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2024



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Saturday: 10:00 – 14:00 – T: 01903 270330
E: steyning.library@westsussex.gov.uk

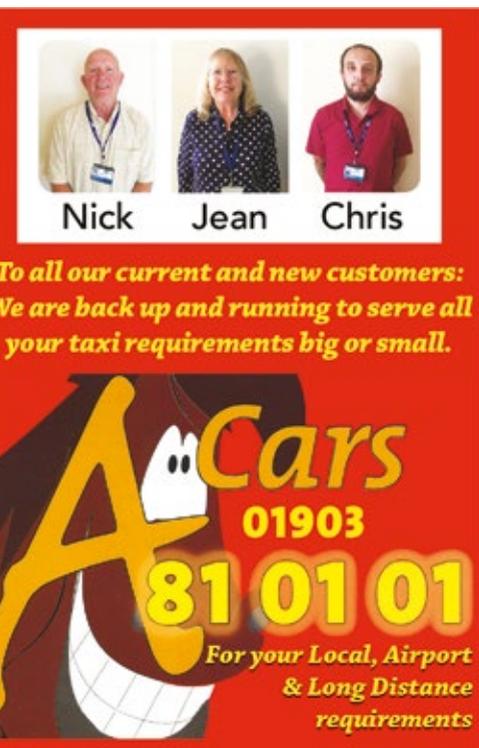
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Wed 08:00 – 20:00 Thu 08:00 – 20:00
Fri 08:00 – 18:30 Sat and Sun: Closed

Steyning & District Good Neighbours Association: T: 01903 816181
steyninggoodneighbours.co.uk

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

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Giving Back and Getting Back: Make Volunteering Your New Year's Resolution!



Are you looking for some inspiration and a fresh focus for the New Year? How about giving volunteering a go? It's about giving back, rather than giving up. And you can gain so much in return!

There are dozens of local organisations on the lookout for volunteers. You just need to browse Your Steyning to see what a wealth of community groups we have in the town. It's one of the things that make Steyning so special. And it's amazing what we achieve as a community – from the Steyning Festival to the many thriving sports and social clubs, and from Good Neighbours to Steyning in Bloom.

There's huge diversity on offer. But one thing these groups have in common is that they are all on the lookout for new recruits: people to take a turn in keeping things going, to bring in fresh ideas, and add their enthusiasm and commitment to make good things happen in our community.

There's loads of ways that volunteering gives back:

- First off, it is a fantastic way to make a positive impact on your community. Rather than getting despondent about the state of the world, it feels so much better to be doing something about it, even in a small way.
- It's a brilliant opportunity to develop new skills. You can gain valuable experience in areas like communication, teamwork, organisation, and problem-solving.
- You get to meet some wonderful people. You'll make new friends from all walks of life, each with their own experiences and perspectives.
- It can boost your mental and physical well-being. The act of helping others is said to reduce stress levels, improve self-esteem, and increase happiness. And many roles will help you keep active and fit – clearing brambles for Steyning Downland Scheme comes to mind!
- Last but not least, volunteering can be a gateway to discovering new passions and interests, and maybe even discover a hidden talent!

Greening Steyning is hosting a Volunteer Night on Wednesday 31st January where you can meet the gang and hear about all volunteer projects we've got going.

These quotes from two enthusiastic volunteers explain what they get out of it:

'Personally, I have found volunteering very beneficial. You meet and get to know many more people in the area. You feel a bit more connected and I enjoy the camaraderie of the other volunteers in the group. What I didn't expect was the frequent sightings of urban foxes when doing the evening collections. Brilliant!' (Andrew Williams, Community Fridge and Hedgerow Survey volunteer)

'I never imagined the degree of satisfaction which results from getting a cherished old watch or clock running sweetly again for its owner. It is much more than just saving a good timepiece from the scrapheap, as so often there is an emotional backstory about it as well. I do find it quite therapeutic to fix something so small, but which can mean so much.' (Ian Swindells, Repair Café volunteer)

Volunteer Night: Weds 31st January

Volunteer Night will be a chance for each of Greening Steyning's volunteer teams to talk about the highlights and challenges of the past year, and look forward to what's in store for 2024. So it's a great moment to hear about what's on offer, meet the people involved, and sign up if you're interested.

We'll also be holding a short AGM to review our accounts and re-appoint our Treasurer and Co-Chairs.

It's at Steyning Athletics Club and starts at 20:00. The bar will be open!

Entrance is free, but we are asking you to book a place so we have an idea on numbers. Just go to: <https://bit.ly/volunteernight2024>

To check out current volunteering opportunities with Greening Steyning, head to: <https://greeningsteyning.org/volunteer/>



Steyning Museum – 40th anniversary

Steyning Museum was delighted to celebrate its 40th anniversary recently with a party held for all the museum's volunteers without whom there would be no museum.

The photo shows Chris Tod (Honorary Curator for more than 25 years) cutting a special celebration cake with past Chairman Muriel Wright



Steyning Museum is looking for a new Honorary Curator of Exhibitions. If you

have experience of designing, creating and mounting exhibitions and would you like to volunteer some of your time to lead a small, dedicated exhibitions team using the extensive resources available at our museum then Jacquie Buttriss, our Chair of Trustees, would love to hear from you.

For more information please contact Jacquie at jacquie.buttriss@talktalk.net or do pop in for a chat with Andrew our current Curator of Exhibitions.

We are open 10:00 to 16:00 every Wednesday to Sunday.

Happy Days in December

As usual Steyning was full of atmosphere and festive fun in the run up to Christmas. The High Street was aglow with glorious street light decorations, plus numerous small Christmas trees twinkling with fairy lights, which were securely placed high up on building walls both sides of the road.

A new event, the Cobblestone Walk Santa Post Box & Elf Collection was also in place. Pre set letters to Santa were available at Cobblestone Tea House, so the kiddies just needed to pick up a copy and add their 'hoped for' Christmas gifts and then post it in the very special North Pole Post Box. Even more special, one of Santa's elves appeared on several dates during December to collect the mail and speed it on its way to the North Pole. It was lovely to welcome some of the children on these occasions, so they could see the start of their letters' journey and give the Elf a cheer. (Pictures attached of an Elf Collection and children posting letters - permission was given to use this photo.)

Steyning High Street also hosted a Christmas Challenge Trail – set within 10 shop windows



up and down the street, kiddies (and adults!) used their smart phones to click on QR codes downloading quirky AR characters behind various Christmas 'front doors'. Once opened, selfies with these strange 'residents' could be taken along with answering riddles and puzzles. Once all 10 challenges were complete, a prize of an e-book was revealed. Another great family outing. These two events were organised by the Steyning & District Community Partnership Visitor & Tourism Committee and funded by Horsham District Council.

Great family orientated occasions for all to enjoy. Only another 12 months and we can start all over again!



2023 Santa Post Box



2023 Elf Collection

Steyning Drama Club: 'Curl Up And Die'

A smash hit farce at the Barn Theatre, Southwick.

For their first-time performance at the Southwick Barn, Steyning Drama Company have stepped up to the challenge with their production of Curl up and Die, sold out over 3 nights, 16th – 18th November). A farce set in a dilapidated London hair salon. A cast of ten kept the audience in fits of laughter as a selection of colourful characters unwittingly contrived to put owner Ruth's chances of winning a top hair competition in jeopardy. Playwright Anna Longaretti's characterisation of the salon's longtime customers was spot on, while model Elenka and judge Gonky only added to the pandemonium. As if this wasn't enough, sleazy photographer Jordi, hapless Dr Lemon and jobsworth Mr Woodpigeon, Health and Safety Officer all had to deal with dodgy electrics, lost cats and suspected murder.

'Went to see this hilarious production and am so grateful that this talented bunch chose it. I know I wasn't meant to laugh at my own jokes, but I couldn't help myself!', said Anna Longaretti after the Saturday night performance.

The play was fast-paced, even frantic at times, with some hilarious one-liners from salon assistant Bryony, while I felt genuine sympathy for Ruth as she desperately tried to keep the competition a secret from her three old-timer regulars. I recommend catching Steyning Drama Company in the future as I thoroughly enjoyed this production. Follow them on Facebook for information about forthcoming productions, joining the company and some fun photos. They are pleased to welcome actors, backstage crew and front

of house crew. You can also email them – steyningdramacompany@yahoo.com Cathy Robinson, Hove.



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January Steyning Community Orchard

It's Wassail time again! Saturday 20th January, 2024
On the Memorial Playing Field, Steyning. Starting outside the Cricket Club at 18:00.



The trees in the Community Orchard at the top corner of the Memorial Playing Field are asleep. Wrapped in the cold fingers of Winter and the darkness of a January evening they slumber as stars appear one by one above them.

Not one of them stirred, when an hour ago, just before it got dark, a group of people arrived, talking and laughing and carrying candles in jam jars and set about decorating the trees. They carefully laid the lanterns around the bases of the fruit trees and threaded lengths of string amongst the boughs of a knotted, gnarled old apple tree which stood silently looking across the playing field to the lights of the town just beyond. As the group left, the last of the light seeped from the western sky and night filled up the corners of the orchard.

The trees are asleep. But listen; now there is the sound of music drifting across the grass from the lights around the Cricket Club. Tonight is special. The twentieth of January. Wassail night. The word 'Wassail' from the Anglo-Saxon greeting 'Waes hael' means 'be hale'; 'be in good health'. For hundreds of years, people have gathered to go Orchard Wassailing on the eve of Twelfth Night, the 5th January (or in the old Julien calendar the 17th January) to rouse their winter fruit trees into life with chanting and singing; beating the trees with sticks to wake them, praising the trees for past harvests and exhorting them to 'be hale' for the coming season and harvest. Here in Steyning we have taken this ancient tradition and created our very own Wassail. Tonight, will be fun, dark, noisy, and a little bit pagan.

The Wassail, as always, is led by Mythagoo, a group of Morris dancers dressed in black tatters. They whirl around dancing in the light falling from the windows of the Cricket Club and the master of the ceremony welcomes those who have gathered to celebrate the orchard and to wake its sleeping trees. He leads them towards the top of the playing field and the soft light of the candles around the trees.

As everyone arrives, they circle around the old gnarled apple tree and then the fun begins. The music starts, there is dancing, chanting, singing, the sound of hurrahs and the noise of pans being banged.

The ancient spirit within the tree hears the noise through his dreams, stirs and slowly awakes. The evil spirits dwelling within the tree awake and flee!

Then everyone makes an offering to the tree; a slice of toast dipped in a specially prepared Wassail bowl filled with mead, crab apples,

sugar, spices and egg, tied to the strings dangling from the branches of the tree, a token of thanks for the fruit it has borne the previous year and a gift to the tree spirit living within it.

Then with a final roar of noise, the celebration draws to a close and people drift back across the darkened field to the warmth of their homes.

In the orchard the trees shake their branches and murmur softly in the wind and think of Spring.

Come and join us for this year's Wassail on the 20th January, 2024 outside the Cricket Club at 6 pm.

Donations towards this evening's Wassail and the upkeep of our orchards would be VERY welcome so please bring some CASH with you. The trees are looking forward to their wake-up call!



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January: Diary Events

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

Wednesday 3rd January

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning, BN44 3YB

Melody for the Mind

Melody for the Mind is an informal, relaxed, dementia-friendly singing group. Singing is known to help the memory and increase wellbeing so why not come along and give it a go! Held the first Wednesday of every month.

Wednesday 3rd January

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

Screening: The Unlikely Pilgrimage of Harold Fry

is a heartwarming and emotional film that tells the story of Harold Fry, an ordinary man who decides to embark on a pilgrimage to deliver a letter to his old friend Queenie. Jim Broadbent delivers an excellent performance as Harold Fry, capturing the character's quiet desperation and eventual transformation as he walks the 600-mile journey.

Penelope Wilton is also good as Harold's wife, Maureen, who is hurt and confused by her husband's sudden departure. Tickets are on sale at the Steyning Centre at £6 a ticket which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass.

Doors open at 19:00 for a 19:30 start.

Friday 5th January

Steyning Library

10:30 – 11:00

Steyning Library, Church Street, Steyning

Rhyme Time

Rhyme Time sessions at West Sussex Libraries are a free a fun way for under 5s to develop a love of music and language from an early age. Sessions last around 30 minutes and include nursery rhymes, songs, action rhymes, musical instruments and puppets. No need to book, just come along and join in. Due to the popularity of these activities, there are limits on attendance numbers and sessions may become full. **NOTE Also on Friday 12th January, Friday 19th January, Friday 26th January.**

Friday 5th January

Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

Neil Sadler 'Gongoozling for Beginners - Life On The Canals'

Our meeting commences at 14:00 but doors are open at 13:45. There will be a raffle and a Bring and Buy table. After our business section, we welcome Neil Sadler to entertain us with his delightful film and amusing commentary. 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 before attending for the first time, for other information and for transport needs.

Saturday 6th January

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

Reading Friends

Come along to this friendly group to meet new people, chat and share your love of books and reading on the first Saturday of every month 10:30 – 11:30.

Monday 8th January

Steyning Library

14:00 – 14:30

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Steyning Library, Church Street, Steyning

Toddler Time

Pop in to join other families with under 5s for fun at a library near you. These relaxed sessions are a free and fun way for under 5s to develop a love of language from an early age. Sessions last around 30 minutes and include nursery rhymes, songs, action rhymes, musical instruments and puppets. No need to book, just come along and join in. Due to the popularity of these activities, there are limits on attendance numbers and sessions may become full. **NOTE: Also on Monday 15th January, Monday 22nd January, Monday 29th January.**

Monday 8th January

The Arts Society Steyning

10:00 – 12:00

Steyning Centre, Fletchers Croft, Steyning

The Arts Society Steyning: January Talk

Charles Dickens brought into the world a staggering array of wonderful characters – orphans, starving children, misers, murderers and abusive school teachers among them. Mr Micawber, Fagin and Abel Magwitch, for example, remain in one's literary psyche long after the books are put down.

Largely self-educated, Dickens became the greatest writer of his age producing 15 major novels and countless short stories and articles. In this lecture

Bertie looks at the life and places of Dickens through his characters. The talk is interspersed with readings of his works. Bertie has a BA (Hons) in Drama from Manchester University, and a Diploma Internationale from the École Internationale du Théâtre, Jacques Lecoq.

A member of the Inner Magic Circle, with Gold Star, Bertie has toured the world with a magic cabaret show and a one man show entitled All Aboard. He has written articles for newspapers and magazines on entertainment and theatre. Free to members; visitors £10 donation.

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Thursday 11th January

Henfield Theatre Company

19:30 – 20:00

The Henfield Hall, Coopers Way, Henfield, West Sussex, BN5 9EQ

Henfield Theatre Company presents The Wizard of Oz pantomime

This Christmas, Henfield Theatre Company and its Youth Theatre join forces in The Wizard of Oz pantomime, like never seen before. Dorothy and her friends follow the yellow brick road to escape the evil clutches of the Wicked Witch. With familiar characters, plus some new, they will travel to the Emerald City with some unexpected songs, and maybe even some rapping! A challenge for our musical director, Dave Barnett, but he is braver than the lion and up for the challenge. With comedy and your usual pantomime dame, it's a 'no-brainer'. Directed by Karen Blunden, known for roles in many productions but also the hugely popular director of our Youth Theatre productions, she said, "The Wizard of Oz is a fabulous show bringing together the wide age range and experience of all our members ... from our 92-year-old 'lumberjack' down to our teenage all-dancing, singing trees! The cast will bring the yellow brick road into the hearts and minds of our audiences. So join us 'somewhere over the rainbow' and be sure you'll 'laugh your day away in the Merry Old Land of Oz!'" Kindly sponsored by The Wheatsheaf pub, why not enjoy pre-show drinks and dinner? Performances are on 11th and 12th January at 7.30pm at The Henfield Hall, and, by popular demand, 2 matinees are scheduled for 13th January at 1.30pm and 5.30pm to cater for younger audiences. Tickets cost £13 per person for floor seating and £15 for raised seating. On sale now via www.henfieldtheatrecompany.com, and at Steven's Estate Agents in Henfield High Street.

Saturday 13th January

Greening Steyning

14:00 – 16:00

Bramber & Beeding Village Hall

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Friday 19th January
The Steyning Society
 19:00 – 21:00

Steyning Centre, Fletchers Croft, Steyning

Daniel Defoe by Geoff Mead

Geoff Mead is a lecturer in Geography at Sussex University and is well known for the numerous courses he has run in the County. He leads walks and has wonderful local knowledge which he imparts in an entertaining fashion. The doors are open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival. Talk will begin at 19:30. Free to members and £5 guests. All very welcome to attend.

Saturday 20th January
Greening Steyning
 10:30 – 12:00

The Castle Inn, Bramber

Climate Cafe

A regular event on the 3rd Saturday of most months, the Climate Cafe at the Castle offers a warm and inclusive space, to share friendship and mutual support for those holding questions and worries about the climate crisis and how it will affect us all. Whether you are feeling helpless and fearful about the future, or feeling positive and motivated to bring about change – you are not alone. So why not drop in for a chat.

Saturday 20th January
Steyning Community Orchard
 18:00 – 19:30

Memorial Playing Field, Steyning

Community Orchard Wassail

Meet outside Cricket Club pavilion. Our popular Wassail event will return on Saturday 20th

January 2024. Mythago Morris will again lead our celebrations. Best described as "Fun, dark, noisy and a little bit scary". Free event with bucket collection - (so please bring some coins with you!). Meet at 6pm outside the Steyning Cricket Club, when the Mythago Morris Side will perform their traditional Wassail Dances whilst explaining the tradition of Wassailing. We then process to the Steyning Community Orchard where Mythago will continue telling the Wassail story with songs and dance around our specially decorated Wassail tree.

Wednesday 31st January
Greening Steyning
 20:00 – 21:30

Beeding and Bramber Village Hall

Volunteer Night and AGM

If you volunteer with us or are thinking about doing so, then do join us on Wednesday 31st January for drinks and discussion. There is no charge for this event but please book a ticket in advance to let us know you are coming. Link: <https://www.ticketsource.co.uk/greening-steyning/t-noyakxk/>>. Or visit the Events page on the Greening Steyning website: www.greeningsteyning.org/events

Friday 2nd February
 10:30 – 11:00
Steyning Library

Steyning Library, Church Street, Steyning,

Rhyme Time

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Friday 2nd February
Vintage Years Club
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Steyning Centre, Fletchers Croft, Steyning
Steyning Museum - Artifacts and Talk

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Our meeting commences at 14:00 but doors are open at 13:45. There will be a raffle table. After our business section, we welcome Muriel and Andrew from the Steyning Museum to give us a talk and they will also show us some of the artifacts held in the museum. 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 before attending for the first time, for other information and for transport needs.

Saturday 3rd February

Steyning Library

10:30 – 11:30

Steyning Library, Church Street, Steyning

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Maybe this New Year one of your resolutions was to reduce your negative impact upon the environment. Making small swaps is an easy way to start. Here are our top 3 swaps to make this new year.

1. Reusable swim nappy:

A really easy swap as they function in exactly the same way as a disposable swim nappy except you put it in the washing machine with your swimwear after your session!



2. Wet bags:

A versatile and brilliant swap. Whether for a wet swim towel, dirty clothes or muslins on a day out, or to pop your reusable coffee cup in at the end of a day to stop your bag from

getting wet! They are lightweight and can be popped in the washing machine once used alongside your usual washing - much better than a single use plastic bag!

3. Washable Wipes:

Washable wipes have a lot more uses than cleaning bottoms! They can be used for dirty hands or faces, to remove make-up, to wipe spills or messes from sides or tables. The possibilities are endless with washable wipes and once they are used, you just have to pop them in the washing machine!

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While the topic of one's own mortality may not be the most pleasant of conversations, it is a crucial one. The creation of a legal Will is an essential task that far too many of us procrastinate or overlook altogether.

The impact of not having a Will in place can be both frustrating and detrimental, especially to the loved ones left behind. First and foremost, without a Will, the distribution of one's assets becomes a complicated and often contentious affair. In the absence of clear instructions, intestacy laws take over, and this can sometimes result in assets being distributed in ways that may not align with the deceased's wishes. Without a Will, there can be significant delays in the probate process too, this can tie up the deceased's assets for months or even years depending on the complexity of the estate being left.

For those with children it is really important to have conversations with those people you would choose to take care of them in the event that anything happens to you. Without a Will, you have no say in who or how your children will be raised in your absence. In today's world of blended families, ensuring that you have officially documented who you want to inherit and when is even more important.

Making your Will is a simple process in most cases, you can use your Solicitor, a dedicated Estate Planning service like us or even go online. I tend to find that due to the nature of the subject, most people feel more comfortable talking through their options with a real person and we can do this either in our office or in your home- wherever you feel most comfortable.



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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In the House of the Mouse



This October half term, after a year of unrelenting pressure from our two boys we finally surrendered and, ruining our financial plans, took a family trip to Disney in Florida. After hearing stories of mammoth queues in sweltering heat, I did go with a certain amount of trepidation, a portable fan and a kindle. In an effort to withhold a few of my dollars from Mickey Mouse, we elected to stay in a rented house outside of the Disney complex, and we were pleasantly surprised to find we had been 'upgraded' to a property with a pool. On arrival, the waters looked particularly inviting to some hot and weary travellers, so as soon as I had unpacked, I did a couple of lunges and dived right in. Given it was Florida, I was expecting a warm and refreshing dip – instead, it felt like a had jumped into an ice bath! I will confess to being a bit of a wimp when it comes to swimming in cold water, and I am sure any sea swimmers out there will be rolling their eyes, however, it was certainly not what I was expecting – the only consolation being that I was certainly not hot or weary when I got out about 30 seconds later!

I then went on to read our guest guide to discover that if you wanted to heat your pool above absolute zero, you had to pay \$500 for the privilege! Needless to say, I decided to use the pool as a drinks cooler and donate the money to Mickey in the form of merchandise and sustenance. Actually, other than Annelise thinking that she was going to die on the first and last rollercoaster that she went on, we all had a great time and the queues were not as bad as they had been billed. However, hidden, additional costs turned out to be a bit of a running theme for the trip and it would have been much less painful to have been able to

pay for everything upfront and not have to keep taking your credit card out of your 'bum-bag'!



It is along these lines that I am pleased to say, we are launching a 'platinum' version of our Practice Health Plan which includes unlimited veterinary consultations for a fixed monthly cost. As well as unlimited veterinary appointments, the platinum plan includes all of the same benefits as our standard plan such as vaccinations, flea, tick and worming throughout the year, unlimited nurse appointments, annual blood and urine tests and discounts off other products and services at the practice. It compliments pet insurance well, by covering the things that insurance doesn't. The monthly price of the platinum plan is £30 for dogs, £27.50 for cats and £19 for rabbits. Additionally, if you have more than one pet on a platinum plan, then you'll receive a discount on each pet's plan.

So, if you have an elderly pet, a pet on long-term medication, or would just like peace of mind that you can visit the practice as many times as you like without incurring any consultation fees, then the platinum plan may be for you! You can join online via our website or just contact us for more information.

We don't currently offer a plan for mice, but I am working on a plan for one mouse in particular... watch your back, Mickey!



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January 2023 Book Reviews

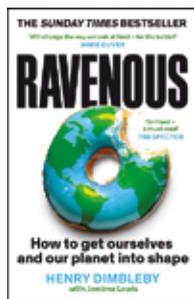
Adults Books



Big Swiss by Jen Beagin
 Faber paperback £9.99
 A fresh, funny, quirky American novel. Greta has recently moved to the hipster town of Hudson, NY, and is staying in a dilapidated old farmhouse with her eccentric friend Sabine. She spends her days

transcribing the taped sessions of an unconventional sex therapist called Om, but soon finds herself developing an unhealthy obsession with one of Om's married clients, a woman Greta nicknames 'Big Swiss' - being tall and from Switzerland.

One day, Greta recognizes Big Swiss's voice at the dog park. In a panic, she introduces herself with a fake name and very soon the two become embroiled in an intense affair. But both women carry scars from trauma earlier in life, and have very different ways of dealing with them, on top of which Big Swiss is unaware of Greta's true identity, and of course Greta has been transcribing her most intimate secrets... so we are on a crash course for disaster! Full of sharp observational humour and witty one-liners, this is a bonkers read for fans of Ottessa Moshfegh.



Ravenous: How to get Ourselves and our Planet into Shape by Henry Dimbleby & Jemima Lewis.
 Profile Books £10.99
 An essential and very readable examination of the food industry by Henry Dimbleby, the founder of the Leon restaurant chain,

government adviser and author of the radical National Food Strategy. The modern Western diet is now the biggest cause of preventable illness and death in

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the developed world and the food industry is wrecking the environment. Dimbleby goes behind the scenes to unravel the complex web behind corporate Big Food, looking at how supermarkets, fast-food outlets and huge agro-businesses control global food production. Informative and well-researched but never fatalistic, the book goes on to examine how many of Dimbleby's National Food Strategies have been implemented by the UK government thus far (spoiler alert - not many!) and ends with 15 recommendations at governmental level as well as practical personal strategies, with the optimistic take out being "We can do this!" A great follow-on read from Chris Van Tulleken's Ultra-Processed People.

Children's Books

One previous favourite into paperback this month plus one brand new recommendation!



Greenwild by Pari Thomson.
 Macmillan paperback £7.99

A Potter-esque magical fantasy story which adds an inventive environmental slant to the familiar 'chosen child' narrative.

Daisy Thistledown has spent her 12 years travelling the globe with her eccentric journalist mother. When her mum goes missing on a trip to the Amazon, Daisy's search for her opens a portal into the Greenwild - a world of Green Magic, where Botanists summon vines from their fingertips and magical mini-moss can shrink you down to thumb-size!

But all is not well in this astonishing land. Before long Daisy finds herself confronting a dangerous presence that threatens green magic on both sides of the portal. She joins forces with a botanical genius, a boy who can talk to animals, and a talking cat with attitude, to channel the power that will revive the



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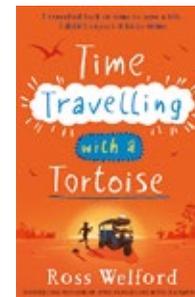
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Greenwild and find her missing mother - and save her own world too. Bursting with fresh ideas, a really enjoyable read for ages 8-12.

family, Al must save the day .. but time travel isn't as simple as he thought!

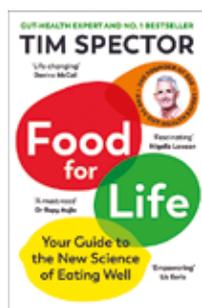
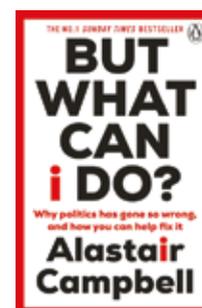
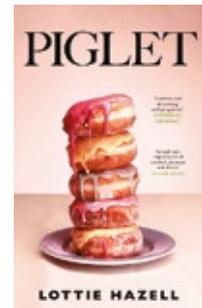
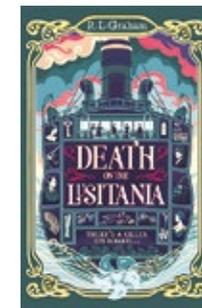
More choices..



Time-Travelling with a Tortoise by Ross Welford.
 Harper Collins £7.99

Ross Welford is one of my favourite children's writers, and has a knack for creating vivid, unforgettable, quirky characters within fast-moving, science-based plots laced with earthy

Northern humour. I am so excited to see this sequel to his fantastic debut novel, Time-Travelling with a Hamster! We return to the lovable character Al Chaudhury, who'd previously travelled back in time to save his dad. After a horrible accident befalls his beloved grandad, Al is propelled back in time - but accidentally leaves someone behind, trapped in a prehistoric dimension! To save his grandad and the future of his entire



The World Health Organisation endorses evidence-informed, people-centered, integrated approach to MSK healthcare

Well Adjusted Health is pleased to bring you some huge news for the chiropractic profession and the wider Musculoskeletal (MSK) community.

Yesterday, the World Health Organisation (WHO) launched its new Guideline for the Non-Surgical Management of Chronic Primary Low Back Pain in Adults in Primary and Community Care Settings, which provides evidence-informed recommendations on non-surgical interventions for chronic primary LBP (CPLBP), to improve CPLBP-related health and wellbeing outcomes.

The Guideline Development Group included chiropractors and received evidence commissioned by WHO, from sources including the World Federation of Chiropractic's Research Committee Chair, Dr Sidney Rubinstein, who led three of the systematic reviews informing the guideline recommendations.

Some of the recommendations made in the Guideline include:

- Spinal manipulation was one of the physical therapies recommended for use in all patients, as well as physical therapies such as, dry needling, a structured exercise program and massage.
- Structured and standardised education and advice were also part of the key management recommendations, as was cognitive behavioural therapy.
- TENS, therapeutic ultrasound, traction and lumbar braces/supports were all found not to be of value, with recommendations against their use.

The Guideline was also scathing of most forms of commonly used pharmacological interventions, with only non-steroidal, anti-inflammatory medication receiving a conditional recommendation.

Opioids, benzodiazepines, antidepressants,

anticonvulsants, muscle relaxants, cannabis-related preparations and paracetamol (acetaminophen) all received the thumbs-down, with explicit guideline advice not to use or recommend.

The Guideline was supportive of the use of multicomponent biopsychosocial interventions, repeatedly advocated by the WFC, and presenters at the launch repeatedly stressed the value of shared decision-making and the need to acknowledge patient needs, preferences and context.

Commenting on the launch of this important document, BCA President Tim Button, said: *'It's wonderful to see the new World Health Organisation guidelines regarding Non-Surgical Management of Chronic Primary Low Back Pain in Adults in Primary and Community Care Settings. These heavily endorse EPIC (evidence-based, people-centered, interprofessional and collaborative) pillars. The guidelines reflect our own ethos and values around people-centered care, which is at the core of the BCA and what it means to be a BCA chiropractor.'*

WFC Secretary-General and Past BCA President, Richard Brown, commented, "This important WHO Guideline is a strong endorsement of what many evidence-based chiropractors do in their clinics and offices around the world, every single day.

"This important WHO Guideline is a strong endorsement of what many evidence-based chiropractors do in their clinics and offices around the world, every single day.

The WFC is particularly pleased to see a powerful endorsement of a biopsychosocial



approach to spinal pain and disability, the importance of rehabilitation and interventions for which chiropractors are specifically trained, included in this guideline.

Chiropractors have consistently high levels of patient satisfaction as a consequence of strong, empathic communication, a hands-on approach, their use of exercise and lifestyle advice, and their support for interprofessional and collaborative care models. The recommendations in this Guideline provide a strong case for Member States to consider integrating chiropractic within health systems at high-, middle- and low-income levels.'

The BCA welcomes this new Guideline as a huge step forward in recognising person-centered, evidence-informed MSK healthcare which is what the BCA and its members stand for.

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 Well Adjusted Health on 01903 892171



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MARK JONES

MCHIRO, DC

I got you under my skin

I like to think that most of us are good neighbours to the wild animals we share this planet with. We feed the birds, grow flowers in the garden for bees and butterflies. But if wildlife gets too close or, heaven forbid, enters our houses we're reaching for the fly spray or a rolled-up newspaper. I get plenty of people complaining to me about home-invading wildlife as if I'm some sort of envoy for the animal kingdom. Yet while they moan about clothes moths in their wardrobe, I just stand there smiling, reassured by the knowledge that these people have wildlife living right under their noses. Well, to be more precise, right in their noses.

OK, I warn you now: after reading this article some of you will be scouring your face with a Brillo pad. But it's time to face the facts. Your face is crawling with animals. You, yes you, have face mites. And there's no 'might' about it – research has shown that 100% of adults have them.

Our faces are one big nature reserve for mites: from your mountainous nose and skin pore caves to your eyelash jungles. In fact, our faces are home to two different species. Demodex folliculorum thrive in your eyelashes while Demodex brevis lurk in your pores. They're feeding on dead skin cells and oils but don't harm us – a commensal parasite.

Before you run to the bathroom mirror, these guys are tiny. I'm not going to lie to you, they're not pretty (unless you think a microscopic 8-legged slug is pretty) and under high-powered microscopes they look like something you'd encounter in a galaxy far, far away.

The egg and larval stages last two weeks and you'll probably be relieved to hear that the adults live for just five days and then die. And it's right about here you'll realise that these things are constantly mating on your face. You can scrub and scrub but you can't wash away the hard truth: you're just a mammal. And like dogs, cows, orangutans and meerkats we're the perfect hosts for a range of parasites.

Personally, I've grown quite fond of my little pets – despite never being able to see them. When I go to bed at night, I imagine Clarence

the Demodex, climbing from his pore, going for a wander across my cheek and hoping to meet a girlfriend. But instead he meets his nemesis Evil Arthur and a mite fight ensues until...well, you get the idea.

There are hundreds of these little adventures happening on your face every night. Sweet dreams.

By Michael Blencowe:
Learning & Engagement Officer,
Sussex Wildlife Trust

Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our guide book: Discovering Wildlife in Sussex. It's easy to join online at:
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Withdrawal of Proposals for a Steyning & Bramber 20MPH Scheme. Statement from Steyning Parish Council.



Steyning Parish Council has decided to withdraw its application to West Sussex County Council for a 20mph scheme in the town. This statement explains the reasoning for this and the background to the decision.

In 2021 Steyning Parish Council submitted an application to West Sussex County Council (WSSC) to set up a 20mph scheme covering the whole of the built-up area in Steyning, and adjoining parts of Bramber.

The proposal was for the 20mph area to begin somewhere on Clays Hill to the East and extend to just beyond the Leisure Centre to the West. The Maudlyn Lane and Newham Lane areas would be included, as well as the whole of Shooting field and the Roman Road area

The application was put together by a multi-stakeholder Working Party convened by Steyning Parish Council. This comprised members of Steyning and Bramber Parish Councils, Two District and One County Councillors, and a representative from WSSC Highways Department. Three local community groups: Steyning & District Business Chamber, Steyning & District Community Partnership, and Greening Steyning.

The primary objectives were to:

- Calm traffic in the area and make our streets feel safer, healthier, and more welcoming for everyone.
- Shift the balance in favour of walking and cycling and help get people out of their cars.
- Benefit children and vulnerable groups who find our busy streets daunting.

Residents' reactions to the idea of the proposed 20mph Scheme had been tested

through a large public survey in Spring 2021. This received over 1500 responses and showed a clear majority, of nearly two to one, in favour of the proposed scheme (see details in the survey report).

The application was submitted to WSSC via their Community Highways Scheme. As part of their normal procedures, the Council Highways Department carried out tests to measure current traffic speeds on a number of roads in the area. In May 2023, the Council came back with their proposal for a 20mph scheme for Steyning.

The WSSC proposal was for a much less ambitious scheme than originally suggested. Rather than the whole built up area, it covered just the centre of town, and a few adjoining streets (see map attached). With the exception of Goring Road, it covered none of the streets the Working Party had identified where speeding is a particular problem, such as Roman Road, Newham Lane, Clays Hill or the Horsham Road. Adjoining areas of Bramber had also been omitted entirely, as had the streets near the Primary and Grammar Schools.

The 20mph Working Party was surprised and disappointed by these proposals and put a series of questions to WSSC to better understand their thinking and see if they would be prepared to amend the scheme to expand its scope.

WSSC were unwilling to do this, citing council speed policies and the problem of ensuring

drivers comply with reduced speed limits when current average speeds are well above the proposed limit. According to their policy guidelines, current average speeds have to be no more than 26mph to introduce a 20mph limit. This means that if traffic is going too fast you can't reduce speed limits just by introducing new speed limit signs.

This limitation can be circumvented by introducing physical traffic calming measures, such as pinch points or speed humps, but the Highways Department explained that that this would be well beyond the budget they had available (which was estimated at £53,000 for just the reduced scheme).

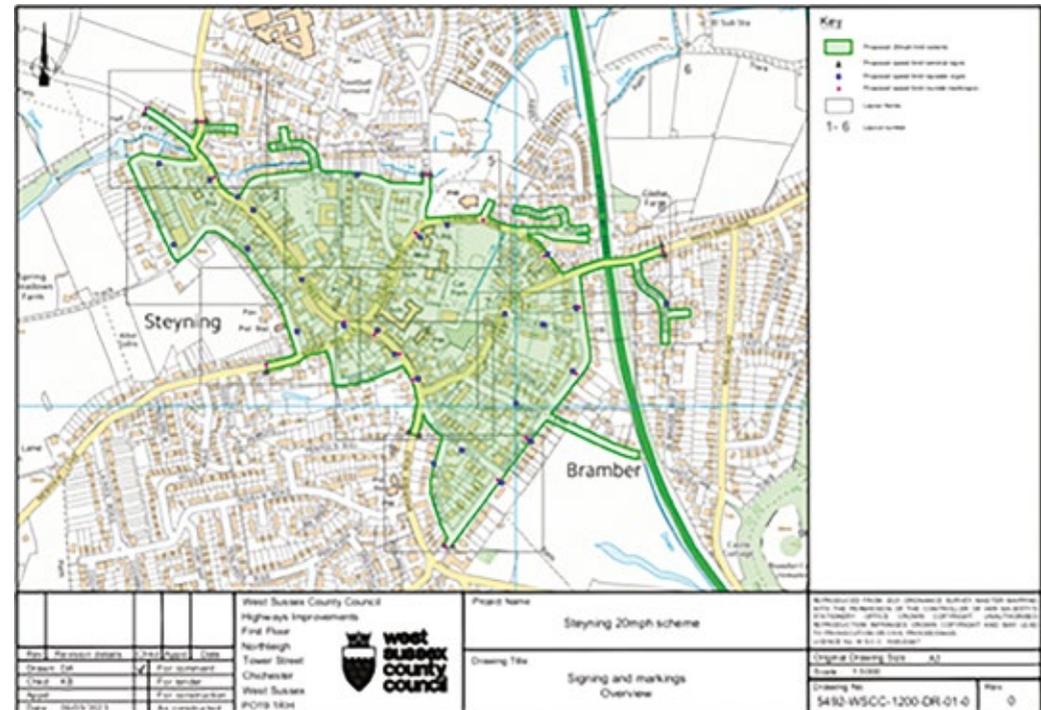
On the basis of this response, the 20mph Working Party recommended that the Parish Council should not go ahead with the proposed WSSC scheme on the grounds that it would have little effect on traffic speeds, would not achieve its stated aims, and would therefore not be value for money.

Local County Councillor, Paul Linehan, conducted his own survey to gauge reactions to the 20mph scheme proposed by WSSC. This showed that 55% of those who responded did not back the pared down scheme.

Following paras to be confirmed once the Communities Committee has met: Independently, SPC's Community Committee had come to the same conclusion, and has decided - reluctantly - to withdraw its Community Highways Scheme application.

Steyning and Bramber Parish Councils and the other Working Party members regret this outcome as they were hoping for a much more positive and proactive response from WSSC.

They are still committed, however, to finding ways of encouraging safer streets and promoting more active travel, so will continue to pursue these aims through other means.



Map of WSSC's Proposed Scheme – 20mph area shaded in green

Amazing Community Volunteers

Look what they have achieved...

STOP PRESS: Steyning For Trees has been lucky enough to secure Dame Eleanor Jane Milner-Gulland, Professor of Biodiversity at Oxford University to come and speak at the Steyning Festival 2024. This will be at Wilton Park (Wiston House) on Saturday 3rd June. She is a former pupil of Steyning GS and was taught by our co-Chair David Buckett.



Planting a hedge at Catholic Church, thanks to Fran Cable.



Planting with the children at Beeding Primary and Elfie Gloster.



Planting with Greening Steyning at Ben Vick's Farm.



Protecting the bees at Artisan Bakehouse, thanks to Louise and Les.



Thornscoft Mini Copses - A lovely day planting with Grow Wellbeing Group. Many thanks to them, the residents, and Katie Parker and Marianne Nicholls.



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www.cancerresearchuk.org

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01903 814337

The Friends of Steyning Parish Church. 01903 813232

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

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

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

CLUBS AND SOCIETIES:
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Steyning Art Group.
peacefulorchard@iCloud.com
Oakleylucy@hotmail.com.

Steyning Bellringers.
01903 813653.

Steyning Bridge Club.
01903 814726.

Steyning Camera Club.
info@steyningcc.org.uk

Steyning & District Flower Club. 01903 895939

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

Steyning Horticultural Society. 01903 814049.

Steyning Museum.
01903 813333.

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

Steyning So and Sews
01903 813467

Sugar and Spice Sugar Craft Club. 01903 695700.

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

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

Vintage Years Club.
01273 493884

West Chiltington Bridge Club.
01903 742674 / 01798 813626.

West Sussex Decorative & Fine Arts Society.
01903 411086.

GENERAL:

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

Cadet Centre. 01903 813113.

Cadet Centre - Steyning Army Cadets. 07737931010.

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

Steyning Litter Pickers.
susanjglover@outlook.com

Steyning Parish Church.
steyningparishchurch@gmail.com

Steyning WEA Day School.
01903 816190/07713 270806.

SOCIAL:
Cheqoutz Cribbage Team.
01903 815471.

Knit and Natter. 01903 812751.

Ladies Thursday Club.
01903 813082
paulinemhadhebi6@hotmail.com

Singability. 07845 546365.

Steyning & District Good Neighbours Association.
01903 816181.
steyninggoodneighbours.co.uk

Steyning Downland Scheme Group. 01903 812404.

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

Special Task Force.
01903 765340.

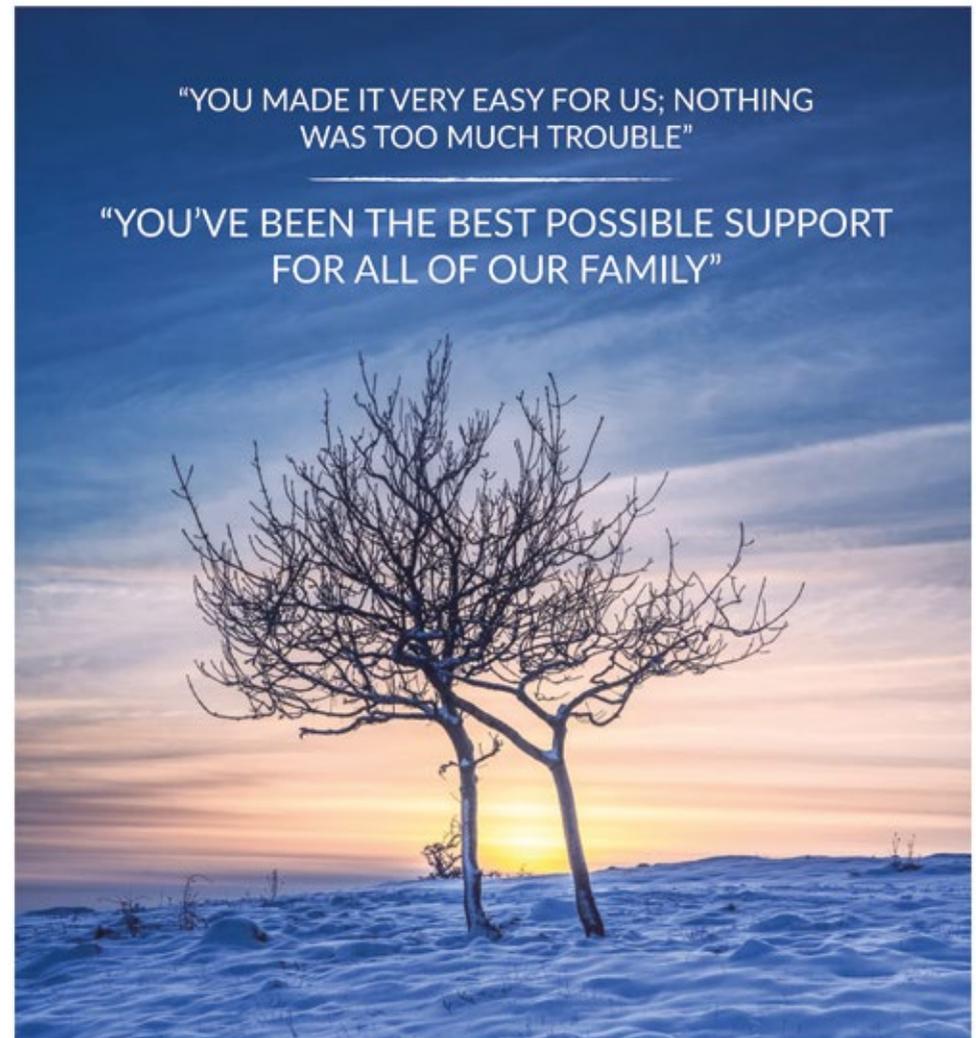
Steyning & District U3A.
www.steyninganddistrictu3a.org.uk

Steyning for Trees.
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Steyning Greening Campaign.
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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.

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01273 969603.

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Health Centre, Tanyard Lane.

Steyning Patients Participation Group. Health Centre, Tanyard Lane,

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Sussex Clubs for Young People.
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Front Cover: Hattie Lockhart Smith

SteyningARTS
ART TRAILS : EVENTS : INSPIRATION

I Work in acrylic paint and monoprint on wooden panels combining the two techniques to create multilayered landscape inspired abstracts.

I enjoy spending time on the Sussex Downs taking photos and making sketches. I have found Mill Hill just above Shoreham a great place for inspiration, being able to see the river Adur, the Channel, the wind farm, the docks and the A27 flyover. I love the shapes of the manmade structures combined with the rhythms of the natural landscape which constantly inspire me.

I begin a new body of work by taking photos and some rough sketches to capture key elements of the space - this may be physical or emotional. Once back in the studio I print off the photos and develop any lines or shapes of interest.

The paintings, although initially inspired by the landscape, take on their own identity as the layers are added, evolving into colourful abstracts and reflect the benefits of spending

time outdoors for both physical and mental wellbeing.
Please visit my website: hattielockhartsmith.co.uk for details of where you can see my work along with lessons I am running and how to get in touch.
You can also follow me on instagram @hattielockhartsmith.



Steyning Downland Scheme: Co-op Local Community Fund

On Wednesday the Steyning Downland Scheme teamed up with Southdown Nursery to pick up our big, fat cheques from the Co-op Local Community Fund.

Astonishingly the SDS received the magnificent total of £4,314.31, all raised through local people choosing us to receive donations through their Co-op membership card.

A big 'thank you' to everyone who bought multiple packs of Coop biscuits, just for us - and don't forget you're always welcome to join the Conservation Volunteers to burn that excess weight back off again.

Thank you too to Gemma from the Co-op for organising the whole thing. We'll be using the cash to give a much-needed boost to some new public information plans we have in the pipeline.



January Gardening Journal

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

A time for new beginnings – few of us want to venture out into the garden at the start of the year though. However, the bright winter sunshine and crisp frosty mornings bring an added dimension to the garden - it gives us a chance to appreciate the garden in a completely different light.

Cyclamen are tuberous perennials providing colour and interest when little else is flowering, particularly in late winter or early spring. Hardy cyclamen species and cultivars are ideal for naturalising under trees, on banks or in a shady border and can be planted in association with other early-flowering woodland plants such as snowdrops, winter aconites and primroses.

Cyclamen are a genus of about 20 tuberous perennials grown for their pink and white flowers. Most grow to about 10cm tall, although established tubers can reach the size of a dinner plate and produce dozens of flowers. Cyclamen habitat ranges from deciduous woodland to scrubland and rocky areas with most cyclamen found growing around the Mediterranean and across southern France, Italy, Greece and into Turkey.

In general, hardy cyclamen prefer poor, well-drained soil in full or part shade. Hardy cyclamen are easy to grow as long as you avoid heavy soils that are apt to get waterlogged. If you do have very wet soil it is probably best to grow cyclamen in pots or raised beds. They are at their happiest around the base of deciduous trees and large shrubs. These are areas that are cool and shady in the summer but light and moist

during the autumn and winter.

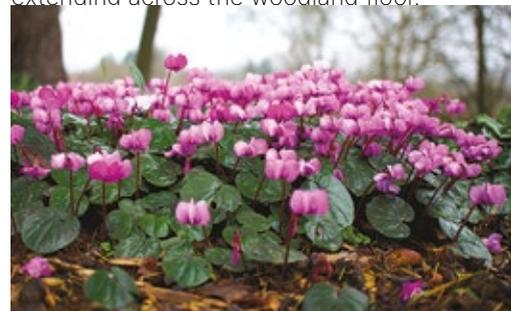
Cyclamen look especially good when grown under and around deciduous shrubs, especially shrubs with coloured winter stems like Dogwoods and Willow. A selection of favourites include:

Cyclamen coum AGM: This species and its many excellent cultivars have pink or magenta flowers during the depths of winter from January to March, surviving in the severest weather.

Cyclamen hederifolium AGM: This excellent garden plant will provide ground cover from winter to spring. Large flowers in shades of pink appear before the leaves in early autumn. Marbled foliage bears a resemblance to that of ivy. This species self-seeds freely.

Cyclamen purpurascens AGM: Very fragrant pink flowers borne with the heart-shaped, shiny, dark green and silvery mottled leaves, flowers from mid-late summer.

As with all small, delicate plants they can often look a little uninspiring when planted as single specimens however when planted en masse they really come into their own – there is nothing quite like a cyclamen carpet extending across the woodland floor.



Plant of The Month – Cyclamen

Jobs to be done in January

Ornamental Garden:

- If the ground is waterlogged then keep off the soil to avoid compaction and worsening the conditions.
- If snow falls – Do not let the snow sit on the shrubs, gently shake off to prevent damage.
- Prune bush or standard apples and pears, aiming to create an open framework of about 5 main branches.
- Sweet Peas can be sown this month and those sown in the autumn can be potted on. Place them in a sunny greenhouse, coldframe or windowsill.
- Plan annual cut flowers for the borders.
- Mulch borders if not already done in autumn.
- Plant deciduous hedges.
- Move deciduous trees and shrubs if necessary.
- Ensure protective coverings such as fleece / mulch have remained in place over frost tender plants.

Vegetable Garden:

- Protect brassicas from pigeons with cloches, netting or fleece.
- Harvest Winter Vegetables such as parsnip, swede, sprouts, leeks and turnip.
- Remove one third of the oldest stems of blackcurrants at ground level to encourage new basal shoots.

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Chantry Priests

It was Henry VIII who, as we know, got rid of the monasteries. But what is less well known is that it was his ten year old son, Edward VI, who, shortly after Henry's death, consigned chantries to history. For the people of Steyning this was the more significant event and lives on in the name of Chantry Green.

Chantries were groups of people who donated land or subscribed money to employ a chantry priest. The priest's principal role was to say or sing masses for the dead in order to ease the passage of their souls through purgatory. But, on their dissolution in 1548, this reassuring route towards heaven was lost to them. Bequests for masses to be said suddenly disappear from Steyning wills and the chapels and altars within the Church which had, before that, been dedicated to the chantries fell into disuse and disrepair.

To some extent chantries had also acted as 'friendly societies' to support any of their members who fell on hard times, and this was lost to them as well. Moreover, some of them offered an element of teaching. The threat of abandoning the chantries had prompted the King's almoner, to write to the King's Secretary, saying 'The livings for impotent orphans, widows, [the] poor and miserable shall bee utterly intolerable, if there be not a sufficient number of Ministers [and] Priests established in Parishes. . . The Realm will come into fowl ignorance and barborousness when the Reward of Learning is gone.' This aspect of the role of our chantries is not mentioned in Steyning wills but it is certainly a possibility that a number of Steyning people acquired their learning and ability to read and write through the chantry priests.

In Steyning there were two chantries. The earlier of the

two, 'The Chantry of our Lady of Steyning', may have been in existence since David Cubbel was described as a chaplain of Steyning in about 1300 and, in 1417, the chantry was lent money to find a 'fit and honest chaplain to celebrate divine service' in 'the chapel of the Blessed Mother the Virgin'. The 'Brotherhood of the Holy Trinity', which also had its own priest and its chapel and altar in the Church, seems to have been established some seven or eight years later than that. It is likely to have had its origins as a grouping of people with similar interests, quite possibly social or commercial or a combination of the two, onto which became grafted a spiritual role. Donations of money and land enabled them to pay for the services of the priest and, in the 1450's, to build Brotherhood Hall. As it offered intercessions for the souls of the dead it became known as a chantry.

At the time of the dissolution of the chantries Owen Hardway was the Chantry Priest living in 'Chaunterey Howse' and Nicholas Thomas was the Priest of the Brotherhood. The Chantry had an annual rental income of £5 8s 8d and access to a 'Greate Woode, all of oke' valued at £10, with a special allowance of 'hedgebote, ploughbote, cartebote and fyrebote' (for the repair of hedges and farm equipment and for firewood). The Brotherhood owned 29 parcels of land valued at



Children pose beside Chantry Green

£12 but also had ten pound's worth of cash – gold, silver and ten 'angels' (a coin worth 8 shillings) – plus a chalice and five spoons. No valuables of this sort are noted for the Chantry, except for one stole donated to the Church by Owen Hardway. It is known that some chantries disposed of (or hid) valuable possessions in the run-up to the dissolution: perhaps our Chantry was one of these.

Although the purpose of the dissolution of the chantries was in part to suppress what were deemed to be unacceptable Catholic practices and in part to acquire their assets, the chantry priests were not left destitute – Owen Hardway was allotted a pension of £6 a year and Nicholas Thomas £5.

Article by: Chris Tod - Steyning Museum.

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