JUNE

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Steyning Library:

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

Steyning Minibus: 0300 772 7735

www.westsussexminibus.org.uk/organisation/

The Steyning Health Centre:

Tanyard Lane, Steyning, BN44 3RJ Telephone Appointments: 01903 497227 When surgery closed dial new NHS 111 service Surgery Hours: Mon: 08:00 - 18:30 Tue 07:00 - 18:30 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

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



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Bramber Celebrates the Lost Railway

On Friday 19th April - after nearly 3 years in the making - a celebratory opening of the 'Lost Railway' history boards took place.

Four in all, three are grouped together just south of Bramber Castle on the spot where Bramber Station once stood and the fourth one stands on the side of the A283 Steyning Bypass (close to Castle Lane) which is nearby to the original Steyning Station site. Displaying many pictures, a wealth of history and a timeline, the boards also contain various QR links to other interesting connections. As well as being an educational source, they are truly wonderful pieces of art.

After a threat of rain the weather gods were kind, and the sun shone! The ribbon was cut by Stephen Cranford, BBC Radio Brighton presenter and the host of a series of films



being created about the bygone age of railways, entitled 'Tracing the Rails', Russell Barnes, Chair of the Steyning & District

Steyning & District Partners Community

Community Partnership Visitor & Tourism Committee and initiator

of the project, delivered a short speech of thanks to all who have been involved, including the superb graphics designer,



Michael Bissett-Powell. Amongst those present at the Opening were representatives from the two funders - South Downs National Park and the Community Rail Network - together with some of the committee members who were responsible for bringing this project to fruition, plus local District/ Parish Councillors. Following the ribbon cutting, all adjourned to St Mary's House & Gardens to drink a toast to this superb achievement.

A really happy occasion and congratulations must go to all who have helped to make the project happen.

Steyning **ARTS**

Front Cover: Isabelle Pietersz

ART TRAILS : EVENTS : INSPIRATION Isabelle finds inspiration from the beautiful south downs, nearby woodlands and bodies of water. A place has to create a special resonance within, to be savoured and captured in memory and the camera lens.

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Atmospheric weather conditions will help to create the mood and tone, which usually has to be laid down quite quickly, not to loose the very different styles of artwork. energy of the scene, back at the studio. The application of paint on canvas or board can dictate the style and journey of the picture.

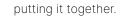
Isabelle paints mainly in oils and experiments with the addition of other media to create

07759 549987 Facebook and Instagram: Essenceinart/Isabelle Pietersz

If you were not at the Vintage Revival Day in Steyning High Street on 5th May, you missed a corker! The Steyning & District Community Partnership Visitor & Tourism Committee, who put this one together, really excelled themselves.

There were vintage cars, vans, & motor bikes putting it together. galore plus steam engines, a fairground

organ, rides & attractions, a miniature railway, singers, dancers, face painters and balloon and, of course, the wonderful eateries and shops of Steyning High Street. It was just good, old fashioned fun from start to finish and was a credit to all those involved in



The only downside now is that it will be another 12 months before artists, antique stalls, food and drink offerings we see another such occasion - don't miss it next time! Pictures only show a small taster, but they do serve to give an insight into the spectacle that took place.

Steyning

& District

Community Partnership







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

We look forward to welcoming you on Sunday 30th June for the fourth Steyning in Bloom Open Gardens. We are delighted to be once again joining with Greening Steyning to feature some wonderful wildlife friendly gardens. It's a time of growing interest in this alternative approach to gardening

as people wake up to the idea that what we do with our gardens can have a real impact on helping our precious local wildlife survive in a very uncertain future. We have four gardens that fit the bill, though you will find that many of the other gardens are embracing this philosophy as well.

There will be 20 gardens this year - all completely different and individual. Some have wonderful views of the 'borrowed' landscape of the Downs; some are tucked away amidst the flint walls that are so much the character of our town, who have made areas of magic out of small spaces. A few, you may have visited before and you can see what changes have been made over the year, It's also an opportunity to talk to garden owners - to find out how their gardens have fared with the strange weather we're experiencing, and what they have planted to cope with this.

Many owners sharing their gardens have particular passions they are happy share. We



have an apple expert, an orchid meadow, a bonsai enthusiast. . . And as you wander between gardens you can enjoy what other enthusiastic Steyning residents have created.

Two gardens are a little off the beaten track but are well worth the effort to visit them one along the Horsham Road, with wonderful mature shrubs and a woodland walk, another along Kings Barn Lane, (though you could access it by walking across the fields),a wildlife paradise set around a historic drovers cottage, with spectacular views of the surrounding countryside.

Brochures giving details of all the gardens will be available at a price of £7 at the Steyning Bookshop in the High Street from the end of May.

These will act as numbered tickets for entry to the gardens. The brochure will include a map suggesting a route, details of parking and wheelchair access where appropriate. In some cases the best access may be through the twittens that weave through the town, It'll be an exciting tour. Several garden owners and the Methodist church will be offering teas and refreshments, We'll keep fingers crossed for good weather, but we'll go ahead even if there's a spot of rain - realising, of course that while we might get wet, the plants will love it!

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



Glebe Farm Proposed Developmen**t**



Meeting 15th May

What a turnout! There were so many attendees we, unfortunately, had to turn a large number away as the venue was filled to capacity. How wonderful to see a real community spirit and the strength of feeling about the possible change that may be imposed on our beautiful town if this proposal is agreed.

So that we can influence the decision it is vital that everyone is engaged and makes their view known to Horsham District Council (HDC) – NOWI

Your objection must have a valid reason. HDC's planning portal list these as:

- Design
- Highway Access and Parking
- Loss of General Amenity
- Other Overdevelopment
- Privacy
- · Light and Noise
- Trees and Landscaping

OBJECT VIA THE

Horsham Planning Department website

Reference: DC/21/2233

Please visit **www.glebefarmobjection.co.uk** where you will find contact details of the key councillors to contact. Provide detailed evidence to support your objection, where possible.

The presentation from the meeting is available on the website along with other supporting documents.

If you have any ideas or can help in any way please email glebefarmplanning@gmail.com

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- Refurbishments
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- Patio's
- Paths
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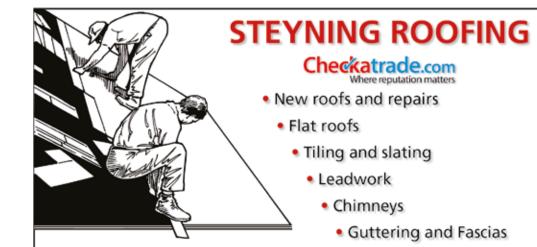
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Open Event at The Phoenix Stroke Club

The Phoenix Stroke Club is holding an Open Event on Saturday 8th June for anyone interested in finding out more about the charity.

The club was set up 45 years ago and located in the grounds of Forest School. It now provides support to over 60 stroke members every week. The Open Event will give people the opportunity to meet stroke members, volunteers and trustees of the charity.

The Phoenix Stroke Club offers a friendly and relaxed setting where people who have experienced a stroke can meet other stroke survivors. It provides a range of stimulating activities to help members with their language, mobility and confidence. Carers can have a break and the opportunity for carers and relatives to meet others in similar situation. In addition, a range of therapies are available including physiotherapy, speech therapy and occupational therapy.

Don Burstow, Chair of The Phoenix Stroke Club said; 'Our aim is to support stroke members by restoring their confidence, helping to improve their communication and providing people with a fun and friendly setting where they can meet other stroke survivors. It also gives carers invaluable respite.'

Renata Bielinska, Club Supervisor added:



People can attend the **Open Event anytime** between 13:00 -16:00 on Saturday 8th June at The Phoenix Stroke Club, Forest School, Comptons Lane, Horsham, RH13 5NW.

Cake making

'This is an ideal opportunity for anyone to

find out what The Phoenix Stroke Club is

all about. We are delighted to open our

doors and for people to meet our stroke

for themselves what we provide.'

members, volunteers and trustees and see

Refreshments available and entry is free. To find out more about the club visit www.phoenixstrokeclub. ora.uk

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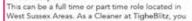
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COMMUNITY NEWS

Steyning Bowl Award Winners

The Steyning Bowl Awards were established last year to recognise those who have made major contributions to Steyning and its local community. This year, the awards focused on individuals who have been working on a voluntary basis with children and young people.

The Steyning Society's Steyning Bowl was awarded this year to Jill Allen for her 41 years of outstanding work with Steyning Woodcraft Folk.

Highly Commended Certificates were awarded to Joan Denwood for work with the young at Steyning Museum, Wendy Francis and Sue Morris for family support work at Steyning Parish Church

Certificates of Merit were awarded to David Buckett, Linda Coleman, Mia Glass, Christine Humphries, Jane Oxley and Mike Kelly, Becky Smith, Percy Parsons, Paul Tiller and Samantha Wormleighton, all for their much appreciated work with young people at various organisations in Steyning.

These awards were presented by Mr. Adam Whitehead, Headteacher of Steyning Grammar School, at the Steyning Centre on Friday 19th April as part of The Steyning Society's Annual General Meeting.

The presentations were followed by a talk by Dr Sue Roe about Charleston, which was once the home of the artists Vanessa Bell and Duncan Grant and where the Bloomsbury Set used to meet. This talk was part of the Society's programme of monthly talks.

Photographs of all the presentations are available on The Steyning Society's website: https://steyningsociety.org.uk



Sue Morris



Jill Allen



Joan Denwood



Wendy Francis

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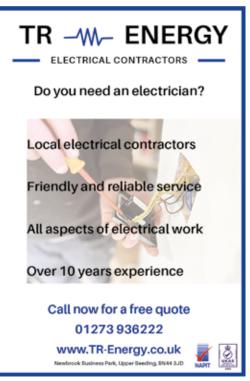
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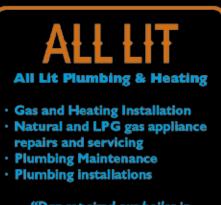




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June: Diary Events

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

Saturday 1st June

The National Garden Scheme 10:00 – 16:00 Knepp Castle The Apple Store, nr Knepp Castle

off Pound Lane, West Grinstead Horsham West Sussex RH13 8LJ

Garden Open Day: Knepp Castle

The Walled Garden at Knepp has been transformed into a garden for biodiversity. With designers Tom Stuart-Smith and James Hitchmough, we have applied some of the principles we've learned from rewilding the wider landscape to this small, confined space to create a mosaic of dynamic habitats for wildlife. The croquet lawn is now a riot of humps and hollows, hosting almost 1000 species of plants. Admission £15, children free. Pre-booking essential please visit www.ngs.org.uk. Tea.

Saturday 1st June

Steyning Library 10:30 – 11:30 Steyning Library, Church Street, Steyning, BN44 3YB

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.

Wednesday 5th June

Steyning Library, 10:30 – 11:30 Steyning Library, Church Street, Steyning

Melody for the Mind

Drop into this free, informal, dementia-friendly singing group, open to all and designed to boost mood and wellbeing on the first Wednesday of every month 10:30 -11:30..

Wednesday 5th June

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

Steyning Centre, Fletchers Croft, Steyning

Screening: ONE LIFE

ONE LIFE tells the true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis. Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions with little or no shelter and food, and under threat of Nazi invasion. He immediately realised it was a race against time. How many children could he and the team rescue before the borders closed? Fifty years later, it's 1988 and Nicky lives haunted by the fate of the children he wasn't able to bring to safety in England; always blaming himself for not doing more. It's not until a live BBC television show, 'That's Life', surprises him by introducing him to some surviving children - now adults that he finally begins to come to terms with the guilt and grief he had carried for five decades. Tickets are on sale at the Steyning Centre at £6 per ticket which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open at 19:00.

Friday 7th June

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

Tower of London

Our meeting commences at 14:00 but the doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we welcome Alan Kingshott to give us his illustrated talk. Tea and biscuits will be served from 15:15. Entrance fee is £3 (£5 for visitors and Annual Membership is £10 (each April). Please always contact Bev Francis-Hills 01273 493894 or 07801 442891 before attending for the first time/returning after a long break, for transport needs or any other information.

Saturday 8th June The Phoenix Stroke Club



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Open Event at The Phoenix Stroke Club

The Phoenix Stroke Club is holding an Open Event on Saturday 8 June for anyone interested in finding out more about the charity. The Open Event will provide people with the opportunity to meet stroke members, volunteers and trustees of the charity. The Phoenix Stroke Club supports over 60 stroke members every week. The clubs aims are to support stroke members by restoring their confidence, helping to improve low-cost materials and streamlining. Some their communication and providing people with a fun and friendly setting where they can meet other stroke survivors. It gives carers invaluable respite as well as offering physiotherapy, speech therapy and occupational therapy. Refreshments available and entry is free. To find out more about the club visit www. phoenixstrokeclub.org.uk

Saturday 8th June

Greening Steyning 14:00 - 16:00 Bramber & Beeding Village Hall

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. If you aren't sure whether we can help please email Robin at repaircafe@ greeningsteyning.org for advice. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

Saturday 8th June

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Stevning Woodcraft Folk 19:30 - 21:30 Upper Beeding Village Hall

PATCHAM SILVER BAND CONCERT

Patcham Silver Band will be returning to Upper Beeding with a wide range of music from The Who to The Wellerman. The concert is in aid of Steyning Woodcraft Folk Kenyan exchange project. Following a successful visit by some of our young people to Mitoto in Kenya last summer, we are bringing a group of Kenyan children to Sussex in July to play, learn and camp with children and young people from

Steyning and the surrounding area. Tickets are £8 and available from Steyning Bookshop and Ticket Source.

Monday 10th June

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

MAKING DO: UTILITY POSTWAR DESIGN & THE FESTIVAL OF BRITAIN (C 1939-1951)

The war years brought innovations now common in competitive markets: limited variety, utility furniture designs rooted in Arts & Crafts principles still bear scrutiny. The concept of industrial design took hold in this period when new technologies influenced product design in mass production. Exploring major exhibitions like Britain Can Make It and The Festival of Britain, this lecture highlights key characteristics of period style. Vivienne is an art historian, curator, author and journalist with over 25 years' experience in the art market. She teaches at several Higher Education institutions and in January 2021 received the Geoffrey Bond Bursary for Art as an 'outstanding educator'. Free to members, £10 donation for visitors steyning@theartssociety.org - www. theartssocietysteyning.org.uk

Tuesday 11th June

Neighbourhood Wardens 15:15 - 17:15 Penfold Hall, 35 Church St, Steyning

Board Game Cafe

We run a board game café that is free and open to everyone. It is on the 2nd Tuesday of every month at the Penfold Hall in Steyning between 15:15 - 17:15. We have lots of games available or if people want to bring their favourites they are welcome to. We have free hot and cold drinks. Please contact the Neighbourhood Wardens if you have any questions: Mike - 07734 387888 / Alison - 07734 387889 / SBUB.wardens@horsham.gov.uk

Saturday 15th June Greening Steyning 10:30 - 12:00 he Castle Inn, Bramber

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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 15th June

Lou Partridge Studio 11:00 – 16:00 Lou Partridge Studio, Pound Lane, Upper Beeding, BN44 3JD

Beginner Pegloom with Lou Partridge

Learn the ancient craft of pegloom focussing on using repurposed fabrics in a small friendly group. Full details and booking at loupartridge.com

Saturday 15th June

Southdown Nursery 12:00 – 16:00 Gervays Hall, Jarvis Lane, Steyning, BN443GL

Southdown Nursery Summer Fair

Please come and join us at Steyning's community nursery for our annual summer fair, there will be an amazing raffle, BBQ, Bar, coffee and cakes, games, crafts for the children, plant sale, stalls and more!

Wednesday 19th June

Sunrise Psychology 10:30 – 13:00 Sussex Prairie Gardens

Mindfulness in Nature

During this nurturing workshop you will learn a variety of mindfulness practices to develop present moment awareness. There will be guided nature based practices using the beautiful setting of Sussex prairie gardens. Suitable for beginners and those with experience. Costs £35 and includes refreshments and free entry to the gardens. Amanda has taught mindfulness since 2013 and trained with Exeter university. Research indicates that mindfulness is a useful tool for reducing stress and supporting week-being. Places are limited and booking is essential, contact Amanda on sunrisepsychology@ outlook.com for more information or to book your place.

Thursday 20th June Lou Partridge Studio 19:00 – 21:00

Lou Partridge Studio, Pound Lane, Upper Beeding, BN44 3JD

Beginner Pegloom over two evenings with Lou Partridge

Learn the ancient craft of pegloom focussing on using re-purposed fabrics in a small friendly group. The course covers 2 evenings 7-9, 20th & 27th June. Full details and booking at loupartridge.com

Friday 21st June

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

Pulborough Brooks by John Oliver

John is the Volunteer Manager at Pulborough Brooks. He will tell us about the history of the Brooks and give us an overview of their management. 19:00 for wine or sparkling elderflower (monetary donations welcome) followed by the talk at 19:30. Free to members, £5 guests. All are welcome to attend.

Saturday 22nd June

Cantatrice 11:15 – 12:00 Steyning Centre, Fletchers Croft, Steyning

Folk, Gospel but mainly Gershwin!

The ladies of Cantatrice perform a short concert with lots of variety - everything from the gospel song 'Get Happy' to Gershwin's 'Embrace me'. Tickets on the door £5 - cash or card.

Saturday 22nd June

Friends of Steyning Parish church 15:30 – 19:30 Steyning Parish Church of St Andrew & St Cuthman, Vicarage Lane, Steyning

Top orchestra returns to Steyning

COMMUNITY NEWS

Tales of the riverbank: some good news to report on the White Bridge Link

The temporary closure of the White Bridge footbridge connecting Steyning and Upper Beeding continues, much to everyone's frustration. But there's some encouraging news to report. Plans to replace the bridge are now well



advanced, and work is about to begin on part of the footpath route near Bramber Bridge.

The temporary closure of the White Bridge footbridge connecting Steyning and Upper Beeding continues, much to everyone's frustration. But there's some encouraging news to report. Plans to replace the bridge are now well advanced, and work is about to begin on part of the footpath route near Bramber Bridge.

White Bridge Replacement

Members of the White Bridge Link project team have had a series of constructive meetings with representatives from West Sussex County Council (WSCC) to check in on progress, and have been encouraged by the commitment being shown by the Council to get moving with a replacement bridge.

WSCC has approved the budget for the surveying and planning work needed to design the new bridge and the design work is at an advanced stage. Consultations have been had with the other key stakeholders, notably Southern Gas Networks and the Environment Agency. This has resulted in a high-level project timeframe as follows:

- September 2024 building work put out to tender
- Early 2025 appointment of chosen contractor
- During 2025 build to be undertaken

The plan is to re-route the gas main that is currently attached to the bridge, so it goes under the river. The timing of this work will be at a key factor in meeting on this target schedule. We will be having further meetings at appropriate points during the year to keep tabs on the project, so we will report back.

Saltings Way Loop

Meanwhile, the White Bridge Link team have been working closely with Upper Beeding Parish Council to get moving with plans to upgrade the footpaths each side of Bramber Bridge. The so-called 'Saltings Way Loop' forms part of the proposed White Bridge footpath network.

Following a public consultation in February, which showed strong support for the proposals, a successful application was made to Horsham District Council for financial support via the Rural England Prosperity Fund. Added to an earlier grant from the South Downs National Park, this means that work can now begin on this segment of the riverbank path.

A tendering process has been carried out and a contractor chosen to undertake the work. A contract is currently being drawn up for signature and we are hopeful that the necessary work can be carried out during the Summer of 2024.

The White Bridge Link team would like to thank everyone involved who have helped keep things moving forward with this popular, but challenging, initiative. While the reopening of the White Bridge is still some way off, improvements are on the way!

You can find out more about the White Bridge project at: https://visitsteyning. co.uk/whitebridgelink/

The Hanover Band, a top orchestra from Sussex which specialises in music from the Hanoverian period, will perform all six of Bach's Brandenburg Concertos at Steyning Parish Church on Saturday 22nd June, starting at 15:30. Everyone is welcome. This will be a very special opportunity to hear music from an internationally National Garden Scheme? renowned orchestra perform right in the heart of Steyning. The beautiful Norman church has excellent acoustics and so it will be a treat to hear these six concertos which have enormous popular and critical appeal. When booking your ticket, you can also order a picnic to enjoy in the vicarage garden during the main interval. Concert goers should bring their own picnic rug or chairs as these will not be provided. 15:30 start: Part 1: Brandenburg Concertos Nos. 1, 2, 4 – led by Julia Kuhn. Main interval with picnic. Part 2: Brandenburg Concertos Nos. 3, 5, 6 led by Theresa Caudle. Tickets for Parts One and Two: £25-£45 from: www.ticketsource.co.uk/ thehanoverbandfoundation - Picnic £12 each.

Wednesday 26th June

The National Garden Scheme 10:30 - 17:00 Nightingale House Twittenside, Penfold Way, Steyning BN44 3TW

Nightingale House

Nightingale House has a recently been redesigned and replanted cottage garden with many perennials and summer annuals. There is a super new greenhouse and a bespoke metal screen with climbing roses and clematis. The garden is still a work in progress, come and see how it is developing!

Brambletye

The garden at Brambletye is a guiet south facing garden on the edge of the South Downs, designed with a prairie effect in mind to attract pollinators and birds. A mix of spring and early summer flowering bulbs, shrubs, herbaceous perennials and roses. There is a small sunken area with raised beds for vegetables and herbs.

Nightingale House is open on Wednesday 26th June and Wednesday 3rd July (10.30 - 17:00). Combined admission with Brambletye 25 Maudlyn Park Way Bramber, Steyning BN44 3PT Admission for both gardens £7, children

free. Home-made teas at Nightingale House. Book online on the NGS website or pay on the day. Visit the NGS website https://ngs.org.uk for more details. If you're passionate about your garden and your friends and family tell you how lovely it is, why not open it to visitors with the

Wednesday 26th June Steyning and District Flower Club 19:30 - 21:30 The Steyning Centre, Fletchers Croft, Steyning

'Here Comes Summer'

This month we are thrilled to welcome Gill Homer, who is an accomplished floral artist, to inspire us with summer arrangements. Gill has a life long interest in flower arranging and is not only a teacher, a NAFAS demonstrator and a florist but is also a writer of books on the subject as well. Come and join us for an evening of creativity with an opportunity to win one of Gill's arrangements in the evening raffle. Doors open at 19.00. Members free and nonmembers £7.00 on the door which also includes refreshments.

Saturday 29th June

Family Support Work 10:30 - 12:30 Penfold Hall, 35 Church Street, Steyning,

FSW Fundraiser Scrumptious Coffee morning

FSW, providing emotional and practical help to families in need. Come along and enjoy some delicious coffee and cakes, plus stalls selling cards, plants, cakes etc. Relax and have a chat with your friends while browsing the fabulous tombola baskets of goodies, supporting our worthy cause. Please contact Yvonne for further details. 01903 812139.

Wednesday 3rd July

National Garden Scheme 13:00 - 17:00 Foxglove Cottage, 29 Orchard Road Horsham West Sussex RH13 5NF

Open Garden: Foxglove Cottage Horsham

A 1/4 acre plantaholic's garden, full of containers, vintage finds and guirky elements. Paths intersect both sun and shady borders bursting with colourful planting and salvias in

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C A Modi and M S Baker is an appointed representative of The National Farmers Union Mutual Insurance Society Limited (No. 111982). And an introducer to NFU Mutual Select Investments Limited, a member of the NFU Mutual group of companies.

abundance! A beach hut summerhouse and deck are flanked by a water feature in a pebble circle. Two additional small ponds encourage wildlife. A surprise at every turn. The end of the garden is dedicated to a plant nursery. In 2023 Foxglove Cottage was featured on Gardeners' World, episode 3, and in the July issue of All About Horsham (AAH). Garden levels change and gravel paths make it unsuitable for wheelchairs. Open for the National Garden Scheme on Sun 26 May, Wed 3rd and Sun 7th July (13:00 – 17:00). Admission £5, children free. Book online at https://ngs.org.uk or pay on the day. Home-made teas. Vegan, gluten & dairy free cake.

Wednesday 3rd July

Steyning Parish Council: Community Film Night open a 19:00 for a 19:30 start. 19:30 - 22:00 Steyning Centre, Fletchers Croft, Steyning

Screening: WICKED LITTLE LETTERS

Deeply conservative spinster Edith Swan (Olivia Colman) makes friends with her rowdy Irish neighbour, Rose Gooding (Jessie Buckley).



When they have a falling out, Edith begins to

receive letters full of unintentionally hilarious

profanities, which her angry father assumes must have come from free-spirited, but foul-

mouthed Rose. He brings the poison pen

letters to the attention of the police of the

as the town's women, led by Police Officer

Gladys Moss (Anjana Vasan), investigate the

is not guite right, and that Rose may not be

the culprit after all. Tickets are on sale at the Steyning Centre at £6.00 per ticket which

can be purchased at £2.50 per glass. Doors

includes tea or coffee during the interval. Wine

small seaside town, who charge Rose with the

crime. When other members of the town begin

to receive anonymous letters with profanities, it

prompts an uproar, and a trial ensues. However,

crime themselves, they suspect that something

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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.



vills@nsure.co.uk www.nsureestateplanningservices.co.uk

Emma Cohen FIPW In 2020, Emma became the

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







WILLS@NSURE.CO.UK 01903 821010

2023

JRE

COMMUNITY NEWS

Annual Parish Meeting Review: April 11th 2024

All Parish and Town Councils in England are required by law to hold an annual parish meeting. The meeting is for electors of the parish as a point of communication allowing the Parish council to inform what it has been doing over the last year and to give the electors the opportunity to have their say on anything they consider important to the community.

Addressing a packed Steyning Annual meeting, RH Andrew Griffith, MP for Arundel and South Downs, said he'll 'use my voice' and 'do all I can at Government level' to challenge the proposed development of over 265 homes at Glebe Farm, Steyning.

Record breaking numbers attended the gathering, as residents took the opportunity to challenge the sustainability of the proposed development and lack of supportive infrastructure within the town.

Mr Griffith was quick to say, 'You've got my support'. He continued 'I've got a petition going and encourage everyone to sign it, and make it clear that you're prepared to fight it all the way..... It is the only way to get brown field development and put a protective ring around green field sites'.

The Glebe Farm development is part of Horsham District Council's Local Plan which was agreed at district level in December 2023 and passed to Regulation 19 consultative stage in January 2024, allowing residents and local parish councils to give their feedback to the proposed sites.



Stevning Parish Council (SPC) submitted a robust response, challenging the nature and extent of the proposed Glebe Farm development and its contradictions between the Plan's stated sustainability and environmental objectives, while supporting smaller 'in-fill' developments on brownfield sites within the town.

Away from housing developments, Pete Crawford, Horsham District Council's head of Parks and Countryside, joined Mr Griffith at the SPC Annual Parish Meeting, giving a short presentation about Bramber Brooks wildlife reserve. This 34-acre site was acquired by the Horsham Council in January 2024 with the aim of securing it for the benefit of local communities and to provide a vital boost to local biodiversity, and the district's aim to achieve net zero carbon emissions by 2050.

For further information please contact:

John Fullbrook, Steyning Parish Council Clerk Tel: 01903 812042, Email: clerk@steyningpc.gov.uk

Get ready to make a positive difference in the lives of the young people in Steyning!

After the closure of our previous youth service provider last year, the Steyning, Bramber, and Upper Beeding Parish councils are excited to announce the launch of our own in-house youth service. We're happy to share that we've appointed our new Lead Youth Worker and are now looking for two part-time support youth workers. In the past, our youth service has received wonderful support from local volunteers who have generously given their time to engage in various activities with our young people.

Today, we're reaching out for more volunteers willing to support our new Youth Service. Do you have some time to spare? Would you like to make a positive impact on a young person's life? Remember, the youths of today are the adults of tomorrow.

Volunteers do not need to commit every day, but if you have a few hours to spare in the afternoon or evening, we'd love to hear from you.

If you are interested in becoming a Youth Volunteer Support worker, please contact clerk@steyningpc.gov. uk for more details and to register your interest.

> {All volunteers will be required to undergo a disclosure and safeguarding check}



Register your child/ren today for a place in the NEW Steyning, Bramber & Upper Beeding Youth Club

Use the web address below https://forms.gle/3dAo1s18knfdWPx87

or scan the QR code



Estimated launch May '24 Subject to staff recruitment **Upper Beeding** unber Parish Council steyning **Parish Council**



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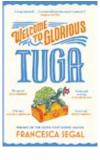




LOCAL BUSINESS FOCUS

June 2024 Book Reviews

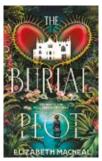
Adults Books



Welcome to Glorious Tuga by Francesca Segal Vintage hardback £18.99 Islands are the ultimate escape, and that is just what zoologist Charlotte Walker wants from her trip to Tuga. Escaping her

trip to Tuga. Escaping her overbearing mother and the grey loneliness of her London life, Charlotte sails halfway round the world

to the remote island of Tuga to study (and save) its giant and venerable tortoises. But the close-knit island community comes with its own surprises and secrets (and donkeys and goats), and Charlotte, who has her own secrets, becomes more involved in the life of the island than she ever anticipated. *Warm, engaging and well-written, the prefect summer read.*



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The Burial Plot by Elizabeth Macneal

Macmillan Books hardback £18.99 The third novel from Elizabeth Macneal, author of The Doll Factory, is a tense gothic thriller set against the backdrop of the Victorian funeral industry, at a time when cemeteries were full to

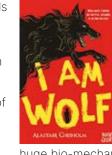
bursting and there was serious money to be made in death. We meet Bonnie, a young runaway who has fallen hard for Crawford, a charming grifter. Bonnie and Crawford survive off their wits until one day, a grift goes wrong, a man lies in a pool of blood at Bonnie's feet, and Bonnie must disappear.

Crawford finds Bonnie a job as a lady's maid at a grand house in Surrey, serving the tragically widowed Mr Moncrieff, and his teenage daughter Cissy. Soon plans are afoot for the building of a magnificent cemetery, including a grand mausoleum to Mrs Moncrieff - and Crawford inveigles himself Steyning Bookshop - 01903 812062 Monday - Saturday: 9:30 - 17:30 info@steyningbookshop.co.uk

with Moncrieff as a 'consultant' ... But Bonnie begins to suspect that her presence at the house is no accident and perhaps Crawford is planning his most sinister scheme yet....

A tense, absorbing story, which builds a sense of dread and unease until its thrilling and satisfying climax and is full of authentic historical detail.

Children's Books



I Am Wolf by Alastair Chisholm

Nosy Crow books £7.99 Alastair Chisholm's previous novels Orion Lost and Adam 2 were imaginative and original kids' sci-fi, and his new book I Am Wolf is set in a future dystopian world where humans live aboard

huge bio-mechanical 'constructs'. Col lives aboard a construct called WOLF, but because he has a disability and has 2 mechanical limbs, the other crew resent him - in this world of 'Survival of the Fittest' they suspect he is only allowed on board because his mother is the Alpha.

During a fight with another construct, Col is thrown off Wolf and left behind. He hooks up with some other lost kids and they build their own' WolfCub' construct from broken bits of Wolf. They set forth into the wilderness to try to rejoin Wolf but when they reach Wolf, it attacks them. Col realises he has found a new family in this raggle-taggle bunch of kids ... but what are the rumours about a new super-construct, and strange happenings in the North...?

Like a kid's version of Mad Max, with echoes of Philip Reeves Mortal Engines, this is an action-packed yet tender story which is the start of an exciting new series. Themes of disability, found family, identity and survival make this a good class read for Year 5 & 6 children.



Steyning Bookshop Events for Independent Bookshop Week Saturday 15th – Saturday 22nd June







A HIGGIDY SOIREE WITH CAMILLA STEPHENS THURSDAY 20TH JUNE 7 PM £25 INCLUDING BOOK Wine, yummy Higgidy nibbles and a talk by chef, cookery writer and co-Equinder of Higgidy Pies.

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BOOK-SIGNING WITH JULIA DONALDSON CELEBRATING HER NEW BOOK THE TOOTH FAIRY & THE CROCODILE SATURDAY 22ND JUNE FROM 2PM (ONLY A FEW SPACES REMAINING FROM 4PM ONWARDS) IN THE STEYNING BOOKSHOP GARDEN MARQUEE



North & the Only One by Vashti Hardv Scholastic Books paperback £7.99 Local favourite Vashti Hardy's new novel is a standalone, and is a warmhearted story about family, belonging and what it means to be human, set in a vividly-imagined future

world where humans have died out and been replaced by humanoid robots.

Twelve-year-old Rose wakes one day into a world she has no memory of - not her name, her house, or her mother! Her puppy, North, seems familiar, and Mother assures her that all is fine. Rose settles into a routine of lessons with Mother and games with North, but why is she troubled by vivid dreams of a cottage in a forest, and why won't Mother let her explore the city of Luminelle? After a shocking discovery about Mother, Rose and North flee into the city in search of answers, certain that somewhere, her real human family must still exist. A thrilling guest ensues, Saturday 22nd June.

with perilous chases, an arch villain, and a cast of robot misfits who help Rose along the way.

Perfect for readers of 9+.



The Tooth Fairy & the Crocodile by Julia Donaldson Macmillan books hardback

£12.99 A charming new rhyming

picture book by Julia Donaldson, with vibrant,

sparkly illustrations by Lydia Monks. Ruth-Mary the Tooth Fairy is used to collecting teeth from sleeping children, but when the Fairy Queen sends her to collect the teeth of jungle animals, she takes it in her stride ... until she tries to collect a CROCODILE'S tooth! He is NOT very happy ... How can Ruth Mary escape when her WINGS are NOT WORKING?

We have a signing with Julia Donaldson on

'Curious Incident of the Dog in the Night-time'

Henfield Theatre Company's next production is the critically acclaimed 'Curious Incident of the Dog in the Night-time'.

The play, based on the novel by Mark Haddon and adapted for the stage by Simon Stephens, tells the story of Christopher Boone (played by Ven Malyon, who is himself autistic), a 15 year old mathematical denius who has never explored the world outside of his home or school without his parents.



One night he discovers that his neighbour's dog has been murdered with a garden fork and decides to investigate.

The play is seen through eyes of Christopher, who the audience quickly learn is

neurodivergent... however this story is not about 'labels', but rather about difference. It tackles themes such as identity, family, adolescence, betrayal and death

Performances are at the Henfield Hall, on Saturday 13th July and Sunday 14th July, at 14:00 and 19:00

each day. The staging will be in the round, with raised seating. Tickets, priced at £12, are on sale via: www.henfieldtheatrecompany.com and at Stevens Estate Agents in Henfield High Street. This production is kindly sponsored by Hawthorn Veterinary Surgeries.



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LOCAL BUSINESS FOCUS

Jaw Pain, TMJ Disorder, and **Chiropractic Care**

Jaw pain, often associated with temporomandibular joint (TMJ) disorders, affects millions of people globally. TMJ disorders encompass various conditions affecting the jaw joint and surrounding muscles, resulting in symptoms like pain, stiffness, and difficulty chewing.

The temporomandibular joint (TMJ) is a complex structure connecting the jawbone to the skull, facilitating essential functions such as chewing and talking. TMJ disorders occur due to dysfunction or misalignment within this joint, leading to a variety of symptoms includina:

- Jaw pain or tenderness.
- Difficulty opening or closing the mouth.
- Clicking, popping, or grating noises when moving the jaw.
- Jaw joint locking.
- Headaches, earaches, and neck pain.
- Muscle stiffness or fatigue in the jaw or face.

These symptoms can stem from factors such as trauma, arthritis, stress, teeth grinding (bruxism), or malocclusion (misalignment of the teeth).

Chiropractic care specialises in diagnosing and treating musculoskeletal disorders, making it suitable for addressing TMJrelated issues. Chiropractors utilise hands-on techniques to manipulate the spine, joints, and muscles, with the aim of restoring proper alignment and function throughout the body. Regarding TMJ disorder, chiropractors may employ various approaches:

1. Spinal Adjustment: Misalignments in the spine, particularly in the cervical (neck) region, can contribute to TMJ dysfunction and pain. Chiropractors perform spinal adjustments to correct these misalignments, reducing pressure on nerves and improving iaw function.

2. Jaw Manipulation: Chiropractors may employ gentle techniques to manipulate the jaw joint directly, aiding in restoring proper alignment and alleviating discomfort. This could involve manual manipulation or

specialised tools designed for TMJ treatment.

3. Soft Tissue Therapy: Soft tissue techniques such as massage, myofascial release, or trigger point therapy help reduce muscle tension and inflammation around the TMJ. By addressing tightness in the muscles surrounding the jaw, chiropractors aim to alleviate pain and improve range of motion.

4. Lifestyle Modifications: Chiropractors often offer recommendations for lifestyle modifications, including ergonomic adjustments, posture correction, and stress management techniques. These strategies can address underlying factors contributing to TMJ disorder and promote long-term relief.

TMJ disorder can significantly impact daily activities and overall well-being, causing pain, stiffness, and functional limitations in the jaw joint. While traditional treatments mainly focus on managing symptoms, chiropractic care offers a natural and holistic approach to addressing the underlying causes of TMJ dvsfunction. By restoring proper alignment, reducing muscle tension, and providing lifestyle recommendations, chiropractors aim to alleviate discomfort and improve function.

Mark at Well Adjusted Health has a lot of experience working with TMJ-related symptoms. If you would like a check or to discuss how we may be able to help you call us for a FREE no obligation 15-minute assessment.

If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call Well Adjusted Health on 01903 892171



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2022 - 2024





Shiatsu Physical Therapist

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

Treatment is fully clothed wearing soft flexible clothing and involves stretching, manipulation and pressure points. This is done on the floor on my futon, physio couch or chair.

Shiatsu can effectively help sciatica, hip and back problems, joint and disc stiffness, general aches and pains, lowering blood pressure, Improving lymphatic drainage and giving a sense of well being.

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ENVIRONMENTAL NEWS



These are uncertain times. Who knows where this planet

is heading? But since the start of May I've been looking to the sky for a sign of reassurance: the return of the Sussex Swifts from Africa. Ted Hughes expressed it perfectly: 'They've made it again / Which means the globe's still working, the Creation's / Still waking refreshed, our summer's / Still all to come.'

Swifts may not look like much - they're basically two wings and a mouth - but it's hard to explain their abilities without making them sound supernatural. Swifts are all about flying. They feed, scream, and mate in the air and bathe in the rainclouds.

At night they switch off half their brain, switch on cruise control and fall asleep amongst the stars. If they had their way they would never come down. But there's one little flaw in their plan: eggs don't float. So, for just a few weeks of the year, they begrudgingly swap the open skies for a cramped nest under the eaves where they raise their young. Well, not until they meet a partner and The problem is in recent years most of these little gaps have been lost to renovations and modern architecture. The destruction of their homes is one of the reasons why Swift numbers have fallen. They are refugees on the wind.

They cruised into Sussex in May after a nonstop, long-haul flight from Africa; not that this trip bothered them. Swifts are all about flying. For me, the Swift is the only bird that takes pure, unadulterated pleasure in flying. Other



Swift nest Derek Middleton

birds fly out of necessity, but Swifts seem to fly for the joy of it, screaming with delight at the top of their little Swift lungs, a shrill cry that is forever associated with English summers

By the time you read this, a new generation of Sussex Swifts, born in a roof cavity, have crawled to the nest entrance, and bravely launched themselves on their first flights. And what a first flight - they may not land again for two or three years! For these 'teenage' Swifts, the skies of Europe and Africa will be their playground. Nothing will tame them. decide to settle down in a roof of their own somewhere. But don't let this comfortable image of domestic bliss fool you - there's no taming these Wild Ones.

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





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Swifts at dusk Nick Upton

ENVIRONMENTAL NEWS

Steyning for Trees June 2024

Saturday 1st June 6.30 for 19:00 £12.50 including a glass of wine and canape 'The Saiga Saga, and Reasons to be

Optimistic about Biodiversity'. Some of you may get this in time to grab the last tickets for our lovely event at Wiston House, for the

Festival. Dame EJ Milner Gulland , Professor of Biodiversity at Oxford University. is coming to give a talk.

We are so pleased as she is a former pupil of SGS and was taught by David Buckett, SFT's co-chair. He is the reason she is coming.

With all the excitement of the Festival we mustn't forget what is going on out there to our woods, hedges and trees the Woodland Trust says 'Woods and trees, and the biodiverse eco-systems they create and support, are essential for our survival. Yet they are also under threat like never before. We are in the grip of an escalating nature and climate crisis and without urgent action we all face an uncertain future. Trees are felled for spurious reasons. Woods are destroyed for development. The number of new native trees being planted are falling short of targets set to redress the balance. WE can all see time is running out.'

Many thanks to all our volunteers and committee who are helping so much to put our ideas into action. Mike Wynne is helping us to reach our ambition of using mainly recycled materials by finding us pre-used spirals and canes. And so many, too many to mention, are keeping an eye on the progress of our hedge/wildlife corridors, making certain they grow well and therefore increasingly contribute (some of them now 5 years old) to our

biodiverse eco-systems here. Also so many of you are looking after the over 100 trees planted on the verges, through SFT. Watering them, letting us know when they need more help renewing their environmental webbing ties. What an amazing community effort.

Fight Climate Chang

WINNER

TREES COMBAT AIR

POLLUTION

We do have concerns about our endangered species. Woodland Butterfly numbers are 47% lower than in 1990. Woodland bird numbers have dropped by nearly 37% since 1970. 1 in 4 wildlife species like the red squirrel is at risk of extinction. Because of this we try to plant a mix of native tree species as advised by the Woodland Trust.

Elms:

We have been reading recently about the newly developed disease busting elm



hybrids. Will these be able to support the endangered White Letter Hairstreak Butterfly, the elm is its host plant.? Native elms are dying when they reach 20 - 30ft. We have asked the SDNPA if they can let us have some, as the elms near us are dying.

The elm was such an iconic tree, a mainstay of England`s landscape until they all but disappeared in the 1970's because of **Dutch Elm Disease**, 25 million elms were felled. They are part of our history. They were probably introduced here by the Romans.

They are distinct from Wych Elms.

Elms of all kinds may be vulnerable to the Scolytus beetle, but are resistant to the Gribble worms that live in water, Therefore were ideal as keels for ships such as the Golden Hind.

Good luck to our scientists and universities that are working so hard to find answers to these threats to our endangered species, and therefore to our very existence.

Our tree this month is the wonderful Hawthorn, featured last month by our friend Michael Blencowe, remember his wonderful talk for SFT.

It is a mainstay of our hedgerows/wildlife corridors. Also chosen by some of you for your verge tree for its beautiful abundant blossom. It is a wonderful host plant to so many invertebrates and pollinators.





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

CHARITIES:

Cancer Research Steyning. www.cancerresearchuk.org

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

The Friends of Steyning Parish Church. 01903 813232

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

Steyning for Trees. 01903 816726.

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

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

CLUBS AND SOCIETIES: Chanctonbury Quilters. 01903 812171.

Steyning Art Group. SteyningArtGroup99@gmail. com

Steyning Bellringers. 01903 813653.

Steyning Bridge Club. 01903 814726.

Steyning Camera Club. info@steyningcc.org.uk

Steyning Gardening Club 01903 814684

Steyning & District Flower Club. 01903 895939

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

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@theartssociety.org http://www. theartssocietysteyning.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/supportus/friends-scheme/

Rotary- Shoreham and Southwick 07754 681675

Special Task Force. 01903 765340.

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

Steyning Greening Campaign. 01903 813232.

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LOCAL BUSINESS FOCUS

June Gardening Journal

June flowers are all about abundance with plants still using up all that lovely spring moisture to send out leaf and flower. It's a great time for Herbaceous, Roses and all plants that fit so well in our Traditional, English Country Gardens. The longer and warmer evenings mean we can also spend more time in the garden too, and after the wet of this year's winter there is much hope that we will get to do a lot of that too.

Lavatera Barnsley, commonly known as Tree Mallow is a stunning, bushy, partially evergreen shrub which has grey/green, 3 lobed leaves and beautiful clusters of white, open flowers which age to a pale pink colour with deep red centres. This vigorous shrub flowers continuously all summer long creating a spectacular display that lights up the garden and creates a real focal point, whether that be as a specimen by itself or in a mixed scheme with other plants to complement and work with it.

Lavatera Barnsley thrives in a bright, sunny area of the garden with a moist well drained soil in a sheltered position. As long as they don't get wet feet in the winter Lavatera is relatively easy to handle. They are generally pest free and annual pruning makes this plant easy to grow and suitable for all gardeners, weather expert or beginner gardeners alike! In spring I would recommend to prune the shrub hard back to about 30cm from the ground level once any risk of severe frosts



has passed, by pruning hard it will prevent the Lavatera from becoming straggly and un-appealing.

Article by Alex Bell

T: 01903 815065 M: 07866 747849

The garden tree-mallow, is a species of flowering plant in the mallow family Malvaceae, native to eastern Europe and southwestern Asia, from southern Germany south to Italy, and east to southern Russia, Kazakhstan, and Turkey. It is tolerant of cold but needs to be sheltered from harsh and drying winds in winter. In colder areas. It is attractive to bees and butterflies and is an attractive, adaptable addition to any garden - cottage, urban, rock and gravel, or coastal garden. The Royal Horticultural Society have even given it the Award of Garden Merit (AGM).

To get the best out of your Lavatera ensure you have enough sun for it, it doesnt always needs friends to accompany it so dont be afraid to plant it by itself. When planting make sure you give it enough room too as



Plant of the Month: Lavatera Barnsley

it can sprawl and will take up more room than you think, even after that hard prune in spring. One of my favourite combinations for Lavataera would be Calamagrostis Karl Foerester, Sedum Autumn Joy, Salvia Amistad and Nepeta Walkers Low - all thugs, (maybe not the Calamagrostis), but if you have room they will fight it out together and create a display of flowers all summer long.

Jobs to be doing this month include: **Ornamental Garden:**

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

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

Vegetable Garden:

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

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A Diligent and Zealous Preacher

John Banckes, clad in his long black cassock, would once have been a familiar presence on the streets of Steyning. He came to the town as the vicar in 1559 and here he stayed until his death in 1599. Only two men have served the parish for longer than that – the Reverend John Penfold and the Reverend Thomas Medland – who, during the late 18th and much of the 19th century, notched up ninety years' service between them.

At the mid-point of John Banckes' incumbency his churchwardens made some brief comments about their vicar. 'Our Vicar servith the cure himself. Mr. Pellett (of Charlton Court) ys patron. He hath no other benefice. Our Vicar ys a diligent and zealous preacher. Our Vicar ys resident. Our Vicar hath fellid certaine timber in the churchyard and hath employed it to his oune use. Our Vicar was married a long time agon.'

But the wardens do seem to have had a grumble about his felling a tree in the churchyard for his own use. 'Timber' was the word used to distinguish trees which could be used for structural purposes, and was therefore valuable, from 'wood' or 'underwood' which could not.

Banckes had regular contacts with his parishioners beyond the walls of his church. A stone mason called William Taylor tells

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They were making the point that he did not split his time between more than one parish or delegate his role to a curate. Also, in emphasising his zealousness in preaching, they were confirming his adherence to the church's belief that the people needed better instruction in the still relatively new Protestant faith

Only a few years earlier the Bishop of Chichester had reported that 'except it be about Lewes and a little in Chichester, the whole diocese is very blind and superstitious for want of teaching'.



Matthew Parker – Archbishop of Canterbury during much of John Banckes incumbency

us that 'at Easter yerely' he came 'to the hous of ye said John banckes and in his hall paid his offerynges of two pence where I have seene very many of the parishioners pay theyr offerynges likewise.' Banckes was also called on to write or witness wills.

When Roger Barcombe was on his deathbed 'syck & lying in his nakyd bed in a litle lower parlor of his hous in Steynyng' it was John Banckes who was called for. He was too late, apparently, to write the will but was able to testify to the poor man's intentions. He did, however, seem to have had rather tetchy relationships with some of his neighbours. The parish of Ashurst, for instance, was linked to Steyning and served by a Steyning curate. So, when Sir Thomas Sherley of Wiston hired his own curate and it was reported that 'Sir Thomas Sherlies man doth gather upp the tithes', Banckes was not pleased. He relied very largely on tithe payments for his livelihood.

Non-payment of tithes was also one of the bones of contention between the vicar and John Leedes of Wappingthorne. Leedes was a Catholic, which would have riled a 'diligent and zealous preacher' like John Banckes. He refused to come to church for which he was persecuted and, for a while, left Wappingthorne and became a 'beyondsea-gadder' and 'a fugitive beyond the sea.' Yet he was also a major contributor to repair funds for the church and paid £100 to the Armada fund.

So the two men must have had a complicated

relationship which was exacerbated in 1585 when Leedes refused to pay his tithes on 'Threscore Acres of medowe ground aperteynyng to Wapyngthorne within the parish of Steynynge . . which three score Acres so mowed & cut there was hey made of yt.' It was said that 'the valure or estymacyon of every acre of the said threescore acres of Hey was worth 8 shillings of laufull mony.'

John Banckes, serving the community for forty years, must have provided continuity and stability during troubled times – even though, during most of these years, his own thoughts would have been occupied by what to do about the church's chancel, tower and transepts which were all falling into disrepair.

Article by: Chris Tod - Steyning Museum.

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Lucy - Upper Beeding

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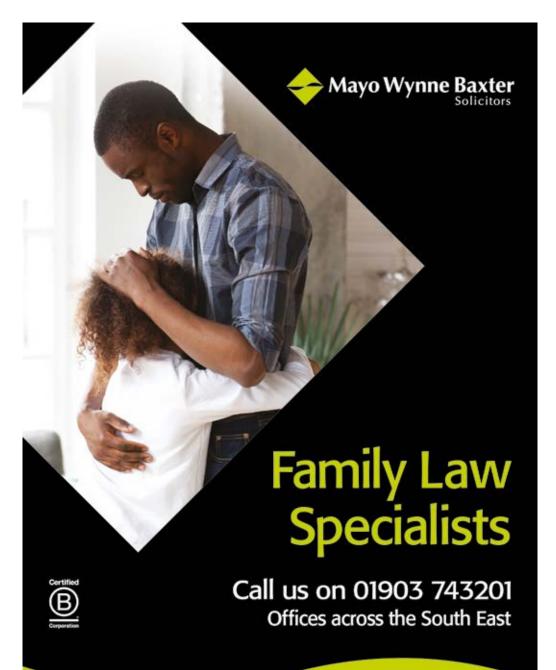
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