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2025



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& BEEDING MAGAZINE



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Tanyard Lane, Steyning, BN44 3RJ

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When surgery closed dial new NHS 111 service

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

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T: 01903 812042

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Walking & Cycling Survey: Headline Results

The results are in! A big thanks to the 450+ people who took time to fill it in and shared their thoughts on how to make Steyning, Bramber and Upper Beeding more walking and cycling friendly, and easier to get around for those with wheelchairs, pushchairs and mobility vehicles.

The response was most encouraging and showed that this is an issue that many local people care about. Nearly everybody surveyed said they would like to get out and about more – 85% would like to cycle more, and 67% would like to get walk more often.

People didn't hold back with their comments and suggestions. Over 1900 were received! From this wealth of data and input some clear headline messages emerge.

On dangerous spots there is widespread concern about all six locations flagged up in the survey. A 'Top 20' of other hazardous locations was also identified that need to be looked at. So there are clear problems to address.

On potential improvements, six specific suggestions were tested out. All had supporters and the results allowed these to be ranked in priority order:

1. Creating a safe crossing over the bypass at Castle Lane
2. Horsham Road on the way to the Leisure Centre
3. Making Steyning High Street more accessible to walkers, cyclists & wheelchair users
4. Creating a safe entrance to the riverbank path at Beeding Bridge
5. Making the route from Kings Barn Lane into Steyning safer
6. Providing a safer route from Newham Lane to the Horseshoe

Making it safer and easier for children to walk and cycle to school also emerged as a top priority – almost everyone sees this as important. And the was strong support for all

five of the ideas suggested for how longer distance cycling and walking routes could be improved. This shows a clear appetite for being ambitious in connecting us up with neighbouring communities.



**How can we make
Walking &
Cycling
in Steyning,
Bramber & Beeding
Safer and
Easier ?**

As one would expect, reactions to the various ideas put forward were not unanimous. Some of the main points of difference were over the merits of introducing traffic calming measures on Steyning High Street,

and whether better signage and reduced speed limits will be enough on their own to change driver behaviour. Quite a few also mentioned the need for greater respect and consideration among different user groups, given that creating entirely separate walking and cycling tracks is rarely going to be feasible.

Overall, the survey results provide convincing proof that the local community would like to see action to make walking, cycling and wheelchair use safer and easier.

What happens next?

Armed with this evidence, the Working Party* has set to in coming up with a draft Local Walking and Cycling Plan. This will be discussed the Parish, District and County Councils, as well as other important stakeholders such as local schools and the business chamber.

Stay tuned for further updates!

If you would like to see the full results of the survey, go to: visitsteyning.co.uk/WCP

• The Local Walking & Cycling Plan Working Party has been convened under the auspices of Steyning & District Community Partnership's Sustainable Travel Committee.

Steyning Grammar Alumna Launches Grassroots Music Crowdfunding Campaign

Steyning, West Sussex, 7th January 2025 : A former Steyning Grammar School (SGS) pupil, Beatriz Bastida Smith, has today launched a crowdfunding campaign (<https://kickstarter.com/projects/beabastida/bea-bastida-smith-debut-ep>) aimed at people who want to support grassroots music, a movement dedicated to nurturing the talent of emerging artists and keeping small venues open.

Beatriz Bastida Smith, a 19 year old, up & coming singer songwriter, is hoping to raise £6,000 to release her debut Indie Pop EP. If the Kickstarter campaign is successful, Bastida Smith's 3 track EP will be produced by Brighton based sound artists Simon Janes and Grammy award winner, Pete Smith.

Inspired by another former SGS pupil, Maisie Peters, Bastida Smith writes personal lyrics about experiences of growth and change that resonate with young people. Themes include leaving home, heartbreak and battling an eating disorder, all challenges that Bastida Smith has faced herself.



Producer Simon Janes commented: *'I was struck by the depth of Bea's storytelling. It's touchingly universal. There's a powerful vulnerability to her and a haunting delivery of the songs.'*

Bastida Smith commented *'I love music and at SGS I was encouraged by the music teachers and given access to*

recording facilities for the first time. Since leaving school, I've played open mics at small venues in Brighton, Plymouth, Madrid, and New York. I've got the songs and team in place to make music professionally. What I need now is funding and that's where the Kickstarter campaign comes in.'

Friends:

Thanks to some wonderful work by Debbie Chalmers, one of the highlights of 2024 has been the rapid growth of our Friends membership.

SDS BC (Before Chalmers) was a rather a lonely place, with barely a handful of Friends contributing their much needed cash to keep us afloat, but that is rapidly changing!

If you're one of the very few individuals yet



to join, there's still time before our 2025 programme of events launches in the New Year.

It's easy to sign up and you can join from just £3 a month.

Chris Weedon: Steyning based ceramicist - Tulip Vases / Rose Hip

I am locally based ceramicist, I like to take my inspiration from the shapes and forms of plants and seeds.

I am also very interested in 3D digital computer modelling and I have my own clay 3D printer which I use to create complex objects either combined with my hand built work or as stand-alone items. I often like to use bright complementary colours in my work.

<https://chrisweedonart.wixsite.com/home>

<https://www.instagram.com/chrisweedonart>

chrisweedonart@gmail.com



SteyningARTS
ART TRAILS : EVENTS : INSPIRATION

Steyning Country Fair and Barn Dance

We hope that you will once again join us as we turn the Steyning High Street back into an old market town.

The Steyning Country Fair will be back for its biennial event with livestock, crafts, rural fare, music and entertainment plus our ever popular dog show.

Fantastic fun for all the family throughout the day in the High Street and Fletchers Croft field.

a stall holder please contact us via the website or enquiries@steyningcountryfair.co.uk.

We are particularly looking for people interested in supporting the dog show as well as volunteer stewards.



Save the dates: Join us for a great day for all the family on 26th May 2025

The Country Fair is brought to you by a team of dedicated local residents and business owners, for the delight of visitors to our lovely Sussex market town and those who reside in the local area.

If you are interested in supporting the event, volunteering or being

The team will be fund raising for the Country Fair with an aptly themed Country Barn Dance on 22nd February 2025 at 19:30 at the Steyning Centre.

Tickets will be available from The Steyning Bookshop. Come along for a great night of jollity and dancing supporting our town.

For full information visit www.steyningcountryfair.co.uk

Steyning Parish Council Community Award

Reina Alston, one of the directors of the Steyning & District Community Partnership, has been honoured with a Steyning Parish Council Community Award.

It was presented by Joanna Norcross, Chair of the Council, at the Chairman's Annual Reception on Friday 6th December 2024 and was given in recognition of her many years of dedicated volunteer work, served under the Partnership banner.

Reina was stunned when her name was announced and, for once in her life, she was near to speechless too!

Particular reference was made to one of her involvements. the Food & Drink Festival, which Reina had headed up for 14 years.

2024 had seen her retirement from this post, confidently handing over the reins to an ongoing, vibrant and enthusiastic team. The event has always highlighted and promoted the Steyning area as a special place to visit for food, drink, hospitality and of course, a great selection of independent shops.

However, on finding the words to thank all the Council members for choosing her for this year's award, she also added that there are many other people on the Partnership committees, sub-committees and working parties, who also generously give so much of their time to support, create and bring into being the numerous projects and events that are undertaken for the benefit of Steyning & District. Hopefully they will feel they have a share in this accolade, too.



Climate Action Tracker Survey

Still time to fill in the 2025 Climate Action Tracker Survey

'Oh great, another survey!'

If you have five minutes to spare, Greening Steyning would love to find out what you've been doing over the past two years to reduce your energy consumption, trim your carbon footprint, and be kinder to wildlife and nature.

And they are keen to learn what further steps you may be thinking of taking over the next two years.

The Survey closes on Sunday 16th February. Just go to: www.greeningsteyning.org/tracker

2025 Climate Action Tracker Survey



Share what steps you're taking to help climate & nature



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The Pink Lady was 'born' in Steyning

Well, like most headlines, it's there to attract your attention rather than being totally accurate. The Pink Lady in question is not the cocktail, but an apple variety. So, what has Steyning got to do with this apple? Read on...

In 1939 the Government produced a Register of the civilian population in England and Wales, in preparation for producing ID Cards and ration books to use during WW2.

A young 12yr old boy called John Cripps was listed in the Register as a schoolboy living in Steyning with his parents. After the war, he went to Reading University and graduated around 1950 with a degree in horticulture.

In 1955 he emigrated to Perth in Australia, married in 1958 and had 2 daughters. He worked for the Western Australia Department of Agriculture, as an apple breeder.

As part of his work, he crossed a Golden Delicious apple with a Lady Williams (an Australian apple) and in 1973 from 110,000 resultant seedling apple trees, he selected a few as being of particular merit. One of these he called Cripps Pink, due the unusual pink colouration of the skin. By 1984 it was being grown in trials across Australia. These showed it was a first-class apple with good keeping qualities.

It was then picked up commercially, and in 1991 renamed and marketed under the brand name 'Pink Lady'®.

Pink Lady is now grown all over the world where warm summers allow the fruit to fully ripen, and is the most successful high value global apple.

Due to our warming climate, we can even grow it here now. The first English-grown Pink Lady apples have been available in supermarkets since December 2022.

In 2015 John was made an 'Officer of the Order of Australia' (OA). This is second



John Cripps. Breeder of the Pink Lady® apple.

highest honour a civilian can receive in Australia.

'For distinguished service to primary industry through internationally renowned, innovative contributions to the agriculture and food sectors, and to the community.'

John died in Perth on 12th May 2022 aged 95.

The Cripps' were a well known family of solicitors in Steyning for many years. In 1881 John's grandfather and 2 yr old father were living in Jarvis, the very impressive house in Jarvis Lane.

In 1939 John's father and family were living in Sunnyridge in College Hill.

Many of the Cripps family including John's great grandfather, grandfather and father are buried in our Churchyard.

Perhaps we ought to have a Cripps Pink apple tree in our Community Orchard to recognise this 'Son of Steyning's' legacy to the fruit world?



The 'Pink Lady® apple

Roger Brown. Steyning Community Orchard With thanks to Lois Quartz from Steyning Museum for assisting with the Cripps family tree.

Richard Bates, local solicitor

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Happy to see you at home

Contact Richard on 01273 284012; or richard.bates@cognitivelaw.co.uk

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February 2025: 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

Monday 3rd February

Steyning Probud Club

13:15 – 15:45

Steyning Centre Fletchers Croft, Steyning

RNLI Talk

After lunch a talk will be given by Colin Brown from the RNLI. Probud is a Members Club. Any non-member who would like to attend please contact Len Warner on 07746 011000 before the 25TH January.

Wednesday 5th February

Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre Fletchers Croft, Steyning

Screening: WILDING (PG)

You'll never look at a green and pleasant pasture in the same way again after watching this documentary about the rewilding project at the Knepp estate in West Sussex. Isabella Tree and her husband, Charlie Burrell, strive to breathe new life into the ailing Knepp estate. They reintroduce native ponies, deer, pigs and other wildlife, allowing nature to thrive. Tickets £6.00 to include tea or coffee during the interval. Please purchase tickets in advance from the office at The Steyning Centre. (For Bank Transfer please call the office - 01903 812042 – for details.

Thursday 6th February

National Garden Scheme:

10:00 – 16:00

The Old Vicarage, The Street, Washington RH20 4AS. From Washington r'about on A24 take A283 to Steyning. 500yds R to Washington. Pass Frankland Arms, R to St Mary's Church. Car park available, but no large coaches.

The Old Vicarage Washington: Open Garden: Snowdrops and Spring Flowers

Gardens of 3½ acres set around 1832 Regency house (not open). The front is formally laid out with topiary, wide lawn, mixed border and contemporary water sculpture. The rear features new and mature trees from C19, herbaceous borders, water garden and stunning uninterrupted views of the North Downs. The

Japanese garden with waterfall and pond leads to a large copse, stream, treehouse and stumpery. Each year 2000 tulips are planted for spring as well as another 2000 snowdrops and mixed bulbs throughout the garden. Open every Thursday 6th Feb to 2nd October (10:00 – 16:00). Admission £8, children free. Pre-booking essential, please visit <https://findagarden.ngs.org.uk/garden/21793/the-old-vicarage> for information & booking. Self-service light refreshments on Thursday (cash only) & picnics welcome. Wheelchair access to front garden, but rear garden is on a slope. WC available.

Saturday 8th February

Steyning Strummers & Singers

14:00 – 16:00

Steyning Methodist Church, 18 High Street, Steyning.

A Fun Midwinter Musical Concert

Steyning Strummers & Singers - a group with the u3a are putting on lively musical concert at the Steyning Methodist church. Doors open 13:30. We are a group of 20 musicians and singers and will be performing songs from the Beatles, Drifters, Buddy Holly, Creedence Clearwater Revival and many more. Tickets are £8 each online at ticket source or contact Diana Couling 07990 532030, includes soft drinks & nibbles. There will be a raffle and proceeds will be in aid of Steyning First Responders and renovating Steyning Methodist Church building.

Monday 10th February

The Arts Society Steyning

10:00 – 12:00

Steyning Centre Fletchers Croft, Steyning

Steyning February Lecture: A Haaand-Baaag? The Importance of Being Oscar (And Earnest)

We examine Oscar Wilde's great literary and theatrical successes, focusing on The Importance of Being Earnest - one of the funniest, most performed and frequently quoted plays - to mark the 130th anniversary of its premiere performance. Described as *'A Trivial Comedy for Serious People'*, we explore the play's hidden elements, how it was both of its time and yet also ahead of its time, and how it satirised Victorian society. Free to members,

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Monday 10th February

Steyning Gardening Club

19:30 – 21:30

Steyning Centre Fletchers Croft, Steyning

Garden Bugs. Cohabit, Control or Conserve?

Join us for a fascinating opportunity to learn from Ian Bedford, a renowned research entomologist. He will provide valuable insights on effectively managing garden pests and promoting a natural equilibrium in your garden. Ian will offer advice on the development and utilization of non-chemical plant protection products, as well as ways to create a wildlife-friendly environment in your own home garden. Don't miss out on this chance to enhance your gardening skills and support the biodiversity around you.

Wednesday 12th February

Steyning History Society

19:00 – 21:00

Steyning Centre Fletchers Croft, Steyning

Victorian Influences & Reflections

A talk by Ian & Mary Ivatt, Victorian Influences & Reflections.

Tuesday 18th February

Steyning Parish Church

09:30 – 11:00

Penfold Hall, Church Street, Steyning

Board Games and Breakfast

Come for board games and breakfast. Book your family place at families@steyningparishchurch.org - £5 per family.

Friday 21st February

The Steyning Society

19:00 – 21:00

Steyning Centre Fletchers Croft, Steyning

Marcus Rayner - Winemaking at Wiston

Marcus Rayner studied at Plumpton College and took over as Head Winemaker at Wiston in September 2022 after working with Dermot Sugrue as Assistant Winemaker since 2018. He visited Champagne, working with Dermot's former mentor, Jean Manuel Jacquinet. Doors open at 19:00 and there will be wine or sparkling

elderflower (monetary donations welcome) on arrival. Free to members and £5 guests. All very welcome to attend.

Saturday 22nd February

Steyning Country Fair

19:30 – 23:00

Steyning Centre Fletchers Croft, Steyning

Steyning Country Fair Barn Dance

The Steyning Country Fair team will be fund raising for the 2025 Country Fair with an aptly themed Country Barn Dance on 22nd February 2025 at 7.30pm at the Steyning Centre. Tickets available from The Steyning Bookshop are £15 to include a ploughman's supper and there will be a bar and a live band, Shenanigan, with a caller. Raising funds to put on the popular bi-annual Steyning Country Fair this year on Bank Holiday Monday 26th May. Come along for a great night of jollity and dancing supporting our town.

Tuesday 25th February

Greening Steyning

19:30 – 21:30

Steyning Centre, Saxon Room

Green Drinks: Recycling Masterclass

Sophie Goodall-Smith from the West Sussex County Council Waste Prevention Team will be joining us to give a 'Masterclass' on how we can all be more effective in improving recycling and reducing needless waste. She'll be answering questions on where the waste in our blue, green and brown bins ends up, and latest thinking at County level on how to boost recycling rates. Doors and bar open at 19:30. Talk starts at 19:45. Tickets cost £5 (£3 students) and are available from: www.greeningsteyning.org/events.

Wednesday 26th February

Steyning and District Flower Club

19:30 – 21:30

Steyning Centre Fletchers Croft, Steyning

'Fabulous Flowers'

We welcome back Chelsea medallist, Lucinda Knapman for a truly fabulous flower filled and entertaining evening. This marks a fantastic start to the Club's 2025 program, filled with inspirational demonstrations and workshops. You are warmly invited to come along to join us at our friendly meetings held on the 4th Wednesday of the month (except August and



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December). Doors open at 17:00. Members are free and non-members £7.00 on the door to include refreshments.

Tuesday 4th March

Steyning Parish Church
15:15 – 17:15
Penfold Hall, Church Street, Steyning

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Wednesday 5th March

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Ash Wednesday Service

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Friday 7th March

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February 2025 - The Little King

In this, our littlest month, I'd like to celebrate our littlest bird, the Goldcrest. Crowned with a yellow tuft, this aptly named species has an equally grand and, if you ask me, quite adorable, Latin name: *Regulus regulus*, or 'little king'.

At a mere 9cm in length, the Goldcrest weighs a featherlight 5-6 grams; the same as a 20 pence piece. Despite their size, Goldcrests are a surprisingly easy spot. A fan of coniferous and mixed woodland, these birds can often be seen zipping about in pairs in your local gardens, parks and nature reserves, picking morsels like spiders and moth eggs from tree needles with tiny expert beaks. Their characteristic squeaking refrain, a 'fiddle-di-di' on loop, is so high pitched that not everyone can hear it. If you think you hear one, stop, wait, and listen, as you will most likely hear it again.

The only real confusion species is the similarly diminutive Firecrest, *Regulus ignicapilla* (meaning 'fire-capped'). This rarer species, whilst sharing in the Goldcrest's olive-green plumage, has notable black lines around the head and eye. Think of the Goldcrest as having not yet applied its eyeliner. Following the on-point naming convention, the Firecrest has an orange crest. This creates an additional challenge for identification, as the male Goldcrest does have a line of orange feathers hidden within their crest, which they show during territorial displays.

Goldcrests breed around April time, creating intricately curated nests of moss, lichen and spider webs high in the treetops. Overall,

Goldcrest numbers are stable, with a 600,000 strong breeding population throughout the UK. These are joined by a Scandinavian migratory population for the winter, boosting your chances of seeing one during the colder months.

Despite their success, Goldcrests are at risk from several threats. Their size means they are vulnerable in the cold weather, so the more erratic weather patterns we experience due to climate change, including unexpected cold snaps and storms, are a danger to these birds. As with all UK species, habitat loss is a problem, and in the Goldcrest's case this includes deforestation.

If you are walking in woodland and catch a glance of a little ball of energy in the treetops, try to spot them with binoculars to be rewarded with a millisecond's glance of their worried-looking little face, before they're off again, much to do. Heavy is the head that wears the crown.

By Kerry Williams:

Communications Officer - Conservation
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. It's easy to join online at:
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Goldcrests, male displaying © Alan Price
Firecrest © Martin Casemore



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While the topic of one's own mortality may not be the most pleasant of conversations, it is a crucial one. The creation of a legal Will is an essential task that far too many of us procrastinate or overlook altogether.

The impact of not having a Will in place can be both frustrating and detrimental, especially to the loved ones left behind. First and foremost, without a Will, the distribution of one's assets becomes a complicated and often contentious affair. In the absence of clear instructions, intestacy laws take over, and this can sometimes result in assets being distributed in ways that may not align with the deceased's wishes. Without a Will, there can be significant delays in the probate process too, this can tie up the deceased's assets for months or even years depending on the complexity of the estate being left.

For those with children it is really important to have conversations with those people you would choose to take care of them in the event that anything happens to you. Without a Will, you have no say in who or how your children will be raised in your absence. In today's world of blended families, ensuring that you have officially documented who you want to inherit and when is even more important.

Making your Will is a simple process in most cases, you can use your Solicitor, a dedicated Estate Planning service like us or even go online. I tend to find that due to the nature of the subject, most people feel more comfortable talking through their options with a real person and we can do this either in our office or in your home- wherever you feel most comfortable.



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Emma Cohen **FIPW**

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February 2025 Book Reviews

Adults Books



Old Soul by Susan Barker

Penguin Books £16.99
hardback 6th Feb

I was mesmerised by this darkly unsettling literary horror story, which weaves a globe-trotting century-spanning web of intrigue, with multiple narrative voices, into a deeply sinister and creepy story with a terrifying climax.

When two grieving strangers meet by chance at Osaka airport, they discover a disturbing connection... Jake's best friend and Mariko's twin brother both died brutal and mysterious deaths, 6000 miles part, and both encountered a mysterious, dark-haired woman in the days preceding their demise. Mariko's revelations offer Jake the first clues he needs to follow a trail, weaving across continents and decades, leading back to the many who have died - in strange, terrifying and eerily similar ways - and those they left behind. Always, at the centre of it all, the same enigmatic, dark-haired woman, going by many names and nationalities. As Jake inches closer to understanding who, or what, she may be, she already has her next victim in her sights... and will knowing her secret be enough to stop her?

A bewitching and beautifully written novel which will especially appeal to fans of David Mitchell's creepier books such as Slade House or Bone Clocks.

Caledonian Road by Andrew O'Hagan



Faber Books, £9.99
paperback 13th Feb

Our bookseller Sarah really enjoyed this epic 'state of the nation' novel, set on the eponymous North London Road, famous for its ethnic diversity and extreme disparities of wealth, during 2021, beginning just as pandemic restrictions loosen and

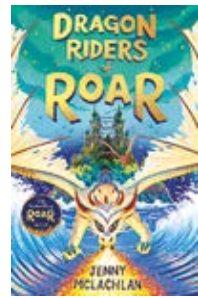
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ending with Russia's invasion of Ukraine. As big global events play out in the background, O'Hagan explores issues of class, race and justice as they are experienced through the eyes of a diverse cast of characters, following the compelling story of one man's fall from grace...

Campbell Flynn is an art historian and celebrity intellectual who has enjoyed a charmed life, rubbing shoulders with oligarchs and aristocrats, fashion designers and fine artists, at ease with the highbrow and the mainstream. His protégé Milo is a mixed-race kid from the 'other' side of the street, and Campbell is captivated by Milo's ambition, intellect, and streetwise connections. Over the course of an incendiary year these two characters are plunged into a web of secrets and crimes, and Campbell Flynn suffers the shattering public exposure of his privilege.

A big meaty novel full of larger-than-life characters and contemporary moral dilemmas.

Children's Books



Dragon Riders of Roar by Jenny McLachlan

£7.99 paperback Harper
Farshore

A thrilling new adventure set in the World of Roar! Twelve-year-old twins Arthur and Rose have a secret - in their grandad's attic there is a portal to the Land of Roar, a magical land they invented when

they were little kids. It's been a while since Arthur & Rose have visited Roar, so Rose has been writing stories about it instead, inventing a new realm, the Dragonlands, complete with a School for Dragon Riders and a new baddie, evil Jago Skua, who spirits children away to serve in his Army, replacing them with changelings... While their baby cousin Lila is visiting, Arthur & Rose have an argument, and Arthur throws Rose's notebook into the portal, causing the Dragonlands to burst into life - and - could it be that Jago Skua has crept into the real

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world and taken baby Lila? There's only one way to find out - Back into Roar, to Dragon Rider School they must go, to discover the secrets behind Jago Skua's wicked enchantments, find his hidden lair, and rescue their little cousin!

Much amusement can be found in the funny details of the world Rose has created, in which she is the star pupil and Arthur a mere nobody (also lots of Taylor Swift song titles are dotted about!) An inventive story for readers of 8+, can be read as a standalone.



The Great Theatre Rescue by Judith Eagle

£7.99 paperback Faber
books

A gripping story set amongst the glamour and greasepaint of West End theatre in 1930's London. The theatre is all 14-year-old Charley has ever known. Her dad Toby is the owner of The Wren

Theatre, and Charley has grown up behind the curtains, dreaming of the day she'll take

to the stage as a dancer.

When Toby is called away to Ireland to care for his elderly father, and their housekeeper breaks her leg, a dour accountant aunt arrives to oversee the theatre finances, which she pronounces to be ruinous... and she sends Charley away to an austere, remote boarding school where the pupils are forced into unpaid labour. Rebelling against the strict regime and worried sick about her beloved theatre, Charley escapes and sets out on a perilous coastal journey back to The Wren - only to find it dark and shuttered. In a wondrous final act, Charley gathers her old theatrical 'family' and a few new friends she has made along the way to put on a show-stopping performance to save the theatre... A joyful read, bursting with unforgettable characters, period detail and theatrical glamour!

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Local Chiropractor Mark Jones Recognised Again with Prestigious PPQM Award

Local chiropractor Mark Jones, founder of Well Adjusted Health, has once again been awarded the Professional Practice Quality Mark (PPQM) by the Royal College of Chiropractors, an honour he has consistently received since 2016. This achievement highlights his unwavering dedication to providing exceptional patient care and maintaining the highest standards in chiropractic practice.

What is the PPQM Award?

The Professional Practice Quality Mark is a prestigious accreditation bestowed upon chiropractors who demonstrate excellence in areas such as clinical management, patient communication, and overall professionalism. The award is designed to recognise practitioners who go above and beyond in creating a patient-centred environment while adhering to strict professional guidelines.

The decision to award the PPQM is made by a panel comprised of patients and the general public who form the Royal College of Chiropractor's patients' committee.

The Chiropractic Patients Association (CPA), said that "as one of the sponsors of the Patient Partnership Quality Mark, the CPA knows from their members how valuable the award has been in encouraging clinics to go that extra mile in the care they provide for their patients. We congratulate Well Adjusted Health on achieving such a standard of excellence."



A Legacy of Excellence:

Mark Jones has been a respected member of the local healthcare community for over a



decade, offering tailored chiropractic care to patients of all ages through his practice, Well Adjusted Health. The clinic is known for its welcoming atmosphere, advanced treatment techniques, and commitment to continuous improvement.

Receiving the PPQM award every year since 2016 underscores Mark's relentless pursuit of quality and his ability to adapt to evolving best practices in chiropractic care. "It's an honour to be recognised again," Mark said in a recent interview. "This award reflects the hard work of my team and our commitment to improving the well-being of our patients."

The Impact of Chiropractic Care:

Well Adjusted Health focuses on addressing a wide range of conditions, from chronic back pain and sports injuries to headaches, joint issues, sciatica, and muscular tension. Mark's patient-first approach ensures that each individual receives personalised care designed to meet their specific needs. By prioritising education, the clinic empowers patients to take an active role in their recovery and long-term health.

Community Recognition:

The continuous recognition by the Royal College of Chiropractors highlights Mark's impact not just within his clinic but also in the broader community. His dedication extends beyond patient care; he has actively participated in health awareness campaigns and local wellness initiatives, further solidifying his reputation as a trusted healthcare provider.

Looking Ahead:

Mark Jones's streak of PPQM awards sets a high benchmark for chiropractic care in the region. As he continues to innovate and expand Well Adjusted Health, patients can expect the same level of dedication and excellence that has defined his career.

Whether you're dealing with persistent pain or seeking preventive care, Mark Jones and the team at Well Adjusted Health offer a trusted

commitment to quality and compassion in the field of chiropractic care.

If you're interested in learning more about Well Adjusted Health's award-winning practice or scheduling an appointment, visit the clinic's website or contact the office directly.



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February 2025: Steyning for Trees

'Did we and SFT committee ever think we would have such an AMAZING RESPONSE to highlighting the loss of habitat in and around Steyning. Such a positive response to our hard work to restore the natural balance and nature. Volunteers, landowners, Parish Councils, supportive residents, donors and all of you, understanding the problem humanity has created for itself. Stepping up to the mark to remedy the destruction of our own eco-system'.

White Letter Hairstreak Butterflies:

We are continuing with our support for endangered species by asking the SDNPA for some Disease resistant Elms, host plants to the vulnerable White Letter Hairstreak Butterfly. 15 will be arriving in the new year and we are so grateful to our wonderful supportive group of Landowners who are so enthusiastically taking these trees on their land. They will be monitored and we will report back to the SDNPA on their progress. They are already planted on the SDS so it is hoped that this will help the butterflies to expand out into the surrounding area letting the gene pool spread. Original Elms die when they reach 20-30ft from Dutch Elm disease. Many thanks to Toni and Kevin Bovis, Derek Crush, Lou Crush at East Clayton Farm Charity, Tom Bower and family, Angela and Liam, Guy Sanderson, Shona and Family, Steve.

More Hedge Planting:

We Are continuing with our hedge planting and provision by paying for plants, canes and spirals. 900 for St. Columba, the spiritual, environmental group with their land at the foot of Chanctonbury



Ring. Repairing their barn, helping people to regain confidence and skills to get back into work. Another hedge to protect Broadbourne Poultry farm pond and plant some environmental trees including Goat Willow which is host to the Purple Emperor Butterfly, UK's largest. Mark already has a Disease Resistant Elm which we gave him a few years ago, this is growing well as they have looked after it so carefully.

It is great to have so many hedge plants (7,000) newly planted from Sopers Lane to Chanctonbury Ring Road and in between, all along the Downs, this with the 8,000 already planted should help to alleviate flooding as they grow.

Football Club:

We are so pleased to be supporting the Steyning Community Football Club with our educational sign explaining the advantages of tree planting. But chatting to some of their younger members, it was soon evident they knew quite a bit already. *'Yes they make the air we breathe'.* This wonderful Club run by dedicated volunteers provides almost 500 young participants the



opportunity to keep fit and healthy, learning new skills. Somewhere to exercise in the winter. We are glad that the hedge we planted there a few years ago is growing tall and strong and will provide a good home for biodiversity in the years to come.

Buffer Zones of Trees and Vegetation maybe the answer to Protect UK's Rivers:

Craig Bennett, Chief Executive of the Wildlife Trusts said that farmers and landowners could be offered financial incentives to create these. It would reduce agricultural run-off, pollution caused by livestock and chicken farming. Trees and hedges do so much for us - **They could help to save our rivers.**

Hedge laying at Abbey Road:

SFT's hedge is going to be laid in March. Many thanks to the Sussex Ornithological Society for sharing the cost with us.

Trees on verges - do contact us if you have a grass verge outside your house and would like details of our tree planting scheme with WSCC who own them.

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February 2025 Gardening Journal

February, often the coldest month of the year can be grey, dark, wet. It feels like winter will never end. While it can be gloomy there is sometimes a little lift providing a more positive look on things as the Spring bulbs start to sprout and provide a little glimpse of what spring has to offer.

There are many winter flowering plants but not all are as familiar as Viburnum x Bodnantense. It's a shrub that has been planted in at least one garden in most towns and villages in the UK where you will see it in full flower in the depths of winter.

So what makes this shrub so popular?

While some may say this particular Viburnum has a Gangly, leggy, and cumbersome habit and form others would argue that Viburnum x bodnantense 'Dawn' is a brilliant plant to bring colour and fragrance to the garden in winter when few other plants are in flower. This particular variety is chosen to make sure that planting schemes are rewarded with the gift of blooms whatever the season. The bare branches burst into life with dense clusters of tiny rose, pink or bluish white flowers when least expected. In the spring, the flowers turn to red, then purple, then black berries, as the branches begin to cloak themselves in foliage.

Viburnum x bodnantense is a hybrid cross

Article by Alex Bell
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between V. farreri and V. grandiflorum variety and named after Bodnant Garden from which it originated. The initial crosses, made in 1933 by Charles Lamont at the Royal Botanic Garden, Edinburgh, yielded nothing deemed worthy of naming. Later crosses gave rise to the three cultivars we know today: 'Charles Lamont', 'Dawn', and 'Deben'. It can reach a height of approximately 2.5 metres and a spread of 1.5 metres, though it can be kept more compact with regular pruning.

'Dawn' is one of the most well-regarded cultivars and has such has been awarded the RHS Award of Garden Merit. It's hardy, rarely bothered by pollution or pests and provides a haven for wildlife, giving cover to garden birds as well as supplying pollen, nectar-rich flowers and nutritious berries, at a time when wildlife can struggle to find a good meal.

While this particular Viburnum is by no means a specimen plant it is worth including in your garden should space allow. It's a great shrub to plant close to an entrance or path, where you'll get to regularly revel

in its sweet perfume. However, make sure you plant it with neighbours – ones that can hide its ugly legs – and offer interest while V. x bodnantense retires to the background during the summer months.

So if you are looking for a plant that provides a cloud of sweet perfume, with prolific flowers when most other plants are sleeping, then this Viburnum may just be the plant for you.

Jobs to do this month include:

Ornamental Garden

- In late February cut back hard (coppice) all the Cornus (Dogwood) to low buds.
- If snow falls – do not let the snow sit on the shrubs, gently shake off to prevent damage.
- Prune Roses creating an open outward facing framework.
- Prune Clematis (late/summer flowering).
- Shape borders to neaten edges.
- In late February – cutback deciduous grasses
- Remove weeds from borders as necessary.
- Prune out dead; diseased or damaged wood from trees and shrubs.
- Complete pruning of Apple/fruit trees if not already done.
- Mulch borders if not already done in Autumn – taking care of emerging bulbs.
- Cut back Hydrangea Preziosa to first healthy buds on stems.
- Cut back Hydrangea Annabelle to a half/ third to retain a compact shape.
- Cut back side shoots of wisteria, pruning to two to three buds.
- Plant new climbers such as clematis /

honeysuckle.

- Prune summer flowering deciduous shrubs that flower on the current years growth – eg Buddleja, lavatera etc.
- Sow hardy annuals for summer colour.

Vegetable Garden:

- Buy seed potatoes and chit tubers by placing them eye end up in trays or egg boxes in a light, cool, frost free place.
- Sow crops like broad beans, lettuce etc and place in greenhouses or coldframes for an earlier harvest.
- Now's the time if you want to think about planting asparagus – keep weed free and mulch with a thick layer of organic matter.
- Apply general fertiliser like growmore / blood fish and bone to beds.
- Mulch tree and cane fruit after pruning.
- Plant garlic.
- Spray dormant fruit bushes with a plant oil based winter wash to kill overwintering eggs or aphid pests.



Plant of the Month: Viburnum x Bodnantense "Dawn"

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The Testimony They Offered 400 Years Ago

The days of Queen Elizabeth I and James I may seem an impossibly long time ago but then, as now, people did not always get along together – and a quick rummage through our archives provides examples of how this played out in the courts.

Eleanor Guy of Steyning who, so the court records tell us, *'keepethe a vitulinge [victualling] house in Steyninge'* was called on to give evidence which must have been particularly embarrassing for the Vicar of Lancing. She claimed that she had no idea that the couple, who had spent the night in her inn on the Sunday after Easter in 1600, were the vicar of Lancing's wife and a gentleman who was certainly not the vicar of Lancing. Her evidence was that they *'lodged all nighte together in one chamber and as this examine beleevethe in one bedd . . . by reason they pretended & made themselves to be man & wife.'*

Some years later a case came before the courts in which there was clearly no love lost between a woman called Sarah Bridge and a certain Thomas Nicholas, both of Steyning. Richard Farley, a shoemaker, gave evidence that at Candlemas [February 2nd] in 1620 *'uppon a sabbeth day after evening prayers'* they fell *'into some unkinde & unfrendly speeches'* and talked *'somewhat loudly & angerly together'* Thomas Nicholas, *'standing at the dore of widdow Fivens victualler'*, [you can get the picture] was shouting at Sarah Bridge as she and her husband stood at their own door on the other side of the street that she was a *'scurvy whore and a scurvy queane'*

– [‘queane’ with the ‘a’ meaning, at this time, a slut or a scold] – and that *'she gott her fine apparrell with her tayle'*. Nothing if not outspoken. Apparently, there was an underlying disagreement between them about some hemp which Sarah and her husband had

in their house and he, too, did not escape Thomas's wrath. *'Thy husband'*, he shouted at Sarah, *'is a puritant rogue'* – an insult meaning, at the least, someone with a *'holier than thou'* attitude.

But several people spoke up for Sarah. One was Thomas Wilkins, a weaver, who said that he had *'knowne the said Bridge by the space of these seven yeares last past & that he never heard her ill spoken of all that tyme'*.

A much less outspokenly contentious case involved the implementation of a will. In 1590 Thomas Langford the younger had been looking after his old dad, Thomas Langford the elder and his mother. They had separate smallholdings but when first Thomas the elder and then Thomas the younger died the executors of the will attempted to deny the family any of the proceeds. The evidence in the court case which followed suggests a caring relationship between the two Thomas's. *'The said Langford the younger'* the record shows *'did allways from tyme to tyme fynd olld langford & his wief bread corne* [‘bread corn’ being wheat], *dryncorn* [in this case ‘barley’] *& mete & apparel.'* Thomas Bolt, a tailor, confirmed that *'he made olld langford one payr of hose & a cote & olld Langfords wyf a gowne'* for

which Thomas the younger paid and that when he, the tailor, helped with the hay-making and at harvest time on old Thomas's land it was again young Thomas who paid. The younger man did also *'plow, eare* [‘eare’ is linked to the word ‘arable’ and, in this case it probably meant to



1846 sketch - Church Street

'harrow'] & sow the ground & land of Thomas the elder & reape the corn, mow the gras & did all other thinges nedefull to be don on the land & aboute the hous.'

Although we don't know the outcome of these cases the kindnesses shown by Thomas Langford the younger to his old father are heart-warming when set beside the other drab and quarrelsome cases.

Article by: Chris Tod - Steyning Museum.

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