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Steyning | Bramber | Upper Beeding

August 2025



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Welcome to the August issue!

This month we've got loads going on - from summer activities for kids to fascinating local stories, wildlife updates, and a full diary of community events.

I really enjoyed reading about the bug hunts and bat walks happening with Greening Steyning and Weald to Waves - a great reminder of the nature right on our doorstep.

There's also a brilliant piece on the mystery of the Washington Scarlet apple, plus a lovely Q&A with Nicola Mason, who many of you will know from the Steyning Festival.

Thank you to everyone who helped raise £5,000 for the Sussex Cancer Fund, what a fantastic effort from our local community.

Don't forget the Street Food Piazza on Sunday 31st August and the Steyning Food & Drink Festival running into early September - both worth popping in the diary.

And finally, a big shoutout to Melodie, our Pet of the Month, who clearly runs the show in her household!

Enjoy the rest of summer,

Melanie

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Weald to Waves Bio Tech Box

A sharp squeal of excitement from one of the boys drifted across the long grass in which he was standing. He was peering into the sweep net he held in both hands. He had just dragged the net in a figure of eight, as he had been shown, along the top of the flowers growing in this small 'wild' area near the school playing field. Other children from the group came over to find out what he had in the net. 'I did it!' he said. 'I've caught a grasshopper!'

Five volunteers from Greening Steyning's Biodiversity Group were running a bug-hunting afternoon for the Eco Council at Steyning Primary School, recording what they found in the pond, a shrubbery, the 'wild' grassy area and in the hedgerow that runs the length of the school playing field, parallel with the houses in Middle Mead. The equipment they were using; the sweep nets, pond nets, collecting pots, the magnifying pots were all from the Bio Tech Box lent to Greening Steyning by the Weald to Waves project back in February.



The same equipment had come out of the box the previous Saturday for a family event at Abbey Road Conservation Area. There was bug hunting and a butterfly trail to follow round the site with activities and games for the children.

The box and its equipment are all about involving the local community. This is important but can make it difficult at times to collect really reliable data that can be recorded and used by the W2W project to underpin the work it is doing to increase biodiversity in this area. When a child adds to the list of what they have found; 'a really cool caterpillar' (and it was!) iRecord rejects it!

COMMUNITY NEWS



But the box does contain other equipment which requires more expertise and produces really useful, accurate data which builds up a picture of the wildlife in our area. The camera trap has produced some really good footage of the creatures that we share our gardens with at night.

The moth trap has allowed us to compare the different species of moths found in different locations. A bat walk, a week ago from the Memorial Playing Field to the Rifle Range and back along 'Nightingale Lane' with an 'Echo Meter', has shown us what species of bat we can expect to find on the fringes of Steyning.



Perhaps the most important thing that the loan of the Bio Box has brought with it, is (for some of us), an eye opener to just how much wildlife there is out there, just on our doorstep. Just how many amazing things we share our everyday life with. And along with this is the realization that there is hope for the future if we do our utmost to protect it and help it to thrive.





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The curious case of the Washington Scarlet



On an unassuming allotment in the village of Washington, lies a tree that has become something of a mystery. This is the Washington Scarlet. At first a picture of a very quintessential, English apple tree, the huge cavity in the trunk makes the tree appear as a miracle. I read an explainer of how fruit trees survive in a cafe and my eyes fix on a certain line: *'Never write off a fruit tree. They can do astonishing things.'*



A DNA test showed that this was an unknown variety, so it was sent to Fruit ID for registering on their national Register of Local Cultivars as **'Washington Scarlet'**. A year later, the Steyning Community Orchard were informed that there was a DNA match to the tree they had registered, only, it was in County Meath, Ireland. Now home to a rewilding project, the Dunsany estate was previously the home of a *'replacement scheme'* in which indigenous Irish apples were lost in favour of productive English varieties, like the Bramley. Somehow, the Washington Scarlet survived.

The allure of the Washington Scarlet's story is somewhat lost when, as I had to in order to discover the apple's secrets, one scrolls a document filled with terminology and information unfamiliar to most. Though the admin perhaps does not make it seem this way, this is nonetheless life-giving work.



Most of the other apples in Dunsany's orchards are well known varieties, planted around 1880, meaning that it is possible this apple was popular enough that it was bought from one supplier and taken to two countries. The alternative is that it made its way to Washington from Dunsany somehow, or the other way round. Either way, what is certain is that the knowledge of this apple, whether it was widespread or held only in a handful of people's minds, has withered since then. This matters for reasons bigger than the simple fact that, according to the current owner of the Dunsany estate, it is one of the best tasting apples there. The scholar James Hatley wrote that disappearance *'not only is to be questioned but already is a questioning, uncannily interrogating we who remain behind.'* What does it say about humankind's priorities, and therefore about us, that we have let these apples pass us by?

'There is no obvious connection between the two places' the Fruit ID document states. Glaringly obvious, though, is that what connects the two trees is the people who in turn have felt connected to them, Gordon, who

researched the apple in Ireland, the past and present owners of the Dunsany estate, and Roger, of Steyning Community Orchard. Bound together by the very human ambition to want to understand, in order to care. There have been other caring hands at work too, invisible though they are - in its past, this tree had had attendants who cared enough to pollard it. It is merely generational etiquette then, to keep searching for the full story. The pursuit of the Washington Scarlet's origin will not rock the world; it will change some lives - those who get to eat it, look at it, stand beneath it, care for it - however, and that is enough.

Tallulah Brennan.
Postscript. We have taken grafts from the original tree and now have Washington Scarlet apple trees growing on our main orchard on the Memorial Playing Field and at the new Bramber Castle Orchard. If you would like one of these special trees, we graft them to order. Just send us a message for details to steyningorchard@gmail.com

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August 2025: Diary Events

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Tuesday 5th August

Steyning Library
10:30 – 11:30
Steyning Library, Church Street, Steyning

Terrific Tigers!

Learn more about these amazing big cats, then get crafty and create a tiger face mask or puppet! This event is being supported by the David Shepherd Wildlife Foundation's education team. For ages 5+ this is a free event but pre-booking is essential. Contact: Beverley Kinahan - Librarian 01903 27033.
E: steyning.library@westsussex.gov.uk

Wednesday 6th August

Community Film Night
19:30 - 22:00
Steyning Centre, Fletchers Croft, Steyning

Screening: Ocean with David Attenborough

OCEAN with David Attenborough takes viewers on a breathtaking journey showing there is nowhere more vital for our survival, more full of life, wonder, or surprise, than the ocean. Tickets £6 to include tea or coffee in the interval and are available to purchase in advance from The Steyning Centre or on the door.
Contact: Tessa Eckert 01903812042.
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Thursday 7th August

Steyning Parish Church
09:30 - 11:30
Vicarage Lane, Steyning

Little Stars Bumps Babies & Toddler Group

Toys, crafts, singing and lots more. Cake and coffee for parents, carers and grandparents. We meet weekly on Thursdays. Forthcoming dates are: 7th August, 14th August, 21st August (no Little Stars but Family Fun Holiday activities 10-12), **28th August NO LITTLE STARS.**
NOTE: Due to work being carried out in the Penfold Hall, Little Stars in temporarily meeting at Steyning Parish Church.
Contact: Gary 01903 813276.
E: families@steyningparishchurch

Thursday 7th August

Michael Blencowe
10:00 – 12:00
SDS Gateway Building, Behind Mouse Cottage, Mouse Lane, Steyning

Mindfulness Butterfly Walk

A special event run in partnership with West Sussex Mind. Join butterfly expert Michael Blencowe for a relaxing afternoon stroll around the Steyning Downland, enjoying the mental health benefits of the countryside in general and our amazing butterflies in particular. Price: £8, (under 18's and Mind Service Users* £4).
Contact Matthew Thomas 01903 817
E: 996office@steyningdownland.org

Thursday 7th August

Steyning Downland Scheme
11:00 – 12:30
Rifle Range, Steyning

Youth Archery (7 - 17 year old's) on the Downs

We've teamed up with a qualified archery instructor to offer archery training sessions at the Steyning Rifle Range. Come along and try it out for the first time or brush up your skills!
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Friday 8th August

Steyning Downland Scheme
11:00 – 12:45
The Big Picnic Field, near The Rifle Range Steyning

Kid's Water Fight (6 - 11 years old)

Come with your friends for some water-soaked fun! Who can lob the most water balloons and spray the most with their water gun? And who will get the wettest? Price: £8 including water pistol and balloons.
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Friday 8th August

Steyning Church
10:00 – 16:00
Penfold Hall, Church Street, Steyning

Good Grief Cafe

Second Friday of each month. Forthcoming dates: 12th September, 10th October, 14th November, 12th December.

- Are you feeling alone?
- Have you been affected by any kind of loss?
- Would you like to be with people who empathise and can help?

If so, we offer a safe space where you can talk, or just listen.

- Never mind how recent or how long ago - we can all be affected by loss.
- Everybody welcome, regardless of faith, any or none.

Tea, Coffee and biscuits provided.

Contact: Judie 01903 813276.

E: care@steyningparishchurch.org

Friday 8th August

BBC Radio 4's Any Questions?

20:00 – after then NEWS

Wilton Park, Wiston House, Steyning West, BN44 3DZ

BBC Radio 4's Any Questions?

About the show: A flagship political discussion programme, the show tours towns and cities across the UK. Any Questions? brings together a panel of politicians, leading thinkers and commentators to answer questions from the local audience. The panel is yet to be announced, but you can expect a lively, thought-provoking discussion on the issues that matter most to you. The audience submits questions on the day of the broadcast and these are then sifted by the producer who selects a handful of questions across a range of subjects. Normally, four to six of them are included in the actual broadcast. One of the stringent and unchanging rules of Any Questions? is that the panel never sees the questions in advance; the panellists hear them for the first time at the same moment the audience in the hall and at home does. Contact: Marketing: 1903 20815020. E: enquiries@wiltonpark.org.uk

Tuesday 12th August

Steyning Library
10:30 – 11:30
Church Street, Steyning

Bugs, Birds and Beasts!

Join us at the library for some weird and wonderful wildlife stories and craft activities! Suitable for children aged 4+. Pre-booking essential. Contact the library to book your FREE place.

Contact: Beverley Kinahan – Librarian
01903 270330.

E: steyning.library@westsussex.gov.uk

Tuesday 12th August

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

Board Game Cafe

The Neighbourhood Wardens have teamed up with Steyning Parish Church to run the Board game cafe. We have lots of games that we can teach you or if you have a favourite one bring it along! We have games for all ages. Or just come along for free hot drinks, biscuits and Christmas treats! This free event runs on the second Tuesday of every month (including school holidays where applicable). The Children's and Families Worker and Neighbourhood Wardens will be there so if you have any questions, or if you want to find out more about their roles they will be available to speak to. All ages are welcome. Contact the Neighbourhood Wardens for more details: Mike - 07734 387888 / Alison - 07734 387889
SBUB.wardens@horsham.gov.uk

Thursday 14th August

Steyning Downland Scheme

10:00 – 15:30
SDS Gateway Building, Behind Mouse Cottage, Mouse Lane, Steyning

Youth Downland Bushcraft Days

Bushcraft sessions for young people. We'll be den building, whittling and campfire cooking amongst other things - lots of fun to be had by all! Pre-booking essential (please be aware these sessions have similar content). Price: £25 per day Contact: Matthew Thomas 01903 817 996. E: office@steyningdownland.org

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Friday 15th August
Steyning Downland Scheme
11:00 - 12:30

Meeting Point: The Targets, far end of the Rifle Range, off Nightingale Lane, Steyning.

Youth Archery (7 - 17 year olds)

We've teamed up with a qualified archery instructor to offer archery training sessions at the Steyning Rifle Range. Come along and try it out for the first time or brush up your skills! **NOTE** also on: Friday 15th August 13:00 - 14:30. Price: See website for details. Contact: Matthew Thomas 01903 817 996. E: office@steyningdownland.org

Thursday 21st August
Steyning Downland Scheme
10:00 - 15:30

SDS Gateway Building, Behind Mouse Cottage, Mouse Lane, Steyning

Youth Downland Bushcraft Days (12 - 16 year old's)

Bushcraft sessions for young people. We'll be den building, whittling and campfire cooking amongst other things - lots of fun to be had by all! Pre-booking essential. Price: £25 per day. Contact: Matthew Thomas 01903 817 996. E: office@steyningdownland.org

Saturday 23rd August
Kaleidoscope Singers
13:30 - 17:15

Steyning Parish Church, Vicarage Lane. Steyning

Beatus Vir (Monteverdi) Workshop £10

Join the Kaleidoscope Singers and their conductor Zoe Peate for a fun afternoon working on this joyous piece. The workshop runs from 13:30 - 15:45 with a short break and including a rehearsal with Strings and continuo. The event culminates in a concert at 16:30 which will also include other repertoire sung by the Kaleidoscope Singers. Do invite your friends and family to this event. To book your place go the www.kaleidoscopesingers.org and follow the workshop link - alternatively contact Kaleidoscope by post or telephone. Address: 34 Breach Close, Steyning, BN44 3RZ. Mobile: 07934 423688. Email: burnett670@hotmail.com.

Contact: Ms Zoe A Peate 01903 812662.
E: zoe@middlemead.plus.com

Thursday 28th August
Steyning Downland Scheme
10:00 - 14:00

Rifle Range Targets at the west end of the Rifle Range

The SDS Big Archaeological Dig!

We'll be carrying out a careful excavation of the targets area, at the far end of the Rifle Range. The aim is to learn more about how the Range was used over the years. Book your place and get some hands-on experience with qualified archaeologists. Price: FREE - Adults only, limited spaces available. **NOTE** also on: Friday 29th August 10:00 - 14:00 / Sunday 31st August. 10:00 - 14:00.

Contact: Matthew Thomas 01903 817 996.
E: office@steyningdownland.org

Saturday 30th August
Steyning Downland Scheme
10:00 - 16:00

Rifle Range, Steyning

Unearthing the Past - Family Event in Steyning

A fun day out for all the family! Visit the old Steyning Rifle Range and explore the past at a genuine heritage site. Attractions include: WW1 style refreshments, Romeo the war horse, military camp recreation, art and craft activities for 5 - 11 year old's, archaeological dig opportunities for teens. Price: £2 (under 18s - £1).

Contact: Matthew Thomas 01903 817 996.
E: office@steyningdownland.org

Monday 1st September
The Big Archaeological Dig!!
Steyning Downland Scheme
10:00 - 14:00

Rifle Range Targets at the West end of the Rifle Range, Steyning

The Big Archaeological Dig! FREE!

We'll be carrying out a careful excavation of the targets area, at the far end of the Rifle Range. The aim is to learn more about how the Range was used over the years. Book your place and get some hands-on experience with qualified archaeologists. Price: FREE - Adults only, limited

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Q&A for Nicola Mason,

Q&A Questions for Nicola Mason

Let's start from the beginning - how did you come to live in Steyning?

I was looking for a town of a reasonable size where I could get a pint of milk or to take the dog for a long walk without getting in the car. Little did I realise I was coming to one of the best places in the world to live.

What were you doing before you moved to Steyning?

I was living in India and then in Dubai for 10 years running International trade shows for a large British Plc.

You chair the Steyning Festival - what first motivated you to start volunteering?

I thought it would be a good way to meet people, coupled with an ambition to do something for others, after a life of working in a somewhat grabbing commercial environment.

What's something people might not realise about being a volunteer with the Steyning Festival?

It's a lot of fun. Over 100 people get involved with the Festival every two years, all aiming to deliver to Steyning an event that is 10 days of entertainment, inspiration and fun. Our aim is to involve every single local resident in the Festival in some way. Tell us if you want to get involved too!

Community is clearly important to you - are there any other local initiatives you've supported or enjoyed being part of?

Yes, Greening Steyning, with the Community Fridge and The Steyning Society. The Community Fridge is a great project, not only preventing food waste but providing a value opportunity to everyone for social interaction. I am on the committee of the Steyning Society which gets me involved in all sorts of adventures I would have missed otherwise.

Many people admire your willingness to give your time to others - where do you think that drive to help comes from?

I get as much from it as I give. I'm a sociable person who enjoys working on projects with others. I could (and should) be at home paying attention to my house and garden but I would rather be doing what I do.



What do you enjoy most about being part of the Steyning community?

Chanctonbury Wine Bar!!

When you're not volunteering, how do you like to spend your time?

I have family in London and in the US so I visit them as often as I can. The demands of my dog take up a ridiculous amount of time too.

What advice would you give to someone who's thinking about getting involved in local community projects?

Don't hesitate. Just do it. You will be welcomed with open arms.

What's next on the horizon for you?

The Festival runs from May 22nd – 31st 2026. Nothing more until May 2026!

Finally, if you had to describe Steyning in just three words, what would they be?

Sociable, beautiful and surprisingly left wing.

We love sharing the stories of inspiring individuals in our community.

If you know someone who deserves to be featured in a future Q&A - whether they run a local business, contribute through volunteering, or have an interesting story to tell - do get in touch. E: melanie@barawood.co.uk - we'd love to hear from you!



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Our Elusive Water Voles

If you're on a reedbed ramble and hear a 'plop', you might have just missed one. Although active during the day, Water Voles are extremely shy and quiet. Given their rarity and secrecy, it's a wonder how anyone even knows they are there. So, here's a few tips.

Voles vs. Rats:

As a semi-aquatic rodent, Water Voles are often referred to as '*water rats*'. You could mistake one for a Brown Rat, but they are quite different. Water Voles have a blunt nose, a furry tail and small ears. Rats have pointer faces, long hairless tails, and rounded ears. And although I have nothing against Rats, Water Voles are super cute.

Food caches

A cache of riverside nibbled grass stems can be a give-away. These often lie outside a discrete riverbank burrow. Continuing the ratty-confusion-theme, Brown Rats exhibit similar nibbly behaviours. However, Water Voles munch grasses at a neat 45-degree angle, whereas Rat teeth marks are a bit more erratic.

Latrines:

Collections of rounded, tic-tac shaped droppings, known as latrines, are what to look for along the water's edge. These tidy deposits are a calling card for territory marking. Although the droppings are scentless, the Voles rub their hind legs on their scent glands and stamp on the droppings to leave a scent. A glamorous task. But it's not all idyllic grass-nibbling and poop-stamping; our Water Voles are at risk. Threatened by pollution, climate change,

habitat loss, and predation by invasive non-native American Mink, our Water Voles are up against it. Once found in nearly every waterway in England, this protected species has declined by a staggering 90% since the early 1970s and are now listed as Endangered on the Great Britain and England Red List.

It sounds bleak, but there is good news ahead. Conservation organisations are protecting the species by monitoring and managing the population of American Mink. And there's things you can do. By keeping pets out of waterways, you can prevent pollution of our precious rivers by pet flea treatments. By taking your litter home, you can prevent bins over-flowing into vital Water Vole habitat.

To help monitor the population, you can record sightings on iRecord, via the website or app, which are shared with the Sussex Biodiversity Records Centre. By taking action to support healthy rivers, balanced ecosystems, and robust monitoring we can contribute to bringing our Water Voles back from the brink of extinction to their rightful place in our flourishing waterways.

By Kerry Williams: Communications Officer
Conservation Sussex Wildlife Trust



Brown Rat © Peter Brooks



Water Vole © Hugh Clark FRPS

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We look forward to hearing from you.

August's Pet of the Month is Melodie

Tell us a little about Melodie. What breed are they, and how did they become part of your family?

Melodie is a Shetland Sheepdog, or Sheltie, bred to herd sheep and look after the crofts in the Shetland Isles. She joined our family almost 11 years ago to be a companion to another dog who we've since lost. She was originally named Elodie, but we added the M as we thought Melodie better matched her colouring and temperament.

home she would pull us in to see Lucy at Victoria Sponge Café for the all important treat. Of course, it would be rude not to stay for a coffee ourselves!

Back home she would sit on the lawn in the shade, keeping her eye on the birds at the feeders in case they drop anything. Then starts the wait for dinner, and finally evening cuddles on the sofa. As long as she's close to us, and there's treats, she is happy.

Has Melodie ever done something heroic, mischievous, or surprising? Tell us the story!

Although she might look like Lassie, she's not the heroic type – apart from saving us from the postman or anyone else who comes to the door!

She does like coming along to Ukulele practise, laying there listening to the music. She has even been known to join Elvis Presley with a doggy rendition of Hound Dog, and Jailhouse Rock. He seems to be her favourite singer.

What's the one thing you'd love everyone to know about life with Melodie?

She's a very calm, gentle and sensitive dog who loves to be with us, be that at dog-friendly restaurants or in social gatherings – she's so quiet we almost forget she's there. She hates loud noises, thunder and fireworks, seeking comfort on the nearest lap! We love her very much.

Every month we feature a local pet, if you would like your pet to be featured as Pet of the Month. E: melanie@barawood.co.uk



Melodie's funniest or quirkiest habit that always makes you smile?

We moved to Steyning a year ago and she has quickly learned which shops have the best treats. She heads straight to the counter and refuses to move until she gets what she came for.

If Melodie could have a perfect day, what would it include?

Her perfect day, after breakfast, would start with a walk to the Rifle Range with a stop at the Mill Pond, then down to the Memorial Playing Fields to chase the ball. On the way

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The Food & Drink Festival is on its way!

The Steyning Food & Drink Festival 2025 is taking shape - due to run from 30th August through to 6th September.

Last year saw a brand new event join the agenda - the Street Food Piazza; it was a tremendous success and this year it is set to be even bigger & better!

It will take place within Steyning High Street Car Park on Sunday 31st August - 12 noon to 18:00. Definitely get that date in your diary as it is a fantastic occasion, not to be missed. The Farmers Market will, as usual, be another

highlight of the Festival, this year instead of opening the Festival it will be on the last day - 6th September.

More information will be coming to hand in the next few weeks and will be found on www.steyningdistrictfooddrinkfestival.co.uk so keep visiting the site to get up to date with news.



Front Cover: Lydia Everest

I am a local illustration artist working from my shop/studio, LydiaMae, located between the Bookshop and Victoria's Sponge Cafe in Steyning. I create my pieces using gouache paint and use them to design greeting cards, wrapping paper, gifts, as well as Art prints and original paintings. I am predominantly inspired by nature, children's books and loved ones,

with a particular interest in creatures that fly. I would like to illustrate children's books, so I aim to make that a reality in the near future.

Email: Lydiamjohnson@live.co.uk
 Website: lydiamae.co.uk
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Steyning Ukrainian Refuge: Homes for Ukraine



Dear Supporter. We trust that this message finds you well.

Across Ukraine, many families are continuing to face the painful reality of having to leave their homes. The situation in cities like Kharkiv, Zaporizhzhia, Sumy, and Kyiv has become increasingly unstable due to ongoing Russian aggression, and for many families, it is simply no longer safe to stay.

If you've ever thought about hosting — even just in passing — now is a truly meaningful time to take that step. And if you're not in a position to host, perhaps someone in your network might be?

These are people who have done everything they can to remain in their own country. But after three and a half years of full-scale war, some now have no choice but to seek safety abroad. Many are mothers with children, elderly couples, or families who have lost everything. Many have spent months or even years sheltering in basements. They don't need much — just a safe roof, some breathing room, and a chance to start again.

Please feel free to get in touch — we'd be happy to answer any questions you may have, with no pressure.

Anna, from Kyiv, will be heading this initiative and will be the main contact.

With our appreciation,

Anna Ryzhenko a.yryzhenko@gmail.com
 John Stevenson
 Co-Ordinator.
 Founder & Chair - Steyning Ukrainian Refuge.

By opening your home through the UK's Homes for Ukraine scheme, you could offer a family the one thing they can't find in Ukraine right now: security. This kind of support doesn't just change lives — it can save them.

If you choose to host, you won't be alone.

We, at Steyning Ukrainian Refuge, will support you at every stage — from choosing the right family to helping with translation, school enrolment, English lessons, and even job support. Plus, as a registered host, you'll receive a £350 monthly payment from the UK government to help cover the costs.

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Steyping Community Raises £5000 on Fun-Filled Race Night for Sussex Cancer Fund

The local community came together in style on Saturday 7th June for a lively and heartwarming Race Night fundraiser at The Steyping Centre, organised by Lesley, Sue, Sally, and Deb in gratitude to the Breast Team from University Hospitals Sussex NHS Foundation Trust (UH Sussex). The event raised an amazing £5000, all in support of Sussex Cancer Fund.

The evening was packed with fun and friendly competition, as guests enjoyed a series of virtual horse races, with the final race offering a surprise twist, a hilarious and crowd-pleasing Pig Race that had everyone cheering!

Organised as a heartfelt thank you to the Breast Team for their care and compassion, the event was a true celebration of community spirit and generosity.

A Huge thank you to Swains Farm Shop, who very generously donated a delicious selection of local Sussex cheeses for the evening's cheese boards. We are also incredibly grateful to Steyping Grammar School Boarding House for the loan of tablecloths and vases, which added an elegant touch to the setting.

Lesley, Sue, Sally, and Deb shared: *'We wanted to show our appreciation to the amazing Breast Team, and we couldn't be prouder of what we've achieved together as a community.'*

David Witham, Fund Manager, Sussex Cancer Fund Expressed, *'We're incredibly grateful to Lesley, Sue, Sally, and Deb for organising such a fantastic evening, and to everyone who came along, donated, or contributed in any way. Events like this show the true strength of our community – when people come together, they help us make a real difference to the lives of cancer patients across Sussex. The support from Steyping will have a lasting impact on those receiving care.'*

The £5,000 raised will help Sussex Cancer Fund continue to make a difference to local people affected by cancer, by:



- Funding vital equipment and treatment area improvements.
- Providing complementary therapies and emotional support services.
- Enhancing comfort and dignity for patients during their care.
- Supporting pioneering cancer research projects.

About the Sussex Cancer Fund:

Sussex Cancer Fund works together with the NHS to help make life better for cancer patients in Sussex – providing equipment and services that make a tangible difference for patients who are often on a difficult and stressful journey.

We also selectively fund and enable Sussex-based cancer research programs that contribute to the understanding of cancers and improved outcomes for patients.

You can find out about the work of the Sussex Cancer Fund by visiting their website www.sussexcancerfund.co.uk.

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August 2025: Asian Hornets

There is concern about the effect Asian Hornets could have on the bee population. They can eat 50 honey bees a day. Any large sightings should be reported to the Government's National Bee Unit via the Asian Hornet Watch app or online, using the UK Centre for Ecology and Hydrology (UKCEH) reporting tool. It is considerably larger than a bee or wasp and has striking yellow socks and an orange face. They can sting in mass attacks when they feel threatened. A A swarm can kill 30,000 honeybees.

Our lovely reward for tree planters. A PICNIC by invitation of Yann le Bouedec. Yann has been a volunteer tree planter and generous donor.

that have a greater resistance to Ash Dieback.



We so enjoyed his wonderfully rewilded land with its fabulous Oak trees and wild flowers..

Solar Farms can benefit wildlife if they are managed with nature in mind. Mixed habitat solar farms have a high abundance of biodiversity compared with surrounding arable land. RSPB Chief Exec. Beccy Speight said 'a future that safeguards nature, tackles climate change, and supports resilient farm businesses and enables sustainable development is the only sensible path.'

Researchers from Kew and London University have discovered a new generation of Ash trees



Non woodland trees are being mapped for the first time using cutting edge methods of laser detection and satellite imagery. This will help conservation groups and local authorities to target tree-planting efforts more accurately by pinpointing lone trees that could be added into habitats to bolster nature. Helping to meet the Government's legally binding target to increase England's woodland canopy to 16.5 per cent of total land area by 2050.

At Steyning Grammar School's ERA Day a dead hedge is being built. We will be continuing in the new academic year having regular sessions with the Eco Council and their teachers developing a programme of exciting nature based projects. Michael Morpurgo has hope because 'the next generation seems keen to right old wrongs against nature' - we want to help them.



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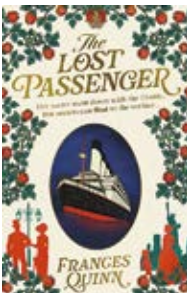
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The Green Ages by **Annette Kehnel**
 Profile £11.99 paperback
 Teetering on the outer reaches of late capitalism, we have a tendency to look at the past with a romantic lens. But could some of the structures that organised society have useful lessons for us? This

is Annette Kehnel's premise, and her book delves into medieval social structures such as Beguinages – almost monastic, women only communities; the principles of make do and mend (which occur in all cultures in all times except the last few decades in industrialised society); the poverty of Franciscan monks; the organisation of Alpine pastures and Alsatian forests, focussing on their long term conservancy of natural resources and community living.

While it would be impossible to return to medieval living in many ways, there are certainly lessons we can learn in long term planning and careful husbandry of resources that we would do well to learn. A fascinating read.



The Lost Passenger by **Frances Quinn**
 Simon & Schuster, £9.99 paperback

A gripping historical drama from Hove-based historical novelist, Frances Quinn, who is a firm favourite amongst our staff and readers. When Elinor Coombes, the adored

daughter of a wealthy industrialist, is married off to the heir of an aristocratic English family, she finds herself trapped by the cold, controlling atmosphere of Winterton Hall, and fuming at the rigid rules that mean she cannot even raise Teddy, her newborn baby, who is whisked away from her by a Nanny.

She's delighted when a present from her father - tickets for the maiden voyage of a luxurious new ship called the Titanic – offers a break from her disapproving mother-in-law and some precious time with her little son. When the ship goes down, Elinor realises this is her one chance to create her own future, with Teddy – IF she can 'disappear' completely, listed amongst the dead, and steal her maid's identity. Alone and penniless in the bustle of New York City, Elinor must hide her past and learn to survive off her wits. But someone from the Titanic knows her secret—and is ready to use it against her.

An uplifting story of a journey from the oppressive English aristocracy to a new world of freedom, fresh beginnings, resilience, and hope.

Young Adult



Torchfire by **Moira Buffini**
 Faber books, £8.99 paperback

The second book in the Torch Trilogy, following on from last year's stunning Songlight, delivers a gripping continuation of this epic dystopian story, and is a heart-wrenching, thought-provoking read for

teenagers of 14+. In a far-distant future version of this world, Brightland is ruled by the repressive Brethren, who persecute 'Torches' with telepathic powers, while neighbouring Ayland is a progressive civilisation, where women and man have equal rights, and those with Songlight are celebrated. We return to follow Lark, Nightingale, Rye and Piper as they fight to overthrow Lord Kite and the Brethren, try to get the volatile, dangerous figure of Sister Swan on their side, and meet Petra, a new character from the Sealanders, race of gifted Torches, who seek new lands to settle.

A captivating story with immense world-building, perfect pacing, and a cliff-hanger

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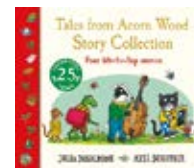
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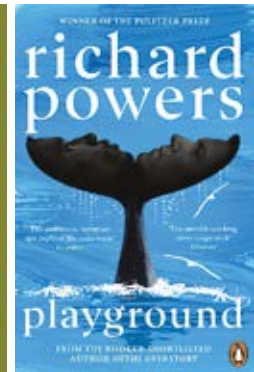
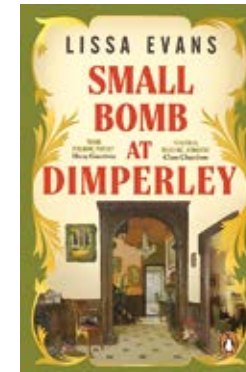
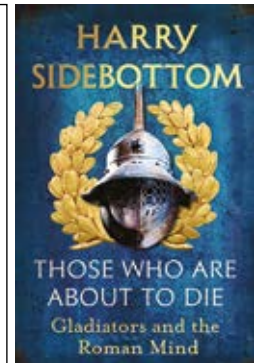
ending, featuring well-rounded and diverse characters, including LGBTQ+ love interests and a trans awakening, all handled with great sensitivity. Perfect for fans of the Hunger Games!

Children's



Tales from Acorn Wood: Story Collection : Four lift-the-flap stories by **Julia Donaldson**
 £16.99 hardback Macmillan Books

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Sweet fun for little ones aged 1-3 years – entry level Julia Donaldson!



Why Do We Ache in the Morning?

Understanding Morning Stiffness and How to Ease It. You know the feeling. The alarm goes off, and as you push yourself out of bed, your back resists, your knees feel creaky, and your neck sends a twinge of protest. It's tempting to blame it on age, a bad night's sleep, or just "getting older", but the reality is more complex and more interesting.



At Well Adjusted Health, chiropractor **Mark Jones** often hears this same concern from patients: *'Why do I feel so stiff in the mornings?'* The answer involves a mix of biology, biomechanics and daily habits. The good news? There are practical ways to ease it.

Sleep Is Restful, But Not Always Restorative:

During sleep, your body works hard to repair and recharge. But it also slows down. Your joints remain still for hours, your muscles don't move, and circulation can reduce in certain areas. One key change during sleep is the drop in synovial fluid production. This is the natural lubricant in our joints, and when it decreases, stiffness can set in by morning. Another factor is tension in muscles and connective tissues. If you've spent 6 to 8 hours curled into the same position, your body temporarily adapts to that shape. That's why many people describe getting out of bed as *'unfolding'*.

The Role of Posture, Pillows and Alignment:

Even if your bed feels comfortable, it might not be giving your body the support it truly needs. A mattress that sags or a pillow that doesn't align with your natural neck curve can leave you in a position that strains the spine or hip joints. Over time, these sleep-related stresses can build up and affect how well your body moves. They might not cause immediate pain, but they can lead to tightness, reduced flexibility and increased discomfort, especially after periods of rest.

How Chiropractic Care Can Help:

At **Well Adjusted Health**, our focus is on helping your body function at its best. Chiropractic care can support the spine and nervous system by encouraging better alignment and freer movement. Regular treatment may help to improve joint mobility and reduce stiffness which will ease muscle tension caused by long-term imbalances. These changes will support your circulation and nervous system health. When your spine and joints are moving well, your whole body benefits. You feel more balanced, more mobile and often, much less stiff in the mornings.

Simple Tips to Ease Morning Aches:

Here are a few small lifestyle changes that can make a big difference:

- **Stretch before bed and after waking:**

Gentle yoga, mobility work or even five minutes of stretching can keep muscles supple.

- **Stay hydrated:**

Your joints need water to stay lubricated, so drink throughout the day.

- **Check your sleep setup:**

Make sure your mattress and pillow support your body's natural curves.

- **Keep moving during the day:**

The more active you are, the more mobile you'll feel after rest.

- **Visit a chiropractor or musculoskeletal specialist:**

A professional assessment can identify issues affecting your comfort and movement.

A Word from Mark Jones

'Morning stiffness is often your body's way of saying something's not quite right,' says Mark Jones, chiropractor and founder of **Well Adjusted Health**. *'Sometimes it's simple, like sleep position or dehydration. Other times, it's about how your spine, joints and muscles are working together. Chiropractic care can be a gentle, effective way to help people move more freely and feel more comfortable day to day.'*

If your morning aches are persistent or getting worse, it might be time for a full-body check-up. You don't have to just put up with it.

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If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call **Well Adjusted Health** on **01903 892171** If you would like a check or to discuss how we may be able to help you call us for a FREE no obligation 15 minute assessment.



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August 2025: Gardening Journal

August can be a time of abundance in the garden with our fruit & vegetables ripening, providing delicious treats for the kitchen table and our borders bursting with flowers from the late summer perennials and grasses. So much colour and texture that it can sometimes be hard to know where to look. However, It's a quieter time for the gardener, as most work for this season has now been done. Its time to sit back, relax and get that bulb catalogue out to see what's on offer for spring next year.

Plant of the Month: Salvia Neon. The shrubby salvias have now become so well known and diverse that its hard to know which one to choose from the many available. I have tried growing a few but always come back to the same varieties, whether that be for hardiness, foliage or flower.

In my top 3 would be Salvia Neon – a medium sized salvia that has impressive Neon Pink Flowers. If you want something that will stand out bright and proud in your garden, grabbing your attention all summer long then Salvia Neon may just be the Salvia for you. The flowers are a little 'bright' but that electric colour cuts across the garden drawing your attention for months on end.

Salvia 'Neon' is what I would call 'relatively' hardy, it doesn't always last the winter but if given a bright sunny, well drained spot it will generally make it through, even the harshest of winters. It is well-suited for both pots and borders and is a real draw for bees and butterflies, given its nectar-rich flowers, too. The attractive bushy, scented green foliage also creates the perfect backdrop to show off those magnificent flowers.

The name 'salvia' derives from the Latin salveo, meaning 'I heal' or 'I save'. The culinary herb, Salvia officinalis, was used as a healing plant by the Romans and ancient Greeks, and is part of the huge Salvia genus. Salvias



Plant of the Month: Salvia Neon

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

are a must in the summer garden. They flower for months on end, often from midsummer until the first frosts. They are ideal additions to all planting scheme and are as good in a mixed border as they are underplanting Roses. Some also look at home in a tropical or exotic planting scheme, alongside dahlias, bananas and cannas. Many salvias are ideal for a coastal garden and are often a key plant in a dry garden. They grow very well in pots, too, making long-lasting displays on the patio.

If you do have any concerns about Shrubby Salvias surviving the winter in your garden, cuttings are easily taken and root quickly so its easy to keep some stock in the wings should the winter finish off your 'Mother' plant. To ensure your original plants do survive the winter, treat as you would a penstemon – don't cut down any growth until spring when new shoots start to sprout.

Overall Salvia Neon would be one of my top 20 Plants. It continues to impress wherever I see it planted but one of my favourite combinations would be a simple combination with Erigeron karvinskianus in a pot on the terrace – simple but so very effective!

Jobs to do this month include:

- Ornamental Garden:**
- Continue to deadhead, especially dahlias which should be looking great by now.
 - Weed!!! – shouldn't

be too much of this but its best to keep on top of it.

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

Vegetable Garden:

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



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The Wealth of Steyning 500 Years Ago

As we walk round Steyning we pass buildings which are still in use today despite having been first erected five hundred or more years ago. They hint at a degree of prosperity enjoyed by the town at that time – though they do not tell the whole story.

The middle years of the 15th century had seen a recession known as the *'Great Slump'* and it was in 1450 that a number of Steyning men, being unhappy with the state of affairs, participated in Cade's rebellion. But it was also then, in 1451, that Brotherhood Hall in Church Street was being built.

However, between 1450 and the next assessment of Steyning's wealth in 1524-5, other signs of growing prosperity are unclear. True, there was some level of economic stability. The fines imposed by the Borough Courts between 1461 and 1483, for instance, remained unchanged year after year and there is an entry in Steyning's manorial account of 1505 which revealed that the Guild of Shoemakers and Tanners – medieval Steyning's only trade guild – had been assessed for a constant subscription of five shillings each and every year for the previous 49 years.

Growing prosperity would generally have led to increasing confidence in the community and, along with that, higher birth rates and an expanding population. That this happened is far from clear, not helped by the fact that the tax lists, on which we rely for population data, were infrequent, had erratic cut-off points for qualifying levels of wealth, had differing age criteria and unknowable levels of tax evasion. So, although tax lists survive for 1332, 1379 and then – after a big gap – for 1524-5, they are difficult



The Old Parsonage, Steyning. 1850 (Goreau)

to interpret. Furthermore, the local manors, which were all separately assessed, were geographically intertwined. The manor of Charlton, for instance, which had its own tax list, incorporated not only Charlton Court itself but also Gatewick and a number of other properties in the borough of Steyning. However, by considering the 'intertwined' communities as one whole (putting Steyning, Bramber, Charlton, Ashurst, and various smaller tithings together) we can avoid some of these difficulties.

In 1332 this wider community would seem to have had a population of some 1,500 souls but by 1379, following the *'Black Death'* and other plagues, including *'the pestilence of boys'*, it had fallen away to approximately 800. And there it remained. Further plagues together with the mid 15th century recession and a shortage of young people meant that by 1524, one hundred and forty five years later, the population of the wider community still hovered around the 1379 level of 800. There were, though, some changes. By 1524 the head count for the borough of Steyning itself had crept up to just short of 300 – some 80% of pre-Black Death levels – whereas the populations of the other communities continued to languish at about 50% of those levels. It's as if people from outlying communities were moving to the relative prosperity of the town.

Despite the reduction in its population, the

wealth being taxed in 1524-5 in our extended community had increased by more than threefold compared to that of 1332, helped by a broadening pool of more prosperous families such as the Pelletts and Farnfolds. Moreover, as the tax assessors were only interested in items which generated wealth, they tended to understate the real value of their goods. Richard Pellett, whose principal home was at Charlton Court, had his goods assessed at £40 for tax but, when he died just seven years later in 1531, he made cash bequests in his will of £194 plus *'the parsonage house at the Church style'*, three more houses, *'the nuest myll in Stenyng'*, a considerable volume of wheat and barley, 361 sheep, one cow, and a barn in *'Sheping Strete'*.

It was people like Richard Pellett and the more prosperous tradesmen – particularly, it would seem, drapers and mercers – who built those early houses in the town which we still enjoy today.

Article by: Chris Tod - Steyning Museum.

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