

F E B R U A R Y

2023



*your*  
STEYNING, BRAMBER  
& BEEDING MAGAZINE



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**USEFUL NUMBERS**

**Steyning Library:**  
 Opening Hours: Monday - Friday: 10:00 - 5:00pm  
 Saturday: 10:00 - 2:00pm  
 E: [steyning.library@westsussex.gov.uk](mailto: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 487227  
 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](http://www.steyningpc.gov.uk)  
 T: 01903 812042 - E: [spcclerk@btconnect.com](mailto:spcclerk@btconnect.com)

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

**The Steyning Health Centre:**  
 Tanyard Lane, Steyning, BN44 3RJ  
 Telephone Appointments: 01903 843400  
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## Repair Café Update

The repair café has now been operating for 2 years. We started when Covid restrictions were in place, and repairs were delivered to the repairer's home. Since August 2021 we have been operating from the Beeding and Bramber Village Hall, usually on the 2<sup>nd</sup> Saturday of the month, 14:00 - 16:00. Our aim is to repair things where possible and give people peace of mind about throwing something away, knowing it really is unrepairable.

The café has been remarkably successful. We repaired 50 items in lockdown and then a further 200 in the village hall in 2021. In 2022 we received 360 items and of those, we successfully repaired 260.

The volunteer repairers have enjoyed doing this but need a huge **'Thanks'**. They have taken over 150 items home to mend in their own time.

Although we ask for a donation, it is voluntary, and if anybody feels cash-strapped they should not hesitate to bring along repairs – we want to help all parts of the local community, irrespective of your ability to donate.

Anybody who has come along will know that we provide a selection of tasty cakes, good



quality teas and coffees, and we don't aim to make any profit on these, so they are very good value, and indeed some people come along just for cake and a chat. The Repair Café has a lovely atmosphere of community cooperation.

Many of you have also taken advantage of our sharpening service which has proven very popular. We've sharpened over 400 items, ranging from knives and scissors to secateurs, shears, loppers, axes and even scythes. Because of the volume of items, we make a £2 flat charge per item. It's still good value.



More recently, Greening Steyning has also been operating a **Home Energy** advice centre in the Village Hall at the same time as the Repair Café.

Our advisers will offer advice to improve the use of energy in your home, how to reduce your bills and whether renewable energy, such as solar panels is a worthwhile investment for you and what grants may be available. You can find further details and book an appointment on <https://greeningsteyning.org/2030project/energy/>

All our volunteers do a fabulous job, and we are lucky to have volunteers who will repair bikes, computers, electronics, watches, clocks, clothes, bags, small pieces of furniture, other wooden items, and

mechanical household appliances. We even helped the Grammar School repair their greenhouse louvres at the Towers.

If you aren't sure whether something is suitable for repair, just email us on [repaircafe@greeningsteyning.org](mailto:repaircafe@greeningsteyning.org) or post on the BN44 repair café Facebook page.

We'd love more volunteers! If you would like to find out more about volunteering, pop along and see us, or email as above.

We look forward to seeing you in 2023, but note we won't be there in April because it clashes with Easter.  
The BN44 repair gang



## Still time to take part in the Survey

Have you filled in the Climate Action Tracker Survey yet?

Greening Steyning is keen to find out what steps people are taking locally to cut their carbon footprints and help tackle climate



change.

The Survey closes on 28th February.

It only takes 5 minutes to fill in - just go to: [www.greeningsteyning.org/tracker](http://www.greeningsteyning.org/tracker)

## Sow & Grow Quest added to Mystery Trail

The very successful Mystery Trail, which has been running in Steyning High Street for nearly a year now - funded by the HDC Welcome Back grant - has just launched another **FREE** element to the project: the **Big Sow & Grow Quest**.

Participants check in at the Library to receive all necessary entry forms etc., and then, on successfully completing the mystery trail, return to this venue to receive a prize - a packet of beautiful wildflower seeds to sow in your garden or flower tub.

The Steyning & District Community Partnership want to give a big thank you to Steyning in Bloom who have completed the necessary planting of bulbs in the High Street Car Park flower bed, alongside the Parish Council notice board.

This is the first part of call, as amongst these bulbs is a wooden sign that displays a riddle as part of the quest, together with describing how the Big Sow & Grow promotion works!

More information can be found on the organiser's website - [whistlestoparts.org/grow](http://whistlestoparts.org/grow)

Just in case you have forgotten about the complete detail of the Mystery Tour, take a peek at [whistlestoparts.org/mysterytrails](http://whistlestoparts.org/mysterytrails) to catch up.

Along with being good fun, this project also



encourages being out and about in the fresh air, together with enjoying the shops and eateries that abound in Steyning High Street.

*Good news all round!*

## Henfield Youth Theatre present Teechers

Henfield Theatre Company's next Youth Group's venture is the heart warming, hilarious 'love letter to the arts', the comedy "Teechers", written by John Godber.

Directed by Karen Blunden, this is the Group's third and, without doubt, most demanding play to date with all six cast members taking on multiple roles in the play within a play. Written in 1984, "Teechers" focuses on three year 11 students, their passion for Drama and the impact this subject has on their lives; Godber insinuating that drama should form an essential part of the school curriculum.

Although the set, costumes, lighting etc are reduced to the bare minimum, the cast of 6 have worked tirelessly with huge enthusiasm and imagination to meet the demands "Teechers" presents.

Production dates are Friday 24<sup>th</sup> February 2023 and Saturday 25<sup>th</sup> February 2023 at 7:19:00, with a matinee on the Saturday at 14:30, in The Henfield Hall. The evening performances will also include a fun school dinner – either a meat or vegetarian option (like school dinners of old) and sitting to eat from 19:00.

Kindly sponsored by Andy Blunden Ceramic Wall & Floor Tilers Ltd, tickets to see this talented group of young actors will become available online via <https://www.henfieldtheatrecompany.com/> or at Steven's Estate Agents from Monday 23<sup>rd</sup> January 2023 at a cost of £20 for the evening performances (including dinner) and £8 for the Saturday matinee performance (without dinner).



## Front Cover: Dog Portraits 'Oliver' by Liz Wilkinson



'I like dogs. You always know what a dog is thinking. It has four moods. Happy, sad, cross and concentrating.'

From Curious Incident of the Dog in the Night Time – Mark Haddon. Put simply, Liz's dog portraits aim to capture elements of those four moods and make you smile.

Liz Wilkinson lives in Steyning and owns two cats, one dog and about ten goldfish. Art is her way of relaxing. In addition to her dog portraits she also paints cats and enjoys all kinds of printmaking.

Commissions welcome. Visit: [www.elizabethwilkinson.com](http://www.elizabethwilkinson.com).





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## Steying Community Orchard: Looking Forward...

The New Year has arrived and Spring will soon be making its presence felt. Something to look forward to!!

What will be around the corner for us I wonder? For it is a pattern evolved over the millennia, the days lengthen, the weather becomes warmer. *'Things'* begin to happen underground and a stirring commences. Fresh green leaves appear with budding of flowers and bees starting to buzz.

Perhaps it is not only us that get excited by the changes so well established. The birds and the bees certainly show an awakening, so why not flowering plants, grasses, trees and shrubs? Perhaps they also, in a way, beyond our understanding, get excited and optimistic - wondering if their flowers will be abundant and if their fruiting will be the best ever!

*I like to think that they do.*

The Community Orchard celebrated a Wassail in January to awaken the fruit trees and scare



away all the demons and diseases. Soon we will see their buds beginning to burst and a different colour showing in their branches.

By the end of this month, we will have planted seven more trees, four in our main Orchard on the Memorial Playing Field and three in the new Abbey Road Orchard. Over seventy fruit trees will have been planted in *'our'* orchards as well as the hundred or so in other new orchards like the ones in Bramber, Henfield and Thakeham, and we mustn't forget the many more also planted in the private gardens of Steying, Bramber and Beeding residents.

One of the greatest joys in these newly planted orchards and individual trees, is seeing the wildlife beginning to enjoy them; bees and other insects feasting on the pollen and nectar and birds hunting in the branches for food or using the cover to hide from

predators.

How many of us have thought about why plants produce nectar? What is in it for them? Evolution shows that as plants evolved from mosses, grasses and fungi, they found they were able to entice insects to visit them with something sweet.

These insects would accidentally pick up the pollen in the flower, then carrying it to the next flower which would pollinate it and so produce fruit. All so easy!! Maybe plants are not so foolish and have ways of working out how to solve problems and make their species stronger and more successful.

So, let's hope that all our trees, awakened from sleep by the ceremony of the Wassail and with the warmth of early Spring sun and April showers, will bring forth May flowers and finally an abundance of fruit for us all to enjoy in the autumn, as juice, baked, stewed, apple pies, or best of all fresh and juicy straight off the trees.

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**10AM-2PM**  
**STEYNING MARKET**

**POP ALONG TO PENFOLD CHURCH HALL**  
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Chelsea RHS Flower Show  
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demonstrating his floral designs  
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'Just in the  
Moment'

Wednesday  
22nd February 2023  
The Steyping Centre  
Steyping BN44 3XZ  
7pm for 7.30pm

Visitors Welcome  
Tickets on the door  
£6

Greetings  
ISLAND

## January: Diary Events

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

### Wednesday 1st February

Steyning Museum  
10:00 – 16:00  
Steyning Centre, Fletchers Croft, Steyning

### New Exhibition - STEYNING HIGH STREET - then and now

From the museum's large photographic archive we have selected some outstanding images of the High Street, some dating back to the nineteenth century. Along side the images will be a up to date photographs, showing the same location as it looks today. The exhibition will be enhanced with shop related documents and artefacts including the bakery bread wrapping paper that celebrated the Coronation of the late Queen Elizabeth II.

### Wednesday 1st February

Steyning Parish Council: Community Film Night  
19:30 – 22:00  
Steyning Centre, Fletchers Croft, Steyning

### Screening: WHERE THE CRAWDADS SING

From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumours of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. Tickets are available from the Steyning Centre at £6.00 per person which includes Tea or Coffee during the interval. Wine can be purchased at

£2.50 per glass. Doors open at 19:00 for a 19:30 start.

### Friday 3rd February

Vintage Years Club  
13:45 – 16:00  
Steyning Centre, Fletchers Croft, Steyning

### Talk and Food Tasting by Apetito

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 Rachel from Apetito who will give us a short talk and bring sample food products for us to try, if we wish. Our very own Sally will then give us some keep fit exercises which we can do from our chair. Refreshments of tea/coffee and biscuits will be served afterwards and time for a social chat with your friends. Entrance fee is £3 and Annual Membership is £8 (each April). Transport can usually be arranged from Upper Beeding or Steyning. For transport or other information please contact Bev Francis 01273 493894

### Friday 10th February

St Columba's Community Farm Day  
10:00 – 15:30  
St Columba's Community Farm Chanctonbury Ring Road, Wiston

### Volunteers

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. There will also be



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Thanksgiving Prayers at 16:00 for those wishing to attend. For further information please phone Su on 07860638167. **NOTE: ALSO ON Friday 24th February & Saturday 25th February**

**Saturday 11th February**  
Greening Steyning  
14:00 – 16:00  
Bramber & Beeding Village Hall

**BN44 Repair Cafe**

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

**Monday 13th February**  
The Arts Society, Steyning  
10:00 – 12:00

**All Done On Ginger Beer by Sarah Benton**

In the early 1900s, Lilian Baylis took charge of the Old Vic Theatre, then a Temperance Hall selling coffee and ginger beer, and was asked to put on entertainments for local working-class people. Using ginger beer crates for scenery, she staged opera, Shakespeare and ballet, leading her to create the English National Opera, Royal National Theatre and The Royal Ballet. This talk charts the achievement of Lilian Baylis and the stars she worked with. Free to members, £10 donation for visitors.  
steyning@theartsociety.org  
www.theartsocietysteyning.org.uk

**Wednesday 15th February**  
Steyning Museum  
10:00 – 13:00  
Steyning Museum, Church Street, Steyning

**Children's activity morning, for primary age (4-11).**

Activities to include: art and craft activities, puppets, bagatelle, dressing up in our wonderful

costumes, toy table and many more. £2 entry - tickets available from February 1st in the museum.

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

**From Blue to Gold A Life in the Royal Navy**

An illustrated talk by Julia Simpson. Julia is an adventurous traveller and an experienced meteorologist. She gave us a talk on the Silk Road in 2019 and is a former Director of the Sussex Wildlife Trust. Doors are open at 19:00 when a glass of wine or sparkling elderflower juice is available (monetary donations gratefully received). There will be a bring and buy table of books, CD's and jigsaw puzzles. Our talk commences at 19:30. Free to members or £3 guests. All welcome to attend. [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**Monday 20th February**  
Steyning Downland WI  
14:30 – 16:30  
Steyning Centre, Fletchers Croft, Steyning

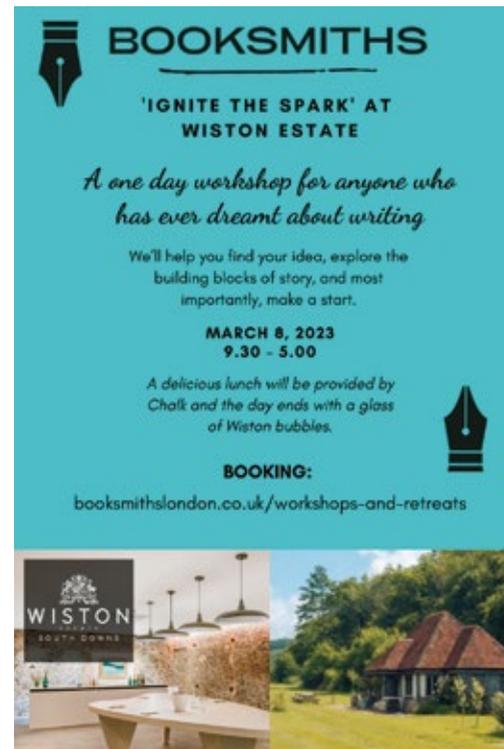
**Steyning Area First Responders**

Dr David Lott speaking on behalf of the Trustees of Steyning Area First Responders will give us an overview of their work. Visitors and new members welcome. For more information please phone 01903 812570

**Friday 24th February**  
Henfield Youth Theatre  
19:00 – 22:00  
Henfield Theatre Company The Henfield Hall, Coopers Way, Henfield, BN59EQ

**Presents: Teechers**

Company's next Youth Group's venture is the heart warming, hilarious 'love letter to the arts', the comedy 'Teechers', written by John Godber. Directed by Karen Blunden, this is the Group's third and, most demanding play to date with all six



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cast members taking on multiple roles in the play within a play. Written in 1984, "Teechers" focuses on three year 11 students, their passion for Drama and the impact this subject has on their lives; Godber insinuating that drama should form an essential part of the school curriculum. Although the set, costumes, lighting etc are reduced to the bare minimum, the cast of 6 have worked tirelessly with huge enthusiasm and imagination to meet the demands "Teechers" presents. Production dates are Friday 24<sup>th</sup> February 2023 and Saturday 25<sup>th</sup> February 2023 at 19:00, with a matinee on the Saturday at 14:30, in The Henfield Hall. The evening performances will also include a fun school dinner – either a meat or vegetarian option (like school dinners of old) and sitting to eat from 9:00. Kindly sponsored by Andy Blunden Ceramic Wall & Floor Tilers Ltd., tickets to see this talented group of young actors will become available online via <https://www.henfieldtheatrecompany.com/> or at Steven's Estate Agents from Monday 23<sup>rd</sup> January 2023 at a cost of £20 for the evening performances (including dinner) and £8 for the Saturday matinee performance (without dinner).

### Wednesday 1st March

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

Steyning Centre, Fletchers Croft, Steyning

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

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## Sue Banks is the florist behind Abbey Meadow Flower Co.

She's very local and studio based in Abbey Road , Steyning.

Sue trained in floristry at Plumpton College and gained further experience working for a wedding floral specialist and in a busy florist in Horsham, before deciding to start her own business. Previously an artist and muralist, Sue has an exceptional eye for colour and design. You can see some of her artwork around Steyning. A regular countryside walker, Sue's inspiration and style of floristry leans towards natural arrangements, cleverly combining interesting foliage with beautiful blooms. With a preference towards sustainability, where possible, Sue sources her flowers from local growers and chooses not to use floral foam.

In the coming months Sue will be celebrating the beauty of spring by running seasonal workshops for you to try your hand at making

growing spring wreaths, floral crowns and Easter arrangements, all ideal for group celebrations and hen parties. All materials provided as well as a glass of bubbly and nibbles. All classes held at Abbey Road and, if weather permits, in the garden.

Another exceptionally busy time is Valentines and Mothering Sunday. Sue aims to produce, beautiful, unique bouquets using seasonal flowers and foliage (red roses may feature depending on availability).

Follow Sue's Instagram and Facebook for more details and information:

[abbeymeadowflowerco](https://www.instagram.com/abbeymeadowflowerco)

She can be reached by phone:  
**07940 536567**

or email: [suebanks1@yahoo.co.uk](mailto:suebanks1@yahoo.co.uk)





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## Butterfly Report

STOP PRESS! The latest SDS Butterfly Report is just out and can be read on our website: <https://steyningdownland.org/wp-content/uploads/2022/12/ButterflyReport2022.pdf>

Every year the SDS team of trained butterfly monitors check on the status of our butterflies, which are an important indicator of the overall health of our downland habitats.

It's not particularly good news this year overall, but that's probably down to the very odd weather conditions (cold spring followed by a steaming hot summer).

Next year we'll be on the lookout for more people who would like to be trained up to record our local butterflies - watch this space for more information!



(Brimstone photo: Vicci Johnson)



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## Brimstone

It's around about now that I start getting a bit bored of winter. Don't get me wrong, I enjoy a bit of bleak beauty: bare trees, frosted landscapes and all that. But now I need something to get my heart racing. Send me a sign – some life in the graveyard of winter, a promise of those dynamic spring months ahead, a flash of colour. In February my light at the end of the tunnel is an oncoming butterfly.



On sculpted, vibrant yellow wings the Brimstone makes his elegant entrance into the New Year on those bright February days when you feel the warmth of the sun on your face.

Its distinctive yellow wings have given birth to a legend – that this *'butter-coloured fly'* inspired the word butterfly. This claim may not entirely be true. Also untrue is the notion that these February Brimstones are the first signs of the year's new life. Because by the time Brimstones appear in February they are already on their last (six) legs.

Fresh Brimstone butterflies emerged from their chrysalises in late summer, so by February they could be seven months old – and in butterfly years that's ancient. Admittedly almost all of that time they've been asleep in a hedge, sheltered from the storms under Holly and Ivy. Yet despite the worst winter weather they always emerge immaculate in the spring. They must be made of Teflon.

When they awake the (bright yellow) males search for a mate, they mate, the (pale



yellow) females lay eggs and then both die. Still, an adult life of over ten months earns them the title of our longest-lived butterfly. An insect OAP.

The Brimstone's caterpillars feed on the leaves of Buckthorn and Alder Buckthorn, unobtrusive shrubs which, like the butterfly, are widespread across Sussex.

When I first became the proud owner of a garden it was only a matter of days before I evicted the gnomes and planted an Alder Buckthorn. The following spring I was excited to watch a Brimstone laying her tiny skittle shaped eggs and I studied the caterpillars as they hungrily defoliated my tree.

It's funny, people often complain to me about caterpillars eating their plants – especially cabbages (the food of Small and Large White caterpillars). Why people are concerned is beyond me. Cabbages are horrible. The only reason I would ever plant a cabbage is for the pleasure of watching something else eat it.

The first Brimstone sighting in February doesn't exactly mean that spring is starting



but it's certainly a sign that winter is starting to end. And right now that's good enough for me. Either way this yellow butterfly is a welcome messenger of what's to come – the first sulphurous spark to ignite the blaze of spring.

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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## What to look out for in a broker.

**Are they independent?** - Speak directly to your bank and you'll get mortgage advice but only from one lender. Some estate agents have mortgage advisers that work from a limited panel of lenders maybe 10-14. The best option to give you significant access to the whole market is an independent broker with no or little restrictions in who they can approach to obtain a mortgage for you.

**Do they charge a fee?** - Whenever you speak with or meet a broker the first thing that will need to be explained to you is if they charge a fee for their service and if so, how much? This fee can vary from broker to broker and could be charged at different stages of the mortgage process. Again, all this will be explained to you at the outset.

**How many people work for the company?** - This may not be such an obvious question but the majority of mortgage enquiries are time sensitive particularly when you are buying a home. What happens if there is only one person working for the business and they go on an extended holiday or are sick? Who will pick up your mortgage then?

**Does the broker have a good reputation?** - Always check out Google or FaceBook for example as this will be a good guide.

**Are face to face appointments available?** - Since Covid a lot more clients are happy to deal with a broker over Zoom or Teams but if you still like sitting down to discuss important things then ask the question.

**Is the broker local?** - This one is probably not as crucial but it does help (in particular first time buyers) if there is a local



knowledge of the market when discuss mortgages. It may be more of a question for you the client as there are lenders that will only lend if you are buying a property in a particular area. Kent Reliance building society used to be one where unless the property postcode was in Kent, they wouldn't lend. This has now changed over the years.

**How did you hear about the broker?** - Local advertising and word of mouth are the two most popular ways of finding a broker. Personal recommendations are key and here at Compass we actively encourage our clients to do this where possible.

**How experienced is the broker?** - The mortgage industry never stays the same for long and there have been huge changes than just 5 years ago. Being a broker over a long period is really useful as it enables them to draw on their experience when looking at mortgages for you.

There are lots of lenders out there and vast swathes of criteria to trawl through so a broker that has an in depth knowledge developed over many years is a real bonus.

There may be other things that are important to you but these are just some of the areas to consider when trying to find your broker to help you through the maze that is mortgages.

**If you want independent, experienced advise please call Compass where one of our team will be on hand to help.**



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## February: Steyning for Trees

Many thanks to the Parish Council for suggesting that they might provide a Tree Guard for the Queens Green Canopy Tree awarded to SFT and planted by the Lord Lieutenant at Fletcher's Croft. This would keep it safe for many years to come. We hope also to be able to provide an inscription for it and also on the Aluminium planter we also received. This has been usefully employed by housing the Saxon Room Christmas Tree - great to see it already being used for the community.

Many thanks to Action in Rural Sussex and the Worthing Herald for enthusiastically publishing our articles, hopefully this will encourage other towns and villages in Sussex to plant trees and wildlife corridors to make Sussex one of the most wooded counties in the UK again.

Many thanks to Zoe and Gary Prior for their encouragement to display the beautifully embroidered SFT Banner (thanks to Val Rush) at their wonderful Christmas Concert with the Cantatrice and Kaleidoscope Choirs. Gary and Zoe are both keen tree planters and want to encourage more trees on verges.

Official data by Forest Research and Defra has been published saying urban trees 'are worth £3.8bn to the UK economy. Trees planted outside woodlands - including in hedgerows and trees lining urban streets - make up almost a quarter of Britain's total tree population.

They play a vital role in storing carbon, regulating temperatures, strengthening flood defences and reducing noise and air pollution. This research very much endorses SFT's work on the verges and hedgerow projects.



*The Government says the significant value of trees in the UK will be used to help show councils, land managers and local communities the value of planting more. The Government aims to treble planting rates in England by the end of the current Parliament as part of its wider net zero goals.'*

The Forestry Minister Trudy Harrison said the figures showed 'the immense environmental benefits trees bring to society'.

We are delighted to see that the South Downs National Park initiative to plant more trees with the ambition to eventually create a massive carbon sink is gathering momentum. 12,000 trees last year and 28,000 this planting season, SFT has been involved in both and we are very grateful to the SDNPA

for giving us funding.

The research by SDNPA, Sussex Nature Partnership and the Woodland Trust has produced a detailed 'Woodland Opportunity Map'. This project is a key strand of the National Park's ambitious 'Re-nature' campaign to create new habitats where wildlife can flourish.

Many thanks to all at St. Mary's Bramber. Thanks to our valiant volunteers braving the cold, we have managed to plant our hedgerow when the ground was not waterlogged or frozen.

Many thanks to their Head Gardener for his support and help. Hopefully this and our linking hedge planted earlier will enable species to move through Steyning via these Wildlife Corridors to the Adur River Project.

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## Sugar and Spice Club

Our club is all about the love of anything 'sugarcraft'.

It is to make what goes on a cake and could be a model, flowers or anything you can think of to make the cake beautiful for someone's special day.

Please consider joining us as we are a mixed bag of experience so don't be daunted if you have none and want to learn a new craft.

Or add to your existing skills and learn something more. We have a lot of fun at our meetings, some months we have a demonstrator and some months a workshop. Additionally; we do full day workshops to play and learn something new.



We all get stuck with something at some time, like with a family wedding or a special birthday cake and there will always be a member who can help you out so please do not be embarrassed to ask. It can be daunting but a joy to take these things on and be part of somebody's special day.

We meet on the 4<sup>th</sup> Thursday of the month between February and November inclusive.

Our next meeting is on February 23<sup>rd</sup> as normal at Washington Memorial Village Hall, Washington. Doors open at 19:00 and Sue Rudge and Lynette Cozzi will be showing how to make and decorate a wreath.

Then in March it will be your turn to have a go with our help if you need it.

So come along and meet us.  
Contact Sue Rudge on 01903 695700.



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## None of us know what's round the corner.

I don't often get the chance to sit down and watch much on the TV, but I recently delved head first into a couple of episodes of 24 hours in A&E. I realised 3 things... I'm not great with blood, secondly, our NHS staff do an incredible job under horrendously stressful situations and finally, none of us know what the future has in store for us.

Whether it's a freak accident or the slow decline in mental capacity, none of us really know what's around the corner. We speak to people daily about the conditions of Lasting Powers of Attorney, and there's a common theme that most people think you only need one when you get old. My few hours of binge-watching demonstrated that life is full of surprises and if we really want to make sure our best interests are future-proofed, it's worth investigating the options before something happens.

A Lasting Powers of Attorney (LPA) is a way of giving someone you trust, the legal authority to make decisions on your behalf if you lose the mental capacity to do so in the future. There are 2 types of LPA, one is based on financial situations including the sale of property and money management the other is to do with the provision of health and care. They are not mutually exclusive and can be either planned together or written separately. It's probably also worth pointing out that they are not linked to your Will and effectively the agreements die with you.

The benefits of having an LPA in place are that you get to choose who makes your decisions for you, if for any reason you no longer can. For many, there is certainly some comfort in knowing that whatever awaits us, you have plans in place to make sure someone has your best interests at heart.



Emma Cohen **FIPW**

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## Neck Pain?

Neck pain is very common. Most people will suffer one or more episodes of neck pain during their lives. In many cases, it starts suddenly and gets better quickly, without the need for any treatment.

However, neck pain can be painful, debilitating and persistent, and some people suffer repeated episodes. It can also be associated with other symptoms, such as arm pain or headaches. Neck pain may start following a traumatic incident, such as a road traffic collision, or it may start gradually, with many factors influencing it.

Simple neck pain can be caused by many things and lead to tension in the neck or shoulders. Poor sleeping patterns or an awkward sitting position can cause strains and sprains in the soft tissue of the neck. Sports injuries and minor falls, especially with children can all bring on a pain in the neck!



As we get older, wear and tear may contribute to neck pain. The shock-absorbing pads between the bones of the neck (known as intervertebral discs) can narrow with age and this can cause stiffness, pain and make it difficult to move.

Simple neck pain is relatively common. Less frequently, the nerves in the neck can become trapped, compressed or irritated. There can be many reasons why this happens but damaged discs or wear and tear can lead to pain spreading to the shoulder and arm. This can be accompanied by pins and needles, tingling, numbness and weakness in all or part of the arm or hand.



Although it can be very painful, neck pain rarely has a serious underlying cause. Seeing a qualified health professional, such as a chiropractor, who is experienced in diagnosing conditions of the neck and spine, can help treat neck pain, and will also identify if a referral or specialist investigation is needed.

Mark Jones, at Well Adjusted Health comments that Neck Pain is one of the main reasons that people come to visit him at his practice. *'Many people are put off going to see a chiropractor as they hear about the neck and back cracking, but here at Well Adjusted we offer a really gentle technique that is much more comfortable and I think, much more effective. I even treat new born babies!'*

*'Many patients like to come and talk to us about their condition and the treatment we offer before they commit, and we are always happy to do that.'*

**If you are experiencing aches and pains, or would like to chat to Mark about this in more detail you are welcome to come in for a FREE 15 minute assessment.**

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# February Book Reviews

## Children's Books



**The Night Animals** by Sarah-Ann Jukes. Illustrated by Sharon King-Chai.

Simon & Schuster paperback £7.99. Sussex author Sarah-Ann Jukes' debut children's novel, *The Hunt for the Nightingale*, was a heart-wrenching yet gentle story about a bird-watching boy

coming to terms with the loss of his sister. Her new book *The Night Animals* similarly deals with sensitive topics in a touching, compassionate way. Nora and her single mum, a paramedic, are doing Just Fine... except they're not. Nora's mum has PTSD, and Nora's caring responsibilities are growing, day by day. The sudden reappearance of the ghostly, shimmering 'night animals' that Nora used to see when she was little, leads Nora and her new friend Kwame on the adventure of a lifetime. *Can the magical fox, hare, raven & otter help Nora find strength needed to help her mum? A moving, hopeful story for readers aged 9-12.*



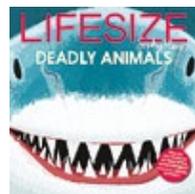
**The Rescue of Ravenwood** by Natasha Farrant.

Faber paperback £7.99. We loved both Natasha Farrant's previous middle-grade books; the Costa-award-winning *Voyage of the Sparrowhawk* and *The Children of Castle Rock* both feature plucky, resourceful children who bravely stand up to authority and fight for

what's important to them -- without a magical portal or a talking animal in sight! *The Rescue of Ravenwood* is the story of sort-of siblings Bea and Raffy, their blended family and the place they call home: Ravenwood, a crumbling country estate with its own cove, in the North of England. When Ravenwood comes under threat of demolition and redevelopment, Bea, Raffy and their new friend Noa spring into action to save the place they love, and its precious wildlife. Cue daring direct action protests, a thrilling train chase across Europe,

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and the appearance of long-lost relatives... plenty of thrills, spills and excitement! *A powerful ecological message and sensitive rendering of complex family dynamics, this novel is refreshingly modern yet reassuringly old-fashioned. For readers aged 9-12.*



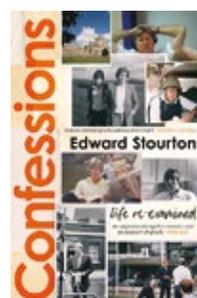
**LIFESIZE Deadly Animals** by Sophy Henn.

Harper Collins paperback £8.99. The marvellous writer/illustrator Sophy Henn is a firm favourite at the Steyning Bookshop, she's a proper all-rounder with a

dazzling array of picture books, chapter books AND non-fiction to her name. Her LIFESIZE series of interactive, factual picture books are bursting with information and incredible illustrations, and now she's turned her pen to everything ... DEADLY!

*From black caiman jaws, burmese python, and a mysterious slow loris to sharks and much more, the book invites children to see how they measure up against the world's deadliest animals. Features a surprise giant fold out creature! Perfect for curious minds from 4-9.*

## Adult Books



**Confessions** by Edward Stourton.

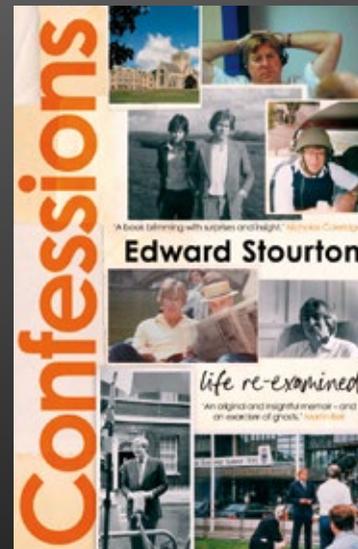
Hardback £20 Doubleday. Steyning Festival regulars may recall veteran broadcaster Edward Stourton's event at Wiston House a few years back when he spoke very engagingly about a little-known WW2 escape route, the Chemin de la Liberte.

Ed has now published his *Confessions*, a surprising, and searingly honest memoir of his life and journalistic career. It is an entertaining read, charting Edward's journey from his privileged childhood – the son of wealthy ex-pats in Nigeria, through his education at Ampleforth and Cambridge University, and the thrills of his early career as a foreign correspondent, right through his years at the helm of Radio 4's *Today* programme. Most

# The Steyning Bookshop February Event



"A searingly honest insight into the life of one of our great journalists. Hugely entertaining too."  
John Humphrys



## CONFESSIONS

### An Evening with Edward Stourton

*In Conversation with Richard Burge*

THURSDAY 9th FEBRUARY 7.30pm  
at Brotherhood Hall, Steyning

Tickets £16 with signed book  
£6 ticket only

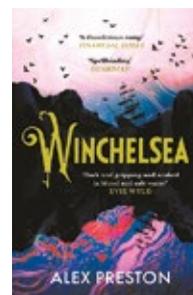
An amazing chance to hear about the life & times of this veteran broadcaster

interestingly, the book charts his 'awakening' (as he calls it!), as he reflects, with humour and candour, on how the life he has led and the events that have shaped him have changed his view of the world.

*Edward will be talking about CONFESSIONS at our event on Thursday February 9th.*

she discovers what life can be like without the constraints or expectations of being a gentlewoman – and develops a taste for danger that makes her blood run fast!

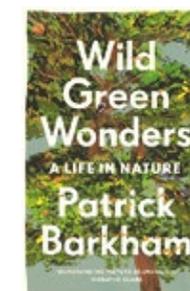
*The salty, imaginative language, patchwork narrative and modern-feeling characters add a contemporary feel to this cracking story – think 'Moonfleet' for 2023!*



**Winchelsea** by Alex Preston.

Canongate paperback £9.99  
A ripping yarn of Sussex smugglers, awash with murder, treason, and high-seas skulduggery. Winchelsea, 1742. Goody Brown, the adopted daughter of a herbalist and a physician/smuggler,

finds herself entering the cutthroat world of smuggling after the murder of Ezekiel, her father. Along with her adoptive brother Francis (Winchelsea's first dark-skinned resident, rescued from a slave ship) Goody is determined to seek out her father's killers and bring them to justice. Facing high seas and desperate villains,



**Wild Green Wonders: A Life in Nature** Patrick Barkham.

Guardian Faber £10.99. From the tale of the mouse-eared bat, to that of peregrine falcons nesting by the Thames; from an encounter with Britain's last lion tamer, and the war of the red and grey squirrels, this collection of 20 years

of Patrick Barkham's articles for the Guardian is joyful, fascinating and enlightening. *Patrick Barkham is a wonderful storyteller, one of our favourite nature writers and all-round nice person, and this is a lovely collection of some of his best writing.*

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[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

**Steyning & Ashurst Friends of St. Barnabas House.**  
01903 814337

**The Friends of Steyning Parish Church.** 01903 813232

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

**The Steyning Friends of Chestnut Tree House Children's Hospice.**  
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**The Royal British Legion Steyning & District Branch.**  
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01903 814726.

**Steyning Camera Club.**  
[info@steyningcc.org.uk](mailto:info@steyningcc.org.uk)

**Steyning & District Flower Club.** 01903 815803

**Steyning Downland Women's Institute.** 01903 812570.

**Steyning History Society**  
Secretary: Mrs. P. Blackie,  
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**Steyning Horticultural Society.** 01903 814049.

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**Steyning National Women's Register**  
01903 815577 [nwr.org.uk](http://nwr.org.uk)

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**Sugar and Spice Sugar Craft Club.** 01903 695700.

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01903- 812622.

**Steyning Litter Pickers.**  
[susanjlover@outlook.com](mailto:susanjlover@outlook.com)

**Steyning Parish Church.**  
[steyningparishchurch@gmail.com](mailto:steyningparishchurch@gmail.com)

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**Singability.** 07845 546365.

**Steyning & District Good Neighbours Association.**  
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**Steyning Downland Scheme Group.** 01903 812404.

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

**Special Task Force.**  
01903 765340.

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

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The Steyning Downland Conservation Volunteers. sdsvolunteers@gmail.com

Volunteering in the Horsham District. 01403 273985.

Young People's Sunday Conservation Group. 07791 437790.

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Shoreham Snooker Club 01273 452320

Short Mat Bowls. 01903 816474.

Southdown Gliding Club. 01903 742137.

Steyning Athletic Club. www.steyningac.co.uk

Steyning Bowling Club 01273 887953 www.steyningbowlsclub.com

Steyning Scuba Club. 07786 243763.

Steyning Stars Gymnastic Clubs. 01903 800024.

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

Steyning Ladies Table Tennis Club. Nikki 07740864552

Steyning Rugby Club. 07719 153971.

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

### HEALTH:

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

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Parkinson Support Group. 01273 969603.

Pilates Personal Training. 07941 078 091.

Steyning Healthy Walks. Health Centre, Tanyard Lane.

Steyning Patients Participation Group. Health Centre, Tanyard Lane,

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1st Steyning Brownies. 1ststeyningbrownies@gmail.com

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2nd Steyning Scouts. Beavers, Cubs. 815807.

Chanctonbury Ring Woodcraft Folk. steyningwoodcraft@gmail.com

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

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## Watt's for Tea?

On many visits, over the years since 1964, to an old Electrical Engineer friend, the moment would arrive to be asked whether I would like some tea or coffee?

He would measure and pour 2.5 cups of water into his electric kettle, set out cups, spoons, sugar, tea bags and a plate of munchies.

Then switch on the kettle and wait for it to automatically switch off at boiling point.

Pour the boiled water into the teapot, do the necessary and we'd settle down for more conversation while we munched away.

*Many years back I asked him why always the same 2.5 cups of water procedure for tea.*

It's simple - I only ever boil the amount of water that I need to do the job as am careful not to waste the watts because it's wasting these that ends up causing unnecessary cost which increases as the cost of electricity increases, in most cases, yearly.

It's surprising just how many times per day one boils water - if not for tea then for cooking or making warm water to wash something in the house or garden or even in one's car.

*But, I countered, it can't be that much!*

### Well let's see:

We filled the 2000 watt kettle with 2.5 cups of cold water - switched on and timed how long it took to trip the auto cutoff switch = **117 seconds.**

We cooled kettle down completely and repeated - now with 3.5 cups of cold water = **160 seconds - 43 seconds or 37% longer.**

This was illuminating - one of probably the most used electrical device in the home was causing **37% power wasted** with just **1 extra cup** of water in excess of what was actually required.



**Imagine what the wasted watts would be for even more excess water. to that needed, would result.**

The degree of waste amounted to paying for electricity that actually was of no benefit the household whatsoever.

*Well is only a small amount each time so does it really matter?*

The simple act of heating too much water multiplied by the number of times this is done daily and then by a million homes suddenly results in an enormous amount of wasted watts.

This excess has to be supplied by whatever generating means, liquid fuel, gas, coal, hydro electric, wind turbine, PV Panel and nuclear, is used.

**So yes it certainly does matter, not just to the end user but to every stage before the generation and afterwards down the line.**

Using the kettle as an example should encourage everyone to examine their other electrical devices to see whether a similar pattern, of over use, also results in wasted watts.

### Technical:

**The kettle used for the timing was a standard stainless steel immersion type 2000 watt rated unit.**

**Different times would be obtained by your kettle so why not experiment to see what results you obtain.**

## February Gardening Journal

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

There's a noticeable change in the light come mid-February, there is a glimmer of hope in the air as things brighten and it looks like Winter is almost behind us. Plants notice this change too and as the snowdrops pop up and the spring bulbs start to sprout, it provides us with colourful displays that help to lift our spirits. By the end of the month, and as the weather warms up, there are more opportunities to get out and about and appreciate nature as it awakens from its winter hibernation.

*Dryopteris wallichiana* is considered one of the most beautiful garden ferns. Being evergreen it provides valuable architectural form in the garden all year round. It has narrow, dark, glossy black and green foliage, making a spectacular giant clump.

Although sometimes called the "Himalayan Fern" probably for the origin of the usual cultivated strain - it is more widely distributed than that, and can be found in India, China, Japan, Mexico, South America, Africa, Madagascar, the South Seas & Hawaii.

A tough, hardy fern, Wallich's wood fern produces bright green, shuttlecock-like fronds on upright, hairy stems up to 90cm high. It makes a dramatic statement in a woodland garden or under deciduous trees.

Once established, it will even grow in dry shade. The emerging fronds are covered in fine red hair like scales, appearing gold-green as they unfurl and maturing to a dark-green once established. Up close this fern also proves to be mesmerising, with the dark

brown to black rachis (stem) contrasting with the finely dissected green pinnae.

*Dryopteris* is a fern genus of 225 species from around the world that give us the majority of our great garden ferns. The genus name comes from the Greek words *drys* (tree) and *pteris* (fern) in possible reference to this fern's typical habitat in woodland areas.

It is a good idea to put *Dryopteris* (male ferns) near *Athyrium*s (lady ferns) to encourage reproduction. They also pair really well with *Hellebores* in a planting scheme, add one of my favourite shade tolerant grasses *Hakonechloa macra*, then you have a great trio of complimentary plants.

*Dryopteris* species come in a variety of shapes and sizes. Most gardeners assume that all ferns are green but *Dryopteris* species have variation in that regard - which ironically makes many people think they are dying or drying out. The new growth on some species may be copper or cinnamon or even black.



Plant of The Month: *Dryopteris wallichiana*

alex bell

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Like most garden ferns, *Dryopteris* plants prefer light shade, almost full shade. Soil wise they grow in anything that isn't too extreme, they are particularly suited to pretty much all soil types in the Sussex Weald and Downland making all *Dryopteris* varieties an ideal addition to any shady border.

### Jobs to be done in February:

#### Ornamental Garden

- In late February cut back hard (coppice) all the *Cornus* (Dogwood) to low buds.
- If snow falls – do not let the snow sit on the shrubs, gently shake off to prevent damage.
- Prune Roses creating an open outward facing framework.
- Prune Clematis (late/summer flowering)
- Shape borders to neaten edges.
- In late February – cutback deciduous grasses.
- Remove weeds from borders as necessary.
- Prune out dead; diseased or damaged wood from trees and shrubs.
- Complete pruning of Apple/ fruit trees if not already done.
- Mulch borders if not already done in Autumn – taking care of emerging bulbs.
- Cut back *Hydrangea Preziosa* to first healthy buds on stems.
- Cut back *Hydrangea Annabelle* to a half/ third to retain a compact shape.
- Cut back side shoots of wisteria, pruning to two to three buds.
- Plant new climbers such as clematis / honeysuckle
- Prune summer flowering deciduous shrubs that flower on the current year's growth –

- eg., *Buddleja*, *lavatera* etc.
- Sow hardy annuals for summer colour.

#### Vegetable Garden:

- Buy seed potatoes and chit tubers by placing them eye end up in trays or egg boxes in a light, cool, frost-free place.
- Sow crops like broad beans, lettuce etc and place in greenhouses or coldframes for an earlier harvest.
- Now's the time if you want to think about planting asparagus – keep weed free and mulch with a thick layer of organic matter.
- Apply general fertiliser like growmore / blood fish and bone to beds.
- Mulch tree and cane fruit after pruning.
- Plant garlic.
- Spray dormant fruit bushes with a plant oil-based winter wash to kill overwintering eggs or aphid pests.

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## The Stopped Clock and a Cunning Plan

When the Rev John Goring, owner of the Wiston estate, purchased the Market House (now rebuilt at 72 Hig Street), he may have assumed that his new acquisition included Steyning's Town Clock above it, although our research suggests otherwise.

He visited his new property, whereupon he let the house below the clock to William Chatfield, a vendor of winkles and other shellfish. Next, without any consultation, Rev Goring stopped the Town Clock, which stayed, silent and still at four minutes to six, *'much to the annoyance and disgust of the inhabitants,'* as reported in the West Sussex Gazette. on 4<sup>th</sup> August 1870.

Some years earlier, the previous owner of this property, the Duke of Norfolk, had given the Town Clock and its tower to the inhabitants of Steyning. This fact had been clearly stated in the deeds, but perhaps Rev Goring overlooked it. . . or chose to ignore it.

Indeed, delving through the Wiston archives we can see that he had previously been thwarted in trying to sell the Town Clock to Thomas Stedman, a Steyning watchmaker and winder of the clock.

As a Churchman and local Magistrate, Rev John Goring had always been well known and respected in Steyning. Hence it must have created an uncomfortable situation when he put a sturdy lock on the door of the Clock-Tower, barring entry to Thomas Stedman, and impeding access to the winkle-vendor's shop.

A police constable was stationed by the locked door, which enraged the townsfolk who promptly appointed Mr. Stedman Chairman of the Clock Committee.



He acted immediately by posting a notice that the Clock and its tower belonged to the inhabitants of Steyning and could not be legally sold without their consent.

Furthermore, Stedman's notice declared that the lock must be removed and free access be given to him to wind and maintain the Clock, returning it to the correct time for the benefit of the community.

Rev Goring ignored these requests for several more days, thereby creating an uncomfortable stalemate.

Finally, some of Steyning's townspeople conceived a cunning plan. Early the following morning, Mr Chatfield, who may have enjoyed a few pints of free ale, allowed himself to be enticed away from his fish shop and across the High Street to the Chequer Inn, where he was engaged in a lengthy *'conversation'* with his friends .

When Chatfield at last made his way back home, he might have noticed what everyone else was cheering about - the hands of the clock were no longer stuck at four minutes to six.

The local locksmith had forced or picked the lock, whereupon Stedman had gained access, wound and corrected the time, to the joyous relief of Steyning inhabitants, who could once again order their days by the Steyning Town Clock.



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