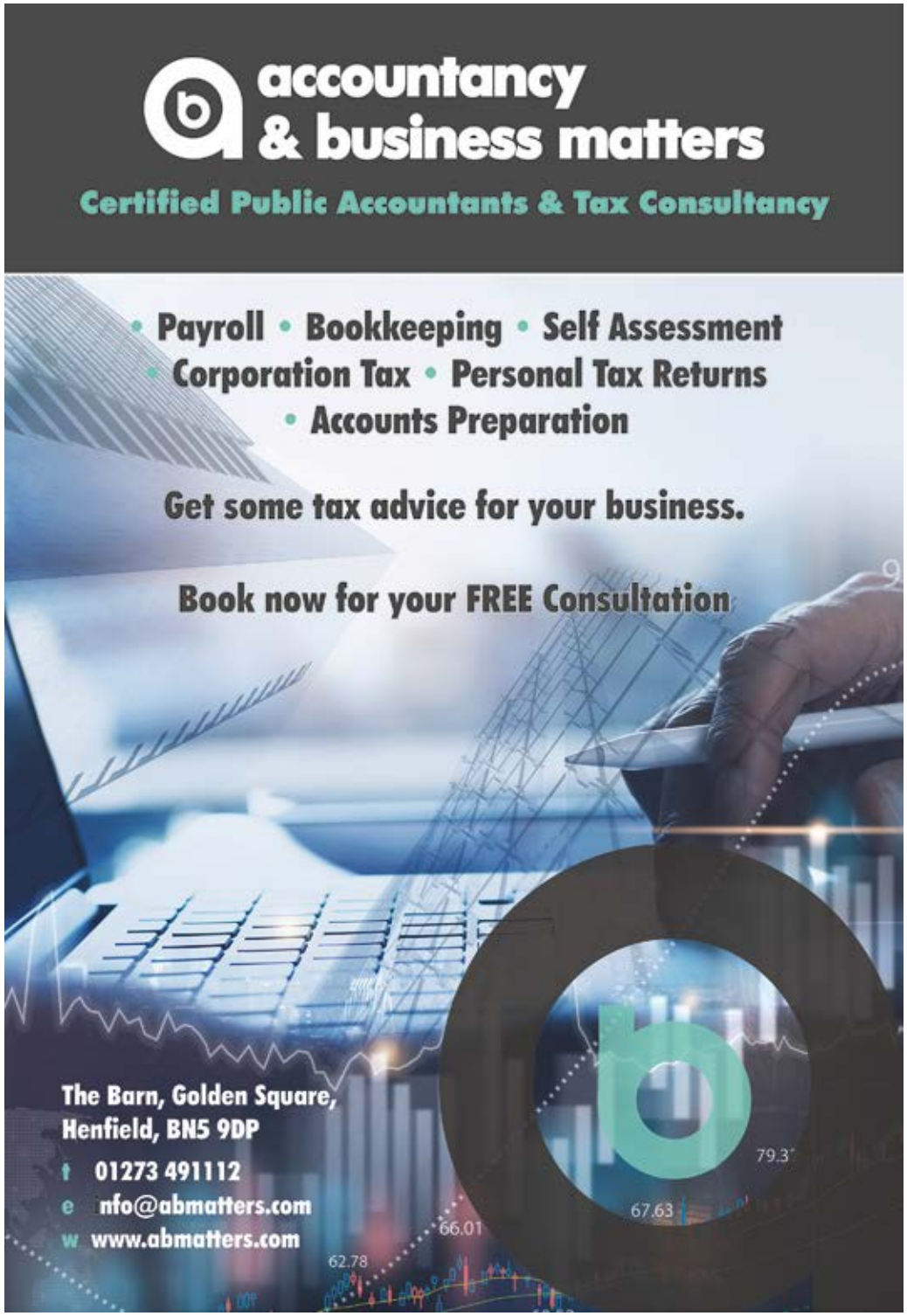
Your Mag

Steyning | Bramber | Upper Beeding

October 2026



yourmag.co.uk



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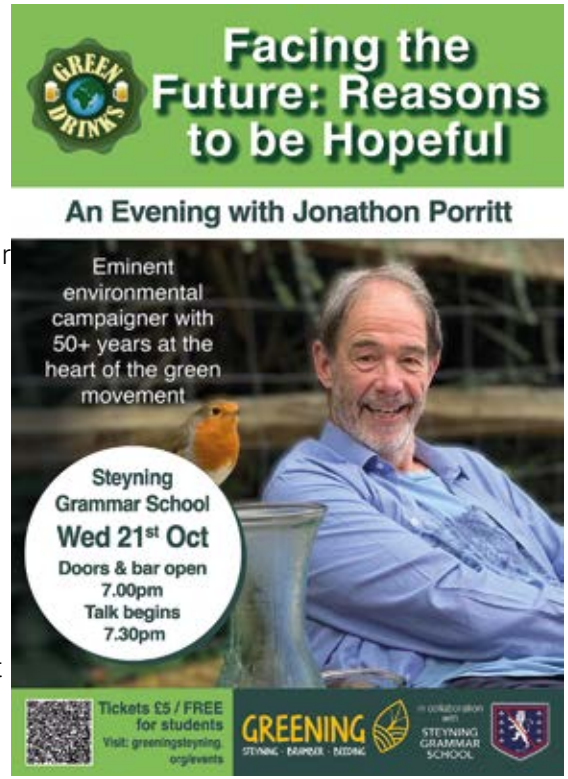
'Facing the Future: Reasons to be Hopeful'

Greening Steyning are excited to have Sir Jonathon Porritt CBE as our guest speaker at Green Drinks in October. He is one of Britain's most eminent environmental campaigners, with more than fifty years at the heart of the green movement — as former Director of Friends of the Earth, Co-Chair of the Green Party, co-founder of the sustainability charity Forum for the Future, and long-standing personal adviser to King Charles III on environmental matters.

His latest book, **Love, Anger & Betrayal**,* co-authored with twenty-six young **Just Stop Oil** campaigners, is a passionate call to action on the climate emergency. It focuses on the theme of intergenerational justice, and the future we are leaving our children and grandchildren to inherit. It's a daunting topic. But the theme for his talk is an optimistic one - *'Facing the Future: Reasons to be Hopeful'*.



With a young peoples' perspective in mind, we are delighted to be teaming up with Steyning Grammar School, who have kindly offered their drama hall to host the event. We hope to have a strong and vocal student presence in the audience.

It'll be an interactive discussion, not a lecture. So come prepared to contribute, to be challenged, and to be inspired by one our country's most eminent environmental campaigners.

Date: Weds 21 October Doors and bar open: 7.00pm Talk starts: 19:30
Tickets £5 / free for students
Venue: Steyning Grammar School Drama Hall, Shootingfield

Greening Steyning's Top Tips:

Following the local screenings of *'The People's Emergency Briefing'*, Greening Steyning have put together a **'Top Tips'** list of actions you can take if, like us, you are concerned about climate and nature. Some are quick cost-free things you can do today, some are longer term investments. You can see the full list on our website. We are publishing one each month in Your Mag with a QR code for the full details.

The first one is in the magazine today! The idea is to make it simple; just one thing, each month, to bring about the change we need.

Nine Days of Festival Fun!

Where do we start? The Steyning & District Food and Drink Festival has been such a joy and for the businesses and volunteer organisers that put it together, it has been worth all the hard work involved. The offers were first class and the events were outstanding. We cannot list all the events, so apologies to those not included, but here is a taste:

On 5th September, the ***Farmers Market*** created a great atmosphere to herald the start of the Festival together with the various Tastings that took place in some of the shops within Steyning High Street and the Children's Crafty Saturday. Sunday saw a very, very special Festival Breakfast, put together by ***The White Horse*** - not only innovative dishes but also Breakfast cocktails - scrumptious.

Monday arrived and this time it was the turn of ***@Emily's***, who were hosting a Caley Brothers Mushroom Workshop - a sell out. Tuesday and Wednesday followed on with a Pickling Class at ***The Artisan Bakehouse*** with Kenny Tutt, ***Wiston Wine Tasting & Nibbles***, a superb Curry Buffet at ***Chequer Inn*** and Quiz Night & Tapas at ***The Castle***.

It did not stop there, the Tasty Walk was enjoyed on Thursday with lunch at ***The Star*** & tea at ***Cobblestone Tea House***, plus a French Inspired Supper at ***Chez Joel*** and Kitchen Demo at ***Old Bank Interiors***, supported by ***Steyning Butchers & Chanctonbury Wines***. Oh, and a Chocolate Masterclass with Mike Noble at the ***Bakehouse***. All good things have to come to an end and Saturday saw the Cobblestone Walk Day and then the last two events on Sunday, the Apple Juicing on the Memorial Playing Fields and the star of our show, the Street Food Piazza. The Piazza saw a great crowd of people flowing in throughout the day enjoying the wonderful party atmosphere and delicious snacks and drinks available, while sitting and gossipping on straw bales! The work that has gone into producing this community driven Festival has been outstanding and all concerned should be immensely proud of what - together - they have accomplished.

There are still some final pieces to add to the jigsaw - The Festival Pizza at ***Gorilla Kitchen*** goes on throughout September and every Charity pizza that is sold will create a donation to the ***Festival Charity, St Barnabas House Hospice***. On October 2nd, the piece de resistance is the Charity Coffee & Cake Morning at ***Ashurst Village Hall***, where every penny of the ticket money of £10 per person, will go to St Barnabas. If you have not purchased your ticket for this very special occasion, please go to www.steyningdistrictfooddrinkfestival.co.uk and grab a spot.

Our sincere gratitude goes to our sponsors: Church Barn Group; Steyning Parish Council; Mansell McTaggart; Horsham District Council; Churchman Burt; Steyning & District Community Partnership and West Grinstead Ploughing Matches. Their generosity made sure all these great things happened.

Thanks also goes to everyone out there who have supported the offers and events - looking forward to seeing you all again next year!

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Sussex Apples

The Steyning Community Orchard has always grown a wide selection of Sussex apples. We currently have 24 such varieties. Here are a few of the more recent ones we have found and planted in our orchards.



The first is called a **'Wax Apple'**. This is possibly an old Sussex heritage variety that was known in 1826 but then **'lost'.** It is a Late dessert apple. Flat, golden, medium size, firm, sweet and full of flavour. We have this tree in our main Memorial Playing Field orchard.



'Green Custard' is a large, ribbed, green cooking apple from Sussex. It is an unusual name for an apple, but **'Custard'** is believed to be a corruption of **'Costard'** which is the old name for large blocky type apples – hence Costermonger (a seller of fruit -especially apples- from a street barrow). In 1629 there was an apple known as Green Costard, so it is possible that this is the same apple. We grow Green Custard in our Memorial Playing Field and Bramber Castle orchards.



Sutton Sunset blossom

'Sutton Sunset' is an apple from a small village called Sutton west of Pulborough. It has lovely has deep pink flowers and bronze copper-coloured leaves. The apples are small and sweet with red staining throughout the flesh. A very unusual apple. This is growing at the Bramber Castle orchard.

Wild growing apple trees

You may have noticed many wild growing apple trees around the Steyning area. They are particularly obvious in late April when they are full of blossom, then again in August/September when the apple fruits are showing. Unfortunately, there are several lovely looking apples on the side of the busy A283 where it is impossible to safely reach them!!

Most of these trees will have grown from seeds in apple cores discarded along paths, roads and old railway lines. Our own **'Steyning Scarlet'** was one such apple that we found growing on the railway bank just beyond the Steyning Station.

Unfortunately, the original tree was cut down when the new roundabout was constructed for the Glebe Fields housing development. But the variety survives due to grafting material we took from that tree, and Steyning Scarlets are now growing in many locations around Steyning including the memorial Playing Field and Abbey Road orchards.

Do let us know if you have found a good tasting apple tree growing wild in the area.

We've sold out of our grafted Steyning Scarlet trees for this year, but we graft every year, so if you'd like one, let us know, and we'll put you on the list for one next September.

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Sparrow House

I've just moved house, and there are some significant upgrades for me to marvel at. Dishwasher. Stairs. Letterbox. Some novelties may wear off, but I can't imagine I'll ever get over the little gang in the garden – this house comes with sparrows.

They wait in nearby bushes en masse, heads cocked, peering into the windows of my living room and my soul, until I give in and top up the mealworms.



They descend in a flurry, teasing treats from above and cleaning up on the ground. They perch on the wobbly bird bath, perennially tilted by a clumsy Woodpigeon, to take dainty sips, at odds with their otherwise boisterous behaviour.

In sparrow fashion they lord it over this tiny territory of brick and Buddleia, a group of males, females and juveniles, the size of the males' black bib denoting their status in the apparent rabble. Despite best efforts, my eyes are dragged from my screen, hands stationary on the keyboard, transfixed. This may be recognised by those who have a similar squad to window watch. House Sparrows have historically been associated with humans and our homes, the last part of their Latin name, **'domesticus'**, translating to **'belonging to the house'**.

Sparrows have learned that we grow, and drop, delicious snacks. Their varied diet of seeds, berries and insects is supplemented by offe``````rs in the crumb department. One once landed on my mate's pub garden plate and crammed in a stodgy beak full of cauliflower cheese.

Sparrows appear ubiquitous, found in rural and urban areas, farmland, gardens, parks, hedgerows, train stations – you name it. But despite their apparent abundance, they've suffered a whopping 70% decline since the 1970's and have been on the UK Conservation Red List since 2002. The usual suspects of overdevelopment, agricultural intensification, climate change, habitat and food loss, historical persecution, and predation by pet cats all feature in their population plummet.





You can help your own charismatic crew. Grow native plants for a buffet of seeds and insects, or provide hanging feeders of mealworms or fat balls from May to October, including seeds and nuts from November to April (cleaning feeders regularly, and no flat feeders, to prevent the spread of disease). Water is a lifeline for wildlife all year round.

And if you are lucky enough, as I now find myself, to have even a little outdoor space – keep it wild. Your neighbours will thank you.

By Kerry Williams:
Communications Officer - Conservation
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A double dose of cricket



This summer has been a fairly busy one in the Underwood household, particularly where cricket is concerned. Both my sons and I play cricket, although there is a fairly significant difference in our respective abilities. My sons play cricket; I merely participate in it.

My younger son Owen plays for Preston Nomads U12s and he and his team achieved the feat of winning the Sussex U12 Cricket Festival this summer. This involved playing five 70-over matches in one week. For those who don't understand cricket, that is a lot of cricket – in fact, more than England's Test team have managed in many a five-day match since Bazball came along!

As if that wasn't enough cricket for one household, he (and be default "we") have also acquired another cricket-related responsibility this summer.

He got a gecko.

Obviously, we couldn't just call him something sensible. Our first choice was "Geckolass Cage", which I still maintain is an excellent name and one that was sadly rejected by Owen in favour of "Bandit".

Bandit, like many reptiles, eats crickets. This has resulted in us becoming reluctant owners of a small cricket farm. We were assured when we bought them that they were "silent" crickets.

This was a lie.

Our house now sounds like a tropical rainforest. At night, when the rest of the family is trying to sleep, the cricket population seems to enter some kind of communal karaoke competition. I have absolutely no idea how something so small can make so much noise.

Unsurprisingly, cricket husbandry is a lot less than that of a reptile - the biggest challenge with keeping reptiles isn't necessarily treating them when they become ill; it is often keeping them correctly in the first place.

Reptiles are very different from dogs and cats. They rely on their environment to provide much of what their bodies need, and problems with temperature, lighting, humidity, diet and housing can gradually cause serious health problems. By the time a reptile looks unwell, the underlying problem may have been developing for some time.

Good reptile husbandry therefore starts with getting the basics right. The enclosure needs to be appropriate for the species, with the correct temperature gradient so that the animal can move between warmer and cooler areas. Many species also require appropriate UVB lighting, which needs to be replaced at the recommended intervals even if the bulb still appears to be working. Diet is important too, and simply throwing a handful of insects into a vivarium isn't necessarily enough. Feeder insects may need to be gut-loaded and supplemented with appropriate vitamins and minerals.

And perhaps most importantly, reptiles are very good at hiding illness. A dog that feels rough will generally make it fairly obvious; a reptile may simply become a little quieter and eat slightly less. By the time the owner notices that something is wrong, it can be quite advanced.

This is why prevention and regular advice are so important, particularly when you first acquire a reptile. While not a specialist, Jess at Hawthorn has a particular interest in exotic pets and is always happy to discuss husbandry as well as treating illness.

And talking of reptiles, we are holding a **Tortoise Pre-Hibernation Advice and Check Evening** at our Partridge Green surgery on **Thursday 8th October at 18:00.** Jess will give a short talk covering appropriate husbandry and preparation for hibernation, followed by individual checks. We will also offer X-rays to check for problems such as retained eggs before hibernation – something that can be particularly important in female tortoises.



The cost is **£50 per tortoise**, including the advice and X-ray. **Tortoises must be over 3 years of age and been in possession for at least 6 months to be eligible.**

So, if you have a tortoise preparing for hibernation, this is a good opportunity to make sure everything is in order before they disappear into their winter quarters. Just contact us if you are interested.

As for Bandit, he seems to be thriving. The cricket season is over and I am no longer standing in the wrong place on a cricket field.

And the crickets?

They are still singing.

Apparently, they're silent.

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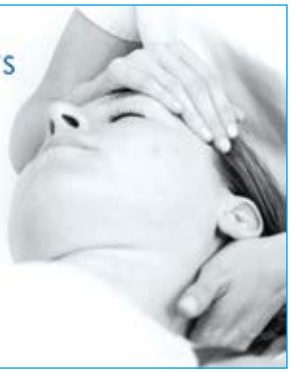

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September 2026: Front Cover by Ruben Watson

Ruben Watson is a mixed-media artist, building up layers, often mixing acrylic with collage, scratching, and applying different marks to create texture and interest. He paints whatever takes his fancy and often works directly from life; he has been known to carry large canvases onto the South Downs to sketch scenes, first trying to capture the moment.

His figurative work focuses on the movement and emotions of people. *'The process of art is more important than the finished piece. I love the romance of being a struggling artist continuously searching for something. I see every day as a journey towards that ahh Haa moment. As an artist, you see the world in paint and line, shape and tone; human action begins to have different meanings. This is all used to inspire my paintings; the process is everything: observing, working and trusting'.*

He has a studio and gallery at Sandhill Lane, Washington, Pulborough, where he offers art development workshops and sells his work.

www.rubenwatsonart.online
www.steyningarts.co.uk



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October: Steyning for Trees



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It was good that so many of you came to the Market to join our Campaign to plant more trees to give more shade and cooling effect by increasing resilience to the stifling heat we have experienced in our lovely town of Steyning.

SFT is ideally set up to plant more trees and hedges here with your help, on verges, in your gardens, and now with our wonderful Tea & Tree Group plus the PC's Chandler's Way. All understanding what an amazing job trees do for us. Shading, cooling, sucking up pollution, flood water and caring for the air we breathe.

Many of you have worked hard this summer watering and caring for the trees on verges including the watering contractor we employ who often comes late at night looking after SFT's larger areas of trees on Greens This all helps increase the tree canopy which will protect us and future generations from ever-rising temperatures which can be 8°C cooler in the shade of trees.



One of our keen tree planters, Jon Bateman has planted his own mini forest of verge trees. Being a teacher he's doing this for future generations (pic113202).

Unfortunately one that will have to be replaced is Zoe and Garry Prior's tree that was blown over in the winter and has not recovered. They are keen and supportive tree planters so another one will go in this planting season. A Tree's first defence is to shed it leaves in a drought.

Message from Tony Juniper, Head of Natural England. on the Today Programme. He said nature based solutions are the answer. This was echoed by Craig Bennett, Chief Executive of the Wildlife Trusts saying *'Britain faces summers of extreme heat, drought and wildfires, more nature solutions are the answer not less'*

We are sad to hear of the terrible fires so many Nature Reserves have suffered including Dunwich/Minsmere, the New Forest National Park etc., setting them back decades with their loss of rare wildlife. We are so grateful to the wonderful fire brigades and their dedication, working to put out the many fires, including many local ones. What brave people they are.

We have another busy programme of hedge and tree planting again this autumn with our Tea & Tree Tour group and its new members also wanting hedges and trees on their land. Many of them are planning to put in more ponds, that are beneficial for nature, if they haven't got them already.



Male Emperor Dragonfly in our kitchen

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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 1st October
Little Stars Bumps Babies & Toddler Group
09:30 – 11:30
Penfold Hall, Church Street, Steyning

Toys, crafts, singing and much more.

Two sessions each week:
Mon 13:00 to 14:45 - 5th, 12th, 19th, 26th
Thur 09:30 to 11:30 - 1st, 8th, 15th, 22nd, 29th
Coffee, tea and cake for parents, carers and grandparents. Suggested donation of £2 per family. Contact: Gary 01903813276 families@steyningparishchurch.org

Friday 2nd October
Vintage Years
14:00 – 16:00
Steyning Centre, Fletchers Croft, Steyning

Keeping the old songs alive!

Doors open at 13.45. We look forward to welcoming Bill Valentine, a young singer who is 'keeping the old songs alive! Refreshments will be served from 15:15 and we will celebrate October Birthdays. Entrance Fee £3 (£5 visitors). Annual membership fee is £10 (each April). Due to the 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 E: Vintageyears2012@gmail.com

Saturday 3rd October
Steyning District Churches Together
09:00 – 10:30
19, Church Lane, Upper Beeding

SDCT Breakfast with Michelle Stokes

Come and enjoy breakfast, the doors open at 08:45. Our speaker, Michelle works for FSW which supports families across Sussex. Locally she assists with Positive Play at the Hub. She also works in the Storrington and the Petworth Deanery supporting families who have various needs. This is mainly by home visits, supported meetings, telephone calls and supported activities. She also runs a toddler drop in and visits a primary school regularly. **NOTE** that parking is limited to those who have limited mobility. Tickets £6 from The Steyning Bookshop (cash Only). The local churches or Contact Maggie Broad E: events@sdct.org.uk

Saturday 3rd October
Steyning Art Group
09:30 – 16:00
Penfold Hall, 35 Church Street, Steyning

Art Exhibition 2026

Do come along to our new venue at Penfold Hall. We will be showcasing our recent original paintings using watercolour, acrylics, oils, pastels and mixed media, which explore light, colour and composition in landscapes, flora and fauna. We have a big selection of handmade original greetings cards at competitive prices, so why not come along and replenish your card stocks! We are also hoping to have our usual sales table of art related items. We look forward to welcoming you and offering you coffee, tea, and our delicious home made cakes. Hope to see you there! **NOTE: Also exhibiting on Sunday 4th October.** Lesley Cresswell 07584 036239 E: steynewsdesk@gmail.com

Saturday 3rd October
St Botolphs Church
14:00 – 16:00
Annington Road, Steyning

Harvest display with tea and cake

Come and see the Harvest display at St Botolphs Church. Tea and cake available from 14:00 until 16:00. Sandra Middleton 07920015254 E: sandramidd63@me.com

Saturday 3rd October
Steyning Parish Church
16:00 – 17:30
Vicarage Lane, Steyning

Musical Extravaganza in Aid of Family Support Work

Steyning Parish Church Choir and Music Group together with our special guests, members of Steyning Primary School Choir. Tickets £8 (children under 16 free). Includes refreshments. Parish Office 01903813276
E: office@steyningparishchurch.org

Sunday 4th October
Janet Pennington
10:00 – 12:30
Steyning Centre Car Park, free, Church Street, Steyning

The Steyning Scandals Walk

A slow historic ramble - plenty of stops - with Dr Janet Pennington. Discover who did what, where and with whom! Steyning's attractive timber-framed buildings hide many secrets from the past - come and discover some of them if you dare. We will be exploring the back streets and twittens of Steyning town with many scandalous stories, all researched through local documentary sources. Dogs on leads are welcome, plus babies in push-chairs. No need to book, just turn up in good time. Call Janet if any problems. Fee payable on the day, cash only please, £5. **If you are easily shocked, this is not the walk for you.** The walk is **NOT** suitable for children. Contact Janet Pennington 07703 133952 E: jpsussex@icloud.com

Sunday 4th October
Greening Steyning
13:00 – 16:00
Beeding, Bramber and Steyning

Give Your Stuff Away Day

Your junk could be someone else's treasure! Give Your Stuff Away Day is a great way of passing on those items that you no longer need but which someone else would love. Just leave unwanted items in a neat pile outside your home from 13:00 – 16:00 so others can wander round and pick them up. If you've not done it before, find out all the details on our GYSAD W; https://greeningsteyning.org/project/gysad/ Contact Greening Steyning

Sunday 4th October
Steyning Parish Church
16:00 – 16:45
Vicarage Lane, Steyning

Harvest Festival

Family worship service followed by refreshments. Gifts of tins and dry goods are welcome which will be donated to Family Support Work, a faith-

motivated charity that provides services to all kinds of families, of all faiths and none. Contact Gary 01903813276
E: families@steyningparishchurch.org

Sunday 4th October
St Botolphs Church
18:00 – 18:45
Annington Road, Steyning

Downland Service

Join us at St Botolphs for the Downland Service. 18:00. Contact Sandra Middleton 07920015254 sandramidd63@me.com

Monday 5th October
Steyning Probus Club Lunch
12:45 – 15:30
Steyning Centre, Fletchers Croft, Steyning

Speaker Andy Richardson - V Bombers

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

Tuesday 6th October
Steyning Town FC
19:45 – 21:45
Peter Humphreys Memorial, Shooting Field, Steyning

Steyning Town v AFC Croydon Athletic

More Isthmian South East Division action as AFC Croydon Athletic (Stormzy's club) are our welcome visitors to Steyning. Kitchen / Bar open. Plenty of seats for an evening of top quality football. We would love to welcome you. ISTHMIAN League Admission: General £10, Concession £5, Under 16s Free.
E: secretary.stcfc@gmail.com

Friday 9th October
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. Coffee, tea and biscuits will be available. Contact Judie 01903813276 care@steyningparishchurch.org

Saturday 10th October
Sussex Pathfinders Rambling Cl.
10:00 – 13:00
Fletchers Croft car park, Steyning

Walking from Steyning

Sussex Pathfinders Rambling Club is a friendly group meeting most weekends throughout the year. Typically we walk 9-12 miles on Sunday and shorter walks on Saturday. Walks are chosen by members and cover East and West Sussex. Today's walk is mostly on level ground, with a few stiles, along the River Adur, Northover Farm and Downs Link. No need to book just turn up and introduce yourself to Angela the leader. There may be uneven ground so please wear appropriate footwear. Full details of all our walks can be found on at https://sussexpathfinders.org.uk Contact Sussex Pathfinders Rambling Cl. 07842792962
E: diann.clarke42@outlook.com





Saturday 10th October
The Steyning Downland Scheme
14:00 – 16:00
The 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! https://steyningdownland.org/sdsevents/ SDS 01903817996
E: office@steyningdownland.org

Saturday 10th October
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 10th October
16:00 – 18:00
Penfold Hall, Church Street, Steyning

Dungeons & Dragons

Come and join our new Dungeons & Dragons group open to young people ages 8 – 15. Spaces are limited. To book your place, please go to the Steyning Parish Church website families page. Suggested donation of £5 on the day to cover refreshments, room hire and new game equipment. Contact Gary 01903813276
E: families@steyningparishchurch.org

Monday 12th October
The Arts Society Steyning
09:45 – 12:00
Steyning Centre, Fletchers Croft, Steyning

Speaker: Patrick Craig: RESURGAM - The Music of St Paul's Cathedral

Coffee from 09:45. Lecture: 10:30 – 12:00. Car park is next to venue. Visitors welcome (suggested donation of £10). This lecture looks at the music of St Paul's Cathedral before and after the Great Fire of London which caused its closure in 1696. Details at: https://www.yourmag.co.uk/events/resurgam-the-music-of-st-pauls-cathedral
www.theartssocietysteyning.org.uk
Contact: steyning@theartssociety.org

Tuesday 13th October
15:15 – 17:15
Penfold Hall, 35 Church Street, Steyning

Board game cafe

Come along, It is free, on the 2nd Tuesday of each month to play some board games at the Penfold Hall. Lots of games to play or feel free to bring one along. Free drinks and snacks. All ages are welcome. 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
E: sbub.wardens@horsham.gov.uk

Wednesday 14th October
Steyning Town Women FC
17:45 – 21:45
Peter Humphreys Memorial, Shooting Field, Steyning

Steyning Town Women v Three Bridges FC

London South East Women's League action as Three Bridges are our welcome visitors to Steyning. Kitchen / Bar open. Plenty of seats for an evening of top quality football. Love to welcome you. Admission: General £5, Concession, Under 16s Free. Contact:
E: secretary.stcfc@gmail.com

Wednesday 14th October
Steyning History Society
19:30 – 21:00
Steyning Centre, Fletchers Croft, Steyning

What is in a View?

A talk by William Avenell on iconic views of West Sussex, geographical origins and historical significance. Pat 01903 629353
steyninghistorysociety@btinternet.com

Friday 16th October
St Cuthman
19:00 – 21:00
Steyning Centre, Fletchers Croft, Steyning

Chanctonbury Ring and Roman Religious sites in Sussex

Two Romano-Celtic temples revealed by excavations inside the Late Bronze Age enclosure at Chanctonbury Ring. These discoveries will be discussed by David Rudling who directed excavations at Chanctonbury Ring in 1988-9. Julia Bonner 07876 231125
E: juliabonner@btinternet.com

Saturday 17th October
Steyning Town FC
15:01 – 17:00
Peter Humphreys Memorial, Shooting Field, Steyning

Steyning Town v Sheppey United FC

More Isthmian South East Division action as Sheppey United are our welcome visitors to Steyning. Kitchen / Bar open. Plenty of seats for an an 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

Saturday 17th October
Dance to the Conchord Big Band
20:00 – 22:30
Steyning Centre, Fletcher's Croft, Steyning

Dance to the Conchord Big Band

Enjoy an evening of dancing to a live 17 piece orchestra with vocalists. The band is pleased to be retuning for a third time to accompany ballroom dancers of all ages and levels. Here's your opportunity to dance the whole menu of dance, or whatever you like! You are also welcome to come and listen to a great variety of music, and watch some wonderful dancing. Admission is by ticket only. Tickets cost £20 and are available for purchase through: ticketsource.co.uk/conchord-band. Don't miss out. Buy your tickets now to avoid disappointment! This event is presented in association with Stardance school Hurstpierpoint. Contact John Forrester 07555 394076 conchordbigband@gmail.com

Wednesday 21st October
Steyning Museum
16:00 – 17:30
Steyning Centre, Fletchers Croft, Steyning

Steyning Grammar School - the early days, Speaker - John Burstow

Steyning Museum is delighted to host another of its popular Teatime Talks. Tickets £5 (under 19s and students – FREE). Entry includes tea, coffee and biscuits. Tickets from Steyning Museum or on-the-door. Contact Barbara Chandler 07984126221
contact@steyningmuseum.org.uk

Wednesday 21st October
Greening Steyning
19:00 - 21:30
Steyning Grammar School, Shootingfield, Steyning

'Facing the Future: Reasons to be Hopeful' An Evening with Jonathon Porritt

Greening Steyning are excited to have Sir Jonathon Porritt CBE as our guest speaker at Green Drinks in October. He is one of Britain's most eminent environmental campaigners, with more than fifty years at the heart of the green movement - former Director of Friends of the Earth, Co-Chair of the Green Party, co-founder of the sustainability charity Forum for the Future, and long-standing personal adviser to King Charles III on environmental matters. Tickets are £5 (free for students) Find out more details and book tickets at www.greeningsteyning.org/events Contact Greening Steyning

Wednesday 21st October
Steyning Gardening Club
19:30 – 21:30
Steyning Centre, Fletchers Croft, Steyning

Succession Planting

Steve Edney, from No Name Nursery in Kent, has a deep understanding of the practical aspects of gardening. As a grower, breeder, horticulturist and arboriculturist, Steve will assist us in designing a border and garden that ensures there is always something in bloom, offering plant selections that harmonize to provide visual appeal throughout the year. Contact Alison Hamer 07817703434
E: steyninggardeningclub@gmail.com

Thursday 22nd October
Steyning Downland Scheme
10:30 – 12:30
The SDS Gateway Building,, behind Mouse Cottage, off Mouse Lane, Steyning, W3W: ecologist.baseline.pegs

Fungi Discovery Walk

Discover our fungi! Walk with us through the Steyning Downland Scheme as we discover the many different mushrooms which have emerged during the autumn season. Anna Allum from RSPB Pulborough Brooks has very kindly agreed to give her free time to lead our walk, sharing her knowledge and

enthusiasm. https://steyningdownland.org/sdsevents/ Contact SDS 01903 817 996 E: office@steyningdownland.org

Saturday 24th October
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 24th October
Steyning Town FC
19:45 – 21:45
Peter Humphreys Memorial, Shooting Field, Steyning

Steyning Town v Crowborough Athletic FC

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

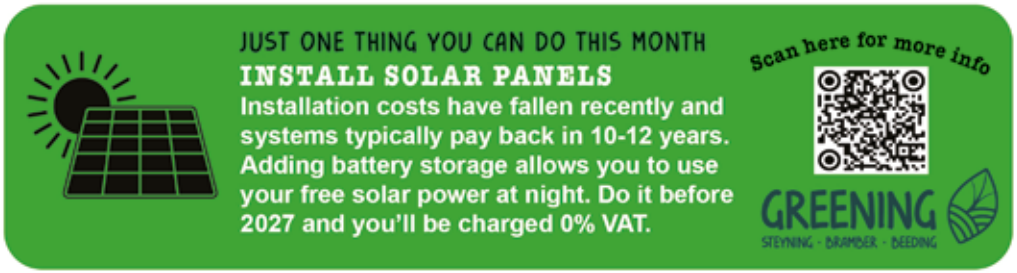
Sunday 25th October
Arun Choral Society
19:30 – 21:30
Arundel Cathedral, London Road, Arundel, BN18 9AY

Elgar's 'The Dream of Gerontius'

Following on from the success of their spring concert, Mendelssohn's 'Elijah', Arun Choral Society will perform Edward Elgar's 'The Dream of Gerontius' under the direction of Dr Joe Paxton in the stunning surroundings of Arundel Cathedral. Further details: https://www.yourmag.co.uk/events/elgars-the-dream-of-gerontius. Contact Richard Cooper

Monday 26th October
18:00 – 21:00
Penfold Hall, Church Street, Steyning

Board Game Cafe 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 with one that's already here. Hot drinks will be available throughout the evening. Suggested donation of £5 for attendance. Contact Gary 01903813276



E: families@steyningparishchurch.org

Thursday 29th October
The Steyning Downland Scheme
12:30 – 15:30
SDS Gateway Building, Behind Mouse Cottage, Off Mouse Lane, Steyning, W3W: ecologist.baseline.pegs

SDS Seasons Bushcraft: Autumn

Half Term event on the Downs! SDS 'Seasons bushcraft' are 4 outdoor sessions spread across the year, celebrating the 4 seasons. Join us for seasonal woodcraft, exploring nature and campfire cooking! These sessions are for 8-14 year old's and all coincide with the school holidays. These 3 hour drop off sessions are led by fully qualified Forest School Leaders and are designed to show the wonder of nature in each season. Come and join our Autumn bushcraft session! (Rain proof event! We have a shelter that we use in light rain) https://steyningdownland.org/sdsevents/ Contact SDS 01903 817 996 E office@steyningdownland.org

Saturday 31st October
Sussex Pathfinders Rambling Cl
10:00 – 13:00
Car park, east side off A24, Washington, BN44 3DN

Walking to Chanctonbury Ring

5.5 miles, hilly with wonderful views after climbing to Chanctonbury Ring. Directions - Meet at the car park on South Downs Way, south of Washington. At Washington Roundabout on A24 (Worthing-Horsham), take A283 towards Steyning. Turn first right onto London Road and go past Frankland Arms. In ¾ mile, just before A24, turn sharp left up rough road to car park. Full details of this, and all our walks, can be viewed on our website https://sussexpathfinders.org.uk. No need to book. Just turn up and introduce yourself to our leader Diann. Contact Sussex Pathfinders Rambling Cl 07842792962
E: diann.clarke42@outlook.com

Saturday 31st October
Steyning Parish Church
17:00 – 19:00
Penfold Hall, Church Street, Steyning

Hallowe'en Pitstop

If you are tired while out trick-or-treating, why not pop into the Penfold Hall for hot chocolate, crafts and games. Donations welcome. Contact Gary 01903813276
E: families@steyningparishchurch.org

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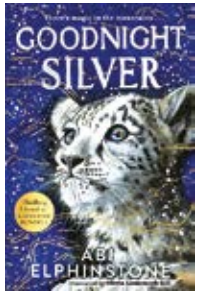
October 2026 Book Reviews

Children's Books



Goodnight Silver by Abi Elphinstone
Simon & Schuster paperback £8.99
Goodnight Silver is an exciting story for readers of 8+ which blends an enchanting animal adventure, icy danger, and a spark of magic.
When Emmy is separated from her parents in an icy blizzard in the mountains of Mongolia, she thinks it's all over. But her luck turns when a lost snow leopard cub appears and Tuli Batba arrives — a boy whose infectious optimism makes impossible things feel suddenly possible. With her unlikely companions, Emmy is swept into a race to reach the fabled magical land of Whisperfell, a land where animals live in peace, before hunters close in.
The stark, breathtaking wild landscapes of Mongolia blend beautifully with the imaginative world of Whisperfell - each with its own natural wonders. Emmy's grief is handled gently and honestly, making this a comforting read for children who've known loss.
Review by Clare

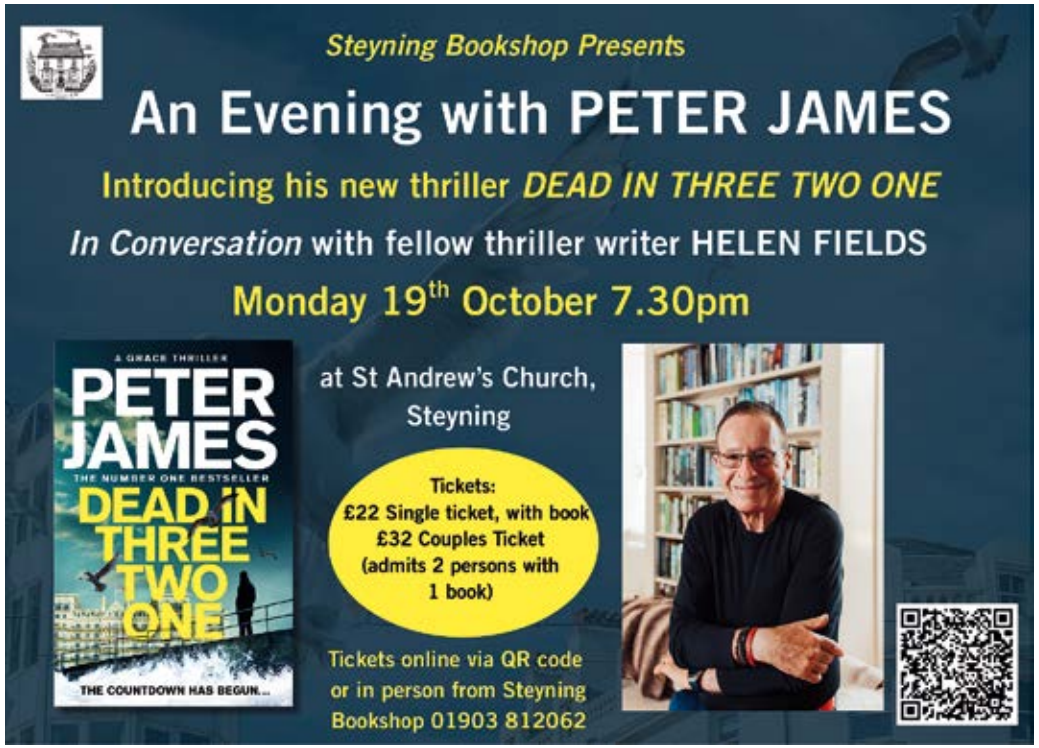


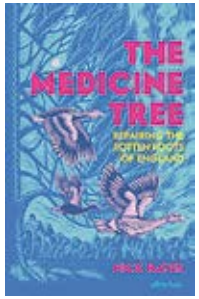
Game of Pets by Aaron Blabey
Macmillan £10.99 hardback
Readers aged 6-10.
Earth isn't what we think it is — it's actually an intergalactic game show, and our pets are the sneaky alien overlords running the whole thing.
Griff, an 11-year-old kid allergic to basically everything, discovers the truth when Bob, a talking axolotl, tells him he's the only one who can save the world. But Bob's warning isn't exactly comforting: *'Watch your back...your pets are NOT what they seem...'*
Suddenly every hamster, budgie, and chinchilla looks suspicious. Ancient alien animals - including a capybara from Planet Weird, an eight-million-year-old turtle, and champion Buttons the dog - are competing to convince humans to destroy Earth, using our adorable pets as their avatars.
Packed with talking animals, bizarre twists, and loads of silliness, this is perfect for fans of Dog Man and The Bad Guys, and anything cartoony or chaotic. With short chapters, big jokes, and nonstop action, it's ideal for reluctant readers, and the sharp, cheeky humour means adults will be laughing too when they read it aloud.

Adult Fiction



Partita by Barbara Kingsolver
Faber books, hardback £20
I am a huge fan of Barbara KIngsolver's writing so was overjoyed to hear she has a new book out! I've only just started reading it so the following is a very brief synopsis...
Musician Livia Cable has settled into a quiet life in a rural Appalachian community. She is married to a farmer, and teaches piano to local children, having left behind her dreams of a major conservatory career. An out-of-the-blue phone call from her college era lover stirs up long-buried memories of childhood grief, ambition, and heartbreak, and upends her peaceful existence.
A deeply moving novel which explores themes of class divides, family trauma, and the transformative power of music and art.





The Medicine Tree by Nick Hayes
Allen Lane £25 hardback
This powerful new book by writer and illustrator Nick Hayes – author of The Book of Trespass and co-founder of the Right to Roam movement – is earthy, essential and inspiring.
It's a deeply-felt exploration of the struggle between ownership and belonging, seen through the prism of the Hardwick estate in Oxfordshire. Like most English country estate, Hardwick has a murky history and owes much of its wealth to colonial plunder. When Nick moors his houseboat on the banks of the estate, he discovers that it has become home to an extraordinary community of farmers and craftspeople: hemp farmers, a woodcarver, a natural dyer, an alternative forest school...
As Nick gets to know this ragtag community and become part of their radical experiment in alternative living, he contemplates what we have lost in England: our sense of kinship with the land and our deep knowledge of it, our folk customs, the very concept of the commons and of kinship.
The book weaves the experiences of Nick's community with the story of the Hardwick estate and a fascinating and provocative history of injustices against the common people, from the Acts of Enclosure and the Highland clearances to the horrors enacted by colonial settlers against the native American tribes.
I was truly gripped, incensed and inspired by this galvanizing book, which argues for solidarity, reparation and a rekindling of our rooted connection to the land.

Pelvic and Hip Pain



Hip and pelvic pain can affect people of all ages. Pain, stiffness or weakness may influence the way the rest of the body moves, sometimes affecting the lower back, knees, ankles and feet.

Common causes of hip pain:

Hip pain may be linked to:

- Trochanteric bursitis: irritation of a fluid-filled bursa on the outside of the hip, causing lateral hip pain.
- Iliotibial band syndrome: an overuse injury, often affecting runners and associated with weakness around the hip.
- Muscle strains: commonly involving the psoas, adductors, gluteal or piriformis muscles.
- Referred pain: from the sacroiliac joints or lower-back facet joints.
- Nerve irritation: including meralgia paresthetica or irritation of spinal nerve roots.
- Osteoarthritis: which can cause gradual pain, stiffness and reduced movement.

With hip osteoarthritis, symptoms may begin as stiffness or discomfort in the groin, buttock or thigh, particularly in the morning. Pain may gradually extend from the side or front of the hip into the thigh and knee, and can be worse during weight-bearing activities such as walking. Hip problems can sometimes be overlooked when the main symptom is knee pain.

Although chiropractic care cannot cure arthritis, it may help ease symptoms and support comfortable movement. A full assessment should include the hip, back, knee, ankle and foot, as problems in these areas can influence one another.

Pelvic girdle pain during pregnancy

Pelvic girdle pain (PGP), previously known as symphysis pubis dysfunction, can develop at any stage of pregnancy. Pain may be felt in the lower back, sacroiliac joints, pubic symphysis, hips, thighs or legs.

Symptoms vary from mild to debilitating and may change from day to day. Possible contributing factors include previous back or pelvic problems, reduced muscle function and pregnancy-related changes to the ligaments. The hormone relaxin helps soften the pelvic ligaments for birth, but may also contribute to pelvic instability in some people.

Common symptoms include:

- A waddling gait or difficulty walking.
- Clicking or grinding around the pelvis.
- Pain with straddling movements, such as getting out of a car or bath.
- Difficulty or pain when standing on one leg.
- Pain when lying in certain positions.

PGP is treatable, and early assessment may help prevent symptoms from worsening. Gentle, pregnancy-appropriate chiropractic care can be used during and after pregnancy when clinically appropriate.

How we can help:

Treatment may include:

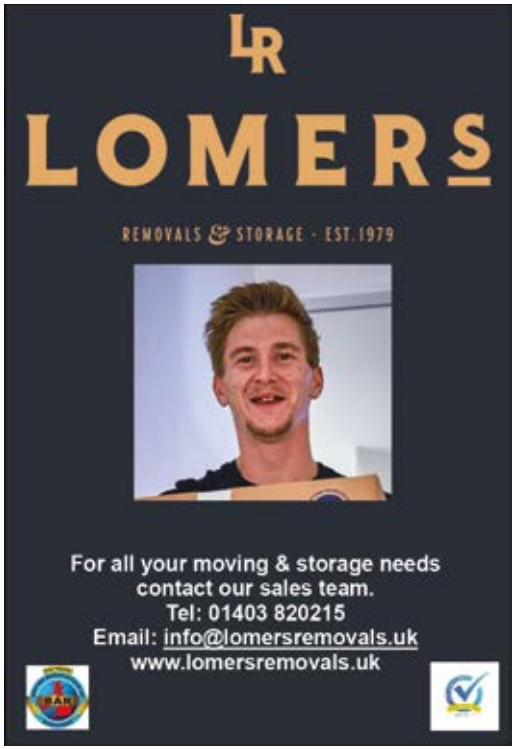
- Gentle adjustment and mobilisation of stiff joints.
- Soft-tissue work around the hip and pelvis.
- Stretching and strengthening exercises.
- Advice on movement and daily activities.

At Well Adjusted Health, we assess the wider body to help identify factors contributing to pelvic or hip pain and develop an individual treatment plan.

For more information or to arrange an assessment, please contact the clinic.

If you are concerned about your back or any other pain and would like an expert opinion, please contact Well Adjusted Health on 01903 892171

You can also book a Free 15-minute consultation for you or your family.





October Gardening Journal

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

As October arrives, the garden begins its gentle shift into autumn. Cooler days bring a slower pace, but there is still plenty of colour to enjoy, from the last summer blooms to the rich golds, reds and bronzes of autumn foliage. It's a month for enjoying the garden while preparing for the seasons ahead. Planting spring bulbs, refreshing borders and simply taking time to appreciate the crisp air and changing light all have their place in the October garden.

Plant of the Month: Malus Golden Hornet

There are some trees that earn their place in a garden for their flowers, others for their foliage, but Malus 'Golden Hornet' manages to provide interest for much of the year. In spring it produces attractive white flowers tinged with pink, followed by masses of small, bright golden-yellow crab apples in late summer and autumn. It is a beautiful ornamental crab apple, but it does have one rather annoying habit – it drops an enormous amount of fruit!

'Golden Hornet' has a British horticultural history, having been introduced by J. Waterer & Sons of Bagshot, Surrey, around 1949. Its parentage is associated with Malus × zumi and Malus toringo. It has since become a well-established ornamental tree, valued for its reliable flowering and spectacular display of fruit. The tree is relatively easy to grow and will tolerate a wide range of soils, including clay, loam, sand and chalk. Ideally, it prefers fertile, reasonably moist but well-drained soil. A sunny or partially shaded position is suitable, although full sun will encourage the best flowering and fruiting.

When designing with 'Golden Hornet', location is particularly important. I would avoid planting it directly over a patio, terrace or frequently used pathway. Those attractive little golden apples eventually fall, and once they start getting squashed underfoot they can make a surprisingly sticky and unpleasant mess. On a lawn, however, the problem is much less noticeable.

As a specimen tree, it works particularly well in an informal lawn or within a mixed planting border. The golden fruit looks fantastic against darker evergreen planting and combines beautifully with grasses and late-season perennials. For a naturalistic scheme, try planting it with Calamagrostis 'Karl Foerster', Geraniums, Salvia, Asters and Sedum. Purple, blue and dusky pink flowers provide a lovely contrast with the yellow fruit, while ornamental grasses add movement and soften the base of the tree.

The fruit also provides valuable food for birds, making 'Golden Hornet' a useful addition to a wildlife-friendly garden. So, would I plant one? Absolutely, but choose its position carefully. It is a fantastic small ornamental tree, offering blossom, fruit, wildlife value and seasonal interest. Just don't plant it next to the front door unless you're prepared for an annual autumn battle with hundreds of tiny golden crab apples!

Jobs to do this month include:

Ornamental Garden:

- Mulch borders with compost if not done in the spring.
- Continue deadheading if weather is mild.
- Remove fallen leaves from Roses to prevent blackspot.
- Continue to tidy borders of weeds and leaves.
- Transplant any plants that need to be moved.
- Plant spring bulbs such as Daffodils etc. But NOT tulips – wait until November to avoid tulip blight.
- Lift and divide perennials.
- Plant up containers etc for winter bedding displays.
- Apply autumn lawn feed etc.
- Now is a good time to plant trees and shrubs – the soil is moist and warm.
- Sow sweet peas under glass.
- Can lift summer flowering bulbs / tubers and overwinter in greenhouse or can heavily mulch plants and leave in the ground. Eg gladioli, dahlia, canna.
- Cut back herbaceous perennials as they die back.
- Prune climbing roses to avoid wind rock.
- Refill bird feeders regularly.
- Install insect hotels / log piles.

Vegetable Garden:

- Begin planting garlic
- Apply fleece to late season crops when frost is forecast.
- Lift and divide rhubarb.
- Clear away old foliage of strawberries to prevent pest and diseases.
- Pot up herbs and take into frost free greenhouse or windowsill to continue cropping through the winter.
- Complete planting onion setts and plant out spring cabbage.
- Harvest squash and pumpkin if not already done so.





Article by: Rachael Rainbow

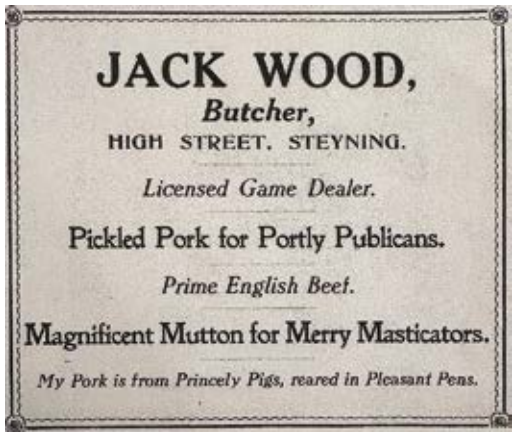
The Butcher, the Bull and the High Street

For centuries, the butcher was a familiar figure in Steyning. Butchers are recorded in the town as far back as the 15th century, and the trade became an important link between the farms of the surrounding countryside, Steyning's livestock market and the families who came to the High Street to buy their meat.



Few buildings tell that story better than 42 High Street, remembered by many residents as Wood's Butchers. Remarkably, the premises were associated with butchery for more than 250 years.

The building was first recorded in 1661 and rebuilt around 1750. By 1736 it belonged to butcher Thomas Deane and subsequently passed through several hands, including the Gates and Cherryman families. Then, in 1904, it was bought by John Wood.





Wood's became one of Steyning's best-remembered butcher's shops, and surviving photographs show the shop and its staff outside a building that remains remarkably recognisable today. The premises continued as a butcher's until 1988.

There are still clues to its former life. Look above the red doors of No. 42 (now next to Miller Phoenix Home) and you can see hooks once used for hanging carcasses – a reminder that the traditional butcher's shop was not simply somewhere to buy meat, but also a place of skilled and sometimes very physical work.

Indeed, life at No. 42 could occasionally become a little too physical. In April 1803, when the Gates family ran the business, one of their bulls escaped. The Sussex Weekly Advertiser reported that the animal *'ran wildly through the town of Steyning'*, attempting to toss anyone in its way. It succeeded in knocking down an *'athletic sack-weaver'* who, while on the ground, quite literally took the bull by the horns and held on until others came to his rescue.

Livestock would once have been a much more familiar sight around Steyning. In 1867, a cattle and corn market was held every alternate Monday, as well as an annual cattle fair. The arrival of the railway in 1861 gave new life to the market, making it easier to bring animals in from a much wider area. By 1890, livestock sales had moved from the streets to a purpose-built market near the station.

There was plenty of competition between local butchers. In 1867, with Steyning's population only around 1,600, the High Street supported four: Walter Drewitt, Thomas Duke, Richard Farley and Stephen Farley. No. 47 became Walter Drewitt's pork butcher's shop in 1871 and remained a butcher's for around 30 years.

Another extraordinarily long-lived butcher's shop was at 51 High Street. John Lidgitter opened there in 1671 and, by 1682, the property had both a slaughterhouse and brewhouse in its backyard. Apart from a brief interruption, butchers traded there from 1758 for more than 200 years, latterly as Chanctonbury Butchers. Today it has exchanged chops for chocolate as The Little Sweet Shop.

The trade has changed enormously, with local slaughterhouses disappearing and supermarkets transforming food shopping. Yet the centuries-old connection has not vanished. Steyning Butchers & Deli, formerly Roberts Butchers, was taken over by local man Mick Kemp in 2009 and continues the tradition today.

You can discover more about Steyning's old food shops in *'The Butcher, the Baker...'*, currently on display at Steyning Museum as part of the **Steyning Food and Drink Festival**. It is a chance to see how the everyday business of buying our food has left some surprisingly vivid traces in the town around us.

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.

The museum also organises a series of monthly Tea Time Talks in the Steyning Centre. The next one will feature John Burstow talking about Steyning Grammar School, the early days. This is at 16:15 on Wednesday 21st October. Doors open at 16:00, tickets are £5 to include tea, coffee and biscuits.



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Steyning Town Council Community Awards

Steyning Town Council invites members of the public to propose nominations

The Steyning Town Council Community Awards are given annually by the Steyning Town Council to individuals or groups who have made a significant contribution to the town of Steyning. They will be presented at the Mayor's function on the **11th December 2026.**

Nominations will be invited from the people of Steyning for individuals or groups who in their opinion have made a significant contribution to the town of Steyning during the last year.

Steyning Town Council will consider the nominations at their Full Council Meeting on the **16th November 2026** under the leadership of the Mayor. Their verdict will be final.

Criteria for Chairman's Community Awards nominations:

The individuals or groups nominated will either:

- **Live in the town and the surrounding area**
- **Be an organisation or a member of an organisation that represents the town**
- **Or work in the town or surrounding parishes.**

It is the contribution to the town or Steyning residents that is significant in deciding whether an award will be made.

The closing date for nominations is
Friday 13th November 2026

The Steyning Town Council Community Awards will be presented at the Mayor's Christmas function on
11th December 2026.

To submit a nomination, please email clerk@steyningpc.gov.uk or write to us: Steyning Town Council, Fletchers Croft, BN44 3XZ

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