Your Mag

Steyning | Bramber | Upper Beeding

July 2026



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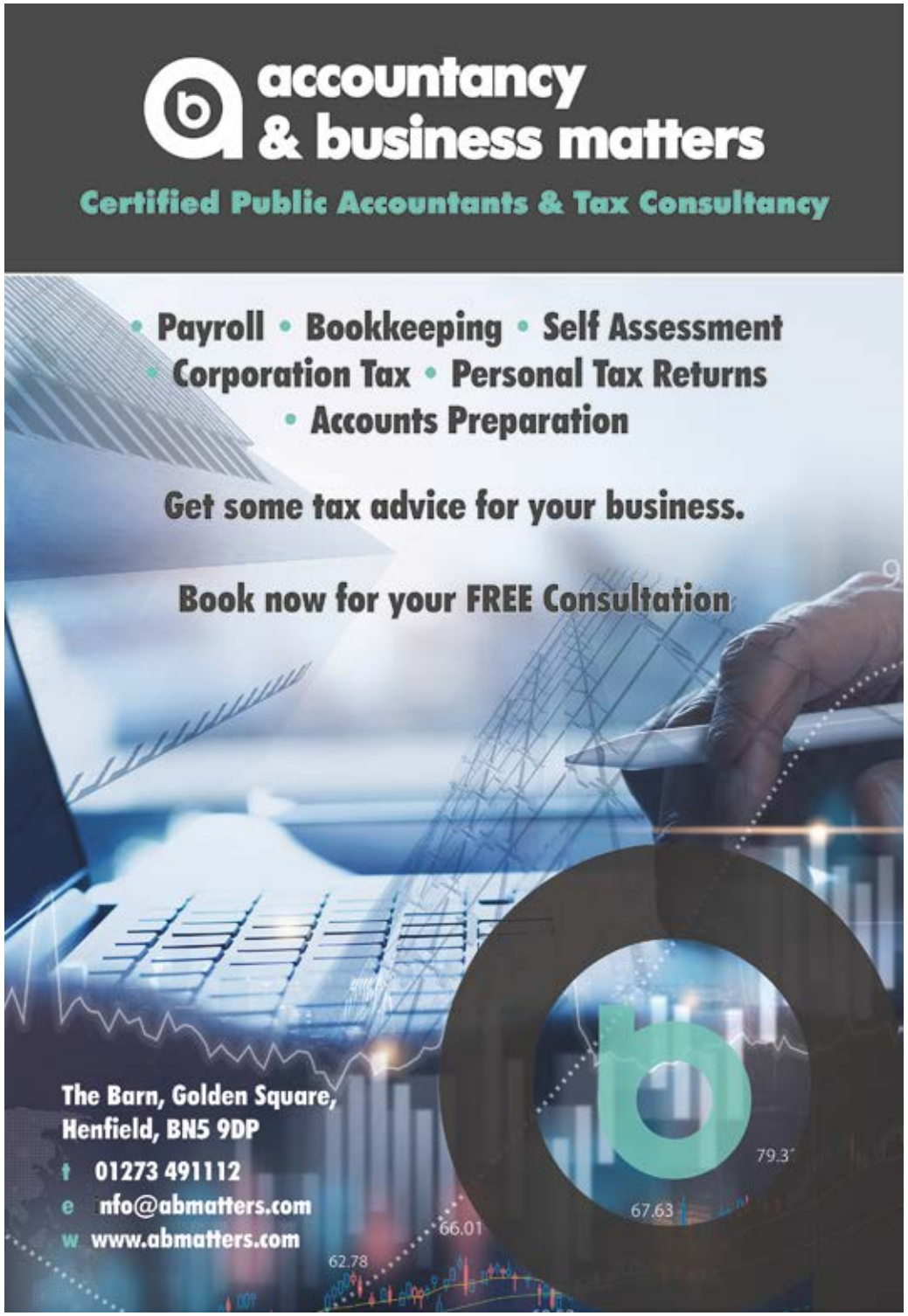

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I've seen the film: What can I do to make a difference?

The Peoples Emergency Briefing film was shown at the Steyning Centre on June 24th to a packed house. It made a big impression. For the audience present, which included local councillors and representatives from local churches, schools and voluntary organisations, it was a real wake up call.

The film set out compelling evidence of the scale and imminence of the climate and nature crisis seriously, and the need to take urgent action to address it.

The problem is huge and can feel overwhelming. So whether or not you saw the film you may be asking yourself 'what can I do that will make a difference'?

Our postcard (printed below) offers suggestions on where to go for ideas and inspiration:

If you missed the film, this map shows other nearby screenings: www.nebriefing.org/screening-map



We're Going on a Bear Hunt! And other interesting things...

Over the last month we are seeing lots of wonderful things as the volunteer conservation team carry out essential maintenance and restoration work across the Downland, both of which keep the landscape looking its natural best.

The team repaired a leaky cattle trough and you may have noticed the blown over tree branches on Nightingale Lane, toppled by gusty wind, but now restored. Getting close to nature allows us to notice Hairy shieldbugs on the Upper Horseshoe and a Hairy Dragonfly in the Secret Garden, plus a Large red damselfly on the Gateway pond. We also had some unexpected lodgers in the pond - several young perch - which we re-homed somewhere more suitable. Perch are voracious predators, and grow big, so a small wildlife pond is not suitable for them. Generally fish and wildlife ponds are not a good combination.

If you want to get closer to nature in July join us for or a Butterfly Walk with author Michael Blencowe to discover Skippers, Admirals, Hairstreaks and Fritillaries, or take a walk in the Downs with Poet Simon Zec as he leads Youth Poetry for young writers. And for families, we're going on a bear hunt! The Teddy Bear's Picnic for 4-7 yr olds is an afternoon of craft activities with a short walk - bring a picnic!

Every ticket helps The Steyning Downland Scheme to restore and nurture this habitat for people and nature. It's easy to book, and these tickets are under a tenner.

Butterfly Walk with Michael Blencowe: July 24th 14:00 - 6:00 £8 (under 18s: £4). Youth Poetry on the Downs: July 25th 11:00 - 13:00 £6. Teddy Bear's Picnic - Family Event: 30th July 10:00 - 13:00 £6.50.

PS: Date for your diary - The Big Picnic returns on 13th September - full details to follow, keep your eyes peeled!
To book and for full details visit: www.steyningdownland.org
Find us on Facebook and Instagram: @ steyningdownlandscheme
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July 2026 Steyning Community Orchard: Reports of our Wassails and Festival events

If you have walked across the Memorial Playing Field recently either from the Newham Lane path or from Mill Road or Charlton Street you will have walked through the flagship Steyning Community Orchard. And you may have noticed that the Orchard is in very good shape. Planting of the Orchard began in 2014 on the current site, which, although previously an orchard, had been severely damaged by the 1987 hurricane and was in very poor condition.

Not now! The site now has over 50 varieties of fruit tree – most of them are apples but there are also plums, pears and a quince. And most of the apple trees are varieties of Sussex apples, some of which have been rediscovered having been lost – as well as our very own variety now officially registered as Steyning Scarlet.

We hope that the regeneration of the orchard – and the creation of other orchards – makes a contribution which helps to sustain and recover resources which are valuable to the community. And apples are a very important part of our heritage.

Hence, we have built an events programme to connect (our community) to this heritage – which includes a winter Wassail - and, most recently, an event we called Blossail – which is a contraction of Bee-Wassail. Both events have been led by Mythago - in their own words 'a radically different, ritual dance team for West Sussex'.

The winter Wassail held on 17th January was a great success with around 300 people attending – lots of noise, stick clashing and energy – and violins, mandolins and guitars. A very exciting exhortation to the powers determining the survival of the trees over the winter. And in the evening – in the dark days of winter. A prayer for fertility and survival – and a family event.



Blossail spiral dance

The Blossail held on 19th April was a new event for us - and we were delighted that Mythago were keen to perform again. The Bee-Wassail is a wakeup call to the bees and an encouragement to make sure that they do their job. An insurance policy, if you like, following the Wassail.

Again, this was a family event but, in the daytime, – we were blessed with good weather and it was great to see lots of families coming along and picnicking by the orchard.



Festival Bug Hunt in the Downland Orchard

You may have noticed on your walk through the orchard that strips of fabric remained on several of the tree cages. Perhaps those trees will bear more fruit than the others!

We also ran 2 events in the recent hugely successful Steyning Festival. An orchard walk around 3 sites in Bramber, then a Children's Bug Hunt in our Downland Orchard.

Both took place in scorching heat, good for bugs, but not so good for us humans!

Next up in our events programme will be the Apple Juicing Day on Sunday 13th September More about this later.

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A route from Fittleworth was soon established, using a shared ambulance as transport—something that seems almost unimaginable today.

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Over the decades, new village services have been introduced, our fleet has expanded, and countless journeys have been made. Remarkably, that original idea - to help people stay independent - remains just as relevant today as it was 50 years ago.



However, we are much more than a transport provider. Our organisation is about helping people stay active and connected to their community. There is nothing better than seeing new friendships form on journeys, knowing every passenger by name, and witnessing the care and dedication shown by our volunteers.

Even during the challenges of the pandemic, when our transport services were temporarily paused, our volunteers continued to support our members by delivering shopping and providing practical help.

In 2016, this outstanding contribution was recognised nationally with The Queen's Award for Voluntary Service - a fitting tribute to the people who make everything possible.

As we celebrate 50 years of service, we celebrate the people behind it all. This story belongs to every volunteer, passenger and supporter who has played a part in helping our charity thrive.

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Hummingbird Hawk-moth - the hum of summer

Nature is full of confusing naming conventions, throwing many of us into temple-rubbing identification exasperation. Dark Green Fritillary butterflies are mostly orange. Bearded Tits are actually moustachioed Reedlings. And don't get me started on Slow Worms.

The Hummingbird Hawk-moth, however, satisfyingly does what it says on the tin. The species has developed similar abilities as its avian namesakes, especially the hummingbird. It's an example of convergent evolution, where different species evolve to have the same techniques despite not being related; think the ability to fly in both bats and birds.



Whilst resting, the Hummingbird Hawk-moth looks quite unassuming; mostly grey in colour and blending in with muted surroundings. But in flight is where the glorious hummingbird transformation happens.

The moth's wings beat at an astonishing 80 times per second, so fast that their orange underwing colouration appears to merge with their overall form and they look brighter. Their long, curled proboscis, a straw-like mouthpart



resembling a swirl of black liquorice, is unfurled and prepped for nectar-slurping, à la hummingbird beak. Large eyes help perfect their proboscis precision. The moth flits between flowers, zipping about in expert hover so quick that its wings emit an audible hum.

They can be found in a variety of habitats, including our gardens and urban green spaces; anywhere they can get that proboscis stuck into nectar-rich plants like Honeysuckle and Buddleia.





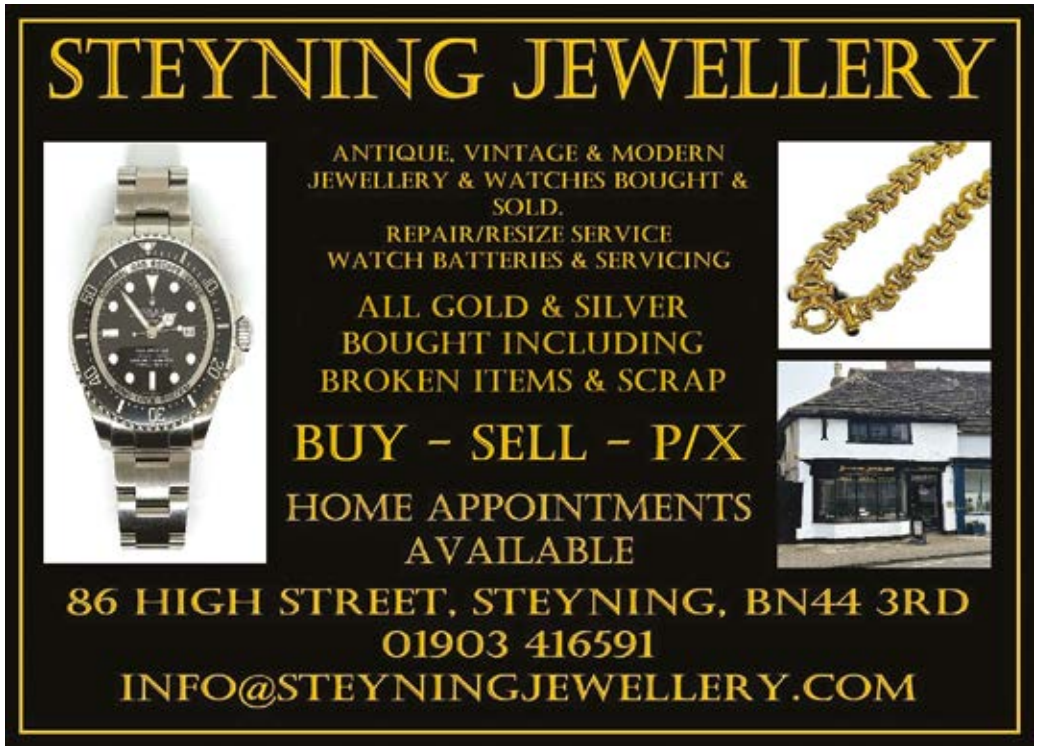
The caterpillars feed on plants from the bedstraw family, so females will lay their eggs on the flowers of these plants.

Hummingbird Hawk-moths are a summer visitor to the UK, migrating from southern Europe and north Africa in variable numbers each year. They can be found any time between May and September and are most commonly spotted around the south of the UK and its coastlines – lucky Sussex.

As a day-flying moth, Hummingbird Hawk-moths give us the opportunity to see them up close in all their glory, and as hummingbirds are restricted to North and South America, for many of us this is the closest we may get to the real deal.

But with these eye-catching insects offering us our own buzzing burst of summer's hum, that gasp-inducing tangerine flash spied on walks or through windows, those mindful minutes gifted by following their floral fastidiousness - honestly, who needs a hummingbird?

By Kerry Williams:
Communications Officer - Conservation
Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Wildlife magazine and our guide book: Discovering Wildlife in Sussex.
It's easy to join online at:
www.sussexwildlifetrust.org.uk/join
or T: 01273 497532
In order of placing:
Hummingbird Hawk-moth © Simon Linington
Hummingbird Hawk-moth © Andrew Holloway
Hummingbird Hawkmoth on Lavender © John Lauper
Lady's Bedstraw & Marjoram at Southerham Farm © Nigel Symington



Steyning Garden Club - Plant Sale

Following our very first plant sale on Saturday 16th May 2026, all we can say is WOW. We more or less sold out within 30 minutes, despite having around 300 plants available — an incredible turnout.

A huge thank you goes to everyone who supported the day, including those who helped organise and run the event, and especially all those who grew and generously donated plants. We were truly overwhelmed by the kindness and support from our members, local businesses, and the wider community, which helped make the sale such a tremendous success.

We're also delighted to say that all donations collected for **Steyning Primary School** were greatly appreciated and will be delivered this week.

A special thank you also goes to **Village Nurseries in West Chiltington** for their incredibly generous donation of beautiful bedding plants.

We're thrilled to share that we raised over £1,000 on the day — an amazing result for our very first plant sale.

Front Cover: Angela Manuel – Ways with Glass

I've always been fascinated by glass, its translucence, its myriad possibilities with colour. After a long career in business, I jumped at the chance to explore my creative side when I met a wonderful professional glass artist who encouraged me to start working with fused glass.

My aim is to showcase the natural beauty of glass and to bring colour into everyday life by creating functional items that will give lasting pleasure: from serving bowls to trinket dishes, mirrors to coasters and platters to pendants.

Living in Henfield I belong to both Steyning and Horsham Artists. I'm always seeking new ideas, both in colour and style, often informed by my love of travel. Buildings, artwork, landscapes and architecture spark off new ideas as well as design and fashion trends, both past and present.

instagram.com/ways_with_glass
wayswithglass.co.uk
www.horshamartists.co.uk
www.steyningarts.co.uk









Four Dads, One Corgi, No Qualifications



There's an old saying in television: 'Never work with children or animals.' As a vet, this presents certain logistical difficulties. As some of you may remember, last year, three other school dads and I made the questionable decision to build a homemade soapbox kart and race it down a hill in Essex. Against all available evidence and basic common sense, this apparently encouraged us!

So this year, the same group are going one better and entering the big daddy of soapbox events - the Red Bull Soapbox Race in London on the 30th June. This year we're also using the event to raise awareness for **Alzheimer's**, https://www.justgiving.com/page/redbullsoapbox which is a cause close to all of our hearts. By the time you read this, I will hopefully have recovered from my karting injuries and been discharged from hospital....

Unfortunately, this also meant agreeing to let a film crew into my house to document preparations for the race and we have stuck to the giant Corgi themed Kart inspired by my own vertically challenged Corgi – Jorge. I should point out that when I say 'team', what I really mean is four middle-aged men standing in a driveway looking at plywood while confidently using phrases like 'structural integrity' despite none of us having the qualifications to support this optimism.



If you've never met Jorge, imagine a small brindle security guard with very short legs and the self-confidence of a nightclub bouncer. He is deeply suspicious of postmen, wheelie bins and anyone carrying a vacuum cleaner. The filming itself started reasonably smoothly. By this I mean nobody had fallen through the kart and the production company still appeared optimistic. Jorge, however, immediately interpreted the arrival of several strangers with cameras as either: A) a direct threat to national security or B) a personal celebrity appearance. Possibly both.

At one point he attempted to herd the sound engineer into the utility room. Shortly afterwards he stole a microphone wind muff and disappeared under a table with it like a tiny Welsh fox. The cameraman remained impressively calm throughout, despite spending most of the afternoon being aggressively supervised by a dog approximately the size of a loaf of bread.

What became very obvious very quickly is that animals are completely incapable of understanding the concept of 'just act naturally.' The second you want a dog to behave normally, they transform into an absolute idiot. Dogs who usually ignore people suddenly leap six feet into the air. Cats become liquid and vanish into another dimension. Rabbits develop the survival instincts of Jason Bourne.

It did make me realise how often pet owners apologise to us in consult rooms: 'Oh he's never normally like this.' 'He's usually very calm.' 'She never bites.' Five seconds later the same individual is attempting to climb the ceiling while producing noises normally associated with exorcisms.

The truth is that pets behave differently in unfamiliar environments or around unfamiliar people. It's completely normal. Stress, excitement and over stimulation can dramatically change behaviour. That's why we spend a lot of time in practice trying to make visits less intimidating - using treats, gentle handling and giving nervous pets time to settle. Fear-free handling has become a huge part of modern veterinary care because a calmer animal is not only happier, but also easier to examine properly. In fact, one of the most valuable things an owner can do is simply warn us in advance if their pet is nervous, reactive or prone to stress. We can adapt far more easily to an honest warning than to a surprise airborne Jack Russell.



As for the Soapbox Race itself, by the time this is published we will either have successfully piloted a giant corgi down a hill in London... or there will be a short educational safety video circulating online.

Either way, Jorge remains completely untroubled by the pressure of fame. Mainly because he still believes the entire event is fundamentally about him. And to be fair... he may not be entirely wrong.

If you would like to support the **Alzheimer's Association**, you can do so by scanning the QR code

Hawthorn VETERINARY SURGERIES

Henfield Surgery: Hawthorn House, High Street, Henfield, BN5 9DA. Tel: 01273 495227
Partridge Green Surgery: The Old Bakehouse, High Street, Partridge Green, RH13 8HU. Tel: 01403 710332
Hassocks Surgery: Rear, 44 Keymer Road, Hassocks, West Sussex, BN6 8AR. Tel 01273 805009

E: reception@hawthornvets.co.uk - www.hawthornvets.co.uk





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

Wednesday 1st July
The Steyning Downland Scheme
09:00 - 16:00
The Rifle Range, End of Nightingale Lane, Off Mouse Lane, Steyning

Unearthing the Past Archaeological Dig

Come and help us carry out another archaeological excavation of the Targets area, at the far end of the Rifle Range on the Steyning Downland. The Dig will take place for 7 days from Wednesday 1st July to Wednesday 8th July. You can come every day or just for one day. The aim is to learn more about how the Rifle Range has been used over the years. The dig will be led by SDS volunteer Justin Russell, a qualified archaeologist with specialist knowledge of rifle ranges. The sessions are open for anyone to join in, no prior experience necessary. Booking is essential as places fill up fast! Because of the nature of the work, we only have capacity for 2 people to join the team each day. First come, first served! https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903 817 996 fiona@steyningdownland.org

Wednesday 1st July
Community Film Night
19:30 - 22:00
Steyning Centre, Fletchers Croft, Steyning

Screening: Wuthering Heights

Margot Robbie and Jacob Elordi star in director Emerald Fennell's (Saltburn) adaptation of Emily Brontë's gothic masterpiece of unbridled passion, obsession, and revenge. Set against the desolate beauty of the Yorkshire moors, the all-consuming love between Catherine Earnshaw and the foundling Heathcliff has captivated readers for centuries. When forces of class and society tear them apart, Heathcliff embarks on a bitter quest for vengeance that threatens to destroy two generations of the Linton and Earnshaw families. 'a wild, gasp-inducing thrill ride' Tickets £6.00 to include tea or coffee during the interval. Please purchase tickets in advance from ghe office at the Steyning Centre. Contact Tessa Eckert 01903812042 tessa.eckert@steyningpc.gov.uk

Thursday 2nd July
Little Stars Bumps Babies & Toddler Group
09:30 - 11:30
Penfold Hall, Church Street, Steyning

Toys, crafts, singing and much more. Coffee, tea and cake for parents, carers and grandparents.
Two sessions each week:
Mondays 13:00 - 14:45 - 6, 13, 20, 27 July
Thursdays 9:30 - 11:30 - 2, 9, 16, 23, 30 July
Suggested donation of £2 per family.
Contact Gary 01903813276 families@steyningparishchurch.org

Friday 3rd July
Vintage Years
14:00 - 16:00
Steyning Centre, Fletchers Croft, Steyning

Summer Party & Magic !

Doors open at 13.45 : We are holding our Summer Party and we welcome David Croucher to entertain us with his magic. Refreshments will be served from 15.15 and we will celebrate July Birthdays. Entrance Fee £3 (£5 visitors).Annual membership fee is £10 (each April).
Due to numbers please, no visitors unless by prior arrangement. Always contact Bev Frances-Hill before attending for the first time /returning after a long break , for transport needs or any other information. Contact Bev Francis-Hills 01273493894 Vintageyears2012@gmail.com

Saturday 4th July
The Steyning Downland Scheme
10:00 - 15:00
The Rifle Range, End of Nightingale Lane, Off Mouse Lane, Steyning

Kids' Archaeological Dig!

An opportunity for young people aged 6-12 to join an archaeological excavation on Steyning Rifle Range. Led by SDS volunteer Justin Russell, a qualified archaeologist with specialist knowledge of rifle ranges. All budding junior archaeologists must be accompanied by a parent or guardian. We will be using hand-held metal detectors to recover finds in excavated soil. As well as being great fun, the objects found will help us learn more about how the Rifle Range was used over the years. No previous experience necessary. Each booking is for a one hour slot. Booking essential as places will sell out. https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903 817 996 fiona@steyningdownland.org

Saturday 4th July
Riverboat Shuffle Jazz
18:00 - 20:00
St Andrew and St Cuthman, Parish Church, Steyning

In Aid of Family Support Work

Contact Penny 01903813276 office@steyningparishchurch.org

Saturday 4th July
Steyning Parish Church
20:15 - 22:00
Steyning Centre, Fletcher's Croft, Steyning

Peace in the Middle East: An Impossible Dream?

The Rector of St Andrew's in Ramallah in East Jerusalem which is the historic home for many Palestinian Christians will speak on the theme Peace in the Middle East: An Impossible Dream? Fr Fadi Diab is an internationally recognised voice for peace and justice. Free admission with voluntary collection. Dr Fadi will also speak at the Parish Eucharist at Steyning Parish Church on Sunday, 5 July 9:30 – 10:45. Contact Parish Office 01903813276 office@steyningparishchurch.org

Sunday 5th July
St Botolphs Church
12:00 - 16:00
St Botolphs Church, Annington Road, Botolphs Steyning

St Botolphs Tea and Trains Afternoon

Wealden Railway Group are at St Botolphs Church with some model railways. Refreshments of tea and cake. Contact Sandra Middleton 07920015254 sandramidd63@me.com

Sunday 5th July
National Garden Scheme:
13:00 – 17:00
Saffrons: Holland Road, Steyning, BN44 3GJ
Lynwood: Holland Road, Steyning, BN44 3GJ

Saffrons and Lynwood, Steyning: Open in aid of NGS charities

Two wonderful Steyning gardens opening together in aid of NGS charities. Occasionally garden openings need to be cancelled please always check on the NGS website ngs.org.uk Contact National Garden Scheme 01483 211535 hello@ngs.org.uk

Sunday 5th July
St Botolphs Church
18:00 - 18:45
Annington Road, Botolphs Steyning

Sheep shearing Service

Sheep Shearing Service at St Botolphs Church. Contact Sandra Middleton 07920015254 sandramidd63@me.com

Tuesday 7th July
Steyning Singers & Strummers
12:30 – 13:00
Steyning Parish Church, Vicarage Lane, Steyning

Lunchtime Concert

Our successful series of concerts continues in July with different performers each Tuesday lunchtime. These concerts are free but with a retiring collection to towards the church building fund. Contact Kate 01903813276 office@steyningparishchurch.org

Friday 10th July
Good Grief Cafe
14:00 - 16:00
Penfold Hall, Church Street, Steyning

Those who have experienced any sort of loss are welcome to join us for tea or coffee, biscuits and a listening ear. Come to talk and share, or just listen. Contact Judie 01903813276 care@steyningparishchurch.org

Friday 10th July
Steyning Downland Scheme
21:15 - 23:15
SDS Gateway Builing, Behind Mouse Cottage, Off Mouse Lane, Steyning

Bat and Glow-worm Nighttime Safari

A special night-time safari looking for glow-worms and bats on the Downs around Steyning. Join professional ecologists, Lucy Cressey and Caitlin Laver and local glow-worm expert, Simon Jackson as we search the Downs for these nocturnal specialists. https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903 817 996fiona@steyningdownland.org

Saturday 11th July
Sussex Pathfinders Rambling Club
10:00 - 12:30
Car Park (opposite Castle Inn), The Street, Bramber

Walking from Bramber

An easy 4 mile walk along footpaths, and quiet lanes criss-crossing fields with a few stiles. Sorry no dogs other than guide dogs. The walk will take us via The Priory, River Adur and Beeding Bridge. Contact Sussex Pathfinders Rambling Club l07842792962 diann.clarke42@outlook.com

Saturday 11th July
Repair Cafe & Home Energy Helpdesk
14:00 – 16:00
Beeding & Bramber Village Hall, High Street, Upper Beeding

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

Saturday 11th July
The British Rum Renaissance Tasting & Pop UP Cocktail Bar
19:00 – 22:30
Beeding Village Hall, High Street, Upper Beeding

A Local Craft Tasting & Pop-Up Cocktail Bar

Did you know some of the most innovative, award-winning craft rum in the world is being made right here in the UK? This July, step inside the village hall to discover the explosive, cutting-edge world of 100% scratch-distilled British spirits. Tickets £45 available from https://www.mixologygroup.co.uk/school. Contact Zoe Cunliffe 07855259296 zoe@mixologygroup.co.uk

Monday 13th July
The Arts Society Steyning
09:45 - 12:00
Steyning Centre, Fletchers Croft, Steyning

Scandinavian Modern: Behind the Scenes

Why and how did Scandinavian Modern design rise to international fame in the 1950s, creating many modern classics? This lecture considers its roots in social reform, its use as a tool of Nordic social democracy, as well as the tension between state ideals and consumer tastes. Featuring iconic designers and key exhibitions, our Arts Society acclaimed lecturer, James



Vaux, explains the movement's hidden agendas, surprising variations, and how to spot true Scandinavian Modern - even in IKEA. Contact Steph Savill 01903 815577 steyning@theartssociety.org

Monday 13th July
Steyning Gardening Club
19:30 – 21:00
Steyning Centre, Fletchers Croft, Steyning

Annual Gardening Quiz

Back by popular request and rescheduled from January. Pop along to test your knowledge and meet fellow members at our annual quiz night! Come as a team or join a team on the night. Contact Alison Hamer 07817703434 steyninggardeningclub@gmail.com

Tuesday 14th July
Steyning Parish Church
12:30 – 13:00
Vicarage Lane, Steyning

Michael Brierley Sings

Our successful series of concerts continues in July with different performers each Tuesday lunchtime. These concerts are free but with a retiring collection to towards the church building fund. Contact Kate 01903813276 office@steyningparishchurch.org

Tuesday 14th July
Board game cafe
15:15 – 17:15
The Penfold Hall, 35 Church Street, Steyning

Come along on the 2nd Tuesday of each month to play some board games at the Penfold Hall. It is free to come along, we have lots of games to play or feel free to bring one along. Free drinks and snacks. All ages are welcome. Please contact the Neighbourhood Wardens or the Children's and Families Worker for the Parish Church for more details. Contact Alison Page/John Sampson 07734387889/07734387888 sbub.wardens@horsham.gov.uk

Wednesday 15th July
Steyning Museum
16:15 - 18:00
Steyning Centre, Fletchers Croft, Steyning

Teatime Talk - Young and Conquered: Steyning 1066–1086

What was life like for Steyning's young people after the Norman Conquest? Join museum volunteer, sociologist, and local history enthusiast Barbara Chandler for a lively glimpse into the years following the Battle of Hastings up to publication of the Domesday Book in 1086 and discover how conquest would have transformed everyday life for Steyning's youngest residents. Doors open 16:15, Talk starts at 17:15. Tickets £5 (includes tea, coffee and biscuits) available from Steyning Museum or on-the-door. Under-19s and students – FREE. Contact Barbara Chandler 07984126221 contact@steyningmuseum.org.uk

Tuesday 21st July
Steyning Parish Church
12:30 – 13:00
Vicarage Lane, Steyning

Cantatrice

Our successful series of concerts continues in July with different performers each Tuesday lunchtime. These concerts are free but with a retiring collection to towards the church building fund. Contact Kate 01903813276 office@steyningparishchurch.org

Wednesday 22nd July
Steyning & District Flower Club
19:30 – 21:30
Steyning Centre, Fletchers Croft, Steyning

Ikebana

We have an exciting evening in store when we will be welcoming tutor Di Norman for a fascinating evening of Japanese flower arranging. Di is a leading demonstrator in the art of Ikebana and Sub Grandmaster of the Ohara School. Visitors are always very



welcome to come and join our friendly Club for an entertaining and inspirational evening. There will be an opportunity to win one of Di's creations in the evening raffle and refreshments are provided. Doors open at 19:00. Members are free and Visitors £7.00 on the door. Contact Valerie Hodges 07870 982699 val.hodges@yahoo.co.uk

Saturday 25th July
Climate Cafe
10:30 - 12:00
The Castle Inn, The Street, bramber

A regular event on the 4th Saturday of every month except December, the Climate Cafe at the Castle offers a warm and inclusive space, to share friendship and mutual support for those holding questions and worries about the climate crisis and how it will affect us all. Whether you are feeling helpless and fearful about the future, or feeling positive and motivated to bring about change – you are not alone. So why not join us at 10.30 for a chat over coffee. Contact Greening Steyning

Saturday 25th July
The Big Picnic 2026!
12:00 – 15:30
The Picnic Field, Rifle Range, End of Nightingale Lane, Steyning

The Big Picnic 2026!

The Big Picnic is back for 2026! An afternoon full of games, craft activities and fun for the whole family at its new summer date in July! Bring your own picnic and join us for an afternoon of entertainment in the summer sun. Our outdoor programme of activities and games for all ages will include: Tractor and trailer ride, Traditional games (egg & spoon, sack race, tug of war), Meet some cows and ponies, Sensory style activities, Fun Dog show, Art and craft activities.... and more! Children go FREE! Tickets for adults £3 before the event, £5 on the day. Prior booking is recommended! https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903 817 996 fiona@steyningdownland.org

Monday 27th July
Board Game Cafe
18:00 – 21:00
Penfold Hall, Church Street, Steyning

Evening Edition

Join us for a once a month night filled with board games, card games and endless laughter. Bring a game with you or join in one that's already there. Hot drinks will be available throughout the evening. £5 suggested donation. Contact Gary 01903813276 families@steyningparishchurch.org

Tuesday 28th July
Steyning Parish Church
12:30 - 13:00
Vicarage Lane, Steyning

Sing Out Sister

Our successful series of concerts continues in July with different performers each Tuesday lunchtime. These concerts are free but with a retiring collection to towards the church building fund. Contact Kate 01903813276 office@steyningparishchurch.org













Steyning for Trees



WINNER
CPRE Sussex Countryside Awards 2020

What a wonderful time we have all had. Many congratulations to the hard-working FESTIVAL TEAM, all working together to produce this great community event.

SFT committee have all been working hard too, using their individual expertise to support this great event with our Talks and Tea and Tree Tour. Tremendous thanks to **MAYO, WYNNE, BAXTER** for supporting all the SFT`s Events.

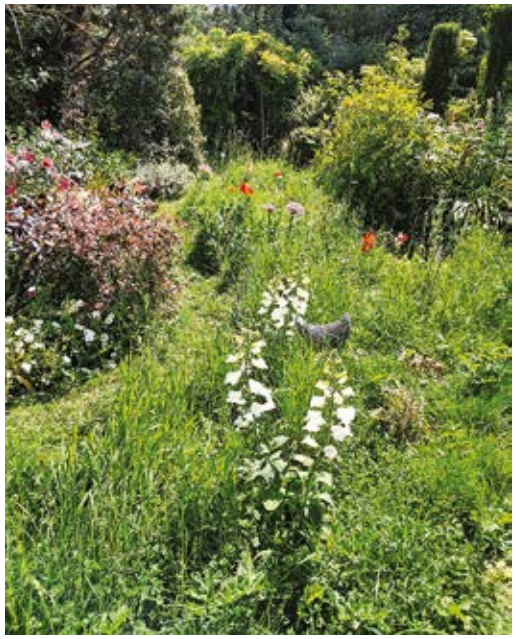
We were all so fascinated to hear what Dame EJ Milner-Gulland Professor of Biodiversity at Oxford University had to say, all joining in to ask questions and getting such thought provoking answers. The Penfold Hall made a great and friendly venue. We were pleased to see plenty of younger people from her old school , the Steyning Grammar School. They were all asking such relevant questions and she was so enjoying, as she said, 'the lively discussion'. that followed. I believe Robin Bowers has a recording of the evening at the Bookshop . pic 181809



Rev. Peter Owen-Jones and His Film of the South Downs National Park:
What a lovely evening we had watching this fabulous film of places we know and love. How lucky we all are to live so close to the Park, to be able to walk through it daily. We watched Peter striding across this landscape, explaining its history and its importance to nature. Then answering questions from a fascinated audience. Many thanks to all who helped with the evening , I think Steyning for Trees have done the Festival proud with these two thought provoking talks from up to the minute influencers and also:

SFT Tea and Tree Tour:
This was a sell-out at 60 tickets. Many thanks to all those who provided their fields and land for people to see the great support for nature that is happening all round Steyning by this wonderful group of people. Everyone was so impressed and the friendly and informative message. Many teas were served at the **Bowls Club** and **Mouse Cottage** and the relaxed approach to gardening, needing less work, resonated with many particularly as it also benefited nature so much.





Sweet Chestnut Trees Need You:
Plant scientists are asking you to check sweet chestnut trees and report signs of fungal blight as there has been an outbreak in Devon. Signs include a sparse crown of leaves and disfigured bark. Also leaf galls should be reported showing as contorted leaves or swelling.

Report to TreeAlert, select Check a Sweet Chestnut at:
treealert.forestresearch.gov.uk.

Chelsea Flower Show:
We were interested to hear on the wonderful BBC coverage of the Show the idea of HEDGES IN THE SKY talking about planting native hedges in troughs on your balcony and how beneficial they are for nature. Not such a bad idea, giving you privacy as well as supporting nature.

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Book Reviews

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Monday - Saturday: 9:30 - 17:30
info@steyningbookshop.co.uk

Adult Fiction



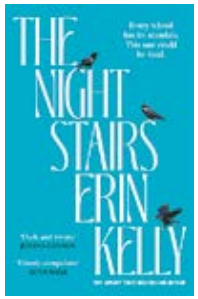
Family Friends by Chloe Ashby
Penguin £16.99 hardback
A sophisticated and sultry summer page-turner which will appeal to fans of Tessa Hadley and Claire Lynch.

Maggie and Will always go on holiday with Lydia and Roland to Lydia's parents' house in the South of France. It's their tradition. They've been doing it since before they were all together, since before the children. This year, it's the eve of Maggie's 40th birthday and there are troubling undercurrents swirling beneath the sunbathing, croissants, cheese and wine.

Roland is stricken with guilt after the death of his first wife, who he abandoned with their daughter, when he got together with Lydia. That daughter, now a sharp and beautiful teenager has come to France with them for the first time this year, upsetting the family dynamic further. And Will is hiding something from his wife, as is his son, Sam.

The younger children come up with a dangerous game, one that threatens to set everyone ablaze...

This an engrossing read, and a very good debut.

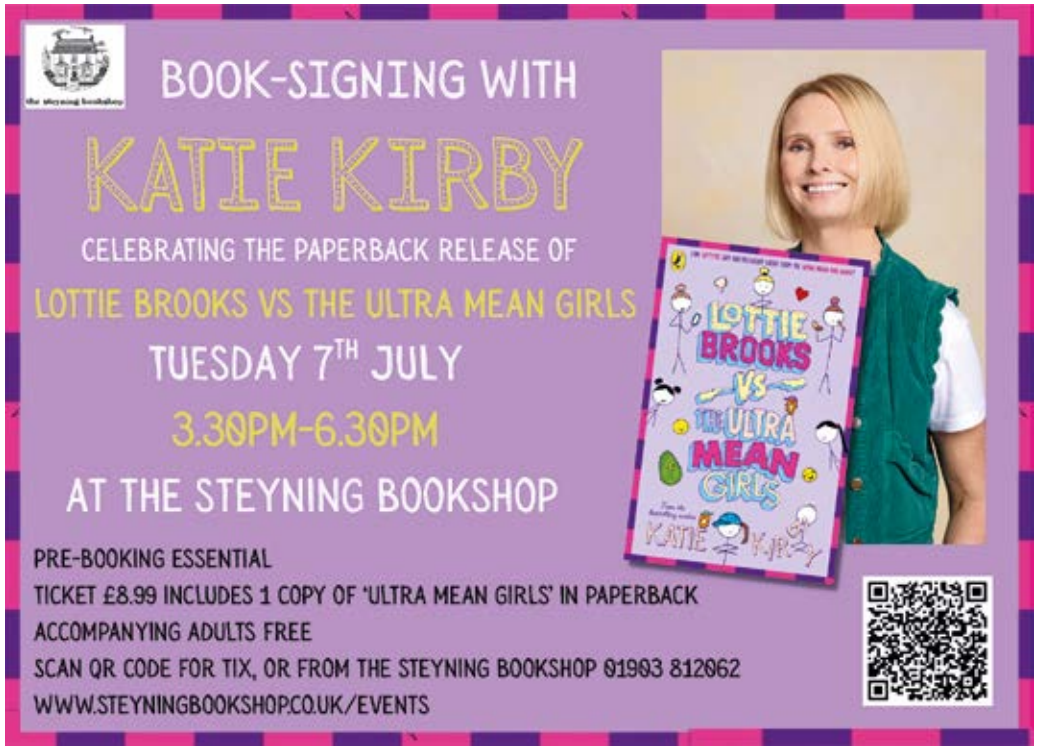


The Night Stairs by Erin Kelly
Vintage £16.99 hardback
A compelling novel which is as much an insightful story about female teenage friendship and betrayal as it is a chilling gothic thriller. Fiona Fox, Deputy Head of St Cordula's Convent School for Girls, is preparing to oversee a controversial change to save the school from ruin, but reform is never simple in a place this steeped in history.

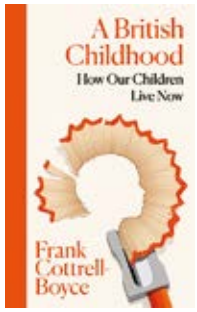
According to school legend, St Cordula's is protected by the ghost of St Matilda – as long as the words 'GOD FORGIVE ME' - which she scrawled on the wall of a staircase before falling to her death - are repainted every year. They have been allowed to fade only once before, in 2002, which coincided with a strange outbreak of hysterical vertigo raging through the school, resulting in one pupil falling to her death on the night stairs.

Only three people know the truth of what happened that night. When one of Fiona's pupils launches an investigation into the 2002 death AND a fresh outbreak of vertigo begins to spread, once more, through the school, Fiona must stop the rumours - and the vertigo outbreak - before St Cordula's future is destroyed ... or another girl loses her life.

A compulsive read which vividly captures the claustrophobic intensity of life in a convent boarding school.



Children's Books



A British Childhood: How Our Children Live Now by Frank Cottrell-Boyce
Macmillan Books £14.99 hardback
A powerful, provocative and moving polemic which rings alarm bells about the loss of community, imagination and wonder in the lives of 21st century children.

Children's authors are generally a good-hearted bunch, but none more so than FCB, who I've had the pleasure of meeting several times. Frank - the current Children's Laureate - is an award-winning children's writer and screenwriter, himself a father of seven, so nobody is better placed to muse on the state of childhood in contemporary Britain than he! In this timely and important book, Frank explores what it means to grow up in modern Britain. As Children's Laureate, he travels the country meeting hundreds of children, many living in highly precarious circumstances, and compares their experiences with his own and those of earlier generations.

Through chapters shaped by iconic children's books and the stages of childhood, he reflects on the imagination, connection and sense of community that help form us, while also examining the effects of poverty and austerity on public services and community support.

A brilliant book which should be required reading for every parent, teacher and policymaker!

TMJ and Jaw Pain



TMJ, or temporomandibular joint dysfunction, can cause a wide range of symptoms, including pain or discomfort in the jaw, clicking or popping noises, stiffness, headaches, and difficulty when chewing or speaking. Some people also notice that their jaw feels tight, sore, or fatigued, especially when symptoms have been present for a while.

At Well Adjusted Health, Mark Jones takes an individual approach to each patient. If someone comes in with TMJ symptoms, he would look carefully at the jaw itself, as well as the surrounding muscles and nearby areas that may be contributing to the problem. The aim is always to understand the full picture, not just the symptoms in isolation.

TMJ symptoms can have several possible causes. These may include teeth grinding or clenching, muscle tension, stress, irritation within the joint, previous injury, or changes in how the jaw moves and functions. In some cases, symptoms may also be linked with broader tension in the muscles around the face, neck, or shoulders.

Mark will use gentle chiropractic care to help reduce tension and support better comfort and function, while also considering what might be driving the symptoms in the first place. That patient-focused approach helps ensure care is appropriate, measured, and built around the patients specific needs. Because TMJ symptoms can have several possible causes, a proper assessment is important. This helps guide care in a way that is both safe and specific rather than using a one-size-fits-all approach.

If you are experiencing jaw pain, clicking, tightness, or discomfort when eating or speaking, Well Adjusted Health offers gentle, professional care and a supportive approach to helping you feel more comfortable day to day.

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. Alternatively you can book on line at https://westsussexchiropractor.co.uk

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Gardening Journal

Article by Alex Bell
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July can bring hot, dry, sunny days, and by now most of the spring moisture has disappeared from the soil. Plants are having to search deeper for water, and any new additions from earlier in the year may need a little extra support to get established. Don't forget to water and feed them if needed. A deep, thorough soaking is best, as it encourages roots to grow downward into the soil. The deeper the roots go, the less watering your plants will need over the long term.

Plant of the month – Delphinium Black Knight

Delphinium 'Black Knight' is a standout in the garden, prized for its tall, architectural spikes and dramatically dark, almost black-blue flowers. A classic choice among delphiniums, it has long been admired by gardeners seeking vertical impact and deep, moody colour in borders. 'Black Knight' has its roots in traditional breeding programmes in the UK, developed to combine the elegance of tall-flowering delphiniums with increased hardiness and improved flowering consistency. Its dramatic inflorescences make it a favourite for summer displays and show gardens alike.

This cultivar prefers a sunny position, where it can make the most of its towering habit and produce the best flower spikes. It thrives in fertile, well-drained soil, ideally enriched with organic matter to encourage strong growth. While it tolerates a variety of soils, heavy, wet ground can be problematic, as it may lead to root rot or poor flowering. For gardeners in cooler, wetter regions, adding grit or improving drainage is a useful precaution.

Maintenance is key to getting the most from 'Black Knight'. Support is essential: tall flower spikes should be staked to prevent wind or rain from toppling the plant. Regular watering during dry spells helps maintain healthy foliage and robust flower production. Deadheading spent flowers encourages a longer bloom period, while cutting back in late autumn after foliage dies down prepares the plant for winter. Feeding with a high-potash fertilizer in early spring supports strong flowering stems.

Delphiniums thrive when planted in mixed borders, and 'Black Knight' is no exception. Its dark, dramatic spikes look stunning alongside lighter, airy plants that create contrast and soften its architectural form. Ideal partners include Achillea for delicate foliage and summer-long flowers, Rudbeckia for bright, contrasting blooms, or Geranium species to fill the lower border with soft mounds of colour. Grasses like Pennisetum add movement and texture, enhancing the tall, upright delphinium spikes.

'Black Knight' is also suitable for more formal arrangements, planted in rows or clusters to create a striking vertical rhythm in a border. Its long-lasting blooms, dark hue, and strong habit make it a versatile choice for gardeners looking to combine drama and sophistication in summer planting schemes. With the right care and companions, it becomes the star of any garden, drawing attention from both casual observers and keen gardeners alike.

Jobs to do:

Ornamental Garden:

- Continue to deadhead herbaceous perennials and roses as flowers go over.
- Weed!!!
- Continue to edge borders.
- Cutback oriental poppies once flowered.
- Divide bearded irises if flowering is declining – re plant the youngest rhizomes.
- Deadhead roses.
- Trim evergreen hedges.
- Turn compost heaps.
- Cut back spent flowers of climbing hydrangea.
- Feed dahlias / cannas etc.
- Take cuttings of clematis.
- Sow biennials.

Vegetable Garden:

- Thin dessert apples and cooking apples.
- Sow spring cabbages and plant out winter cabbages.
- Water courgettes consistently to encourage a good crop.
- Mulch long term crops like brassicas.
- Water fruit trees / bushes.





Article by: Rachael Rainbow

Bathtubs Ahoy! The Adur's Most Eccentric Race

For more than three decades, one of the most eagerly anticipated events on the River Adur was also one of its most improbable. Every summer, crowds gathered along the riverbanks to watch competitors launch themselves downstream in cast-iron bathtubs, taking part in the wonderfully eccentric Adur Bathtub Race.



What began as a light-hearted charity fundraiser grew into a much-loved local tradition. Over its 35-year history, the race raised more than £250,000 for charity while providing plenty of entertainment for participants and spectators alike.

The annual event usually took place in August and followed a six-mile course along the River Adur. Racers set off from Upper Beeding and made their way downstream to the finish at Norfolk Bridge beside the Adur Recreation Ground in Shoreham. In its heyday during the 1980s, the start of the race was a spectacle in itself, with dozens of homemade craft being lowered into the water before setting off in a chaotic flotilla.

The rules were simple enough: competitors had to travel the course in bathtubs. Of course, an ordinary cast-iron bath is not particularly suited to river travel, so participants had to get creative. Flotation devices were attached beneath the tubs, and many crews spent weeks transforming their vessels into elaborate floating works of art.

Some of the designs became almost as famous as the race itself. One memorable entry, named Dopey Dick, was fashioned into a whale complete with a working blowhole. Other tubs were decorated with equal enthusiasm, reflecting the humour and ingenuity that became a hallmark of the event.

Not every bathtub proved entirely seaworthy. Capsizes were common, and many competitors found themselves unexpectedly swimming for the riverbank before continuing their journey. Fortunately, such mishaps only seemed to add to the entertainment.



The atmosphere along the route was famously lively. Hundreds of spectators lined the riverbanks and packed the bridges to cheer on the crews. As racers passed beneath the bridges, they could expect more than encouragement. It became something of a tradition for spectators to bombard the contestants with water bombs, flour and eggs.

By the early 2000s, organising such a large event had become increasingly difficult. Rising insurance costs, stricter health and safety requirements, concerns about excessive drinking and injuries caused by missiles thrown from the bridges all took their toll. In February 2007, the Shoreham and Southwick Round Table, which had organised the race for decades, announced that the official event would come to an end.

The story did not quite finish there. Refusing to let the tradition disappear without a farewell, 15 determined teams organised an unofficial final race in July 2007. Their efforts were rewarded with enthusiastic crowds and a standing ovation, providing a fitting send-off for one of the Adur's most distinctive traditions.

Although the original bathtub race is now part of local history, its spirit survives. Since 2019, the Shoreham Raft Race, hosted by Shoreham Yacht Club, has carried forward the same sense of creativity, community involvement and good-humoured competition that made the bathtub race such a memorable fixture of life along the River Adur.

An exhibition exploring the River Adur and its importance to the surrounding villages opens at Steyning Museum at the end of June. Steyning Museum is open from 10:00 to 16:00, Wednesday to Sunday and is free to visit.

Photo Credit Phil Hoare.

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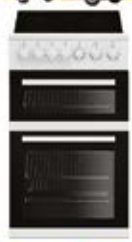

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