Your Mag

Steyning | Bramber | Upper Beeding

November 2026











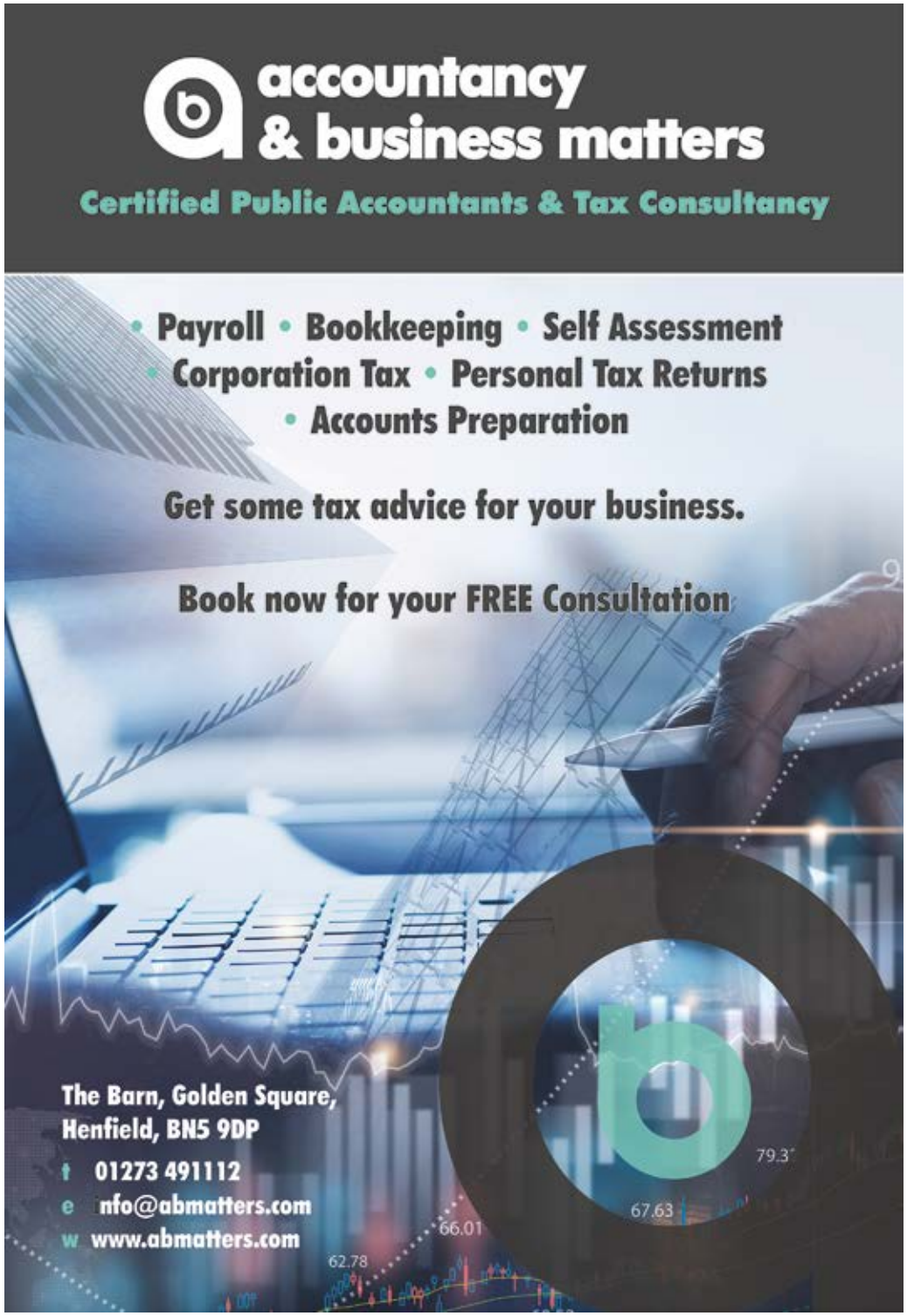

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Steyning Drama Company stages: The Memory of Water

Sense and Sensibility, Little Women and The Mitford Sisters are all classic stories about sisters; The Memory of Water is the same. Now Shelagh Stephenson's acclaimed play comes to the stage once again with a fresh interpretation by the Steyning Drama Company. **Book at the box office on: 0333 666 3366**

Awarded the Laurence Olivier Award for Best New Comedy in 2000, the play centres on three sisters, Teresa, Mary, and Catherine, who gather at their family home to prepare for their mother Vi's funeral.

A key theme of The Memory of Water is how the sisters share very different memories of their childhood; a world of disputed bicycle rides, midnight ice-cream sodas, mother's cocktail dresses and perfume advice, and a seaside childhood punctuated by an aloof, often absent father. Teresa, Mary and Catherine's individual personalities act as a springboard to the play's dark comedic interactions, distracting the sisters from their grief.

*'That is one of the things I really like about **The Memory of Water,**'* says Director, Helen Day. *'Each of the women have independent, adult lives but as soon as they return to the family home with each other, they revert to the childhood roles and suddenly the old family dynamics are in full flood again.' 'I don't personally think of it as a comedy in the conventional sense. The comedy comes from the characters and their relationships rather than the situation itself. People don't stop being themselves when someone has died. They still argue, they still bicker, they say inappropriate things and they laugh at things that they shouldn't. The play exposes the juxtaposition between humour alongside grief and loss.'*



Meanwhile, Frank, Teresa's husband, and Mike, Mary's lover, enter that family dynamic from the outside, much like the audience of the play. They offer a perspective into the present, and possible clues to the sisters' ongoing paths.

'Ideally, I want the audience to leave the theatre feeling they've been on an emotional journey,' says Helen. *'And that they might recognise something of themselves and their own family within the sibling group; those old tensions and patterns that surface as soon as the family are reunited.'*

'The play doesn't give us a neat ending, and I don't think it needs to. Families aren't neat and grief certainly isn't. What I hope though is that by the end we witness some shift between the sisters. The ending of a life for one is just the start of life without them for those remaining.'

Book online: www.ticketsource.com/barn-theatre-southwick

Charity Coffee & Cake morning

The Steyning & District Food and Drink Festival delivered its last *'afters'* event on Friday 2nd October; the Charity Coffee & Cake morning, set to raise funds for St Barnabas Hospice.

The *'afters'* title is because it was one of the events taking place later than the official 9 day Festival period. It was held at Ashurst Village Hall and it was jam packed with over 60 happy people enjoying as much coffee/tea as they wanted, together with numerous slices of cake However, the real success was that - at time of writing - nearly £1500 was raised! A fantastic amount to be able to pass on to this much loved and caring charity, Some people, who could not get along, are still sending in a contribution. As usual, everything was donated - the hall hire, coffee, tea, milk, sugar etc., together with cakes, flowers for the table, raffle prizes and vegetables to sell.



That's without mentioning the superb donation of volunteer hours, not just to get the whole event organised but on the day, too: setting out the tables & chairs, brewing coffee,slicing cakes, manning the door and selling raffle tickets. Heading up the team was Alison Durcan, who for the last many years has been taking on the responsibility of making sure the event happens. The atmosphere within the room was wonderful - a real community spirit with lots of chatting and smiling. It was just one big party.



There are still more donations to come, from some of the other events that took place during the Festival dates, which will be added to this Coffee Morning number. However, the collection from the Charity Pizza is awaited, before the announcement of this final total can take place; but what is known, for sure, is that it will be good news.



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Many 5 Reviews

Steyning Community Orchard: Apple Recipes

The Community Orchard volunteers are catching their breath after another full season of grafting, planting, watering, harvesting, juicing and selling trees and apple juice. So, something a bit different this month. Now that the apple harvest is over, you will hopefully have a few stored apples that you can use for these 2 delicious recipes.

Apple and Celery soup:
With Autumn upon us there is something comforting in hugging a warm bowl of soup. This simple savoury soup recipe serves four and can be kept in the fridge for up to four days or frozen.

Ingredients:
- 2 dessert apples, peeled and cored. peeled and finely chopped potato (to thicken the soup)
- 1 head of chopped celery
- 1 litre chicken (or vegetable stock)
- 1 onion - finely chopped
- 1 crushed clove of garlic (optional) olive oil

Method:
Sauté the onion in a little oil and add the garlic. Now just add all the other ingredients, cover the pan and gently simmer for 20 to 30 minutes. Puree with a stick blender to make it rich and creamy.

Serve warm. If you want to make the soup even more flavour some then top with some cubed pancetta, crispy bacon, or a meat-free alternative.

This sweet and savoury hash goes well particularly well with scrambled, fried or poached eggs. Alternatively, it can be lightly drizzled with a balsamic oil dressing.

Apple and Parsnip hash:
Ingredients:
- 2 medium dessert apples
- 3 medium parsnips
- 2 tablespoons olive oil or butter
- 1 teaspoon chopped fresh thyme (if you do not have any fresh thyme, you can use half a teaspoon of dried)
- 1 medium chopped onion (the onion can be swopped along with the garlic for half a teaspoon of ground cinnamon or red pepper flakes)
- 2 garlic cloves (crushed)
- Pinch of salt and cracked freshly ground pepper

Method:
Gently heat the olive oil or butter in a frying pan before sautéing the onion for 2-3 minutes until soft and translucent. Stir in the garlic.

Peel and dice the parsnips into small cubes and add to the pan, stirring occasionally, for around 10 minutes until soft and lightly browned. Next add the thyme and cinnamon. Salt and pepper to taste.

Stir well to coat the vegetables evenly with all the seasonings. Dice the apples into cubes of similar size to the parsnips and add to the pan. Cook for an additional 4-5 minutes, stirring gently until the apples are just tender and beginning to caramelize. Serve hot.

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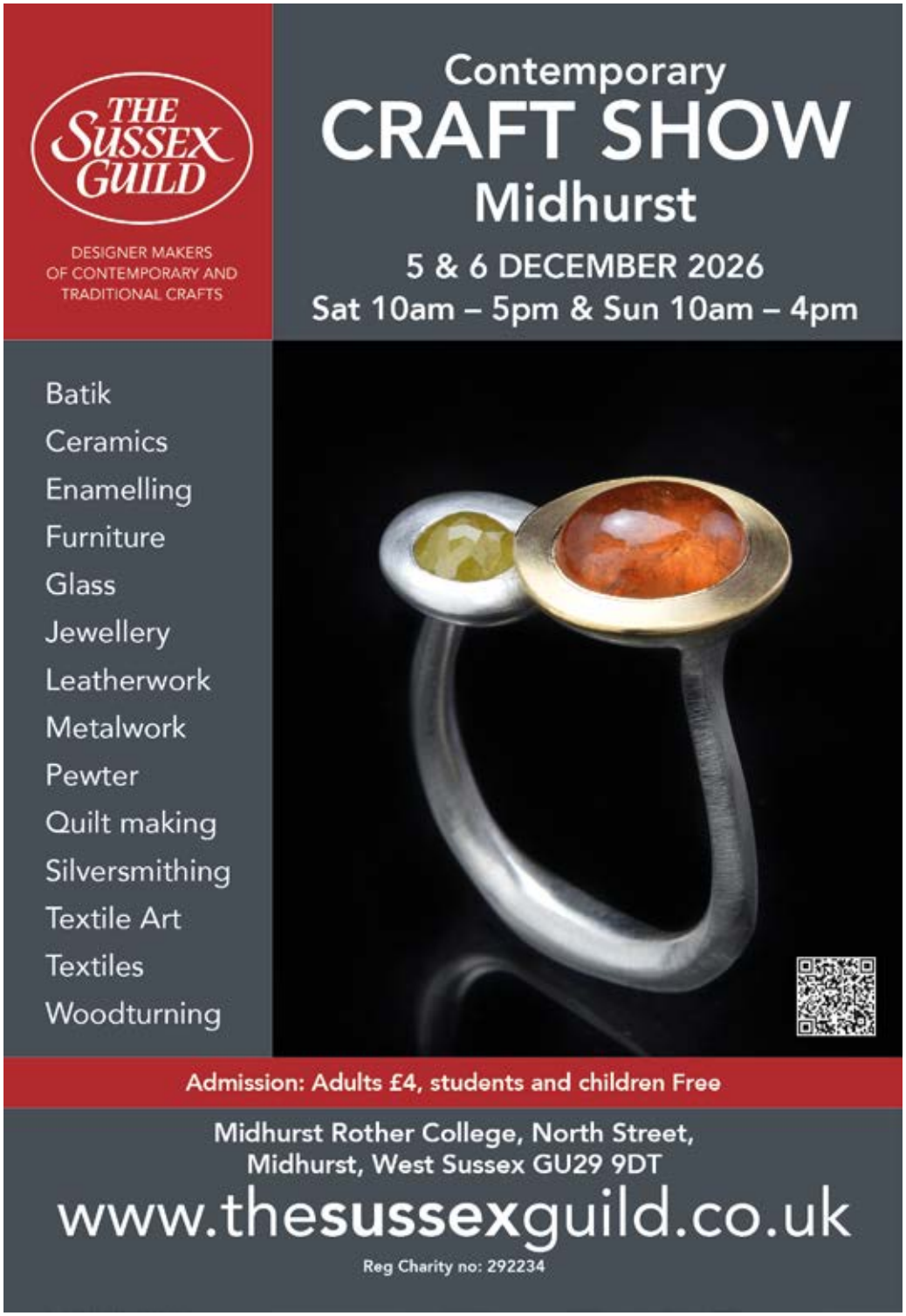

The Sussex Guild Contemporary Craft Show at Midhurst Rother College on Saturday 5th December 10:00 – 17:00 & Sunday 6th December 10:00 – 16:00.

The Sussex Guild is delighted to be returning to the spacious, modern surroundings of Midhurst Rother College to showcase our contemporary crafts.

Come and see a superb variety of well-designed and beautifully handmade items from over fifty designers: exciting batik, ceramics, furniture, glass, jewellery, knitwear, leatherwork, patchwork, pewter, printmaking, silversmithing, textiles, textile art and woodwork. The highly skilled designer-makers from Sussex and adjoining counties will provide a colourful feast of creativity to brighten the dark days of winter and provide inspiration for unique and personal seasonal gifts.



Ceramics: Detail Ellipse installation, Korea by Kate Schuricht

The café offers light refreshments throughout the weekend, helping to make a relaxed and enjoyable shopping experience with independent makers. More substantial fare can be found in the cafés, hotels and pubs in the delightful medieval town of Midhurst.

Road signs will guide you through the town into the wide drive leading to the College car park. Guide dogs are welcome. Your ticket allows re-admission throughout the weekend, giving you time to ponder over that extra special purchase throughout the weekend.



Jewellery: Pink tourmaline engraved ring by Sylvaine Frouin & Marek Machlowski

This winter show is perfectly timed for seasonal gift shopping and, with over fifty members of The Sussex Guild showing beautiful and varied work, you'll be spoilt for choice.

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Becky - Steyning

Grassland Gems

You may associate fungi with the mossy deadwood and light-dappled leaf litter of a forest floor, but some species prefer more out-in-the-open vibes. Slimy-capped and sporting a rainbow range of hues, waxcap fungi are a group of grassland fungi.

There are around 40 species of waxcap in the UK, and much like their woodland-dwelling cousins, are best encountered during late summer and autumn. Also akin to the fungi norm, their names are fantastic; from parrots to ballerinas.

Some fungi are decomposers, or *'saprotrophic'*, meaning they rely upon decaying matter to feed. This was once thought of waxcaps, but now they are understood to instead be *'biotrophic'*, meaning this brightly coloured bunch get their nutrients from a relationship with living plants.

Despite ongoing research into waxcap ways, symbiotic relationships in nature are nothing new. Most fungi have underground systems called mycelium; masses of tiny threads which connect the fruiting mushrooms we see above ground with trees and other plants, and with one another. These vast networks enable sharing of nutrients, water, and even information.

Waxcaps thrive with minimal agricultural involvement, in grasslands known as *'unimproved'*; those free of pesticides, artificial fertilisers, and which haven't been drained or re-seeded. Much like the bedded-in bonds of ancient tree roots, mycelia take decades to form and connect, and when soil is cultivated, these life-giving chains are broken. With this in mind, the hands-off approach of rewilding is beneficial for these fungi. Due to intensification of agricultural practices, this habitat is declining, and with it, its grassland gemstones.

In Sussex, the chalk grassland of the Downs is an ideal habitat for waxcaps, and here, fungi join an ancient, well-oiled ecosystem. In warmer months, the nutrient-poor soils support buzzing biodiverse meadows of wildflowers, providing food and breeding grounds for butterflies, bees, and ground nesting birds like Skylarks. Come early autumn, just as the splattered wildflower mosaic fades, the waxcaps pop up to complete the seasonal tapestry.

Where waxcaps be, other grassland





Parrot Waxcap & Parrot Waxcap in churchyard © Neil Fletcher



Scarlet Waxcap © Graeme Lyons

fungi likely follow, and as such waxcaps are considered an *'indicator species'* for corals, earthtongues and pinkgills. So often is this the case, that the term 'waxcap grassland fungi' encompasses these other groups.
It's not all sweeping meadow majesty; waxcaps can be found in gardens, parks, and have a particular penchant for the peace of cemeteries. Keep your eyes peeled on urban ambles for shiny jewels catching autumn sun.

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Steyning in Bloom

In the past few weeks, you will have seen some busy people, trowels in hand, clearing the tubs of their Summer display, planting bulbs and settling in tiny plants that will spread their leaves, bloom and bring colour and joy to the High Street during the winter months.



The team that planned the Summer displays have chosen for this Autumn an exciting mixture of foliage, colour and textures and a bursting of tulips to herald the Spring.

The Summer planting was magnificent. While all around was crisp and brown, the watering bowser that pottered along the High Street at dawn ensured that the tubs stayed vigorous and lusty and a great boost to the spirits.

Steyning in Bloom depends on the skill and energies of **Ferring Nurseries** for this watering and upkeep, and on the support of local residents to make this happen, giving words of encouragement to the volunteers on their knees emptying tubs... and visiting, in their hundreds, the Open Gardens day we held at the end of June.

It was a memorable day. The High Street buzzed with well over 500 visitors choosing a route to visit all or some of the 18 gardens. (several energetic enthusiasts managed to do the whole circuit!) The garden owners themselves loved meeting their guests, sharing knowledge and being part of what is now an established community event. Next year (June 27th 2027!) will be our seventh year. Each year we raise more funds, essential as costs rise and the committee hatches plans for more planting.

A big thank you from Steyning in Bloom to all concerned - to the **Parish Council** and the **Business Chamber** for their support, to local businesses, some of whom have put on their own displays, but most of all to our friends and supporters in the amazing Steyning Community, particularly a band of behind the scenes volunteers. We'd like to expand this group and gather friends to help with planting, manning Open Gardens and other tasks that appear. If we can tempt you into this group please contact... Debra Cornfoot on dcornfoot@sky.com

....And we now have a wonderful new website for you to visit steyninginbloom.co.uk

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

Why Regular Eye Tests Matter - Especially as We Get Older

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Many people think of eye tests simply as a way to update glasses, but in reality they are an important part of maintaining overall health, independence, and safety - particularly as we get older.

Recent discussions about whether sight screening should be mandatory for drivers over 70 have highlighted an important issue: vision can change gradually, and many people are unaware that their eyesight has deteriorated.

Vision changes are often gradual:
One of the challenges with eye health is that many eye conditions develop slowly and without obvious symptoms in the early stages. When the change is gradual, the brain adapts and people may not notice a reduction in vision until it begins to affect everyday activities such as reading, recognising faces, or driving.

Regular eye examinations help detect these changes early, often before a person is aware that anything is wrong.

Eye tests are about more than glasses
A comprehensive eye examination checks far more than just whether you need stronger lenses. It can identify early signs of conditions such as:

- **Glaucoma** - often called the *'silent thief of sight'* because it can damage vision without noticeable symptoms.
- **Macular degeneration** - affecting central vision and clarity.
- **Cataracts** - a common age-related change that can reduce contrast and increase glare.
- **Diabetic and vascular eye disease** - sometimes reflecting wider health issues.

Early detection is key. Many conditions can be monitored or treated more effectively when found at an early stage.

Vision and driving safety:
Good vision is essential for safe driving. Clear eyesight allows drivers to judge distance, recognise hazards quickly, and respond safely to changing conditions.

Importantly, people may not always realise that their vision has deteriorated to a level that affects driving safety. Regular eye tests help ensure that any changes are identified and addressed promptly.

While discussions continue nationally about screening requirements, one thing remains clear: routine eye examinations are one of the simplest and most effective ways to maintain confidence and safety on the road.

The importance of regular checks
In the UK, many people over 60 are entitled to NHS-funded eye examinations, making it easier to access regular care. Even without symptoms, routine testing is recommended because prevention and early detection are always preferable to waiting until a problem becomes noticeable.

Looking after your eyes:
Simple steps can help maintain good eye health:

- Attend regular eye examinations.
- Update glasses when recommended.
- Report any sudden changes in vision promptly.
- Maintain general health through good diet, exercise, and managing medical conditions such as diabetes or high blood pressure.

Supporting independence and quality of life:
Good vision plays a major role in independence, confidence, and quality of life. Whether it's reading, enjoying hobbies, recognising loved ones, or driving safely, maintaining eye health helps people stay active and engaged.

Article provided by Jo Quinn, Optometrist at Robinson Opticians.

For further advice or to arrange an eye examination, please contact Robinson Opticians on 01903 813392.







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November: Steyning for Trees



WINNER CPRE Sussex Countryside Awards 2020

Lewes has become the first town in the Uk to pass an historic motion recognising the RIGHTS OF TREES to flourish. A CHARTER was approved unanimously by Lewes Town Council. It states that trees, woodlands, hedgerows and forests have the right to flourish and maintain their natural life cycles, ecological functions and evolutionary processes. This will Protect all trees unlike, in the past, UK initiatives only cover individual, named trees. The Friends of Lewes also support this Charter. What a great idea, thanks to Roger Young, a keen tree and hedge planter for researching the details of this for us.



The RHS SEPT. MAGAZINE has a 7 page major article on how our gardens can be beautiful and save our vital pollinators, written by their Senior Entomologist. Trees play a large part in this. It is pointed out that the UK is one of the **Most Nature Depleted** countries on Earth and in the bottom 10% for Biodiversity. However your garden can make a major difference.

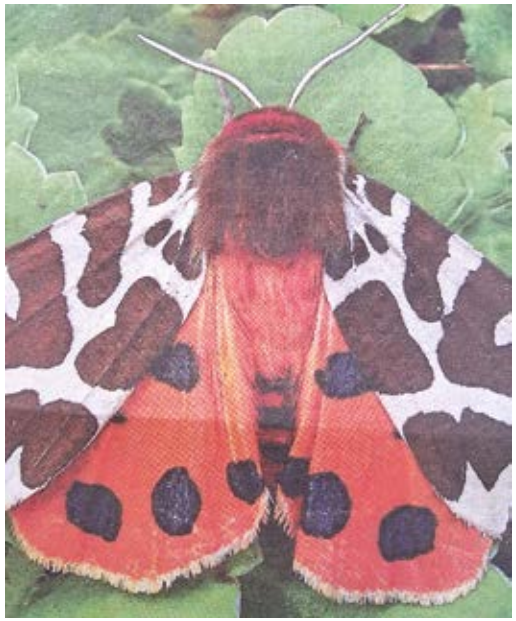
Reduce mowing your lawn to, allow wild plants to pop up through the grass. Do we take trees for granted? Trees add vertical structure, greatly expanding habitat for pollinators, hoverflies and birds that use different parts of these:- feeding on leaves, sheltering in the bark, provide foraging, nesting and store vast amounts of Carbon too.

Thank you so much to all who have planted the free trees from our Market stalls in your gardens over the years. Even a small garden can accommodate a tree. They will help with cooling through shade and transpiration. Dead wood is also good wood, providing homes and feeding habitats for many invertebrates. Advised by our excellent home grown ecologists on our committee, we plant host trees for those on the RED list.

RHS says *'Never underestimate the value of a well-planted mixed. native hedge providing an excellent habitat and food source for wildlife. Plant one in your garden as hedges are a multifaceted benefit to all wildlife giving them a permanent fixture'*. Pic 103942

GREENPEACE - Do have a look at their latest campaign *'Our World is Burning'*. They say that it is time to hold polluters to account to help protect British wildlife. *'Every day that passes puts more of the world at risk'*.

'MACRO' Moths - Experts are seeking RED LIST status for 700 of the most endangered, many of which are at risk of extinction, including the garden Tiger Moth. They feed on stinging nettles and foxgloves. Butterfly Conservation says 50



Tiger Moth

moth species have become extinct since 1900, including the Brighton wainscot which ceased to be resident in 2013.

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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

Sunday 1st November
Steyning Town Women FC
14:30 - 16:30
Peter Humphreys Memorial, Shooting Field, Steyning

Steyning Town Women v Ashmount Leigh FC

LSERWFL action as Ashmount Leigh 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 £5, Concession, Under 16s Free. Contact please email: secretary.stcfc@gmail.com

Sunday 1st November
Steyning Parish Church
16:00 – 17:00
Vicarage Lane, Steyning

All Souls Service of Memorial & Thanksgiving

A service of memorial and thanksgiving for those who have died in the past year and other loved ones who are no longer with us. There will be a chance to light a candle and prayers will be said. You are warmly invited to join us. Contact Parish Office 01903 813276 office@steyningparishchurch.org

Monday 2nd November
Little Stars Bumps Babies & Toddler Group
13:00 – 14:45
Penfold Hall, Church Street, Steyning

Toys, crafts, singing and much more.

Coffee, tea and cake for parents, carers and grandparents. Two sessions each week:
Mondays 13:00 - 14:45 - 2, 9, 16, 23 and 30 November
Thursdays 9:30 - 11:30 - 5, 12, 19 and 26 November
Suggested donation of £2 per family
Contact Gary 01903813276 families@steyningparishchurch.org

Monday 2nd November
Steyning Camera Club
19:30 - 21:45
Beeding & Bramber Village Hal, High St, Upper Beeding

Improving Landscape Photography

Talk, by Alistair How, is a very practical session walking through images to suggest and highlight ways of improving your landscape photography. How to create depth using layers in the images? How important it is to have a focal point to create separation in what can be complex images, and how to create balance over the images. The talk will also touch on exposure blending, focus stacking and other techniques. The approach will be to share easy ways that all photographers can embrace these techniques, and also tips on how you can minimise landscape photography being about the settings and the gear and not the emotion of the location Using case study images from Scotland, Iceland, North Yorkshire, North Wales and beyond the talk provides plenty of source material and stimulation to all landscape photographers. Contact Julia E: progadmin@steyningcc.org.uk

Wednesday 4th November
Community Film Night
19:30 - 10:00
Steyning Centre, Fletchers Croft, Steyning

Screening: THE INVITE (cert 15)

Tickets £6.00 To Include Tea Or Coffee During The Interval. Please Purchase Tickets In Advance From The Office At The Steyning Centre. Olivia Wilde's The Invite is a masterclass in tension, delivering a hilariously sharp and brilliant study of marriage. Centred around a single dinner party gone wrong, the film effortlessly balances snappy, adult-themed comedy with deep, poignant introspection. Contact Tessa Eckert 01903812042
E: tessa.eckert@steyningpc.gov.uk

Friday 6th November
Steyning Community Table
12:45 - 14:45
Athletics Club, Charlton Street, Steyning

Community Lunch

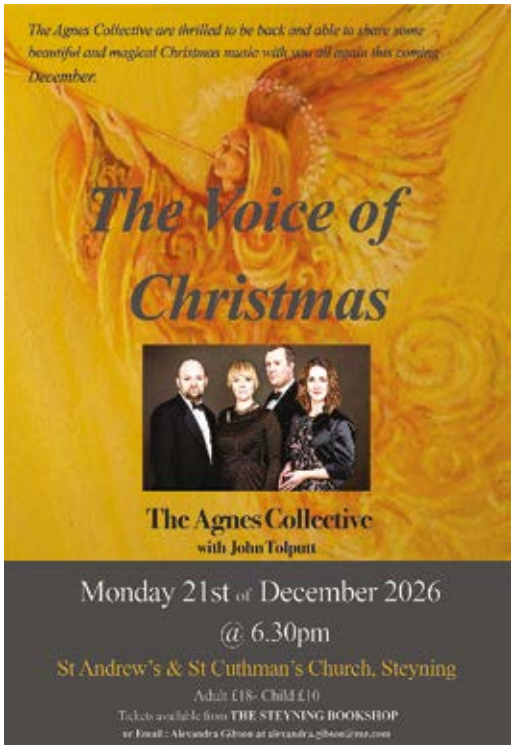
Join us for our monthly, two course lunch when we turn surplus food from local farms into tasty, vegetarian meals for our community. We provide a friendly environment for sharing food and socialising, and everyone is welcome. Tickets are £5 and spaces are limited. To secure a seat at the table, please contact: Kate T:07724145725
E: steyningcommunitytable@gmail.com

Friday 6th November
Vintage Years
14:00 – 16:00
Steyning Centre, Fletchers Croft, Steyning

Afternoon supporting Turning Tides

Doors Open at 13.45. This month we will be filling shoeboxes for Turning Tides Charity who provide compassionate support for people facing homelessness. Over the past few months our members have been generously donating suggested items to fill these boxes. In December we will be donating the boxes to a Turning Tides Officer and they will be handed out at Christmas. Refreshments will be served from 15.15 and we will celebrate November 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
E: Vintageyears2012@gmail.com

Saturday 7th November
Steyning Museum
10:30 – 12:00
Penfold Hall, Church Street Steyning



Autumn Coffee Morning

Steyning Museum invites to its autumn coffee morning. Homemade cake stall, items from the Museum, Raffle. Entrance £2 (includes fresh coffee and biscuits). Contact Lois 01903 813333
E: contact@steyningmuseum.org.uk

Saturday 7th November
Steyning Museum
14:00 – 15:00
Meet at Steyning Museum, Church Street

Conducted Tour of the War Graves in Steyning Churchyard

Do come and join us for a conducted Tour of the War Graves in Steyning Churchyard. **NOTE**: Repeat Tour on Wednesday 11th November at 14:00. Free Event. Contact Lois 01903 813333 contact@steyningmuseum.org.uk

Saturday 7th November
Cantatrice, Kaleidoscope Singers
17:00 – 18:30
Steyning Centre, Fletchers Croft, Steyning

Nature

Experience Fire, Water, Snow, Animals & more in this musical exploration of 'Nature' sung by the ladies of Cantatrice, the Kaleidoscope Singers with soloists Jenn Hofton (soprano) and Charles Wood (tenor). Our entertaining choice of music include, The Circle of Life, What a Wonderful World, Nature Boy, Singing in the Rain and SO much more. Conductor Zoe Peate & Gary Prior pianist. TICKETS £15 (under 18yrs free) Includes refreshments. Buy from The Steyning Bookshop (cash only) or www.cantatrice.co.uk Contact Ms Zoe A Peate 07952665090 zoe@middlemead.plus.com

Sunday 8th November
Steyning Parish Church
10:45 – 11:45
Vicarage Lane, Steyning

Remembrance Service

The traditional service of hymns and readings with flag presentation and wreath laying in remembrance of those who gave their lives in service for our freedom. Contact Parish Office
01903 813276
office@steyningparishchurch.org

Monday 9th November
The Arts Society of Steyning (TASS)
09:45 – 12:00
Steyning Centre, Fletchers Croft, Steyning

Lecture: Stone on Stone - The people who built the cathedrals

Coffee from 09:45 - Lecture starts 10:30 - Ends c. 12:00. Just how did ordinary people build cathedrals many centuries ago? They are towering buildings on which even the uppermost parts are delicately decorated. And why and for whom were they built? For God, personal redemption and livelihood are the answers. But the 'how' is far more complicated. This lecture explores the role of Master Masons who both designed the buildings and managed construction. About Imogen Corrigan. After nearly 20 years in the British army, Imogen took a degree in Anglo-Saxon & Medieval History and Art, followed by an MPhil from the University of Birmingham. She now works as a freelance lecturer across Britain. She wrote the book 'Stone on Stone: the Men Who Built the Cathedrals' published 2019. Imogen is a Freeman of the City of London as well as an advisor on memorials and monuments for Canterbury's Diocesan Advisory Committee.Event is free for members.

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Visitors welcome for a suggested donation of £10.00. For further information: www.theartssocietysteyning.org.uk Contact: steyning@theartssocietysteyning.org.uk Monkey Mason? Lincoln Cathedral by Julian P Guffogg, CC BY-SA 2.0 <https://creativecommons.org/licenses/by-sa/2.0>, via Wikimedia Commons. **NOTE**: Also an afternoon lecture on the Bayeux Tapestry, with speaker Imogen Corrigan.

Monday 9th November
The Arts Society of Steyning (TASS)
13:30 – 15:30
Steyning Centre, Fletchers Croft, Steyning

Lecture: The Bayeux Tapestry

Registration from 13:30. Afternoon programme starts at 13:50. The speaker will begin by exploring who made the Bayeux Tapestry, where it was created, and why. Not only is the tapestry a story of the most famous battle in English history, it's also a tale of kings, chivalry and ambition. Looking at many of the scenes in detail, we will consider what might be learned from this depiction of a turning point in history. Immediately before the lecture on the Bayeux Tapestry, MARTHA STRACHAN, a post graduate student of textile conservation and former student of Steyning Grammar School, will give a short presentation on textile conservation techniques at 13:50. About IMOGEN CORRIGAN, the lecturer: After 20 years in the British army, Imogen studied Anglo-Saxon & Medieval History and Art, also completing an MPhil from the University of Birmingham. She now works as a freelance lecturer across Britain. She is a Freeman of the City of London as well as an advisor on memorials and monuments for Canterbury's Diocesan Advisory Committee. Image credit: Trustees of the Bayeux Tapestry Museum.

Event is free for members. Visitors welcome for a suggested donation of £10.00 For further information: www.theartssocietysteyning.org.uk Contact: steyning@theartssocietysteyning.org.uk

Wednesday 11th November
Steyning History Society
19:30 – 21:00
Steyning Centre, Fletchers Croft, Steyning

Canals and Navigation in the South of England

A presentation by Nick Kelly on Canals and Navigation in the South of England Contact PAT 01903 629353 steyninghistorysociety@btinternet.com

Friday 13th November
Good Grief Cafe
14:00 – 16:00
Penfold Hall, Church Street, Steyning

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 E: care@steyningparishchurch.org

Saturday 14th November
Steyning Holistic Fair
10:00 – 16:00
Steyning Centre, Fletchers Croft, Steyning

The Steyning Holistic Fair

Returns this November 14, 2026, set in the beautiful town of Steyning, the holistic fair is an inspiring event with an uplifting atmosphere. Held over three areas within the Steyning Centre, we have over 40 stalls for you to browse. In the main hall, we have a wide selection of handmade and natural holistic products and a varied selection of spiritual readers.



In the healing room, we have more wellbeing practitioners offering taster therapies in many different modalities. In the Talks room, we have an exciting line-up of speakers ready to share their knowledge, wisdom and experience with you on the day. All talks and experiences on the holistic programme are included in the £3 entrance fee to the fair. Come and join us on this special day, meet with familiar and new faces to co-create a memorable day!. Entry: £3 (children free) For more information please visit: silverdragonwellbeing.com Contact Constandia Christofi 07939642917 silverdragonwellbeing@gmail.com

Saturday 14th November
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

Monday 16th November
Steyning Camera Club
19:30 – 21:45
Beeding & Bramber Village Hall, High St, Upper Beeding

'Mono Moods'

Colin Jarvis talk is a digital monochrome presentation showing a large selection of Colin's mono photography. It runs through his techniques, and covers long exposure, infrared architecture and

landscape. He also demonstrates some Photoshop techniques to show a 'before' or 'after' of one of the images from the raw file to the finished image. Entrance FREE to members, £5 for visitors (includes refreshments during the interval). Starts 19:30 sharp. Contact Julia progadmin@steyningcc.org.uk

Thursday 19th to 21st November
Steyning Drama Company
19:30 – 22:00
The Barn Theatre, Southwick

The Memory of Water

Shelagh Stephenson's acclaimed play comes to the stage once again with a fresh interpretation by the Steyning Drama Company. The story centres around three sisters, Teresa, Mary, and Catherine, who gather at their family home to prepare for their mother Vi's funeral. A key theme is how the sisters share very different memories of their childhood; a world of disputed bicycle rides, midnight ice cream sodas, mother's cocktail dresses and perfume advice, and a seaside childhood punctuated by an aloof, often absent father. Teresa, Mary and Catherine's individual personalities act as a springboard to the play's comedic interactions, distracting the sisters from their grief. Meanwhile, Frank, Teresa's husband, and Mike, Mary's lover, enter that family dynamic, from the outside, offering a perspective into the present, and possible clues to the 'ongoing' paths. Funny, touching and at times, painfully familiar – a lovely play about family, memory and the stories we tell ourselves. Tickets £12.00. Book online: www.ticketsource.com/barn-theatre-southwick, or contact the box office on: 0333 666 3366

Saturday 21st November
Steyning Methodist Church
10:00 - 14:00
18 High Street, Steyning

Christmas Bazaar

Start your Christmas shopping here, browse gift stalls and charity stalls, enjoy refreshments, cakes and lunches, and music by the 'Sing out Sister' choir. Contact Liz Hall 01903815052 liz_hall@talktalk.net

Saturday 21st November
Steyning Museum
18:30 – 20:30
Steyning Centre, Fletchers Croft, Steyning

Quiz Night

Steyning Museum is pleased to host a quiz night on the at Steyning Centre. Individuals or teams of 6. 18:30 for 19:00 start. Tickets £5 - from the Museum. Refreshments available at the interval. Contact Susan Johnson 01903 813333 E: contact@steyningmuseum.org.uk

Monday 23rd November
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 one that's already here. Hot drinks will be available throughout the evening. £5 suggested donation. Contact Gary 01903813276 families@steyningparishchurch.org

Monday 23rd November
Steyning Camera Club
19:30 – 21:45
Beeding & Bramber Village Hall, High St, Upper Beeding

'Charms of Chile & Fabulous Falklands'

A Talk by photographer Julia Wainwright. From the Andes and glaciers of Patagonia, to the Penguin colonies of the Falkland Islands, this talk follows a wildlife photography journey through some the the Southern Hemisphere's most spectacular landscapes. Along the way, we'll encounter condors, pumas, penguins, elephant seals and many other memorable species, discovering the landscapes they inhabit and the stories behind the photographs.
Entrance: Members FREE, Visitors £5.00. Include refreshments during the interval. Julia E: progadmin@steyningcc.org.uk

Wednesday 25th November
19:30 - 21:30
Steyning and District Flower Club
Steyning Centre, Fletchers Croft, Steyning

'Sparkly Christmas'

Do come and join us for our fabulous Annual Open Evening when Lucinda Knapman will be setting the scene for a "Sparkly Christmas". Lucinda is a very popular local demonstrator and Chelsea Flower Show medallist and we can be sure of a highly enjoyable and inspiring evening. There will be the opportunity to win one of Lucinda's stunning creations along with other superb raffle prizes. Tickets, which include festive refreshments, are £12 for members and £15 for guests and should be purchased in advance. Please send a cheque plus SAE to Mrs Val Hodges, 40 Penlands Rise, Steyning, BN44 3PJ or call 07957 916475. Doors open at 18.30 for a



19.30 start. Contact Valerie Hodges 07870 982699 val.hodges@yahoo.co.uk

Saturday 28th November
Steyning Parish Church
09:30 – 11:30
Vicarage Lane, Steyning

Advent Stir Up for All Ages

Join us for wreath making, melted snowman biscuits, Christmas pudding stirring, crafts and refreshments! £7 per family which includes making one wreath. Additional wreaths can be made at a cost of £5 each. Contact Gary 01903813276 E: families@steyningparishchurch.org

Saturday 28th November
Climate Cafe
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

Sunday 29th November
Churches Together in Steyning & District
18:00 – 19:00
Steyning Parish Church, Vicarage Lane, Steyning

Darkness to Light Candle-lit Service
The acclaimed Darkness to Light Candle-lit Service of carols and readings for Advent Sunday, organised through Churches Together in Steyning & District
Contact Parish Office 01903 813276
office@steyningparishchurch.org

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A Typical Month With Greening Steyning

GREENING
STEYNING · BRAMBER · BEEDING

Got much planned this November? It's just a typical month for the volunteers at Greening Steyning. In between special projects and campaigns, we run a series of regular events. Here's what we get up to in a usual month;

Each month we hold a **Green Drinks Evening** - where guest speakers or an expert panel share their thoughts and knowledge about a variety of subjects. On Nov 24th we're discussing ways to make our summer holidays more sustainable. Tickets are just £5, there's a well-stocked bar and friendly company.

On the second Saturday (14 Nov) our **Repair Cafe** opens for household repairs including electricals, bike repairs & tune-ups, tool sharpening, and tea and cake served at the cafe. The team take a break in December so this month is your last chance before Christmas! Beeding & Bramber Village Hall, 14:00 - 16:00.

At the same time there's the **Home Energy Helpdesk** where you can find out about making your home warmer, saving on bills, or using clean energy. You can book in advance or just turn up on the day.

On the fourth Saturday (28 Nov) we hold a **Climate Cafe** at the **Castle Inn** - Great coffee and a warm, inclusive space to share friendship and support, for those with concerns about the climate crisis. Drop in for a chat!

And every week, even in the holidays, the **BN44 Community Fridge** is open to distribute food that local supermarkets are otherwise going to throw away. Monday evening 18:00-19:00 and Thursday morning 10:00-11:00.

As you can see, there's a lot going on, even in a typical month! For full details of all these events and more visit:
www.greeningsteyning.org/events

If you'd like to join our friendly team and get more involved with any of these projects visit www.greeningsteyning.org/volunteer

ENVIRONMENTAL NEWS

Steyning Downland Scheme

The Smelly Life of the Hornet Robberfly

Earlier in the summer we were particularly thrilled to welcome the Hornet Robberfly (Asilus crabroniformis) onto the Steyning Downland. It's a UK rarity (found in only 40 isolated breeding sites). It's also a bit of a beast - it grows to 28mm in length, making it the longest fly in Britain!



But the Hornet Robberfly has one more claim to fame - it's really rather disgusting, even by fly standards....

The adult flies only live for about 5 weeks in late summer. During that short time they prey on grasshoppers, bees, wasps, flies and other sizeable insects. They do this via a needle-like mouth that they use to pierce their prey, then suck up the liquefied contents. Mmmm...

But that's not the best of it! To find this fly in October, you'll have to dig around in a cow pat, where this truly smelly insect spends almost all of its life. The eggs are laid there in August and September and they soon hatch into larvae. They then spend up to three years wriggling around in well seasoned pats, or digging under them for shelter in the winter. The larvae don't eat the pats - they're just the hunting ground - instead they prey on juicy dung beetle grubs. Mmmm mmmm....

Unfortunately the smelly life of the Hornet Robberfly is also their downfall. Most cows these days are treated with parasite insecticides. These find their way into the dung and thus wipe out all the insects that live in them. But all our cows are on loan from the Sussex Wildlife Trust and they don't use these insecticides, so the Steyning Downland has become one big restaurant for all sorts of smelly insects - dig in!

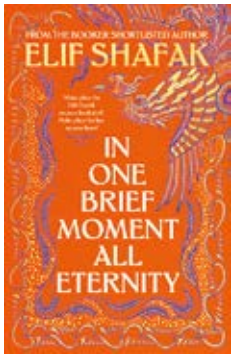
With thanks to Paul Day for the photo



Steyning Bookshop - 01903 812062
Monday - Saturday: 9:30 - 17:30
info@steyningbookshop.co.uk

November 2026 Book Reviews

Adult Fiction



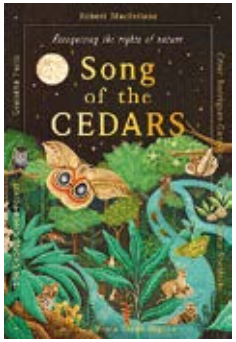
In One Brief Moment All Eternity by Elif Shafak
Viking hardback £20
A hypnotic and beguiling polyphonic novel which re-imagines the life of the French writer Gustave Flaubert through the eyes of the women (and even objects!) he encountered during his life. Gustave Flaubert created literature's most scandalous heroine: Madame Bovary. But what if, 175 years later, Emma could seize the quill from his hands and tell a different story?
You don't need to have read Madame Bovary to enjoy this wonderful historical novel, which moves sinuously and slowly through Flaubert's life. We meet the curious, oddball child who was fascinated by the folktales spun by his beloved maid Julie, the dreamy, philosophical teenager, tormented by his peers at boarding school, the passionate young man, juggling his fevered desire to become a writer against his father's wish for him to study law, and watch him spread his wings as a writer as he travels from the turbulent streets of Paris to Egypt, Turkey and Beirut. Through the eyes of thirty different characters including Madame Bovary herself, his nursemaid, his mother and sister, a lover, and even chapters narrated by a disease (syphilis) and a city (Istanbul), a kaleidoscopic portrait emerges, bringing Flaubert vividly to life, but also illuminating the lives and perspectives of the narrators, who would otherwise be voiceless.
A gripping, powerful story which weaves historical fact with touches of playful surrealism and explores themes of time, memory, love, loss, identity, and the importance of literature.



The Winter Guest by Sarah Moss
Macmillan hardback £12.99
A perfect gem of a novella, destined to become a Christmas classic, which can easily be consumed in a single sitting!
'Tell me the worst thing you've ever done' says one hotel guest to another on a snowy Christmas Eve on the west coast of Ireland. So, septuagenarian Janice lifts her glass, smiles, and begins her confession.... As a snowstorm rages outside, course after course of sumptuous food is sampled, wine is quaffed, and Gerry and Janice break boundaries as they confide in each other. But for one of them, this night will have far-reaching consequences....
This is a neat, well-written story with an unexpected twist in the tail. Sarah **Moss is one of my favourite writers, her characterization and ear for dialogue are always spot-on, and the food descriptions are stunning! Will appeal to fans of Clare Keegan and John Boyne and make a perfect seasonal gift!**



Children's Books



Song of the Cedars by Robert Macfarlane, Cosmo Sheldrake , Giuliana Furci, Cesar Rodriguez-Garavito and the Los Cedros Cloud Forest
Magic Cat Publishing, £14.99 hardback
This stunningly beautiful children's book isn't just ABOUT a rainforest. It was also created IN the forest, WITH the forest, and BY the forest. It was originally created as a musical collaboration between the Los Cedros cloud forest, the musician Cosmo Sheldrake, the writer and lyricist Robert Macfarlane, the field mycologist Giuliana Furci, and the legal scholar-advocate César Rodríguez-Garavito.
Turn the elaborately illustrated pages of this concertina book to discover the extraordinary plants, animals and fungi of Los Cedros Cloud Forest, one of the most biologically diverse habitats on Earth. Then fold the pages out to create a grand panoramic scene that explores the delicate interconnectedness of nature.
This beautiful book is a vital act of nature activism, as all royalties generated from the project will be payable to the forest itself, in order to support its protected status.

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Investing in your health: Why we put it off and how to change that.



We often look after our homes, cars, holidays and even our pets, yet our own health can slip down the list. It is easy to tell ourselves we will deal with that stiff neck, poor sleep, low energy or aching back *'when things calm down'*. But health is not something we can put on hold indefinitely.

Why we delay:

- ***Time:*** Work, family and everyday responsibilities leave little room for appointments, exercise or rest.
- ***Cost:*** Health care, fitness and time off can feel like luxuries when budgets are stretched.
- ***Pain becomes normal:*** Aches and fatigue creep up gradually, so we adapt rather than question them.
- ***Fear or uncertainty:*** We may worry about what we might find out, or feel unsure where to start.
- ***Feeling we should cope***: Many of us put others first and see self-care as indulgent rather than necessary.
- ***All-or-nothing thinking:*** If we cannot do everything perfectly, it can feel easier to do nothing at all.

Turning it around:

- Start small. A ten-minute walk, one strengthening session or an earlier bedtime is still progress.
- Book the appointment you have been postponing. Early action is often simpler than waiting until a problem affects daily life.
- Choose movement you enjoy. Walking, gardening, swimming, dancing or cycling all count.
- Protect the basics. Sleep, regular meals, hydration and time to unwind are foundations, not extras.
- Ask for support. A chiropractor, GP, physiotherapist or other appropriate professional can help you understand what is going on and plan a sensible way forward.

The emotional cost:

Delaying care can affect more than our bodies. Pain, stiffness, poor sleep or low energy can leave us irritable, anxious or worn down. We may avoid activities we enjoy, lose confidence, or feel frustrated that our body is letting us down.

There can also be a quiet burden in "putting up with it". Many people feel they should cope better or feel guilty about needing help. But seeking support is not a weakness—addressing problems early can prevent both physical and emotional strain from building up.

Looking after your health is not selfish; it is what allows you to keep doing the things and caring for the people that matter to you. Rather than waiting for a *'better time'*, choose one small action this week. Even modest, regular investment in your health can pay dividends for years to come.

'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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MARK JONES MCHIRO, DC



November Gardening Journal

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

At this time of year, an autumn walk can feel more tempting than an afternoon in the garden, but don't pack away your tools just yet. November is a great time to start planning for next year while this season's successes and lessons are still fresh in your mind. The focus now turns to foliage, enjoying the rich autumn colours while also tackling the inevitable blanket of leaves. Whether you're out enjoying the colours or clearing leaves from the garden, make the most of this beautiful transition before winter arrives.

Plant of the Month: Arbutus unedo

Few small trees offer as much year-round interest as Arbutus unedo, the Strawberry Tree. Evergreen, sculptural and slightly exotic in appearance, it combines peeling reddish-brown bark, glossy foliage, delicate white bell-shaped flowers and bright red fruits. The flowers and previous year's fruits can appear together in autumn, creating a particularly beautiful display.

Arbutus unedo is native to the Mediterranean Basin and western Europe, extending as far north as south-west Ireland. Its history in Ireland is particularly fascinating. Although traditionally considered a native Irish tree, research suggests that it may have been introduced from northern Spain thousands of years ago, possibly by Bronze Age copper miners. By the 16th century, plants were being introduced from Ireland into English gardens, where they became popular ornamental trees on country estates.

In the garden, the Strawberry Tree prefers a sunny, sheltered position with well-drained soil. It is surprisingly tolerant of both acidic and alkaline conditions, including chalk, making it particularly useful in southern England. It dislikes waterlogged ground and young plants can benefit from protection from hard, drying winter winds. Once established, it has some drought tolerance.

In a planting scheme, I like to combine Arbutus with plants that complement its Mediterranean character. Grasses, salvias, lavender and rosemary work particularly well, while evergreen shrubs and drought-tolerant perennials can reinforce its year-round structure. It also works beautifully with softer planting such as Verbena bonariensis and ornamental grasses, which contrast with its strong form.

Although the species can eventually become a substantial tree, it is surprisingly useful in smaller gardens. Rather than treating it simply as a tree, it can be grown as a multi-stemmed specimen, allowing its attractive bark and branching structure to become a feature. Positioning it where it can be viewed from the house means its evergreen foliage, autumn flowers and colourful fruits can be appreciated throughout the year.

For a small garden, Arbutus unedo is a plant that earns its space, beautiful, architectural and interesting in almost every season.

Jobs To Do This Month Include:

Ornamental Garden:

- Part prune roses to prevent windrock.
- Continue to tidy borders if weather permits.
- Final cut for lawns if no frosts.
- Remove fallen leaves.
- Cutback spent foliage and flowers of herbaceous perennials.
- Leave the seedheads of grasses like Miscanthus to provide winter structure.
- Continue to lay turf for new lawns – avoid frosty days if possible.
- Remove surplus dead leaves from ponds.
- Complete planting of bulbs.
- Mulch borders – especially borderline hardy perennials.
- Plant bare root shrubs and roses.
- Prune long stems of roses to avoid windrock.
- Take hard wood cuttings of roses and other deciduous shrubs.
- Scarify lawns.
- Keep off lawns in wet and frosty weather.

Vegetable Garden:

- Begin winter pruning of fruit trees.
- Plant fruit trees, soft fruit and cane fruit.
- Plant garlic cloves.
- Apply grease bands around trunks of fruit trees to protect from winter months.
- Apply a good layer of compost/ manure to bare areas of ground.
- Protect salad plants under cloches/ fleece etc.
- Clear spent old plants and compost of disease free.







Article by: Rachael Rainbow

Remembering Marine William Walker

At this time of year, thoughts naturally turn to those from our own communities who served and died in war. While the two World Wars dominate our acts of remembrance, other conflicts have left their mark on local families too. Among the names connected with Steyning is that of Marine William Arthur Walker, who lost his life in Korea at just 22 years old.

William was born in Southwark, London, on 18th July 1928, the son of William and Ellen Walker. By the outbreak of the Second World War his parents were living in Lewisham, but during the war years the family established connections with Steyning.

We know that in 1942, aged 14, William joined the Steyning Army Cadets. His parents first appear in the Steyning Electoral Register in 1945 and made their home at 15 Sir George's Place, where they remained for the rest of their lives.

For the teenage William, Steyning was therefore an important part of his formative years. His time with the Army Cadets would have introduced him to military training and the companionship of belonging to a unit. In adulthood, his path eventually took him into the Royal Marines.

William joined 41 Independent Commando, Royal Marines, which was re-formed in 1950 for service in Korea. On 16 August that year, he was among 219 volunteer marines who assembled at the Commando Training Centre at Bickleigh in Devon before deployment.

The war they were entering is sometimes called the *'Forgotten War'*. It began on 25th June 1950 when North Korean forces invaded South Korea. A United Nations coalition came to South Korea's aid, with Britain making the second-largest contribution after the United States. More than 81,000 British service personnel served during the conflict.

By November 1950, William and his fellow Royal Marines were fighting alongside American forces in the bitterly cold mountains of North Korea. At the Chosin Reservoir, temperatures fell as low as –30°C. Chinese forces entered the fighting in huge numbers, surrounding UN troops and forcing them into a desperate fighting withdrawal.

William was serving with a force commanded by Lieutenant Colonel Douglas Drysdale, known as Task Force Drysdale, which attempted to fight its way along a treacherous road towards the surrounded troops. The route would acquire the grim name 'Hell Fire Alley'.

On 29th November 1950, during an ambush there, William was killed in action or died from his wounds. He was 22.

His body was subsequently recovered and today he lies in the United Nations Memorial Cemetery in Busan, South Korea. His name is also commemorated at Bickleigh alongside other members of 41 Independent Commando.



The Korean War continued until an armistice was signed in July 1953. It can seem distant from the history of a Sussex market town, yet William Walker's story reminds us that its consequences reached Steyning too. Behind the dates, regiments and battles was a young man who had spent part of his youth here, whose parents made Steyning their home, and whose family connections continue.



This Remembrance Sunday, William's is one of the local stories worth remembering.

This November Steyning Museum is offering two tours of the Commonwealth War Graves in Steyning Churchyard. These will take place on Saturday 7th November and Wednesday 11th November at 14:00. The tours start at the Museum and are free of charge.

'By kind permission of Marine Walker's family'

Steyning Museum is open from 10:00 to 16:00, Wednesday to Sunday and is free to visit.

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Volunteer interviewers needed for Steyning Grammar School 6th Form Mock Interview Day

Steyning Grammar School



If you can spare a day, or even just a couple of hours please email mharding@sgs.uk.net with your availability.
No interviewing experience required. We will provide all the questions and everything you need on the day.

Buffet lunch and refreshments provided

Friday 27th November
9.15am -3.15pm
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