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2024

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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/

The Steyning Health Centre:

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Wed 08:00 - 20:00 Thu 08:00 - 20:00
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Steyning & District Good Neighbours

Association: T: 01903 816181
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Steyning Parish Council: T: 01903 812042 -

W: www.steyningpc.gov.uk
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Another fantastic year for Southdown Nursery!

It's been another incredible year for Southdown Nursery, Steyning's cherished community nursery. As a charity, we are run by a dedicated committee comprised of parents, both past and present, and local residents.

In May 2023, we were thrilled to be awarded **Ofsted OUTSTANDING** for the second time. This success comes amid the ongoing challenges faced by the **Early Years Sector**, which remains in crisis and critically underfunded, we deeply rely on the generous support of our local community. This is why we'd like to take this moment to express our heartfelt thanks to the following individuals and groups for their unwavering support.

Over the years, **The Wilson Memorial Trust** has generously supported us with funding for several key improvements. Their contributions have enabled us to resurface our playground, invest in modern technology for electronic learning journals, and acquire a fantastic indoor brick-block set for the children.

We are delighted to have been chosen to be part of the next round of the **Co-op Local Community Fund from 22 October 2024**. If you are a member we would be very grateful if you select us as your chosen charity. If you are not a member, now's the time to sign up! We will be using the money to purchase a new summer house to enhance our outside learning space.

Each week we are so grateful to The Community Fridge as they provide us with bread for our morning snack.

We are lucky to have a beautiful large outside

space with a sensory garden, willow tunnel vegetable patch, digging area, large sandpit, climbing areas and flower beds – all of which are maintained by **Phil's Garden Services**, with bark chipping and major tree works by **Sussex Timber**.

A big thank you to **Alice and Chris**, owners of **Rosie and Java**, for providing tea, coffee and hot chocolate at all our events.

And finally... A massive thank you to the **Steyning High Street community** for their kind donations of raffle gifts and food for our Winter and Summer fundraising events.

All of your help makes a big difference to our little ones. Thank you!

T: 01903814581
E: head@southdownnursery.co.uk
W: www.southdownnursery.co.uk



News from Bramber Parish Council



BPC have voted to become a Dementia friendly council.

Councillors have taken on-line training and have learnt to identify common symptoms of dementia.

Each person experiences dementia in their own individual way. Different types of dementia also tend to affect people differently, especially in the early stages. However, there are some common early signs and symptoms of dementia. These include:

memory loss – for example, problems recalling things that happened recently.

(such as on stairs) or perceiving the edges of objects, and misinterpreting patterns or reflections

difficulty concentrating, planning or organising – for example, struggling to make decisions, solve problems or follow a series of steps (such as cooking a meal).

being confused about time or place – for example, losing track of the time or date, or becoming confused about where they are.

problems with language and communication – for example, difficulties following a conversation or finding the right word for something.

mood changes or difficulty controlling emotions – for example, becoming unusually anxious, irritable, sad or frightened, losing interest in things and personality changes.

misunderstanding what is being seen – for example, problems judging distances

Further information can be gleaned from dementiafriends@email.alzheimers.org.uk

Keeping mobile, flexible and Independent as we get older

As a Specialist Exercise and Well being professional I work with many clients of mixed ages and health issues

Staying Active class is online via Zoom, it is a chair based class with some small equipment. You can take part in the class from the comfort of your own home, with the safety of a chair to help your balance and confidence. The exercises are designed to strengthen major muscles groups that help you go about your everyday activities. We also work on balance and flexibility, which are very important to keep us upright and able to move freely.

If you feel you would like a face to face class either before you start Staying Active or instead of, I offer a 1-2-1 service coming to you in your home.

If you have any questions or would like to know more about the other classes both face to face and online and Personal Training sessions I offer please contact me. To find out more about me click on the web site link, I look forward to hearing from you.



Lorraine Hannah Specialist Exercise and Well Being Professional

E: fitness.lorraine@googlemail.com

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Steyning Gardening Club.

Autumn is definitely with us and many will feel a little overwhelmed by all the chores still to do in the garden. Some of us will find ourselves out there in all weathers, whether that be in your allotment, garden or even just trying to tidy pots and others will stay in the warm and look out at the shoots trying to push their way to the surface, ready to greet us in the new year.

Whatever your style of gardening or interests, we at SGC were immensely pleased to welcome Alex Bell, the award-winning garden designer based in Steyning, to our October meeting. His entertaining and fascinating talk looked at the many different approaches to gardening, as well as tips and information about 'Putting Your Garden to Bed'. His seminar was met with laughter and interest by our members and visitors alike. Hopefully we can persuade Alex to return another time and share his insight and knowledge with our club members.

As Christmas approaches, far too quickly, we may put our gardening tools away for a short while to concentrate on the festive season. We at SGC are now nearing the end of our inaugural year, and it is quite surprising how quickly we have arrived at the last few meetings since our launch in March. Where has that time gone? We are sure this is a phrase that many of you repeat all too often and especially in regards to our gardens and other outside spaces. Part of gardening is however, looking forward and we hope that



our newly founded club continues to blossom and grow.

As this will be our last article for Your Steyning in 2024, we at Steyning Gardening Club would like to wish you all a wonderful Christmas and a healthy and happy New Year.

Sign up for our mailing list by clicking the link: https://bit.ly/SGC_sign_up.

Or become a member via the QR code or link: https://bit.ly/SCG_Membership

For general enquires please contact us at steyninggardeningclub@gmail.com or via Susan on 01903 816588.



New Walking and Cycling Survey Launched

What would it take to make Steyning, Bramber and Beeding more walking and cycling friendly? And how can it be made easier to get out and about for those with wheelchairs, mobility scooters and pushchairs?

These are the questions being asked in a new survey has just been launched. Backed by the three **Parish Councils**, the survey will feed into a long term **Walking and Cycling Plan** being developed for our local community. This will be used to guide future investments in footpath and cycle path improvements, and in traffic calming and other potential measures.

The whole purpose is to tip the balance towards more active forms of travel, so our streets feel safer and it becomes an easier choice to leave the car at home. At present, Steyning, Bramber and Beeding are blessed with a fairly extensive network of footpaths and twittens. But these paths do not always feel easy or safe to navigate,

especially if you have young children or mobility issues. Provision for cyclists is also quite patchy, with few dedicated cycle paths and a number of hazardous crossings and busy roads to negotiate.

The survey asks you to identify current danger spots that put you off cycling and walking, and say what you think would be the most effective improvements that could be made. A number of suggestions are set out, but there is plenty of space for you to add your own ideas.

The survey is especially timely given the plans afoot to rebuild and expand Steyning Grammar School, and the recent approval of outline plans to build up to 285 new houses on the Glebe Farm estate, just across the bypass from Steyning. Both of these developments would have a major impact on local travel patterns.

The Walking and Cycling Plan is being developed by a Working Party under the umbrella of Steyning & District Community Partnership. As well as representatives from all three Parish Councils it includes other interested groups such as Greening Steyning, Bramber & Beeding, and the Steyning &

District Business Chamber.

Please be aware that all of the suggested improvements mentioned in the Survey will need to be worked up into detailed plans if they are to proceed, which will involve further consultation with landowners, the County Council, and others. And they will all need funding. So nothing is guaranteed! But the thinking is that by having a well worked out Walking and Cycling Plan as a framework, this will carry weight with local planning authorities and potential funders and make progressing these ambitions a lot easier.

Your ideas are important! Please take 10 minutes to fill in the online survey. The more responses received the more weight the resulting plan will carry.

The survey is open until Sunday 15th December. Just scan the QR code or follow this link: visitsteyning.co.uk/WCP



Cover: Yoneko Shiraishi

In my work, I want to represent what I feel, think, hope, and fear. I believe my work has a raw essence to it.

Unfiltered emotions that I must come out into the world and 'speak' to people. I believe this need to 'communicate' comes from my relationship with my grandparents, who were war refugees.

They arrived in Peru, when they were children, and their experiences (and love) shaped the person I am today and I want to believe that through my work, their memory lives on.

As my grandparents were from Okinawa, this eventually took me to Japan, where I continued my journey of discovery. I learned and keep learning about Japanese culture,

and what I am most passionate about is to help bring back to life the art of momigami (kneaded paper in Japanese).



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November: Steyning Community Orchard update

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

There was a sense of déjà vu early in the year as we once again had a cool damp windy spell in Spring when there were almost no flying insects, so essential for good pollination. But as the weather improved, the insects emerged and what seemed like being a poor year, ended up a pretty good one.

Many of the trees we manage in our orchards are ones that we have planted over the last 9 years, and these are now beginning to become mature and cropping well. But as often happens, especially on the Memorial Playing Field orchard, the apples are picked long before they are ripe, by passers-by who can't resist just trying one!

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

In mid-September we held our **Apple Juicing** event. This was well supported as ever, with lots of families bringing their apples along to press into delicious apple juice. We also



STEYNING COMMUNITY ORCHARD

pressed our own apples, and sold over 35 litres of that juice at the October Steyning Farmer's Market.

For the second year running we were invited to the *Weald and Downland Living Museum at Singleton near Chichester to do an Apple Juicing demonstration*. We had hundreds of visitors and were kept busy all day. One of our group is a volunteer at the Museum, and some of the apples that we pressed were from trees that we had helped to source and plant for the Museum in recent years.

We continue to produce our own grafted apple trees for planting in our orchards and to sell to other orchards, and individuals, to raise funds for the Community Orchard. We have found homes for over 30 of our grafted trees this year.

We will be holding our annual **Wassail** again on **Saturday 18th January 2025**. More about that in the January 'Your Steyning'.

Finally, regular readers will know that we have our own apple called '*Steyning Scarlet*'. We found this tree growing at the side of the by-pass, registered it officially as *Steyning Scarlet* and have been grafting and selling these trees for several years. One customer sent us this picture of some of the apples from his tree. They look (and are) delicious!



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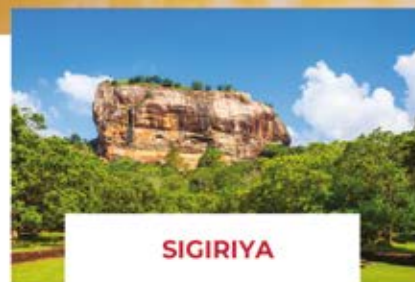
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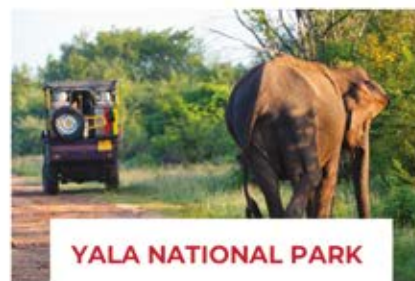
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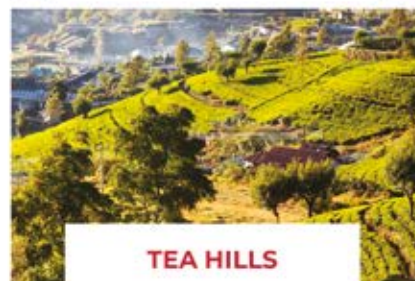
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Big wins for West Sussex as Two National Prizes presented at School Library Association Awards

Staff and pupils at two West Sussex primary schools have plenty to celebrate after their brilliantly bookish efforts were recognised with top accolades at the School Library Association's 2024 Awards.

During a jubilant ceremony in London, judges from the School Library Association (SLA) applauded Steyning C of E Primary School (Steyning) and Swiss Gardens Primary (Shoreham-by-Sea) – who won The Peter Usborne Primary School Library of the Year and Enterprise of the Year Award respectively, after each rose to the top of a sparkling shortlist.

Award-winning author, Robin Stevens, presented the awards with both winners receiving a wide selection of books and book tokens.

The full press release is below and attached is a pic of staff from both schools. In the photo from left to right is Naomi Welsh - Headteacher at Swiss Gardens, Leia Sands - School Librarian

at both schools, Simon Phipps - Headteacher at Steyning Primary, Amanda Evans - Reading Lead at Swiss Primary and Emma Prior - Reading Lead at Steyning Primary



Staff from Swiss Primary and Steyning C of E Primary School celebrate at SLA Awards

Steyning Society Grants

The Steyning Society invites applications for grants from charities and other voluntary organisations which operate in Steyning and the surrounding area. Completed applications for the next round of grants must be received by **12 noon on Sunday, 10th November 2024**.

The Society makes grants, which do not exceed £500 each, in November and May each year. Application forms along with information about these grants and where applications should be sent are available on the Contacts and Grants section of the Society's website (<https://steyningsociety.org.uk>).

The Steyning Society is a charity which encourages people to meet and take an interest in local affairs. It does this by arranging monthly talks on a wide range of topics, as well as outings and other social events, including an annual Christmas supper.

It comments on significant planning applications and other matters affecting our historic town. It also organises the Steyning Bowl Awards to



recognise those who have made a significant contribution to Steyning. Further information about the Society and what it does can be found on the Society's website





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Joint Parish Youth Club – JPYC

This month we are proud to be launching two brand new youth club sessions open to youth from the ages of 9+, in the joint parishes of Steyning, Upper Beeding and Bramber. The Joint Parishes' new provision (**Joint Parish Youth Club – JPYC for short**) is in-house for the first time with Lead Youth Worker, Vicky Heales at the helm and a team of qualified Youth Support Workers and Volunteers.

It comes after an extremely successful trial week of activities, held in the summer where children and young people were invited to take part in various activities, including military bootcamp, in partnership with Places Leisure and street dance. The JPYC partnered with Greening Steyning's Repair Café to run a session on upcycling where budding fashion designers turned old garments into bags. They have also been working with the Steyning Downslands Scheme developing construction and conservation skills for youth, creating a stag beetle hotel which now has a permanent home on the Wiston estate.

The next few weeks will see JPYC conducting surveys for youth in the area, alongside Steyning Downslands Scheme, distributing flyers and planning for their launch w/c 21 October!

You might see them out and about

Vicky's main aim is to make Youth Club a safe, nurturing and welcoming place, which responds to and meets the needs of the community. A space where young people on the cusp of adulthood can be heard, valued, connect with others and find friendship and purpose.

As a qualified Inclusive Dance Teacher, at the age of sixteen, Vicky was given roles of responsibility at her own youth club after staff noticed an interest in dance.

She completed 200 hours as a Millennium Volunteer and led the dance troupe at club, who performed at various local events. She then went on to achieve a BA (hons) Dance degree, a Masters qualification in Dance



Writing & Criticism and has 10 years+ running her own business and managing a nationwide team of instructors. She attributes this success to Youth Club:

'I know first-hand just how important it is to have a safe place to go, where your voice is heard and where you are inspired to make something of your life, with the support of trusted adults. A bad day doesn't mean a bad life, and it is advice like this that can have a lasting impact on a young person. Growth takes time and stepping into youth club for the first time can be the planting of that seed. I certainly wouldn't have taken this path in life had I not attended youth club myself, where I was recognised as an individual and given roles of responsibility within club, to develop my skills.'

Please follow JPYC on Instagram or Facebook by searching 'Joint Parish Youth Club'. Vicky and the team would love to see as many young people as possible at sessions. In addition to the two sessions listed, there are further sessions being planned to include a SEN session and younger cohort sessions.



A Walk Through Spooky Times

The Steyning & District Community Partnership Visitor & Tourism Committee has hatched up a very special November Walk.

Meeting at The Castle Inn, Bramber at 19:00 on Friday 1st November 2024, once the Walk gets started Charley Lowe will share stories about local ghosts and ghouls, the history of smuggling, as well as other sinister legends and folklore.

Taking around 90 minutes, the terrain will be mostly flat but will also take in Bramber Castle hillock.

Ticket price £5 per head, available to purchase at www.visitsteyning.co.uk - Click on EVENTS tab.



November: Diary Events

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

Friday 1st November

Vintage Years Club

14:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Decorating baubles for our Christmas Tree

Our meeting commences at 14:00 but doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we are going to have a relaxing afternoon by using our creative skills to decorate baubles for our fir tree in Coombe Court (for the festive season). These can then be admired by all users in the Centre! There will be plenty of time to chat with our friends and enjoy refreshments afterwards. We will celebrate all November birthdays and draw our Raffle. 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 1st November

Steyning Jazz Club

20:00 – 23:00

The Steyning Centre, Fletchers Croft, Steyning

Jo Fooks Quartet with Guest star Jacqui Hicks

Saxophonist, Jo Fooks, is a brilliantly inventive player and composer, with her infectious enthusiasm, excellent technique and deliciously warm tone so enduring to her audiences. After recording her debut album 'Here and Now!', the legendary British trumpeter Humphrey Lyttelton invited her to join his eight-piece band; she also recorded and performed with Acker Bilk, Tina May, Joe Temperley, Scott Hamilton, Elkie Brooks, and many others. The band line-up will be: Jo Fooks, sax; Jacqui Hicks, vocals; Mark Edwards, piano; Andy Cleyndert, bass; and Buster Birch, drums. The show begins 20:00 at The Steyning Centre, Fletcher's Croft, Steyning. 3XZ. Tickets £15.00 from - WeGotTickets.com - Info Colin Jilks Tel: 01903 810395.

Saturday 2nd November

Steyning Art Group

10:00 – 15:00

The Steyning Centre, Fletchers Croft, Steyning

Annual Exhibition

Annual Art Exhibition with Paintings and Cards for sale in all Mediums, reflecting our work over the last twelve months. Refreshments also on-hand.

Saturday 2nd November

Village Craftsmen

10:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Handmade Craft

Village Craftsmen back in Steyning with their sale of handmade craft. Entry is free, refreshments available. This event is supporting the Midhurst Macmillan Service

Sunday 3rd November

Steyning Parish Church

16:00 – 17:00

Vicarage Lane, Steyning

All Souls Service of Memorial & Thanksgiving

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

Monday 4th November

Probus

12:45 – 15:45

The Steyning Centre, Fletchers Croft, Steyning

'The Black Widows'

After lunch a talk will be given by Sean McDonald - 'The Black Widows'. Sean is a retired Detective Constable who has a considerable knowledge about the subject. Probus is a Members Club. Any non-member who would like to attend please contact Len Warner on 07746 011000 before the 28th October. Lunch cost is £28.00

Wednesday 6th November

Steyning Parish Council: Community Film Night

19:30 – 22:00

Hi, my name's Bry and I'm from Steyning

I'm a 30 year old mummy with cysticfibrosis. I gave birth to my miracle baby boy in February 2023 and despite having extra support during pregnancy, I found postpartum was another story.

From knowing what to do once I fell pregnant to where to start with fitness in postpartum, motherhood was all consuming and I didn't even know where to start.

*Whether you're pregnant or postpartum,
us mums need support.*

Whilst the NHS provided me with invaluable care, postpartum was another story. The consensus between mums was, the support was out there, if you're willing to pay a fortune.

I wanted a mothers ticklist. That's when Baby Steps was born. A Mothers Hub. Full of invaluable help, support, guidance and access to talk to other mummies and professionals. From fitness to food, child sleep guidance to breathing exercises for

labour or regulating during stressful days. The ultimate website tailored for mummies whatever stage of motherhood you're in. End the tedious scrolling on [youtube](https://www.youtube.com) for workouts or google for baby answers. So you never have to be alone. Sign up to **BabySteps** at www.babystepshub.com today, and make motherhood stress free!

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The Steyning Centre, Fletchers Croft, Steyning

Screening: The Trouble With Jessica

Cast: Alan Tudyk, Anne Reid, Olivia Williams, Rufus Sewell, Shirley Henderson, Indira Varma, David Schaal, Jonathan Livingstone. Sarah and Tom are in terrible financial trouble. On the brink of losing everything, they've managed to find a buyer for their stylish London home. When their best friends Richard and Beth come round for a final dinner, an uninvited old friend, Jessica, tags along. After a seemingly trivial argument, Jessica hangs herself in the garden. Tom goes to call the police when Sarah realizes if the buyer finds out, the sale will collapse, meaning definite financial ruin. The only solution -- to convince Richard and Beth to take Jessica's body to her flat and make it look like she killed herself there. If they're clever enough about it, what could possibly go wrong?

Friday 8th November

Vocal Fusion Acapella

19:00 – 21:00

Champs Hill, Waltham Park Road, Coldwaltham, Pulborough, West Sussex

Champs Hill Charity Concert

Vocal Fusion Acapella team up with the Kaleidoscope Singers with their conductor Zoe and tenor Charles Wood for a concert at this wonderful concert hall. Tickets, priced at £20 (including complimentary drink) can be purchased at www.vfaconcert.co.uk/ticket. Proceeds of the concert to be shared between the charities The Malawi Schools Project and Rare Dementia Support. Doors open/wine at 18:30.

Saturday 9th November

The Steyning Holistic Fair

10:00 – 16:00

The Steyning Centre, Fletchers Croft, Steyning

Silverdragon Wellbeing

The Steyning Holistic Fair returns in the Autumn for another special event. Come along to enjoy a day of wonder in a soothing and uplifting atmosphere. Browse over 40 stalls with a variety of magical crystals and gemstones, handmade wooden gifts, handcrafted jewellery, artworks, herbal gifts, natural beauty products and much more to discover. Gift yourself a healing session or a gentle massage in the healing therapy room or choose a Reading from one of our gifted readers. Take in an inspiring talk, workshop,

meditation and a sound bath experience, all included in the event program. We look forward to seeing you at the Steyning Holistic Fair. The Entrance fee is £3, free for children and includes all talks and workshops.

Saturday 9th November

Steyning Museum Trust

11:00 – 15:00

St Andrew's Church, Vicarage Lane, Steyning

Remembrance Tours of St Andrews Churchyard

Come and join our Museum experts for an informed tour around St Andrew's Churchyard on 9 November learning more about some of the war graves and finishing with a visit to the war memorial. NOTE: There will be two tours: one at 11:00 and another at 14:00. Tours will start at the Museum. Tours are free of charge. All welcome

Saturday 9th November

Greening Steyning

14:00 – 16:00

Bramber & Beeding Village Hall

Repair Cafe & Home Energy Helpdesk

Don't bin it - let us help you fix it! Bring along your items to repair, and anything you'd like sharpened. If you aren't sure whether we can help please email Robin at repaircafe@greeningsteyning.org for advice. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

Sunday 10th November

Steyning Parish Church

10:45 - 11:45

Vicarage Lane, Steyning

Remembrance Day Service

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

Monday 11th November

The Arts Society Steyning

10:00 – 12:00

The Steyning Centre, Fletchers Croft, Steyning

November Lecture: The astonishing Master Mozart comes to London

Graham Griffiths: This lecture tells of the Mozart

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family's stay in London (1764-65) when the 8-year-old child prodigy, Wolfgang Amadeus, befriended George III and became the subject of medical research. The talk is illustrated with explanations and performances of Mozart's witty and precocious miniatures at the piano or electric keyboard. Music by Mozart's own child-prodigy, Franz Xavier, brings the event to an emotional conclusion. Graham Griffiths' experience includes work as a lecturer, conductor, pianist and composer. Qualifications include Music Research Fellow (City, University of London). DPhil., Musicology (Christ Church, Oxford, 2008), PGCE (Cambridge), BMusHons (Edinburgh). He has been a guest on BBC Radio 3's Composer of the Week and at St Petersburg International Conservatoires Festival. His research featured in the BBC Radio 3/AHRC celebration Five Forgotten Female Composers on International Women's Day (8 March 2018). His work has been broadcast in several countries. Free to members, £10 donation for visitors E: steyning@theartssociety.org W: www.theartssocietysteyning.org.uk

Monday 11th November
Steyning Gardening Club
 19:30 – 21:30

The Steyning Centre, Fletchers Croft, Steyning

Pre Christmas Social & Seasonal Demonstration

Join us in celebrating the joy of the Christmas season with a demonstration by Karon Foxwell, accompanied by delightfully festive food and drinks. £5 per head including a drink. Please let us know if you are attending for catering numbers.

Tuesday 12th November
 Neighbourhood Wardens
 15:15 – 17:15
 Penfold Hall, Steyning

Board game cafe

Like playing board games? Come along to the Board Game Cafe, we have lots of games that we can teach you or if you have a favourite one bring it along! This free event runs on the second 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

Friday 15th November

Steyning Patient Participation group
 14:00 – 16:00
 The Hub. Beeding.

Who Cares? Steyning PPG Does!

Our AGM will begin at 14:00. This will be followed at around 14:30 by an opportunity to find out what could be important to all of us as we age A local solicitor, Rebecca Louis, will speak on Lasting Power of Attorney and what individuals and families need to consider. There will also be a short presentation from Carla Booty who is the Frailty Coordinator attached to our Practice, on ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) This plan is nationally recognised as the best way to identify the level of intervention that a person might wish for in an emergency situation. We will also have information on Attendance Allowance and Carers Allowance and how to apply for that financial support. There is no cost to attend this important event. Refreshments will be available to purchase on the day.

Friday 15th November

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

The Role of the Sussex Police & Crime Commissioner

Katy Bourne was first elected Police Commissioner for Sussex in 2012. She will talk about her experience in the role during which she supported various initiatives to tackle hate crime and domestic violence and to improve liaison with young people, as well as finding extra funding during Government cuts. The doors are open at 19:00 and there will be wine or sparkling elderflower (monetary donations welcome) on arrival. There will also be a bring & Buy table with Books, CD's, DVD's and Puzzles. Talk will begin at 19:30, free to members and £5 guests. All are welcome to attend.

Saturday 16th November

Steyning Methodist Church
 10:00 – 14:00
 Steyning Methodist Church, 18 High Street

Christmas Bazaar

Join us for our annual Christmas Bazaar from 10:00 to 14:00. Refreshments and lunches, a cake stall, charity stalls, gift stalls and a special

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 Steyning, BN44 3PJ
 or call 01903 895939

performance from the Sing out Sister choir during the event.

Saturday 16th November

Greening Steyning
10:30 – 10:30
The Castle Inn, Bramber

Climate Cafe

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

Saturday 16th November

Cantatrice
15:00 – 17:00
The Steyning Centre, Fletchers Croft, Steyning

Cantatrice 20th Anniversary Concert

Yes we have been singing for 20 years and would love to share this celebration with you! The members of the choir have chosen the music – diverse as ever and we include a live band and soloist Bryony Prior. Tickets: £15 adults under 18yrs £2 includes complimentary wine/juice. Purchase from The Steyning Bookshop or www.cantatrice.co.uk/ Doors open at 14:30.

Sunday 24th November

Worthing Philharmonic Orchestra
15:00 – 17:00
Worthing Assembly Hall, Stoke Abbott Road, Worthing

Worthing Philharmonic Orchestra Concert

Stravinsky's magical Firebird Suite opens this concert in which the unifying factor is traditional folk melodies turned into virtuosic orchestral showpieces. From Liszt, a master of thematic transformation, we hear the 1st Piano Concerto, with Coulsdon and Purely Festival Winner, Ekaterina Grabova, as soloist. The programme ends with the exhilarating 'Concerto for Orchestra', written in 1943 by Liszt's fellow Hungarian, Bela Bartók. Tickets: £12, £16, £20 Students £3 Worthing Theatres Box Office T: 01903 206206

Wednesday 27th November

Steyning and District Flower Club
19:30 – 21:30
The Steyning Centre, Fletchers Croft, Steyning

'A Christmas Celebration'

Come and join us for 'A Christmas Celebration' at our Annual Open Evening. We are excited to be welcoming Chelsea Gold Medallist Gaenor Circus. Gaenor is a very popular local NAFAS demonstrator and judge and we can be sure of a highly enjoyable and inspiring evening. There will be an opportunity to win one of Gaenor's amazing creations along with other superb raffle prizes. Tickets, which include festive refreshments, are £12 for members and £15 for guests and should be purchased in advance. Please send a cheque, payable to Steyning & District Flower Club, plus SAE, to Mrs Val Hodges, 40 Penlands Rise, Steyning, BN44 3PJ or call 01903 895939. Doors open at 18.30 for a 19.30 start.

Thursday 28th November

Steyning Museum Trust
12:00 – 14:30
Penfold Hall, Church Street, Steyning

Thanksgiving Lunch

Steyning Museum are delighted to welcome one and all to a Thanksgiving Lunch of: vegetable soup & bread, apple dessert with cream, followed by tea or coffee. The lunch will also feature the launch of our Christmas Hamper raffle. Tickets £8 – on sale at the Museum from 31st October.

Saturday 30th November

The Friends of Steyning Parish Church
16:00 – 18:45
Vicarage Lane, Steyning

Steyning's 'Lost' & 'Found'

Discover the intriguing stories and historical context that led to a revision of local history. A dedicated team of researchers, including Sarah Leigh, Brian Hanson, Chris Tod and Christopher Whittick, together with the Revd Mark Heather, will present the surprising results of their extensive work into local history. For about a century a board in Steyning Parish Church has displayed the names of Steyning's vicars. A few years ago, doubt about its accuracy crept in and so began the idea of a local history project. Painstaking analysis of many hundreds of local records going back to the thirteenth century

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covering Steyning and the whole county. The team pored over documents spanning Victorian years, the Reformation, the Black Death and much more. *'We found that eight of the previously listed vicars had never actually been vicars of Steyning and we will explain why we 'expelled' them -. We also identified five new names and substantiated our findings with robust historical evidence,'* says Sarah. She continues: *'As part of the presentation, we will outline our path of discovery and fact-checking so it should be of interest to history students, all those who enjoy local history and the research process.'* For further info: <https://friendsofspc.org/events/>

Drinks and nibbles will be available during a half hour interval. No charge and no tickets for this event, although donations for the upkeep of the church will be welcome. Everyone is welcome to hear about Steyning's local history.

NOTE: The Friends of Steyning Parish Church had originally planned to have their AGM just before the presentation . However, the AGM will be held separately on Monday 18th November at 14:00 at Rosebank, Jarvis Lane, Steyning.

Sunday 1st December

Steyning Parish Church
18:00 – 19:00
Vicarage Lane, Steyning

Darkness to Light Candle-lit Service

The acclaimed Darkness to Light candle-lit service of carols and readings for Advent Sunday, organised through Churches Together in Steyning & District.

Friday 6th December

Vintage Years Club
14:00 – 16:00
The Steyning Centre, Fletchers Croft, Steyning

Tuck Shop Boys

Our meeting commences at 14:00 but doors open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we welcome back the entertaining Tuck Shop Boys who will take us on a trip down memory lane! Audience participation will be encouraged! Festive refreshments will be served from 15:15. We will celebrate all December birthdays and draw our Raffle. Entrance fee is £3 (£5 for visitors) and Annual Membership is £10 (each April). Always contact Bev Francis-Hills 01273 494894 or 07801 442891 before attending for the first time/returning after a long break, for transport needs or any other information.

Saturday 7th December

The Sussex Guild
10:00 – 16:00
Midhurst Rother College, North Street, Midhurst, West Sussex

Contemporary Craft Show at Midhurst Rother College

This year's Sussex Guild show at Midhurst will feature over fifty designers, exhibiting a wide range of contemporary crafts. You'll find a colourful feast of creativity to provide inspiration for unique and personal seasonal gifts. In Midhurst Rother College you'll discover batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork on display and for sale. Talk to the best contemporary craft makers working throughout East and West Sussex, and adjoining counties. Purchase unique works or commission a maker for a personal piece. Free parking and a café serving light refreshments (cash only), this fixture in the West Sussex winter calendar makes seasonal gift shopping relaxed and popular. Buying from independent British makers is the perfect antidote to the frenzy of Black Friday. Your admission ticket of £3.00 allows you to return throughout the two days.

Saturday 7th December

Chanctonbury Chorus and Orchestra
19:00 – 22:00
The Church of St Andrew and St Cuthman, Vicarage Lane, Steyning

Haydn - The Creation

Chanctonbury Chorus are performing Haydn - The Creation on Saturday 7th December at 19:30. Tickets, priced at £18, will be available from Steyning Bookshop, King and Chasemore or contact Shirley Cook (Membership and Marketing Secretary) on 07592 810 828. We very much look forward to seeing you there!

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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.



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Emma Cohen **FIPW**

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



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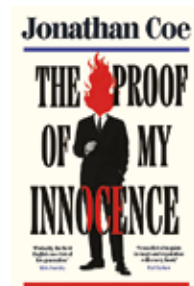
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November 2024 Book Reviews

Adult Fiction



The Proof of My Innocence by Jonathan Coe

Penguin Books, hardback £20

An ambitious, witty, multi-layered novel which somehow mashes up cosy crime, memoir, autofiction and Coe's signature political satire.

Phyl, a middle-class twenty-something, has returned to the family nest to figure out what to do with her life. When Chris, an old family friend, comes to stay, Phyl is intrigued by his tales of the shadowy right wing thinktank he's investigating for his blog, which has its origins in a Cambridge University salon that Chris, and Phyl's mother attended, back in the 80's. Chris goes off to cover the sinister machinations at the 'TrueCon' ultra-right conference at a luxury hotel in the Cotswolds...only to end up dead. Phyl and Rashida, Chris's daughter, sense foul play and pick up the breadcrumb trail of clues left by Chris's research.

Coe delights in playing with genres, as this Russian doll of a novel, containing books within books within books, gradually uncovers the mystery, revealing a story of a forgotten literary enigma while adeptly satirising the right-wing political establishment.



The City and its Uncertain Walls by Haruki Murakami

Harvill Secker hardback £25

Murakami's first novel in 6 years sees him returning to an alternate reality created in his earlier novel Hard-Boiled Wonderland at the End of the World.

This is a long, gentle novel which unwinds

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slowly, beginning with a story of teenage love, narrated by an unnamed 17-year-old boy whose girlfriend bewitches him with tales of an alternate reality where her 'true self' can be found, working in a library of dreams in a city with shifting walls. One day the girl disappears, leaving no trace, and our narrator is haunted by her absence throughout his adult life until, one day, he wakes to find himself in this city, taking up the post of Dream Reader alongside his lost love. Much of Part 1 is set in this unsettling shifting netherworld, where people have no shadows and unicorns stroll the streets. In Part 2, the 'meat' of the novel, our narrator has found his way back to the 'real' world, leaving his job in Tokyo to become head librarian in a remote town. Slowly the relationships he develops there, with elderly, skirt-wearing male librarian, an autistic savant teenage boy, and an attractive coffee shop owner, begin to heal his yearning for his lost love. Will he ever reconcile his real and shadow selves?

Elliptical, mesmerising, mysterious, this haunting novel investigates themes of loneliness, aging, and the universal human desire for finding deeper meaning in a shallow world.



FIRE by John Boyne Transworld Hardback £12.99

The third novel in Boyne's 'Elements' quartet really ratchets up the heat. It's a shocking, unsettling meditation on the nature of evil and the nature/ nurture debate which I suspect will be highly controversial as - trigger warning - it contains scenes of child abuse.

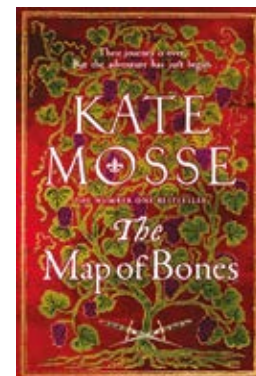
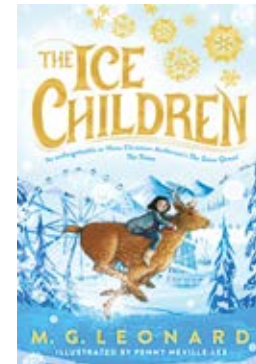
The 2 previous novels in the series followed characters who were in some way complicit to a crime they did not actually commit.



With FIRE, we move to a character who is unambiguously guilty. Freya is a glacial, assured and very successful surgeon in her mid-thirties, who specialises in burn grafts. She is comfortably off, single, dedicated to her job and has no personal relationships outside her work colleagues. Gradually, through a series of flashbacks, we discover that as a child she was the victim of horrific bullying and abuse, perpetrated upon her by two teenage boys.

Outside of her life-saving work at the hospital, Freya leads a darker double life. She cruises the city, visiting acts of retribution for the crimes she suffered as a child. But one day she goes too far and risks losing everything as a web of suspicion falls upon her.

It is an unsettling experience to read a novel from the perspective of such a chilling character. A compulsive, quick read with LOTS for book groups to discuss.



The Sussex Guild Contemporary Craft Show – Midhurst Rother College

At this year's Sussex Guild show at Midhurst Rother College on 7th & 8th December, you'll find a colourful feast of creativity to brighten the dark days of winter and provide inspiration for individual and personal seasonal gifts. Take the opportunity to talk direct to the makers who'll explain their inspirations and explain their specialist techniques.



Jewellery-Pierpaolo-Belfiore-Gold-Stacking-Rings

In the College's airy communal spaces, you will discover exciting batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork.

Purchase unique works over the weekend or commission a maker for a more personal piece.

Many Exhibitors run craft workshops for groups or bespoke one-to-one and will have Gift Vouchers available for their courses which make an ideal present. Show Co-



Metal-Fleur-Grenier-New-Life-Pewter-Sculpture

ordinator Fleur Grenier, for example, likes to pass on her pewtersmith skills by running five different pewter workshops: half day taster, cuttlefish casting, making your own spoon, tealight holder or pendant.

With free parking and a café serving light refreshments, this event makes seasonal gift shopping as relaxed as possible.

Your £3 admission ticket allows re-admission throughout the weekend, so there's time to ponder that extra special purchase or commission

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A User's Guide to Healthy Knees

Healthy knees require continuous motion. However, our generally sedentary lifestyles are at odds with the maintenance of robust knee joint architecture.

Knee pain is a common complaint affecting people of all ages. Whether it's due to an injury, degenerative joint disease, or overuse, knee pain can significantly impact your mobility and quality of life. While conventional treatments often focus on pain management through medications or surgery, chiropractic care offers a holistic approach to addressing knee pain by focusing on the underlying causes and promoting the body's natural healing process.

Causes of Knee Pain:

The knee is a complex joint that bears a significant portion of the body's weight, making it prone to a variety of injuries and degenerative conditions.

Common causes of knee pain include:

Osteoarthritis: Cartilage breakdown in the knee, leading to stiffness, pain, and reduced mobility. Often referred to as '*wear and tear*' arthritis, osteoarthritis is one of the leading causes of knee pain.

Injuries: Ligament injuries, tears, sprains, and strains are common among athletes or active individuals. These injuries can lead to inflammation, instability, and chronic pain if not properly addressed.

Patellar Tendinitis: Often called '*jumper's knee*,' this condition results from overuse of the knee, particularly in activities that involve jumping or rapid movement changes. Inflammation and pain in the tendons surrounding the kneecap are typical symptoms.

Meniscus Tears: The meniscus is a rubbery cartilage that cushions the knee joint. A tear, often caused by twisting or heavy lifting, can lead to sharp pain, swelling, and limited movement.

Biomechanical Imbalances: Poor posture, misaligned hips, or imbalances in muscle

strength can place excessive stress on the knees, leading to chronic pain. Problems in the feet, ankles, and spine can also contribute to knee discomfort.

Chiropractic Solutions for Knee Pain:

Spinal and Postural Alignment: Misaligned spines or hips can shift body weight unevenly, straining the knees. Chiropractic adjustments correct these misalignments, easing knee pressure and improving overall posture.

Joint Mobilisation: Chiropractors use various techniques to restore knee joint mobility, reducing stiffness and improving range of motion.

Soft Tissue Therapy: Techniques like myofascial release and massage help reduce muscle tightness and inflammation around the knee joint, promoting faster healing.

Rehabilitative Exercises: Strengthening the muscles around the knee (e.g., quadriceps and hamstrings) supports the joint, alleviating pain and preventing future injuries.

Gait and Orthotic Evaluation: Chiropractors assess your gait to identify foot misalignments, which can affect the knees.

Benefits of Chiropractic Care:

Knee pain is a multifaceted issue that can arise from various causes, but chiropractic care offers a comprehensive and natural approach to managing and treating this common condition. By addressing the root cause, improving alignment, and promoting overall wellness, chiropractic treatment can provide effective relief and prevent future occurrences of knee pain. Whether you're dealing with an injury or a chronic condition like osteoarthritis, consulting with a chiropractor could be a step toward better



knee health and improved quality of life.

If you're suffering from knee pain, consider seeking care to explore how it can help you get back to living pain-free and active.

Mark Jones from **Well Adjusted Health** advises that beginning a daily walking routine will help launch the process of knee rehabilitation. Start gradually, at a slow, comfortable pace, and walk for 10 minutes. After a few days, your body will begin to adapt, and you will be able to gradually

increase the duration of your walks. Add a minute or two every few days until you're walking a total of 30 minutes. Then gradually increase your pace, over a period of 3 or 4 weeks, until you're able to walk briskly for 30 minutes. Overall, for most of us physical activity is the best method for returning to good health.

If you are experiencing aches and pains, or would like to chat to Mark about this in more detail you are welcome to come in for a FREE 15 minute assessment.



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Jays

Each autumn a lot of my conversations go like this: *'This morning I saw a weird pink and blue bird on my lawn.'* Me: *'It's a Jay.'* *'There's a parrot on my bird table!'* Me: *'It's a Jay.'* *'I've just seen...'* Me: *'It's a Jay.'* Spotting such an exotic looking bird in the back garden gets even my most wildlife-averse friends reaching for the Blencowe bird identification hotline. Yet despite looking like it has flown in direct from the jungles of Costa Rica, the Jay lives in Sussex all year round. For most of the year it withdraws to the woodlands and leads an elusive life amongst the leaves. But in October it is time for the Jay to step out of the shadows.

Jays look fabulous. With extravagant pink plumage, a drooping black moustache and a snazzy electric blue flash through the wings, it's no surprise that the eminent Sussex naturalist, W.H. Hudson, called it 'the British Bird of Paradise'. Surprisingly, it's a member of the crow family. But while the related Ravens, Rooks, Crows and Jackdaws all wear black funereal feathers, the Jay obviously didn't get the memo about the dress code!

Gather the Crows for a family portrait and the Jay stands out like Danny La Rue in full drag amongst a crowd of coal miners. But, when the Jay opens its beak, it reveals its family heritage. The song of the Jay is a rough, rasping, nails-down-the-blackboard shriek, which would make any Crow proud.

The reason we see more Jays in the autumn is because they are busy. Jays are nuts about acorns and at this time of the year their favourite food is in plentiful supply. But the Jay is a clever bird. Aware that there are lean times ahead it starts making a long-term

investment for surviving the winter. With up to nine acorns jammed in its beak and throat, the Jay flies far from the woodlands and hides these nuts in nooks and under dead leaves. With an impressive ability to remember exactly where he has stashed them, the Jay will return, and tuck into these life-saving larders in the cold days of winter.

I've employed a similar strategy many times at parties! Faced with a full buffet at the start of the night, I hide a few piles of crisps and vol-au-vents behind curtains and cushions to help me get through the evening.

One Jay can store up to 5000 acorns in a season. Not all are remembered and retrieved and from these lost acorns, mighty Oaks grow. I often wonder how many of the huge Oaks we see in Sussex were originally planted by Jays. Through the centuries these birds have been architects of the English countryside: a landscape created by the forgetfulness of a pink crow.



Jay Alan Price Sussex Wildlife Trust



Jay Neil Fletcher Sussex Wildlife Trust



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By Michael Blencowe:
Learning & Engagement Officer,
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November: Steyning for Trees

Thank you to all who came to our Stall at the Market and took plants specifically aimed at helping to halt the decline in butterfly numbers which have been happening for so many years. This year, as you know, has been especially bad. The annual garden butterfly count dropped to 7 from 12 - a very steep decline.



All the plants are great for pollinators, providing nectar and food plus shelter. The Buddleia are totally non allergenic (source Arizona university) which is why it is so sought after by butterflies and bees, hence its name the Butterfly Bush. Prune it hard after it's established if you don't want it to get too leggy. It is pretty tough!

Hedge Laying:

We are hoping next year to be laying the first hedge we planted at Abbey Road if the Parish Council gives us permission. SFT will be paying for this work which will considerably aid nature recovery in this area, Laid hedges provide much better nesting sites for birds. This is an ancient craft, Caesar mentioned woven hedges 2,000 years ago.

The hedge needs to be tall at the moment, during laying it is bent horizontally so there's plenty to weave in and out. Thus creating a thicker, more lasting structure. When you bend a branch horizontally shoots grow stronger vertically, hence the increased protection for birds. After laying it will be less than 3ft high and can be kept to any height.

Nature Recovery around Steyning:

We are so pleased to be working with an ever growing number of landowners and farmers, large and small who understand the importance of supporting endangered species that are part of our ecosystem. providing a better future for them and us.



We will be helping Angela and Liam planting a long hedge on their land, developing it as yet another haven for wildlife. These areas are so valuable, such as Shona Halsall's family field, with more varied trees supporting a greater number of species. Plus Disease Resistant Elms Mark Stenning's wonderful Broadbourne egg farm, (Delicious eggs!). Another hedge here, plus planting some goat willow, host plant to the Purple Emperor butterfly, UK's largest. Small leaved limes, Acer campestre etc. Helping him develop his pond already abuzz with dragonflies and damselflies Plus another disease resistant elm he already has one or ours growing so well. The Catholic Church, another hedge, completing the third side surrounding their land.



Planting at Catholic Church

Our wonderful volunteers have been busy looking after the hedges (wildlife corridors) already planted, Cutting back the competing grass round these varied plants Including blackthorn which is a host plant to the Brown hairstreak butterfly. Our maintenance work is considerable now, but will tail off as the hedges become established.

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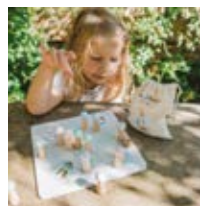
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Steyning Parish Council invites members of the public to
propose nominations for the

Chairman's Community Awards

Criteria for Chairman's Community Awards nominations:

The Chairman's Community Awards (Formerly 'Millennium Awards') are given annually by the Steyning Parish Council to individuals or groups who have made a significant contribution to the town of Steyning. They will be presented at the Chairman's Christmas function on the 6th December 2024.

Nominations will be invited from the people of Steyning for individuals or groups who in their opinion have made a significant contribution to the town of Steyning during the last year.

The individuals or groups nominated will either:

- Live in the town and the surrounding area
- Be an organisation or a member of an organisation that represents the town
- Or work in the town or surrounding parishes.

It is the contribution to the town or Steyning residents that is significant in deciding whether an award will be made.

The Steyning Parish Council will consider the nominations at their Full Council Meeting on the 18th November 2024 under the leadership of the Chairman. Their verdict will be final.

Please contact the Parish Clerk or Deputy if you wish to nominate a member of your community for an award.

The closing date for nominations is Friday 15th November 2024.

We look forward to your helping us celebrate people, who can't help helping others.



Parish Clerk: John Fullbrook
Deputy Clerk: Leanne Poole

Email: clerk@steyningpc.gov.uk
Email: leanne.poole@steyningpc.gov.uk

November Gardening Journal

At this time of year an autumnal walk can be so much more invigorating than an afternoon in the garden but it's not quite time to pack up the tools just yet I'm afraid. November is the best time of year to start thinking about plans for next year while everything is still fresh in your mind. The ground starts to soften, making it a perfect time for digging over, transplanting, and splitting plants to propagate. As the season turns, it's all about the leaves, but it's not just about their beauty as they fade and fall, it's about the mess they leave on the ground too. Whether it's going for an Autumn Walk or cleaning up the leaves, enjoy the beautiful, autumnal colours before the cold sets in.

Some plants really come into their own in the autumn and a good show of autumn leaf colour is hard to beat. In England and Northern Europe, we rarely experience the vast displays of colour that other parts of the world enjoy. However, we do have enough varieties of trees and shrubs available that help us to orchestrate our own end of the season finale worthy of any landscape. There are some spectacularly vibrant trees at this time of year, but one of the very best is Liquidambar.

American sweetgum (*Liquidambar styraciflua*), also known as American storax, is a deciduous tree that is native to North America and Central America. It is recognizable by the combination of its five-pointed star-shaped leaves, which are similar in appearance to maple leaves, and its hard spiky fruits too.

The trees genus name, *Liquidambar*, was

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

first given by Linnaeus in 1753 from the Latin *liquidus* ('fluid') and the Arabic *ambar* ('amber'), in allusion to the fragrant juice or gum which exudes from the tree. The name "storax" has long been confusingly applied to the aromatic gum or resin of this species which has also resulted in the common name '*sweetgum*' too.

The earliest known published record of *Liquidambar styraciflua* is in a work by Spanish naturalist Francisco Hernández published in 1615, in which he describes the species as a large tree producing a fragrant gum resembling liquid amber. The species was introduced to Europe in 1681 by John Banister, the missionary collector sent out by Bishop Compton, who planted it in the palace gardens at Fulham in London, England.

Liquidambar is, without a doubt, one of the best trees for autumn leaf colour. As temperatures fall in autumn, its large, lobed,

maple-like leaves turn from green to glowing shades of orange, red, yellow, or purple. The species is a tall-growing deciduous tree that needs plenty of space to grow with trees taking around 15-20 years to mature. Because of its size it's not really suited to the smaller garden, however, many different cultivars have been bred since it was introduced, offering a range of features such as varying autumn leaf colours, variegated foliage, a narrower or columnar habit, and a smaller overall size too. The narrowest variety is '*Slender Silhouette*', which forms a tight column 1-1.5m wide. '*Lane Roberts*', '*Slender Silhouette*' and '*Worplesdon*' have all been awarded the RHS (Royal Horticultural Society) Award of Garden Merit.

While not everyone will have the space to plant a *Liquidambar*, those that do I would highly recommend using it as a specimen tree – its strong enough to stand on its one and doesn't need neighbours to dilute its magnificent stature. It has also been known to be trained as a Pleached Tree or an Umbrella Tree too so if you have a little less space and are keen to include it in your scheme then perhaps this may be the best way to go.

Jobs To Do This Month Include: Ornamental Garden:

- Part prune roses to prevent windrock.
- Continue to tidy borders if weather permits.
- Final cut for lawns if no frosts.
- Remove fallen leaves.
- Cutback spent foliage and flowers of

herbaceous perennials.

- Leave the seedheads of grasses like *Miscanthus* to provide winter structure.
- Continue to lay turf for new lawns – avoid frosty days if possible.
- Remove surplus dead leaves from ponds.
- Complete planting of bulbs.
- Mulch borders – especially borderline hardy perennials.
- Plant bare root shrubs and roses.
- Prune long stems of roses to avoid windrock.
- Take hard wood cuttings of roses and other deciduous shrubs.
- Scarify lawns.
- Keep off lawns in wet and frosty weather.

Vegetable Garden:

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

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Plant of the Month: *Liquidambar styraciflua*

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Church-going Memories

In 1921 the Rev E W Cox, Steyning's vicar, received a letter from a Miss Kate Penfold with some recollections about the Church. She described herself as "a member of a very old Sussex family" and was clearly an elderly lady when she wrote her letter.

There were several dateable memories in her letter. She described how, on Sundays, she would sit in her grandmother's pew when visiting Steyning. This is a reference to the time when the great, the good and the 'middle sort' of Steyning would pay to reserve a particular 'box' pew for their family's use – this system of allocating pews being dispensed with in 1864. Her grandmother had died before that, in 1858.

She also mentions *'the three-decker pulpit with the clerk's desk beneath it'* which was positioned rather awkwardly in the central aisle of the nave. It is shown in the plan drawn in preparation for the construction of galleries over the north and south aisles of the nave in 1832. A new pulpit, relocated to beside the north chancel arch, was installed in 1857.

She then added "I remember that there was a little orchestra, which was far more interesting to the performers and more likely to induce them to become Church-goers than the wheezy harmonium which displaced them." What she described as a wheezy harmonium was more grandly identified as a new organ by the vicar in the order of service to mark its unveiling in 1853.



The West end of the Church - 1870's

A very early photograph taken in the 1870's shows that the access to the space beneath the tower when Miss Penfold knew it, was through a rather narrow arch – very similar indeed to the existing arches to the north and south of the chancel. Miss Penfold's sharp eye had seen the shortcomings of this arch. *'The children sat in tiers of seats,'* she said, *either in the belfry [i.e. at the foot of the tower beyond the arch] or just in front. Poor children they could neither hear nor see anything and, when they became too restless, some official would distribute condign punishment to the offenders!'*

Her other remarks are harder to date – and have led to some uncertainty and speculation. Miss Penfold claimed to have remembered *'the Church when there was no font to be seen there'*, and that *'Mr. Medland (Steyning's vicar between 1840 and 1882) found the old font'*. Whilst the font was missing she explained that *'For baptisms an 'occasional table' was brought in (from the vicarage?) and an old china bowl was placed thereon'*. Once found, the font *'was set up close to the Church door (properly enough as far as symbolism is concerned), but this position was*

found to be very draughty and I have seen many baptisms at the 'table with its basin' standing just in front of the belfry, whilst the font stood unused at the door, being made a receptacle for odds and ends of various sorts – dusters, brushes etc.'.

'The case of the missing font' probably began when it was damaged during building work. The repair to one corner of the 12th century Purbeck Marble bowl is still evident but the Medieval base which supported it, and which can be seen in a sketch done after the galleries were constructed in 1832, disappeared. Perhaps it too had been damaged. It re-appeared momentarily between 1907 and 1915 but has gone again.

The marble basin was re-established on a new base after it had been repaired – though

exactly when that happened is a moot point. We know, though, that it has been shuffled around within the church. In 1832 it was beneath the tower arch but, when Miss Penfold recalls it, it was evidently positioned as close to the south door as possible, where it was overshadowed by the south gallery. This was so inconvenient that it was eventually moved back to its central position, only to be shunted to the side again when the galleries were removed in 1906.

A hundred years ago it was once again moved back to its central position, and there it has remained.

Article by: Chris Tod - Steyning Museum.

COMMUNITY NEWS

Plastics recycling notice

Greening Steyning are stopping their monthly collection at the Farmers market from November. This is because various sponsored recycling schemes have stopped, other collection points are available, and people are using less single-use plastic.

See below for where to take your plastics that we had been collecting.

Repair Café: Plastic toothbrushes and tapes.

Blue Bin: (Clean, dry, loose) All plastic bottles, pots (e.g. yoghurt, ice cream) and food trays (e.g. food and meat). Large plastic lids from glass jars and plastic pots (larger than a Marmite lid). Plastic bottle tops (including trigger sprays, Tetra Pak, carton and milk bottle lids) as long as they are attached to squashed empty bottles. Medication blister packs.

Order a bin sticker from Horsham Council to remind you of this list.

Supermarkets: All soft plastics. Used water filters (BRITA water filters at most Sainsbury's and Tesco's. Some will accept any brand).

Steyning Stationers: Plastic pens & highlighters. Branded ink cartridges.

Robinsons Opticians: Plastic contact lens packaging.

Steyning Museum: Branded ink cartridges.

Upper Beeding Primary School: Milk bottle tops (red, green, blue & white). Bread/bakery and cheese wrappers. Flexible body cream, moisturiser tubes and plastic make up containers. Ariel & Lenor soft packaging. Marigold (only) gloves & packaging. Rigid food storage containers & lids, reusable plastic water bottles. Pringles tubes and branded ink cartridges.

Any questions? Pop into the Repair café and chat over a cuppa and cake.

Full details at www.greeningsteyning.org



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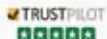
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