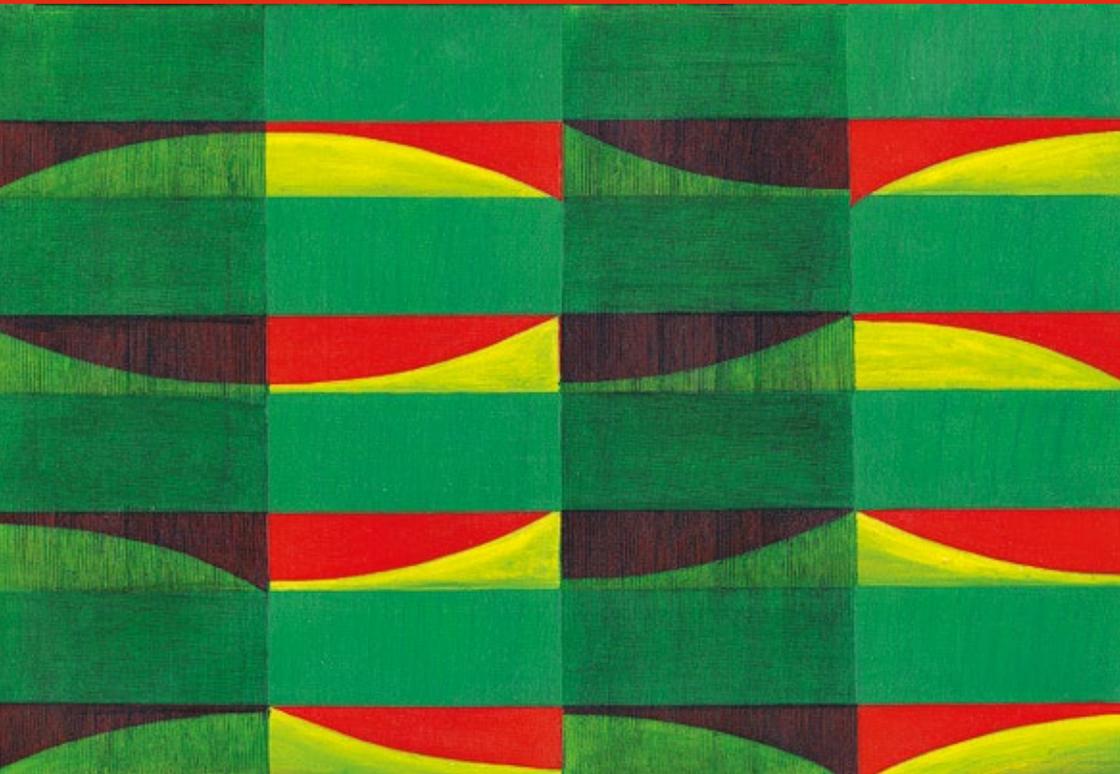


NOVEMBER

2023



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STEYNING, BRAMBER
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For up-to-date listings of local Clubs & Societies or to subscribe to our mailing list: visit our website: www.yourmag.co.uk

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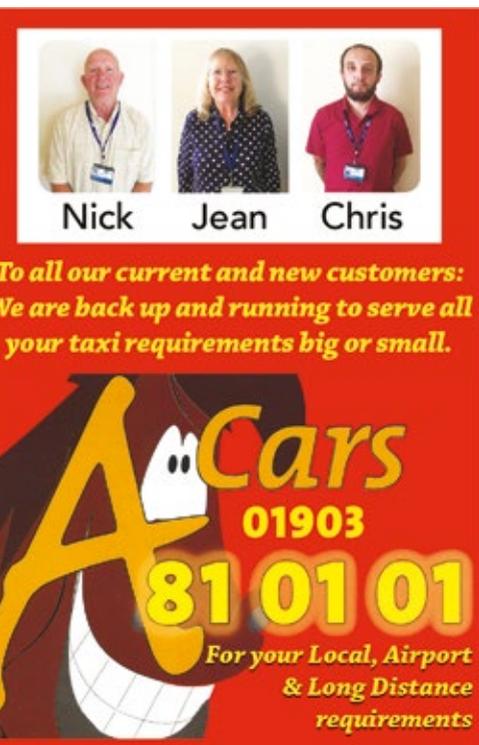
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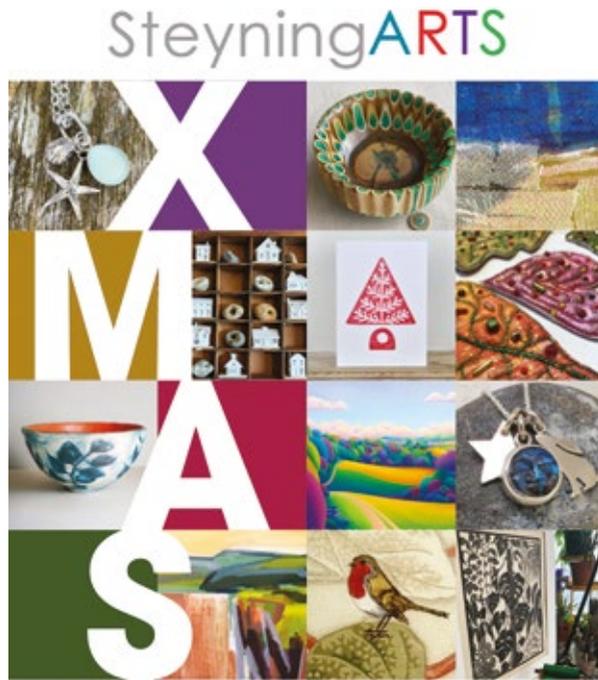
Gift Fair and Art Exhibition

Saturday 2nd December 10:30 – 16:00 at the Steyning Centre, Fletchers Croft, BN44 3XZ.

If you're looking for high quality and unique handmade gift items this Christmas, then be sure to put this date in your diary.

Once again, talented local artists and creative makers from Steyning Arts will come together under one roof to sell their artwork, giving you a unique opportunity to 'meet the makers' and purchase original artwork or unique handmade gifts.

To add festive cheer we hope to see the return of the choir and the café will be run by the Steyning First Responders (SAFeR), who will be raising funds by offering delicious homemade cakes. We look forward to seeing you there!



Gift Fair & Art Exhibition
The Steyning Centre
2 December 10.30am-4pm

Front Cover: David Wise

David studied Fine Art at Reading University and Chelsea School of Art. He was awarded his first degree in 1976, emerging as a figurative, symbolist painter and sculptor.

After a substantial and successful teaching career where David was eventually appointed Principal Lecturer at Anglia Ruskin University, he spent his remaining years in education as a consultant working on a number of national projects.

In 2010 David chose to refocus attention on his personal practice and joined a two-year MA Fine Art programme at Chichester University. David has produced a substantial body of work since graduating, developing a more abstract and conceptually based approach. His recent works reflect new influences gained from his research into the ideas and philosophies of the Post-War American Abstract Expressionist and other conceptual biased artists.



'There are no figures. There is colour, but also considerable use of monochrome creating a new dynamic in the way we see and engage with his Art.'

To see David's work visit the exhibition 'Landscapes in Time' at Colonnade House Gallery from 31 Oct - 12 Nov '23 June 2023

SteyningARTS
ART TRAILS : EVENTS : INSPIRATION



Steyning Drama Company: CURL UP AND DIE

Set in an antiquated hair salon, this fast-moving action-packed farce features an assortment of amusing characters.

A complete makeover is the salon's only chance of survival. Owner Ruth enters a top hairdressing competition, desperate to win the cash prize to pay for the upgrade, but all does not go according to plan. Ruth and her trainee race around to cover up the archaic quirks of the salon as twists, turns, hilarity and calamity unfold!

Will Ruth achieve her dream to turn her beloved salon into one fit for her high-end clients, or will the blue rinse brigade and a fleet of unexpected visitors get in the way?

This hilarious play is written by the highly acclaimed playwright Anna Longaretti. As well as acting, she has also written several feature films, but drew on her own experience of working as a hair stylist to write Curl Up and Die. It was originally performed at the Questors Theatre, Ealing, London. When asked in an interview, 'What are the



unique challenges of writing farce?' Anna replied: 'Writing farce is like trying to unravel spaghetti and then put it back exactly how it was – just don't forget the sauce!'

Director Glenn Chubb and Steyning Drama Company promise an entertaining evening - so roll up your curlers, book your tickets and make your appointment at Ruth's salon!

16th, 17th & 18th November at the Barn Theatre, Southwick 19:30
Bar opens 18:45
24 Southwick Street, Southwick, BN42 4TE
Tickets online - www.ticketsource.co.uk/barn-theatre-southwick/curl-up-and-die/e-vmkqpe
Tickets by phone – Tel 03336 663366
Barn Theatre information – 01273 597094
Visit Steyning Drama Company on Facebook.

Update on the White Bridge closure

The footbridge over the River Adur just north of Bramber Bridge was closed in late August, after a safety inspection by West Sussex County Council. Known as the White Bridge, the bridge is a key connecting route for walkers. So its closure has been a big concern and inconvenience for everyone who uses it, especially children getting to and from school.

It has also been a setback for the White Bridge Link project, which was well down the track in developing plans to upgrade the path on each side of the bridge to create a new, improved, all-weather route between Steyning, Bramber and Upper Beeding suitable for cyclists, walkers and mobility vehicles.

The White Bridge Link Working Party has been keeping close tabs on what's been happening since. It has been liaising with the three local Parish Councils, Horsham District Council and the County Council, to stress the importance of the bridge to the local community and underline the urgency of getting it back in action. Here's an update on the story so far and what the future looks like.

Why the Bridge was closed

The bridge is inspected periodically by WSCC to check for wear and tear. On a recent inspection this summer, extensive corrosion was discovered on the steel trusses that form the main framework of the bridge, and on the outriggers that support the large gas and water pipes attached on each side. In addition, cracks were observed in the concrete foundations that the bridge sits on. Thought to be over 100 years old, the bridge is clearly showing its age. The County Council took the difficult decision that it had to be closed immediately to avoid safety risks. They have concluded that it cannot be repaired and needs to be replaced entirely, which will be a big and expensive job.

What happens next?

It is reassuring to hear from the County Council that they are treating the bridge replacement as high priority. However it is taking time to scope out the work needed, partly because of the complexity of the job and the need to



liaise with counterparts in the gas company (the water main is no longer in use).

Topographical and ground surveys are being commissioned, and landowners have been approached and are supportive of the bridge replacement. But it is too early for the Council to set a date for when work will begin. The indications are that it will be a least a year before a new bridge is in place.

It means the White Bridge Link project is on hold for now. The Working Party is continuing with fundraising efforts and is working closely with the County and District Councils to make sure the new bridge is suitably designed for both bikes and walkers. Parish Councils are also keeping the pressure on.

We know it will be popular when the new bridge does get built. An online survey conducted over the summer showed there is strong demand from local users - walkers, cyclists, wheelchair and pushchair users. Nearly three quarters of respondents said they'd use the path more than they do now if it was improved, and a similar number said they would consider contributing to a crowdfunding campaign to cover part of the costs.

So while it's a major inconvenience for now, there are good prospects that we will end up with a better bridge and a much improved path in the media term. We'll keep you posted.

The White Bridge Link Working Party was established by Steyning and District Community Partnership.

You can find out the latest on the project at: www.visitsteyning.org/whitebridgelinek

Stunning designer crafts will be on display at the show

The very best of designer crafts in Sussex will be on show at the Sussex Guild Contemporary Craft Show in Midhurst on 2nd & 3rd December. You'll find a colourful feast of creativity to brighten the dark days of winter and provide inspiration for unique and personal seasonal gifts.

In the airy communal spaces of the comfortably appointed Midhurst Rother College you'll find over fifty designers exhibiting a wide range of contemporary crafts. Discover exciting batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork on display and for sale.

Take the opportunity to talk to the best contemporary craft makers working today throughout East and West Sussex, and adjoining counties. You'll be able to buy beautifully designed and superbly well-made works over the weekend or take the opportunity to commission bespoke items from independent makers.

Tickets allow re-admission throughout the weekend, so there's time to ponder that extra special purchase or commission whilst sampling the more substantial fare to be found in the cafés, hotels and pubs in the delightful medieval town of Midhurst.

With free parking and a café serving light refreshments, this fixture in the West Sussex winter calendar makes seasonal gift shopping as relaxed as possible and as popular as ever.

Full details are available on: www.thesussexguild.co.uk or telephone 01273 479565.



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November Steyning Community Orchard Update



STEYNING COMMUNITY ORCHARD

Now that the apple picking season is over, it's a good time to look back at the season just past and reflect on how it went.

In late Spring after a cold, wet, windy spell, it seemed that the year would be a poor one for the fruit that depends on pollinating insects, as there were almost none to be seen for weeks on end. As a result, our early apples had a very poor fruit set, and this led to a very poor crop in early summer. But as the weather improved, the insects emerged and what seemed like being a poor year, ended up a pretty good one.

Fruits such as plums, quinces and pears had the best crop we have seen so far. Many of the trees we manage in our orchards are ones that we have planted over the last 9 years, and these are now beginning to become mature and cropping well.

On the whole, the apple trees also cropped well. Some of our rare heritage Sussex apples had their first crop. But as often happens, especially on the Memorial Playing Field orchard, the apples are picked long before they are ripe, by passers-by who can't resist just trying one! So, we still wait to taste a ripe Blackjack or Capper's Pearmain.

That is something we can't control – it is a Community Orchard after all. Hopefully as the trees become fully mature, there will be enough apples for everyone to try.

In early September we held our Apple Juicing event. This was well supported as ever, with

lots of families bringing their apples along to press into delicious apple juice.

The Community Orchard had an 'awayday' in late September when we were invited to do an Apple Juicing demonstration at the Weald and Downland Living Museum near Chichester. We were sited outside Bayleaf, the stunning Tudor Farmhouse. We had hundreds of visitors and were kept busy all day. Lots of folk now know where Steyning is and that it has a Community Orchard! One of our group is a volunteer at the Museum, and some of the apples we pressed were from trees that we had helped to source and plant for the Museum in recent years.

We continue to produce our own grafted apple trees for planting in our orchards and to sell to other orchards, and individuals, to raise funds for the Community Orchard.

We have a number of 1yr old apple trees for sale, priced at £25 each. They are all heritage English varieties that you will never find for sale in a supermarket. Free delivery in the Steyning area. Please email steyningorchard@gmail.com and we will send you our stock list.

**We will be holding our annual Wassail again on Saturday January 20th.
More about that in the January Your Steyning.**



Juicing on the Memorial Playing Field



Setting up at Weald and Downland Museum

at Emily's

gifts and home-made cakes

Contemporary, unusual & gorgeous gifts. If you need a gift for a gin lover, cycling fanatic, crafter, gamer, chilli sauce connoisseur, Barbie girl or 'cool ass grandpa' we've got you covered.

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Sussex Oven Cleaning

Adrian and Stacey, directors of Sussex Oven Cleaning, are a husband-and-wife team who are passionate about providing their customers with the cleanest ovens possible. Adrian, who was brought up in Steyning and now lives with Stacey and their two children in Storrington, established the business in 2010.

In their spare time they love being outside with their two daughters. Adrian enjoys mountain biking across the downs, while Stacey enjoys horse riding and finding new bridleways. Family walks around the Lower Horse Shoe with their dogs are thoroughly enjoyed.

After a negative experience in 2009 with an oven cleaner, Adrian saw an opening in the market for an oven cleaning company that didn't use any harmful chemicals in the house, was able to provide a prompt reliable service and allowed enough time to exceed their customers expectations.

Sussex Oven Cleaning use non-caustic, non-toxic products in their work, making

their services safe for families with children and pets. They also offer a variety of cleaning services to meet the needs of their customers, including:

Sussex Oven Cleaning is a highly rated business, with many satisfied customers. Adrian and Stacey are committed to providing their customers with the best possible service, and they go the extra mile to make sure that their customers are satisfied.

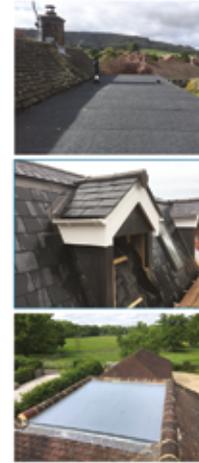
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November: Diary Events

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 1st November

Melody for the Mind

10:30 – 11:30

Steyning Library, Church Street, Steyning

Melody for the Mind is an informal dementia-friendly singing group

Open to all, and designed to boost mood and wellbeing. The group at Steyning Library meet on the first Wednesday of the month. We sing a range of songs from golden oldies to songs from musicals to more modern songs. Those who come along can enjoy refreshments, singing and a chat in a relaxed and supportive environment.

Wednesday 1st November

Steyning Parish Council: Community Film Night

19:00 – 22:00

Steyning Centre, Fletchers Croft, Steyning

Screening: ALLELUJAH

When the geriatric ward of the Bethlehem hospital in Wakefield is threatened with closure due to Tory cuts, its staff spring into action to fight for its survival. Colin Colman (Russell Tovey), a Department of Health consultant, is sent from London to inspect the ward before it is shut down, but his estranged father Joe is later moved there as an inpatient. Time spent around the staff caring for his father helps to thaw his icy heart as the pair attempt to repair their broken relationship. At the same time, a local camera crew arrives to document life on the wards in the hope that it will galvanise public opinion and stop the closure. Tickets are on sale at the Steyning Centre at £6 per ticket and include tea or coffee during the interval. Wine can be purchased at £2.50 per glass. The doors open at 19:00 for a 19:30 start.

Friday 3rd November

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

Rhyme Time

Pop in to join other families with young children for songs and nursery rhymes, Friday's 10:30-11:00.

Friday 3rd November

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

Chair Yoga with Alice Day

Our meeting commences at 14:00 but doors are

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

Saturday 4th November

Ashurst CE Aided Primary School

11:00 – 15:00

Ashurst CE Aided Primary School, School Lane, Ashurst, Nr Steyning, West Sussex, BN44 3AY

Sesquicentennial (150th) Anniversary Open Day

Tea, Coffee & Cakes served throughout the day. Memories or memorabilia of your/your children's time here welcome. Please contact School Office 01403 710426.

W: office@ashurstcofe-pri.w-sussex.sch

Saturday 4th November

Village Craftsmen

10:00 – 16:00

Steyning Centre, Fletchers Croft, Steyning.

Village Craftsmen in Steyning

Village Craftsmen invite you to their annual show in the Steyning Centre, bringing a range of hand made local craft. Entry is free, and teas available. In support of Midhurst Macmillan Service.

Saturday November 4th

Phase One Fireworks

17:00 – 20:00

Steyning Primary School

Fireworks at 18:30

£5 per Ticket - Under 3's Free. Tickets in advance from 16th October Purchase via School Office & The Steyning Bookshop. This Event Sponsored by: Live Music - Billy no mates / Steyning Butchers Barbecue / Fratello Pizza Co. / Mansell McTaggart - Trusted since 1947.

Sunday 5th November

Parish Church of St Andrew & St Cuthman

16:00 – 17:00

Steyning Parish Church, Vicarage Lane, Steyning, BN44 3YQ

All Souls Service of Memorial and Thanksgiving



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A service of memorial and thanksgiving for those who have died in the past year and for other loved ones. There will be a chance to light a candle and prayers will be said. You are warmly invited to join.

Monday 6th November

Steyning Library

14:00 - 14:30

Steyning Library, Church Street, Steyning, BN44 3YB

Toddler Time

Pop in to join other families with under 5s for fun at the library. **NOTE: Every Monday - 14:00-14:30** (held weekly) <https://arena.westsussex.gov.uk/events#!?location=Steyning%20Library>

Saturday 11th November

Silverdragon Wellbeing

10:00 - 16:00

Steyning Centre, Fletchers Croft, Steyning

The Steyning Holistic Fair

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

Saturday 11th November

14:00 - 16:00

Greening Steyning

Beeding & Bramber Village Hall

BN44 Repair Cafe + Home Energy Helpdesk

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

Sunday 12th November

Parish Church of St Andrew & St Cuthman

10:45 - 11:45

Steyning Parish Church, Vicarage Lane, Steyning, BN44 3YQ

Remembrance Day Service

The traditional service of hymns and readings with flag presentation and wreath laying in remembrance of those who gave their lives in service for our freedom.

Monday 13th November

The Arts Society Steyning

10:00 - 12:00

Steyning Centre, Fletchers Croft, Steyning

Talk by Aaron Hunter: The Dinosaur Sculptures of Crystal Palace

Explore the World's first dinosaur models hidden in a south London park. Created in 1850s, we will look into the history and science behind these Grade I listed architectural structures. Palaeontologists began a journey to discover how these extinct animals from the deep past looked. We will explore how the professors and fossil hunters such as Mary Anning and Gideon Mantell found the fossils and created reconstructions - even dining inside one of the massive models for a New Year's Eve party in 1853. We will see how today's scientists think these animals actually might have looked. Aaron is a professional scientist and researcher with the University of Cambridge. As a palaeontologist and published researcher he is an expert on fossils and prehistoric life from the first animals to appear on our planet to early humans. He has a passion for archaeology, history, architecture and history of art, and looks at the interface between the arts and sciences. Free to members; visitors £10 donation. steyning@theartsociety.org - www.theartsocietysteyning.org.uk

Tuesday 14th November

The Ronnie Smith Big Band

20:00 - 22:00

Tottington Manor Hotel, BN5 9LJ

This 17 piece big band plays jazz standards from the big band era with two great vocalists.

Come and enjoy live music from the era of Glenn Miller, Benny Goodman and Count Basie. Entry is free but there is a cash collection - pay what you wish. In order to manage numbers the hotel likes to know if you are planning to come. You can book a table - either to dine or just to sit and enjoy the music with a drink - they can be reached online or call 01903 815757.

Wednesday 15th November

Steyning Museum Trust

10:00 - 16:00

Steyning Museum, Church Street, Steyning

Winter Exhibitions

We have two new exhibitions starting in mid November:

Steyning Museum 40th Anniversary: A celebration of 40 years recording and displaying the history of Steyning and surrounding villages.

Winter Wonderland: Snowy images of Steyning and the local area over the years. Will we have the white stuff this Winter?

The Agnes Collective are thrilled to be back and able to share some beautiful and magical Christmas Music with you all again this coming December.

The Voice of Christmas



The Agnes Collective
with John Tolputt

Wednesday 20th of December 2023

@ 6.30pm

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

Adult £15 - Child £8 (4's and under free)

Tickets available from **THE STEYNING BOOKSHOP**

or Alexandra Gibson Tel: 07973469113

Thursday 16th November

Steyning Drama Company

19:30 – 21:30

The Barn Theatre, Southwick, BN42 4TE

Curl Up and Die

Curlers and Chaos at the ready! Will Ruth fulfil her dream of turning her antiquated salon into something fit for her high-end clients, or will the blue rinse brigade and a fleet of unexpected visitors get in the way? Get set for twists, turns, hilarity and calamity in this comical farce.

NOTE: 16th, 17th 18th November, 19:30. Doors open 18:45. Tickets £12 (no concessions): online – www.ticketsource.co.uk/barn-theatre-southwick/curl-up-and-die/e-vmkqpe/ Tickets by phone – T: 03336 663366

Friday 17th November

The Steyning Society

19:00 – 21:00

Steyning Centre, Fletchers Croft, Steyning

Royal Yachts Under Sail by Brian Lavery

Brian is the former curator of The Chatham Historic Dockyard and of the Royal Maritime Museum. He has written over 40 books mainly on maritime history and advised on the film Master and Commander. The doors are open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival, as well as a bring and buy sale. Talk will begin at 19:30. Free to members and £5 guests. All very welcome to attend.

Wednesday 22nd November

Steyning and District Flower Club

19:30 – 21:30

Steyning Centre, Fletchers Croft, Steyning

'Floral Festivities'

Come and join us for our Annual Christmas Open Event of "Floral Festivities"! We are excited to be welcoming the very talented NAFAS demonstrator, Robin White for a fabulous and entertaining evening. There will be an opportunity to win one of Robin's incredible arrangements along with other superb raffle prizes. Tickets, which include festive refreshments, are £12 for members and £15 for guests and should be purchased in advance. Please send a cheque, payable to Steyning & District Flower Club, plus a SAE, to Mrs Val Hodges, 40 Penlands Rise, Steyning, BN44 3PJ or call 01903 895939.

Saturday 25th November

The Parish of Beeding and Bramber with Botolphs

10:00 – 13:00

The Bevan Hall, Church Lane, Upper Beeding

3Bs Christmas Fayre

Come along meet Father Christmas. Lots of local craft stalls, raffle, hot food. Kids crafts in St Peter's including tree decorations, glitter tattoos etc. Let's get festive!

Saturday 25th November

Chanctonbury Chorus and Orchestra

19:00 – 22:00

St. Andrew's and St. Cuthman's Church, Steyning.

MESSIAH by George Frederic Handel

Come and experience Handel's great masterpiece in the glorious surrounding of our beautiful Parish Church. For many, who never tire of hearing this magnificent oratorio, a performance of Messiah marks the onset of the Christmas season. If you don't know it, now is your chance! Book early to avoid disappointment. Tickets £16 from choir members, Steyning Bookshop, King and Chasemore and online through Eventbrite. Contact: Shirley Cook 07592 810 828

Saturday 25th November

Steyning Museum Trust

19:00 – 22:00

Steyning Centre, Fletchers Croft, Steyning, BN44 3XZ

Steyning Museum - Quiz Night

Doors open 19:00. Individuals or teams of 6 - all welcome. Bring your own drink and nibbles. Raffle and prizes. Tickets £5 per person available from the Museum

Wednesday 29th November

Greening Steyning

10:00 – 12:00

The Hub, Church Lane, Upper Beeding

Home Energy Helpdesk at the Hub Cafe

The Home Energy Helpdesk is designed to help you cut your domestic energy bills by offering practical advice. We have a team of volunteers ready to talk over your own situation, and what energy saving steps might work for you. Come along for: A friendly chat about how you can save energy at home. Tips on how to cut your fuel bills. Suggestions on where to start with draught-proofing, insulation, solar energy, heat pumps and more. Info on what grants are available

Friday 1st December

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning, BN44 3XZ

Sundowners Ukelele Band

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a



Chanctonbury Chorus & Orchestra

HANDEL'S MESSIAH

Saturday November 25th
7.30pm

The Church of St. Andrew & St. Cuthman, Steyning

Ticket Reservation:
07592 810 828

Eventbrite
Steyning Bookshop
King & Chasemore
or Chorus Members



eventbrite



Ticket Price £16
chanctonburychorus.org



3Bs church

Christmas Fayre

Saturday 25th Nov
10am to 1pm

at St Peter's, Beeding and the Bevan Hall



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Saturday 2nd December

The Sussex Guild

10:00 – 17:00

Midhurst Rother College, North Street, Midhurst, GU29 9DT

The Sussex Guild Contemporary Craft Show at Midhurst

At this year's Sussex Guild show in Midhurst, you'll find a colourful feast of creativity to brighten the dark days of winter and provide inspiration for unique and personal seasonal gifts. In the airy communal spaces of Midhurst Rother College you'll find over fifty designers exhibiting a wide range of contemporary crafts. Discover exciting batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork. With free parking and a café serving light refreshments, this event makes seasonal gift shopping as relaxed as possible. Your £3 admission ticket allows re-admission throughout the weekend, so there's time to ponder that extra special purchase or commission.

Saturday 2nd December

Paper Daisy Events

10:00 – 15:30

The Shoreham Centre, Pond Road, Shoreham by Sea, BN43 5W

Shoreham's Christmas Makers Fair

UJoin Paper Daisy Events as we return to Shoreham for our 7th year for our Christmas Makers Fair, a festive extravaganza that celebrates the spirit of the season! Get ready to immerse yourself in a world of creativity and craftsmanship, as talented artisans and makers come together to showcase their unique creations at this curated event. Immerse yourself in the festive atmosphere filling the air, with live performances from Messengers Choir at 12.30 and Shoreham Ukes welcoming you upon entry at 10.30. Take a break in the pop up Artisan Cafe offering delicious treats to tempt your taste buds Take part in interactive workshops for all ages, where you can learn new skills and create your own unique festive treasures, from a Wreath Workshop - Book now <https://www.eventbrite.co.uk/o/bunches-of-sussex-27635486681> and a pottery workshop or creative craft workshops for the little ones (no booking required). Add a huge festive smile or makeover with professional face painter, Polly

Chromatik. Don't miss out on this magical event that captures the true essence of the festive season! Free Entry, family friendly. On site car park or street parking/car parks nearby. 5 minutes walk from Shoreham by Sea train station.

Saturday 2nd December

Steining Arts

10:30 – 16:00

The Steining Centre, Fletchers Croft, Steining

Steining Arts Christmas Gift Fair and Art Exhibition

Free entry to over 20 stalls selling handmade artefacts, a specially curated art exhibition, and delicious tea and cake.

Sunday 3rd December

The Sussex Guild

10:00 – 16:00

Midhurst Rother College, North Street, Midhurst, GU29 9DT

The Sussex Guild Contemporary Craft Show at Midhurst

At this year's Sussex Guild show in Midhurst, you'll find a colourful feast of creativity to brighten the dark days of winter and provide inspiration for unique and personal seasonal gifts. In the airy communal spaces of Midhurst Rother College you'll find over fifty designers exhibiting a wide range of contemporary crafts. Discover exciting batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork. With free parking and a café serving light refreshments, this event makes seasonal gift shopping as relaxed as possible. Your £3 admission ticket allows re-admission throughout the weekend, so there's time to ponder that extra special purchase or commission.

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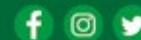
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Writing a Will is one of those tasks that often goes overlooked. However, the benefits of creating a Will extend far beyond just financial considerations.

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

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

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

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

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



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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NFU Mutual Agencies

Matthew Baker. I live in Steyning, and with my business partner, Chets Modi. we own and operate the NFU Mutual Agencies in Horsham and Chichester.

We look after local customers for their Home, Car and Business insurances as well as providing Financial Services such as Pensions, Investments and Life Insurance.

The best bit of my job is getting out and about meeting our clients and helping them where necessary. I love living and working in the community and being recognised amongst our members as a 'go to' person.

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enjoy getting to know about other businesses and how they got to where they are.

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welcome to pop into our Horsham Office (next to Tescos) for a cuppa and chat through your needs face to face. Our staff are local people who are here for you if and when needed. If necessary, we're always happy to call out and meet you at your home or business.

My contact details are: Tel: 01273 492239 – Email: matthew_baker@nfumutual.co.uk



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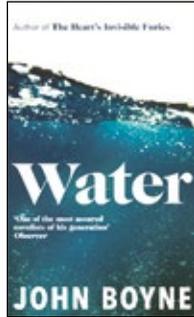
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November 2023 Book Reviews

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Water by John Boyne.
 Doubleday, hardback
 £12.99

Irish novelist and master storyteller John Boyne has published 14 novels for adults and 6 for children, including the global bestseller *The Boy in the Striped Pyjamas*. *Water* is to be the first in a quartet of novellas themed around

the Elements, and is a short but reflective, thought-provoking novel which really packs a punch!

In exile from grief and trauma, Vanessa moves to an isolated Irish island, changing her name and shaving her head, intending to live a quiet life, cut off from social media and TV. But can she really escape her past? Gradually, through her interactions with the small-minded islanders and the Nigerian priest, the reasons for her exile are revealed. She must confront her role in her family's trauma and reflect on whether her inaction made her complicit before she can heal and move on. Beautifully written, concise, shocking, yet shot through with dark humour, this is sublime storytelling. Gill maintains it is a MUST-READ!



Isle of Dogs by Clare Balding.
 Ebury Press, hardback £22

As the presenter of *Crufts* for almost two decades, Clare Balding is something of an expert on dogs – and admits that as a child, growing up in a busy racing yard, her first playmate and arguably, main carer, was a

Boxer called Candy!

Isle of Dogs is a delightfully chatty and readable exploration of the bond between the British and their dogs, looking at the history and changing patterns of dog ownership over the years. While the book

is well-researched and contains many fascinating nuggets of canine trivia, from the history of the Kennel Club to the canine companions of the Royal Family, it is also an entertaining travelogue of sorts. Clare and her partner Alice travel the country meeting owners of niche or forgotten breeds, unusual working dogs, and looking at quirky dog events, the surge in doggy day-cares, and visiting dog rescue centres along the way.

A great read for any dog-lover!

Clare Balding will tell us more about the book at our event with her on Thursday 30th November at Steying Grammar School Drama Hall. Tickets are £22 and include a copy of the book. If you'd like to get a copy signed by Clare but can't make it to the event, give us a shout to pre-order a copy to be signed by Clare and picked up later.

The Ice Children by MG Leonard



Macmillan Childrens Books, hardback £12.99

A sparkly winter delight for ages 8-11 by the best-selling and very talented Brighton-based author of *Beetle Boy*, *Twitch*, and the *Adventures on Trains* series. A modern, ecologically-aware take on Hans Christian Anderson's

The Snow Queen, gorgeously illustrated throughout.

At the stroke of midnight on the first day of December, 4-year-old Finn Albedo is found frozen solid standing on a pedestal of ice, in the city park. His heart is beating, he is smiling serenely, but he cannot be woken. Finn's big sister, Bianca, suspects that the sparkling silver book Finn got from the library the day before is linked to his frosty fate. And what about the mysterious top-hatted stranger in the long dark coat who has been spotted in the vicinity? Every day, more children are found frozen, and Bianca knows

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 Thursday 30th November 7pm at the Drama Hall,
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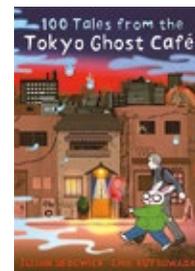
Tickets:
 Single ticket £22 including book
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 Clare will sign books after her talk

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that time is running out for her to rescue her brother and discover the truth. Exciting, magical, modern and funny.

capture the rickety buildings and landscapes of Japan, and the weird and wonderful world of *yokai!*

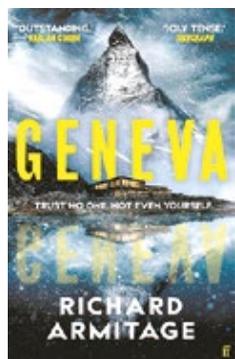
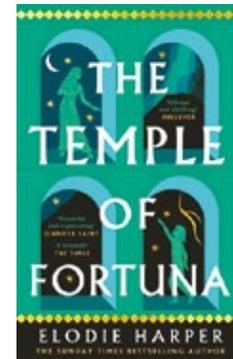
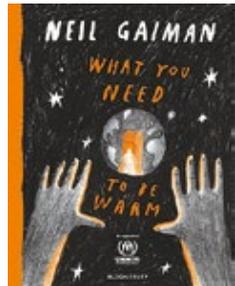


100 Tales from the Ghost Café by Julian Sedgwick and Chie Kutsuwada.
 Guppy Books, paperback
 £10.99

Julian Sedgwick and Chie Kutsuwada are the authors of the award-winning YA novel *Tsunami Girl*, a breath-takingly original

novel told in a blend of prose and manga. Now they are back with a moving story about a lost boy called Akira who must make a long journey to remote Northern Japan to find his family, and save his little sister. Along the way he enters the Otherworld and encounters a host of both terrifying and comical '*yokai*' (monsters) and ghosts from ancient Japanese folklore, and these stories are interspersed with the main narrative throughout the book. Chie Kutsuwada's illustrations are evocative and perfectly

More choices..



Back Care Awareness Week

How the British Chiropractic Association is supporting the UK's back health.

The British Chiropractic Association (BCA) recent report in partnership with One Poll, explored the impacts of musculoskeletal (MSK) issues facing the UK public and found that back pain is an issue that is sweeping the nation – as a surging number of the public report suffering with aches and pains.

As part of this year's Back Care Awareness Week (2-7 October), they were looking to empower the UK population to look after their back and joints through simple lifestyle changes, after finding that nearly 73% of British people are struggling with back pain on a daily basis.

With the ongoing NHS strikes and GP waiting times continuing to rise, they found that nearly half (43%) of people who are suffering from joint and back pain admitted they avoid seeing their GP, which could lead to some conditions worsening as a result of not seeking medical attention.

What the report did show is that the UK public is investing its efforts into preventative care, with 60% using exercise to manage their back and joint pain. The study also found that:

- *Almost a quarter (22%) of British people have taken up to 5 months off work due to their bone and joint pain.*
- *Over half (52%) of British people have lived with bone and joint pain for more than 12 months.*
- *A third of British people (33%) haven't seen a GP to treat their bone and joint pain as they struggled to get an appointment.*

To help empower the UK population to combat their back pain, aches and strains they shared a few simple and quick tips, tricks and hacks for you to include in your daily routine to help ease back pain.

1. Take a stand: Inactivity is a leading cause of back pain. If you spend most of your day sitting down, make sure that you take regular breaks, ideally every 20-30 minutes. Stand up, change

position and walk around a little.

2. Stretch it out: If you struggle to get away from your desk at work, simple activities such as stretching, shoulder shrugging or even fidgeting in your seat can help to keep your back in line.

3. Get active: Exercise is key to a healthy back. This doesn't mean that you need to embark on any extreme fitness regimes. Adding just a few extra minutes of walking a day can hugely benefit your back health.

4. Check your workspace: If your job primarily involves sitting at a desk and staring at a computer for hours at a time, make sure your workspace is set up to support a comfortable position. This is different for everyone, so if you don't feel comfortable in your current set up, try altering the height of your chair or screen.

5. Straighten Up! Try incorporating some simple exercises into your daily routine. The BCA has developed a series of simple exercises designed to improve your posture and prevent back pain by promoting balance strength and flexibility in the spine. These can be found on the BCA website.

About the British Chiropractic Association: The BCA is the largest and longest-standing association for chiropractors in the UK and has been named 'Best Professional Body of the Year' at the Memcom Excellence Awards 2022 for its Repositioning Project which has played a pivotal role in changing the healthcare landscape for the better.

As well as promoting international standards of education and exemplary conduct, the BCA supports chiropractors to progress and develop to fulfil their professional ambitions with honour and integrity, at every step. The BCA is raising awareness about the rigour, relevance and evidence driving the profession and the association's ambition for chiropractic to be more closely embedded within mainstream healthcare.



The BCA is the home for chiropractors who provide patient-centred, evidence-based care and offer full transparency to their patients. Through the Patient Charter BCA chiropractors provide reassurance to their patients and that they will empower them to make an informed decision about their treatment.

Mark Jones at Well Adjusted Health is a member of the BCA and additionally has been awarded The Patient Partnership Quality Mark (PPQM) consistently since 2016.

The PPQM is awarded by The Royal College of Chiropractors to recognise excellence in terms of meeting patient expectations. Practices are required to demonstrate this in a wide range of areas covering all aspect of patient and practice management.

If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute Check for you or your family please call:
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MARK JONES

MCHIRO, DC

Slugs

I've had a strange fascination with slugs since I was a little boy. Back then I believed that they were homeless snails that had lost their shells. It turns out I was right. Sort of. The whole eviction process had started as far back as the murky Mesozoic when some land snails cast off the shackles of a shell and evolved into slugs for some truly independent living. Sure, shells are great for protection and will help you to avoid drying out but they're clunky and require calcium to construct. Without them you can roam anywhere and the world's your oyster.

The slug's shell has never been completely lost — a fragment remains hidden under their skin, a tiny, shrunken souvenir of their snail ancestry. Another link to their slimy dynasty is that all slugs, like all snails, are both male and female. As hermaphrodites, they possess both sets of sexual organs and this means that, if the situation dictates, they can go it alone and simply self-fertilise to produce their offspring. A true state of independence. Self-fertilisation creates a clone - or in a slug's case hundreds of clones - but the problem with inbreeding is a lack of genetic variability. Clones all possess the same weaknesses. An entire slug population can be wiped out by the same parasites and pathogens. To produce varied and resilient offspring, most slugs go in for the more old-fashioned approach of finding a partner for a quick rustle in the undergrowth.

But one garden slug species has turned this chore into art - a flamboyant celebration of a lack of independence. The spotted and striped Leopard Slugs start their performance

by chasing each other around a tree, giving each other sonic, sensuous strokes and cheeky nibbles. Then they climb, shimmy along a branch, and descend on a rope made of their own mucous. Here, hanging in mid-air, the slugs evert their sexual organs, entwining them to create a moonlit globe. This graceful, balletic trapeze performance must be one of the most mesmerising sights on our planet. If you search hard enough, you can find beauty in the strangest places. Still, if I was strolling through the woods at night, I'd hate to walk into it face-first.

By Michael Blencowe: Learning & Engagement Officer, Sussex Wildlife Trust.
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. It's easy to join online at: www.sussexwildlifetrust.org.uk/join or T: 01273 497532
Leopard Slug Felicity Wehrle
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Food & Drink Festival Comes to a Close!



Some wonderful times have been enjoyed over the last few weeks with great Festival events and superb special offers from various local businesses, all taking place within Steyning & the surrounding District.

To touch on some of the happenings during these last closing weeks:

The Artisan Bakehouse baking courses were very popular with many fully booked; Great Walks taking place - The Tasty Countryside Walk, headed up by Hilary Winter & Ian Alexander, taking in The Fox at Small Dole and Tottington Manor at Edburton, for refreshment stops; The wonderful Pubs & Breweries of Steyning Walk led - with great sense of humour - by our local historian, Dr Janet Pennington and the ever popular Bramber Brooks Flora & Fauna Walk with naturalist, Brianne Reeves. Also taking place were 3 pub quizzes held at Chequers, The Star & The Fountain not to mention the outstanding Charity Coffee & Cake Morning for Chestnut Tree House Children's Hospice held at Ashurst Village Hall, which this year raised £830.

Together with collecting such a wonderful donation, it was such a fun and happy morning with delicious cakes baked by local individuals/donated by local businesses, together with coffee generously given by JaJu Coffee.

All this of course, only brought to fruition because of the volunteers who made it all happen, headed up by Helen from Sakala.

The final Saturday

took in the annual and unique Pumpkin Weigh, held at the Farmers Market. The whole market was abuzz with a mass of people all enjoying the sunshine and, of course, the superb selection of stallholders.

As 11 o'clock struck crowds gathered around the weighing machine to find out who was Champion Pumpkin Grower this year. Weighing in at 49 kilos - yes 49 kilos! - Derek Crush's mighty beast was declared the winner. Also, in the happy atmosphere that pervaded the High Street, several 'Tasting Mornings' were taking place. At Awen, JaJu coffee was being served up by Sarah & Justin Brown, owners of this beautiful furniture showroom; further down the Street Amanda Hutton of Vintage & Home was hosting an event, with Charley Lowe happily encouraging chocolate lovers to taste the many flavours that are made by local chocolatiers, Cocoa Loco. At The Sussex Grocer, further food tastings were in progress.

So another successful Festival has taken place - as always thanks to the support of our wonderful sponsors and, of course, the hard work of our volunteers who just 'keep going' and make up the Committee. Sorry to see it all end again, but already looking forward to next year!



Derek Crush sitting on his winning Pumpkin.

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November: Steyning for Trees

'You have been asking for recommendations on what to plant if you are putting in a new hedge, or replacing a dead one.

We have lost our Box plants from blight or the moth. We have given some suggestions on our Website www.steyningfortrees.com. Plant a variety of British native species, avoid a mono-culture of single species. This will prevent disease raging through single species as happened with the ash trees. Some creatures rely on certain trees, planting a mix of trees helps cover their needs.'

The depressing latest State of Nature report highlights that the Hazel dormouse is in danger of extinction. You can help this ever-growing list of endangered creatures by planting a mix of trees that supports their unique habitats.

Let us know how you are getting on with planting your hedges. We will set up a register as this will help us to provide increased wildlife corridors through the town.

Thanks to so many of you for coming to the excellent talk by Michael Blencowe. The work on improving woodland from Lewes to Pulborough will help habitats for many of the endangered species, now 1 in 6. Lets take Michael's advice and all get out there, helping our wellbeing and mental health.

The Woodland Trust is involved in the Lost Woods project too. They have embarked on an epic tree hunt. Led by Jeremy Nason they are searching for every ancient and veteran tree that may have been missed out of the **Trust's Ancient Tree Inventory**. If you would like to help email on lostwoods@woodlandtrust.org.uk

Greening Steyning: talk given by Alex Briggs and Amy Hurn, Project Coordinators Weald to Waves. on 30th October 19:30 at The Steyning Centre.

This follows on from the wonderful talk given by Isabella Trees of the Knepp Estate that was hosted by Steyning for Trees last year. Your generosity enabled us to give a substantial donation to this project. We feel, as we said at the time, this provides us with a beacon of hope that Sussex IS ON COURSE to make an important contribution to reversing the tragic decline in biodiversity as now reported in the latest State of Nature survey. We, in Steyning, are all doing our bit.



Future Hedges (above) as Wildlife Corridors.

The Catholic Church has a hedge on their land. They will join us in the planting. Many thanks. An important site in the middle of Steyning.

Goring Road - Rebecca Louis and family. An important stepping stone connecting the Weald to Waves on Steyning Downland Scheme to the Adur River Project. They already re-nature their garden and have some lovely orchids.

Artisan Bakehouse: This is already a haven for wildlife, but adding some hedges will give protection to their bees.

"Sussex Ironworks our local blacksmiths - free trees for farm at Patching through the SDNPA supporting their drive to plant trees. Sussex Ironworks have helped SFT to provide attractive recycled tree guards for our Queen`s Jubilee tree and the Jim Mellor memorial tree which Simor Zec is arranging to have planted."

Annington Farm, Ben Vick. We are filling in the gaps in a hedge at this lovely farm with a mix of native species, paid for by SFT and Ben. This will be planted jointly by SFT and Greening Steyning`s Bag hedge survey Group. Many thanks to Yann Le Bouedec for giving us his used spirals and canes and a donation. Our committee members and volunteers are also working on finding these for us, they are now a major expense.



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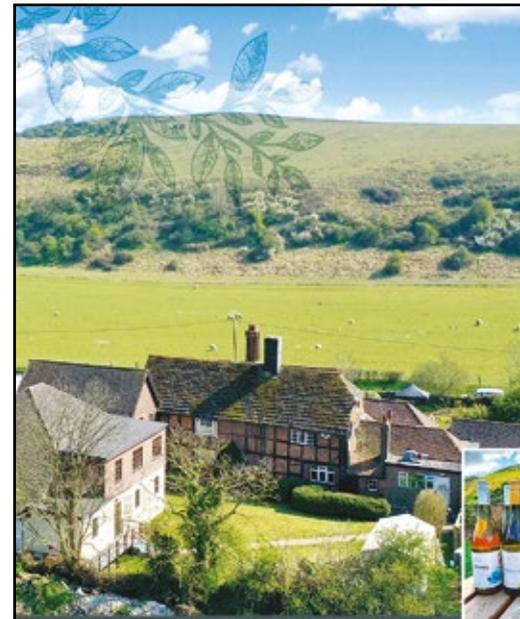
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The Steyning Society.
E: cmantsteyningsoc@gmail.com / W: www.steyningsociety.org.uk

The Steyning Friends of Chestnut Tree House Children's Hospice.
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steyning@theartsociety.org
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01903 816181.
steyninggoodneighbours.co.uk

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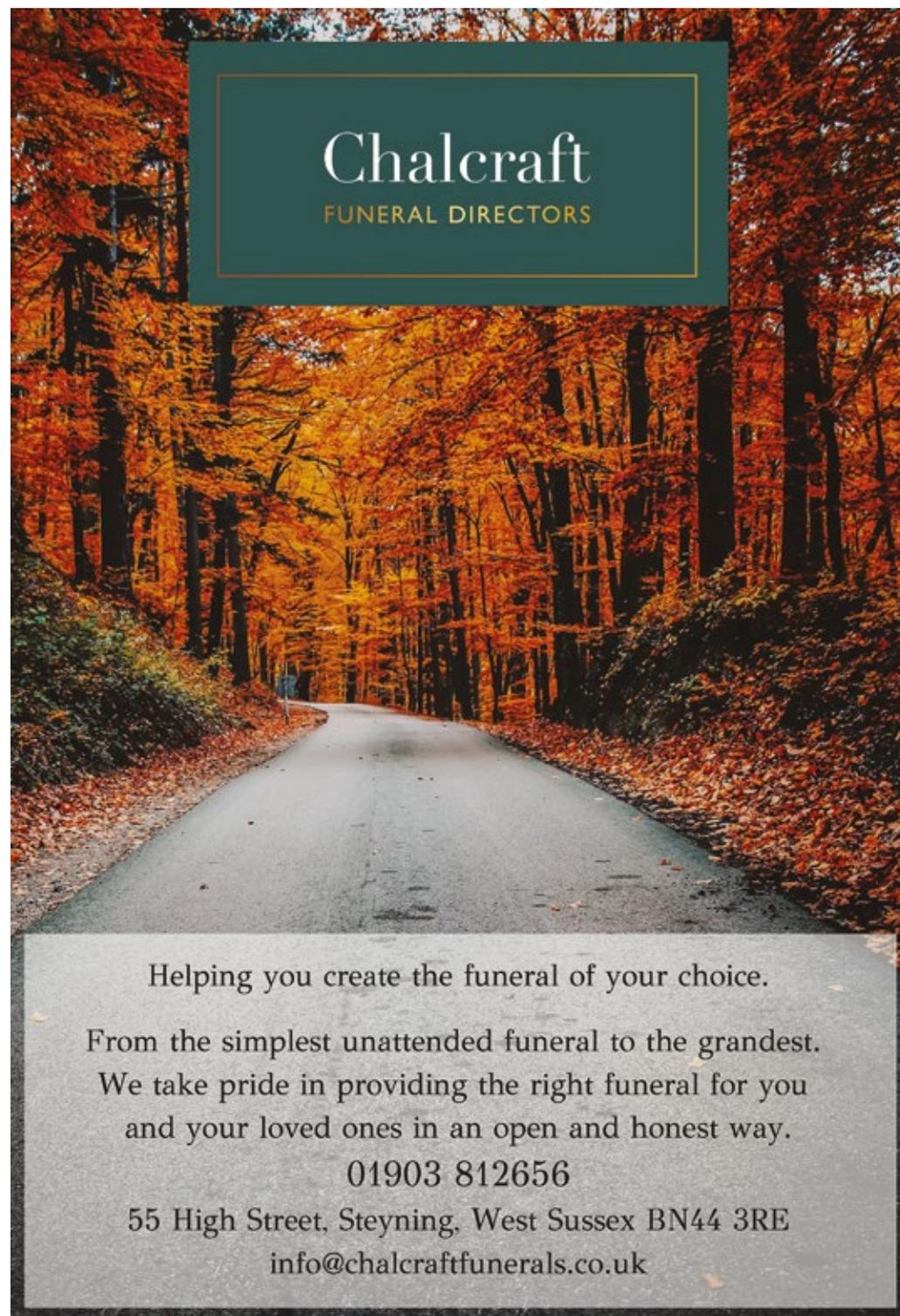
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HEALTH:
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November Gardening Journal

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

At this time of year an autumnal walk can be more enticing than an afternoon in the garden but it's not quite time to pack up the tools just yet! November is the best time of year to start thinking about plans for next year while everything is still fresh in your mind. As the season turns, it's all about the leaves, but it's not just about their beauty as they fade and fall, it's about the mess they leave on the ground too. Whether it's going for an Autumn walk or cleaning up the leaves, enjoy the beautiful colours before the cold sets in.

Some plants really come into their own in the autumn and a good show of autumn leaf colour is hard to beat. In England and Northern Europe we rarely experience the vast displays of colour that North Americans enjoy, however, we do have enough varieties of trees and shrubs available that will help us to orchestrate our own end of the season finale worthy of any landscape.

Cotinus Grace, commonly known as Smoke Bush, is a stunning, bushy and vigorous shrub which has rounded leaves that are dark purple coloured which turn red in the autumn months. From July to August the Cotinus Grace will bear blooms of dark pink/purple coloured flowers which create a smoke like cloud above the foliage.

Cotinus can be planted in many locations of the garden and make a good specimen plant

if grown alone. It thrives in a sunny location where it will produce the best leaf colour, however it can grow well in partial shade, with moist, well-drained soil too. Generally, pest free and low maintenance, only requiring occasional pruning, makes it a good, easy to grow shrub for gardeners of all abilities. Simply remove any dead or damaged foliage in early spring to encourage healthy growth and apply a good quality mulch to the base of the plant once complete. Where space is limited Cotinus can be coppiced in early spring, which then produces first-year shoots, up to 2 m tall, with large handsome leaves, but no "smoke".

Cotinus is a fascinating plant, valued for its unique aesthetic qualities, wildlife-friendly properties and its many practical uses too. It works well in a mixed shrub border underplanted with spring bulbs and



Plant of The Month – Cotinus Grace

with some small evergreen groundcover or some winter stems to lengthen the season of interest. Try underplanting with Narcissus tete a tete, adding some Cornus alba Elegantissima and Hebe rakiensis and you have a small group of plants that will provide colour and textural interest all year round.

- Plant bare root shrubs and roses.
- Prune long stems of roses to avoid windrock.
- Take hard wood cuttings of roses and other deciduous shrubs.
- Scarify lawns.
- Keep off lawns in wet and frosty weather.

Jobs To Do This Month Include: Ornamental Garden:

- Part prune roses to prevent windrock.
- Continue to tidy borders if weather permits.
- Final cut for lawns if no frosts.
- Remove fallen leaves.
- Cutback spent foliage and flowers of herbaceous perennials.
- Leave the seedheads of grasses like Miscanthus to provide winter structure.
- Continue to lay turf for new lawns – avoid frosty days if possible.
- Remove surplus dead leaves from ponds.
- Complete planting of bulbs.
- Mulch borders – especially borderline hardy perennials.

Vegetable Garden:

- Begin winter pruning of fruit trees.
- Plant fruit trees, soft fruit and cane fruit.
- Plant garlic cloves.
- Apply grease bands around trunks of fruit trees to protect from winter months.
- Apply a good layer of compost / manure to bare areas of ground.
- Protect salad plants under cloches/ fleece etc.
- Clear spent old plants and compost of disease free.



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Forty Years On

When Harry Ford and his friends at the Steyning Society decided that what Steyning needed was a Museum to care for objects from Steyning's past which were scattered between the Society itself, the Church and private homes, they could not have foreseen all that would flow from that.

Much needed to be done. However, by 1983, with a lot of support from the general populace, a charitable trust had been set up and a five year tenancy agreed for the use of the basement of 93 High Street. In November of that year – **a full forty years ago** – the Museum opened its doors to the public.

Amongst the things on display on that occasion was a rusted iron fetter and chain, dug up by workmen when Newham Lane was being widened. It anchored the leg of a prisoner to the cell wall and was found only a couple of hundred yards from the Stone House, once known as the Prison House – though what the story was behind its abandonment we don't know. The record of this fetter is the first in what is now a catalogue of more than 20,000 items in the Museum's collection.

Once the Museum had established its foothold in the High Street the search began for a permanent home. In this the Museum was lucky. A government scheme required a percentage of money spent on major housing developments to be set aside for community projects.

At the top of the parish's wish list just then, when the space this side of the by-pass was being developed, was the need for a museum. The tenancy of 93 High Street ran out before the



Museum celebrates 40 years

new museum could be built but the National Trust allowed us to use Saxon Cottage as a stopgap display space for some two years.

Then, on Easter Saturday 1991, we received the first visitors into our newly built Museum and began to establish a reputation as a museum which met the quality criteria set by the national museum authorities. It allowed us to accept items from professionally excavated archaeological sites such as that at the Steyning Centre.

Without a museum the hoard of 120 bronze spear heads and axe heads found in Clays Field in 1981 was lost to Steyning and, in the early days of the Museum's existence, before it had achieved national accreditation, finds such as Aescwulf's gold ring from the 1988 dig at Market Field went to Worthing Museum rather than staying here.

When, in 1999, the police phoned to ask what we knew about bones found by workmen whilst underpinning a house on the edge of the parish we little thought that a complete thousand year old skeleton would be revealed. With the reputation for professionalism which had by then been established we were able to retain the bones, though it was not until we completed the extension to our exhibition space in 2006 that we

were able to decently display them. They are not the only things found by local people as they have dug the ground. When drains were being laid through Steyning in the 1890's an enthusiastic amateur historian paid workmen a shilling for any interesting item they found, and the resulting handful of 16th and 17th century coins is now in the Museum – as is the 250,000 year old flint hand axe which was unearthed when more drains were being dug at Annington.

Another item, one of many which helps the Museum paint a picture of what Steyning was like in the past is a child's potty from the early 17th century, found when digging on the site of an old cesspit in a High Street garden.

As we pass the forty year mark, we can look back and reflect on the more than 250 exhibitions and displays which the Museum has mounted, on all the objects, photographs and documents which have enabled us to tell Steyning's story and on the 300,000 visitors

we have welcomed, but we also wonder what the next forty years will bring and what else will have been dug up by then.

Article by: Chris Tod - Steyning Museum.

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