

D E C E M B E R

2024

Christmas  
in Steyning  
Programme  
P26 - P27



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**Seasons Greetings  
and Best Wishes to all our  
Readers, Advertisers  
and Contributors**

## USEFUL NUMBERS

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Tanyard Lane, Steyning, BN44 3RJ

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Wed 08:00 - 20:00 Thu 08:00 - 20:00

Fri 08:00 - 18:30 Sat and Sun: Closed

**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)



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## Seasons Greetings from Steyning in Bloom

The winter and spring planting in the High Street is now well established – tubs and planters filled with an abundance of shapes and rich colours to brighten the spirits during the grey months, and in the spring we'll have the surprise of tulips pushing through.

The Summer planting was magnificent and possibly one of the few beneficiaries of the September rain. Steyning in Bloom depends very much on the support of local residents to make these plantings happen, giving words of encouragement to the volunteers down on their knees, emptying and planting at the appropriate times.



Thank you also for your support of the **Open Garden** day in June (the last Sunday in June next year!). It was a huge success, enjoyed by all and has made a considerable contribution to our funds... and enabled us to buy two



planters which will make an impact in prime position on the roundabout entering the High Street. And in another prime position, at the entrance to the car park, the Parish Council have been able to move the notice board opening up the full triangle for dramatic planting.

All this contributes to the beauty of our amazing and historic High Street. With the bonus of a by-pass, it's a place to linger rather than jumping out of the way of speeding through-traffic!

We feel that lots of people put extra effort into creating something beautiful outside their shops or homes in the High Street centre of town...so this year we had a competition to choose our favourites.



We chose **The Star** as winner, with beautiful planters and tubs in front and at the side of the pub. We also commended the wonderful festoons of flowers above the windows and door of the **Chequer** pub. They have done this planting for several years now and it makes a huge impact in the heart of the town. We commended also the magnificent display planted by the **Record Shop** opposite. Of the residences, we chose **90 High Street**, whose troughs of bay trees and mixed planting flower throughout the year - bulbs in the spring and a colourful explosion of colour in the Summer.

Thank you from Steyning in Bloom to all concerned – we hope that many have caught the gardening bug and will continue to grow beautiful things!

## Beginning to look a lot like Christmas

Steyning is ready & waiting to welcome Santa's little helpers again this year! The Christmas elves will be out and about on specific days, collecting the letters that have been posted into the **Cobblestone Walk North Pole Letter Box**. Pre-printed letters will also be found at **Cobblestone**, to make writing those notes to Santa even easier!

Just need to add the **'hoped for'** presents and then post! The Post Box will be **'open for business'** from **30<sup>th</sup> November through to 22<sup>nd</sup> December 2024**. Look out for **Live Elf Collection** days/times on posters displayed and on [www.visitsteyning.co.uk](http://www.visitsteyning.co.uk) and come along and give them a big cheer – it really does encourage them to get those letters flying off to Santa's Grotto!

As well as the elves, **Father Christmas** has his own diary commitments for the town, as he will be making a stop off at the **Christmas in Steyning event on Sunday 8<sup>th</sup> December - 12:00 to 18:00**. The Steyning High Street will be closed to traffic to enable festive food & gift stalls to be put in place, adding to the already superb selection of Steyning shops and eateries.



Twinkling street light decorations & Christmas trees will set the scene, plus music, entertainment, and fairground rides – in fact everything to make this very special Sunday a wonderful family occasion.

The **Steyning Farmers Market** in the High Street Car Park will also have a festive air, with all sorts of Christmas greenery and a fantastic selection of seasonal fayre on offer. **Taking place – as usual – on the first Saturday of the month, 7<sup>th</sup> December - 9:00 to 13:00.**

What a weekend – both Saturday & Sunday jam packed with lots of fun to get you right into the Christmas spirit.

## Walking & Cycling Survey

There is still time to contribute to the survey being carried out to find ways of making Steyning, Bramber and Beeding more walking and cycling friendly, and easier to get around for those with wheelchairs, mobility scooters and pushchairs.

**The survey is open until Sunday 15<sup>th</sup> December.**

Just scan the QR code or follow this link: [visitsteyning.co.uk/WCP](https://visitsteyning.co.uk/WCP)



**STILL TIME TO FILL IN THE SURVEY**

## Real Boxing Day Beef

Of course Boxing Day lunch wouldn't be the same without a traditional roast beef joint. But do you know where yours has come from?

Pop along to Steyning Butchers and ask for a Greyfriars Dexter, and you'll know exactly where it's come from:

The flower-rich grasslands of the Steyning Downland, less than a mile away!



We've been working closely with our grazier, Frances for several years. It's the ultimate virtuous circle.

Frances's small herd of Dexter cattle are vital team members in conserving our flower-rich ancient chalk grassland. Our Conservation Volunteers work tirelessly, cutting down scrub and brambles, while the Dexters ... well, they eat. But without their continuous munching, the Rifle Range would soon be covered with scrub!

Dexters are a hardy rare breed, unbelievably docile and able to thrive on chalk pasture. By contrast, modern breeds like the Charolais are used to slurping up Italian Rye grass,

pumped up with Nitrogen fertilizer. Our Dexters aren't fed antibiotics, wormers or anything other than South Downs wild flowers (and a bit of salt).

When the Dexters finally reach full weight (which can take double the time of the supermarket breeds) they go to a local butchery, and then down the road to Steyning Butchers for local sale. Their food miles are a tiny fraction of the supermarket variety. What's more, research shows that grass-fed beef has big health benefits: It's lower in saturated fats and higher in Omega-3 than grain-fed beef ... and it tastes totally different too - like proper beef should.



## Mari Hunt - Steyning based illustrator and printmaker



As a learning disabled and autistic young woman, art is an enriching and transforming element in Mari's life.

Her bright and bold designs are presented digitally and also reinterpreted as screen prints in her garage studio.

**To find out more...**

[mariannehunt\\_art](mailto:mariannehunt_art) [mari.hunt.art@gmail.com](mailto:mari.hunt.art@gmail.com)

Mari brings her distinctive style to a wealth of subjects. Her primary interest is portraiture, especially iconic figures from the world of popular culture. She also creates joyous images of flora and fauna, inspired by the colours, shapes and forms of nature.

Mari sells her work at local art fairs, in selected stores in Shoreham and Worthing, in Worthing Art Gallery and Museum and online through Superstar Arts.



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Becky - Steyning

## December 24: I'm scrambling...

I'm scrambling through the woodland undergrowth, anxious, sweating and clutching a 2kg pouch of white powder and a spoon. I may look like some Colombian cocaine smuggler, but I've got the perfect excuse for the police: *'I'm researching my parish magazine article'*. I've been writing articles Sussex parish magazines for many years and I've received some lovely comments from many people - thank you. It's nice to know they are being read and enjoyed.

When I was a kid, I would read loads of wildlife books with names like *'the amateur naturalist'* (not to be confused with *'the amateur naturist'*, a mistake you only make once). Each book promised to make you a wildlife detective and was filled with tips on tracking mammals in the countryside.

Most British mammals are nocturnal and, after centuries of persecution, all of them are understandably rather wary of humans. We hardly ever see them. Yet these invisible animals leave behind tantalising clues which let us know they really exist: droppings, nibbled nuts, pellets. But the biggest giveaway of all are their footprints.

Primitive mammals (such as Hedgehogs, Stoats, Badgers and you) are plantigrades. We stroll about on the soles of our feet and have five toes. When we run, we use our toes and the balls of our feet. For the mammals who spend a lot of time running and jumping this basic mammalian plantigrade foot has evolved and adapted over time.

Some animals have lost a toe (Foxes, cats, dogs, Hares) while the real gymnasts, such as deer, leap around on two toes, and horses



race on just one toe enclosed in a hoof. Like Sherlock Holmes with a foot fetish, you can examine each footprint's formula of toes, claws and pads to deduce just who has been sneaking around at night.

My books told me that, once you find a footprint, the best way to capture it is to make a cast - which explains why I'm crouched here in the undergrowth excitedly mixing up plaster of Paris powder and pouring it into a footprint in the muddy woodland floor. I've always wanted to do this since I was a kid but, well, I guess life got in the way.

Now, sat proudly on my desk, I have my first footprint cast: a Badger (with five toes, a wide pad and obvious claws). And somewhere out there is a Badger completely unaware that its footprint has created a deeper enjoyment of wildlife and inspired someone to preserve it. Which now I think about it, is all I have hoped for from these articles too. I hope I've made an impression.

**Wishing you all a Merry Christmas and best wishes for 2025.**



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

Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our guide book: *Discovering Wildlife in Sussex*.

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**Badger © Neil Longhurst SWT**  
**Badger footprint © Katie Parker SWT**



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## Christmas at Nymans and Standen



### Christmas at Nymans

The Lion, the Witch and the Wardrobe

Sat 23 Nov – Sun 5 Jan:  
10am–4pm

Step through the wardrobe into Narnia and explore enchanting scenes from the classic story inside the magically decorated house and outside in the garden. NA

NA Normal admission applies

[nationaltrust.org.uk/nymans](http://nationaltrust.org.uk/nymans)

### Christmas at Standen

All I want for Christmas

Sat 16 Nov – Sun 5 Jan:  
11am–4pm (last entry to house 3pm)

Visit a lavishly decorated Arts & Crafts house with a garden trail for all the family. Twilight evenings on selected dates with carols around the Courtyard Christmas tree designed by TV interior designer Siobhan Murphy. NA

[nationaltrust.org.uk/standen](http://nationaltrust.org.uk/standen)

## December: 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 December

Steyning Museum Trust

10:00 – 16:00

Steyning Museum, Church Street

### Festive Fun Exhibition

Discover the timeless joy of Christmas at Steyning Museum's Festive Fun exhibition – relive family games, snowy adventures, and community Christmas celebrations. Why not try our children's activity sheet for extra festive fun.

### 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.

### Thursday 5th December

Kaleidoscope Singers

20:00 – 21:00

Steyning Methodist Church, High St, Steyning

### Pastime with Good Company

Carols from different era's with some wonderful readings to compliment from this accomplished choir. Tickets: £5 on the door.

### Friday 6th December

Vintage Years Club

14:00 – 16:00

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

Steyning District Churches Together and  
Lancing Brass Band

10:00 – 11:00

Steyning Market, High Street car park Steyning



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## Come and sing Carols at Steyning Market

You are all invited to join us for carols with Lancing Brass Band of the British Legion and singers from the local churches at Steyning Market on the 7th December at 10:00. Come and join in or enjoy listening.

## Saturday 7th December

**Steyning Area First Responders**  
11:00 – 16:00

Steyning Arts Fair at Steyning Centre, Fletchers Croft

**Learn how to save a life - CPR demonstration**

Steyning Area First Responders are holding demonstrations in lifesaving techniques, including CPR and how to use a defibrillator. Demonstrations take place at 11.30 and 14.00. All ages welcome.

## 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!

## Sunday 8th December

**BRASS FUSION**  
14:30 – 16:30

Beeding & Bramber Village Hall, High Street, Uppder Beeding.

## Christmas for the Community.

Come and join us for an afternoon of great music including some of your Festive favourites. Our first time visiting this hall and we're looking forward to entertaining you. Music for all the family. Raffle and refreshments available. Tickets £10 on the door (car park opposite hall) [www.brassfusion.co.uk](http://www.brassfusion.co.uk)

## Sunday 8th December

**Steyning Parish Church**  
16:00 – 17:00  
Vicarage Lane, Steyning

## Christingle Service

The Christmas story told through symbols of oranges, candles, fruits and ribbons and accompanied by seasonal music aimed at families with primary aged children and all those who are young at heart.

## Sunday 8th December

**West Chiltington Silver Band**  
19:30 – 22:00

West Chiltington Village Hall, Mill Road, West Chiltington, RH20 2PZ

## A Christmas Brass Concert.

Come and enjoy an evening's entertainment with some of West Sussex's finest brass musicians. Sing along to your seasonal favourites with our Christmas Brass-aoke! Fun quiz and raffle too. Refreshments (bar, hot drinks, mulled wine & mince pies) available. Time: 19:30 (Doors open 19:00). Tickets £10 - under-16s free if accompanied by an adult. Available from Julie ([simplythebest21@btinternet.com](mailto:simplythebest21@btinternet.com)), Richard ([rabarron@btinternet.com](mailto:rabarron@btinternet.com)) and from Nisa Local, Haglands Lane, West Chiltington.

## Tuesday 10th December

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

## Board game café

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](mailto:wardens@horsham.gov.uk)

## Sunday 15th December

**Steyning Parish Church**



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18:00 – 19:00  
Vicarage Lane, Steyning

### Nine Lessons and Carols

A beautiful candle-lit service telling the story of creation through to the birth of Jesus in words and music, with readers from the local community.

### Friday 20th December

The Steyning Society  
19:00 – 22:00  
Steyning Centre, Fletchers Croft, Steyning

### Christmas Supper

Catering by Normandy Catering. Main Course and Pudding + unlimited refreshments. After-dinner entertainment by Cheer-up Mollys. Tickets £30 available from Steyning Museum, Steyning Bookshop and Steyning Society meeting on 15th November.

### Saturday 21st December

St Mary's Church  
17:30 – 19:30  
Washington, West Sussex. RH20 4AS

### A Festive Concert of Music & Song

A festive concert of music and song with Julieth Lozano & guests. Julieth Lozano, Royal College of Music alumnus, and BBC Cardiff Singer of the World winner of the Dame Kiri Te Kanawa 2023 Audience Prize returns with fellow performers to St Mary's Church Washington for an evening of seasonal festive music. There will be an interval of 20 minutes for Wiston English Sparkling Wine. Tickets £45 per person including wine in support of the National Garden Scheme beneficiary charities. No Concessions. Book online – visit: <https://festive-concert.eventbrite.co.uk>

### Tuesday 24th December

Steyning Parish Church  
15:00 – 16:00  
Vicarage Lane, Steyning

### Christmas Crib Services

Our popular crib service for children and families. Note there will be two separate

services 15:00 – 16:00 and also 16:30 – 17:30.

### Tuesday 24th December

Steyning Parish Church  
23:00 – 00:00  
Vicarage Lane, Steyning

### Midnight Mass

The traditional start to Christmas. Festal Choral Eucharist with carols led by our church choir. The service will end at midnight.

### Wednesday 25th December

Steyning Parish Church  
09:30 – 10:30  
Vicarage Lane, Steyning

### Sung Eucharist for Christmas morning.

### Friday 3rd January

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

### Ben Applin: a presentation of Fire Safety Advice

Our meeting commenced 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 Ben Applin who is the Rural Engagement Officer at West Sussex Fire and Rescue Service. He will give us a Presentation of Fire Safety Advice. Refreshments will be served from 15:15. We will celebrate January 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.

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In Manuel Antonio and the biodiverse Osa Peninsula, travellers can witness the mighty humpback whales between August and December as they migrate to breed in these warm waters. During this same period, playful pods of dolphins, including bottlenose dolphins, can also be seen gliding alongside boats. And in the lush forests around Arenal, you can spot sloths lounging in trees, and keep an eye out for white-faced capuchin monkeys exploring the treetops. With its incredible biodiversity and commitment to conservation, Costa Rica invites you to immerse yourself in nature's beauty and experience the magic of its wildlife firsthand. It's a destination that promises adventure and connection to the natural world at every turn. **Costa Rica awaits!**



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# CHRISTMAS IN STEYNING

Steyping High Street Sunday 8th December 12 noon – 6pm

Come and join us once again for a great extended afternoon of fun, festivities and seasonal shopping. Our lovely High Street will be buzzing with a great array of entertainment, gift and food stalls and warm welcoming shops and eating places.

There's a Traditional Fairground in the town centre car park, with a special toddlers' section, great local choirs, fabulous bands, Father Christmas, a stiltwalking elf and even, specially jetted in, The Imperial Outlanders Star Wars Crew!

## PROGRAMME OF EVENTS

### High Street

12 noon - Give a welcome wave to Santa

In his mini vintage open top bus as he progresses along the High Street, escorted by Tomfoolery and the fabulous stilt-walking elf, Nick Cook, followed by a jolly kids' parade.

### Bus Shelter

Steyping Business Chamber fabulous raffle.  
Prizes galore from generous Steyping businesses.

5.45pm Grand Raffle Draw!

### In the Town Centre Car Park

Shaylers Traditional Fun Fair with the famous Big Wheel  
and a fun section for toddlers

### In Cobblestone Walk.

12 noon and onwards in the afternoon

Travel back in time to Experience the Magic of a Dickens' Christmas.  
Scrumptious food in the café, and gorgeous singer Carrie Louise will be serenading all the beautiful little shops – check out all their special offers too!

### The Steyping Bookshop

40 years old on 8th December!  
Birthday celebrations galore all day!

### Steyping Parish Church

4pm Christingle Service at Steyping Parish Church

45 minutes of Christmas songs and readings. Make your own Christingle to take home All are welcome

# LIVE PERFORMANCE

The Cuthman Stage at the White Horse

12.30pm - The massed choirs of Steyping and Upper Beeding Primary Schools  
open the event with a joyous half hour of Christmas songs and carols.

1pm - Steyping Drama Company

performing with great panache!

1.30pm - Temporary Measured Clog Dancers

2pm - Tomfoolery

performs his madcap show.

2.40pm until 6pm - The Shoreham Allstars,

The welcome return of the young musicians' collective, featuring brilliant emerging  
local bands from Steyping and Shoreham

### Mansell McTaggart Marquee Opposite The Sussex Grocer

12.30 – 1pm The Joy of Signing Choir.

New to our Christmas event this year, we welcome a brilliant and lively choir of local hearing-impaired folk,  
signing to a medley of seasonal songs.

1.05 – 1.35pm Kadenza Choir led by Kate Burnett

Kate from the legendary musical Steyping family the Peates, leading a small and much-loved choir. All are  
welcome to join in.

1.40 - 2.10pm Patcham Silver Band

Bringing rousing Christmas cheer, this prize-winning band returns to popular acclaim.

2.15 – 2.45pm Chanctonbury Chorus.

Fresh from their heavenly Haydn concert we have this wonderful choir to sing for us.

2.50 – 3.20pm Patcham Silver Band

Further foot-tapping melodies.

3.30 – 4pm Sing Out Sister led by the fabulous Christabel Cossins

One of our very popular local choirs with a joyous repertoire of well-loved songs.

4.10 – 4.40pm 15pm Salty Mares – sea shanties with a seasonal flavour

A newly formed local band of female singers come together with a shared love of singing  
all things shanty and folk.

4.45 – 5.15 Isabella Smith

A new young talent with a great voice and a brilliant Christmas selection of songs.

5.20 – 5.40pm Finale, The wonderful Woodcraft Folk Kids

The popular Steyping children's group singing lively Christmas carols with a traditional feel.

### The Razz Christmas Stage North End of High Street opposite Victoria Sponge

12.30pm onwards

A jam-packed programme of music and fun, featuring local bands and DJ's, Tomfoolery, Steyping Drama  
Company, The Steyping Country Massive with the amazing Dylan Cooper and Tom Inkpen, the legendary  
Alfonso the Magnificent, plus a very Special Guest!!

# CHRISTMAS IN STEYNING

## Thank You

An enormous thanks goes to The Parish Council, who pays for the Christmas lights on the lamp-posts, and the Steyning Business Chamber Committee and friends that supply and put up the little Christmas trees and lights. Horsham District Council for its sponsorship and to all those businesses and members of the public who have contributed towards the (much raised) cost of the trees this year.

They will be listed on the Steyning Business Chamber website.

And many thanks are due to the Chamber sub committee who have planned the whole event: Helen Hitchcock (Sakala), Justin and Sarah Brown (Awen), Graham Paul (GE Paul Design and Build) who is organising all the entertainment with Sara Bowers (The Steyning Bookshop) and Russell Barnes (R&R Architects Ltd) for his ongoing support.

Thanks also to Hannah Ryan (Hannah Ryan Bookkeeping) who organises the raffle which funds the event, to Emily (At Emily's) who has arranged the opening procession, to Darren Nash (House Fifty Six) who designs the programme and posters and to Mel and Roger of Your Steyning Magazine for all their help and support.

To Neil Bird of Southern Transit who provides the brilliant miniature double decker bus and to Peter Shayler who cheerfully brings his traditional fairground to our car park come rain or shine, and contributes generously.

Huge thanks as well to Rob Winterson and Aaron Douglass Bailey who, along with Graham, have designed and decorated the entertainment gazebos so beautifully.

And enormous thanks to MC Simon Zec who, if sufficiently powered by candy floss, will keep the crowds well entertained all through the event.

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SJP Approved 05/03/2024

SJPIM95e 01 (02/22)

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.



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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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## December 2024 Book Reviews

### Perfect Gifting Books for Adults



#### **The Christmas Appeal by Janice Hallett**

Profile Books, £9.99

paperback

This fun Christmas mystery is set amongst the players of a village am-dram society as they rehearse their Christmas Panto, Jack & the Beanstalk.... But there's not much goodwill

amongst the cast as the Chair position is questioned, the beanstalk may be full of asbestos...and there's the small matter of a dead Santa....

*Readers are invited to examine the email chains, pore over the police transcripts and dig into the data to discover the truth and find out ... Will the show go on?!*



#### **Three Wise Men by Carol Ann Duffy**

Mini hardback £12.99,  
Macmillan Books

The yearly festive poem in mini book form by Carol Ann Duffy is always a delight, and this year's

offering is sumptuously illustrated by Julia Klenovsky. A nameless traveller must hear the stories of three wise men and judge who amongst them tells the truth. A lovelorn youth plies his darling with golden rings, partridges and pear trees. An elderly man, tired of life, finds himself having cheated death and quite unsure of what to do next.....

### Perfect Gifting Books for Children



#### **How Does Santa Go Down the Chimney? By Mac Barnett, illustrated by Jon Klassen**

Walker Books paperback  
£7.99

Now out in paperback this was one of our favourites

last year too! The award-winning duo of Mac Barnett and Jon Klassen tackle a perennial question: how does Santa go down the chimney? When Santa arrives at a child's house on Christmas Eve, does he go down the chimney feetfirst or headfirst? What if he gets stuck? What if there's no chimney? Maybe he slides under the door, as thin as a piece of paper? Or is it possible he pours himself through the tap? What happens once he's inside?

*Deadpan humour with hilarious illustrations.*



#### **That Christmas and Other Stories by Richard Curtis, illustrated by Rebecca Cobb**

Puffin Books, hardback  
£20

Film director Richard Curtis and Christmas go together like mince pies and cream,

but did YOU realise he's penned 3 delightful festive picture books - now gathered together in an enchanting treasury which is a family / school Christmas ESSENTIAL! Featuring The Empty Stocking, Snow Day and That Christmas, these stories celebrate all the joy, drama, and excitement of the season, and the illustrations by Rebecca Cobb couldn't be cuter! Have you been naughty or nice? Will Father Christmas visit? WILL THERE BE SNOW?!

*The stories in this book have now been woven together into a major animated Netflix film.*



#### **The Ice Children by MG Leonard.**

Macmillan Childrens Books,  
Paperback £7.99

A sparkly winter delight for ages 8-11 by the best-selling Brighton-based author of Beetle Boy, Twitch, and the Adventures on Trains

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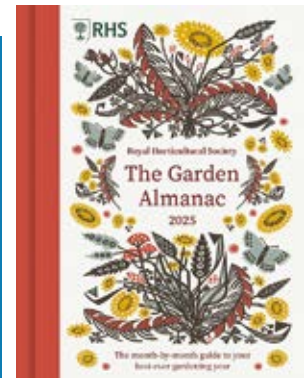
series. A modern, ecologically-aware take on Hans Christian Anderson's The Snow Queen, gorgeously illustrated throughout and now out in paperback.

At the stroke of midnight on the first day of December, 4-year-old Finn Albedo is found frozen solid standing on a pedestal of ice, in the city park. His heart is beating, he is smiling serenely, but he cannot be woken. Finn's big sister, Bianca, suspects that the

sparkling silver book Finn got from the library the day before is linked to his frosty fate. And what about the mysterious top-hatted stranger in the long dark coat who has been spotted in the vicinity? Every day, more children are found frozen, and Bianca knows that time is running out for her to rescue her brother and discover the truth.

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### CHARITIES:

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[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

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

**The Friends of Steyning Parish Church.** 01903 813232

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**Steyning for Trees.**  
01903 816726.

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

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

**CLUBS AND SOCIETIES:**  
**Chanctonbury Quilters.**  
01903 812171.

**Steyning Art Group.**  
[SteyningArtGroup99@gmail.com](mailto:SteyningArtGroup99@gmail.com)

**Steyning Bellringers.**  
01903 813653.

**Steyning Bridge Club.**  
01903 814726.

**Steyning Camera Club.**  
[info@steyningcc.org.uk](mailto:info@steyningcc.org.uk)

**Steyning Gardening Club**  
01903 814684

**Steyning & District Flower Club.** 01903 895939

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

**Steyning Museum.**  
01903 813333.

**Steyning National Women's Register**  
01903 815577 [nwr.org.uk](http://nwr.org.uk)

**Steyning So and Sews**  
01903 813467

**Sugar and Spice Sugar Craft Club.** 01903 695700.

**The Arts Society Steyning.**  
[steyning@theartsociety.org](mailto:steyning@theartsociety.org)  
<http://www.theartsocietysteyning.org.uk/>

**The Steyning Society.**  
E: [cmantsteyningsoc@gmail.com](mailto:cmantsteyningsoc@gmail.com) / W: [www.steyningsociety.org.uk](http://www.steyningsociety.org.uk)

**Vintage Years Club.**  
01273 493884

**West Chilmington Bridge Club.**  
01903 742674 / 01798 813626.

**West Sussex Decorative & Fine Arts Society.**  
01903 411086.

**GENERAL:**  
**1140 Steyning Squadron Air Training Corps** 01903 815511 - [1140@rafac.mod.gov.uk](mailto:1140@rafac.mod.gov.uk)

**Cadet Centre.** 01903 813113.

**Cadet Centre - Steyning Army Cadets.** 07737931010.

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

**Steyning Litter Pickers.**

[susanjglover@outlook.com](mailto:susanjglover@outlook.com)

**Steyning Parish Church.**  
[steyningparishchurch@gmail.com](mailto:steyningparishchurch@gmail.com)

**Steyning WEA Day School.**  
01903 816190/07713 270806.

**SOCIAL:**  
**Cheqoutz Cribbage Team.**  
01903 815471.

**Knit and Natter.** 01903 812751.

**Ladies Thursday Club.**  
01903 813082  
[paulinemhadhebi6@hotmail.com](mailto:paulinemhadhebi6@hotmail.com)

**Singability.** 07845 546365.

**Steyning & District Good Neighbours Association.**  
01903 816181.  
[steyninggoodneighbours.co.uk](http://steyninggoodneighbours.co.uk)

**Steyning Downland Scheme Group.** 01903 812404.

**Friends of Steyning Downland Scheme.** [www.steyningdownland.org/support-us/friends-scheme/](http://www.steyningdownland.org/support-us/friends-scheme/)

**Probus Club of Storrington and District**  
[storringtonprobus@outlook.com](mailto:storringtonprobus@outlook.com) - [www.storringtonprobus.com/](http://www.storringtonprobus.com/)

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**Special Task Force.**  
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**Steyning & District U3A.**  
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## Steyning Arts Christmas Gift Fair

Make sure no one gets socks this year! Join us at Steyning Arts annual gift fair on 7<sup>th</sup> December 2024.

Steer clear of shopping centres and choose to spend your time with us instead perusing the creative delights on offer.

Avoid mass produced consumables and discover unique items to express your love and appreciation for everyone on your gift list.

Find art works, jewellery, ceramics, metal work and textile pieces all created with care by local artists. Every carefully crafted item will bring joy and create lasting memories and connections.

Meet the artists you're buying from. Learn about their processes, inspirations and leave knowing your gorgeous gifts are supporting small independent businesses.

If the shopping gets too much treat yourself to some holiday refreshments in our pop-up café run by and in support of local charity SAFer.

Don't miss out on this festive celebration of art and creativity.



The poster features a festive banner at the top with the text "SteyningARTS @Christmas". Below the banner is a grid of six images showcasing various art and craft items: a bird on a branch, a teardrop-shaped pendant, a colorful landscape painting, a heart-shaped ceramic tile, a red heart-shaped ceramic tile, and a small metal sculpture. At the bottom, the text reads "Gift Fair 7th December Steyning Centre 10.30 - 4pm www.steyningarts.co.uk".

Date: 7<sup>th</sup> December  
Time: 10:30 - 16:00  
Steyning Centre, Fletchers Croft,  
Steyning BN44 3XZ

**Steyning Greening Campaign.**  
01903 813232.

**Steyning in Bloom.**  
01903 812317.

**Steyning Library Book Group.**  
01903 270330.

**Steyning Probus Club.**  
07746 011000

**The Steyning Downland Young People's Sunday Conservation Group.** 07791 437790.

**The Steyning Downland Conservation Volunteers.**  
sdsvolunteers@gmail.com

**Volunteering in the Horsham District.** 01403 273985.

**Young People's Sunday Conservation Group.**  
07791 437790.

**SPORTS:**  
**Friday Evening Badminton Club.** 01903 815857.

**Shoreham Snooker Club**  
01273 452320

**Short Mat Bowls.**  
01903 816474.

**Southdown Gliding Club.**  
01903 742137.

**Steyning Athletic Club.**  
www.steyningac.co.uk

**Steyning Bowling Club**  
01273 887953  
www.steyningbowlsclub.com

**Steyning Scuba Club.**  
07786 243763.

**Steyning Stars Gymnastic Clubs.** 01903 800024.

**Steyning Tennis Club.**  
01273 493155  
steyningtennisclub@gmail.com

**Steyning Ladies Table Tennis Club.** Nikki 07740864552  
**Steyning Rugby Club.**  
07719 153971.

**Steyning Town Community Football Club.** 07713 628053.  
**The Table Tennis Club.**  
01903 815396.

### HEALTH:

**West Sussex Downs Diabetes UK Group.** www.facebook.com/groups/938854172796096/

**Know Dementia - Green Moments.** 01273 494300.

**Parkinson Support Group.**  
01273 969603.

**Pilates Personal Training.**  
07941 078 091.

**Steyning Healthy Walks.**  
Health Centre, Tanyard Lane.

**Steyning Patients Participation Group.** Health Centre, Tanyard Lane,

### YOUTH:

**1st Steyning Rainbows.**  
1ststeyningrainbows@gmail.com

**1st Steyning Brownies.**  
1ststeyningbrownies@gmail.com

**1st Steyning Guides.**  
www.girlguiding.org.uk

**2nd Steyning Scouts.**  
Beavers, Cubs. 815807.

**Chanctonbury Ring Woodcraft Folk.**  
steyningwoodcraft@gmail.com

**Sussex Clubs for Young People.**  
jo.bell@sussexcyp.org.uk

**MAC Playgroup.**  
mac\_group@yahoo.co.uk

**THEATRE:**  
**Milestones Theatre and Supper Club.** 07500 478097.

**Steyning Drama Company.**  
07726 33 35 60m

**Steyning Youth Theatre.**  
01903 602 815  
07788 497 779.

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www.cantatrice.co.uk

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hello@chanctonburychorus.org  
www.chanctonburychorus.org

**Kaleidoscope Singers.**  
www.kaleidoscopesingers.org

**Know Dementia**  
01273 494300  
info@knowdementia.co.uk

**Sandgate Singers.**  
01903 743345.  
www.sandgatesingers.org.uk

**Sing Out Sister Ladies Choir.**  
07730 373142.  
www.singoutsister.co.uk

**Steyning Jazz Club.**  
01273 430311.  
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**Steyning Live Lounge Music Club.** team@steyninglivelounge

**Steyning Parish Church Choir.**  
01903 816008.

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## Power Naps: New Research Uncovers Big Benefits in Short Bursts of Sleep

In the fast-paced world we live in, rest is often sacrificed in favour of productivity. However, a growing body of research suggests that a short power nap — usually defined as a nap lasting between 10 and 30 minutes — can provide a host of cognitive and physical benefits that extend well beyond just making people feel more awake. New studies underscore how these short periods of sleep positively impact mental acuity, mood, physical performance, and even long-term health.

### Improved Cognitive Function and Memory:

Recent research has shown that power naps are particularly effective for enhancing cognitive function and memory retention. Studies have found that even a brief 10-minute nap can improve performance on various tasks, particularly those related to learning and memory. One study published in *\*Neurobiology of Learning and Memory\** demonstrated that a nap as short as 10 minutes could help participants better retain information they had recently learned.

Another recent study conducted at Saarland University in Germany found that even short naps significantly enhance memory consolidation, the process through which short-term memories are transformed into long-term memories. This process is especially valuable for students or anyone who needs to retain large amounts of information, such as during exam periods or work training.

### Boosting Mood and Reducing Stress:

Power naps can also work wonders for mood and emotional resilience. Research published in the *\*Journal of Sleep Research\** revealed that a 20-minute nap reduced cortisol levels, a key stress hormone, which can result in a calmer and more relaxed state of mind. Given that stress is a risk factor for a range of health conditions, including heart disease, obesity, and depression, taking regular power naps could be a small but impactful step toward improving long-term mental health and well-being.

### Enhanced Physical Performance and Reaction Time:

For athletes and those with physically demanding jobs, the benefits of power naps are equally compelling. Research from Stanford University explored the impact of napping on athletic performance and found that a 20 to 30-minute nap before physical activity improved reaction times, motor skills, and endurance. Even athletes who reported getting adequate sleep at night experienced notable improvements in performance and recovery times when adding a power nap to their routine.

A study from NASA revealed that a 26-minute nap could improve performance by up to 34% and alertness by 54% among pilots and astronauts, offering significant implications for industries where split-second decisions are essential.

### Supporting Long-Term Health:

A longitudinal study from the American Heart Association found that regular napping was associated with a reduced risk of heart disease. The research, which spanned five years and involved over 3,000 participants, indicated that people who napped once or twice a week were less likely to experience a stroke or heart attack compared to those who did not nap at all.

Furthermore, some studies suggest that power naps could even aid in combating inflammation, which is associated with chronic diseases like diabetes and cancer. By reducing stress and promoting restful sleep, short naps may help balance the immune response, reducing chronic inflammation and



supporting overall health.

### Why We Shouldn't Be Embarrassed to Take a "Nana Nap":

While power naps might be rare in some cultures, they're a valued part of the daily routine in others. Many European countries, have long embraced the *\*siesta\** a mid-afternoon break to recharge and refresh. In Spain, Italy, and Greece, it's normal and even expected to take a midday rest, with businesses often closing for a few hours in the early afternoon.

In contrast, cultures that view rest as unproductive often make people feel embarrassed about taking a so-called *"Nana Nap."* But as recent research shows, power naps aren't about laziness; they're a valuable tool for enhancing focus, health, and energy. Embracing the wisdom of our European neighbours could lead to a more rested, effective, and balanced lifestyle. So, next time you feel the urge to nod off, don't be embarrassed - consider it a smart, science-backed choice to recharge!

### How to Take an Effective Power Nap:

To make the most of a power nap, timing and environment are crucial. Experts recommend limiting naps to 10-30 minutes, as longer naps can result in sleep inertia, or grogginess, upon waking. Early afternoon is generally the optimal time for a power nap because the body's circadian rhythm naturally dips in alertness during this period. Creating a quiet, comfortable, and dark environment can also help maximise the benefits of a nap, making it easier to fall asleep quickly and wake up refreshed.

**So, when the afternoon slump hits, consider taking a quick nap - your brain and body may thank you!**

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## MARK JONES

MCHIRO, DC

## December: Steyning for Trees

Around 118,000 MILES OF HEDGEROW HAVE DISAPPEARED since the 1950's (50%) this correlates closely with biodiversity loss since then. These hedges were ripped out to make way for intensive farming, (butter mountains etc). SFT and our growing number of landowners, farmers, volunteers and supportive residents are trying to rectify this. Hedges provide excellent shelter and homes for invertebrates, birds, and mammals as well as food.

We are helping to .REPLACE LOST HEDGEROWS /wildlife corridors Many thanks to **Liam and Angela** with their renaturing .

Many thanks to Tom Bower and his mother of Upper **Maudlyn Farm Trust**, such majestic landscape. Over 1,000 here as well..

### LIFE from OLD WOOD

We are so pleased that Guy Sanderson offered to write this article for us and is doing such great environmental work at Gatewick in the centre of Steyning. He has a great love and knowledge of trees.

'Traditionally late autumn has always been bonfire month as gardeners seek to tidy away old wood and debris and enjoy the heat of a bonfire with a toffee apple or two.

Over the past month at **Gatewick House**, behind the parish church, we've been gathering up piles of dead branches, leaves and hedge cuttings to start something that we hope will be much more exciting, more beneficial and enduring than a bonfire.

If you have walked along the edge of Abbey Road Conservation Area recently and looked across (as I hope you might), you'll have seen the start of a long, snaking brown 'dead hedge'. It's not finished yet, but when it is, we hope that it will be a glorious, vertical pile of



old branches, dead stumps and twigs which we will regenerate each year with hedge cuttings and any branches from ongoing tree maintenance. Believing that one large pile is better than several smaller piles, we are creating a continuous 125m pile of dead wood along the edge of the nature reserve.

Over time, the wood at the bottom of the hedge will rot down, aided by tiny fungi, bacteria, slugs (yes we'll even be encouraging those!), snails, springtails, millipedes, earwigs, woodlice and beetles. We're hoping, in time, to find that we've attracted the musk beetle, the wonderfully named red-necked click beetle, and Britain's biggest, the staghorn beetles, as the hedge settles down.

Meanwhile the dry wood at the top of the pile will attract wood wasps and solitary bees which both drill into old dry wood to make homes, as well as overwintering butterflies, moths and ladybirds. All of these are then prey for spiders, hedgehogs (which sadly are less and less common in this country), shrews, frogs, toads, lizards, slow-worms and possibly grass snakes. Small birds like robins, wrens,

dunnocks and even blackbirds all like the tangled maze and hideaways in such a hedge and, once it's finished, we'll enhance this by planting honeysuckle along the whole hedge.

To match this dead hedge, we will start next month planting a further 200m

stretch of conventional native hedging with holly, hawthorn, blackthorn, hazel, field maple, hornbeam, dog-roses along the back of gardens from Shooting Field and Bowman's Close.

Our hope is thus to join the amazing work that's been going on at the Abbey Road Conservation Area and the work in the churchyard at St Andrew and St Cuthman's to provide a continuous wildlife corridor and sanctuary that we might all benefit from at the heart of Steyning'.

### THANKS

We have so many people to thank for all their hard work and support, especially our valiant volunteers. We have now completed the maintenance work on our many hedges/wildlife corridors here over 20 of ours. Plus at least 7 privately owned, that have been planted with a mixture of species at our advice, these are looked after by their owners. We are so pleased to see they are all establishing so well, growing tall and strong, the one reason to be thankful for the wet summer! Many thanks for everyone's generosity: Mike Wynne paying for another tree as well as providing and looking after our

supplies of recycled canes and spirals, Graham Kenward's generous donation. How would we manage without you all?

What incredible progress is being made.

We hope you all have a wonderful Christmas. Best wishes from the Steyning For Trees Committee.



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## December Gardening Journal

December is the bleakest month in the gardening calendar. The last of the leaves are blown off the trees and the summer just gone is a distant memory. With so many other things to keep us occupied this time of the year, our gardens are often forgotten until after the new year too. Don't sit back for too long though as there is still work to do and its never a bad thing to tick off the odd job every now and then to ensure you are ready when spring arrives.

As the seasons turn, different plants take center stage in the garden, and while most people think of Hydrangeas in their prime being late summer I like to think they have value in the winter garden too. The seedheads create a dramatic effect as the sun shines through the garden lighting up the structural form of the cone shaped seed head.

Hydrangea Limelights cone shaped blooms fade elegantly as the seasons change. The blooms persist well into autumn, and as that season advances many of the blooms will take on multiple shades of pink, mingling beautifully with other blooms that still retain their green tints. As the flowers fade the seed heads continue to provide interest as the leaves fall giving the garden some well needed texture, form and structure at a time when everything seems to disappear.

Hydrangea paniculata "Limelight" was bred by a Dutch breeder whose name is little known, and marketed solely by the patent



holder, Spring Meadow Farms. It is a gem of a summer flowering shrub which is easy to look after and can endure the coldest winter. They do not require any staking, need little pruning and the flower heads can be cut and dried and will provide a beautiful display indoors - almost indefinitely.

Hydrangea Limelight likes a good loamy soil, but it is adaptable as long as you water well in the first couple of years while it establishes and climatizes itself in your garden. Once established this particular hydrangea would benefit from a yearly prune, to be done at the end of the winter before the leaves start to sprout in spring. Pruning should be minimal and should be about creating a good framework, shape and height appropriate for its place in the garden. Its best to let the shrub develop its own natural form if at all possible.

If you are looking to create a combination for the winter months then I would suggest combining Hydrangea Limelight with



**Plant of the Month: Hydrangea Limelight**

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

Hellebores, Snowdrops and Evergreen Ferns like Polystichum setiferum. Ornamental Grasses like Miscanthus and Panicum can also work well as the grasses provide great textural contrasts during the summer months as well as winter interest too. Small evergreen shrubs like Pittosporum Tom Thumb and Sarcococca can also be included to ensure you have some solid structure to contrast with the softer textures of the Hydrangea seedheads and the grasses too.

In short if you are looking for a shrub that will light up your garden in both summer and winter then perhaps Hydrangea Limelight may just be the right shrub for you.

### Jobs to do this month include:

#### Ornamental Garden:

- Give the borders one last tidy before Christmas by removing any debris, leaves etc.
- Check newly planted shrubs for wind rock (loosened soil around base) after strong winds firming soil.

- Avoid any pruning when frost or snow is forecast.
- Replenish birdfeeders as soon as they run out.
- Plant winter flowering shrubs like daphne and sarcococca.
- Prune acer, betula before mid-December to avoid bleeding cuts.
- Mulch if the weather is still mild.

### Vegetable Garden:

- Harvest winter vegetables like sprouts etc.
- Clear any remaining plant debris and compost.
- Prune free standing apples, pears, currants and gooseberries.
- Do not prune stone fruit until spring to avoid silver leaf disease.
- Prune grape vines by mid-December.
- Continue to plant fruit bushes etc.
- Divide and re plant rhubarb.
- Lag outdoor taps and pipes to avoid them freezing.
- Ventilate greenhouse on mild days.

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## In the Bleak Mid-Winter

The Christmas Season of 1902-1903 in Steyning was cold and ended with snow being driven in by a biting East wind. By January 14<sup>th</sup> Wiston Pond was so thoroughly frozen that young and old from Steyning, and many others, abandoned their regular pursuits and went skating. A Paperchase scheduled for the Thursday was cancelled; a Temperance meeting drew almost no audience and a West Sussex Senior League football match between Steyning and Chichester was called off. But the match between Steyning Hornets (a rag-bag of players) and the Brighton Telegraph Messengers continued despite the hard-frozen ground.

All this we know from copies of a weekly newspaper called *'The Steyning Observer'* which flourished – very, very briefly – during December 1902 and January 1903. They no doubt enjoyed their football but were not impressed by the Steyning Hornets who they accused of *'kicking at random and never knowing in which direction the ball was likely to go'*: a little unkind, perhaps, given the frozen pitch. A few weeks earlier their reporter had complained that the senior team had *'not treated us to a scientific exposition of the game, for a more rough and tumble match it has seldom been my lot to witness'*. He was not easily pleased; he grumbled that there was much too much *'strong language'* used on the field – particularly as ladies were present. He also had a dig at the referee saying that *'Some of the decisions seemed to be rather quaint.'*

However, the Steyning Observer was not only concerned with football and the bitter weather – so cold, we are told, that bedroom water-jugs developed thick layers of ice overnight.

It also shone a light onto other Steyning events. Christmas time, we find, was when local organisations marked the end of the year with celebratory dinners. The first of these was the *'Clem'* dinner – so called because it was

held on 23rd November, the feast of St. Clement. St. Clement was the patron saint of blacksmiths and by a long tradition that was the only day of the year when they had a holiday. However, although blacksmiths were no doubt present, by 1902 it was an opportunity for a good dinner and some musical entertainment *'for upwards of sixty people'*. On this occasion it was held at the Rising Sun in Beeding and was presided over by Felix Cherryman, a butcher. The entertainment was songs from the diners themselves, Mr Cherryman's contribution being *'I would not be an Emperor'*. The Observer added that *'great fun was obtained from the old custom of 'choruses' which imposes a penalty on all present of singing a chorus or paying a fine of threepence'*.

The *'Clem'* dinner was not the only one Felix Cherryman went to. He, along with many others put money into one of Steyning's *'Slate Clubs'* which were run by the pubs – and they, too, had their annual dinners. The George Inn (at the Mouse Lane corner)

initiated the first Steyning Slate Club and by Christmas 1902 it had been running for eleven years. The Clubs existed so that working men could save for a rainy day. Their contributions were looked after by the pub so that, in the event



Wiston Pond and Chanctonbury

that a member of the Club fell ill and could not work, small sums of money were quickly available to help out – even if people needed to save with a larger Friendly Society such as the Oddfellows as well. In 1902 the George's Slate Club paid out £51 (some £8,000 in today's money) from an income of £58.

One other dinner referred to by the Observer conjures up an image of a rollicking smoke-filled room. The *'Smoker'* provided a dinner, plenty to drink, smoking and songs and recitations by the diners themselves.

Times and tastes have changed, of course. It is a little unlikely, I suppose, that today's readers of this piece will have come across songs as varied as *'Pansy Blossom'*, *'The Boers have got my Daddy'* and *'The Gorgonzola Cheese'*. Shame about the smoking.

Article by: Chris Tod - Steyning Museum.

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Copy Deadline for the  
**JANUARY** issue is  
**12<sup>th</sup> DECEMBER,**  
**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.

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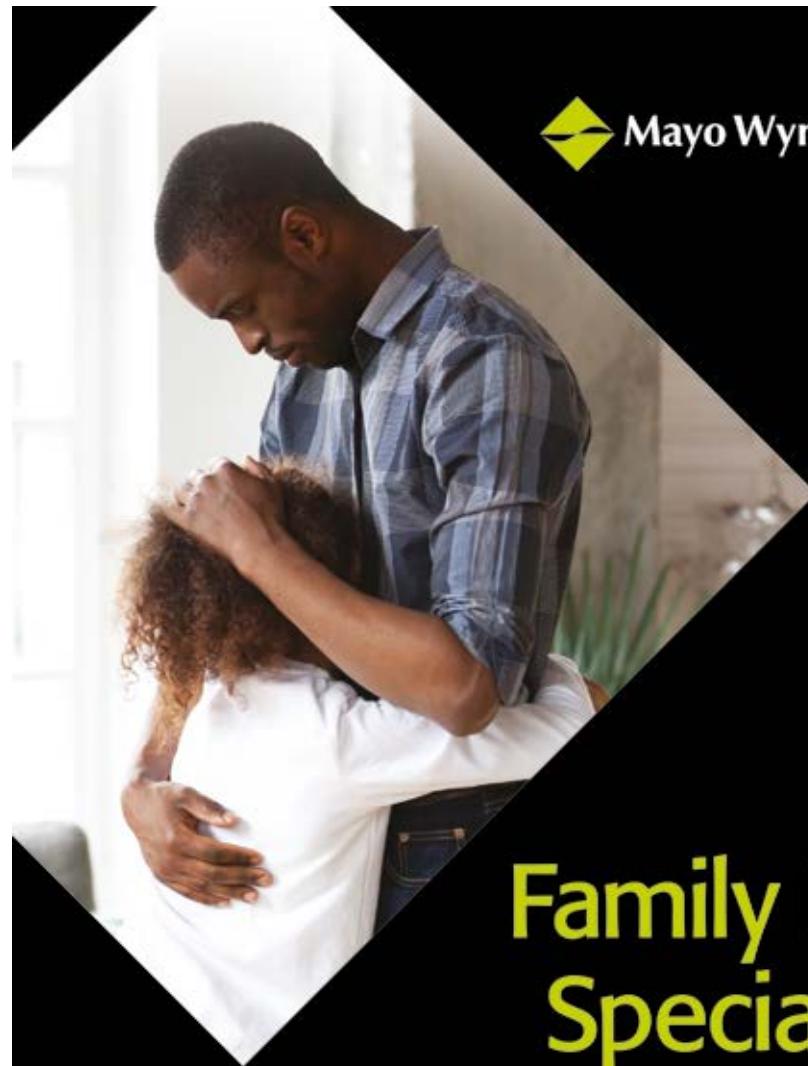
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