

M A Y

2023



**Steyping
Country
Fair**
29th May 2023
11am to 4pm



SteypingARTS



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STEYNING, BRAMBER
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Sign up to our monthly newsletter **Community Matters**.

Community Matters will be delivered to your inbox each month giving you a sneak preview to the printed magazine.

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

Sign up on the homepage of our website: www.yourmag.co.uk

For up-to-date news and information about what's going on visit our W: www.yourmag.co.uk - Subscribe to our mailing list: www.yourmag.co.uk

USEFUL NUMBERS

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

Steyning Minibus:
 0300 772 7735
www.westsussexminibus.org.uk/organisation/

Rural Henfield & Steyning Children & Family Centre
 Cowfold Village Hall,
 Bolney Road,
 Cowfold RH13 8AA
 01403 864668

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

Steyning & District Good Neighbours Association:
 T: 01903 816181

Steyning Parish Council:
www.steyningpc.gov.uk
 T: 01903 812042
 E: clerk@steyningpc.gov.uk

The Steyning Centre:
www.steyningcentre@btconnect.com
 T: 01903 812042
 Opening Hours: 09:00 to 16:00
 The Steyning Centre, Fletcher's Croft, Steyning

Fun for the Coronation

During the celebration month of May, Steyning will be hosting a High Street Safari trail which is entitled The King's Wardrobe. It is, of course, all centred round the Coronation, however this is a crowning with a difference.



shapes and sizes on display, plus street entertainment, music and much, much more....

The Animal Kingdom also have a new King and as such the want to make sure he looks the part on his special day, so the question is: What will he Wear ?"

As for other trails we have hosted, there will be a number of characters with which the children (and older children!) can integrate via the wonderful world of augmented reality. Ten windows up and down the High Street will display the posters which need to be simply tapped on the QR code with a smartphone. Once tapped the characters will burst into activity – children can create a film or take 'selfies' – all in all, just have a bit of a giggle.

It is **FREE** to play and once all 10 codes are completed a digital story book of the King's Wardrobe can be downloaded. For more detail visit www.highstreetsafari.com – hopefully by the time you read this the map showing all the shop window locations will also be available.

This ties in beautifully with our **Coronation Weekend** event, the Steyning Vintage Revival. You are probably already aware, but just to remind you it will take place on **Sunday 7th May from 11:00 to 16:00** – all within the closed High Street and High Street Car Park. There will be vintage vehicles of all



The ever hard working Community Partnership Visitor & Tourism Committee are responsible for putting this show on the road, so please do try and support it by being open on the day to (a) give a good buzz to the whole event and (b) to take advantage of potential business coming from those attending.

STEYNING VINTAGE REVIVAL
CORONATION WEEKEND
SUNDAY 7th MAY
11.00am ~ 4.00pm
STEYNING HIGH STREET

Vintage vans & cars ... Motor bikes
Buses... Traction Engines... Steam Organ
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Look out for more on www.VisitSteyning.co.uk

STEYNING & DISTRICT COMMUNITY PARTNERSHIP

White Bridge Link Crowd Funding Campaign

Your chance to get behind this exciting new project

- Would you like your children to be able to cycle to school safely?
 - Do you enjoy walking, but not wading through muddy puddles?
 - Are you a mobility scooter or pushchair user who'd like to get out and about but struggle with the rough tracks and awkward gates?
- Would you like the option to get around without getting in the car?

allow easy access for all kinds of users.

Detailed designs for the White Bridge Link have been drawn up. The landowners involved are all supportive. And the majority of local residents are right behind it.

The challenge now is to raise the funds to pay for it!

If so, then perhaps you'd like to chip in to the crowd funding campaign that's been launched to raise funds for the new White Bridge Link.

The project will cost around £250,000 all told. A crowd funding campaign has been launched to raise a good chunk of this from local residents – with an ambitious initial target of £50,000

The aim is to upgrade the current footpath between Kings Barn Lane in Steyning and Saltings Way in Beeding, to make it a safe, all-weather track suitable for walkers, bikes, pushchairs and wheelchair users.

The more that can be raised this way, the easier it will be to bid for grants from other funders.

The two footpaths that lead to St Peter's Church and Beeding Bridge will also be improved. And new gates will be installed to

You can find out all about the project and contribute to our Crowdfunder campaign here:

<http://visitsteyning.co.uk/whitebridgelinek/>



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Becky - Steyning

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Steyning Community Orchard: Springtime contemplations.

There is something special about Spring. No matter what weather it brings, the cold, wind, or rain, there is a promise in the air of new life, a new beginning. Days get longer, warmth creeps into the soil, brave early February snowdrops give way to vivid splashes of yellow daffodils and as the buds unravel on the trees, suddenly the world turns from grey to green.

This year Spring has struggled to escape from Winter which wrapped March in long weeks of rain and a wind that had a bite in its tail, spiced with sudden, sharp drops in temperature. It was the beginning of April before the first buds appeared in the hedgerows and then suddenly everything went wild.

May is the time to get outside and enjoy. It is the time to get up early in the morning, just as darkness fades and light touches the long, soft line of the Downs to the East and a robin breaks the stillness of the morning air with a song that heralds the dawn chorus playing in a new day. It is the time to walk through a sleeping Steyning, along Mouse Lane and up the track to the Rifle Range and the Downland Community Orchard.

Imagine: a morning in early May and the



overnight rain has already cleared as the sun rises and the dew makes diamond droplets on the grass. Fingers of light spread between the apple trees in the orchard. The clean, fresh smell of damp earth rises from the ground, mingling with the heady perfume of the blossom swathing the trees in white and pink flowers.

The layered hedge which surrounds the orchard is alive with the sound of birds; noisy sparrows, dunnocks scratching around beneath the bushes, a robin singing out across the field below. From the track leading up from Mouse Lane, a Nightingale raps out its song from the thicket of dense, freshly opened, pale green Spring leaf on the hedgerows which line both sides of the path. Over the orchard, a buzzard rises and mews, an echo of wild places, mountains and rushing streams, as it climbs up and up into a pale white-blue sky to be lost as a tiny dot hanging in the air.

The perfect Spring Day, a perfect place to stop awhile and let the early morning sun warm your back as you perch on one of the logs beside the apple trees. Stop and sit surrounded by the feeling that all is well with the world.

May is the time to celebrate, and what better way is there to celebrate than a May Fair.

On Spring Bank Holiday Monday, 29th May, Steyning closes its High Street to traffic, lines the street with stalls, and fills the town with music and maypole dancing.

Come and find Steyning Community Orchard's stall in the middle of all the fun and laughter. Come and find out about our orchards and apple trees and the special places like the Downland Orchard that we look after. We look forward to seeing you. RR May 2023.

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19th MAY
to
SUNDAY
21st MAY**

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Walk & Sketch

A GHOST WALK

NAVIGATE & NATTER

**Chanctonbury to
Frankland Arms**

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Court Plantation Walk

For details of these guided walks and more walks to be announced go to:

www.VisitSteyning.co.uk

or email

steyninganddistrict@gmail.com

Updates will be available on

www.facebook.com/visitsteyning

A STEYNING & DISTRICT COMMUNITY PARTNERSHIP EVENT

West Sussex Minibus

West Sussex Minibus are an established charity that supports the whole community. They provide social excursions for residents and make their minibuses available to local Not-for-Profit and Community Groups when registered as Affiliate Members.

Here in Steyning, there are many different ways in which West Sussex Minibus can help the community when a transport solution is needed. It may be for a one-off event or a regular commitment; for a few hours or days. Schools may require vehicles to take pupils to sports events, Scout Groups to attend annual adventure camps, Walking Clubs to explore new walking routes or local churches to assist people attending weekly services. All Not-for-Profit or Community Groups are welcome to register as Affiliate Members with West Sussex Minibus to access their minibuses.

situated across the county in Ashington, Billingshurst, Petworth, Pulborough, Steyning, Storrington, Five Villages (Barnham) and Wisborough Green, enabling convenient pick-up of vehicles. Most have a secure cage for storage; all come with a complete maintenance programme, comprehensive insurance and AA breakdown cover. In-journey fuel payments are made easy with a Fuel Card, which is made available for every journey,

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Provide a driver of your own, or West Sussex Minibus may be able to assist by providing one of theirs. All new drivers require an assessment to enable a Driver's Permit to be issued to comply with government regulations.

The fleet of ten, 9-15 seat minibuses are

An Affiliate Membership is from £40 per year, plus a cost-per-mile charge, based on usage.

Minibuses for the Community

As a Not for Profit or Community Group, access our minibuses for a one-off trip or a regular commitment by becoming an Affiliate Member with us.

For more information or to join, call
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May: Diary Events

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

Wednesday 3rd May

Steyning Parish Council

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

THE BANSHEES OF INISHERIN

Set on a remote island off the west coast of Ireland, THE BANSHEES OF INISHERIN follows lifelong friends Pádraic (Colin Farrell) and Colm (Brendan Gleeson), who find themselves at an impasse when Colm unexpectedly puts an end to their friendship. A stunned Pádraic, aided by his sister Siobhán (Kerry Condon) and troubled young islander Dominic (Barry Keoghan), endeavours to repair the relationship, refusing to take no for an answer. But Pádraic's repeated efforts only strengthen his former friend's resolve and when Colm delivers a desperate ultimatum, events swiftly escalate, with shocking consequences. Tickets £6.00 from The Steyning Centre 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 5th May

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

An early 'Celebration of the Coronation of King Charles 3rd'

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section we will have the choice of decorating 'Crowns' with our own artistic style before enjoying a Cream Tea. Entrance fee is £3 and Annual Membership is £10 (each April). Transport can usually be arranged from Upper Beeding or Steyning. For transport or other information please contact Bev Francis-Hills 01273 493894

Monday 8th May

Steyning Bowls Club

12:00 – 16:00

Memorial Playing Field, Mill Road, Steyning

Open Day and Barbecue

A chance to try bowls for FREE. We supply all the equipment and there will be a barbecue. Come along and see what this fun game is all about. We also offer Free Taster sessions every Thursday night during May starting at 18:00. See our W: www.steyningbowlsclub.com for details.

Monday 8th May

This is my Theatre

16:00 – 17:30

The Paddock at Upper Beeding Pharmacy, High Street, Upper Beeding

The Wind in the Willows

"Hang spring cleaning!" cries Mole as he abandons this seasonal task for the call of the world above. And what a world he discovers! The River, The Wild Wood and The Wide World beyond. Mole will experience adventure like never before! Join him as he learns the joys and dangers of living outside of his hole and forges friendships with the logical Rat, formidable Badger and who can forget the outrageous Toad of Toad Hall! Closely adapted from the original and best-selling children's book by Kenneth Grahame and combined with traditional folk music, this open-air theatre production will delight children and adults. Tickets: www.thisismytheatre.com Tickets £15 general admission, £10 under 16's, Under 4's free. Groups of 10+ 10% off! A portion of ticket sales go to the charity looking after St Botolph's Church near Steyning. Picnics welcome.

Wednesday 10th May

Steyning Downland Scheme

10:00 – 12:00

Downland Orchard / SDS Wild Play Area. Nearest postcode: BN44 3LN

Botany Survey (May)

Join the Steyning Downland Scheme as we continue our annual plant survey of the Rifle Range and Steyning Coombe. Both these fields are filled with all sorts of classic downland wild flowers with wonderful old names such as 'Bird's-foot Trefoil' and 'Squinancywort'! All botanical abilities, from newbie to experienced

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botanists are very welcome. You will be given a free identification guide to keep, which shows all the plants we will be looking for. To book: <https://steyningdownland.org/events/>

Friday 12th May

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. Please wear appropriate clothing, stout footwear and bring gloves, 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 Thanksgiving Prayers at 16:00 for those wishing to attend. For further information please phone Su on 07860638167. **NOTE: Also on Friday 26th May and Saturday 27th May.**

Saturday 13th May

Steyning Downland Scheme
07:00 - 09:00
SDS Gateway, off Mouse Lane (nearest postcode: BN44 3LQ)

Songs of the Dawn

Join dedicated birder, Andrew Armitage and experience the tremendously varied birdlife of the Steyning Downland Scheme on this gentle stroll through the woods and meadows of Steyning Rifle Range. Over 100 species have now been seen on the SDS. We probably won't encounter all of those on this walk, but expect to record up to 25 species, including outstanding songsters such as the Chaffinch, Song Thrush and perhaps even Nightingale. Ticket price includes a full cooked, alfresco breakfast! Limited ticket numbers available. Children aged 16 and under go free! To book: <https://steyningdownland.org/events/>

Saturday 13th May

Steyning Downland Scheme
09:00 - 16:00
Steyning Athletic Club, Charlton St, Steyning West Sussex BN44 3LE

Butterfly Identification Workshop

Join acclaimed butterfly expert, Neil Hulme for a full day learning how to identify butterflies. Neil is a conservationist and wildlife guide with tremendous passion for butterflies. In 2017 his work to reverse the declines of rare butterflies was recognised with the award of a British Empire Medal and has since featured in the national press and on television. Event offers full training in butterfly monitoring, as used by the staff of Butterfly Conservation. The morning session will be at Steyning Athletics, where we will learn how to identify all the butterflies commonly seen on the Steyning Downland. After lunch we will spend the afternoon a short walk away, visiting the Steyning Downland to put what we have learned into practice. By the end of the training event, participants will feel confident to join our regular butterfly monitoring programme. Our team of butterfly monitors collect vital information which we use to tailor our habitat management. A visit to see the newly established colony of the (very rare) Duke of Burgundy butterfly is also planned! To book: <https://steyningdownland.org/events/>

Saturday 13th May

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.

Saturday 13th May

Dream Productions
19:00 - 22:00
The Henfield Hall, Cooper's way, Henfield

Suspiciously Elvis - U.K's number 1 tribute!

Bring your Cadillacs there's plenty of parking, and have your requests ready as *Elvis is IN* the building. Elvis, was an American singer and actor. Dubbed the "*King of Rock and Roll*", is regarded as one of the most significant cultural figures of the 20th century. His energized interpretations of songs and provocative performance style, combined with a singularly potent mix of influences across colour lines during a transformative era in race relations, led him to both great success and initial



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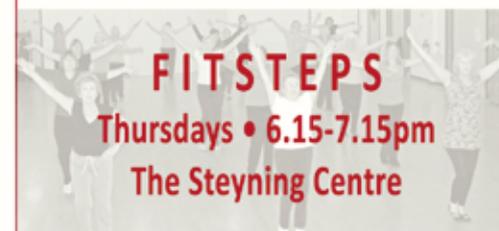
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Hello my name is Tanya Price. I have lived and worked in Steyning for 20 years qualifying from the London College of Shiatsu in 1993. Being a physical therapist is my passion as the positive difference it makes is very rewarding.

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Saturday 13th May

Cantatrice

19:30 – 21:15

The Steyning Centre, Fletchers Croft, Steyning

Adiemus by Karl Jenkins

The stirring work of Karl Jenkins performed by local choir Cantatrice with the ladies of the Kaleidoscope Singers, String Ensemble and Percussion. The 2nd half will feature works by Caplet, Piazzolla, Gershwin & Quartell for choirs and String Ensemble conducted by Zoe Peate and Rob Campkin. Tickets £15 adults, Free under 18 yrs from The Steyning Bookshop and www.cantatrice.co.uk

Monday 15th May

The Arts Society Steyning

10:00 – 12:00

The Steyning Centre, Fletchers Croft, Steyning

May talk - Daphne Lawson: The Madonna, Fanny Cornforth The Magdalen, and the Femme Fatale

This talk explores the role of Victorian Women through Pre-Raphaelite paintings. Idealised images of women are seen in stark contrast to the fallen woman epitomised by that daughter of Steyning: Fanny Cornforth. Fanny's relationship with Dante Gabriel Rossetti was as his muse and lover and her beauty transformed his art forever. Although he moved on to his Femme Fatale, Janey Morris, Fanny remained his companion until his death. Daphne Lawson has a BA in Art History from London University and an MA from the University of Canterbury on Degas's Public and Private Spectacle. Until 2021 she was the full time Art History Lecturer for The Bader International Study Centre, Herstmonceux Castle. There she taught courses and programmes ranging from Greek Sculpture, French Impressionism, European Romanticism and Pre-Raphaelite Painting, through to Contemporary British Art. Free to members; visitors £10 donation. steyning@theartssociety.org

org - W: www.theartssocietysteyning.org.uk

Friday 19th May

The Steyning Society

19:00 – 21:00

The Steyning Centre, Fletchers Croft, Steyning
William Hogarth – an English painter and engraver (1697-1764) by Hilly Sloan)

Hilly is a professional tour guide and historian. She is a keen walker and lively speaker. Doors are open from 19:00 when a glass of wine or sparkling elderflower is available (monetary donations are 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 and £3 guests. All welcome to attend. www.steyningsociety.org.uk

Saturday 20th May

Steyning District Churches Together

10:30 – 12:30

Penfold Hall, Church Street, Steyning

Coffee morning for Christian Aid.

Beautiful quality Plants and Cakes for Sale. Steyning District Churches Together will be serving real coffee and tea. Delicious homemade cakes, biscuits and savouries. If you cannot join us, make a donation at: caweek.org
Any questions contact: chair@sdcet.org.uk

Saturday 20th May

Steyning Museum Trust

15:00 – 17:0

Steyning Centre, Fletchers Croft, Steyning

Afternoon Tea & Music

Sandwiches, Homemade Cakes and Tea. LIVE MUSIC from The Mash Company Maurice Sherlock (guitars and vocals), Pete Varkala (mandolin, guitars and vocals) and Rebecca Askew (upright bass and vocals). Playing a well-crafted mix of covers and originals with an Americana, country, folksy vibe. The band will sing songs to make you think, as well as delivering music to sing along to and even dance if you're inclined. Whatever your musical tastes, there is something for everyone to enjoy! Raffle in aid of Steyning Museum Trust. Tickets £8 - on sale at the Museum from 24th April.

Tuesday 23rd May

This is my Theatre

19:00 – 20:30

The Paddock at Upper Beeding Pharmacy, High Street, Upper Beeding

Wuthering Heights

"He's more myself than I am. Whatever our souls are made of, his and mine are the same." When Mr Earnshaw returns to Wuthering Heights with an orphan boy, worlds collide. Amid these wild moors, a bond is formed between this once unloved child Heathcliff and Earnshaw's own daughter Catherine, sparking revenge, passion and obsession that will last a lifetime and beyond. A beautiful and haunting adaptation that will make audiences fall in love with Emily Brontë's novel all over again. Tickets: www.thisismytheatre.com - General admission £15, Under 16's £10, Under 4's free. Groups of 10+ 10% off. Open air. Picnics welcome. A portion of sales will go to the charity looking after St Botolph's Church near Steyning

Tuesday 23rd May

Greening Steyning

19:30 – 21:00

Steyning Centre, Fletchers Croft, Steyning

Green Drinks - Re-wilding an Urban Garden

Author and re-wilding consultant, Gerry Thompson will be hosting Greening Drinks this May for an evening full of ideas and inspiration for green-fingered folk. He will share a wealth of information on how to un-cultivate a garden space, and give examples from his recently published book an illustrated story of a year in a wild garden. *"An inspiration to those seeking to connect more closely with the wildlife on their doorstep"* an evening not to be missed! Doors and bar open at 19:30. Tickets are £3 and can be booked online here; <https://www.eventbrite.co.uk/e/green-drinks-rewilding-an-urban-garden-tickets-598338425337>

Wednesday 24th May

Steyning and District Flower Club

19:30 - 21:30

Steyning Centre, Fletchers Croft, Steyning

"Pick and Mix"

An evening of floral entertainment with Janice Mason, who will be visiting the Steyning and District Flower Club to demonstrate a variety of floral designs. There will be an opportunity to

win one of her creations in the evening raffle. Doors open at 7:00, visitors are very welcome (£6 at the door). Refreshments will be available.

Steyning Arts

Saturday 27th May

11:00 - 16:00

In and around Steyning

Steyning Arts Trail 2023

The Art Trail map and brochure will be available a couple of weeks before the trail opens. It will be delivered to homes in Steyning, Bramber and Beeding and also available on this W: steyningarts.co.uk - at The Steyning Museum and at local libraries. There will be 64 artists exhibiting. across 23 venues. As a group, the artists not only embrace a variety of media and style of artwork, but also invite guest artists to exhibit. Visitors can enjoy all the attractions of a day out in the South Downs while strolling from venue to venue. Many venues offer refreshments and demonstrations by the artists, and a friendly welcome.

29th May 2023

Steyning Country Fair

11:00 to 16:00

Steyning High Street / Memorial Playing Field / Steyning Centre

A Great Day for all the Family

We hope that you will once again join us as we turn the Steyning High Street back into an old market town. The Country Fair will be complete with livestock, country crafts, rural fare, music and entertainment, plus our ever popular Dog Show which will be held in the Memorial Field. Visit the Farmyard in the middle of the High Street. Come and see a wide range of animals, a blacksmith, country crafts and much more. Always a favourite with the young and the young at heart! Visit the Dog Show in the Memorial Playing Field. For a relaxing break visit The Steyning Centre where teas, coffees, soft drinks and cakes will be on offer in a relaxed cafe environment with a range of local talent providing entertainment. All the profits from the refreshments will go to St Barnabus House which is a local charity supporting people with life limiting illnesses. For full & latest information: www.steyningcountryfair.co.uk

Wednesday 7th June

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

Screening: Empire of Light

Hilary (Olivia Colman) has worked at the Empire Cinema on the south coast for years. She's proficient at her job, guiding the younger workers and basically running the place. However, her employer (Colin Firth) wants more from her. When a young man named Stephen (Micheal Ward) joins the team, lonely Hilary makes a new friend and her life begins to open up. Tickets are on sale at £6 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

Saturday 10th June

Greening Steyning

14:00 – 16:00

Beeding & Bramber 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

For full details of the May National Garden Scheme below visit our website: <https://www.yourmag.co.uk/whats-on>

The National Garden Scheme gives visitors unique access to over 3,500 exceptional private gardens.

Visit <https://ngs.org.uk> for more information about the work of the National Garden Scheme, to search for gardens opening in your area or to find out how to open your own garden.

Wednesday 3rd May - 14:18 – 17:00

Fittleworth House, Bedham Lane, Fittleworth, Pulborough, Sussex

Tuesday 9th May - 14:00 – 17:00

Gardens at Bignor Park, Pulborough, RH20 1HG

Sunday 14th May - 14:00 - 17:00

Champs Hill Coldwaltham: garden open Sun 14 May and Sun 13 Aug

Tuesday 16th May - 14:00 – 14:00

Open Garden at The Manor of Dean Tillington Petworth GU289AP

Saturday 27th May - 10:00 – 17:30

Knepp Castle, West Grinstead, Horsham, RH13 8LJ

Sunday 28th May - 13:00 - 19:00

Foxglove Cottage 29 Orchard Road Horsham West Sussex RH13 5NF

Wednesday 31st May - 10:00 - 20:00

Visit Highdown Gardens, 33 Highdown Rise, Littlehampton Road, Goring-by-Sea, West Sussex, BN12 6FB

sharpened. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

Saturday 10th June

St Andrew and St Cuthman Church, Steyning

19:30 - 22:00

Church of St Andrew and St Cuthman

Glory Hallelujah! Music to lift the spirit

The theme for this year's Chanctonbury Chorus's summer concert is Hallelujah! sung in the beautiful parish church of St Andrew and St Cuthman. It will feature a wide range of choral and organ works from Handel's Zadok the Priest and The King Shall Rejoice, written for the coronation of George II in 1727, by way of Leonard Cohen's Hallelujah, John Rutter's Creation's Alleluia and Julia Ward Howe's 1861 abolitionist anthem, Battle Hymn of the Republic to Poulenc's 1961 masterpiece Gloria. The concert will also raise for money St Barnabas Hospice. Drinks will be available during the interval. Tickets £15 are available now from The Steyning Bookshop, choir members, online at from Eventbrite or through our web site: www.chanctonburychorus.org



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Arranging your own mortgage?

It always surprises me when members of the public arrange their own mortgage.

Sure, this can be done of course, but given it is the biggest financial commitment most of us will ever make, are they actually getting the best deal possible for themselves?

By best deal I don't mean the lowest rate but the right product that fits their needs and future plans as well as overall cost.

The biggest hurdle for the DIY mortgage broker is navigating through the maze of criteria that can vary considerably between lender to lender.

In particular, for the self-employed. For example here are some differences in criteria that can have a huge influence on the best mortgage for someone who is self-employed.

- 1 Some lenders will require 2 years full account for proof of income, some just one.
- 2 Some lenders average the income over the last 2 years whilst some will take the latest year if it is better.
- 3 Some lenders use a combination of salary and dividends. Some, salary and net profit after corporation tax and some salary and net profit before corporation tax.

Still with me?

The list goes on and bringing it back to navigating criteria the best way to navigate is by using a compass and of course that is where we derived our name, Compass Mortgages.

People that come to see us are starting out on a journey, they want to get to a destination (buying their home) but need guidance. So, almost 20 years ago when setting up the business, Compass Mortgages seemed an appropriate name.



If you would like to come on board with us and let us hold your hand through an ever changing, complex process then we are more than happy to hold your hand and lend our expertise to make that journey as stress free as possible.

Feel free to call one of our friendly, knowledgeable advisers for advice and guidance on 01903 815444

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Nightingale

My bottom desk drawer is a graveyard, the final resting place for the obsolete. A broken calculator, foreign coins, buttons and a Maxell C90 cassette given to me a few years ago. I had no means of playing it until I recently discovered my clunky cassette deck hiding in the garage.

An accompanying note says the tape contains *'the song of a Nightingale in the churchyard of St John sub Castro, Lewes, spring 1985'*. It was recorded by a lady called Barbara from an upstairs window in neighbouring Lancaster Street. After some dusting, re-wiring, buzzing and hissing the sweet sound that swirled from my speakers transported me back over three decades to a time when Reagan negotiated with Thatcher, Paul Hardcastle's na-na-na-Nineteen topped the charts and a Nightingale sang in St John sub Castro.

To be frank, Nightingales aren't much to look at. Small brown birds; a Robin without the redbreast. But when they open their beak there's a Susan Boyle-like transformation. These drab birds become the world's most celebrated vocalists. For centuries, poets have praised their performance. Homer, Shakespeare, Coleridge, Wordsworth, Clare, Keats, Dylan and Cohen. Shelley claimed, *'A poet is a Nightingale who sits in darkness, and sings to cheer its own solitude with sweet sounds'*. Trust young Percy Bysshe to believe the bird was wallowing in its own self-pity. The Nightingale's song is actually both an aggressive war-cry and a sweet, structured sonnet. A hymn to the silence in the



hope of enticing a passing female.

The Nightingale's optimistic warbles have inspired everyone from the late Vera Lynn to Roxy Music. A BBC recording of a bird singing in Oxted in 1942 inadvertently captured the roar of Lancasters, Wellingtons, Stirlings and Halifaxes passing overhead laden with bombs destined for Germany. The contrast between innocence and beauty, terror and destruction make it the most powerful sound I have ever heard.

Nightingales will sing by day but are most famous for never letting up when the sun sets, their beautiful phrasing carrying loud and clear over the muffled grunts and hoots of other nocturnal animals. Once the Nightingale has hooked a partner his nocturnal performances will stop, so there's a narrow window to hear them. Our Nightingales spend the winter south of the Sahara in a wide belt between Senegal and Kenya, usually returning in late April.

Due to habitat destruction the UK population of this amazing bird – so entwined in our cultural heritage – is in a steep decline. The sound of a Nightingale singing in the centre of Lewes may have been relegated to the bottom drawer of history but we are blessed to still have this bird performing in our Sussex woodlands. We must never let their song of hope be silenced forever.

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

Nightingale Roger Wilmshurst Sussex Wildlife Trust
Nightingale Derek Middleton Sussex Wildlife Trust

Steyning Country Fair

A Great Day for all the Family

29th May 2023 - 11am to 4pm



For full & latest information: www.steyningcountryfair.co.uk



We hope that you will once again join us as we turn the Steyning High Street back into an old market town. The Country Fair will be complete with livestock, country crafts, rural fare, music and entertainment, plus our ever popular Dog Show which will be held in the Memorial Field.

There will be music & drama in the Steyning Centre while you enjoy a cup of tea and cake.

Visit the Farmyard in the middle of the High Street
Come and see a wide range of animals, a blacksmith,
country crafts and much more.

Always a favourite with the young and the young at heart!



Events in the High Street

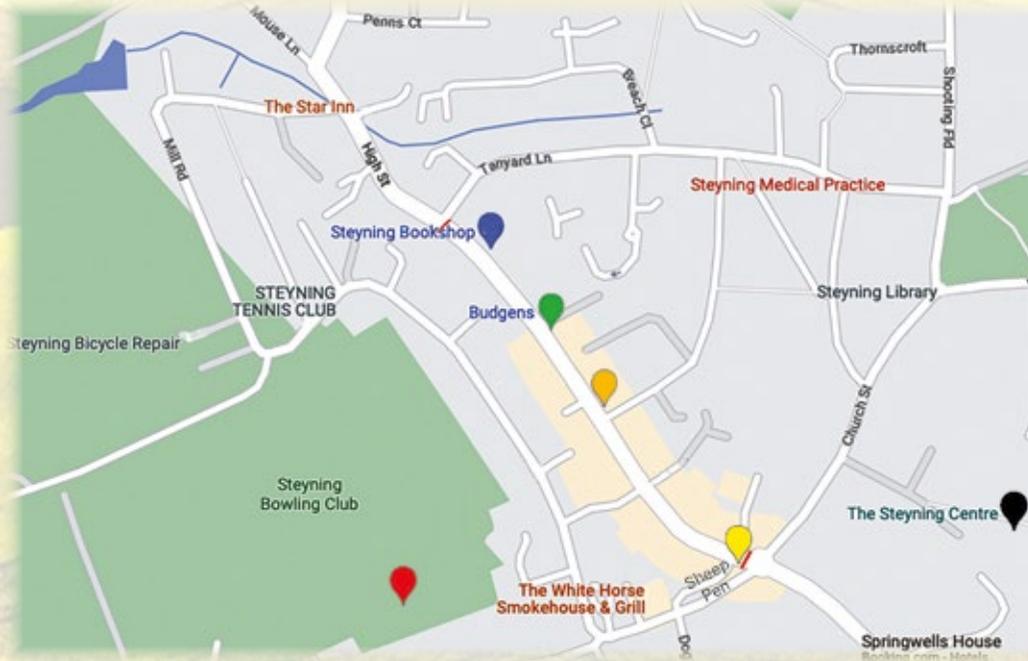


Steyning Country Fair

A Great Day for all the Family
29th May 2023 - 11am to 4pm

For full & latest information: www.steyningcountryfair.co.uk

Don't miss FitUp Productions – see ***



Key

- Dog Show | Toilets.
- The Steyning Centre | Toilets + Disabled Toilets.
- High Street In front of the White Horse.
- Clock Tower | Farmyard | Toilets | Disabled Toilets | First Aid | Raffle | Information.
- Near Budgens.
- Near Steyning Bookshop.

For events at the Bookshop Garden see: www.steyningcountryfair.co.uk

- 11:00 Maypole Dancing
- 11:00 Patcham Silver Band
- 11:00 **Fitup - Up and away *****
- 11:00 The Mash Up
- 11:30 Stephen Davies Jazz
- 11:45 Shenanigan
- 11:50 Measured Clog Dancers
- 12:10 Patcham Silver Band
- 12:20 The Cheer-Up Mollys
- 12:25 **Fitup – Cory Picket Presents *****
- 12:40 Stephen Davies Jazz

- 13:10 Shenanigan
- 13:20 Kadenza
- 13:30 Measured Clog Dancers
- 13:50 **Fitup Felicity Footloose *****
- 14:00 The Crucks
- 14:00 Stephen Davies Jazz
- 14:35 Shenanigan Barn Dance
- 14:40 Sing Out Sister Choir
- 15:15 Stephen Davies Jazz
- 15:20 The Mash Up
- 15:25 **Fitup - Up and away *****



Steyning Country Fair

A Great Day for all the Family
29th May 2023 - 11am to 4pm

For full & latest information: www.steyningcountryfair.co.uk

Visit the Dog Show in the Memorial Playing Field

In addition to the dog events there will be lots of stalls to visit.

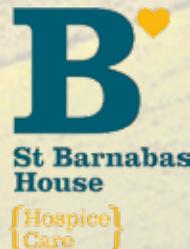
- 11:30 Best Puppy
- 11:50 Golden Oldies
- 12:10 Prettiest Bitch
- 12:30 Most handsome dog
- 12:50 Musical Bales
- 13:30 Short Break for lunch
- 14:00 Junior Handler
- 14:20 Judges favourite
- 14:40 Cutest Cross-Breed
- 15:00 Fancy Dress
- 15:20 Best in show



For a relaxing break visit The Steyning Centre

Teas, coffees, soft drinks and cakes will be on offer in a relaxed cafe environment with a range of local talent providing entertainment. All the profits from the refreshments will go to St Barnabus House which is a local charity supporting people with life limiting illnesses.

- 11.30 A range of piano music from a talented young player
- 12.00 Steyning Drama Company – sketches
- 12.50 Patcham Silver Band – summer music
- 13:10 Piano recital – various styles
- 13:40 Steyning Drama Company - sketches
- 14:30 Piano recital – an assortment of tunes
- 15:10 Steyning Drama Company - sketches



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Get your walking boots on for the Steyning Art Trail 2023

A unique quality of the Steyning Art Trail is that a large variety of venues are situated within an area small enough to be covered by foot; something not always common among rural art trails.

Visitors can enjoy all the attractions of a day out in the South Downs while strolling from venue to venue at their own pace and sampling refreshments along the route.

Among the venues in Steyning and surrounding areas, are local artists' homes and studios,



including gardens, a farm, community halls, a historic church and also a number of boutique shops on the High Street which host artists' work for the two weekends. Many of the venues offer refreshments such as cream teas, demonstrations by the artists, and of course a



friendly welcome from the makers themselves. The members of Steyning Arts share a passion for putting on this big event each year. As a group, the artists not only embrace a variety of media and style of artwork, but also invite guest artists to exhibit in the trail so there is always something new to see.

This year there will be 64 artists exhibiting. This includes 9 new members of Steyning Arts and 13 guest artists, situated across 23 venues. Surely enough art to fill your walking boots in Steyning this summer.

Dates: 27th, 28th, 29th May and 3rd, 4th June.
Venues open: 11:00 - 16:00
More info at: www.steyningarts.co.uk

Support us by Eating Biscuits

From now through to November the Steyning Downland Scheme is an officially backed Coop 'local cause'.

That means there are now 3 ways you can support us:

1. Get out on the Downs and do something practical.
2. Too busy? Become a Friend and send us your hard-earned cash.
3. Other things to spend your money on? Just become a Coop member (costs nothing) and nominate us (also costs nothing) as the cause you'd like to support.



After that, every time you pop into the Coop for a packet of Co-op Irresistible All Butter Fruity Flapjack Cookies (or indeed any Coop branded product) you'll instantly send us 2p in the pound. So far we've raised an amazing £696.42 - that's a lot of biscuits - and not all of them eaten by your Venerable Editor either (honest). And don't forget after all those biscuits there are loads of opportunities to loose weight and get fit by volunteering with us to do something practical.

There are many ways to write your Will these days, some choose to use solicitors, others opt for using a professionally qualified Will Writer and some will pop online and use a generic service provider. I suppose the biggest difference between all the options is the service and what you understand at the end of the process.

The question about Executors is probably one of the most frequently asked in my client meetings. It's one of those subjects shrouded in mystery and can be quite daunting for someone who doesn't have an understanding of the legal system in England. So, I thought it would be helpful to just outline a few of the key points.

To put it simply, an executor is a person named in the Will, who is legally responsible to carry out the provisions of the will in accordance with the wishes of the deceased.

What happens when you are an Executor of a Will?

As an Executor, you're legally responsible for all the money, property and possessions of the deceased otherwise known as the 'estate's assets'. This remains your responsibility until the date the estate has been settled which may include obtaining a grant of probate.

How many Executors can I have?

It's quite normal for a couple drafting mirror Wills to serve as the Executor to one another, however on second death, it's common to appoint more than one executor. For example, many parents tend to choose their adult children.

Can anyone override an Executor of a Will?

In simple terms, No! The named executor is responsible for carrying out the wishes outlined in your Will. Wills can be contested under certain grounds but that is a very different subject and probably something for another day.

We are always on hand to answer any specific questions regarding Wills and Estate Planning, so feel free to get in touch.



Emma Cohen **FIPW**

In 2020, Emma became the youngest ever fellow of the Institute of Professional Willwriters, showing her dedication to the profession.



WHAT ARE YOUR OPTIONS
WHEN MAKING YOUR
WILL



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Chiropractic: a credible option for patients in 2023

April 17th - 21st was Chiropractic Awareness Week. This year's theme was Chiropractic – a credible option for patients in 2023

CAW is an opportunity for the profession to increasingly make Chiropractic part of the healthcare conversation and draw attention to how British Chiropractic Association chiropractors are an integral part of the UK healthcare system, reducing pressure on the NHS.

Commenting on the theme, Mark Jones from Well Adjusted Health said, *'Chiropractors provide patients with an option to access face to face, hands on care from a highly trained, regulated healthcare professional. Whilst there are chiropractors providing care in the NHS, the vast majority offer this in a private practice setting, meaning that patients can access care in the way that suits them. The global burden of musculoskeletal conditions is only growing, and chiropractors are well placed to be a part of the solution. Chiropractors are valued by their patients who reliably, come away with positive experience and high levels of satisfaction. My patients regularly tell me that they appreciate being able to engage with how their care is delivered, especially in a face-to-face environment.'*

Good musculoskeletal health (MSK) is essential in maintaining a person's function throughout their life. It is also fundamental to healthy ageing, which the World Health Organization (WHO) has characterised as *'the process of developing and maintaining the functional ability that enables wellbeing in older age'*. MSK conditions can affect people across their whole life. Prevention, early detection and treatment can enable people to live in good health, remain independent and connected to their community. There are also economic advantages for society, such as reducing the pressure on health and social care services and reducing costs as a result of people being unable to work. Each year, 20% of people in the UK see a doctor about a MSK problem, and the pressure on the NHS shows no sign of abating. Given this affects 17 million people, MSK conditions will continue to be a major focus for the



Government, who have recently identified MSK disorders as one of 6 major conditions requiring attention and action.

The Government pledge to reform the way we tackle these conditions to include 'whole person care' is yet another example of how the approach chiropractors take towards patient care is being endorsed by modern policy. The Government's model seeks to focus on 'preserving good health', and this is at the core of Chiropractic practice.

Long NHS waiting lists continue to be highlighted by the media and local care providers, such as GPs and FCPs (First Contact Practitioners), are looking for choice to address growing patient need. Understanding that they have a credible option for MSK conditions via chiropractors is key to giving patients access to all their available options.

Discussing this year's Chiropractic Awareness Week activity, Catherine Quinn who is the chair of the governing body commented, *'Chiropractors are serving their local communities by offering credible and high-quality healthcare that patients truly value. Our members have used their clinical skill and experience to reduce the burden of MSK conditions on the NHS through their face-to-face, hands-on approach to care. With 17 million patients experiencing an MSK condition, it will take the breadth of professions across all settings to address this. If all members of the healthcare family adopted an integrated approach to care, celebrating the variety of regulated professions who can contribute to keeping the UK population in good health, we will stand a better chance of addressing the burden of MSK conditions. I look forward to celebrating how chiropractors are forming a part of patient's healthcare team and working collaboratively with all healthcare providers to best serve their patients.'*

At Well Adjusted Health we are increasingly seeing patients that have been directly referred from their local GP. We also communicate with GP's to share findings and ensure that all healthcare providers are kept in the loop when necessary.

We also work with all the major private healthcare providers.

We still occasionally come across members of the public who think we only deal with backs, but increasingly we are getting enquiries for all sorts of MSK problems which of course we are only too happy to help with.

'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 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



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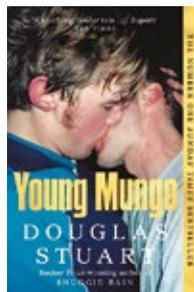
May Book Reviews

Adult Books



The Flames by Sophie Haydock.
 Penguin paperback £9.99
 A compelling historical novel inspired by the muses of the artist Egon Schiele. Vienna, 1912: A new century is dawning, and this intoxicating city is teeming with art, music and radical ideas. A place of infinite possibilities - unless you are female... Edith and Adele are sisters, the daughters of a wealthy family. They are expected to follow the rules, marry well, and produce children. Gertrude is in thrall to her flamboyant older brother, and envies the freedom he commands. Vally was born into poverty but is making her way in the world as a model for the eminent artist Gustav Klimt. Four fierce, outspoken and determined women whose lives are set on a collision course when they become entangled with the controversial young artist Egon Schiele whose work - and private life - are sending shockwaves through Viennese society. All it will take is a single act of betrayal to set their world on fire...

A sizzling debut novel which tells a fascinating story and vividly evokes the heady atmosphere of avant-garde Vienna. Author Sophie Haydock will be telling us more about her research at our event with her on Thursday 25th May.



Young Mungo by Douglas Stuart.
 Macmillan paperback £9.99
 Now released in paperback, Young Mungo treads the same grimy Glaswegian streets as Douglas Stuart's award-winning first novel, Shuggie Bain - packing an

Steyning Bookshop - 01903 812062
 Monday - Saturday: 9:30 - 17:30
 info@steyningbookshop.co.uk

even more intense gut-punch. 15-year-old Mungo is a sensitive boy, who lives in the Glasgow tenements, cared for by his older sister Jodie. He lives under the shadow of eldest brother Hamish, a Proddy gang-leader in their neighbourhood, an area rife with sectarian violence. The book opens with young Mungo being packed off on a fishing trip with 2 disreputable drinking buddies of his mother's. The narrative interweaves the increasingly disturbing events of the drunken fishing weekend with scenes from the preceding months: we witness Mungo's growing friendship with James, a Catholic boy, as they bond over racing pigeons. James and Mungo are kindred spirits, but same-sex love across the sectarian divide is unthinkable. The threat of violence, in the form of Hamish and his henchmen, is ever-present. As the camping trip reaches its horrific climax, we discover the events that led to Mungo being packed off 'to be made a man of' with such disastrous consequences....

A heart-rending story about love, prejudice, and the meaning of masculinity.

Children's Books

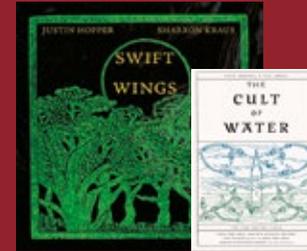


Greenwild by Pari Thomson.
 Macmillan hardback £12.99

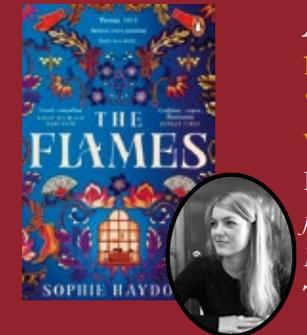
I really enjoyed this environmental fantasy novel, which is bursting with fresh ideas! Daisy Thistledown has spent her 12 years travelling the globe with her eccentric journalist

mother. When her mum goes missing on a trip to the Amazon, Daisy's search for her opens a portal into the Greenwild - a world of Green Magic, where Botanists summon vines from their fingertips and magical mini-moss can shrink you down to thumb-size! But all is not well in this astonishing land.

The Steyning Bookshop May Events. Tel 01903 812062



Swift Wings & The Cult of Water
 2 incredible performances in one evening: writer Justin Hopper & folk musician Sharron Kraus perform their music & spoken word album *SWIFT WINGS* plus David Bramwell performing his multi-media piece *The Cult of Water*.
 Tickets £12, with a pay bar.
Weds 3rd May 7.30pm St Andrew's Church



An Evening with Sophie Haydock.
 Novelist Sophie Haydock discusses her sizzling debut novel *The Flames* - historical fiction set in the heady glamour of 1920's Vienna, inspired by the life and muses of artist Egon Schiele. Book & ticket £13 We encourage ticket-holders to claim their book from the bookshop asap and read it prior to the event.
PERFECT FOR BOOK-GROUPS!
Thursday 25th May 7.30pm Brotherhood Hall, Steyning

www.ticketsource.co.uk/thesteyningbookshop www.steyningbookshop.co.uk

Before long Daisy finds herself confronting a dangerous presence that threatens green magic on both sides of the portal. She joins forces with a botanical genius, a boy who can talk to animals, and a talking cat with attitude, to channel the power that will revive the Greenwild and find her missing mother - and save her own world too.

A spell-binding and inventive story for fans of Harry Potter.



The Serpent of the Sands pb
 Fanfare! A new adventure in the Brightstorm Chronicles series, from best-selling children's writer and all-round lovely local author Vashti Hardy! Meet Princess Gan, the feisty new heroine we first encountered in Firesong.

When Princess Gan's uncle falls gravely ill, she sneaks out of the Citadel to find a

powerful cure, a magical cactus said to be guarded by the Serpent of the Sands. But is it only a story? Is she chasing false hope? But the further Gan travels, the more secrets are revealed - and the more she questions everything she believes...

Brimming with adventure and excitement, Serpent of the Sands is a great read for 8+ children.



May: Steyning for Trees

We are now enjoying the lovely but also vital blossom on our over 80 trees on verges and 15 newly planted wildlife corridor hedges. Vital for our pollinators so say the Woodland Trust. FLOWER POWER - source Woodland Trust Broadleaf Magazine - Spring 2023

Native trees play a crucial role for pollinators, which means not only butterflies and bees but hoverflies, wasps, moths, beetles and anything that visits plants to drink nectar. *'There is something orchestral about the way blossom bursts.'* says the Trust's conservationist Sally Bavin *'because trees have evolved to stagger their flowering to chime with the emergence of different pollinators. Blackthorn strikes up in Feb to give the groggy queen bees their first sweet sip. It blooms through to April, so its perfect for over-wintering butterflies like the comma, small tortoiseshell and brimstone.'*

April's wild cherry - closely followed by crab apple as the next tranche of moths, beetles and butterflies shake a leg. Then boom - we rise to a crescendo: May when hedgerows explode with blousy hawthorn, rowan erupts in creamy clouds and fruit trees flush frothy pink. That percussion is the peak of the year - its all so thrumming and alive.



But as more blossom dates shift forward, it's easy to see how other trees and plants could creep out of sync. The more specialised the species, the more perilous.'

They mention not planting trees with candyfloss style double petalled blooms. Problem is each extra petal comes at the expense of the nectaries, the nectar bearing parts of the flower. For pollinators they're a dud.

They need more volunteer recorders for Nature's Calendar. Please sign up now at woodlandtrust.org.uk/record.

Thank you so much to Ellie Coultts of Greenwood... for making a blog about our tree planting at St. Mary's, Bramber. Greenwood is one of the largest tree and plant suppliers in the UK and Ellie is related to one of our committee members: greenwoodplants.co.uk/blog/greenwood-community-steyning-for-trees/ She has been extremely helpful and supplied us with native whips to plant as hedges this year. These do seem to be growing as you can see from the picture, despite the terrible planting



conditions we have had this year. Well done our tree planting volunteers for coming out in all weathers..

Do remember to contact us if you would like a tree planted on the verge near you. SFT are happy to pay the major amount of costs for these although a donation is always welcome. Great to have even more blossom for bees and pollinators in Steyning. The majority of verges are owned by WSCC so we are able to access their excellent scheme which guarantees maintenance.

We are glad that so many other communities are becoming keen to plant trees for their residents and we are often contacted for advice about how we started, funding etc. Good luck particularly to Henfield in their efforts for more tree planting. The **Lord Lieutenant's Award** was specifically to encourage tree and hedge planting throughout West Sussex, we are so glad that Steyning for Trees efforts are taking root. Many thanks to the Parish Council for their support.

We were very pleased to be invited to Knepp for

the **Weald to Waves** mapping launch, a follow up from our wonderful talk given by Isabella Tree last year which so many of you supported. Unfortunately it had to be cancelled due to Covid but they are hoping to re-schedule it. So keep reading SFT's Newsletters for a report soon!

Times may be turbulent but in 2021-22 the Woodland Trust made an unparalleled impact for nature, people and the climate. We hope to have a talk given by them in the Autumn. They spent £40.3m on creating new woodland and planting trees. £18.1m restoring ancient woodland; £16.1m protecting woods and trees.

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CHARITIES:

Cancer Research Steyning.
www.cancerresearchuk.org

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

The Friends of Steyning Parish Church. 01903 813232

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

The Steyning Friends of Chestnut Tree House Children's Hospice.
01903 813901 / 01903 815601

The Royal British Legion Steyning & District Branch.
01903 815176.

CLUBS AND SOCIETIES:
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Steyning Art Group.
Patricia: 01903 815096.

Steyning Bellringers.
01903 813653.

Steyning Bridge Club.
01903 814726.

Steyning Camera Club.
info@steyningcc.org.uk

Steyning & District Flower Club. 01903 895939

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

Steyning Horticultural Society. 01903 814049.

Steyning Museum.
01903 813333.

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

Steyning So and Sews
01903 813467

Sugar and Spice Sugar Craft Club. 01903 695700.

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

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

Vintage Years Club.
01903 812040.

West Chiltington Bridge Club.
01903 742674 / 01798 813626.

West Sussex Decorative & Fine Arts Society.
01903 411086.

GENERAL:
1140 Steyning Squadron Air Training Corps 01903 815511 -
1140@rafac.mod.gov.uk

Cadet Centre. 01903 813113.

Cadet Centre - Steyning Army Cadets. 07737931010.

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

Steyning Litter Pickers.
susanjglover@outlook.com
Steyning Parish Church.
steyningparishchurch@gmail.com

Steyning WEA Day School.
01903 816190/07713 270806.

SOCIAL:

Cheqoutz Cribbage Team.
01903 815471.

Knit and Natter. 01903 812751.

Singability. 07845 546365.

Steyning & District Good Neighbours Association.
01903 816181.

Steyning Downland Scheme Group. 01903 812404.

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

Special Task Force.
01903 765340.

Steyning & District U3A.
www.steyninganddistrictu3a.org.uk

Steyning for Trees.
01903 816726.

Steyning Greening Campaign.
01903 813232.

Steyning in Bloom.
01903 812317.

Steyning Library Book Group.
01903 270330.
Steyning Probus Club.
07786 065077

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

The Steyning Downland Conservation Volunteers.
sdsvolunteers@gmail.com



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Volunteering in the Horsham District. 01403 273985.

Young People's Sunday Conservation Group. 07791 437790.

SPORTS:

Friday Evening Badminton Club. 01903 815857.

Shoreham Snooker Club 01273 452320

Short Mat Bowls. 01903 816474.

Southdown Gliding Club. 01903 742137.

Steyning Athletic Club. www.steyningac.co.uk

Steyning Bowling Club 01273 887953
www.steyningbowlsclub.com

Steyning Scuba Club. 07786 243763.

Steyning Stars Gymnastic Clubs. 01903 800024.

Steyning Tennis Club. 01273 493155
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/
Know Dementia - Green Moments. 01273 494300.

Parkinson Support Group. 01273 969603.

Pilates Personal Training. 07941 078 091.

Steyning Healthy Walks. Health Centre, Tanyard Lane.

Steyning Patients Participation Group. Health Centre, Tanyard Lane,

YOUTH:

1st Steyning Rainbows. 1ststeyningrainbows@gmail.com

1st Steyning Brownies. 1ststeyningbrownies@gmail.com

1st Steyning Guides. www.girlguiding.org.uk

2nd Steyning Scouts. Beavers, Cubs. 815807.

Chanctonbury Ring Woodcraft Folk. steyningwoodcraft@gmail.com

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

MAC Playgroup. mac_group@yahoo.co.uk

THEATRE:

Milestones Theatre and Supper Club. 07500 478097.

Steyning Drama Company. 07726 33 35 60m

Steyning Youth Theatre. 01903 602 815 / 07788 497 779.

MUSIC:

Cantatrice 01903 812662
www.cantatrice.co.uk

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www.chanctonburychorus.org

Kaleidoscope Singers. www.kaleidoscopesingers.org

Know Dementia 01273 494300
info@knowdementia.co.uk

Sandgate Singers. 01903 743345.
www.sandgatesingers.org.uk

Sing Out Sister Ladies Choir. 07730 373142.
www.singoutsister.co.uk

Steyning Jazz Club. 01273 430311.
www.steyningjazz.co.uk

Steyning Live Lounge Music Club. team@steyninglivelounge

Steyning Parish Church Choir. 01903 816008.

Sussex Harmonizers Barbershop Chorus. 01444 553102. - brian@sussexharmonisers.org.uk
www.sussexharmonisers.org.uk

Vocal Fusion acapella. www.vocalfusionacapella.co.uk - 01444 482183.



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Residents News

We have a special pedestrian entrance just for Steyning Residents this year! If you live in Steyning and wish to walk to the event please walk up Mouse Lane and your ticket will be checked at the Blue Gate prior to the main event site. You will be given a wristband here to access the rest of the event.

Please be careful when walking on Mouse Lane as this will be open for residents and Wiston house staff during the event.

If you have a question or any concerns during the event weekend please call our Community Phone line 01903 495816. This will be staffed 10:00-22:00 26th - 28th May. At other times please leave a message on the answering machine.



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May Gardening Journal

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

As well as dancing around the Maypole, there are signs that Spring has properly sprung in May. Nature's re-animation is taking place in full effect now. New growth with trees, shrubs and herbaceous plants continuing to sprout both leaf and flower, the sound of birds in our gardens and the days getting noticeably longer, Winter is almost a distant memory. It's a great time of year with everything looking and smelling so fantastic. It's easy to get lost in life outside as the days lengthen. So why not go and do just that...

Anthriscus Ravenswiung is a highly decorative, sumptuous form of our native cow parsley. It displays stunning, dark brown, almost purple foliage, an abundance of large umbels with beautiful, lacy, white, pink tinged blooms that seem to froth as they are held high during summer.

It is perfect for wildlife gardens as it is much loved by pollinators who will come visiting for a nectar-rich feast. It sits well in wildflower meadows, or cottage gardens but is equally impressive grown in more formal or modern planting schemes, especially as a companion to other perennials or grasses, where the stems will weave and mingle.

Anthriscus Ravenswing creates an airy, long-lasting delicate feel to floral arrangements while the dark foliage creates an elegant and stunning contrast. It is sometimes known as 'Queen Anne's Lace', along with several other umbellous plants, because the English Monarch was an expert lace maker. Alternatively, some think the plant is named after St Anna, the mother of the virgin Mary.

prefers to be grown in moist, well-drained soil in a sunny or partially shaded spot. It is a fully hardy perennial, down to around -15 C, which will die back in the middle of winter, ready to sprout again in spring. The plants reach 2 to 3 feet tall in flower (about 1 foot tall in leaf). They can tolerate full sun but typically prefer morning sun and afternoon shade or light all-day shade.

This biennial or short-lived perennial will flower in its second summer. You can cut the stems back to maintain the foliage-only look or let them self-sow for new plants,. However, I have seen 'Ravenswing' reseed heavily in gardens where it is not supervised - it may be advised to deadhead after flowering to avoid this. It comes true from seed but be selective and choose the darkest of the seedlings which can be easily moved or potted on.

Anthriscus sylvestris 'Ravenswing' makes a perfect plant for a wild garden or meadow, and an effective companion to ornamental grasses. I would suggest combining it with Calamagrostis Karl Foerster or Stipa gigantea, both ornamental



Plant of the Month – Anthriscus sylvestris 'Ravenswing'

grasses that flower early and will provide the perfect backdrop and airy companion for the delicate flowers that Anthriscus provide.

Jobs to be doing this month include:

Ornamental Garden:

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

keep neat and tidy.

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

Vegetable Garden:

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



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Leprosy and other Diseases from the past

'Sickness is ever present: Death comes to us all'. This rather bleak message appears on a banner which was paraded down the High Street in Steyning in 1908, in support of local hospitals. The fund-raising was in aid of Worthing Hospital which, at that time, was partly dependent on subscriptions. Southlands, on the other hand, was then the site of the Steyning Union Workhouse. It incorporated an infirmary, though not for the use of the general public, its funding coming from a group of fifteen parishes with Steyning taking the lead.

Eight hundred years ago there was also a hospital, of a sort, in the locality. It was for those suffering from leprosy and was called the 'Hospital for the Infirm of St. Mary Magdalene'. It was located in Bidlington which incorporated the Maudlin part of Bramber and part of Steyning as far as Dog Lane. We know this because William, son of Nicholas Malesmeins, had been consigned 'with the assent of his friends to a certain maladria in Bidlington, where he abode for two years'. Occasional small endowments were made to this hospital over the centuries but in 1320 it was excused from taxation because it was so poor, though by 1535 it was valued at twenty shillings.

During most of the Middle Ages those suffering from leprosy were feared, and people were disgusted by their disfigurements. Indeed, there were laws which permitted those suffering from disfigurement to be cast out of their community where they had to announce their passing with a wooden clapper or a bell. The foundation of the hospital at Bidlington, probably associated with a chapel, meant that, for local people at least, there was somewhere to go and maybe a bit of kindness, even if there were no cures.



9. A LEPER

Although contemporary archives tell us about this hospital, lying somewhere in the manor of Bidlington, it was not known exactly where this was until 1959, when new houses were being built at the top of Maudlin Parkway close to Maudlin House; it was there that signs of leper burials were found. The graves of forty-six people were discovered, and examination of their skeletons confirmed that most of them did show signs of leprosy – though some may have ended up there because acute skin infections had become confused with leprosy. And kindness was in evidence: a young couple aged 23-24 were buried side by side with their arms linked together and a number of the graves were provided with stone pillows.

In due course Steyning established their own 'hospital', though the nature of the building and the service being offered can be gauged from the fact that it was called 'The Pest House'. Its purpose was to do no more than allow those suffering from smallpox or other contagious diseases to be isolated from the rest of the community – performing much the same role as the Hospital of St Mary Magdalene in Bidlington had done for lepers during the Middle Ages.

In November 1723 when John Andrews of Steyning made his will he was suffering from smallpox and was required to move out of his house to the Pest House. That must, itself, have been a penance because it had been described as 'little more than a hovel with a leaking roof'. It lay in a small two-acre plot of land belonging to the Parish Church within Perrats Furlong, which was itself part of the 'Steyning Common Field' – where Penlands has since been built. When the Reverend Cox wrote about it in 1927 there were still old men in the town whose fathers had had to spend time isolated in the Pest House. It had burnt down in 1856 and the Church did not have the funds available to rebuild it.

Happily, the treatment of these dreadful diseases had moved on apace by the time the people of Steyning paraded their fund-raising banner down the High Street in 1908.

Article by: Chris Tod - Steyning Museum.



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