

AUGUST

2024



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E: steyning.library@westsussex.gov.uk

Steyning Minibus: 0300 772 7735

www.westsussexminibus.org.uk/organisation/

The Steyning Health Centre:

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Wed 08:00 - 20:00 Thu 08:00 - 20:00
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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 Steyning Centre: T: 01903 812042

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Steyping in Bloom Open Gardens

Thank you for supporting our open Gardens Day. We had a wonderful response from Steyping residents and visitors, with 585 garden enthusiasts enjoying the amazing variety of gardens and the three delightful spots offering restorative tea and cake!

Some of the gardens have wonderful views; specifically to encourage wildlife.



'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; some are formal, and some created



Haven for frogs, newts and dragonflies



A cascade of ponds behind a flint wall
Many owners who shared their gardens



Dense planting in a collection of pots



Roses and clematis in full bloom

have particular passions they enjoyed sharing. There's an apple expert, a bonsai enthusiast... and some wildlife enthusiasts who've created a wild swimming pool ... and a surprise, a tiny front garden filled with surrealist handbags made from recycled materials!



Recycled become surrealist handbags!

A 'magical' concert in Steyping

All six of Bach's Brandenburg Concertos were recently played by The Hanover Band in Steyping Parish Church, receiving a fantastic welcome by people from across the local community.

Around 100 people gave the orchestra a rapturous applause with comments such 'magical', 'remarkable', 'sublime' and 'fabulous'.

The Hanover Band, which tours internationally, has made several visits to Steyping this year and will be returning for a performance of Bach's St John Passion on 12 April 2025.

These concerts are organised by The Friends of Steyping Parish Church and tickets are free for those under 18.

The Hanover Band specialises in performing music from the Hanoverian period. Part one of the concert (featuring Concertos 1,2 and 4) was led by Julia Kuhn; and the second half (with Concertos 3, 5, and 6) was led by Theresa Caudle.

Given that all six of the Brandenburg concertos were being performed, the



**The Parish Church of
St Andrew & St Cuthman,
Steyping**

afternoon was split into two halves with a lengthy interval when concert-goers could enjoy a Glyndebourne-inspired picnic in the vicarage garden as part of the event.

Donations and profits from the bar at the concert will go towards much needed improvements to disability access and other facilities at the Church.

Anyone wanting to hear about future concerts at Steyping Parish Church should contact friends@friendsofpc.org to be added to their mailing list.

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The Greatest of These is Love

The ever-popular Sing Out Sister Choir returns to St Andrews Church on Saturday 7th September at 16:00 for a musical celebration of love, including popular songs, jazz, and hits from the stage and movies.

Christabel Cossins and the Choir are joined by trumpeter, Rob Heasman and musicians for an afternoon dedicated to the theme of love.

Christabel writes, "In a world where turmoil often takes centre stage, this event aims to bring us back to the central command of love, through a selection of contemporary

songs. Join us for an afternoon of music celebrating love's enduring power and its vital role in our lives."

This is a free concert. All are welcome. The concert will last for about a hour and a half and will include refreshments. There will be an opportunity to make donations to St. Barnabas Hospice and St. Andrews Church.



Local Policing for Local People Roadshow is coming to Steyning

Horsham's Neighbourhood Policing Team is bringing the Local Policing for Local People roadshow to Steyning and surrounding villages. Come along and meet your local policing team, our partner organisations and community volunteers, to find out about the work we are doing to keep your communities safe.

'An opportunity to find out about local crime issues from the Horsham Neighbour Policing Inspector, along with the opportunity to get the answers to your questions on the matters affecting you. With plenty of police vehicles to explore and police kit to try on, come along and meet the team.'

Sunday 25th August 2024 between 14:00 and 16:00 at the Steyning Police Station, Charlton Street, Steyning, BN44 3LE



Local Policing for Local People



Eco Open House Day – August 31st

Have you been thinking of making some eco improvements at home but aren't sure about the practicalities? How do I get started? How much hassle is involved? And will they really save money? Greening Steyning is organising an Eco Open House Day on Saturday 31st August to help answer these questions.

Six houses in Steyning will be opening their front gates to show off the steps they've taken to make their homes cosier, cut their energy bills, and trim their carbon footprint. A wide range of properties will be on display, from this old Victorian pub to a former council house and a brand new home. You'll be able to see a range of eco-measures up close, including:

- Solar PV
- Battery storage
- Heat pumps
- Insulation improvements of all kinds
- Rainwater harvesting
- Wildlife-friendly gardens
- Electric vehicles

You'll be able to speak to the homeowners and find out what prompted them to make these changes, what challenges they faced, and how it's worked out. With a bit of luck you'll be inspired to take similar steps yourself!

Pick up a Green Card and get a free cuppa!

As an added incentive, several High Street cafés are offering a free drink to visitors who are taking part in the Eco Open House event. Just pick up a 'Green Card' from one of the open houses and you can trade it in for a free tea or coffee at participating cafés, provided you buy a snack or pastry at the same time.

Entrance is entirely free and homes are open from 11:00 to 17:00.

You can pick up a brochure with a map and details of all the houses from The Steyning Book Shop or the Library, as well as from most of the estate agents and coffee shops in town – just look for an Eco Open Houses poster in the window

Or you can download one from the Greening Steyning website:
www.greeningsteyning.org/EOH





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Steyping Community Orchard: August 2024

We are delighted to have received two grants recently to help plant more fruit trees around Steyping.

The first grant application was to the Thatcher's Community Orchard Project. They provide 500 free apple trees each year to charities/ community groups around the country. We were delighted to get this reply;

'We have been blown away by the quality of the entries, and the passion that everyone has for planting trees. We very much liked your entry and would love to send you 10 apple trees for your projects. Regards Thatchers.'

One of our Community Orchard Steering Group, Simon Knowles, has good links with Steyping Primary School where he used to work. He put the idea of creating a small orchard at the school to Simon Phipps, the new Head Teacher, who was very happy to support the idea. So, we will be planting these 10 trees, with help from the school children, in the school grounds this October.

The second grant was from the Rampion Community Benefit Fund at Sussex Community Foundation. We requested £1,000 to buy the first 22 trees we will be planting at the new Bramber Castle Orchard. We were delighted to hear that our grant application had been successful, and we have already placed our order for the trees with our fruit tree nursery.

This new Orchard will be planted on a field to the west of the Castle. This is part of the National Trust's (NT) estate, but the



Bramber Castle field. Site of the new Orchard.

field itself lies just outside the Scheduled Monument of Bramber Castle. Nevertheless, the NT carried out an archaeological survey on the field, using ground penetrating radar, just to make sure that we won't disturb anything by planting trees here. Fortunately for us (but possibly

not for the archaeologists) nothing significant was found.

They believe this flat field may have been formed from the spoil removed whilst digging the ditches that form the moat around the castle. There is also an aerial photo of this field taken in the 1950's showing parallel lines of what look like vegetables or arable crops growing there. So there has probably been cultivation here for many years that could have further destroyed any archaeology that might have been there.

Therefore the NT and English Heritage (who manage the site for the NT) are now pushing ahead with preparatory work on the site, including clearing some trees affected by Ash dieback disease, and installing new fencing and stiles, ready for us to plant the trees next February/March. This will be the largest planting of trees we have ever done in one day, so we may ask for extra help!

If you have any comments or questions, we can be contacted by email:
steypingorchard@gmail.com,



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August: 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

Thursday 1st August

Steyning Film Society

12:00 – 12:00

Website and Annual Film Programme

Steyning Film Society's website: <https://steyningfilmsociety.co.uk/> is up and running. You can view our programme of over 20 films for the year and to buy your annual membership for £30.

Friday 2nd August

Vintage Years Club

14:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Remembering The Musicals with Amy Marchant.

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 Amy back to entertain us with songs from various Musicals. 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 3rd August

Steyning Methodist Church

10:00 – 12:30

Steyning Methodist Church, 18 High Street

Coffee morning with Bring and Buy

Come along for tea, coffee and cakes. Bring something to add to the bring and buy stall and buy something yourself!

Wednesday 7th August

Steyning Museum Trust

10:00 – 16:00

Church Street, Steyning

Our Latest Exhibition: Tick, Tock, Tick, Tock ... the story of Steyning's clockmakers.

Come and learn more about the renowned Steyning clockmakers: James Irish, Charles Lasseter, Richard Longhurst, the Woolgar family, and Harry Mannings and many others.

Wednesday 7th August

Steyning Parish Council: Community Film Night

19:30 – 22:00

The Steyning Centre, Fletchers Croft, Steyning

Screening: DRIVING MADELEINE - FRENCH FILM – SUBTITLED

Madeleine, a 92 year old lady living in Paris, calls a taxi to reach the retirement home where she must now live. She asks Charles, a somewhat disillusioned driver, to go through the places that have mattered in her life, to see them one last time. Gradually, along the streets of Paris, an extraordinary history emerges, and Charles discovers the overwhelming past of the nonagenarian. Tickets are on sale at the Steyning Centre at £6.00 per ticket which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open a 19:00 for a 19:30 start.

Friday 9th August

National Garden Scheme

09:00 – 17:00

Nyetimber Manor, Nyetimber Vineyard, Gay Street Pulborough RH20 2HH

Open Garden: Nyetimber Manor

The rarely glimpsed gardens of Nyetimber Manor Nyetimber Vineyard Pulborough are opening their gates for the first time, in support of NGS charities. Nestled below the vineyards, The Manor garden at Nyetimber is one that is rarely glimpsed. This garden has everything from extensive herbaceous borders, to orchard, flower and rose garden, and courtyard. A tapestry of topiary, reflected in the lily ponds frame a beautiful view of the South Downs. Extensively redesigned and replanted in 2020,

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Saturday 10th August

3Bs Church
13:00 – 17:00

St Peters Church, The Rectory Garden and The Bevan Hall, Church Lane, Upper Beeding

3Bs Summer Fete

Come along to our traditional village fete, you will find a bouncy castle, pony rides, mini gymnastics, face painting, Hook a duck, Wine raffle, BBQ and so much more!

Saturday 10th August

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.

Tuesday 13th August

Neighbourhood Wardens
15:15 – 17:15
Penfold Hall, Steyning

Board game cafe

Like playing board games? Come along to the Board Game Cafe, we have lots of games that we can teach you or if you have a favourite one bring it along! This free event will be running throughout the school holidays. There are free hot and cold drinks. All ages are welcome. Contact the Neighbourhood Wardens for more details: Mike - 07734 387888 - Alison - 07734

387889. SBUB.wardens@horsham.gov.uk

Wednesday 14th August

South Downs Hockey Club
10:00 – 15:00

Steyning Astro (behind the leisure centre)

Junior Hockey camp

Open to boys and girls aged 10 -16 and appropriate for players of all levels from those just starting out in the game to those more experienced looking to improve and challenge themselves. We will promote learning through enjoyment and aim to make sure the two days are fun-packed including activities to improve core and advanced skills as well as building the participants' knowledge of team play, game management and performance. The camp will be run by two experienced County coaches. For more information please go to southdownshc.co.uk

Tuesday 20th August

Steyning Library
10:30 – 11:30

Steyning Library Church Street, Steyning

Creative Capers!

Join us at the library for a Marvellous Makers story time with stories of imagination and creativity, plus fun craft activities! For ages 4+, this is a free event but pre-booking is essential. Contact Steyning Library to book a free place.

Monday 26th August

National Garden Scheme:
12:00 – 18:00

Durrance Manor Smithers Hill Lane Shipley RH13 8PE

Open Garden: Durrance Manor

Durrance Manor is opening its stunning gardens in Shipley on Monday 26th August in support of NGS charities. The beautiful 2-acre garden at Durrance Manor surrounds the medieval hall house (not open). The garden enjoys uninterrupted views over a ha-ha of the South Downs and Chanctonbury Ring. There are many different areas including Japanese inspired gardens, a large pond, wildflower meadow and orchard, colourful long borders and a vegetable garden. There is also a Monet style bridge

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over a pond with water lilies. Admission £8, children free. Home-made teas. Visits also by arrangement 1 May to 22 Sept for groups of 10 to 30. Home-made teas inc. Refreshments in aid of St Mary's Church, Shipley. Plants in aid of St Catherine's Hospice & William Templeton Foundation for Young Peoples Mental Health. <https://findagarden.ngs.org.uk/garden/19175/durance-manoor>

Saturday 31st August
Greening Steyning
11:00 – 17:00
Steyning

Eco Open House Day

A chance to find out more about eco home improvements from the people who've done it! Six houses in Steyning will be opening their doors to show off the steps they've taken to make their homes cosier, cut their energy bills, and trim their carbon footprint, including: Solar PV, Battery storage, Heat pumps, Insulation improvements, Draught proofing, Rainwater harvesting, Wildlife-friendly gardens and Electric vehicles. You'll be able to speak to the homeowners themselves, and also pick up a Green Card to get a free drink at participating cafés, provided you buy a snack or pastry at the same time. Entrance is entirely free. Brochures with a map and details of all six houses will be available from the Library, The Steyning Book Shop, and most of the estate agents and coffee shops in Steyning – just look for an **Eco Open Houses** poster in the window. Or you can download one from the Greening Steyning website: www.greeningsteyning.org/EOH

Wednesday 4th September
Steyning Parish Council: Community Film Night
19:30 – 22:00
 The Steyning Centre, Fletchers Croft, Steyning

Screening BACK TO BLACK

The extraordinary story of Amy Winehouse's early rise to fame from her early days in Camden through the making of her groundbreaking album, "Back to Black" that catapulted Winehouse to global fame. Told through Amy's eyes and inspired by her deeply personal lyrics, the film explores and embraces the many layers of the iconic artist and the tumultuous love story at the centre of one of the most legendary

albums of all time. Please note that this film contains sequences with flashing lights that may affect photosensitive viewers.

Friday 6th September
Vintage Years Club
14:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Actalina -JOYS and Challenges of 25 Years in Japan

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 Linda Joy Gale (Actalina) to enthral us with stories of her life in Japan. Refreshments 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 7th September
Christabel Cossins
16:00 – 17:30

St. Andrews Church, Steyning

Concert with Sing Out Sister Choir and Friends

The ever popular Sing Out Sister Choir returns to St. Andrews Church for a musical celebration of love, including popular songs, jazz and hits from the stage and movies. Christabel Cossins and the choir are joined by trumpeter, Rob Heasman and musicians. This is a free concert with refreshments and there will be a chance to make donations, which will go to St. Barnabas Hospice and St. Andrews Church.

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Steyping & District Food and Drink Festival

Steyping comes alive in early September for the annual Steyping & District Food and Drink Festival taking place from the 6th -15th September. The Festival Committee have revamped this year's festival and are showcasing the best food, drink and hospitality the region has to offer.



With a packed programme of high-quality events, designed to celebrate local vendors and suppliers there will be something to tickle everyone's tastebuds.



New this year is the Street Food Festival, taking place on Sunday 8th September in the Steyping High Street Car Park. This promises to be a super outing for all the family with a wide variety of different foods to try along with the odd tippie or two! A snapshot of further events taking place include: Wine, Gin and Ale Trail; Sussex Champagne Cocktail Class; Tastings in the High Street; Pub Quizzes; Bread Making Workshop; Bistro and Bingo Night; Candlelit Indian Supper Club; Wiston Vineyard Walk & Picnic; BBQ at Knepp Wilding and lots more still to be announced!

Throughout the Festival, local restaurants, bars and

pubs will be offering a wide array of daytime and evening events including special festival menus, discounts and great meal deals.

As usual, our annual Festival supports a Charity and raises as much as possible through selected events. This year, we will have not one, but two, of our ever popular Coffee & Cake Mornings and in-line with previous years, the entire ticket price will be donated to the St Barnabas House Hospice - our 2024 Charity.



To add to this and throughout the Festival, various local venues will have a Charity Dish on their menu - if chosen £1 will be donated to St Barnabas by the eatery. There will also be various raffles held along the way, including a hamper, chock a block with goodies to be won at the Steyping Farmer's Market taking place on the 7th September. With your help and support we hope to raise and make a great contribution to this very special charity.

Thanks must, of course, go to our generous sponsors, who enable our event to happen: AVTrade; Cocoa Loco; Churchman Burt; Horsham District Council; Steyping & District Business Chamber; Steyping & District Community Partnership; Steyping Parish Council and The Sussex Grocer.

Look out for all the exciting events and offers in the Festival guide - available in lots of local shops & eateries throughout the area - or visit www.steypingdistrictfooddrinkfestival.co.uk for more information.

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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 Shiatsu 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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I am at Body Matters Steyning daily and offer Friday evening appointments.

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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.



01903 821010
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Emma Cohen **FIPW**

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



HOW WILL YOU LEAVE YOUR LEGACY?

GET IN TOUCH



2023

Anna & Tom



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You probably know where you want your inheritance to go when you die. But making sure your legacy gets to the right people at the right time can be hard work. There's a lot to think about, from clearly documenting your intentions to making the most of gifting allowances and pinpointing legitimate ways to mitigate Inheritance Tax.

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LOCAL BUSINESS FOCUS

Matthew Wykes

Matthew Wykes is a Company Director with over 16 years' experience in the financial services industry, as well as 18 years in the Hotel and Hospitality sector. In the complex area of personal financial advice, Matthew has built up a detailed understanding of key concerns and challenges and how to address them, as well as identifying opportunities that are sometimes overlooked. Matthew's attention to detail, bespoke solutions and customer service is exemplary.

In an era of economic volatility and financial uncertainty, the importance of financial planning cannot be overstated. Whether you're saving for retirement, planning for your children's education or aiming to invest wisely, seeking professional guidance can make all the difference using experts who navigate the complex landscape of personal finance to help people and their families achieve their financial goals.

I offer personalised recommendations and strategic insights tailored specifically to each client's unique circumstances and aspirations; analyse risk tolerance and develop comprehensive strategies designed to maximise wealth accumulation and protect assets. From retirement planning to investment management, tax optimization to estate planning, I can help to provide invaluable expertise across a spectrum of financial areas.

At the heart of my services lies the principle of proactive planning. I work closely with my clients to formulate clear objectives, identify potential obstacles and chart a course towards financial security.

Financial planning extends beyond wealth accumulation; it encompasses lifestyle aspirations, family dynamics and legacy considerations. By aligning financial strategies with my clients' core values and life goals, I am able to help people safeguard their financial well-being.

By having a trusted Financial Adviser on your side, you can make all the difference to achieving financial security, realising aspirations and building a legacy of prosperity for generations to come.



Cover: Caroline Darke - Weather

SteYningARTS
ART TRAILS : EVENTS : INSPIRATION

I am a local multi-media artist whose work explores the landscape using layers, colour, collage and texture.

I am drawn to landscapes and seascapes both at home and abroad and the enormous changes to those landscapes made by the weather, the seasons and man.

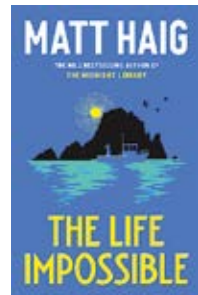
I aim to create a feel or impression of the scene which can be interpreted and imagined by the viewer. Commissions undertaken.

www.carolinedarke.com
darke.caroline@gmail.com
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August 2024 Book Reviews

Adult Books



The Life Impossible by Matt Haig
Canongate £20 hardback
– released on 29th August
 The long-awaited new novel from Matt Haig is a story of wonder, joy, grief, healing, rebirth and making the impossible possible, alternately hilarious and moving, with the added

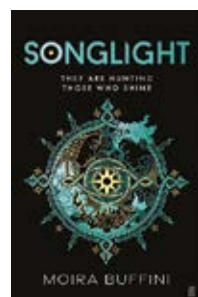
bonus of whisking you off to Ibiza!

Our narrator is Grace, a retired 72-year-old maths teacher from the Midlands who has been living a half-life since the death of her husband and son. When she is left a rundown house in Ibiza by Christina, a long-lost colleague, she is baffled, but curiosity gets the better of her and she books a flight. As she explores the rugged hills and golden beaches of the Balearics, Grace searches for answers about her friend's life, and how it ended. What she uncovers is stranger than fiction and challenges all her preconceptions, but to find justice for her friend's cause she must first come to terms with her own past and embrace a new way of living.

An uplifting story with an exciting eco-conspiracy subplot, peppered with humour, bohemian characters and otherworldly life forms, and written with Matt Haig's trademark empathy and lightness of touch.

We have 5 signed copies on order so give us a shout if you'd like to reserve one!

YA Fiction



SONGLIGHT by Moira Buffini
Faber Books £8.99

A breathtaking debut YA novel which grips from the very first page, from a renowned playwright and screenwriter. I don't usually read YA fantasy but this just blew me away! Elsa lives in a future world

ruled by the religious Brethren, in which options for girls are severely limited and resources are drained by an ongoing war. She is used to hiding her rebellious nature, her secret relationship with her lover Rye, and most of all, her newfound power of 'Songlight' – a strange form of telepathy, strictly forbidden and denounced by the Brethren as 'inhuman'. Elsa and Rye were brought together by their shared Songlight ability, and are making plans to run away together, until the day Rye is outed as an 'inhuman', and Elsa's world comes crashing down. Adrift in grief, Elsa is contacted by Nightingale, who is also gifted with the Songlight, and the two young women form an extraordinary bond, merging their new-found powers in rebellion against the repressive regime, as the war comes ever closer and the terrifying Inquisitors' hunt for those with Songlight intensifies.

With nods to The Handmaid's Tale, Divergent and Hunger Games, this dystopian fantasy nevertheless feels fresh and original, and conjures up a vivid world with finely nuanced characters and page-turning peril. Ages 13+.

Children's Books



The Secret of Golden Island by Natasha Farrant
Faber books, paperback
£7.99

Natasha Farrant is the author of the delightful Voyage of the Sparrowhawk and is carving out a niche creating wholesome Blyton-esque children's

adventure stories which deliver exciting plots with modern, socially-aware themes. In a small seaside town, we meet 2 children who are feeling isolated and unhappy; Skylar is shaken by her beloved grandfather suffering a serious stroke, and is suspended from school after a bullying incident, Yakov, a refugee from a war-torn country, is homesick and terrified for his family's safety.

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Ages 5-9

Friday 16th August 2.30pm

Recognizing a kinship, they join forces in a madcap bid to win a beautiful island being offered as a prize by its' eccentric owners. But how can the kids complete the quest against an array of adult rogues, all with their own agendas for the island? It's a race against time, with secret tunnels, ancient legends, dark deeds, and clues and codes to break....

Written with tenderness and sensitivity, this is a gripping story with authentic characters – you'll be rooting for Skylar and Yakov every step of the way! Ages 9+



Murray and Bun: Murray the Knight by Adam Stower
Harper Collins paperback
£6.99

Adam Stower is a renowned Brighton-based children's author/illustrator best known for illustrating many of David Walliams books. His illustrations

are bursting with zany energy and humour and his new series of comic-style beginner chapter books, Murray and Bun, delivers laughs galore!

Murray is a lazy cat who loves to snooze. Bun is a bunny, with a cherry for a tail, who used to be ... a bun! When Murray and Bun jump through Murray's enchanted cat flap, they find themselves in a Land of Knights. They are given a VERY IMPORTANT MISSION: to defeat Sir Nasty in a jousting competition, rescue Princess Rubytoes... and try not to get lost in the maze.

With illustrations of every page and madcap humour, this will appeal to young readers of 5+.

Adam Stower will be at the bookshop on Friday 17th August for a fun DRAW-ALONG event.

Do visit to peruse our wide selection of books.

Understanding Referred Pain: A Chiropractic Perspective

At Well Adjusted Health we are often asked, 'What is referred pain and why does it happen?' Referred pain occurs when pain is felt in a part of the body other than its actual source. This phenomenon can be puzzling and frustrating, but it is a common experience for many people. From a chiropractic perspective, referred pain often arises from issues within the musculoskeletal system, particularly involving the spine. To better understand this, let's delve into an analogy that illustrates how aches and pains can build and cause referred pain.

The Short Circuit Analogy:

1 Initial Problem (Short Circuit in One Room):

Imagine your body as a well-designed house with a sophisticated electrical system. Each room represents a different part of your body, and the electrical wiring symbolises your nerves. If there's a short circuit in the living room, it can represent a misalignment or issue in your spine. Initially, this problem might seem localised, causing a light flicker (localised pain or discomfort in the back).

2. Spreading the Problem (Affecting Nearby Rooms):

Over time, the short circuit doesn't just affect the living room but also starts to impact nearby rooms, like the kitchen and dining room. This mirrors how an unresolved spinal issue can lead to muscle strain and tension in adjacent areas, causing pain to spread to your shoulders or neck.

3. Referred Problems (Whole House Affected):

If the short circuit is not fixed, it might cause the entire house's electrical system to malfunction, leading to lights flickering throughout the house. This is similar to referred pain, where the initial spinal issue causes pain in seemingly unrelated parts of the body, like headaches or arm pain.

4. Addressing the Root Cause (Fixing the Short Circuit):

To resolve the electrical issues in the house, you would need an electrician to identify and fix the short circuit. Similarly, a chiropractor works to identify and correct the issues, addressing the root cause of the pain.

5. Restoring Balance (Proper Electrical Flow):

Once the short circuit is fixed, the electrical system in the house returns to normal, and the lights shine brightly in all rooms. This reflects

how restoring proper function and alleviating pain throughout the body, ensures that all parts of your 'house' are functioning optimally.

Just as a short circuit in one room can lead to widespread electrical problems in a house, a spinal or structural misalignment can cause referred pain in different parts of the body. This is why a chiropractic practitioner conducts a full assessment during an initial consultation appointment, rather than just focusing on the presenting pain.

By identifying and treating the root causes, chiropractors can alleviate pain and restore balance to the entire system, ensuring that your body functions smoothly, just like a well-maintained house. Understanding and treating referred pain through this comprehensive approach can provide significant relief and enhance overall well-being.

This is why Mark at Well Adjusted Health sends out a comprehensive questionnaire to all new patients prior to them visiting him.

By collating information on a person's history and having a full understanding of how and when the pain started presenting gives Mark a detailed understanding to start looking at a full treatment plan.

Overview of Tests During an Initial Consultation Discussion of Symptoms:

You will be asked detailed questions about your current pain, its location, intensity, duration, and any factors that worsen or alleviate it.

Past Medical History: Information about past injuries, surgeries, existing medical conditions,

and family health history is gathered to get a comprehensive view of your health.

Structural Assessment: Evaluating your posture to identify any issues.

Range of Motion Tests: Checking the flexibility and movement of various joints to identify restrictions or pain points.

Palpation: Using hands to feel the spine or related areas, muscles, and other tissues to detect abnormalities, tenderness, or tightness.

Neurological and Orthopedic Tests:

Reflex Tests:

Assessing reflexes to ensure proper nerve function.

Muscle Strength Testing: Evaluating muscle tone and strength to identify any weakness or imbalance.

Sensory Testing: Checking your ability to feel sensations such as touch, heat, and vibration to detect nerve impairments.

Orthopaedic Tests:

Specific movements and positions are used to

diagnose musculoskeletal issues, such as the straight leg raise for sciatica.

This holistic approach ensures that all aspects of your health are considered, providing the best possible outcomes for pain relief and overall well-being.

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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MARK JONES MCHIRO, DC

Horse Chestnut

Far, far away in the south-east corner of Europe, the Balkan Mountains tower over the landscape. Their valleys were once home to the fearsome Thracian tribes, who made empires tremble when they rode screaming into battle on their wild horses. But even more ancient battles were being fought deep in these majestic mountains.

Here in the Balkans, there grew a strange and mighty tree. Its huge seeds were encased in spiky armour and its leaves were like giant hands which cast shade all around. But this tree had been cursed. Each year a plague of tiny moths would attack the tree, their caterpillars would burrow inside every leaf. Green leaves turned to brown, leaving the tree apparently lifeless and defeated.

Yet each year the tree would return with renewed green vigour, and each year the moths would attack with the same resolve. And so, for centuries the tree and the moth remained trapped in the Balkan Mountains, locked in their epic, age-old battle.

Then one day men came from the west, discovered this magnificent tree, gathered its



Horse Chestnut Roger Wilmshurst



Horse Chestnut Derek Middleton

seeds and planted them in their world. And so it was that the branches and the empire of the Horse Chestnut spread across Europe's parks and gardens. People admired it and reclined in the shade of its broad palmate leaves. Schoolboys used its seeds to fight their own playground battles.

The conker tree had conquered the continent. Here in this new world the curse of the moth had been lifted and the Horse Chestnut flourished. Meanwhile, the tree's nemesis, not a particularly strong flyer, remained imprisoned in the remote valleys of the Balkan Mountains for centuries, more myth than moth.

Then, one day, the modern world arrived. Construction workers building roads through the mountains were unwittingly building the perfect means for the moth to escape and spread. Now all it needed was a lift. So, the moth stuck out its six thumbs and hitched a ride.

Incredibly, the moth, just 5mm long, was able to disperse by grabbing on to passing vehicles. And so, like the ferocious Thracian tribes, the moth rode into battle. Screaming along highways, motorways, and autobahns

on Volvos, Citroens, Fiats and Fords. The ancient battle spilled out from the Balkans as the moth was chauffeur driven to every Horse Chestnut tree in Europe. The Horse Chestnut Leaf Miner moth was first discovered, identified and named in Greece in 1984. Twenty years later, in 2004, an innocent motorist pulled off the A27 in to the University of Sussex car park, unaware they had brought a sinister stowaway into Sussex. Since then, every Horse Chestnut in Sussex has been moth-eaten. Look to the leaves and you'll see the great Balkan battle raging right on your doorstep.

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

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Becky - Steyning

Steining for Trees: The Festival

'Do come and see us at Fletcher's Croft on 1st August as we are supporting the NATURE FEST EVENT. It includes Outdoor Theatre, circus skills, crafting, planting seeds, wonderbugs etc., plenty to keep the young entertained during the holidays and to continue to learn about nature. Celebrating our open spaces as more come under threat, we need to hang on to what we have got and love'.



We have had a busy first half of the year as you can see. But we have still managed our maintenance work at the football club, the hedge is growing well and so were the grass and brambles, now back under control, thanks to all who coped with this. Many thanks to Colin, a resident, looking after our hedge at Abbey Road not quite big enough to lay yet, but that is the aim. This mixed hedge will make a varied, more secure home for nature.



Football Club



Abbey Road 'Early Days'

We also arranged a lovely day with the U3A



Natural History Group looking for butterflies with Neil Hulme the Sussex Expert.

Mary arranged for her group to go to her sister's lovely, rewilded farm near. Battle. We hope that it may be verified as a site for the rare hazel dormouse.

Supporting the Festival with 4 Events including. **Walk and Talk** and our talk by the Professor of Biodiversity at Oxford University



Tree Trooper 4135

Tea and scones at Jo and George's to encourage you to rewild your garden for nature. Is this our tallest delphinium? Money went to a gardening group to pay for a winter talk, and to a wellbeing group who help us plant trees. Many

thanks to all for their kind comments about this lovely afternoon.



Lots of long hedges to be planted in the Autumn so do come and help us, you are always welcome to volunteer. Its very easy just a simple T cut.

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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.

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01903 815577 nwr.org.uk

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steyning@theartsociety.org
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August Gardening Journal

August is a great time to enjoy the long Summer evenings in your garden, it's a time of rich colour, flavour and texture. The late summer perennials and statuesque ornamental grasses will be coming into their own and the vegetable gardens will be bursting with produce, ready to fill our kitchens with fresh vegetables straight to the plate. It's a quieter time in the gardening year so put the tools down and make the most of the hard work completed earlier in the year. Hopefully, the Sun might appear too!

Sanguisorba are a group of hardy herbaceous perennials belonging to the Rosaceae family. They have pinnate foliage with toothed leaflet margins and branched wiry stems with terminal clusters of burrs, nodding catkins or candle-like flowers in white, green, pink, red and plum. Commonly known as burnets, there are around 18 species and thousands of hybrids.

There are a couple of Sanguisorba native to the UK: a diminutive pinnate-leaved plant that has small, globular, greenish-red heads with long straggly stamens: the salad burnet (*Sanguisorba minor*) and the other, the great burnet (*Sanguisorba officinalis*).

Officinalis prefers moisture-retentive soils in meadows or at the edge of woodland. It is much taller at 1.2m with small, burgundy bobbles atop wiry stems.



Plant of the month – Sanguisorba

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

Burnets are found throughout Europe, Asia, Japan and North America. They are particularly suited to naturalistic plantings, and different hybrids flower throughout the season from late April to November, although many of the popular garden cultivars are at their best from June to September. Many *sanguisorba* cultivars have good autumn foliage tints too.

As all species and hybrids readily hybridise, these features get thoroughly mixed up in the resulting progeny.

Growing several different burnets in close proximity has produced some wonderful hybrids such as those at Sussex Prairies where substantial specimens of *Sanguisorba* 'Blackthorn', with upright tapers of smoky pink flowers, are likely parents to the Sussex Prairies hybrids: 'Sussex Prairies Cheyenne',



'Sussex Prairies Navaho', 'Sussex Prairies Iroquois' and 'Sussex Prairies Apache'.

The foliage of *sanguisorba* dies back in autumn and regrows again in spring, but the spent flowers can still look attractive if left on the plant over winter. Cut them back in late winter or early spring before the new stems appear. Divide *sanguisorba* in spring, when the plant is growing away quickly.

Garden varieties of *Sanguisorba* grow best in moist but well drained soil, ideally in full sun. In dry weather plants look great; in wet conditions they can look a little bedraggled. In a mixed border *Sanguisorba* pair well with tall grasses, spiky *Veronicastrum*, thistles like *Echinops* and daisies like *Echinacea* and *Leucanthemum*.

The airy, wiry stems of *Sanguisorba* provide spots of colour that appear to hover around the other planting enhancing the overall look and feel of a scheme. It's a great plant for adding, height, form and texture to a scheme without becoming too dominant. Definitely one of my favorites of you are looking to achieve that natural look.

Jobs to be Done August:

Ornamental Garden:

- Continue to deadhead, especially dahlias which should be looking great by now.
- Weed!!! – there shouldn't be too much of this but it's best to keep on top of it.
- Keep the lawn mown and edges cut – due to dry weather you may need to raise the height of the cut if you want to keep your

lawn green.

- Trim hedges – now the birds have finished nesting now's the time to get your hedges back in order.
- Water – Any plants that are looking a bit tired and are wilting, are in need of a drink. If they look really bad, then water immediately and then top up later in the day when it's cooler.
- If you have any meadow areas, then these should be cut, and the hay raked asap.
- Spray and feed roses.
- Plant out autumn flowering bulbs eg *colchicum*.
- Remove lavender stalks and trim bush leaving some green fresh foliage.
- Order Spring flowering bulbs.
- Ensure camellias have sufficient water to ensure flowers for next year.
- Clip evergreen shrubs.
- Prune current seasons growth of wisteria back to 5-6 leaves.

Vegetable Garden:

- Harvest Garlic.
- Sow oriental greens such as mizuna and mibuna, pak choi etc.
- Harvest early apples.
- Start lifting main crop potatoes.
- Summer prune trained fruit such as espalier apples, pears etc.
- Trim non-flowering stems of grapes cutting back to one leaf from the main branch.



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The Lord of the Medieval Manor

Old documents can paint a surprisingly intimate picture of life in the past. We know, for instance, that Alice Carle, widow of Philip Carle, had to *'make and get ready litter for the lord's bed and shall have a loaf, a gallon of ale and a dish of cooked food for her pains.'*

This little gem comes from a fourteenth century custumal, a custumal being a document which sets out the tasks to be performed, by custom, by each of the tenants of a manor.

Sadly, no custumal survives for Steyning itself but they do for a couple of our neighbouring manors. This example comes from Streatham, just the other side of the river, but we have also drawn on a Wiston custumal as well.

Having his bed prepared for him was not the only perk enjoyed by the lord of the manor. Everything was considered, so John Loteby had to *'clean out the buildings of the Manor once a year against the lord's coming, and shall gather reeds or rushes against his coming. He shall plant potherbs for two half days before or after dinner, and shall gather apples for two half days, before or after dinner. He shall carry the letters of the steward of the lands for summoning the Court.'*

Moreover, Walter, son of Henry Pokerle, when the lord came in the summer, had to *'cart two wainloads of sticks to make bowers.'* – though it's a bit difficult to visualise what is meant by this. There was also

William Marchal, the smith. Amongst various responsibilities for keeping the manor's ploughs in good order, he had to *'shoe the steward's horse on four feet every time he holds Court, and shall have 1d. for the four shoes'.*

The steward was responsible to the lord of the manor for all the manors in a particular lordship. Steyning was just one of the manors belonging to the Abbey of Fecamp and the Abbey's steward would have divided his time between all of them.

When he attended the court sittings held in the manor of Steyning Walter Bennett, the steward for Fecamp in 1338, was himself referred to as *'the lord'* in an old account roll: he was allocated one bushel of oats for his horse and, on various occasions, two piglets, a lamb, and three geese as court expenses plus *'four sheep for the Lord's hunting dogs.'*

Those further down the manorial hierarchy also did reasonably well. The *'Reeve'*, in Steyning's case William de Saon, looked after the day to day running of the manor. Over in Streatham, that would have allowed him to have had *'a horse or mare on the lord's pasture in summer, and in winter at hay*

without provender,' and *'his food as often, and as long as, the Lord is in the manor, and also when the steward comes to hold Court. In harvest, that is from Lammas (August 1st) to Michaelmas (September 29th), he shall have a quarter of barley, if the lord is not staying in the manor, and if he is he shall be at the lord's table, if the lord wills.'*

There was a *'Rider'* too, whose job was to *'oversee that the reapers reap the lord's corn well and fairly'*. He would *'have his food at three meals, and his horse likewise, and he shall have an aver [a carthorse] in the lord's pasture in summer. He shall also have his dinner as long as the lord stays in the manor.'*

It may be one of those coincidences that the *'rider'* at Streatham in 1374 was Robert Wolgar and the man in the same roll in Steyning in 1338 was John Wolgar.

But the full extent of the lord's control over his tenants is set out in his contract with one, William Holdene. *'If he dies'* it says *'the*

lord shall have as a heriot his best beast, or 6d. if he have none. He shall not give his daughters in marriage, nor sell colts or steers bred by him, nor part with them in any way, nor put his son into Orders, without the lord's leave.' And yet this clause was written into the custumal at a time when the ties of lordship were beginning to loosen.

Article by: Chris Tod - Steyning Museum.

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