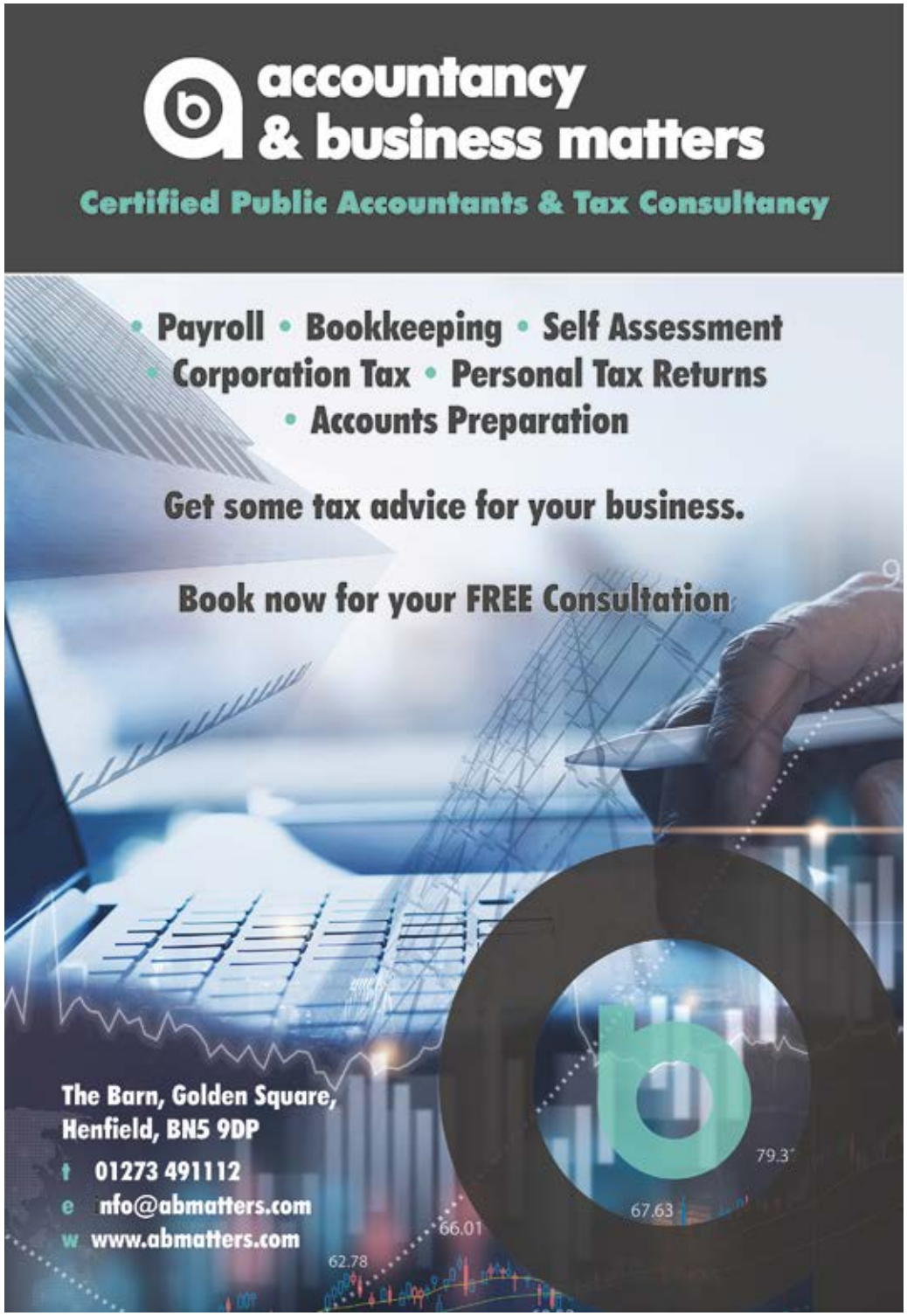
Your Mag

Steyning | Bramber | Upper Beeding

September 2026



yourmag.co.uk



SEPTEMBER CONTENT

4 September 2026: Apple Juicing
5 Charity Coffee / Tea & Cake Morning
10 What to see on the Downland: Autumn Lady's-Tresses
13 Music! Music! Music!
16 Subterranean Heatstroke Blues
22 September 2026: Front Cover by Chris Kettle
24 A Golden Summer for Steyning, Bramber and Beeding!
24/26 The Steyning Downland Scheme:
25 People's Emergency Briefing
28 Diary Events
30 September: Steyning for Trees
38 September 2026 Book Reviews
40 Local Business Focus - Stay Steady, Stay Strong: Why Balance Matters as We Age
42 Local Business Focus - September Gardening Journal
44 Steyning Museum Archives: Steyning Railway Station by: Ernest John ("Jack") Worrall
46 Advertiser's Index

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September 2026: Apple Juicing

Sunday 13th September 13:00 – 16:00. September already? The long hot summer is nearly at an end with the anticipation of the World Cup a distant memory - it still hasn't *'come home'*!

With the heat being a problem for all of us, how have the fruit trees and bushes been coping with the havoc being caused by climate change?

We have all seen how the farmers have been struggling with their harvest. We have picked blackberries in early July, where this used to be an autumnal ritual in years gone by.

After a bumper apple harvest last year, some trees appear to be having a ***'year off'*** but others are laden with albeit rather small fruit due to the lack of rain.

The trees in the orchards have been given a helping hand by being Wassailed in January, gently pruned in February and March, a Blossail in May to ask the bees to do their thing, watered and plenty of TLC throughout the year.



Apple Juicing

We hope for a good crop as it's **Juicing Day**, our annual ritual again on **Sunday 13th September**, at the end of the **Steyning Food and Drink Festival**.

Volunteers will be rummaging in storerooms and sheds, peering under dust sheets to find the scratters, apple presses and all the other apple juicing paraphernalia which has been carefully stored since last autumn.

After careful checking to make sure all is in working order, we'll hope for a warm, dry day (not too hot!) and set it all up in the **Memorial Playing Field Orchard**.

You're invited to come along with your apples and for a small donation we'll help you make your own apple juice.

Watch those fingers in the scratters!!!

Juicing Day
Sunday 13th September
13:00 - 16:00
(last juicing to commence 15:45)

We will also be juicing our own apples to sell at the Farmer's Market on the first Saturday in October.

Charity Coffee / Tea & Cake Morning

The last date on the calendar for the Steyning & District Food and Drink Festival is the all important Friday 2nd October 2026, the day that the Charity Coffee/Tea & Cake Morning takes place.

The aim, as for every year, is to raise a superb donation for our local **Festival Charity,** which this year is **St Barnabas House** - a hospice serving the Worthing, Adur, Arun and Henfield areas. Here, thanks to support from the local communities, adults with life-limiting illnesses and their loved ones can enjoy life as fully as possible, during the time they have left together. Probably an organisation well known to all of you, we are honoured that they are part of the Festival.

Starting at 10:30 and running through until 12.30 the ticket price is £10 per person to include bottomless cups of tea/coffee and as much homemade cake as you feel you can manage!



A great morning out. The entire ticket money will go direct to **St Barnabas House**, as the occasion is run by volunteers with all cakes home baked, coffee, tea, milk etc. donated - even the hall is complimentary. A real community effort to help such a worthwhile charity.

There will also be a Raffle with some great prizes.

Tickets are available from the The Steyning Bookshop or Awen, both in the Steyning High Street or online at: www.steyningdistrictfooddrinkfestival.co.uk - click on EVENTS.

Although we need to know numbers as much as possible for our catering arrangements, should you not be able to use any of the ticket purchase options listed, just arrive on the day and pay on the door.

Hope to see you there - and please do ask friends, family & neighbours to come along too.

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What to see on the Downland: Autumn Lady's-Tresses

Steyning Downland Scheme

Autumn is here and there's a few specialist plants that come into their own now. One of them is the small but perfectly formed autumn ladies tresses - or ALT.

This flowering orchid, with its 3 inch long winding white flower spikes starts to show in August and flowers into September. See them on the shortest turf, on poor, sun baked soil - the harsher the growing conditions the better for this gem.



ALT likes to take its time and it's 11 years from germination to the first rosette of leaves appears, and another three years before they flower. Once established, they tend to settle in. At a Bedfordshire National Nature Reserve, ALTs were observed still growing 55 years after they were first discovered.

This elegant bloom smells like lily-of-the-valley and you'll see that ALTs twisting flower spike have left- and right- handed versions - nobody really knows why.

If wild flowers and nature inspire you then sign up for our newsletter to find out about the gems on the Downland, take part in SDS's Botany surveys or even join as a practical conservation volunteer.

Find us here: steyningdownland.org and on socials @steyningdownland

The Steyning Downland Scheme is a charity supporting our local natural habitat.

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Subterranean Heatstroke Blues

This summer has been a tad warm. We've been seeking shade, suddenly all too aware of the importance of the cover of trees and a faint leaf-fanned breeze. Whilst we sweat in our gardens, another struggle is taking place, under loungers and paddling pools, in baked earth. The heat is a challenge for our wildlife, and our subterranean friends are no different.

Moles have large spade-shaped digging paws to enable them to move through thick soil and are additionally equipped for underground life by velvety fur that sits in either direction to allow for easy reversing. Their tunnels, sometimes used for generations, are habitual to the mostly solitary-living Moles, who whizz around them like little fuzzy subway trains.



Mole - © Steve Bottom

But it's a different story when the ground is too dry; it becomes impenetrable. Additionally, the Mole's prey of earthworms and other soft-bodied invertebrates like beetle larvae are in short supply or will move deeper underground in search of moisture and cooler soil. Moles can prep for drought somewhat; a toxin in their saliva can paralyse earthworms, which they store in larders in deeper chambers, but these are finite.

With Moles needing to eat 50% of their body weight every day, and living an almost exclusively underground life, the situation is making them hungry, dehydrated, and desperate. Many are being found above ground in the daytime, where they can quickly fall foul of heat exhaustion or predation from birds of prey or pet cats.

It can seem rather hopeless - but you can help. Providing water in gardens and outdoor spaces aids wildlife all year round, but especially during times of water stress and drought. Creating shade is also hugely beneficial and could be the difference between a Mole's home being manageable, or impossible.

Moles are a gardener's friend, taking care of plant-munching slugs, and aerating soils with their digging, which supports garden drainage. The excess soil Moles excavate can be used elsewhere in the garden, a far easier way of coping with molehills than trying



Earthworm - © Derek Middleton



Mole - © Neil Fletcher

to interfere. If disturbed, Moles are likely to start excavating in another spot, so a hands-off approach means fewer molehills for you, and less energy expended by the Moles.

'When it finally rains, rejoice.'

Those expert diggers can put their paws to use, feed up on plump juicy meals, and once again manoeuvre below our feet with ease, keeping the soil, which we so depend on, healthy and resilient.

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.
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September 2026: Front Cover by Chris Kettle

A professional Artist living in Steyning - Chris Kettle isn't generally known for painting Landscapes (subversive Still Lifes are his usual subjects) which makes this painting a bit of a rarity - he couldn't resist depicting this vision of a Rainbow over the Cricket Club from an image taken while out in the community field walking his Dog one late Summer afternoon Last year.

A keen Mountain biker and dog walker - Chris is regularly out on the Downs or throwing a ball for his dog in the Park and clearly this exposure to the beauty of Steyning is having an effect on his Paintings. - *'I'm out in the surrounding countryside so often that it's bound to influence me as Artist - and when I experienced that dramatic view of the Cricket Club/field and surrounding buildings swathed in sun, with a foreboding sky as a backdrop all framed within a Rainbow - I knew i absolutely had to paint it'* .

High quality, limited edition Prints of **'Rainbow over the Cricket Club - Steyning'** (53.5 × 40.5cm) are available to order directly from Chris at an introductory price of £85 each. Please contact him by email: chris@chriskettle.co.uk or message him on 07747171568 for orders and for more information: Instagram: @ CHRISTOPHERKETTLE





A Golden Summer for Steyning, Bramber and Beeding!

GREENING
STEYNING · BRAMBER · BEEDING

I think we can all agree that the host of golden sunflowers blooming in Steyning, Bramber and Beeding over the last few months has brought some joy to a sizzling summer!

As anyone who joined Greening's 'Create a Buzz' campaign knows, keeping these thirsty flowers alive during a drought was a mission in itself, but the fact that so many people joined in was a heartening tribute to what makes this a special place to live.

It all began on a rainy, windy April day when Greening volunteers handed out hundreds of seeds at the Farmers Market, then at the Repair Cafe, then outside the schools, on to High Street shops and other community groups. We encouraged, spread the word and set up a Facebook Group for mutual support. The rest was down to the enthusiasm of all of the participants. A lot of fun has been had; with children joining in, neighbours setting up WhatsApp Groups and hosting competitions for the tallest. On the biodiversity side, the mission was intended to support pollinators and we're pleased to have seen plenty of bees buzzing about the flowers. The seeds will also provide bird food throughout the autumn.
Now it's time to celebrate!

We are holding an exhibition of photographs at the next Repair Cafe - 12th September - 14:00-16:00 Beeding and Bramber Memorial Hall. Do come along to browse the photos and enjoy a slice of cake. It's not too late to enter if you send your photos this week; email greeningsteyning@gmail.com



The Steyning Downland Scheme:

Steyning's Nature Oasis
A registered charity since 2009, we manage 170 acres of the Wiston Estate, in the South Downs National Park. We reconnect local people from all walks of life to the land, transforming it into a wildlife oasis where people of all ages can experience nature, benefiting their mind, body and spirit. We create inspiring opportunities for anyone to join in, through active volunteering, engaging events and inclusive access.

How It All Began
The Goring family has owned the land which is now the Steyning Downland since 1743. For many years the land was farmed but during the 1980s, changing agricultural practices led to grazing becoming sporadic and then stopping altogether.

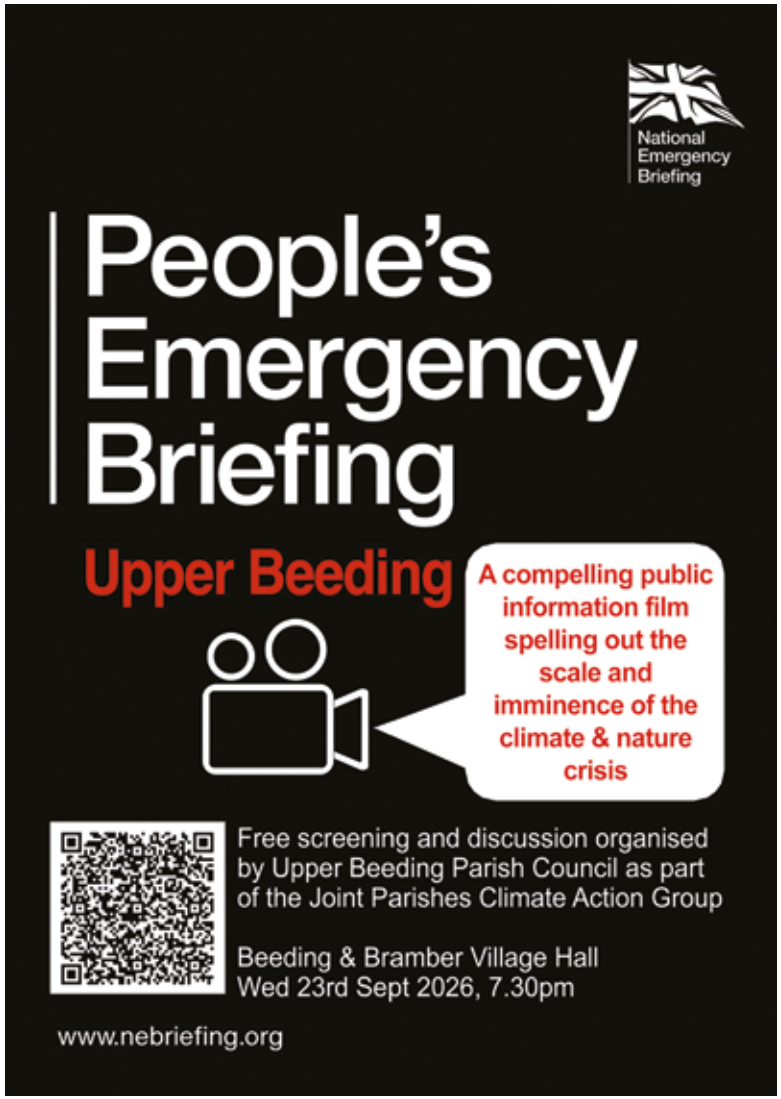
Rubbish and burnt-out cars began to define the landscape. The pond became overgrown and the chalk grassland was gradually replaced by scrub. There was also conflict between different interests. Mountain bikers had adopted part of the woodland and were using badger setts as jumps.

A barn (later demolished) was being increasingly used by young people for raves, although it supported an important bat roost.

Then Harry and Pip Goring met Peter Harris from the nature conservation charity, A Rocha.

They were inspired by their values and wanted to find a place to put these into action on the Wiston Estate. The Steyning Downland seemed the obvious choice.

In March 2007 a public meeting was held in St Mary's Church, Wiston to gauge local interest in a new conservation project. Fifty people attended – many more than expected! The aim, to bring together the needs of people and wildlife, was received very positively, and a steering group was formed of local people. The Steyning



Downland Scheme (SDS) was born. We became a UK registered charity in 2009 and the the Steyning Downland Scheme has since grown from strength to strength. There is now a calendar of community events, run by volunteers. We host the one of the best sites in England to see the rare Brown Hairstreak butterfly and we have partnered with the South Downs National Park Authority, Butterfly Conservation and Wakehurst Place, Kew to attract the Duke of Burgundy butterfly back to Steyning.

Mountain bikers have a designated area; teams of local people carry out wildlife surveys; school children enjoy creative events and conservation grazing has started again, through a partnership with local graziers. The Trustees oversee the overall development of the scheme and are responsible for charity policy, legal compliance and funding. Four management groups oversee different aspects of our work on the land.

Today there are well over 100 volunteers actively involved with us in some capacity. Many more people benefit from the scheme by attending our events or just walking on the land.

The Wiston Estate continues to invest in the scheme in many different ways, and the scheme has blossomed into a much bigger reality than was ever first conceived.

SUBSCRIBE TO OUR MAILING LIST yourmag.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

Thursday 3rd September
Steyning Parish Church
09:30 – 11:30
Penfold Hall, Church Street, Steyning

Little Stars Bumps Babies & Toddler Group

Toys, crafts, singing and much more. Coffee, tea and cake for parents, carers and grandparents. Suggested donation of £2 per family. Two sessions each week:
Mon 7, 14, 21 and 28 Sep 13.00 - 14.45
Thu 3, 10, 17 and 24 Sep 9.30 – 11.30
Contact Gary 01903813276
families@steyningparishchurch.org

Friday 4th September
Vintage Years
14:00 – 16:00
Steyning Centre, Fletcher's Croft, Steyning

The Southdown Film Makers Selection

Doors open at 13:45. We look forward to welcoming The Southdown Film Makers who are going to show a selection of short films covering subjects including local history, nature, comedy and their award winning short film The Briefcase. Refreshments will be served from 15.15 and we will celebrate September 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. 01273 493894 Vintageyears2012@Gmail.com

Saturday 5th September
The Great Pre-Loved Safari
10:00 – 14:00

Sell/Buy Pre-loved Items

Discover the ultimate community bargain hunt in Steyning. Whether you are clearing out clutter or hunting for hidden gems, anyone is welcome to join the fun! Sell your pre-loved items right from the comfort of your own front garden-a brilliant, effortless way to sell without ever leaving home. Buyers can get an official trail map featuring sellers addresses on the Facebook page to help guide eager shoppers straight to their gate. Clear your driveway, set up your stall, and enjoy a fantastic day of local recycling and community connection. For more information search The Great Pre-loved Safari Steyning on Facebook. Steyning, BN44 3PL Contact Katie Morey-fownes 07980300354 Katiemoreyfownes@gmail.com

Saturday 5th September
The Steyning Downland Scheme
14:00 – 16:00
SDS Gateway Building, Behind Mouse Cottage, Off Mouse Lane, Steyning, W3W: ecologist.baseline.pegs

Woodland Singing with Rebecca Askew

Join professional singer and vocal coach, Rebecca Askew, for an enjoyable afternoon, singing together in the woods at the foot of the Steyning Downs. Rebecca has a wealth of experience of working with groups of singers (professional, amateur and those with no experience at all of singing). Everyone is welcome! All songs have a theme connected with nature/ seasons/living with the land and you will be transported deeper into the surrounding woodland and downland as you sing. The music is introduced to you by ear and therefore easy to pick up. All singing is done as a group and so the vibe is super friendly, fun and supportive. https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903 817 996 fiona@steyningdownland.org

Saturday 5th September
Steyning Town FC
15:00 – 17:00
Peter Humphreys Memorial, Shooting Field

Steyning Town v Faversham FC

Come down and support the Barrowmen in the Isthmian South East division. This is some of the best football in Sussex and it's happening at The Peter Humphreys Memorial Ground - Shooting Field. Kitchen and Bar are open. There is plenty of seating. Meet friends and family. ISTHMIAN League Admission: General £10, Concession £5, Under 16s Free. Contact Please email: secretary.stcfc@gmail.com

Sunday 6th September
Ashurst Country Fair
12:00 – 17:30
Ashurst Recreation Ground, Ashurst, Nr Steyning, BN44 3AY

Country Fair, Fun Dog Show & Car Boot Sale

A great afternoon out for all the family in a beautiful location. Lots to see and do. Country stalls, Bar, Barbeque, Pimms, Fun Dog Show classes, competition for 'Best Dog in a Hat', Fun Dog Agility, Games and attractions. Car Boot Sale.... we especially love vintage & retro items. Further details available on the website: Everyone welcome. Come and join in the fun. https://sites.google.com/view/ashurstcountryfair/home
Contact Mandy Hedley 07774585313 ashurstcountryfair@gmail.com

Monday 7th September
Steyning Probus Club
12:45 – 15:30
Steyning Centre,, Fletchers Croft, Steyning

Lunch with Speaker David Bikerton - Invasion of Sicily

September's monthly lunch (members only), New members always welcome. For those who may be interested in becoming a member please visit the Steyning Probus Club W: steyningprobus.org for further information or contact our Membership Secretary Len Warner on 01903 812752. Contact Chris Allen 07527549891 ca080553@gmail.com

Tuesday 8th September
Board games at the Penfold Hall
15:15 – 17:15
The Penfold Hall, 35 Church Street, Steyning

Board Game Café

Come along on the 2nd Tuesday of each month. 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 9th September
Steyning History Society
19:30 – 21:00
Steyning Centre, Fletchers Croft, Steyning

Presentation by Dr Janet Pennington

Our new season starts with a presentation on Sussex Inn Signs and their history. Contact Pat Blackie 01903

629354 steyninghistorysociety@btinternet.com

Friday 11th September
Parish Church of St Andrew & St Cuthman
14:00 – 16:00
Penfold Hall, Church Street, Steyning

Good Grief Cafe

Please feel free to join us if you are in need of support following a loss of any kind. Tea and coffee and biscuits will be available. Contact Judie 01903813276 care@steyningparishchurch.org

Saturday 12th September
The Steyning Downland Scheme
10:00 – 11:30
By the Community Orchard, End of Nightingale Lane, Off Mouse Lane, Steyning, W3W firms.successor.adjuster

Youth Reptile Walk on the Steyning Downs (free!)

An opportunity for a small group of young people aged 8-18 to join our reptile surveyors as they survey our special reptile hotspots! Learn about the reptiles that live there, and perhaps even see and handle some! Adders are very shy and just want to get away from people, but just to be extra cautious, wellies are advised. This event is free! Young people need to be accompanied by an adult. This event usually sells out as limited numbers, so book early to ensure your place! Contact The Steyning Downland Scheme 01903 817 996 office@steyningdownland.org

Saturday 12th September
Greening Steyning
14:00 – 16:00
Beeding & Bramber Village Hall, High Street, Upper Beeding

Repair Cafe & Home Energy Helpdesk

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

Saturday 12th September
Greening Steyning
14:00 – 16:00
Beeding & Bramber Village Hall, High Street, Upper Beeding

Sunflower Celebration Exhibition

A celebration of our "Create a Buzz" campaign which saw hundreds of sunflowers blooming in Steyning, Bramber and Beeding this summer. Come along and see the results! You can enter your photos of your sunflowers in any style you like - arty, funny, colourful or black & white! All ages and abilities welcome and all photos will be displayed. Simply email your photo to: greeningsteyning@gmail.com before September 5th. Contact Greening Steyning

Saturday 12th September
Steyning Town FC
15:00 – 17:00
Peter Humphreys Memorial, Shooting Field.

Steyning Town v Deal Town FC

More Isthmian South East Division action as Deal Town are our welcome visitors to Steyning. Kitchen and Bar open. There are plenty of seats and it should be another afternoon of top quality football. We would love to welcome you. ISTHMIAN League Admission: General £10, Concession £5, Under 16s Free. Contact please email: secretary.stcfc@gmail.com





Sunday 13th September
Steyning Community Orchard
13:00 – 16:00
Memorial Playing Field, Steyning

Apple Juicing in the Orchard

Main orchard on the Memorial Playing Field. Bring your apples for us to press, or just come along and help press ours. Great for children to join in with Free tasters! Contact Roger Brown 07795084546 Browns.steyning@btinternet.com

Sunday 13th September
St Botolphs Church
14:30 – 16:00
Annington Road, Botolphs Steyning

Harpist at St Botolphs Church

The friends of St Botolphs invite you for tea and cake whilst listening to beautiful harp music. The harpist will play from 15:00 until 15:45. Tea and cake will be available from 14:30 until 16:00. No entry fee, donations are always greatly appreciated towards upkeep of the Church. Contact Sandra Middleton 07920015254 sandramidd63@me.com

Monday 14th September
The Arts Society Steyning (TASS)
09:45 – 23:00
Steyning Centre, Fletchers Croft, Steyning

Speaker: Julia Musgrave: BLOOMSBURY GROUP: THE ART OF VANESSA BELL

Coffee from 9.45. Lecture: 10:30 – 12:00. Parking: a car park is next to the venue Lecture is free for members of TASS. Visitors welcome for a suggested donation of £10. Vanessa Bell – the avant-garde painter, designer and colourist - was central to the Bloomsbury Group and navigated the artistic and social revolutions of the day with wit and warmth. Sister to Virginia Woolf and muse to several key figures, she exerted a strong influence on the group while remaining refreshingly apolitical. This lecture considers Bell's creativity and asks if she was as radical in paint as Woolf was in words. Julia Musgrave has a Graduate Diploma in the History of Art from the Courtauld Institute of Art. She gained her PhD at the University of York for research into the involvement of Roger Fry and the Bloomsbury Group with the social networks of the British art world in the development of Contemporary Art Society from 1910 to 1939. For further information: www.theartssocietysteyning.org.uk Contact steyning@theartssociety.org Image Credit: commons.wikimedia.org

Monday 14th September
Steyning Gardening Club
19:30 – 21:00
Steyning Centre, Fletchers Croft, Steyning

'Everything Is Coming Up Roses'

Come along and meet Elizabeth Sawday of Apuldram Roses. Elizabeth will be entertaining us with all things rose related. And with over 30 years' experience there is little she does not know about one of gardener's favourite plants. Contact Alison Hamer 07817703434 steyninggardeningclub@gmail.com

Wednesday 16th September
Steyning Museum
16:00 – 18:00
Saxon Room,The Steyning Centre, Steyning

Teatime Talk - How your Library helps YOU

Using Steyning Public Library's resources to support your studies, a talk by Library Team Manager Julia Nixon.



Talk begins at 16:15. Refreshments from 16:00. Tickets £5 from Steyning Museum or on-the-door. Under 19's and students FREE. Contact Barbara Chandler 07984126221 contact@steyningmuseum.org.uk

Friday 18th September
The Steyning Downland Scheme
19:15 – 20:45
SDS Gateway Building, behind Mouse Cottage, Off Mouse Lane, Steyning, W3W: ecologist.baseline.pegs

Batwatching for Beginners

Back by popular demand, we have three Batwatching for Beginners sessions this year! Join professional ecologists, Lucy Cressey and Caitlin Laver as they explain the basics of bat monitoring. You can book for just one session, or all three. All bat monitoring equipment provided. Please note, this is an adult nature connection event but under 18s are welcome, when accompanied by a parent or guardian. https://steyningdownland.org/sdsevents/ Contact The Steyning Downland Scheme 01903817996 office@steyningdownland.org

Sunday 20th September
STEYNING FOR PEACE
14:00 – 17:00
Join us along with Bramber and Upper Beeding at the STEYNING CENTRE and at the Peace Tree on Fletchers Croft

Steyning For Peace

For an afternoon of peaceful, creative, family friendly activities to mark INTERNATIONAL DAY OF PEACE. GATHERING LIGHT CHOIR, CLOWNING, DANCE FOR PEACE. SOFT DRINKS and CAKES provided. STEYNING FOR PEACE was founded by local residents in response to the turbulence and continuing conflict experienced in the world. Steyning for Peace is a group promoting peace through action in the community, raising awareness about conflicts, and injustice in society and worldwide, through workshops, talks, films and vigils. We aim to be the Peace we cultivate through meditation, and shifting our human understanding toward empathy, compassion, connection, and awareness as an integral part of nature. Donations on the day. Contact Kim Hope 01903815473 kimkhope@btinternet.com

Wednesday 23rd September
Steyning Parish Church
10:00 – 12:00
Penfold Hall, Church Street, Steyning

Proper Preparation for Death Drop In Event

Join us for a coffee and an opportunity to ask practical questions about death and dying. Our local funeral directors, solicitors and a St Barnabas Hospice representative will be available to take questions along with members of Steyning Parish Church. Let's take the mystery out of preparing for death. Contact Judie 01903813276 care@steyningparishchurch.org

Wednesday 23rd September
Steyning and District Flower Club
19:30 – 21:30
Steyning Centre, Fletchers Croft, Steyning

'Flights of Fancy'

Do come and join us for an engaging and inspirational evening with Kathryn Austin, an experienced Wedding and Celebrations Florist, Demonstrator and Tutor when she will take us on a floral Flight of Fancy. There will be the opportunity to win one of Kathryn's fabulous arrangements in the evening raffle and refreshments will also be available. Visitors are always very welcome and tickets are £7.00 on the door (Members are free). Doors open at 19.00. Contact Valerie Hodges 07870 982699 val.hodges@yahoo.co.uk

Saturday 26th September
Greening Steyning
10:30 – 12:00
The Castle Inn, The Street, Bramber

Climate Cafe

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 26th September
Steyning Town FC
15:00 – 17:00
Peter Humphreys Memorial, Shooting Field.

Steyning Town v Sevenoaks Town FC

It's more Isthmian South East action as we welcome Sevenoaks Town. It's another afternoon of quality football. Bring the family and friends. Enjoy the atmosphere. Kitchen and Bar are open. We look forward to seeing you. ISTHMIAN League Admission: General £10, Concession £5, Under 16s Free. Contact please email: secretary.stcfc@gmail.com

Monday 28th September
Steyning Parish Church
18:00 – 21:00
Penfold Hall, Church Street, Steyning

Board Game Café Evening Edition

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





September: Steyning for Trees



WINNER
CPRE Sussex Countryside Awards 2020

Come and visit Steyning for Trees at the September Market. We will be giving out **FREE** Marjoram seeds and lavender. The plants are one of our beleaguered Bumblebees favourites. Also British bluebell bulbs and species crocuses as they are such early pollinators for emerging bees after their long winter hibernation **FREE** trees ***For Your Gardens*** again to provide more shade which we all need with the increasing heat. ***Plus Drought Tolerant Plants***.

Bumblebees are in Crisis:
UK species are adapted to our historically cooler climate, with fat furry bodies. As the Bumblebee Conservation Trust says '*The loss of wildflower meadows and hedges gives them nowhere to feed and shelter*'.The dry weather means there is little water about. This is why our gardens are so important for them. Add a pond to your garden or even a pond in a bucket can help to provide much needed water.



Butterflies:
Maybe one of the good things that will come out of this sweltering summer is the improvement in butterfly numbers. I hope you remembered to do the annual **Big Butterfly Count** by 9th August We were amazed at how many we counted in the garden. The wildlife charity **Butterfly Conservation** said the weather had created ideal conditions for butterfly breeding and caterpillar growth, (We gave these to SGS). Kate Merry, their Head of Engagement says: *'It is tempting to assume we're heading for a bumper summer and we'd love nothing more as most of our butterfly species have undergone long-term decllne'*.



Cutting Back on our Garden Meadow:
Now heading for Autumn we are cutting back our wildflower meadow area to enable the seeds to fall on to the ground to germinate for next year. We will do this very carefully and in stages to ensure that no wildlife is damaged in the process. First cutting it to about 3rd of a metre high to warn any critters that we are on our way. Then carefully going lower having first brushed your hand through the bit to be cut. This allows the ripe seeds from our wildflowers to fall on the ground to germinate for next year's meadow.

After 3-4 days we will carefully rake it up , giving it a good shake so as many seeds as possible are left on the ground. The risings can then be composted for the borders, not the wild-flower area, as we want to keep fertility as low as possible here. Wild flowers do not like too much fertility. We can then look forward to living in a wild flower meadow again next year. We will not cut it completely to the ground as it can still provide valuable shelter during the cold wet winter months.

We are sad to see so many trees being cut down, just when the heat of the summer has proved to us all how much we need trees to secure A ***COOL*** future. They provide shade, cooling effect by transpiration, store carbon, pollution and support our wildlife.

SFT are doing their best to add to our ***11,000 Trees Already Planted*** on verges and as hedges. Come and join us, planting more nature friendly trees and plants in your garden.

'Help us plant trees and hedges this autumn and winter with our group of Volunteers and the wonderful group of Landowners who joined in our Tea and Tree Tour Group for the Festival plus our new friends who want to do the same on their sections of land'.

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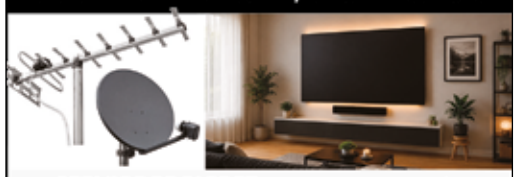

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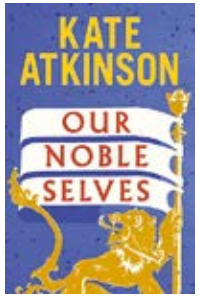
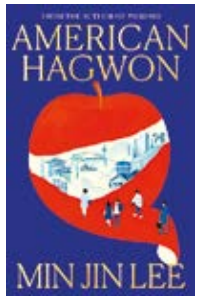
September 2026 Book Reviews

September is the biggest month of the year in publishing, and this year sees an outstanding crop of new releases from big name authors including Sebastian Barry, Sebastian Faulks, Marina Hyde, Ben Macintyre, Richard Osman, Jon Ronson and Rose Tremain PLUS a new Ottolenghi cookbook, SIMPLE TOO. Here are just a few of the books we've read and enjoyed....

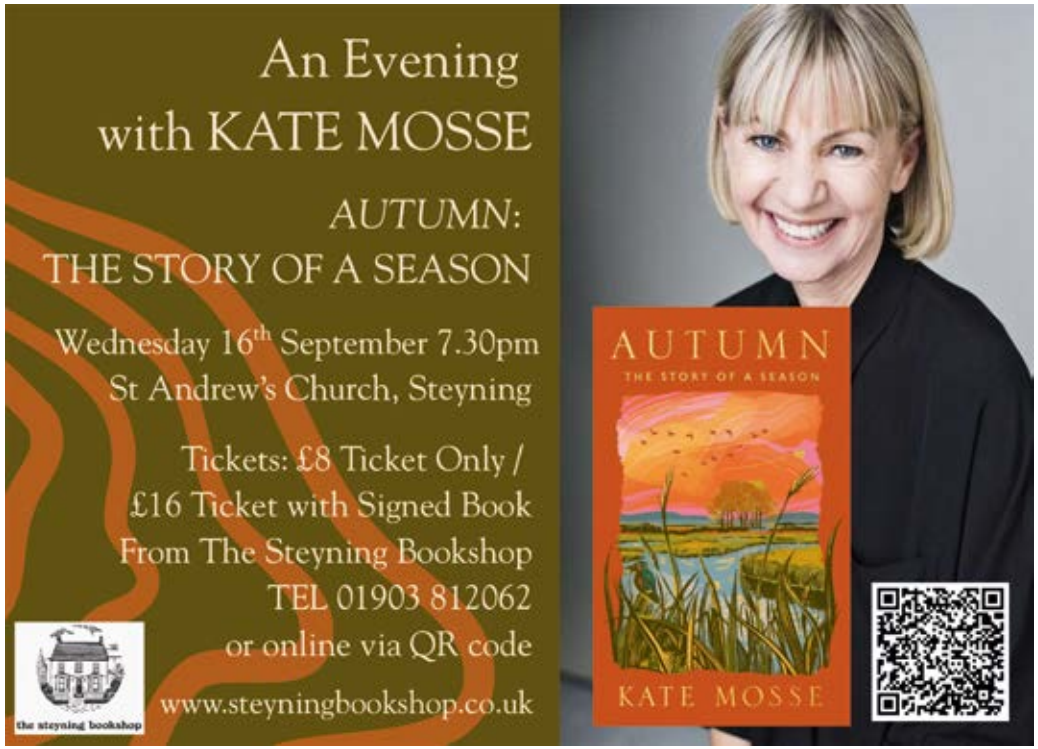
Adult Fiction



Our Noble Selves by Kate Atkinson
Transworld hardback £22
Harry Flynn spent the war as forced labour on the Burma railway. Now safely home but slightly damaged, his family dead and a disastrous marriage behind him, Flynn has drifted into working on the Festival of Britain and drinking too much. The Festival, with its extraordinary and mundane exhibits and layers of bureaucracy, employs a strange cast of characters in order to present a nostalgic vision of a triumphant past that may never have existed. When a colleague of Harry's goes missing, and he becomes a murder suspect, he has to pull himself together and do some of his own investigating.
Delicate and wry, Our Noble Selves manages to be both tragic and hilarious. Along with Life after Life and A God in Ruins (although lighter than both), this novel forms part of Atkinson's reckoning of the Second World War and the long shadow it cast on individuals and society, as well as being a self-aware mystery featuring a wise-cracking thirteen-year-old and her dog, possible spies and a thinly disguised Fanny Craddock.
I absolutely loved it!



American Hagwon by Min Jin Lee
Harper Collins hardback £25
Min Jin Lee is the author of PACHINKO, an epic, absorbing family saga following four generations of a Korean family, which I adored. Almost 10 years in the writing, American Hagwon is another spawling character-driven family saga, with multiple POVS, which somehow managed to keep me hooked for all its 700+ pages.
The story follows an aspirat ional middle class Korean family; Helen and John Koh, and their 3 children, over a 10-year period and multiple international moves, as the 1997 Asian financial crises forces them to leave Seoul for Sydney, and then California. The couple's actions are always guided by their faith that education will give their offspring the success and security that have eluded them, and they spend a fortune on 'Hagwon' (cram schools). But with each new sacrifice and fresh horizon, larger questions begin to open before them: what are we willing to give up to secure the happiness of the ones we love? What is the purpose of education? And what is truly important for a good life?
Epic yet intimate, emotionally rich and sharply intelligent, this is a dazzling, thought-provoking novel which contains boundless humanity.



Children's Books



Traitor's Nest by Frances Hardinge
Macmilan, hardback £16.99
Frances Hardinge's richly imaginative novels for older children blend historical settings with mythic, fairy-tale-esque fantasy elements. True to form, Traitor's Nest is set in a medieval-style land of castles, Lords, peasants, and knights – with the unique twist that the castles are part of a 'Great Game' - subject to being moved like chess pieces, at the whim of the Lordly Players who dwell in an ethereal plane, far above.
When 15-year-old Burr's peaceful village life is disrupted by the arrival of an ominous new castle presided over by a cruel warlord, who burns down Burr's neighbour's house and requisitions the villagers' winter supplies for the castle, he and his friends enact a plucky coup. After they gain control of their castle by ridding it of a malign curse, they find themselves flung to every corner of their realm as the lordly players battle to regain control of the rebel castle. Burr and the other peasant rebels must summon all their courage to unravel the secrets of the mysterious Magpie Maiden and the origins of the Great Game if they are to survive this deadly contest and free their land from the tyranny of the dark lord players.
A thrilling, mythic fantasy woven with themes of loss, friendship, justice and power, for readers of 12 to adult.

Stay Steady, Stay Strong: Why Balance Matters as We Age



Balance is something we often take for granted until we start to feel a little less steady on our feet. As we get older, changes in strength, joint mobility, vision, reaction time and proprioception can all affect balance and increase the risk of falls.

The good news is that balance can be improved at any age. Small, consistent daily activities can help keep the body strong, steady and confident in everyday movement.

Why balance is so important

Balance is what helps us walk safely, stand up from a chair, turn, reach, climb stairs and move around with confidence. When it starts to decline, even simple daily tasks can feel less secure.

For older adults especially, poor balance increases the risk of trips and falls, which can lead to injury and a loss of independence. But balance is not just about preventing falls — it also supports mobility, coordination and overall quality of life.

Balance can also be affected by injury, inactivity, stiffness, certain health conditions, and reduced body awareness. That's why it's worth keeping it on your radar before it becomes a problem.

Simple daily activities to improve balance

You do not need a gym or special equipment to begin improving balance. A few simple movements done regularly can make a real difference.

• Single-leg standing:
Stand near a worktop or sturdy chair, lift one foot a few centimetres off the floor and hold for 5-10 seconds. Repeat on the other side. As you improve, build up the time gradually. This is a very simple exercise to add while brushing your teeth.

• Heel-to-toe walking:
Walk slowly in a straight line, placing one foot directly in front of the other as if walking on a tightrope. This helps coordination and control.

• Sit-to-stand practice:
Repeatedly standing up from and sitting down on a chair helps build leg strength, which supports balance and stability.

• Calf raises:
Rise slowly onto your toes and lower back down. This helps strengthen the lower legs and ankles, which play a key role in keeping you steady.

• Everyday movement challenges:
Walking a little more slowly, turning carefully, or standing on one leg for a few seconds during daily routines can all help train the body to respond better to small balance challenges.

How chiropractic care may help:

At Well Adjusted Health, we look at how joints, muscles and movement patterns may be affecting balance. Stiffness, reduced mobility, pain or weakness can all make it harder to move confidently. Chiropractic care can support more comfortable movement and help patients feel more stable as part of a wider plan that includes exercise and healthy daily habits.

If you've noticed unsteadiness, repeated trips, dizziness, or a sudden change in balance, it's important to speak to a GP or appropriate healthcare professional to rule out other causes. Balance exercises should always be adapted for anyone with significant health issues or a high risk of falling.

Balance is one of those things worth protecting early. A few minutes a day of simple, targeted activity can help maintain strength, confidence and independence as we age.

'Many patients like to come and talk to us about their condition and the treatment we offer before they commit, and we are always happy to do that.'

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

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September Gardening Journal

Article by Alex Bell
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As September arrives, the garden begins to shift. The intensity of summer softens, temperatures drop and the first hints of autumn settle into the landscape. Yet far from losing its energy, the garden takes on a new richness. Late-flowering perennials mingle with seedheads and ornamental grasses, catching the changing light and adding layers of colour, texture and movement. It is a glorious final flourish, a moment when the planting feels at its fullest and the growing season goes out on a high.

Plant of The Month:
Salvia 'Dyson's Crimson'



There is something wonderfully theatrical about a late-summer border. After months of anticipation, the garden reaches its crescendo, with colour, movement and pollinating insects all reaching a peak. Few plants contribute more convincingly to this finale than Salvia 'Dyson's Crimson'.

This compact, bushy salvia was raised by William Dyson at Great Comp Garden in Kent. It is an open-pollinated seedling of the celebrated 'Silas Dyson', itself introduced in the late 1990s as part of Dyson's breeding work with shrubby salvias. 'Dyson's Crimson' was selected for its darker crimson flowers and more compact habit.

Its ancestry belongs to the New World salvias, with Salvia splendens, the scarlet sage, originating in Brazil, while many of the shrubby salvias that have transformed British planting design come from Mexico and Central America. These origins help explain their preference for warmth, sun and excellent drainage.

For a West Sussex garden, 'Dyson's Crimson' is particularly useful on a sunny, sheltered site. It reaches around 80cm, producing crimson-red, large-lipped flowers from summer into autumn. Give it full sun, ideally a south or west facing aspect, and a light, moderately fertile soil that drains freely. It will tolerate chalk, loam or sand and is surprisingly drought tolerant once established. The RHS rates it H4, making it one of the more dependable shrubby salvias for our relatively mild corner of southern England.

Propagation is straightforward. Take basal or softwood cuttings in spring or early summer, or semi-ripe cuttings in late summer and autumn. In West Sussex, good drainage and a sheltered position are the key to overwintering; in colder or wetter sites, taking a few insurance cuttings is wise.

Pests are rarely troublesome, although aphids, slugs, snails and leafhoppers can occasionally appear. The greater risk is poor drainage, which can encourage root and foot rots; powdery mildew and verticillium wilt are also possible. Good airflow and avoiding waterlogged soil usually keep problems to a minimum.

I love using Salvia Dysons Crimson as the punctuation mark within a late-summer planting. Combine it with airy Verbena bonariensis, bronze fennel, Sanguisorba, Persicaria amplexicaulis and the fine grasses of Stipa tenuissima or Molinia. For a hotter scheme, introduce Dahlia 'Bishop of Llandaff', rudbeckias and deep burgundy foliage; for something cooler and more sophisticated, set the crimson against blue Salvia 'Amistad', Nepeta and soft, silvery foliage. The result is layered rather than loud: colour rising, grasses moving and flower spikes continuing almost to the first frosts.
Photo by: Doncoombez on Unsplash

Jobs to do this month include:
Ornamental Garden:

- Continue to deadhead.
- Trim Lavenders to woody growth to keep them compact.
- Begin to clear leaves as necessary.
- Keep borders clear of weeds.
- Take cuttings of tender perennials.
- Continue to deadhead bedding plants
- Plan for next year's garden displays.
- Collect seed from perennials / hardy annuals.
- Start planting spring bulbs
- Lift and divide herbaceous perennials.
- Start planting trees and shrubs towards the end of the month and move evergreen shrubs etc while the soil is still warm.
- Roses: Collect and get rid of any infected leaves.

Vegetable Garden:

- Once the tassels on sweet corn have turned brown check whether the cobs are ready to harvest. When ripe the kernels contain a milky liquid.
- Leave marrows, squashes, pumpkins etc., to ripen on the plant. Place fruit on a wooden board to prevent soiling.
- Plant onions / shallots suitable for over wintering (on heavy wet soils spring planting may be preferable).
- Continue harvesting fruit.
- Harvest main crop potatoes.
- Sow winter greens such as land cress, mustard spinach, corn salad and hardy lettuce cultivars.



Article by: Rachael Rainbow

Steyning Railway Station by: Ernest John ("Jack") Worrall

Ernest John Worrall, known as Jack, was born in Marylebone in 1898, the eldest of five children of John Edward and Emily Worrall. His early life was shaped by the First World War, during which he served as a Private in the Machine Gun Corps. He was captured and held as a prisoner of war, but later escaped and returned to Britain.

After the war, Worrall trained as an artist, graduating from the Royal College of Art in 1931. He went on to take up a post as an art teacher at Windringham Grammar School in Grimsby.

Before leaving for Lincolnshire, however, he married Sarah Ann Wood – known as Molly – in Steyning on 2nd August 1932. Molly was the daughter of John Wood, the town's butcher. The couple had three children: Margaret, John and Richard.

Worrall spent much of his working life in Grimsby, combining teaching with his painting.

During the Second World War, he served in the Home Guard and was commissioned to produce a series of works recording the effects of the conflict on the town. Alongside this, he built a steady exhibiting career, showing work at the Royal Academy on fourteen occasions, as well as at the National Arboretum and the Cleethorpes Discovery Centre. Of the twenty-two paintings he produced during the First World War, eighteen are now held by Grimsby Borough Council and four by the Imperial War Museum.



Steyning Station by Jack Worrell
Copyright Worrell family

After retiring from teaching, Jack and Molly returned to Steyning. He died in 1972 in the Midhurst District.

His connection with the town is reflected in a painting of Steyning Railway Station, showing the front entrance as it appeared in the 1960s.

The station itself had opened in 1861 as part of the Horsham to Shoreham line, providing an important link between inland communities and the coast. For many years it served both passengers and goods traffic, supporting local trade and travel. Like many rural lines, however, it saw declining use in the mid-twentieth century as road transport became more common.

Passenger services were withdrawn in 1966, and the station was subsequently demolished. The line itself soon closed, and much of its route was later used for the Steyning by-pass. Although little remains today beyond features such as the station steps, its former presence is still recorded in images such as Worrall's painting.

Steyning Museum holds a number of paintings and photographs of the town, including views such as this, which help to document local change over time. These items are regularly rotated on display, offering something different to see throughout the year.

The museum is open from 10:00 to 16:00, Wednesday to Sunday, and provides an opportunity to explore the fascinating history of Steyning and surrounding villages.

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ADVERTISER'S INDEX

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Accountants/Tax
Accountancy & Business Matters 2
Beltons Public Account 17
TC Group 47

Aerials/Home Theatre
Alpine Installs 10
Hamilton Cole 37
Norsat 8

Boiler Repair
All Lit 20

Bookshop/Reading
The Steyning Bookshop 39

Boilers/heat Pumps
All Lit 20

Building/Architecture
Admiral Build/Roofing 6/7
SMH Ground Works 35

Business Affairs/Advisors
Beltons Public Account 17
TC Group 47

Care Services
GW Care Services 18

Carpentry
Riverside Home Maint. 26

Car Hire
A Cars 14
Airport Runners 18
JW Taxis 31

Chimney Sweep/Repairs
Chimney Sweep 14
Steyning Roofing 9

Clubs/Societies
Steyning Film Society 31

Cleaning
Domestic Cleaning 18

Construction Plant Hire
SMH Ground Works 35

Dance Classes
Strictly Dancing with Lisa 11

Dental Practice
Mallards Dental 19

Electrical
Mark Perry Electrical 14
Rob Sykes Electrical 8
TR Energy 26

Events/Festivities
Steyning Film Society 31

Fencing
SMH Ground Works 35
Treedom 20
Riverside Home Maint. 26

Funeral Directors
Chalcraft Funeral Direct. 33

Flooring/Carpets
The Flooring Bros 11
Walter Wall Carpets 47

Garden Services/Design
Alex Bell Garden Desig. 43
Treedom 20

Gifs/Cards
Steyning Store Post/O 21

Guttering/Facias/Cleaning
R&R Gutters 21
Steyning Double Glaze. 20

Handy Man Services
All Aspects 8
Handy Dad 14

Hairdressing
Mobile Hairdressing 18

Health/Sport/Fitness
Holistic Massage 19
Steyning Osteopathic 19
Well Adjusted Health 41

Home Appliances
Carters Home Appl. 48

Home Care/Help Service
GW Care Services 18
Right at Home 12

Home Maintain
Handy Dad 14
Riverside Home Maint. 26

Interior Design
GE Paul Design & Build 27
Bluebird Interiors 27

Jewellery/ remodelling
Pruden & Smith 45
Steyning Jewellery 12

Landscaping
Alex Bell Garden Desig. 43
All Aspects 8

Locksmith/Key cutting
Lee's Locks 9
Steyning Store Post/O 21

Moss Clearing
Admiral Build/Roofing 6/7

Moving & Storage
LR Lomers 8

Oven Cleaning
OvenU 9

Opticians
Robertson Opticians 3

Painting/Decorating
All Aspects 8
Keltons Decorating 15
Lady Decorator 11
Riverside Home Maint. 26

Personal Account Affairs
Beltons Public Account 17

Pest Control
BN Services 14

Plumbing/Heating
All Lit 20

Podiatry/Chiropody
Careforfeet 18

Postal Services
Steyning Store Post/O 21

Retirement Matters
Cognitive Law 11

Paving/Tarmac
SMH Ground Works 35

Pet Sitting
Paws & Purrs 18

Plant Nursery
Village Nurseries 37

Plumbing/Heating/Gas
All Lit 20

Restaurant/meals
Singing Hills Music!... 13

Roofing/Emergency repair
Admiral Build/Roofing 6/7
Best Choice Roofing 14
C&S Roofing Specialists 23
R&R Gutters 21
Steyning Roofing 9

Taxis
A Cars 14
Airport Runners 18
JW Taxis 31

Tiling & Slating
Steyning Roofing 9

Timber/logs
Ben Warner 15
Treedom 20

Tree Surgery/Stump Grind
Ben Warner 15
Treedom 20

TV/Aerials/Satellite/CCTV
Alpine Installs 10
Hamilton Cole 37
Norsat 8

Vets
Hawthorn Vets 22

Wall & Floor Tiling
Riverside Home Maint. 26

Wills/Estate Planning
Cognitive Law 11
Penrose Wills 35

Windows/Doors/Conserv.
Steyning Roofing 9
Steyning Double Glaze. 20

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