

S E P T E M B E R

2024

SUSSEX  
MINIBUS  
TIMETABLE  
PAGE 27



# your

STEYNING, BRAMBER  
& BEEDING MAGAZINE



[yourmag.co.uk](http://yourmag.co.uk)



# **accountancy & business matters**

**Certified Public Accountants & Tax Consultancy**

- **Payroll • Bookkeeping • Self Assessment**
- **Corporation Tax • Personal Tax Returns**
- **Accounts Preparation**

**Get some tax advice for your business.**

**Book now for your FREE Consultation**

**The Barn, Golden Square,  
Henfield, BN5 9DP**

**t 01273 491112**

**e nfo@abmatters.com**

**w www.abmatters.com**

## SEPTEMBER CONTENT

- 4 Marvellous Makers is coming to a library near you!
- 4 The Adur Art Club
- 5 Eco Open House Day
- 6 Steyning & District Community Association
- 6 Steyning & District u3a
- 7 The Sussex Bay Initiative: Making a splash for nature
- 7 Steyning Society's Curry & Quiz Evening
- 10 Steyning Community Orchard: Apple Juicing Time Again!
- 16 September: Diary Events
- 22 3B's Church Breakfast - Beachy Head Chaplaincy Team
- 24 Local Business Focus: How Will You Leave Your Legacy
- 26 The Delights of Shoreham Art Gallery
- 27 Steyning Community Minibus September Time Table cut out
- 32 September 2024 Book Reviews
- 34 Local Business Focus: Dizziness and Vertigo
- 36 Wasp Spider
- 38 September: Steyning for Trees
- 39 Cover Art: Monique Clark
- 40 Steyning & District Flower Club: 'A Trip to Brighton'
- 42 Steyning Food & Drink Festival: Street Food Pizza
- 44 September Gardening Journal
- 46 The Vicar who never was
- 49 ADVERTISER'S INDEX

## USEFUL NUMBERS

**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/](http://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](http://steyninggoodneighbours.co.uk)

**Steyning Parish Council:** T: 01903 812042 -

W: [www.steyningpc.gov.uk](http://www.steyningpc.gov.uk)  
E: [clerk@steyningpc.gov.uk](mailto:clerk@steyningpc.gov.uk)

**The Steyning Centre:** T: 01903 812042

Opening Hours: 09:00 to 16:00  
The Steyning Centre, Fletcher's Croft, Steyning  
[www.steyningcentre@btconnect.com](http://www.steyningcentre@btconnect.com)



**To all our current and new customers:  
We are back up and running to serve all  
your taxi requirements big or small.**



**For up-to-date listings of local  
Clubs & Societies or to subscribe  
to our mailing list: visit our  
website: [www.yourmag.co.uk](http://www.yourmag.co.uk)**



## Marvellous Makers is coming to a library near you!

Do you know a child aged 4–11 years? Why not encourage them to take part in the 2024 Summer Reading Challenge, Marvellous Makers, at their local library? The fun starts on Saturday 13 July. It's free to join the library and free to take part!

The challenge is to choose and read some amazing library books over the holiday. Children also receive a fab fold-out poster and scratch-and-sniff stickers to track their progress.

The more they read, the more exciting rewards they will receive! There are fun activities in the library too, including a *Character Hunt* with a prize draw.



Those who complete the challenge by Saturday 14<sup>th</sup> September are rewarded with a medal and certificate. There's even a Mini Challenge for children under 4 years old!

To find out more, watch our Marvellous Makers video and sign up for the challenge at [arena.westsussex.gov.uk/src](http://arena.westsussex.gov.uk/src).

## The Adur Art Club

The Adur Art Club was founded over 50 years ago and celebrates many years of artistic exploration with a vibrant exhibition at The Shoreham Centre on 23rd and 24<sup>th</sup> November 2024.



This event showcases the diverse talents of the club's members, ranging from beginners to seasoned amateurs. Visitors will enjoy a rich variety of artwork, reflecting the creativity and dedication that have sustained the club for decades.

Don't miss this opportunity to support local artists and immerse yourself in a community steeped in artistic tradition.

Why not visit our exhibition and join us in celebrating another milestone in Adur's cultural heritage, and perhaps be inspired to pick up a brush yourself!

The Club meets every Thursday afternoon from 14:00 to 16:00 throughout the year, with members working in all mediums and at all levels. We also hold demonstrations and outings to venues of artistic interest.

New Members are always welcome, just come along for a free taster session and talk to the team, for more information visit our web site at [www.adurartclub.co.uk](http://www.adurartclub.co.uk)

### Eco Open House Day

Six homes & a fire station -  
*Eco inspiration on your doorstep!*

Sat 31<sup>st</sup> Aug 11-5

See carbon cutting renovations in a public building at **Steyning Fire Station**

Find out how to make an older property cosy at **2 The Plough, Charlton St**

Inspect a recently installed heat pump at **6 Penlands Close**

Visit a home powered by solar and surrounded by wildlife at **33 Roman Rd**

Explore many ways to make a 1970's home eco-efficient at **Clivedale Gardens**

See how this 1930's home achieved A rated EPC at **10 Stonecroft, Tanyard Lane**

Visit a newly insulated and solar powered home at **12 Shooting Field**

Pick up a brochure at Steyning Library or at High Street shops and cafes

**GREENING**  
STEYNING • BRAMBER • BEEDING



[www.greeningsteyning.org/EOH](http://www.greeningsteyning.org/EOH)



## Steyning & District Community Association

At a recent meeting the members of the Association agreed to a proposal that it should be wound up and that the current activity of the Association should be passed to the Steyning Society.

The history of the Association goes back some 58 years:

- The Steyning & District Community Association was formed in 1966 after the purchase of St. Andrews Hall in Jarvis Lane by the Parish Council. This was an opportunity for the Association to bring local organisations together to work alongside the Parish Council and help set up and improve this facility.
- In 1968 it paid for and erected the large notice board by the bus shelter for use by clubs and societies. This proved to be successful and remains so today.
- The Association ran many fundraising events in conjunction with member organisations who eventually began to organise their own activities. Times changed, willing hands aged and support for past activities proved difficult.

- At the Millenium the Association established the Steyning Millenium Trust for the purpose of making discretionary grants to students at Steyning Grammar School to assist them in furthering their education. This trust continues to exist as an independent activity.

More recently the Trustees' only activity has been to ensure the running and maintenance of the notice board. They are pleased that this activity has been passed to The Steyning Society whose aims closely match those of the Association.

**It is sad when any organisation closes, however this story ends on an upbeat note, in that the transfer to the Steyning Society has ensured the continuation of the Notice Board facility for its use by all local organisations.**

## Steyning & District u3a

Steyning & District u3a enables people who are no longer working full time to enjoy many learning, leisure and creative activities. Our members live in Steyning, Henfield and the surrounding villages, including Poynings, West Chiltington and Warninglid.

With around 50 groups and over 400 members, our interest groups include Wine & Beer Appreciation, Languages, History, Painting, Discussion, Bird Watching, Walking, Cycling and Gardening, as well as Games, Mathematics, Poetry, Ukulele, Singing for Fun and Book groups. These interest groups meet in members' homes weekly, fortnightly or monthly, with larger groups meeting outdoors or in a local hall.

Steyning & District u3a is holding a 'Plants & Coffee' event at the **Steyning Centre on 23<sup>rd</sup> October from 10:00 - 12:00**. A good time of year to swap divided perennial plants. This

free event is open to members and non-members alike. So if you are retired from full time work, why not come along and find out what the u3a has to offer? Joining the u3a is a great way to learn new things, share your interests with other like-minded people and make new friends.

**We also have occasional social events and produce an online quarterly newsletter. With an individual annual subscription of just £15, what's stopping you from finding out more?**

<https://steyninganddistrictu3a.org.uk/>



## The Sussex Bay Initiative: Making a splash for nature

You've probably heard about the 'Help the Kelp' project to restore the kelp forest off Worthing. Now an even more ambitious marine conservation project has been launched covering the whole Sussex coast. It's called the **Sussex Bay Initiative**, and it aims to deliver a healthy marine ecosystem all the way from from **Selsey Bill to Camber Sands**.

It's a collaborative effort involving over 200 groups, organisations, and partners – including local authorities, charities and diverse communities of residents and businesses. **Help the Kelp, Weald to Waves**, and the **Sussex Dolphin Project** are all involved.

The vision for **Sussex Bay** is to create 100 miles of coastline where our seascape and rivers flourish, a healthy blue ecosystem in which nature, people and local economy can thrive. The philosophy is that by restoring coastal ecosystems and their blue natural capital this helps protect our coasts from storms, clean our waters, store carbon and support biodiversity. And as nature recovers, people and the coastal economy will benefit too. **Sussex Bay** is looking to deliver everything from sustainable fisheries to enhanced health and wellbeing, and new

commercial opportunities in ecotourism and leisure.

This exciting initiative is led by **Adur & Worthing Council**. For **Green Drinks** in **September**, **Greening Steyning** has invited **Paul Brewer**, their **Director for Sustainability & Resources**, to tell us all about it. He'll also be talking about some of the other innovative green initiatives the Council is working on, such as the **Worthing Heat Network** – a pioneering scheme to use heat pumps to bring low-carbon heat to buildings and homes across the borough. Come along and be inspired!

**The talk is at the Steyning Centre on Wednesday 25<sup>th</sup> September. Doors and bar open at 19:30. Tickets cost £3 each and are available from: [greeningsteyning.org/events](https://greeningsteyning.org/events)**



## Steyning Society's Curry & Quiz Evening

Around 50 people came to pit their wits against each other at a Curry & Quiz Evening, organised by the Steyning Society on 12 July. Keeping matters light-hearted, Canon Nigel Hartley acted as the quiz master, with his warm and friendly approach helping to ensure a fun evening for all.

With wide ranging and often challenging questions facing the seven teams, the quiz required everyone to delve deep into their knowledge and memory. Subjects covered included classical music and pop, politics, gardening, TV, food, current and local affairs and plenty more. The curry, put together by professional caterer SuperDoux, Brighton, was truly delicious.

The Steyning Society is a social group with a serious intent, aiming to encourage people to meet and take an interest in local affairs. As part of this, the Society is keen to support local organisations in Steyning, Bramber and Upper Beeding and also to recognise the dedication shown by many of their inhabitants.

The Society therefore looks to raise funds to enable it to make grants for local projects with a view to maintaining and improving the amenities of Steyning and the immediate area. It has given away almost £10,000 in the last 7 years to local organisations.

The Quiz & Curry evening formed part of the Society's fundraising activities and £470 was raised.

The Society considers grant applications from local organisations in November and May each year. Full details are on the Steyning Society website where an application form is available. <https://steyningsociety.org.uk/contacts-and-grants/>



# NORSAT



Established 1992  
Family Run Business



## Home & Business Security

- **CCTV** - Our systems conform to UK Police Requirements for Digital CCTV  
- View/Rewind/Fast Forward your cameras from your iPhone, iPad, Android device
- **Intruder Alarms** - Wired and Wireless with remote access options
- Installations
- Upgrades
- Maintenance
- Service

Domestic ✓  
Commercial ✓



Freesat sky

Freeview Checkatrade.com

Satellite TV & Aerials  
TV Wall Mounting  
Wi-Fi Range Solutions  
Data Points

- Satellite TV for Sky, Freesat & European Channels
- TV & Radio Aerials
- Extra TV/Satellite/Internet Points
- TV Wall Mounting Service
- Wi-Fi Range Solutions



Steyning 01903 841197 [www.norsat.co.uk](http://www.norsat.co.uk) SCAN ME

# Cam Bro

Camilleri Family Local Builders since 1969  
FREE ESTIMATES • FULLY INSURED

## VINCENT CAMILLERI BUILDING LTD.

### BUILDING

- Extensions
- Loft Conversions
- Refurbishments
- General Building

### GARDEN

- Patio's
- Paths
- Block Paving - Driveways
- Garden Walls - Brick/Stone/Flint & Rendered Block



Tel: 07802 522312 / 01903 752937 [vincecamilleribuild@gmail.com](mailto:vincecamilleribuild@gmail.com)



# STEYNING ROOFING

Checkatrade.com  
Where reputation matters

- New roofs and repairs
- Flat roofs
- Tiling and slating
- Leadwork
- Chimneys
- Guttering and Fascias

LOCAL ROOFER WITH OVER 40 YEARS EXPERIENCE  
FOR ALL YOUR ROOFING NEEDS

TEL: 01903 814378 (Steyning) ~ MOBILE: 07904439915  
Email: [Jasonstanding917@gmail.com](mailto:Jasonstanding917@gmail.com)  
[www.checkatrade.com/steyningroofingltd](http://www.checkatrade.com/steyningroofingltd)

# SUSSEX OVEN CLEANING.CO.UK

## ECO GREEN OVEN CLEANING

'We also offer oven repairs!'

Sussex Oven Cleaning is a family run business based in Sussex and we pride ourselves on our high standard of service and strive to leave every customer completely satisfied with our service.

### We can clean:

- Ovens
- Range style cookers
- Hobs
- Extractors
- Grills
- Agas
- Barbeques
- White goods including fridges, freezers, washing machines, dishwashers and tumble driers.

fsb<sup>98</sup>  
MEMBER



Checkatrade  
Approved member

"I have used Sussex Oven Cleaning for several years and have always been more than delighted with the result. This time Jody cleaned my oven and was as professional and polite as everyone else at this friendly company"

CALL US ON: 01903 416606 or email: [info@sussexovencleaning.co.uk](mailto:info@sussexovencleaning.co.uk)



## Steyning Community Orchard: Apple Juicing Time Again!

Sunday 15th Sept. 13:00 -16:00. Community Orchard on the Memorial Playing Field. (Cricket Field)

There is already a hint of autumn along the hedgerows and across the stubble fields. It hangs in the early morning air as the sun lifts above the Downs and is there as the light fades and the evenings draw in.

Summer, a summer that almost never happened, that held its breath until the end of July and then took us by surprise with soaring temperatures, is making way for a change in the seasons. September has come round again and as always at this time of year there is a sense of anticipation amongst those who help with the Community Orchard. *'What sort of harvest will this year bring? Will it be a good year for fruit?'* A good year for the plums, the apples, the pears, the trees we have tended throughout the year?

This has been a strange summer. A harbinger of climate change. For vegetable growers it has been a depressing, frustrating year. A long, wet, cold Spring. Water logged soil that dried hard, making it difficult to cultivate and plant up when it finally stopped raining. Seeds that did not germinate. Plants that just refused to grow. Tomatoes that did not ripen. A sad crop of beans.

And in the orchards, things did not look promising in the Spring. In defiance of the weather there may have been blossom on the fruit trees but the cold and the wet meant very few self-respecting bees and butterflies were venturing out to magically pollinate the trees so they would



produce their fruit in the Autumn.

But a small miracle has happened. Perhaps the fruit is taking longer to ripen this year but it is there ready to be picked. And that is what our Community Orchards are all about. Whether you visit the orchard on the Memorial Playing Field, the Downland Orchard at the foot of the Rifle Range or our new orchard at Abbey Road, you can help yourself to the fruit. Don't be greedy, just take what you need and leave some for others.

Maybe you have apples of your own. A single gnarled old tree tucked away in the corner of your back garden or a small orchard that you look after. Perhaps you have more apples than you can eat or nowhere suitable to store your crop. Once upon a time taking a walk in the countryside would have meant stumbling across an old orchard and, in some villages, finding the locals sharing the harvesting of the apples. There would have been no modern climate-controlled storage, so an answer to this problem was needed. Early apples; sweet, and quick to ripen would have been eaten from the tree, later ones would have been stored in cool, dry barns and cellars. But the only other way to preserve apples to enjoy all year round was to juice them and make cider.

We are not encouraging alcoholism but the Community Orchard is offering everyone the chance to come together to turn their apples into juice at our annual **Juicing Event** at

the top of the **Memorial Playing field** on **Sunday the 15th September**. As the town clock strikes one, we will be waiting there for you with our trestle tables laid out with chopping boards and knives ready to cut up your apples so they can be fed into one of our scratters. This evil looking funnel shaped machine has a set of blades at the bottom to turn the fruit into a brown pulp. This is then tipped into one of the muslin-lined wooden presses that, with the turn of a handle, gently squeezes the juice into a metal base plate which channels it into a bucket beneath ready to pour into a waiting bottle.

No apples? Then just come along to find out how the juicing is done and be part of the fun and part of the Community Orchard.

If you have any comments or questions, please contact us by email: [steyningorchard@gmail.com](mailto:steyningorchard@gmail.com),



### RIVERSIDE HOME MAINTENANCE

[www.riversidehomemaintenance.co.uk](http://www.riversidehomemaintenance.co.uk)  
Local Multi tradesman for jobs around the home and garden

- Carpentry
- Door Hanging
- Kitchen & Bathroom Fitting
- Bespoke cupboards/wardrobes
- Wall & Floor Tiling
- Patios & Garden Decking
- Painting & Decorating
- General Maintenance
- Flat Pack Assembly
- Partition & Brick Walls
- Fencing & Sheds erected

For more information and a free quote, please call Nigel on:  
**07768 510463 or 01903 745685**  
**Business as Usual!**



## Steyning Double Glazing

A local, well established company providing a comprehensive and friendly service

**A rated as standard**

- ✓ Energy rated A+ Windows Available.
- ✓ Windows & Doors.
- ✓ Facias, Soffits & Guttering.
- ✓ Replacement of blown & misted up double glazed windows.



**01903 810 013 | 07790 036 855 | E: [njb61@live.co.uk](mailto:njb61@live.co.uk)**





## FAMILY BUSINESS with 40 YEARS EXPERIENCE



Tiled roofs



Slate roofs

Horsham Slate Stone



Shingle roofs

All types of flat roofs

Lead work

Chimney work

Repointing

Facia soffits and guttering

Insurance work

Free no obligation quote



Specialists in all roofing

G. Standing Roofing Ltd.  
Beeding Court Farmhouse,  
Shoreham Road,  
Upper Beeding,  
West Sussex.  
BN44 3TN.

Phone: 01903 417416 | 07703 208049

E-mail: [enquiries@gstandingroofing.com](mailto:enquiries@gstandingroofing.com) | W: [www.gstandingroofing.com](http://www.gstandingroofing.com)

## MARK PERRY

REGISTERED DOMESTIC  
ELECTRICIAN

Rewires, Lighting,  
Extra Power Points, Testing  
Part 'P' Registered

[m.perry100@btinternet.com](mailto:m.perry100@btinternet.com)

01903 815218

07979 964410



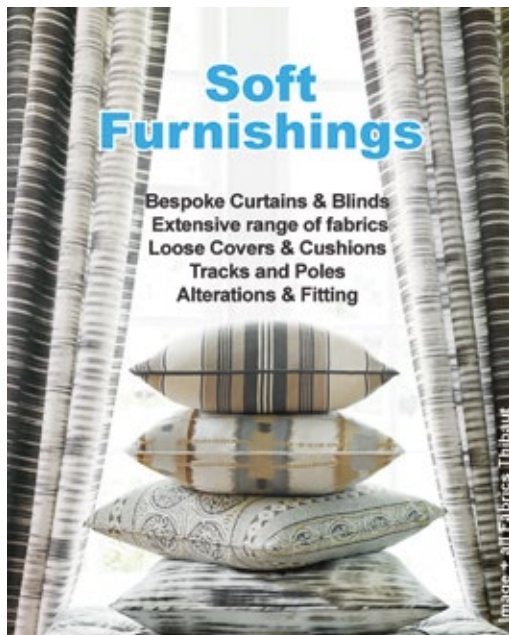
### CJ PLUMBING

& PROPERTY MAINTENANCE  
20+ years experience  
Family business

- ✓ All plumbing works.
- ✓ Bathrooms.
- ✓ Bathroom insulation.
- ✓ Residential, commercial & general home maintenance.

Based in Cowfold, West Sussex

07931 330 392 | [cleve@cjplumbing.co.uk](mailto:cleve@cjplumbing.co.uk)



## Soft Furnishings

Bespoke Curtains & Blinds  
Extensive range of fabrics  
Loose Covers & Cushions  
Tracks and Poles  
Alterations & Fitting

W: [www.helenpuxleyfurnishings.co.uk](http://www.helenpuxleyfurnishings.co.uk)

E: [helen@helenpuxleyfurnishings.co.uk](mailto:helen@helenpuxleyfurnishings.co.uk)

Call: 07860 507483 | Henfield | AMUSF trained



# Family Law Specialists



Call us on 01903 743201  
Offices across the South East



INVESTORS IN PEOPLE  
We invest in people. Silver



[www.mayowynnebaxter.co.uk](http://www.mayowynnebaxter.co.uk)





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

Supported and sponsored by:



## Love to Move and Time to Chat

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

Tuesdays 1:30 to 3:00pm

From September

Fletchers Croft, Steyning BN44 3XZ

To book your seat please contact: [cherrytolcher@hotmail.com](mailto:cherrytolcher@hotmail.com)



## Keeping you safe, Right at Home

We deliver trusted care and support in the comfort of your own home in Steyning and the surrounding areas



Our highly trained CareGivers can support you with your daily routine:

- Companionship • Meal Preparation • Medication support • Personal Care
- Live-in Care • Dementia support • Help with washing & dressing

"From the first phone call we made to ask for help for our father's care, Right at Home couldn't have been more kind, friendly, reassuring and professional. The team will never know what a huge difference they made"

Homecare.co.uk review

Call now for a  
**FREE**  
care assessment

For more information, please call:

**01273 286172**

[www.rightathomeuk.com/worthingshoreham/](http://www.rightathomeuk.com/worthingshoreham/)



### QUALITY AND VALUE DIRECT FROM THE GROWER!

• You will find an exceptional range of Seasonal and Hardy plants here at our Nurseries in West Chiltonton – all grown and sold on site!

• Fantastic selection of 1 Litre Hardy Perennial Plants just £2.95 each – Pick & Mix any 10 for £22.



**GOOD NEWS!**  
**YOU WILL FIND OUR**  
**PLANT PRICES ARE EVEN**  
**MORE COMPETITIVE THIS**  
**YEAR!**

### VILLAGE NURSERIES

SINNOCKS, WEST CHILTINGTON, RH20 2JX  
01798 813040

**OPEN 9AM - 5.00PM - 7 DAYS A WEEK  
THROUGHOUT THE SUMMER**

[village-nurseries.co.uk](http://village-nurseries.co.uk)  
[peter@villagenurseries.co.uk](mailto:peter@villagenurseries.co.uk)



Let us help you to maintain your garden. We are a local family-run business with over 20 years of experience in gardening and landscaping.

### Why Choose Us?

- **Comprehensive services:** From hard landscaping and fencing to garden maintenance, we handle all aspects of gardening from concept, design through to build.
- **Expert team:** Our horticulturally trained professionals ensure your garden receives the best care and attention.
- **Personalised solutions:** Whether your garden is big or small, we tailor our services to meet your unique needs.

Let us take the hassle out of gardening for you.

Contact us today for a free consultation.  
**Call Matt on 07962 305928**



### LOIS LONG

PGDip., Dip.Couns., MNCPS (Acc.)

Mobile: 07786 408548

Email: [lois.long.willowpractice@gmail.com](mailto:lois.long.willowpractice@gmail.com)

Website: [willowpracticecounselling.com](http://willowpracticecounselling.com)



Do you struggle with anxiety or depression? Are you trying to cope with family problems or relationship challenges? Has the loss of a loved one left you overwhelmed with grief? Or are you seeking personal understanding and growth?

Life can be tough sometimes, with many different challenges, and I understand how difficult that can be. I have a passion for helping others navigate their own issues on their way to a happier and more fulfilled life.

With a Diploma in Psychotherapeutic Counselling and many years' experience working in Human Resources, I bring a blend of professional expertise, personal understanding and empathy to my counselling practice.

I can provide counselling face to face (depending on your location - I am based in Steyning, West Sussex), via Zoom or telephone.

My rates are £50 per session or £55 if counselling is provided after 7pm or on a Saturday morning.



## September: 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](http://www.yourmag.co.uk) NOTE: Post nonrecurring events before 10<sup>th</sup> of the month prior to the print month. [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

### Sunday 1st September

#### Ashurst Country Fair

12:00 – 18:00

Ashurst Recreation Ground, Ashurst, Nr Steyning. West Sussex, BN44 3AY

#### Ashurst Country Fair, Fun Dog Show and Vintage/Retro & Car Boot Sale

Come and join us for a fun filled afternoon. County Stalls, Fun Dog Show, Dog Agility, Best Doggy Bow Tie Competition, Bar, Barbeque, Tea/coffee and cakes, Fire Engine, Donkeys, Football Fun, Welly Wanging, skittles, raffle and so much more! PLUS a Vintage/Retro & Car Boot Sale. Please visit our website for more information on the family fun. W: <https://sites.google.com/view/ashurstcountryfair> - E: [ashurstcountryfair@gmail.com](mailto:ashurstcountryfair@gmail.com) T: 07774585313

### 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

Steyning. 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.

### Friday 6th September

#### Vintage Years Club

14:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

#### Dance through the Decades

Please note this is a change to our previously advertised programme. Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our brief business section we welcome Emily Holter to entertain us with her Vintage dances. Emily has kindly stepped in with little notice and we are very grateful. 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

#### CPRE Sussex

10:00 – 16:00

At Knepp Estate, Dial Post, West Sussex

#### CPRE Sussex Countryside Day

Alongside the Knepp market garden and kitchen restaurant the CPRE Sussex Countryside Day is set to entertain, educate and provide an insight to the work of Campaign to Protect Rural England because we need to protect and promote the countryside today to benefit future generations. Enjoy a multitude of stalls

# Four Landscapes

Offering a Complete Landscaping Service of Design, Construction and Planting.  
From Town Gardens to Country Estates

Terraces, Patios, Deck Areas ~ Ponds and Water Features  
Lawns, Trees, Shrubs, Planting ~ Fencing, Trellis, Pergolas



Mark Padberg

Tel: 07768 505550

Email: [fourlandscapes@live.com](mailto:fourlandscapes@live.com)

[www.fourlandscapes.co.uk](http://www.fourlandscapes.co.uk)

SURREY • SUSSEX • HAMPSHIRE • LONDON



## 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.

Suitable for any age, each session is tailored to suit your specific mobility.

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

07717152673 | [tanyaprice-shiatsu.co.uk](http://tanyaprice-shiatsu.co.uk) | Fully insured | £50 for an hours treatment.



01903 812466

## SCIENTIFIC HOLISTIC SPECIALISTS

Shop 3, Cobblestone Walk,  
74 High Street, Steyning, BN44 3RD

### OSTEOPATHS

Gemma Rabanser M.Ost  
& Ben White M.Ost

[info@steyningosteopathicclinic.co.uk](mailto:info@steyningosteopathicclinic.co.uk)  
[www.steyningosteopathicclinic.co.uk](http://www.steyningosteopathicclinic.co.uk)



all related to the countryside, many with hands on activities. Talks about nature throughout the day alongside talks and tours of Knepp, the home of rewilding. Kids can get involved with craft making as well as Woods for Learning events - **EXPLORING IN NATURE** at 10.30, 13:00 and 15:00 - Learn how to find where you are and call for help and give a grid reference using our unique system. **BUILDING IN NATURE** 10:00-15:30 - Use what is around to build mini houses and shelters for you, your friends even the animals that you might find. **WORKING WITH NATURE** 10:00-16:00 - A nonstop workshop. Book tickets now at [www.cpresussex.org.uk](http://www.cpresussex.org.uk)

### 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.

### Sunday 8th September

Steyning & District Community Partnership

12:00 – 18:00

Steyning High Street Car Park

### Steyning Street Food Piazza

This is a F&D Festival first and just an excuse for a party really?. Music and a superb range of different foods, wines, spirits and beers to tempt your taste buds – a fun Sunday family outing. This is a nonprofit making event, with any excess over running costs to go to St Barnabas.

### Sunday 8th September

Steyning Parish Church of St Andrew & St Cuthman

16:00 – 17:00

Vicarage Lane, Steyning, BN44 3YQ

### Blessing of the Animals.

Pets are a blessing to us. Join us to thank God

for our wonderful animal companions and the joy they bring. Bring your friendly, contained or leashed pets, or photos/drawings of your special animal. Everyone welcome, with or without pets

### Monday 9th September

EPC Law

13:00 – 14:00

EPC Law, 2 Bishop Croft, High Street, Henfield, West Sussex, BN5 9DA

### Lasting Power of Attorney Clinics

We will be hosting 2 sessions of approximately 30 minutes each followed by a Q & A, explaining Lasting Powers of Attorney and going through some common pitfalls people experience when completing and submitting the documents themselves. There will be a maximum of 12 people per session. **Session One: 13:00 - Session Two: 19:00.** Contact number to book a space on a session: 01273 077215

### Tuesday 10th September

Neighbourhood Wardens

15:15 – 17:15

Penfold Hall, Steyning

### Board game café

Like playing board games? Come along to the Board Game Café, we have lots of games that we can teach you or if you have a favourite one bring it along! This free event runs on the 2nd Tuesday of every month (including school holidays where applicable). 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](mailto:SBUB.wardens@horsham.gov.uk)

### Saturday 14th September

Greening Steyning

14:00 – 16:00

Bramber & Beeding Village Hall

### Repair Café

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](mailto:repaircafe@greeningsteyning.org) for advice. You can also speak to one of our Helpdesk volunteers about how to save energy at home.



## Live for today *plan* for tomorrow

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.

We offer a friendly, local service, backed by the strength and security of FTSE 100 company St. James's Place Wealth Management. Let us guide you through the estate planning maze and make sure your inheritance plans come good.

### Let's start a conversation.

**Matthew Wykes**

DipPFS  
Principal

01403 710422

07974 062561

[matthew.wykes@sjpp.co.uk](mailto:matthew.wykes@sjpp.co.uk)

[www.matthewwykes.co.uk](http://www.matthewwykes.co.uk)

Matthew Wykes Financial Services is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website [www.sjp.co.uk/products](http://www.sjp.co.uk/products). The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practitioner' are marketing terms used to describe St. James's Place representatives.

SJP Approved 05/03/2024

Partner Practice

**St  
James's  
Place**

SJPM495e B1 (02/22)



**Sunday 15th September**  
Steyning Community Orchard  
13:00 – 16:00

Community Orchard on the Memorial Playing Field. (Cricket Field)

#### Apple Juicing in the Orchard

We'll be at the Steyning Community Orchard on the Memorial Playing Field (Cricket Field) with 2 sets of apple juicing kit. Please bring your washed apples and plastic bottles and (for a small donation) we'll help you press them and turn them into delicious apple juice. We will have recyclable PET 500ml bottles @50p each if you don't have suitable containers. If you don't have any apples, bring the family along anyway, and help us juice ours. It's great fun!

**Sunday 15th September**  
Steyning Parish Church  
18:00 – 19:00

St Andrew & St Cuthman, Vicarage Lane, Steyning, BN44 3YQ

#### Battle of Britain Choral Evensong

Keep Battle of Britain Sunday at Choral Evensong, where the Royal British Legion Standard will be laid up. The service usually lasts for around 45 minutes.

**Tuesday 17th September**  
National Garden Scheme  
10:30 – 14:00

THE PIG in the South Downs Madehurst Arundel, West Sussex BN18 0NL

#### Event: The Pig in the South Downs

Get set for a day over in the South Downs, where you'll get the chance to explore THE PIG in the South Downs Kitchen Garden and see what's growing first hand! For this event, Head Kitchen Gardener, Ollie Hutson, will share his extensive knowledge on all things homegrown with you. Starting at 10:30 with tea, coffee, pastries and a tour of the Kitchen Garden, you'll then head over to THE PIG in the South Downs Garden Room which overlooks the very first PIG vineyard. Here you'll tuck into a light lunch and drinks inspired by what you have seen growing in THE PIG's Kitchen Garden. <https://findagarden.ngs.org.uk/garden/45506/the-pig-in-the-south-downs> is open for the National

Garden Scheme. £50.00. Pre-booking essential, please visit [www.ngs.org.uk](http://www.ngs.org.uk) for information & booking.

#### Friday 20th September

The Steyning Society  
19:00 – 21:00

The Steyning Centre, Fletchers Croft, Steyning

#### Shoreham Port - Present and Future by Tom Willis

Tom Willis was appointed Chief Executive at Shoreham Port in November 2019. Alongside his maritime work he brings extensive leadership experience in logistics gained at Royal Mail and aviation at Heathrow. He is chair of the Board at Sutton Decentralised Energy Network, an innovative sustainable energy concern. Doors are open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival. Talk will begin at 19:30. Free to members and £5 guests.

#### Saturday 21st September

Greening Steyning  
10:30 – 12:00

The Castle Inn, Bramber

#### Climate Café

A regular event on the 3rd Saturday of most months, the Climate Café at the Castle offers a warm and inclusive space, to share friendship and mutual support for those having 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.

**Wednesday 25th September**  
Steyning and District Flower Club  
19:30 – 21:30

The Steyning Centre, Fletchers Croft, Steyning

#### 'A Trip to Brighton'

The entertaining Duncan Ward, who is a NAFAS Area Judge and Demonstrator, will be taking us on a journey of inspiration. You don't need to be a member to come and join us for a fun evening at our very friendly Flower Club. There will be an opportunity to win one of Duncan's beautiful arrangements in the evening raffle. Doors open



**Broadband | Security | Electrical**

*We are a family run business with over 30 years experience*

- ✓ Phone systems
- ✓ Fibre broadband
- ✓ TV and audio systems
- ✓ Intruder alarms
- ✓ Domestic and commercial electrical work
- ✓ Copper, Fibre and WiFi networks
- ✓ TV Aerial and satellite systems
- ✓ CCTV
- ✓ Door entry / Access control systems

Office: 01903 298066 | Mobile: 07305919448  
E Mail: [hello@omni3.co.uk](mailto:hello@omni3.co.uk)



## Chanctonbury Wines

Family run wine shop & counter. 200 + wines and craft beers, all available to takeaway or drink-in. A choice of 12 wines by the glass, alongside plates of top quality charcuterie, cheese and more!

#### VISIT US!

Bespoke advice and sourcing  
Regular events and tastings  
Seating/tables bookable online  
Relaxed convivial atmosphere

#### OPENING HOURS

Weds-Saturday 11am-9pm  
77-79 High Street, Steyning, BN44 3RE

[www.chanctonburywines.co.uk](http://www.chanctonburywines.co.uk)

at 19.00. Members free and non-members £7.00 on the door, which also includes refreshments.

### Friday 27th September

Steyning Methodist Church

10:00 – 12:00

Steyning Methodist Church, 18 High Street, Steyning BN44 3GG

### Macmillan Coffee Morning

Steyning Methodist Church for Macmillan Cancer Support. Everyone is welcome at our coffee morning for Macmillan Cancer Support. There will be a cake stall and a bring and buy stall.

### Wednesday 2nd October

Steyning Parish Council: Community Film Night  
07:30 – 22:00

The Steyning Centre, Fletchers Croft, Steyning

### Screening: The Fall Guy

Tickets £6.00 to include yea or coffee during the interval. Please purchase tickets in advance from the office at the Steyning Centred (or by bank transfer. Please call office for details at 01903 812042).

### Wednesday 2nd October

3Bs Church

14:00 – 15:30

The Bevan Hall, Church Lane, Upper Beeding

### 3Cs at the 3Bs - Craft, Conversation & Café!

This October we are launching the 3Cs at the 3Bs a craft session open to everyone. Running every Wednesday during term time 14:00 – 15:30. Simple turn up, grab a coffee or tea, some cake or a toastie from Churchside Café and then come into the Bevan hall to sit, chat, knit, craft and so on. A warm space to spend time with warm people who are filled with the love of Jesus!

### Friday 4th October

Vintage Years Club

14:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

### 'Sussex Underwater' an Illustrated talk

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 representatives from 'Sussex Underwater' to talk about their vital work with marine life. 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.

SUBSCRIBE TO  
OUR MAILING LIST  
[yourmag.co.uk](http://yourmag.co.uk)

'Come and hear how God is at work saving lives at Beachy Head'

You are invited to Breakfast with **BHC\***

**3Bs church**

at the Bevan Hall, Church Lane, Upper Beeding, BN44 3HD

On 12th October, from 8.30am until 10.00am

The guest speaker is **Gerry Howett, CEO** of the **Beachy Head Chaplaincy Team**

Tickets: £6.00.  
Available from [events@sdct.org.uk](mailto:events@sdct.org.uk) and the churches in Bramber, Upper Beeding and Steyning Steyning District Churches Together



### Richard Bates, local solicitor

Helping you plan your and your loved ones' later lives.

Advice on:

- protecting your wealth from tax and care fees
- powers of attorney & the Court of Protection
- support for attorneys and carers
- care finding and funding
- wills
- End of Life and probate

Happy to see you at home

Contact Richard on 01273 284012; or [richard.bates@cognitivelaw.co.uk](mailto:richard.bates@cognitivelaw.co.uk)

[www.cognitivelaw.co.uk](http://www.cognitivelaw.co.uk)

Cognitive Law Limited is registered in England & Wales under company number 9753152. Our Registered Office is Sussex Innovation Centre, Science Park Square, Falmer, Brighton, BN1 9SB. We are authorised and regulated by the Solicitors Regulation Authority (SRA Number 626344) and comply with the SRA Code of Conduct.

# Cognitive Law



# Beltons

Tax - Accounting - Consultancy

INITIAL CONSULTATION FREE

Serving people and businesses since 1976

### Personal

Self Assessment Tax Returns

Capital Gains Tax

General Tax Advice



Gold ProAdvisor



### Business

Sole Trader, Partnership Accounts

Limited Company Accounts

Company Secretarial

Corporation Tax Returns

VAT

Payroll, Auto Enrolment & CIS

Training - Xero and Quickbooks Online

Business start-up

Business Planning Advice

01903 813907

[beltons@beltons.co.uk](mailto:beltons@beltons.co.uk)

[www.beltons.co.uk](http://www.beltons.co.uk)

The Old Market House, 72 High Street, Steyning, BN44 3RD

### ROB SYKES: ELECTRICIAN

Steyning based electrician

For all your electrical needs in the home, including:

- ✓ Lighting
- ✓ Sockets
- ✓ Fuse box upgrades
- ✓ Fault finding & fixing
- ✓ Shower and cooker wiring
- ✓ Rewires and extensions
- ✓ Outdoor power & lighting
- ✓ Free estimates & advice

NICEIC registered

M: 07739 989 266

[www.robsykes.co.uk](http://www.robsykes.co.uk)

### GLENN REED TILING SERVICES

Providing quality tiling & exceptional service

COMPLETE BATHROOM & KITCHEN DESIGN & FITTING SERVICE

WALL & FLOOR TILING

[glennreedtilingservices.co.uk](http://glennreedtilingservices.co.uk)

07854 753165



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  
wills@nsure.co.uk  
www.nsureestateplanningservices.co.uk

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



Scotland 2022  
A little romantic break

WILLS@NSURE.CO.UK  
01903 821010



Discover an inspiring collection of contemporary and traditional work by local Sussex Artists in our friendly, welcoming Gallery and Sculpture Garden

27 BRUNSWICK ROAD  
SHOREHAM-BY-SEA BN43 5WA

[www.shorehamgallery.co.uk](http://www.shorehamgallery.co.uk)

ART FROM THE HEART

## The Delights of Shoreham Art Gallery

Shoreham Art Gallery is a friendly gallery run by a collective of twenty local Sussex Artists & Makers, open seven days a week with regular guest artists, changing exhibitions and special events throughout the year.

We always have a wide range of affordable and original work on show from ceramics, paintings, photography and prints, to textiles, glass, mosaics, jewellery and turned wood pieces. There's even more to discover in our unique hidden sculpture garden and artist's studio.

Two wonderful guest artists will be joining us for each of the next two months. **Tessa Wolfe Murray**, a ceramist working in earthenware clay to produce exquisite one-off vessels, wall pieces, jewellery, buttons and batch produced vases. Then the ever-popular **Jola Spytowska**, with her colourful, quirky ceramic creatures and bags of character.

You can find Shoreham Art Gallery situated

just south of Shoreham-by-Sea railway station, close to the many independent shops and cafes in our historic and vibrant town. We hope we'll see you soon - A warm welcome awaits!

Shoreham Art Gallery, 27 Brunswick Road,  
Shoreham-by-Sea BN43 5WA.  
[www.shorehamgallery.co.uk](http://www.shorehamgallery.co.uk)

On our website you can discover more about our artists & makers, bespoke commissions, creative workshops and artist blogs.

Subscribe to our monthly newsletter for what's happening each month. W: <https://www.shorehamgallery.co.uk/newsletter/>



# STEYNING COMMUNITY MINIBUS

A welcoming door to door service for Social & Shopping Excursions

DATE	DAY	PICK-UP	TO	FARE
02-Sep	Monday	1.00pm	Old Barn Garden Centre	£5
03-Sep	Tuesday	9.00am	Storrington Shopping	£4
04-Sep	Wednesday	1.00pm	Horsham / Town Centre Shopping	£5
05-Sep	Thursday	9.00am	Shoreham / Holmbush (M&S / Tesco)	£4
05-Sep	Thursday	1.00pm	Horsham / Town Centre Shopping	£5
06-Sep	Friday	9.00am	Steyning Village	£3
06-Sep	Friday	1.00pm	Vintage Years	£3
09-Sep	Monday	1.00pm	Hilliers Garden Centre in Horsham	£5
10-Sep	Tuesday	9.00am	Worthing / Town Centre Shopping	£4
11-Sep	Wednesday	9.00am	Shoreham / Holmbush (M&S / Tesco)	£4
11-Sep	Wednesday	1.00pm	Shoreham / Holmbush (M&S / Tesco)	£4
12-Sep	Thursday	9.00am	Steyning Village	£3
13-Sep	Friday	9.00am	Steyning Village	£3
17-Sep	Tuesday	9.00am	Storrington Village and Waitrose	£4
17-Sep	Tuesday	1.00pm	Horsham / Town Centre Shopping	£5
18-Sep	Wednesday	1.00pm	Worthing / Town Centre Shopping	£4
19-Sep	Thursday	9.00am	Shoreham / Holmbush (M&S / Tesco)	£4
20-Sep	Friday	9.00am	Steyning Village	£3
23-Sep	Monday	1.00pm	Frankland Arms Lunch	£5
24-Sep	Tuesday	9.00am	Pulborough / Tesco	£4
25-Sep	Wednesday	9.00am	Shoreham / Holmbush (M&S / Tesco)	£4
25-Sep	Wednesday	1.00pm	Worthing / Town Centre Shopping	£4
26-Sep	Thursday	9.00am	Steyning village	£3
27-Sep	Friday	9.00am	Steyning village	£3

\* Annual Membership is £10.00 or Day Membership is £1.00

\* Service area includes Steyning, Ashurst, Bramber, Henfield, Small Dole, Washington (East of A24) and Upper Beeding

For bookings: 01903 815433 (Sherie)  
[westsussexminibus.org.uk/steyning](http://westsussexminibus.org.uk/steyning)



# Your Community Minibus Service

Join us for Social Outings, Shopping Trips and Scenic Excursions. Our services run year-round with pick up and drop off at your house.

Membership is £10 a year plus a nominal per-trip fare. Everyone is welcome.



Join Today

Call **0300 772 7735**  
[westsussexminibus.org.uk](http://westsussexminibus.org.uk)

**OLD BANK INTERIORS**  
KITCHENS • UTILITIES • BEDROOMS

37 High Street, BN44 3YE,  
Steyning, UK

**BOOK YOUR CONSULTATION NOW!!!**

☎ [01903 964033](tel:01903964033) ✉ [info@oldbankinteriors.com](mailto:info@oldbankinteriors.com)



**BEST CHOICE**

# ROOFING

FLAT ROOFS / UPVC FACIAS  
SOFFITS / GUTTERING  
MISSING TILES  
CHIMNEYS / LEADWORK

[www.bestchoiceroofing.co.uk](http://www.bestchoiceroofing.co.uk)  
T: 01903 773699 • M: 07961 410377  
marc@bestchoiceroofing.co.uk

**LOCAL, INDEPENDENT GARAGE FOR ALL YOUR VEHICLE NEEDS**

**MECHANIC/MOT TESTER REQUIRED**  
Full time/permanent, £30k - 40k (depending on experience)  
No bonus schemes  
Monday to Friday, 8.10am to 5.30 pm - No weekends!  
Immediate start.  
Free IMV courses every year to expand your knowledge.

Car and motorcycle  
MOT test station  
Computer Diagnostics  
MOT Repairs  
Tyres  
Tuning  
Mechanical Repairs  
Servicing  
Welding  
Exhausts

**MOT Special offer £40**  
if booked online

**SAVE 26%**  
Usual price £54.80\*

**FREE collection & delivery**  
All makes and all models undertaken

\*5% donation goes to The Mary How Trust

Checkatrade.com Blackcircles.com Good Garage Scheme

LMC Auto Services  
Unit 7 & 8 | Station Approach Industrial Estate  
Pulborough | West Sussex | RH20 1AQ  
01798 873281 lmcautoservices.co.uk

**\*\*CLEANERS WANTED\*\***

**Company Description**  
Join our fun, friendly but professional cleaning team.  
**Role Description:**  
This can be a full time or part time role located in West Sussex Areas. As a Cleaner at TigheBlitz, you will be responsible for maintaining cleanliness and hygiene standards in designated areas. Your day-to-day tasks will include sweeping, mopping, dusting, restocking supplies, making beds and general cleaning. Cleaning houses and commercial spaces. Hours from 2-35 per week whatever fits around your lifestyle. Please don't hesitate to get in touch if you may be interested or have any questions. You will get designated houses to clean weekly or fortnightly. Self employed work.

**Qualifications:**  
• Previous Cleaning Experience • Good Attention to Detail  
• Reliable, Hardworking and Trustworthy • Driving License Required.  
Email: [info@tigheblitz.com](mailto:info@tigheblitz.com) | Phone: 07511620336

# THE OVEN MAGICIAN

We are an independent family run eco-friendly oven cleaning business that has been operating for over 7 years in Worthing and the surrounding areas.

**TA DA!**

T: 01903 620257  
For a complete price list visit:  
[www.theovenmagician.co.uk](http://www.theovenmagician.co.uk)

# TR ENERGY

ELECTRICAL CONTRACTORS

**Do you need an electrician?**

Local electrical contractors  
Friendly and reliable service  
All aspects of electrical work  
Over 10 years experience

**Call now for a free quote**  
01273 936222

[www.TR-Energy.co.uk](http://www.TR-Energy.co.uk)

Newbrook Business Park, Upper Beeding, BN44 3JD

# SUSSEX CONTRACTORS

A LEADING CONSTRUCTION COMPANY BASED IN STEYNING AND WORKING IN AND AROUND THE SUSSEX AREA

**OFFICE ADDRESS:**  
UNIT K, COBBLESTONE WALK  
74 HIGH STREET,  
STEYNING, BN44 3RD

**OPENING HOURS:**  
8AM - 4PM

**CALL - 01273 090131**

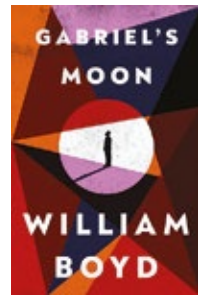
**DESIGN AND BUILD - NEW BUILDS - EXTENSIONS - GARDEN ROOMS  
RENOVATIONS - LOFT CONVERSIONS - GARAGE CONVERSIONS**

[WWW.SUSSEXCONTRACTORS.CO.UK](http://WWW.SUSSEXCONTRACTORS.CO.UK)  
EMAIL - [BUILD@SUSSEXCONTRACTORS.CO.UK](mailto:BUILD@SUSSEXCONTRACTORS.CO.UK)



## September 2024 Book Reviews

### Adults books



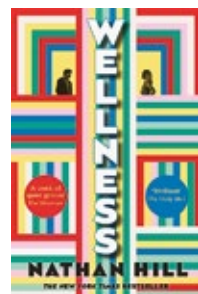
#### **Gabriel's Moon by William Boyd.**

**Penguin Books £20  
hardback Out on 5th  
September**

Master storyteller William Boyd is back, with a compelling literary spy thriller set against the heady backdrop of the early 1960's when Cold War tensions

were at their height.

Gabriel Dax is a young travel writer who lives an enviable, globe-trotting life but is tormented by the trauma of losing his mother in a house fire in his childhood. After Gabriel interviews Congolese president Patrice Lumumba, he is recruited by Faith Green, an attractive but ruthless M16 spy master, who sees that his mix of worldliness, naivety, intelligence, vulnerability and charm will serve her purposes well. Slowly, Gabriel becomes infatuated with Faith, and entangled in a web of intrigue from which there is no escape, which will change him profoundly. A slow-burn, twisty page-turner full of colourful, complex characters, which vividly conjures up the murky world of espionage, served up with emotional depth and a dash of heart-breaking romance.



#### **Wellness by Nathan Hill Macmillan books, paperback £10.99 Out 5th September**

A satirical, sweeping 'state of the nation' novel which takes a witty, poignant look at marriage, modernity and middle age, while digressing playfully on a miscellanea of themes: from parenting, consumerism and social media to psychology, placebos and childhood traumas...

Jack and Elizabeth meet as kindred spirits amongst the 90's Chicago art scene and fall wildly in love. Fast forward 20 years, and now, married parents in their 40's, working as respectively as an art photographer and a scientist, they are re-assessing what they mean

to each other. They must face their demons, from unfulfilled career ambitions to painful memories of their own dysfunctional families, or risk losing the best thing in their lives: each other.

A big, immersive story, bursting with ideas, wit, irony and insight. For fans of Jonathan Coe and Jonathan Franzen.

### Children's Books



#### **Evenfall: The Golden Linnet by Alexander Armstrong**

**HarperCollins Children's  
Books, £14.99 hardback  
Out 12th September**

Are YOU looking for an epic, exciting series to follow the Harry Potters and the Percy Jacksons? Look no further! I am usually sceptical about the literary efforts of TV

personalities, but this brilliant book by Pointless presenter / actor / comedian Alexander Armstrong proves me wrong! An instantly addictive story which builds to a terrifying and nail-biting climax, and which marks the start of a powerful new series for readers of 11 upwards. Sam lives a quiet life in the historic city of Durham, caring for his dad, who has never recovered from the tragic loss of Sam's mum in a car accident, 8 years before. But on the eve of his 13th birthday, Sam's world is blown apart when he develops extra-sensory powers and discovers that his family, The Tempests, are part of an ancient secret society, the Order of the Evening.

Sam must embark on a perilous mission against a terrifying, ruthless and powerful enemy who'll stop at nothing to claim the power of the 'Othr' for their own, malevolent ends. Along with his friends Ish and Goz, Sam must unlock and channel his new powers, reunite the Order, and protect the Order's hidden palace of Bellasis and the source of its powerful magic.

An energetic, stylishly-crafted quest adventure, with an inspiring message about the powers of friendship and storytelling.

Steining Bookshop - 01903 812062  
Monday - Saturday: 9:30 - 17:30  
info@steiningbookshop.co.uk

STEYNING BOOKSHOP

CALL 01903 812062

www.steiningbookshop.co.uk

SEPTEMBER EVENTS

### FOOD for MENOPAUSE

with Dr Linia Patel

Monday 16th Sept 7.30pm £8

Steining Brotherhood Hall

*An informative talk on nutrition for  
perimenopause, menopause and beyond*



#### **Jonty Gentoo, The Adventures of a Penguin by Julia Donaldson, illustrated by Axel Scheffler**

**Scholastic Books,  
hardback £12.99 out on**

**12th September**

A new book from the dynamic duo of Julia Donaldson and Axel Scheffler is always cause for celebration and this ADORABLE story of a plucky penguin called Jonty Gentoo will delight fans of all ages!

Jonty is a little Gentoo penguin who lives in a zoo. But Jonty longs to visit his true home, the South Pole. So, one night, he sneaks out of the zoo and sets off on an amazing adventure, all the way to Antarctica (with an accidental detour to the North Pole!)

This is a timeless story about bravery, friendship and finding your place in the world, written in Julia's skilful lilting, lyrical rhyming verse and Axel Scheffler has surpassed himself with his stunning, full-page illustrations, full of details to spot - from seals to polar bears!

We are taking pre-orders for signed, dedicated

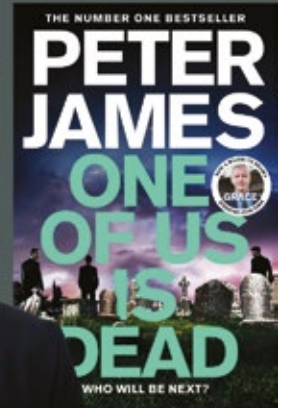
### An Evening with PETER JAMES

Wednesday 25th Sept 7.30pm

St Andrews Church, Steining

£22 including signed book!

Meet the King of Sussex  
crime-writing as he  
introduces the 20th book in  
his ROY GRACE series!



copies and (while stocks last) pre-ordered books will come with a FREE height chart.



#### **Pick and Mix Poetry: Children's verse chosen by Julia Donaldson Macmillan books, Gift hardback £25 out 19th September**

Wow! 2 new Julia Donaldson book in one month!

Julia has been working

on this poetry collection for years, carefully choosing and grouping her favourite children's poems by theme, she describes it thus .... "I hope you'll find lots of delicious poetry treats inside, like a bagful of pick-and-mix sweets. I've done the mixing, and now you can do the picking!"

From well-known classics to more unusual modern poems, with over 300 poems about all manner of things: from football to turtles, pirates to trees, family to cakes and sweets, illustrated throughout by rising star Becky Thorns, this is a mouth-watering delight for children of all ages, destined to be a family and classroom classic!

## Dizziness and Vertigo

### What is Vertigo?

Vertigo is the feeling of being off-balance and dizzy, as if you or your surroundings are moving, spinning, or swaying. Sufferers' feelings of being off balance can differ greatly, from being barely noticeable to so severe they find it hard to keep their balance doing everyday tasks.

Vertigo is actually a symptom rather than a condition itself. This means your dizziness is your body's way of telling you something isn't right.

Vertigo is most common in elderly people, but it can affect both sexes at any age.

### What conditions is vertigo a symptom of?

Vertigo is most commonly a sign of a problem in an area of your body that plays a role in how your body orients itself and maintains balance. Vertigo may be a symptom of; damage to the inner ear, damage to spinal joints or ligaments, misalignment or a partial dislocation of the vertebrae in the neck.

In rare cases, significant brain disease such as a stroke or tumour.

Your balance mechanism is made up of the fluid canals in your inner ear (the labyrinth), the nerves of the neck, your vision and the overall sense of body position that is supplied by the nerves throughout the body – called '*proprioception*'. When all of these things work well, your balance will be excellent.

Sometimes clients say that if they are walking in the dark, say to visit the toilet in the night, they find themselves holding onto things. This means that they are over relying on vision for balance instead of relying on the nerves from the body to build a mental picture. The problem here is that you rely on this information to create smooth, fluid motion. When smooth movement is lost injury results to either the knees, ankles or the lower back. Chiropractic care helps a great deal with this. Sometimes clients report dizziness. This is usually from the neck (cervicogenic) or from the inner ear (labyrinth). The inner ear can malfunction in two main ways

- i) infection known as 'Labyrinthitis' or
- ii) debris build up of calcium carbonate crystals.

Labyrinthitis, caused by a virus, can cause balance disorders, vertigo, hearing loss and



tinnitus. The delicate inner ear labyrinth becomes congested or swollen and the nerve signals sent from the auditory and balance parts of this delicate structure can no longer be relied upon. This results in one or many of these unpleasant symptoms.

### Benign Paroxysmal Positional Vertigo (BPPV)

About 65 percent of vertigo is caused by BPPV—a result of calcium debris in the inner ear. The most effective type of care is a treatment known as Epley manoeuvre - which chiropractors can perform with ease. This technique places a client in a position where the debris gathers in a harmless position in the complex inner ear and prevents it from aggravating the sensitive nerve structures of the ear. It takes about 2 minutes to perform. It is generally comfortable and is highly effective for labyrinth debris build up. Studies show that up to 80 percent of patients recover after a single treatment with the Epley maneuver, and most BPPV cases respond to two to three Epley treatments.

The final type of dizziness is cervicogenic. This is very common and in many ways is a complex problem whereby the joints, muscles and ligaments of the neck lose their normal function and send false nerve information to the brain.

Mark Jones from Well Adjusted Health comments, '*For a chiropractor, this is what I deal with everyday with almost every client in some way. Modern use of computers, driving, television, mobile devices, stress and a lack of exercise all play their part in creating restriction and improper motion in the delicate structures of the neck. I can perform some simple tests to differentiate which structures are involved. Then we can find a resolution.*'

Have a specific question regarding pain or problem areas, or would like to book a Free 15 minute consultation for you or family? Please call Well Adjusted Health on 01903 892171



## Well Adjusted Health

Gentle Chiropractic Healthcare

**Resolve to finally sort that pain**

**Specialists In Back Pain, Neck & Shoulder Pain,  
Headaches, Hip Pain & Sciatica  
We Can Help You Live Your Life Without Pain And  
Get You Back To Your Best ASAP  
Call us for a FREE 15 minute assessment**



**01903 892171**

The Sport Pavillion, Church Lane,  
Ashington • RH20 3JX • [www.well-adjusted.co.uk](http://www.well-adjusted.co.uk)

**MARK JONES** MCHIRO, DC

## Let us give you something to smile about...

- NHS/Private Patients
- See patients within 24 hours
- Six Month Smiles
- Facial aesthetics
- Your safety is our priority
- Our dental team follows all NHS Covid-19 protocols
- Family friendly practice
- Feel confident at social and business events



### Think of Mallards...

2 Mallard Way, Henfield, BN5 9HF



**MALLARDS DENTAL PRACTICE**

*We will give you something to smile about*

### SUPER SATURDAY

Kids NHS check-up  
Saturday 25th February, 8am - 2pm  
Please contact us to arrange an appointment

**CALL 01273 495 966 TODAY**  
or email [enquiries@mallardsdental.co.uk](mailto:enquiries@mallardsdental.co.uk)  
[www.mallardsdental.co.uk](http://www.mallardsdental.co.uk)



## Wasp Spider

I never thought I'd say this, but I've fallen in love with a spider. And coming from a lifelong arachnophobe that's quite a claim. Whereas every other spider species sends me screaming in utter terror, the Wasp Spider has melted my heart. They are gorgeous. I met one on the South Downs last weekend and, hypnotised by her beauty, I spent hours with her; lying in the grass, staring lovingly into her eight eyes.

Wasp Spiders' rotund abdomens are delicately patterned with exotic black, yellow and white stripes. Every Wasp Spider looks subtly different – as if each has been individually hand-painted. Their eight legs wear stripy black and white stockings – the sort favoured by the Wicked Witch of the East. This stripy, waspish appearance has given the spider its name and is used as a defence mechanism to ward off predators who equate this colouration with being stung.

They're a relatively new resident in England. The first British Wasp Spider was found near Rye in 1922. Since then they have slowly spread across Sussex and you can find them in any areas of grassland. Here inside their long grass lair, they weave their silky circular webs which – like all spider webs – are a masterpiece of arachnoid architecture. As



if proud of her accomplishment the Wasp Spider autographs her web with a unique silken squiggle. The actual purpose of this thick zigzag flourish (the 'stabilimentum') is a mystery; although some believe it reflects UV light, luring in pollinating insects who mistake the web for a flower.

Male Wasp Spiders don't have it easy. Physically they lack any snazzy patterning and at 5mm are a third of the size of their hulking female counterparts. And when it comes to spider sex, she dominates the male too. During mating she turns her lover into lunch. So, as the female lies enticingly in her web, the male approaches her with understandable trepidation. It's all about timing. After she slips out of her old exoskeleton and into something more comfortable, her fresh body is temporarily

soft – and so are her jaws. This is her Achilles heel, an opportunity for the male to jump in, do his business and get out before being eaten. This sort of pressure would affect any fellas' performance, but the male Wasp Spider has a trick up his eight sleeves: he can detach his sexual organs, leave them inside the female and scarper.

I always assumed that jettisoning his genitalia allowed the spider to survive, but almost every mating session ends in death for the male. Scientists have found that after this self-imposed castration, the spider's sexual organs keep on fertilising the female and block other males' attempts at mating. The spider sacrifices his own life to save his member and ensure he becomes a father. Wow, what a way to go.

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](http://www.sussexwildlifetrust.org.uk/join) or T: 01273 497532



Wasp Spider Neil Fletcher



Wasp Spider Victoria Hume

## Treedom

### TREES • FENCING HEDGES • LOGS

Day: 07941 62 2442

Email: [treedom23@yahoo.co.uk](mailto:treedom23@yahoo.co.uk)

Website: [www.treedomsussex.co.uk](http://www.treedomsussex.co.uk)

Call **Simon Zec** to answer any questions or project queries you may have and to arrange for a free quotation.

"Treedom is fully insured up to 10million pounds, works to British Standards and we are NPTC qualified"

You can now follow **Treedom** on:  
twitter (@treedom\_trees) or:  
facebook ([facebook.com/treedomtreesurgery](https://facebook.com/treedomtreesurgery))

## Walter Wall Carpets & Flooring

FREE MEASURING SERVICE  
SAMPLES TO YOUR HOME  
PROMPT WRITTEN ESTIMATES  
FLOORINGS EXPERTLY FITTED

26 North Road  
Lancing  
BN15 9AB  
01903 750213



FITTED CARPET



VINYL FLOORING



LAMINATE FLOORING

Proud members of  
**Checkatrade**  
Where reputation matters



## September: Steyning for Trees

We, at SFT, are increasingly putting our emphasis on planting host trees and plants for endangered species, plus to reduce flooding. We have already been covering these needs by planting a mixture of 8,000 trees/hedging plants

We are lucky enough now to have a well qualified and dedicated committee, many have spent lifetimes working for the environment, so have considerable expertise.

Many thanks to the SDNPA who are going to provide us with some of their disease resistant elms which are the host plants for the rare White-letter hairstreak butterfly. SDS already have these trees and we hope to support this butterfly by asking our group of landowners and farmers around Steyning to plant some. They are so supportive of the environment and our aims to increase biodiversity here.

We have been re-wilding our own garden for a few years and are fortunate enough to have caterpillars of the cinnabar moth on this ragwort plant. Ragwort is highly poisonous, particularly when dried in hay, to horses and cattle, but as its away, safely, in a garden environment this is not a problem.



Cinnabar Moth caterpillars on Ragwort Host

Woodland wildlife is in danger with 53% of species at risk. Woodland butterflies 47% lower than 1990. Woodland bird numbers have dropped by nearly 37% since 1970. Hedgerow numbers in rural areas have



declined by up to 75%, remember that hole at the bottom of your fence for them to access your garden, 1 in 4 wildlife species like the red squirrel is at risk of extinction. Where have all our insects gone. We used to have to clean off our windscreens because of the insects, now they are the lost food for so many species. What is happening to our pollinators? We must make the correct, informed decisions quickly to help this crisis for biodiversity. We are part of that ecosystem that we need to survive.

SFT has now planted 8,000 trees/hedging plants in and around Steyning. Many thanks to all of you who have supported us in different ways: - volunteering to plant trees, donating, providing us with land to plant on, taking trees in your gardens and on the verges and looking after them, helping us to use recycled canes and spirals, rewinding your gardens, supporting national campaigns and us.

We are going to have a very busy planting season supporting The **Weald to Waves** 1km long hedge on the Wiston Estate. This will, as it grows, help to reduce the water coming down Mouse Lane to the lower High Street, a vulnerable area for flooding.

We also have other projects to support, all so beneficial to Steyning, both for biodiversity and controlling flooding. We now have 20 hedges planted by SFT, plus 7 by residents, who have taken the advice given on our website [www.steyningfortrees.com](http://www.steyningfortrees.com) on how and what to plant in your hedge. Plant a diversity of trees to cover the needs of different species and mop up flood water.

**We will be at the October Market giving out free trees for you to grow in your garden - our 6th year. Please come and support us.**

## Home visits

Does your pet struggle to get to the vet? Take advantage of our home visit service available from just £60\*

- Pick up and collection of your pet
- General Consultations
- Booster vaccinations
- Claw clips and Anal gland expression
- Some behaviour consultations
- Home visits for Euthanasia

\*Discount home visits for £60 available on Wednesdays when pre-booked.



**Hawthorn**  
VETERINARY SURGERIES

**Henfield Surgery**  
Hawthorn House,  
High Street,  
Henfield BN5 9DA  
Tel: 01273 495227

**Partridge Green Surgery**  
The Old Bakehouse,  
High Street,  
Partridge Green RH13 8HU  
Tel: 01403 710332

[www.hawthornvets.co.uk](http://www.hawthornvets.co.uk)



## Cover Art: Monique Clark

Monique Clark originally from New Zealand, living in the UK since 2002 on the south east coast.

Working and exhibiting for Mamoarts UK showing in the Cobblestone walk, Steyning. Completed a BA in Art 2010, completed 3 years of a part-time fine art Degree, completed foundation 2 year course at the MET college. Exhibited at the MALL galleries 2022 for the society of woman artists. 2023 exhibited at the Liberation Galley in Brighton, 2024 exhibition at Fishing quarter gallery 'Beyond Boundaries' 2024 - Steyning art trail.

My exuberant and vivid paintings of self portraits, floral collections and my extended family within my domestic space are rich in colour, subject and scale. My paintings are sourced from images from the internet, family photo albums and explore representations of the body along with notions of sexuality gender and spirituality. Experimenting with photography, digital collage images, often incorporating other media such as stencils,

charcoal, pastel, collage and graphite. These paintings offer an insight to a deeply personal world.

While also appearing universal and carrying New Zealand with me wherever I go. Painting allows me to escape and to enjoy my freedom.



**SteyningARTS**  
ART TRAILS : EVENTS : INSPIRATION





# Ben Warner

## Tree Surgery & Hedge Cutting

N.P.T.C. Certified Tree Surgeon - Fully Insured  
Free Assessment and Quotation

Regular & One-Off Visits  
Tree Felling  
Re-Shaping  
Crown Lifting

Dead Wooding  
Pruning & Hedge Cutting  
Stump Grinding  
Logs & Firewood Supplied

**TEL: 07743 314 250**



Steyning and District  
Flower Club  
Invites you  
to an Evening with  
**Duncan Ward**  
Demonstrating his  
Floral Designs entitled  
**"A Trip to Brighton"**  
Wednesday  
25th September 2024  
The Steyning Centre  
Steyning BN44 3XZ  
7pm for 7.30pm  
Non-Members £7 on the door

*Creations by Duncan Ward*



# ALL LIT

**All Lit Plumbing & Heating**

- Gas and Heating Installation
- Natural and LPG gas appliance repairs and servicing
- Plumbing Maintenance
- Plumbing Installations

*"Dan repaired our boiler in the middle of a cold snap, very reasonably priced and got the boiler fixed the same day"*

Contact: Dan Foster  
Tel: 07590495548  
Email: All-lit@outlook.com  
www.All-lit.co.uk

**safe**  
650770

**Chalcraft**  
FUNERAL DIRECTORS

### Make Your Wishes Known

Not all funeral plans have to be financial.  
Chalcrafts offer a free service where your wishes  
can be lodged for when the time comes.

### Why?

Having your wishes known simply means your loved ones  
are in no doubt of your preferred funeral arrangements.

### Why Chalcrafts?

We believe in an open and honest approach when  
it comes to creating a funeral of your choice. We offer  
a range of services to suit different beliefs, budgets or  
personal requirements.

### How?

Feel free to call, email or pop in and see us and we  
will happily talk through your options.

Chalcraft Funeral Directors,  
55 High Street, Steyning, BN44 3RE  
01903 812656  
info@chalcraftfunerals.co.uk



# Street Food Piazza



A RANGE OF STREET FOOD & DRINKS



OPEN FIRE COOKING & MUSIC

## 8th September 24

STEYNING HIGH STREET CAR PARK 12pm - 6pm

#VISITSTEYNING #STEETFOODPIAZZASTEYNING [steyningdistrictfooddrinkfestival.co.uk](http://steyningdistrictfooddrinkfestival.co.uk)

## LR LOMERS

REMOVALS & STORAGE - EST. 1979



For all your moving & storage needs  
contact our sales team.

Tel: 01403 820215

Email: [info@lomersremovals.uk](mailto:info@lomersremovals.uk)

[www.lomersremovals.uk](http://www.lomersremovals.uk)



Local family run business  
Qualified, Insured

For all your pest problems

Tel:- **01903 550149**



## imogen ruby

- ♥ Organic, branded clothing 0-5 years
- ♥ Sustainably made toys 0-7 years
- ♥ Reusable products, including nappies, wipes, period products and more



NEW: We now buy and sell organic preloved clothing. Please ask to see our preloved collection.

Brands include Kite, The Bonnie Mob, Little Green Radicals, Turtledove London, Toby Tiger, Lanka Kade, Jumini, Floss and Rock and more!

98A High Street, Steyning  
[www.imogenruby.co.uk](http://www.imogenruby.co.uk)





## September Gardening Journal

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

September is the highlight of the late summer garden. The autumn flowering perennials are in full bloom and the ornamental grasses are in their prime creating the crescendo of the summer season with our gardens bulging with colour and texture. Autumn is around the corner, and while there is work to do, it can often wait providing you with the ideal opportunity to wind down and enjoy the last month of the summer season.

Helianthus derives from Greek Helios (the sun) and Anthos (flower), and is commonly known as the sunflower! They are widespread natives to the Americas that are primarily summer and autumn flowering perennials. Almost without exception, Helianthus blooms are yellow-flowered daisies.

Helianthus species are renowned for their durability and adaptability. They are tough, low maintenance plants which makes them perfect for any garden. They'll grow almost anywhere that isn't a pond or full shade. The perennial Helianthus range from tall, back of the border plants to short front border specimens that really light up any garden.

One thing to bear in mind when growing Helianthus is that they are hungry plants - enrich the soil before planting with plenty of well-rotted manure or garden compost, and water plants regularly. You may also need to stake some varieties as some can get a little leggy and top heavy.

Helianthus annuus 'Lemon Queen' has been given the Award of Garden Merit (AGM) by the Royal Horticultural Society. It typically grows to a height of 1.5 to 2.4 meters, depending on the location and aspect. The flower heads can reach a

diameter of about 15 to 20 centimetres and each plant usually produces multiple flower heads, creating a magnificent display of sunny blooms.

The petals of the Lemon Queen Sunflower are a soft, lemon-yellow colour, reminiscent of the vibrant citrus fruit that inspired its name. The yellow hue is bright and cheerful, creating a striking contrast against the dark brown centre of the flower head. These flowers not only add visual appeal to gardens but also attract pollinators, such as bees and butterflies, with their nectar-rich blooms. The Lemon Queen Sunflower is a favourite among gardeners looking to create a haven for beneficial insects.

Lemon Queen Sunflowers are versatile and can be used in various garden settings. They make excellent backdrops in flower beds, borders, or as natural screens. Additionally, their long stems and large flower heads make them suitable for cut flower arrangements, bringing a burst of sunshine indoors.

Helianthus flowers look amazing when the setting sun shines through them and when combined with tall grasses like Miscanthus you can create a dramatic and colourful end in the garden right at the end of the summer season.

### Plant of The Month – Helianthus lemon queen

### Jobs to do this month include:

#### Ornamental Garden:

- Continue to deadhead.
- Trim Lavenders to woody growth to keep them compact.
- Begin to clear leaves as necessary.
- Keep borders clear of weeds.
- Take cuttings of tender perennials.
- Continue to deadhead bedding plants.
- Plan for next year's garden displays.
- Collect seed from perennials / hardy annuals.
- Start planting spring bulbs
- Lift and divide herbaceous perennials.
- Start planting trees and shrubs towards the end of the month and move evergreen shrubs etc while the soil is still warm.
- Collect and get rid of any infected roses leaves.

#### Vegetable Garden:

- Once the tassels on sweet corn have turned brown check whether the cobs are ready to harvest. When ripe the kernels contain a milky liquid.
- Leave marrows, squashes, pumpkins etc to ripen on the plant. Place fruit on a wooden board to prevent soiling.
- Plant onions / shallots suitable for over wintering (on heavy wet soils spring planting may be preferable).
- Continue harvesting fruit.
- Harvest main crop potatoes.

- Sow winter greens such as land cress, mustard spinach, corn salad and hardy lettuce cultivars.

SUBSCRIBE TO  
OUR MAILING LIST  
[yourmag.co.uk](http://yourmag.co.uk)



**GROOMING STUDIO**  
Keep your dog looking great & feeling healthy

11 Saxon Road  
Steyning

Emily 07775915212

[doodlesgroomingstudio@gmail.com](mailto:doodlesgroomingstudio@gmail.com)

[www.doodlesgroomingstudio.co.uk](http://www.doodlesgroomingstudio.co.uk)

Full Grooms • Wash & Dry • De-shed • De-tangle



**Alpine Installs**

TV AERIALS • WIFI POINTS • CCTV  
SATELLITE • TELECOMMUNICATIONS  
DATA ACCESS

[info@alpineinstalls.com](mailto:info@alpineinstalls.com)  
Call Scott on 07845 497 315  
[www.alpineinstalls.com](http://www.alpineinstalls.com)



**alex bell**  
GARDEN DESIGN

Award Winning Garden Designer

creative concepts for traditional  
and contemporary gardens

Telephone: 01903 815065  
Mobile: 07866 747849  
Email: [alex@alexbellgardendesign.co.uk](mailto:alex@alexbellgardendesign.co.uk)

[www.alexbellgardendesign.co.uk](http://www.alexbellgardendesign.co.uk)

## The Vicar who never was

Just inside the body of our church is a board on which, many years ago, the names of all our known vicars were inscribed – and, since then, the names of subsequent vicars have been added. It has now been decided that a replacement board is needed so a challenge has been issued to find out more about the men – all men, I'm afraid – who have cared for the souls of the people of Steyning over the centuries. In doing this there have been some unexpected discoveries: some of the listed vicars were not vicars at all but we have found other men we have been able to add to the list – and we know much more about them all than we ever did before.

The story traced by the existing vicars' board starts with the confident assertion that **David Chaplin** was our vicar in 1307. But this turns out to be wrong. He was not called **David Chaplin**, he was not our vicar and the date of 1307 is only partly correct. He was actually called David Cubbel and, in six different documents stretching from 1293 to 1329, he is referred to as David of Steyning, chaplain or David Cubbel, chaplain.

Old documents are fairly careful over their use of terminology and in none of these was he described as the vicar. Whereas two other men – Roger de Wole (in the 1290's) and Ralph (in 1325) have been shown to have been vicars of Steyning during David's chaplaincy.

Although David Cubbel was not a vicar, he did have some significance in Steyning's story.

We believe that he was possibly the first chaplain of Steyning's Chantry of the Blessed Virgin Mary. He it was who, kneeling at the chantry altar in the church, would have said and sung masses and prayed for the souls of Steyning's dead to speed their passage through purgatory. In 1293, to support him in this role, Hamo Bovet, lord of the manor of Wappingthorne, granted him the revenue from two



of his outlying manors of Woghewode and Totyngton. Tottington's name is unchanged but, after seven hundred years, Woghewode has been more difficult to track down. It could have been what is now known as Hoe Wood, still described as an 'ancient woodland', south of Woods Mill.

A further grant was made to David in 1298; this time being of two unnamed parts of the manor of Wickham. This grant was made by Margaret, wife of Richard Fylo, but it was only for the duration of David's life – for which he, rather charmingly, had to 'render a rose each year on the nativity of John the Baptist' (24th June).

Whether these two unnamed portions of Wickham were also Woghewode and Totyngton, under a different guise we cannot be sure.

They may have been because Wickham itself was part of Wappingthorne and in the 16th century Wowood re-appears as part of the Wappingthorne estate. In 1307, when Richard died, Margaret re-married, this time to a gentleman called William Grandyn, and, to keep it legal, the whole agreement had to be restated – including the rendering of the rose.

However, some

years later, the rapacious baron, Hugh Despenser, one of Edward II's favourites and a very nasty bit of work, somehow managed to seize these lands.

Consequently, when Despenser was convicted of treason and was rather unpleasantly hung, drawn and quartered, the two Wickham properties fell into the hands of the king. It needed a court case in 1329, after David's death in 1328, to reclaim them for Margaret and her successors.

It is through these small seven hundred year old nuggets of information that we learn about David who, because he was never a vicar in Steyning, is now being removed from the vicars' board.

For those vicars whose names will still appear on the new board and for the new ones we have uncovered during our researches, more will be revealed by a number of short presentations given on 13th October – at 17:30 that evening in the parish church.

Article by: Chris Tod - Steyning Museum.

**Hamilton Cole**

Family Run Local Retailer / Service Provider

**SERVICE PROVIDER**  
Aerial/Satellite Custom Installer  
TV Wall Mounting  
NICEIC Domestic Electrician  
PAT Testing  
Replacement Watch Batteries  
Copying of VHS Tapes to DVD

**REPAIR EXPERTS**  
TV, Audio, DVD Recorders  
Lamps  
Microwaves  
Vaccum Cleaners  
Cookers  
Hobs

**RETAILER**  
Flat Panel TV's  
DAB/FM Radios  
Domestic Appliances  
Freestanding/Built In  
Lighting and Heating

**Call 01798 872237**  
Station Road, Pulborough,  
West Sussex, RH20 1AH  
Email: [office@hamiltoncole.co.uk](mailto:office@hamiltoncole.co.uk)

[www.hamiltoncole.co.uk](http://www.hamiltoncole.co.uk)

Find us on Facebook

**What if the best boiler cover service in the country was on your door step?**

**At Option Energy Solutions we have packages starting from just £8.50 per month**

- ✓ Local company - Steyning residents
- ✓ Service plans and all inclusive repair plans for your heating system
- ✓ Unrivalled same day/next day **GUARANTEED** emergency attendance
- ✓ Zero excess payments
- ✓ Unlimited call outs
- ✓ Easy direct debit
- ✓ 1% of all sales donated to environmental causes

SCAN ME

**Call us on 01903 814777**  
[www.youroption.co.uk](http://www.youroption.co.uk)

FOR THE PLANET





enquiries@adampierre.co.uk  
www.adampierre.co.uk  
01903 817176  
07811 112236

Building & Carpentry Contractor LTD

- New Builds
- Renovations
- Extensions
- Loft Conversions
- Kitchen Design & Fitting
- General Building
- Landscaping
- & More...



**Now available in your area**

A reliable, friendly, family man. No job too big or small.  
Call now for a quote.



DECORATING CONTRACTOR

07780 458204

*"Tom has completely blown me away! His work, reasonable prices and fun, friendly attitude have made it a pleasure to get our decorating work done!"*

Lucy - Upper Beeding

*"I would highly recommend Tom. Two other decorators let us down and then Tom was recommended to us. His work is exceptional, he is polite, trustworthy and reasonably priced!"*

Becky - Steyning

## ADVERTISER'S INDEX

<b>Accountants/Tax</b> Accountancy & Business Matters 2 Beltons Public Account 23	<b>Fencing</b> Four Landscapes 17 Riverside Home Maint. 11 Treedom 37	<b>Painting/Decorating</b> Keltons Decorating 48 Riverside Home Maint. 11	<b>Wines</b> Chanctonbury Wines 21
<b>Aerials/Home Theatre</b> Alpine Installs 45 Hamilton Cole 47 Norsat 47	<b>Financial Planning</b> NFU Mutual 51	<b>Personal Account Affairs</b> Beltons Public Account 23	<b>Windows/Doors/Conserv.</b> Steyning Dbl. Glazing 11
<b>Art Gallery</b> Shoreham Art Gallery 26	<b>Funeral Directors</b> Chalcraft Funeral Direct. 41	<b>Pest Control</b> BN Services 43	
<b>Auto/Garage Services</b> LMC Auto Services 30	<b>Financial Services</b> Matthew Wykes 19	<b>Retirement Matters</b> Cognitive Law 23 Nsure Estate Planning 24	
<b>Boiler Repair</b> All Lit 40 Option Energy Solutions 47	<b>Flooring/Carpets</b> Walter Wall 37	<b>Plant Nursery</b> Village Nurseries 14	
<b>Bookshop/Reading</b> The Steyning Bookshop 33	<b>Garden Services/Design</b> Alex Bell Garden Desig. 45 Cam Bro Building Ltd. 8 Four Landscapes 17 Riverside Home Maint. 11 Treedom 37	<b>Plumbing/Heating/Gas</b> CJ Plumbing 12 All Lit 40	
<b>Building/Architecture</b> Adam Pierre 48 Cam Bro Building Ltd. 8 Sussex Contractors 31	<b>Guttering/Facias</b> G Standing Roofing 12	<b>Ponds/Water Features</b> Four Landscapes 17	
<b>Business Affairs</b> Beltons Public Account 23	<b>Health/Sport/Fitness</b> Lois Long Counselling 15 Love to Move 14 Shaitsu Physical 17 Steyning Osteopathic 17 Well Adjusted Health 35	<b>Roofing</b> Best Choice Roofing 30 C&S Roofing Specialists 50 G Standing Roofing 12 Steyning Roofing 9	
<b>Carpentry</b> Adam Pierre 48 Riverside Home Maint. 11	<b>Home Appliances</b> Carters Home Appl. 52	<b>Security</b> Omni3 21	
<b>Car Hire</b> A Cars 3	<b>Home Care Services</b> Keeping you safe 15	<b>Soft Furnishings</b> Helen Puxley 12	
<b>Children's Clothing</b> Imogen Ruby 43	<b>Home Maintain</b> Riverside Home Maint. 11	<b>Tiling &amp; Slating</b> Steyning Roofing 9	
<b>Communications</b> Omni3 21	<b>Insurance/ Investments</b> NFU Mutual 51	<b>Timber/logs</b> Ben Warner 40 Treedom 37	
<b>Curtains &amp; Blinds</b> Helen Puxley 12	<b>Interior Design</b> Old Bank Interiors 29	<b>Transport</b> Sussex Minibus 27/28	
<b>Dental Practice</b> Mallards Dental 35	<b>Kitchen/Utilities/Bedroom</b> Old Bank Interiors 29	<b>Tree Surgery/Stump Grind</b> Ben Warner 40 Treedom 37	
<b>Dog Walking/Grooming</b> Doodles Grooming 45	<b>Landscaping</b> Alex Bell Garden Desig. 45 Four Landscapes 17 Kingston Landscapes 14 Riverside Home Maint. 11	<b>TV/Aerials/Satellite/CCTV</b> Alpine Installs 45 Hamilton Cole 47 Norsat 47	
<b>Cleaners Wanted</b> Tighe Blitz 30	<b>Legal Services</b> Mayo Wynne Baxter 13	<b>Upholstery/Soft Furnishing</b> Helen Puxley 12	
<b>Electrical</b> Mark Perry Electrical 12 Omni3 21 Rob Sykes 23 TR Energy 30	<b>Moving &amp; Storage</b> LR Lomers 43	<b>Veterinary Services</b> Hawthorn Vets 39	
<b>Events</b> Steyning & Dist Flower 40 Street Food Pizza 42	<b>Oven Cleaning</b> Sussex Oven Cleaning 9 The Oven Magician 30	<b>Wall &amp; Floor Tiling</b> Glen Reed Tiling 23 Riverside Home Maint. 11	
<b>Fabrics</b> Helen Puxley 12		<b>Wills/Estate Planning</b> Cognitive Law 23 Nsure Estate Planning 24	

Subscribe to our mailing list: [yourmag.co.uk](http://yourmag.co.uk)

Stay in touch



EDITORIAL &  
ADVERTISING  
ENQUIRIES

Call Us:  
Sales T: 01903 816803  
[melanie@barawood.co.uk](mailto:melanie@barawood.co.uk)  
[www.yourmag.co.uk](http://www.yourmag.co.uk)

Copy Deadline for the  
**OCTOBER** issue is  
**12<sup>th</sup> SEPTEMBER,**  
**2024 E&OE**

Your Steyning, Bramber & Beeding is published monthly in the UK by Barawood Publishing Ltd. It is delivered to 3200 homes in Steyning, Bramber & Beeding. Printed on FSC accredited paper from managed forests using vegetable-based inks.

Please remember to recycle.

The views expressed in Your Steyning, Bramber & Beeding are not necessarily those of the editor or publisher. The publisher cannot accept responsibility for any errors or omissions relating to advertising or editorial. No part of this publication may be reproduced in any form without the prior written consent of the publisher.



# **PROTECTING YOUR ROOF** **C&S** **Roofing Specialists Ltd**

Visit us at [candsroofingspecialistsltd.co.uk](http://candsroofingspecialistsltd.co.uk)





- RESIN MATERIAL OUTLASTS THE BUILDING
- FIRE RETARDANT
- CANNOT BE CUT
- MAINTENANCE FREE
- NO JOINTS, SEAMS OR WELDS
- UV RESISTANT & WATERPROOF
- ENVIRONMENTALLY FRIENDLY
- THREE FINISHES / THREE COLOURS
- 25 YEAR GUARANTEE



**The Next Generation  
of Flat Roofing**

## We Specialise in...

New Roofs • Flat Roofs • Tile & Slate Roofs • Re-pointing Chimney Stacks  
 Leadwork • Valleys Renewed & Repaired • All Roof Repairs  
 New PVC Fascias & Gutters • External Painting • Moss Removal

**Free Estimates • No Obligation • Pay No De-**

**ALL WORK FULLY GUARANTEED!**

**OFFICE:** 01273 961893 / 01483 378511  
**MOBILE:** 07425 396324  
**EMAIL:** [info@candsroofingspecialistsltd.co.uk](mailto:info@candsroofingspecialistsltd.co.uk)



## WE'RE ON YOUR DOORSTEP

Having a local office means we're accessible, whether you need to make changes to your policy or make a claim.

Our insurance products and financial planning services include:

- |                      |            |                     |
|----------------------|------------|---------------------|
| • Property Owners    | • Business | • Income Protection |
| • Tradesmen          | • Car      | • Investments       |
| • Commercial Vehicle | • Home     | • Pensions          |

For a real conversation about your needs contact Chichester and Horsham at [chichesterandhorsham@nfumutual.co.uk](mailto:chichesterandhorsham@nfumutual.co.uk)

Tel: 01273 492239 | Anova House, Wickhurst Lane, Horsham, RH12 3LZ



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.



FREE DELIVERY  
ON ITEMS OVER £150

INSTALLATION  
SERVICE AVAILABLE

# CARTERS

DOMESTIC APPLIANCES

**AEG**

Carters Domestic Appliances is an **AEG** Destination store, with a large range of products on display, ideal for any kitchen



### AEG Single Oven

Model BES35501EM  
Brilliant and simple  
single oven with grill  
2 Yr Warranty

**Just £319.99**



### AEG Induction Hob

Model ILB64334CB  
Plug and play induction hob  
great for replacing  
gas with electric  
2 Yr Warranty

**Just £285.00**



## CARTERS of Storrington



13- 15 West Street  
Storrington

Tel : 01903 959900

Email : [st@cartersdirect.co.uk](mailto:st@cartersdirect.co.uk)

★euronics

Also Stores at :

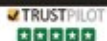
Brighton, Preston Road

Haywards Heath, South Rd

Horsham, Medwin Walk

Storrington Warehouse, Robel Way

Worthing, Teville Road



01273 628618

01444 440260

01403 211551

01903 745100

01903 210100

**BUY ONLINE @ CARTERSDIRECT.CO.UK**

All Prices correct at time of going to print.