

JUNE

2023



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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

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



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

The National Garden Scheme has two new gardens opening in Steyning, West Sussex this June.

Lynne Broome is a veteran NGS garden owner having opened for five years at her previous house before moving to Nightingale House in Steyning a couple of years ago.

Lynn says *'When I arrived here the first thing I did was to clear some of the spaces, getting rid of a leylandii hedge which opened up the whole garden including revealing a view of the Downs. I am passionate about plants, I have one side of the garden which favours shade loving plants and the other side for the sun lovers. My plan is to have something in flower every month of the year.'*

Nightingale House has a cottage style garden filled with perennials and summer annuals. There is an impressive new greenhouse and a bespoke metal screen with climbing roses and



Nightingale House

clematis. The garden is suitable for wheelchair users.

Patsy Walton has lived in Steyning for many years and while she has opened the garden a couple of times to raise money for Steyning in Bloom, this is her first National Garden Scheme opening. Patsy's cottage style garden also has stunning views of the South Downs. The compact garden is laid out with winding grass paths that wind around a series of island beds, showing off colourful floral displays. She also nurtures a collection of some 100 pots.

'I am a true plantaholic, I love a full garden and I often let things come up where they want to. In summer this is a garden of roses, clematis and



salvias, and of course my pots are a feature as well. I recently bought a scented hydrangea which lives in a pot by the back door to add to my collection.'

Nightingale House and 15 Penlands Rise open together on **Wednesday 21st and Wednesday 28th June**. Admission for both gardens together is £7 and Nightingale House will be serving home-made teas. You can book in advance online at <https://ngs.org.uk> or pay on the day.



15 Penlands Rise

Founded in 1927 by The Queen's Nursing Institute to support district nurses, the NGS has since given annual donations to nursing and health charities totalling over £67 million.

Other gardens opening around the Steyning area for the NGS this summer include:

Saffrons, Holland Road, Steyning, by arrangement from June to August for groups of between 10 and 30.

St Mary's House Gardens, Bramber, Friday 23rd and Saturday 24th June.

Wiston House, Steyning Road, Wiston, Saturday 1st July.

Details of all the gardens can be found on the National Garden Scheme website <https://ngs.org.uk>.

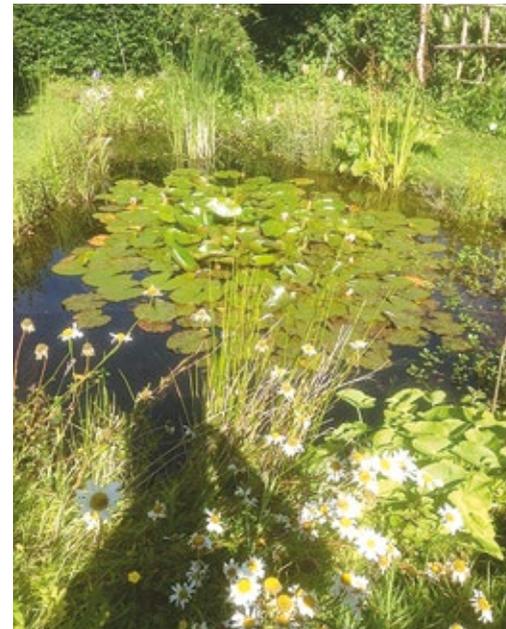
Steyning in Bloom Open Garden Day 25th June 12:00 - 17:30

We look forward to welcoming you on Sunday 25th June for the third Steyning in Bloom Open Gardens. This year it will be a little different!..., bio diversity, eco friendly, wildlife haven, **No Mow May** are perhaps the buzz words of the moment inspiring many to change their patterns of gardening.

Awareness of wildlife corridors, bug hotels, hedgehog inter garden runs, and nectar sources for every season are now high on our list of priorities We are delighted to join with Steyning Greening and include five gardens which fit the bill, though you will find that many of the other gardens are embracing this philosophy as well. We have a new king who seems to think the same way!

There will be 17 gardens this year - all completely different and individual.

Some have wonderful views of the 'borrowed' landscape of the Downs; some are tucked away amidst the flint walls that are so much the character of our town, whose owners have made areas of magic out of small spaces.



A few, you may have visited before and you can see what changes have been made over the year, It's also an opportunity to talk to garden owners - to find out how their gardens have fared with the strange weather we've experienced, and what they have planted to cope with this.

Many owners showing their gardens have particular passions they are happy to share. We have an apple expert, an orchid meadow, a bonsai enthusiast... And as you wander between gardens you can enjoy what other enthusiastic Steyning residents have created.

Brochures giving details of all the gardens will be available at a price of £6 at The Steyning Bookshop from the end of May.

These will act as numbered tickets for entry to the gardens. The brochure will include a map suggesting a route, details of parking and wheelchair access where appropriate. In some cases the best access may be through the twittens that weave through the town, It'll be an exciting tour.

There will be several gardens and the Methodist church offering teas and refreshments, and one venue where a ploughman's lunch will be served.

We'll keep fingers crossed for good weather, but we'll go ahead even if there's a spot of rain - realising, of course that while we might get wet, the plants will love it!

So put the date in your diary, tell your friends, and we'll look forward to seeing you!



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June Steyning Community Orchard.

People often ask how and why the Community Orchard started. The idea was triggered when the 10/10 Greening group held a meeting to gather in ideas and suggestions to make Steyning 'greener'

This was 2011, and as the idea crystallised, a small group approached Steyning Parish Council (SPC) suggesting that the former orchard of Lewis Woods at the far end of the Memorial Playing Field which was badly damaged in the storm of 1987 might be rescued and developed.

So the SCO was born.

Finally at a meeting of the SPC in early 2014 it was agreed that the SCO could start and clear, restore and replant the area.

Nine years later we have almost finished the replanting and restoration of this, funded by the donors of the trees planted in memory of family and friends. In addition, in partnership with the Steyning Downland Scheme (SDS), and funded by donors, we have created an orchard and children's play area at the entrance to the Rifle Range. which has be



planted with hedging; one side of which was planted by the Steyning Cubs under the watchful eye of Dave Bucket in 2010 and funded by the Women's Institute. This was layered by the SDS volunteers with the expertise of Derek Crush in 2022.

In 2020 we began the orchard in Abbey Road in conjunction with the controlled rewilding of this area, including the pond, hedging and tree planting.

Over 80 fruit trees have been planted, all donated from within our community. We have been able to assist and advise on the creation of community orchards in Bramber, Thakeham and Henfield in addition to helping local residents wanting advice on pruning, caring for and planting of fruit trees. As the orchards approach or have achieved completion our energies now are required more for their maintenance and that of their surrounding area. Ultimately we will need the help of 2 or 3 teams of volunteers to achieve this.

One of the unanswered questions is about the need of the cages around each tree. They will be needed for longer in the MPF where the foot fall is greatest. So long as the trunks are protected from rabbits (they enjoy nibbling the bark of younger trees especially in winter) the cages in the SDO and Abbey Road may become unnecessary within 3-5 years.

It is so exciting seeing the trees maturing. Getting larger, bearing more fruit, becoming a refuge for birds and beginning to create shadows. Maturity is after 5-10 years and size depends upon the root stock on which they have been grafted. Some very vigorous, some not.



Pruning occurs both in the winter, for apples and pears, and in the summer for the stone fruits like plums and cherries.

There is no doubt that we are helping the environment with all our activities; not only with the fruit trees but also the hedgerows in all three orchards. This year the spring flowers have been wonderful in the MPF. All good for the birds, bees, bats, butterflies and moths, not forgetting all of us! We need to increase our involvement of the

community, young and old, in our activities and its ownership of the orchards. It is easy to blame Covid and it may well be a factor. The fruit belongs to all of us. We must not forget that it all comes from the donations made to the orchards.

Particularly we are hoping to increase involvement of the younger generation, something we are going to address. Our long established communal activities, the autumnal juicing of apples, yours and ours, the winter Wassail, participation in the Steyning Festival and the May fair will continue.

If you are interested in getting involved with us in any of our activities especially our Work Days please get in touch via our Web Site:
<https://steyningcommunityorchard.org>

We do hope you will come and join us.



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Love to Move in the Steyning Centre every Tuesday

“An hour and a half of Wonderfulness Each Week”

Promoting brain function by getting older adults moving & grooving!

Love to Move is a new and exciting age and dementia friendly exercise to music programme launched last September in the Steyning Centre in Fletchers Croft on Tuesdays each week. The programme is there to support everyone in the community. The class is run by the wonderfully vibrant Cherry Tolcher and Anna Shaw from the British Gymnastics Foundation. Supported by Sport England, the programme has been a great success since launching. With help from the Steyning Parish Council, The British Gymnastics Foundation and Sport England, Right at Home worked hard with Cherry and Anna to get everything up and running. The programme is such a success that we are very excited to have expanded from one session to the three sessions in a short space of time.

Why try Love to Move?

Love to Move is a programme specially designed to get older people moving and functioning better. As well as this, there are so many other benefits of the programme helping to improve the lives of people living with dementia:

- Social Interaction - the fun and enjoyment of Love to Move makes the programme really effective. The exercises are enjoyable to do and encourage conversation.
- Memory stimulation - trying the exercises in time to your favourite music can help to stimulate memory and recall in people living with dementia.
- Use of foundation gymnastics skills - the movements used during Love to Move exercises help to develop coordination, balance, core strength and flexibility to name just a few of the many benefits.

History of Love to Move

In 2014 The British Gymnastics Foundation began working with experts in Japan who deliver their own age and dementia friendly gymnastics programme. The Japanese programme has been so successful that it is now completely state funded, taking place in every care home across Japan.

Research published in 2016 on the original Japanese programme concluded that it significantly improves walking speed.

The programme has also been shown to:

- improve cognitive function.
- help reduce depression in participants.
- improve balance.
- improve the ability to undertake activities for daily living.

Two years ago, the Foundation began providing Love to Move in multiple care homes and community settings in the UK. To date, the programme has been delivering life-changing outcomes for many participants. The Love to Move programme has helped some participants to use their hands again so they can feed themselves, do crafts, play bingo and socialise with friends and family.

Vinal Karania, Research Manager from Age UK says *'It has a demonstrable benefit in the physical, emotional, and cognitive aspects of older people. Older people having mild to advanced forms of dementia appear to benefit the most.'*

Cherry Tolcher says *'Most important is about having fun to the tunes of the 1950's and 1960's. You really see a difference in people's wellbeing as they leave the class uplifted.'*

We provide refreshments and cakes after the 1-hour programme which allows our team and participants time to socialise and reconnect further in the local community. It's not uncommon to encounter initial reluctance to join at first, however we are there to support and guide participants when they arrive. We have a few of our own care staff there too, and are pleased that Hannah Smith, one of our senior carers, has just been signed off by the British Gymnastics Foundation as a professional Love to Move deliverer!

We promote this programme to the clients we care for too, with great success. I am over the moon noticing the positive difference in people from one week to the next. Their confidence, ability to carry out the bilateral exercises, and happiness is a joy to see. I attend most sessions and never tire of the programme. It is varied a little each week, and we smile from ear to ear throughout the session.

Why don't you come and join the classes each Tuesday at 1.30pm in Steyning?

To sign up for the programme, please email Cherry on cherrytolcher@hotmail.com or Right at Home on worthing.shoreham@rightathome.co.uk

See you there soon!

Anton van Baalen, Owner of Right at Home Worthing & Shoreham District.

An afternoon of model trains At St Botolph's Church

Sunday June 25th 2023 - 12:00 - 16:00. - 10 Annington Rd - Steyning BN44 3WR

Wealden Railway Group assembles some smaller layouts for a Summer afternoon of model railways.

Free entry.

Charity collections in aid of the Churches Conservation Trust.

(Reg Charity 25612) Refreshments available.



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Shiatsu Physical Therapist

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"My mum who has Alzheimer's absolutely loves these sessions – it's a wonderful activity that we can do together and she really comes alive."

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Love to Move and Time to Chat

Love to Move is seated exercise for all, especially those with dementia and their carers. Delivered by British Gymnastics' Love to Move coaches. There will be refreshments and time to chat after the class. There will be a nominal charge.

Tuesdays 1:30 to 3:00pm

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June: 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

Friday 2nd June

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

'Sawbones & Quacks'

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle table and also a Bring and Buy table. After our business section, we welcome back TIMESPAN to entertain us in their unique way. Tea and biscuits will be served from 15:15. Entrance fee is £3 and Annual Membership is £10 (each April). Please contact Bev Francis-Hills 01273 493894 for other information, including transport needs.

Saturday 3rd June

Steyning Arts

11:00 – 16:00

Steyning, Beeding, Bramber, Ashurst, Storrington

Art Trail 2023

Open 11:00 – 16:00 each day 27, 28, 29 May and 3, 4 June, unless stated otherwise in the Brochure. Pick up a brochure from the museum, the library, or other High Street locations. Everyone is welcome to walk the trail. Lots of refreshments and some demonstrations at certain locations. Support local artists, come and discuss their works.

Saturday 3rd June

Kaleidoscope Singers & Vocal Fusion Acapella

16:30 – 17:30

St Andrew & St Cuthman Church, Steyning

'Summer Magic'

The Kaleidoscope Singers and Vocal Fusion Acapella share an hours concert singing music by Whitacre, Takach, Chilcott and arrangements of Disney songs from The little Mermaid, Jungle Book and Moana. Tickets £8 from Steyning Bookshop, online: vocalfusionacapella.co.uk/p/june/tickets/or on the door (card or cash)

Wednesday 7th June

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 Tickets are on sale at £6 which includes tea or coffee during the interval. Wine for purchase at £2.50 per glass. Doors open 19:00 for 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 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



"People, Places and Polar Bears" 

A Major Exhibition of stunning images to celebrate the 50th anniversary of Steyning Camera Club.

Weekend of 15-16th July 2023

Let us show you the importance of photography in our lives

The Steyning Centre, Fletchers Croft, Steyning BN44 3XZ
Open 10.30am - 4.30pm Refreshments ---- Tombola
www.steyningcc.org.uk Entrance FREE

"People, Places and Polar Bears"

Steyning Camera Club celebrates its 50th Anniversary this year and we are marking this on the weekend of July 15th - 16th by holding a major exhibition at the Steyning Centre of some stunning images by many of our members present and past.

It's called 'People, Places and Polar Bears' and the theme covers the importance of photography in everybody's lives - be it day-to-day, special events, doing what you love most, or travel and holidays.

Perhaps we take photography too much for granted but the images we all take now will leave an important legacy for future generations about the social history of our times - what we did in life, the people and family we knew and loved, the places we visited, and the things we were passionate about. They all provide an important pictorial history.

At the exhibition you will see images from many of our members - from beginners to advanced photographers - and these images will all have special meaning and significance to those who took them. You will also see images from our first Fellowship of the Royal Photographic Society, and a 12 metre long print! The longest in the UK? They may even inspire you to further your photography skills - whether you use a phone camera or a more complicated one - and our club can help you.

So, come and meet us on the weekend of July 15-16 at the Steyning Centre and find out more, or just browse and have a tea/coffee and cake!

We look forward to welcoming you.

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

Sunday 11th June

Steyning Downland Scheme
14:00 – 16:00
Downland Orchard / SDS Wild Play Area.
(Nearest postcode: BN44 3LN)

Botany Survey (June)

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 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/>

Monday 12th June

The Arts Society, Steyning
10:00 – 12:00
Steyning Centre, Fletchers Croft, Steyning

A talk by by Steven Desmond: The Odd Couple: The Gardens of Edwin Lutyens & Gertrude Jekyll

In the spring of 1889 the young Edwin Lutyens, later to become the most famous British architect of the 20th century, met the artist-gardener-craftswoman Gertrude Jekyll. She was a well-known eccentric, and a generation older than the young man who communicated with the world through drawings and elaborate jokes. He found in the daunting Miss Jekyll someone who empathised with his big ideas regarding design, detailing and distinctiveness. She opened social doors to him, and he brought her theories and experiments in garden-making onto the national stage. Their joint creations of house and garden became the talk of Edwardian society and set a standard of excellence which has been admired ever since. Separately they were interesting, curious, isolated; together they proved irresistible. Steven Desmond is an independent landscape consultant specialising in historic gardens and architecture; freelance lecturer, specialist tour leader and lecturer in

Britain, Ireland, France, Germany and Italy; writer and broadcaster. Steven's book, Gardens of the Italian Lakes, is published by Frances Lincoln.

Wednesday 14th June

Steyning Downland Scheme
10:00 – 12:00
Downland Orchard / SDS Wild Play Area.
(Nearest postcode: BN44 3LN)

Botany Survey: Land Extension

Join the Steyning Downland Scheme for our second special botanical survey of the year! This time we will be carrying out a 'baseline survey' of our new land extension to see what effect our future management has on biodiversity. All botanical abilities, from newbie to experienced botanists are very welcome. To book: <https://steyningdownland.org/events/>

Friday 16th June

The Steyning Society
19:00 – 21:00
Steyning Centre, Fletchers Croft, Steyning

'A Passion for Piers' by Jackie Marsh-Hobbs

Jackie is a well known Brighton guide and authority on the town. She has researched many sites in Brighton and has a happy knack of being entertaining with her knowledge. Jackie is a colourful local character and so we always have to book her up early. The doors open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival. There will also be a Bring and Buy table with Books. Our talk commences at 19:30. Free to members and £3 guests. All welcome to attend. www.steyningsociety.org.uk

Saturday 17th June

Southdown Nursery
12:00 – 16:00
Southdown Nursery, Jarvis Lane, Steyning

Summer Fair

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The Steyning Society

More information:
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Botany: Cut Strips Survey

Join the Steyning Downland Scheme for a special, one-off botanical survey on the Rifle Range. During autumn 2022 we worked with Rangers from the South Downs National Park to cut some test strips across areas of species-poor rank grass. The aim was to see whether this management encourages wild flowers by discouraging the growth of Tor grass. Now we need to see if it's worked! All botanical abilities, from newbie to experienced 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 23rd June

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. 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 Thanks Giving Prayers at 4.00 pm for those wishing to attend. For further information please phone Su on 07860638167. **NOTE: Also on Saturday 24th June .**

Sunday 25th June

Steyning Downland Scheme
17:00 – 18:30
SDS Gateway, off Mouse Lane (nearest postcode: BN44 3LQ)

Ask the Animals

Join SDS Project Manager, Matthew Thomas for a walk to investigate the spiritual side of nature. Matthew is a qualified ecologist with over 30 years experience working in nature conservation - he also founded and led a church for thirteen years. Join Matthew for a 2.5 km (1.5 mile) light hearted stroll around Steyning Rifle Range, to

discover how exploring nature inspired him to search for God, and how exploring God inspires him to experience nature! People, from all beliefs and none, are very welcome to join us. To book: <https://steyningdownland.org/events/>

Wednesday 28th June

Steyning and District Flower Club
19:30 – 21:30
Steyning Centre, Fletchers Croft, Steyning

Form Linear Design

Teacher/Florist, Dee Watkins, will be providing an evening of inspirational floral demonstrations with an opportunity to win one of her creations in the evening raffle. Refreshments will be available. Visitors are warmly welcomed (£6). Doors open at 19:00.

Wednesday 28th June

Steyning Downland Scheme
21:45 – 23:00
Bowls Club car park, on the corner of Mill Road.
(Nearest postcode: BN44 3LN)

Glow-worm Hunt

Join expert naturalist, Simon Jackson for a night time adventure to discover the fascinating life of this elusive and rapidly declining creature, with an opportunity to see one for yourself! To book: <https://steyningdownland.org/events/>

Sunday 2nd July

Greening Steyning
13:00 – 16:00
Steyning, Bramber and Upper Beeding

Give Your Stuff Away Day

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

Wednesday 5th July

Community Film Night
19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

Screening: A Man Called Otto

A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbours. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upside-down.

Friday 7th July

Henfield Theatre Company
18:00 – 22:15
Sussex Prairie Garden, Morlands Farm,
Wheatsheaf Rd, Henfield BN5 9AT
A Midsummer Night's Dream

Our next summer production, will be an open-air production of Shakespeare's best loved comedy, A Midsummer Night's Dream, in The Sussex Prairie Garden, Wheatsheaf Road, Henfield.. Our sincere thanks to Paul and Pauline McBride for this wonderful opportunity and for allowing us into their Garden. Kindly sponsored by

Andy Blunden Ceramic Wall & Floor Tilers Ltd, performances are on **7th, 8th and 9th July at 19:30**. Tickets costing £17.50 per person are now on sale via www.henfieldtheatrecompany.com, and at Steven's Estate Agents in Henfield High Street. The ticket price also gives you entry to the gardens from 18:00 (normal single day entry fee to the gardens is £10). Why not bring a picnic and have time to enjoy the beautiful surroundings? Tea, coffee, cake and ice-cream will be available and there will be numbered seating provided for the performances. And don't forget a cushion and a torch!

Saturday 8th July

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

Front Cover: Assembled found objects - Libby Goddard



Libby has drawn and painted since she was small child. Her main interest is in the natural world and some is intuition.

Libby enjoys working in a semi-abstract way using a variety of different materials. Over the last few years, has been exploring printing with rust and making eco-prints. She often uses collage and mixed media in her drawings and paintings letting her response to the materials guide her, leading to unexpected outcomes and to possibilities that are exciting and challenging. She likes to make small sculptures out of found objects which she often displays in compartment boxes, altering and presenting these objects so that they may be perceived in a different way.

See Libby's work in venue 21 , Newham

Lodge, 17 Newham Lane, in Steyning Art Trail 3rd and 4th June or contact Amanda Duke amandagduke@gmail.com for further details.



Location, Location, Location

You might have heard that novels can be either plot-driven or character-driven, but did you know that some rely on the setting to move the story along?

Many years ago, I went to an author talk where the topic was how a novel's setting can be considered as much of a character as the main protagonist. Having always believed a story's setting to be static, a background against which the plot can be played out, I was intrigued to hear how, in some books, the setting actually interacts with the characters. Adding layers to the story. Bringing the plot to life. It was a lightbulb moment and, as I came away from the talk, I knew this was how I wanted to write my own novels. Now, four years and many books later, I can happily say that each of my psychological thrillers has its own unique setting – a place that I hope enhances the drama. Complimenting or conflicting with the characters depending on the stage of the plot. Reacting to their actions. Participating in the drama. In June, my seventh psychological thriller, *The Night Out*, will be published by Bookouture and, like my other domestic dramas, its setting

plays a large part in the book – an additional character without which the story would lack atmosphere and drama.

So where is this location? Very close to home as it happens – in Shoreham-by-Sea, a few miles from Steyning, and this is how I came to choose it.

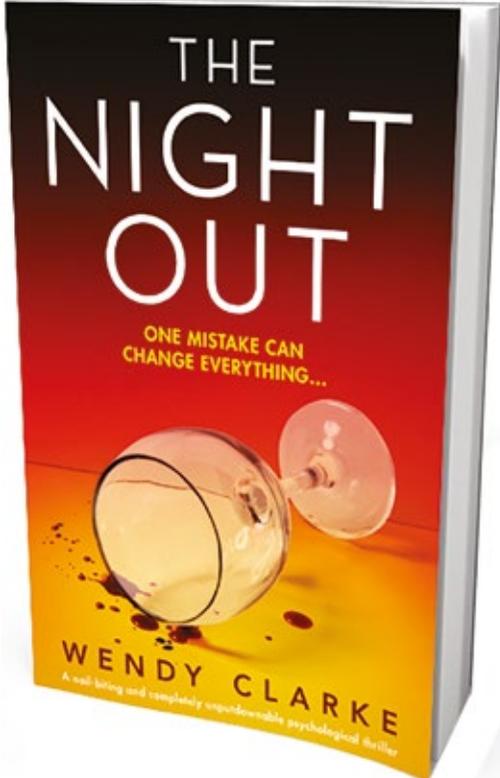
The story begins a few years ago when my husband and I became proud owners of a beach hut at Widewater Lagoon. It's where, in the summer months, sentences turn into pages and pages into chapters. Where I can swim, read and walk once my daily wordcount has been reached.

The beach is beautiful whichever way I go but if I turn east, the stones will eventually take me onto the boardwalk at Shoreham. To my right, the sea is restless or mirror flat depending on its mood. The lights of the windfarm flashing pinpricks of red into the darkness once night falls. To my left, large houses back onto the beach. Each different from its neighbour but with one thing in common – the large picture windows that stare out across the sea.

One day, as I was walking along the boardwalk in the direction of the fort, I started to wonder what those seemingly unadorned windows would look like at night once the sky had darkened – the rooms a brightly lit stage waiting for the characters to enter from the wings. I'd been looking for a new location for my next book and with the wide expanse of sea and the dark loneliness of the boardwalk where my antagonist could watch his prey through the brightly lit window, I knew I'd found it. The perfect setting for a thriller. The perfect setting for *The Night Out*.

But this is fiction, so instead of setting my story in one of the existing houses, I created my own using a pick-and-mix of elements from the homes I'd seen on my walk: a swimming pool from one, a spiral metal staircase from another, the palms and exotic shrubs from a third. The rest is from my imagination – as are the people who live in it. I think that the boardwalk at Shoreham is not just a geographical setting but a character in its own right. A place where, as Elise finds out to her cost, one mistake can change everything. I hope, if you decide to read *The Night Out*, you will think so too.

The Night Out by Wendy Clarke is available from The Steyning Bookshop.



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How much deposit will I need?

This is a common question we receive when clients are carrying out early enquiries on their future mortgages. One thing we always explain is that the larger the deposit, the lower the mortgage interest rate.

This is because the lender perceive a higher deposit as representing a lower risk for them especially in the event of property values dropping.

There is a sweet spot where a larger deposit doesn't necessarily mean an even lower rate however.

If someone has a 25% deposit based on the purchase price of the property they are considering, then this generally commands the best rates.

There are mortgage rates out there pitched at people with 30% or even 40% deposits but these are not universally available with every lender.

So, borrowing at 75% of the value of a property is generally the best place to be. Having a deposit at that level is not always that easily achievable however especially for first time buyers, so lenders have lots of alternatives too.

Interest rates start to increase on mortgages where the level of borrowing is above 75% of the value of the property and they do so at every 5% increment.

So for example, borrowing at 80% (with a 20% deposit) will cost less than at 85% (and a 15% deposit) and so on all the way up to 100%.

Yes, that's correct 100% meaning no deposit! Great news for first time buyers as very recently Skipton Building Society launched a product aimed at people who are currently renting but wanting to get on the housing ladder, where they haven't got a deposit but do have sufficient income to support a mortgage.

There are other schemes available where



there is no deposit required but these need to be supported by guarantors (usually Parents) so this is a first stand-alone product. There are hoops to jump through as you'd expect to get this mortgage product but that's where we come in as mortgage experts!

So, if you're looking to buy or move home and want to find out how much deposit you require, feel free to get in touch with Compass Mortgages and one of our friendly team will be more than happy to help you understand your options.

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Stag Beetle

I've only ever had one sporting hero. In the red corner, standing 6ft 6 and weighing in at 365lbs, Big Daddy kept my Gran and me glued to the TV set on wet Saturday afternoons as he wrestled Giant Haystacks or Kendo Nagasaki in his sequined spandex.

In June, Stag Beetles – the big daddies of the beetle world – are emerging from the ground and getting ready to rumble. There's around 3,000 different species of beetle in Sussex and an estimated 29,000 species across Europe.

Just as Big Daddy's 64-inch chest earned him a place in the Guinness Book of Records, the 2.5 inch long Stag Beetle holds the coveted title of Europe's Biggest Beetle. And, like a 26 stone man in a spangly leotard, the adult male Stag Beetle is equally impressive and ludicrous. Its 3-segmented black and maroon armoured body is crowned with a ridiculous pair of trademark stag-like 'antlers'. They are actually modified mandible mouthparts and are used to impress the antler-less females and to grapple rival males.

Before these tiny titans step into the ring they have to put in some long hours in training. The beetle's larvae spend an incredible 5-6 years munching on a deadwood diet of buried logs and roots, building the bulky body that will sustain them to survive above ground.

As adults they will live for just a few weeks without feeding, relying solely on the fuel tanks accumulated underground. In early summer, after pupation and transformation, they burst from the ground and go looking for a fight. I always find it incredible that these chunky, bulky



beetles can fly but on warm evenings they whirl through the air with the grace and subtlety of a Chinook on aerial reconnaissance for females. But if another male beats them to it that's when things get nasty.

In my fantasies I imagine these beetle brawls to play out on a dead tree stump. A crowd of over-excited elderly invertebrates gather round; the grasshoppers and crickets chirping in with a chorus of 'We shall not be moved' while the earthworms and earwigs chant 'Eas-eh! Eas-eh!' The fighters face off before charging and locking antlers. With incredible strength a Stag Beetle can lift his opponent into the air, holding him there heroically before spectacularly body-slammng them down onto the stump.

We're fortunate that southeast England is a hotspot for these Herculean heavyweights but sadly our Stag Beetles are on the ropes. The loss of old trees from the countryside has had dramatic impacts on the survival of the beetles' underground larvae and their numbers are declining.

My tip for spotting a Stag Beetle is to look for them in June in Henfield churchyard in West Sussex or around Ringmer in East Sussex.

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.

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Stag Beetle males Derek Middleton Sussex Wildlife Trust



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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.

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Stay on Your Feet: The Importance of Balance Exercises for a Stronger, Healthier You



Balance exercises are physical activities that challenge the body's ability to maintain equilibrium. These exercises are important for people of all ages as they help improve balance, prevent falls, and enhance overall physical performance. In this article, we will explore the relative merits of balance exercises and why they should be a part of your fitness routine.

Firstly, balance exercises help improve proprioception, which is the body's ability to sense the position and movement of its parts. This is essential for maintaining balance and stability while performing daily activities such as walking, running, and even standing still. Proprioception can be affected by factors such as injury, aging, and inactivity, making it important to engage in balance exercises regularly, especially as we age.

Secondly, balance exercises help prevent falls, which can be particularly dangerous for older adults. According to the Centres for Disease Control and Prevention (CDC), falls are the leading cause of injury-related deaths among adults aged 65 and over. By improving balance, people can reduce their risk of falling and the subsequent injuries that may occur.

Thirdly, balance exercises can improve athletic performance. Sports that require agility, coordination, and balance, such as football, gymnastics, and martial arts, can benefit from incorporating balance exercises into their training routines. Improved balance can also help athletes prevent injuries by increasing their body's ability to respond to sudden movements.

Fourthly, balance exercises can be beneficial for people with certain medical conditions. For example, individuals with multiple sclerosis or Parkinson's disease often experience impaired balance as a symptom of their condition. Engaging in balance exercises can help improve their quality of life.

Here are some examples of balance exercises that can be incorporated into a fitness routine:

- Single-leg stance: Stand on one leg and hold for 30-60 seconds. Repeat on the other leg.
- Single-leg deadlift: Stand on one leg and slowly bend forward at the hips, extending the other leg behind you. Return to standing position and repeat on the other leg.
- Bosu ball (balance trainer ball) squats: Stand on a Bosu ball with feet shoulder-width apart, then slowly bend at the knees to lower into a squat. Return to standing position and repeat.
- Yoga tree pose: Stand on one leg and place the sole of the other foot on the inside of the thigh of the standing leg. Hold for 30-60 seconds and repeat on the other leg.
- Step-ups: Step up onto a step or platform with one leg, then lower back down. Repeat on the other leg.
- Plank with leg lift: Start in a plank position and lift one leg off the ground, holding for a few seconds before lowering back down. Repeat on the other leg.
- Balance board exercises: Stand on a balance board or wobble board and try to maintain balance while performing exercises such as squats or lunges.
- Heel-to-toe walk: Walk in a straight line, placing one foot directly in front of the other, heel to toe.

These exercises can be modified by adding weights or adjusting the duration of the hold

to increase or decrease the level of difficulty. It's important to start with easier exercises and gradually work up to more challenging ones as your balance improves.

Mark Jones at Well Adjusted Health comments *'Balance exercises are the foundation of physical wellness. They not only help prevent falls and injuries, but they also enhance overall athletic performance and quality of life.'*

Mark regularly advises patients to start off with the single leg stance exercise. He suggests building this into your daily routine whilst brushing your teeth! That way you have the focus to do it twice a day and have the sink close by to help with balance at first.

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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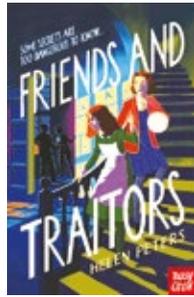
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MARK JONES MCHIRO, DC

June 2023 Book Reviews

May and June see an abundance of new books coming out, and from June 17th – 24th we will be celebrating Independent Bookshop Week with a host of indie limited editions, special offers, and a picture book BOGOFF!

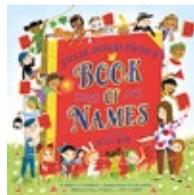
Children's Fiction



Friends & Traitors
by Helen Peters. Nosy Crow paperback £7.99. Published 6th July but we will receive special signed indie editions for sale from 17th June. Sussex author Helen Peters is another Steyning Bookshop favourite, we love her engaging, well-written stories which bring to mind classic children's writers like Nina Bawden and Noel Streatfield.

In *Friends and Traitors*, Helen is channelling Blyton & Nancy Drew – this is a fun, gripping, spy mystery, set during WW2. The story kicks off when a private girl's boarding school is evacuated to a country manor house. Two girls, Nancy, a housemaid, and Sidney, a 'posh' pupil, stumble upon a dark plot involving the aristocratic Earl of the manor and a cabal of secret Nazi-supporters. At first, it's all a bit of a wheeze – creeping about at night, discovering secret passageways – but when Sidney's brothers Spitfire is gunned down over France, the war hits home for her and the girls realise that the Earl's plot to overthrow democracy and pave the way for Hitler to invade Britain could become a reality – and it's up to them to stop him.

An enjoyable romp, peppered with delightful 'jolly hockey sticks' 1940s-style dialogue, which nevertheless pays thoughtful attention to the girls' class differences, and seamlessly weaves in lots of informative background info about fascism, democracy, and WW2.

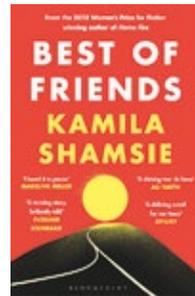


Julia Donaldson's Book of Names
by Julia Donaldson, illustrated by Nila Aye. Macmillan £12.99. At every book-signing, Julia Donaldson scribbles down any unusual names she

encounters – she has been squirrelling them away for years, working on including them all in a book – and finally, here it is! Set in a magical transforming bookshop, *The Book of Names* is a love-letter to bookshops and young bookworms, with cute, charming illustrations by Nila Aye, an award-winning new illustrator. Julia has seamlessly woven the names together thematically, from months of the year, colours and flowers to food, history, and gemstones... "I've signed for boys called Romeo, and girls called Juliet. I've signed for Roman, Saxon, Dane-Though not for Norman yet..." Young readers will enjoy trying to find their own name, and even if your name isn't included, there is a special dedicated space to add it, or even better, for Julia to sign! *We have a book-signing with Julia on Saturday 24th June (Time TBC) which will be the perfect time to get Julia to add YOUR little person's name to the book!*

Adult Fiction

Some previous favourites coming into paperback this month:

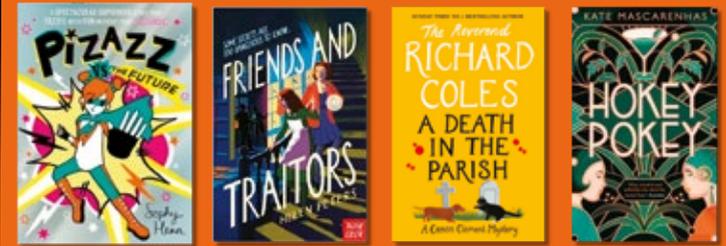


Best of Friends
by Kamila Shamsie. Bloomsbury paperback £8.99. All our bookshop staff are huge fans of Pakistani / British novelist Kamila Shamsie, who writes thoughtful, world-spanning novels, which subtly weave together the political and the personal.

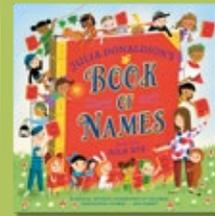
Her new novel, *Best of Friends* is true to form; a powerful story which explores childhood friendship in a changing world. The novel is divided into 2 sections; the first follows two girls, confident, privileged Maryam and studious Zahra, teenagers in 1980's Pakistan. As Pakistan's dictatorship crumbles, the friends are excited at the promise of societal change, and this part of the story reaches a chilling climax one night, with far-reaching consequences... The second part of the story fast-forwards to London in 2019, where we catch up with principled Zahra, now Director of the Centre for Civil Liberties, and wealthy Maryam, a powerful

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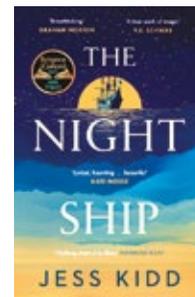
Plus on Saturday 24th June (TIME TBC) a book-signing with JULIA DONALDSON celebrating her delightful new picture book Julia Donaldson's Book of Names - contact us to book your place!



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venture capitalist for ethically dubious tech companies – ideologically the two women are poles apart, but remain bound together by loyalties, disloyalties, and the memory of that night, which echoes through the present in unexpected ways.

A delicately nuanced portrait of friendship against a politically-charged backdrop.



Night Ship
by Jess Kidd, Canongate paperback £9.99. A mesmerising and heart-wrenching historical novel, based on a real shipwreck in 1629, which interweaves the parallel stories of two unforgettable child narrators, 350 years apart. In 1628 the Dutch merchant vessel Batavia sets sail

to the Spice Islands (present-day Indonesia). Aboard are over 300 souls: sailors, soldiers, merchants, wives & children, including our narrator, 9-year-old Mayken, travelling to join her father on his Batavian estate. Mayken soon wins the hearts of all on board, both above and below deck. As the months of

gruelling sailing tick by, conditions deteriorate in the sweltering heat, and tragically, the Batavia runs aground and is wrecked on a coral reef. Mayken is amongst the survivors who eke out a living on a tiny island, but the horror is just beginning...

350 years later, in 1989, this same island has become the home of a small community of Australian cray-fisherman, living in beachfront shacks. 9-year-old orphan Gil has just arrived on the island, sent to stay with his reclusive grandfather, Joss. Gil becomes fascinated by local folklore about the little ghost-girl May, and ancient Aboriginal legends about the monster Bunyip, and here lie the stitches that weave the two stories delicately together. Gil's unconventional ways and dark past do not endear him to the islanders, who already have a bitter feud against his surly grandfather, and tensions begin to escalate, until the island erupts in violence, echoing the horrors of its history.

The Night Ship is a jaw-dropping story about the beauty and horror of human nature, rendered in exquisite prose, and Gil and Mayken will stay with you forever!

Steining in Bloom Open Gardens open to All Comers

There is something magical about a garden in June; the sight and smell of roses, garden borders awash with colour, pink, white and mauve sweet peas, hanging baskets full of bright, cheerful begonias and geraniums. All the hard work in the garden during April and May, suddenly worthwhile, with lots to show off about.

On the afternoon of the 25th of June, Steining in Bloom provides keen gardeners with the chance to do just that. It organises a garden open day trail around Steining when brave gardeners throw open their garden gates and welcome visitors in. Something for everyone to enjoy; the first-time gardeners and those who have been gardening for years and people who are just curious about what lies behind other people's hedges.

This year is a little different because Greening Steining approached Steining in Bloom to find out if they would include some Wildlife Friendly Gardens in the trail and Steining in Bloom said yes! So, amongst all the beautiful, carefully tended gardens, there are five quite distinctive gardens whose owners approach gardening in a different way and see it as a way to lend a much needed helping hand to all the struggling wildlife on our doorstep.

The roses may look and smell lovely, the



sweet peas may keep blooming, the garden borders may be awash with colour, but our wildlife is in trouble. Birds, mammals, reptiles, invertebrates; everything that flies, crawls, swims, moves, is facing an uncertain future. In 2019 leading professionals from more than seventy wildlife organisations produced 'The State of Nature' report that revealed that 41% of the UK species studied have declined. More than 26% of species of mammals are at risk of disappearing, while butterfly numbers are down by 17% and moths by 25%. Just a taste of what is happening across the board

'So what?' You ask.

If they are in trouble, we are in trouble as well. In the UK alone there are 27,000 insect species, and they have a vital role to play in pollinating our crops, serving as a major food source for lots of other creatures, recycling nutrients, spreading seeds, enriching our soil to grow our food and eating pests. We need them for our survival on this planet.

One of the major threats to our wildlife is the loss of habitat over the last eighty years, somewhere to feed, to reproduce, to call home. We've lost 97% of our flower rich meadows since the 1920's and 87% of our wetlands.

What can we, you and I, do to reverse this situation?

Well, there are over 20 million residential gardens in the UK covering 520,000 hectares in urban areas. (In comparison Nature Reserves cover only 98,600 hectares). That's a lot of potential habitats for wildlife. We

need to learn how to manage our gardens so wildlife can benefit from them; not just survive but thrive. We need to step back, let go of the urge to control what is around us, see our gardens with different eyes and let Nature in, doing what she does best, yes, even if it involves stinging nettles.

So, buy your Open Garden ticket from the Steining Book Shop and join the trail. Enjoy the traditional gardens, the lovely refreshments including a ploughman's lunch and visit the wildlife friendly gardens to find out more about making your patch welcome to all comers.

NOTE this date in your diary:
June 25th - 12:00 to 17:00.

Local Clubs and Societies

To add a club or society or change the details kindly email roger@barawood.co.uk

CHARITIES:

Cancer Research Steyning.
www.cancerresearchuk.org

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

The Friends of Steyning Parish Church.
01903 813232

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

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

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

CLUBS AND SOCIETIES:

Chanctonbury Quilters.
01903 812171.

Steyning Art Group.
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.theartssocietysteyning.org.uk/>

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

Vintage Years Club.
01273 493884

West Chiltonton 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.
susanjlover@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.

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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.

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

Chanctonbury Chorus. +44 (0)7917 817118 E hello@chanctonburychorus.org 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

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June 2024 Gardening Journal

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

After the extremes of this winter many plants have suffered in our gardens, in particular penstemons, pittosporums, shrubby salvias and Hebes. It's now evident that some have not made it through the winter and its time to think about replacements.

The question is do we replace with what we had before, or do we try something different? If you like what you had before then yes replace with like for like, however if you fancy a change then why not think about something different, use this as an ideal opportunity to try something new in the garden.

Cistus, with its many hybrids and cultivars, is commonly encountered as a flowering shrub. The common name rock rose is applied to the species, a name also shared by the related genera Halimium, Helianthemum and Tuberaria, all in the family Cistaceae.

Cistus, derived from the Greek "kistos" is a genus of flowering plants in the rockrose family "Cistaceae", which contains about 20 species. They are perennial shrubs found on dry or rocky soils throughout the Mediterranean region, from Morocco and Portugal through to the Middle East, and also on the Canary Islands.

Cistus 'Silver Pink' has been very popular in gardens since its 1910 introduction to this

country, it's particularly free flowering, and forms a neat mound, with a profusion of delicate, papery, silvery-pink flowers, fading to almost white in the centre. Its great in a sunny spot at the front of a border or in a container, is one of the hardiest Cistus and is also quite drought tolerant too.

Not only is Cistus popular as a garden plant, but the leaves and stems of a few species (including Cistus ladanifer) are the source of a perfume ingredient called labdanum that has been used since the time of the ancient Egyptians. The common name, rock rose, derives from its native rocky coastal habitat and rose-like flowers. The charming rock rose flowers are usually white or pink/purple and often have distinctive maroon spots surrounding a central yellow eye.

Many Cistus are evergreen and many reach shrub-like proportions that make them popular hedge plants. But some like Silver Pink are smaller in habit. As its native habitat implies, Cistus is quite heat and drought tolerant. It also tolerates frequent pruning and poor soils. The flowers attract butterflies

but each one only lasts about a day or two. Cistus plants produce large numbers of flowers and are full of colour for 2 to 3 months in the late spring or summer.

Cistus Silver Pink is an ideal specimen shrub amongst perennial planting providing evergreen structure in the winter months when the other plants have retreated, hibernating underground. In the summer its flowers mingle and work alongside the flowering herbaceous so it very much becomes part of the summer planting scheme too.

Good planting companions would include Papaver, Aster, Astrantia and Salvia - as well as grasses like Miscanthus, Panicum or Pennisetum too. As long as the soils not too wet in the winter this little shrub will provide you with interest all year round, an ideal addition to any scheme.

Jobs to be doing this month include:

Ornamental Garden:

- Lightly trim box balls – traditionally on Derby Day 6th June!! Would be nice to encourage the box topiary to grow larger while retaining the shape.
- Deadheading – Salvias as the flower heads go over, penstemons, roses etc.
- Spray any plants infected with aphids or black fly.
- Weed!!!
- Prune early flowering clematis.
- Cut back foliage of tulips.
- Trim other shrubs to shape as necessary.

- Plant warm season grasses such as penisetum and panicum
- Treat bindweed/groundelder and other invasive weeds growing among other plants by applying a glyphosate based weedkiller to their leaves.
- Prune ornamental cherries after their flowers have faded.
- There is still time to sow quick germinating annuals such as cosmos.
- Sow winter bedding such as violas etc.
- Cut back oriental poppies/pulmonaria etc after they have flowered. Remove all leaf as well to allow for fresh leave to sprout.
- Remove reverted shoots from variegated shrubs etc.

Vegetable Garden:

- Direct Sow carrots for autumn and winter harvest
- Sow Florence fennel and chicory.
- Plant out leeks once they are pencil thick.
- Put straw round strawberries.
- Water potatoes for good sized tubers.
- Feed tomatoes regularly
- Ventilate greenhouse.

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Plant of the month – Cistus silver pink

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The Bridge, the Bishop and the Disreputable Prior

In the summer of 1839, the trustees of the turnpike road running from Horsham through Steyning and Bramber towards Shoreham decided that the causeway to the west of Beeding Bridge needed to be repaired.

They set to work and found water-worn flint beach cobbles supported by wooden piles carrying the road over the marshy edges of the River. Then, some two feet below the road surface, not far from St. Mary's House, they exposed the remains of a long forgotten but substantial stone bridge.

On digging down further it became apparent that the surface of the bridge – which no longer survived – had been supported by three piers. The wide central pier which extended south of the roadway itself was, they discovered later, the base for a small chapel dedicated to St. Mary, which had been built there for the spiritual sustenance of travellers.

In 1412 an inventory showed that the chapel had only a few sorry possessions – one old missal, one red vestment, two old linen towels, a bell and a wooden osculatory (a tablet to be kissed during the mass). However, by 1839, few signs of the chapel remained other than some broken floor tiles in the rubble.

What the workmen did find in abundance, though, was blocks of Sussex Marble, a hard limestone, used to sheath the piers of the bridge.

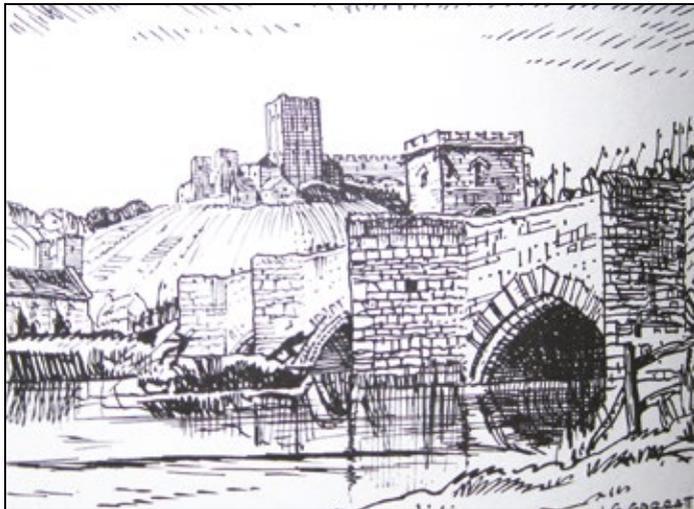
When the bridge had become too dilapidated to repair all

the stone above the waterline must have fallen into the river or been robbed out by local people. Indeed, in 1839, in pursuit of the same tradition, the best of the remaining blocks of stone were sold off to Sir Charles Burrell for the reconstruction of Horton farmhouse.

It was as researchers were finding out about the bridge that they encountered the bishop and the disreputable prior. Richard Alleyn had acquired the position of the Prior of Sele Priory by dubious means in the mid 15th century and became known as *'a notorious dilapidator, waster, and alienator of its possessions and ancient evidences'*.

Among other things he robbed the priory of *'26 draught oxen, 80 young wether beastes, 80 swyne, 10 pounds in honey, 2 macers [bowls] bounde with sylver uncovered, together with many salts, chalices, and cruets of silver, granges full of corn, the household furniture and carts, besides running the house into debt.'*

Sele Priory, a small foundation on a bluff overlooking the river close to Beeding Church, should have been maintaining the bridge and saying masses in the chapel but, needless to say, Richard



Bramber Bridge

Alleyn was not interested in doing so. The bridge and chapel fell into disrepair.

The energetic Bishop Waynflete of Winchester then acquired the patronage of the Priory – which he transferred to his new foundation of Magdalene College, Oxford – dislodged the Prior and set about repairing the bridge.

In 1477 he contracted with John Cowper, a Winchester mason, that for £19 he should hew 100 loads of stone to make the repairs. The Bishop agreed to pay for *'the carriage of the stone, lime and sand plus the timber for the scaffolds;'* with the further proviso *'that the said John shall employ as much as possible of the old stone, for which the Bishop shall pay him 10d. a load.'*

Three years later John Cowper was still working on the *'peris, archis, and wallis and upon a chapel'*. At that stage he agreed with Bishop Waynflete to *'hew sufficient stone for*

the further repair of the Bridge' for which he negotiated a payment of *'twenty marks [£13 6s 8d] and a gown.'* The gown must have been quite a grand bit of clothing to have been included as part of the deal John struck with the bishop.

However successful John Cowper's repairs were, they failed to provide a permanent solution. It seems likely that no money was forthcoming to repair any subsequent dilapidations and that, with this arm of the river silting up and with the chapel no longer being needed for Anglican rituals, the incentive to do so diminished.

Article by: Chris Tod - Steyning Museum.



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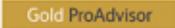
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