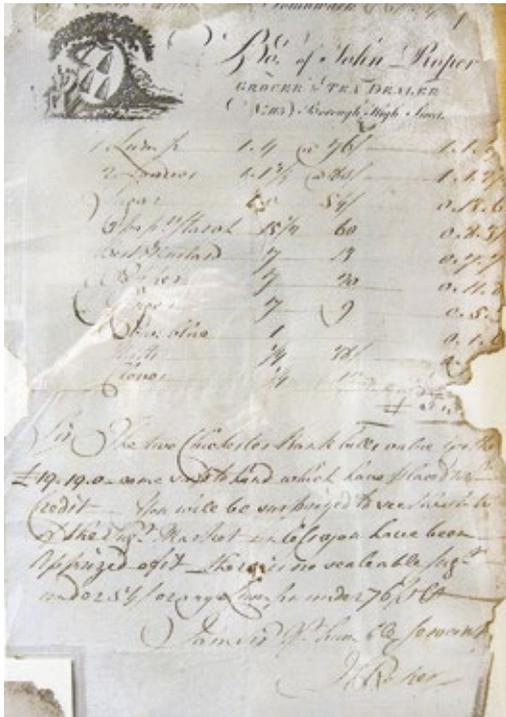
Tea, too, appears on Daniel Easton's bills with a distinction being made between 'Hyson tea' and 'Congou tea' – both from China, the first being a 'green' tea and the second a 'black' tea. Tea was an expensive product with various controls over its sale and distribution

so when Daniel bought 12 lbs 8 oz of 'black tea' from London in 1787 he had to obtain a special permit for its transfer to Steyning.

Some of this tea made its way to John Burfield a Steyning grocer. He in turn sold it to people coming in for their weekly shop, among them William Peckham. His account with John Burfield showed that every few weeks he bought a quarter of a pound of Hyson Tea for 2s (10p) and Condou tea for 1s – together with baskets of salt, butter at 10d (4p) a pound, sugar, pepper, cheese, a half-pound of tobacco for 1s 3d and, of course, tallow candles at 8d a pound and some rush lights.

So, as the 18th century drew to a close, Steyning people were able to buy not only local produce but also goods from across the world.

Article by: Chris Tod - Steyning Museum.





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