

HassocksLife

Including the communities of Keymer & Clayton

Local village talk,
by the village

Issue #3 : July 2019

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Meet resident Darryl Sinclair

page 20

Youth choir to sing up

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Biz awards finalists from Hassocks

page 8



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EDITORIAL

By David Tingley, Editor

As we find ourselves in July many of us will be looking forward to a holiday during the summer. On **page 35** a couple of us have led the way in a 'just for fun' feature called **Holiday Snaps**. Simply tuck your copy of Hassocks Life down the side of your suitcase and take a selfie clutching it when you are at your destination. Email your picture into us to: photos@hassockslife.co.uk – do get involved. I'd love to get a few of these in the next couple of months!

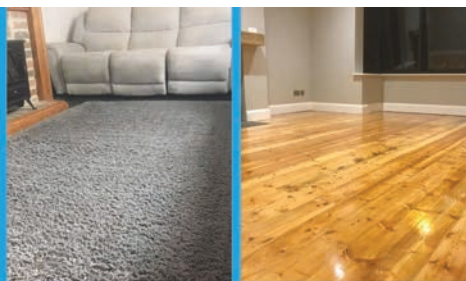
Meanwhile, elsewhere in the magazine, you can go **Behind the Counter** at **The Purple Carrot** as **Deirdre Huston** talks to owner **Colin Wilson** on **page 28**. **Darryl Sinclair**, minister at the United Reformed Church, is the candidate in our **Village People** feature on **page 20**. And resident **Caz Houghton** has kindly put together the article on **page 8**, which charts the success of five Hassocks businesses which made it into the final of the recent **Muddy Stiletto**s competition.

In this issue we share a couple of youth-orientated stories. On **page 11** Deirdre went to find out more about the **5-18s choir** being coached for a performance at the forthcoming **DownsFest** event on 7th September. While on **page 13** you can read about the **Adastra Summer Trail**, which is being developed by members of Hassocks Youth Hangout. The trail promises to be something which children and families can get involved in together.

If you are looking for something else to do in the summer with children, why not get them along to the library? On **page 6** you can find out about this year's **Summer Reading Challenge**.

Finally, if you have an **event** which you'd like to tell the village about, simply email a note into us (editor@hassockslife.co.uk) and we'll do our best to make sure it's included.

Have a fantastic summer!



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Brighton Bodyworks opens new Hassocks clinic

This month we welcome another new business arrival to Hassocks in the shape of Brighton Bodyworks: a massage, injury rehab and well-being clinic run by resident Amy Weinberger.

Amy has relocated her business, and young family, from Brighton and Hove, where she was very proud to be ranked as one of the 'top 3' treatment studios, and says her experience of the community in Hassocks has already been incredibly positive. "I'm lucky to work in a job I love that introduces me to a myriad of different people, and I've received nothing but a very warm welcome since arriving in Hassocks. There's obviously a close and thriving community here and I'm excited to be able to contribute to that."

Amy is experienced in treating a number of pain and injury conditions and has a specialist interest in low back, hip and pelvic pain. She also works extensively with pregnant and postnatal ladies.

"My passion is to help people feel better in their bodies but my experience of pain and injury is that massage alone isn't always enough, yet physio and osteopathy can leave people longing for something more soothing and luxurious. What I try and do with my clients is deliver results with a balance of the two."

Amy is currently offering a special discount to new clients. Mention Hassocks Life magazine when booking to receive 50% off your first treatment!

www.brightonbodyworks.co.uk



Team HCR celebrates

Hassocks Community Runners celebrated its birthday this month with a first anniversary BBQ. Spirits weren't dampened by the rain. One of the HCR founders Mandy Dale commented: "We can't believe it has grown the way it has and we are delighted it has helped so many people from the community to get moving."



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Parish Council Grants

Are you a local voluntary, community and social enterprise organisation planning a project or activity to benefit residents in Hassocks, Keymer or Clayton? If so you may wish to apply for a grant from Hassocks Parish Council.

Grants can be used to help buy equipment. Last year Cycling Without Age Hurst and Hassocks was able to purchase a Trishaw electric bike and Hassocks Community Speed Watch received funds to purchase a Starter Kit to monitor, report and raise awareness of speeding by motor vehicles in the village.

Money can also be used for vital services: £250 was assigned to St Peter and St James Hospice to provide an Outpatient Transport Service to the Wellbeing Services.

All applications must be received by Friday 30th August, and full details on how to apply are on the parish council website (www.hassocks-pc.gov.uk). Requests for funding will be considered at the council meeting in September.

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HassocksLife

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Your library promises to be out of this world!

This year's Summer Reading Challenge is Space Chase, celebrating the 50th anniversary of the very first moon landing. Children taking part in the Challenge this year will help space family the Rockets in their thrilling mission to recover books that have been borrowed by cheeky aliens.

It's free for all families to take part and you can collect fun rewards as you read books through the holidays and is launched from Saturday 13th July. Best of all, children can choose whatever library books they like!

After registering online for the challenge children will be rewarded with a special Space Chase wristband. Holly, Laika, Nana Whiz and the other Rockets will help them solve clues and collect stickers, as they read books throughout the summer, coming back to the library to tell us what they've read. Once they've read six books, the children will be rewarded with a special Space Chase certificate and medal.

Really young ones can complete the Mini Challenge. Libraries will reward under-threes with a special 'gold medal sticker' as well as a certificate with their name on!

You only need a library card to register for Space Chase - and if you don't have one yet we can give you one of those for free too.

The library welcomes volunteers aged 14+. You will get the chance to chat with the children about the books they have read, give out stickers and other rewards and



encourage them to make further visits to the library to progress through the challenge. Speak to the team at Hassocks' Library located in the middle of the Stafford Park development off Keymer Road.

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Top businesses get praised

MUDDY STILETTOS

By Caz Houghton

No, this isn't about inappropriate footwear and getting stuck as your heels sink into wet grass on a walk up to Jack and Jill.

Muddy Stiletto has become the 'urban guide to the countryside', a reference for the best local things to do in local areas across 21 counties, including Sussex. Since 2013 it has been running an awards programme to celebrate independent, creative businesses.

During May you might have noticed a hive of activity as Hassocks residents made it their mission to show support to our local businesses, nominating and voting across 24 lifestyle categories. With over 15,000 businesses involved and 750,000 votes cast, you can't help but feel proud that five of the Sussex finalists were from Hassocks:

Best Beauty Salon FINALIST: Profiles Health and Beauty

Best Hairdresser FINALIST: Reflex@42

Best Gift Shop FINALIST: Indigo

Best Jewellery Store FINALIST: Marvellous Marmalade

Best Florist WINNER: Bella June Flowers

It was quite special watching the voting campaigns for the awards, seeing the community and businesses support each other via social media to drum up more votes.

The majority of these business owners live and work in Hassocks. The owners are here (mostly by accident) through a desire to build a village community and provide Hassocks with what it wants. Each of these individual business owners wants their business to be a place we walk into and feel like we belong.

Gift shop Indigo prides itself on personalising the stock to its customers; from helping schoolchildren to pick presents for their parents to clothing and small gift items to treat ourselves. Whereas Reflex@42 and Profiles love being part of their customer's lives – from wedding-day hair and hen party nails to cutting mums-to-be hair and doing their child's first hair cut.

"The key to running a business in a village is that you have to be involved as a person," says Ruth Corke of Profiles. "Small businesses are about the person as much as the service." As with all of the finalists, Ruth's favourite part of her job is getting to know the people of Hassocks, understanding their lives and providing the services that fit them.

The overriding theme from talking to these businesses is the sense of community between themselves and their desire to be part of the wider Hassocks community. They shop from each other and support each other where they can. Profiles owner Ruth gets her hair cut at Reflex@42, which decorate its salon with flowers from Bella June's next door, which stocks gift items from other businesses in the village. Kelly Leppard, of Bella June Flowers, explains: "I always dreamt of having a flower shop, but I wanted it to be more than that. I wanted it to be full of local treasures; a really unique place where no other village would have quite the same. I realised that lots of mums on the school run have their own businesses, so I started renting out my shelves to give them a space on our high street."

Similarly Profiles has its own studio, which provides space for local fitness instructors to run a (very busy) schedule of fitness, yoga and pilates classes. The girls at Profiles also enjoy hosting client nights at Bella & Meg's bistro.



Ruth Corke, Profiles



Hayley, Reflex@42



Kelly Leppard, Bella June Flowers



Helen Streeter, Marvellous Marmalade

Personal Touch

When a small business is involved, it's clear that it is very personal. Each of the finalists said that their job became a part of them. At times this can consume your life, particularly for Hayley who took over Reflex@42 three years ago. "It's been a rough three years. We were forced to do a total refurbishment which took six months and felt like one thing went wrong after another! People walked past the salon and thought we'd closed down. All my heart, time and effort went into making it work again, so to be nominated at the end of that meant the world to me." She added: "Being a finalist has put us back on the Hassocks map by raising awareness that we are still here. And being next door to a Muddy Stilettos award winner also helps!"

For Kelly at Bella June she explains: "Having your own business is scary but being nominated for (and winning) an award is confirmation that people like what you do. It is so humbling." Following the awards networking evening, she explained what the status of winning means: "To have your name known amongst established businesses is amazing. Now Bella June is up there to be considered as suppliers to the best wedding venues and restaurants in Sussex."

All the finalists agreed that nominations were like tokens of support and encouragement to keep doing what they do. "It's confirmation that we're doing something right" they all commented.

Between these five businesses, and the other great shops we have on our high street, there's a huge sense of pride that we have so much here in Hassocks. We have a range of businesses that are passionate about what they do and provide Hassocks with what we want. We don't have to go to the bigger towns to get our hair cut or pamper ourselves. We don't have to order online to get award-winning flowers and gifts for ourselves or our loved ones. We don't have to spend thousands to own bespoke jewellery. We have it all on our doorstep, and that's what makes Hassocks a pretty special place to live.

Not on the High Street

Marvellous Marmalade is a little different from the other finalists, as you won't find it on our high street as such - although there is a display in Bella June Flowers. Buzzing with passion for the jewellery she crafts, owner Helen Streeter operates from Hassocks own version of Santa's workshop – a small cabin style studio in her garden bursting with tassels, gemstones and vibrant coloured beads where she holds consultations before creating bespoke pieces.

Helen says: "Creating jewellery is therapeutic and healing. I feel rejuvenated when I've put my soul into making something for someone exactly how they want. It's such a privilege!" Helen was blown away to be up against established businesses. She didn't realise how many people even knew about her, let alone support her and like what she does. "It's a huge compliment and spurs me on to do more and more," she said.

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Photo: Deirdre Huston

DownsFest Choir: Singing their hearts out

By Deirdre Huston

This inclusive community choir is unique in Mid Sussex. Open to children and young people aged between five and eighteen, the choir has been set up with a specific aim in mind: to perform on 7th September at DownsFest, Adastra Park's very own music festival. Marion Smith had been mulling over the possibilities for setting up a local choir when this opportunity arose. She considered this time to be 'just right', knowing that it's always good to have goals for musical projects.

Marion has been singing forever and music is her passion. She has sung with local operatic groups in Burgess Hill, Haywards Heath and Brighton and currently sings with Southwick Opera. She also helps with the Singing for the Brain Brighton group, which is run by the Alzheimer's Society. Many local children will know her from her time working at Windmills Junior School where she ran the choir.

When setting up the choir Marion thought immediately of local piano teacher Emily Hilson, and it's clear the pair make a good team.

Emily teaches Music for Aardvarks, an under 5s music group throughout Brighton and Hove. She also teaches private piano lessons to many Hassocks kids and, as her waiting list was forever expanding, she recently started up her new venture to teach in groups.

It's a testament to Marion's and Emily's skills, enthusiasm and friendly approach that many of the current choir know them through their other musical activities but they want more singers to join. The choir is about twenty-five strong at the moment plus Jess Snape as an assistant. "We are aiming for 50 singers," Emily tells me. There are no auditions but enthusiasm to sing is essential.

"It's nice to be able to express yourself," says Amelia (Year 4), and Georgina (Year 7) added: "You sing pop songs as well and you can come along with your friends." The choir is free and meets every Tuesday at 7pm in the church in Keymer (St Cosmos and St Damian Church) until the end of term. They will then regroup for final rehearsals in September.

Marion and Emily hook the singers in with current songs and then throw in one or two of the old classics for good measure. The choir respond well to the enthusiasm and commitment of Marion and Emily who encourage them to put lots of energy and emotion into their singing in a fun and lively way.

"It's a great way to unwind and to bring everyone together," explains Hattie, who is one of the older members, aged sixteen. And she's right. I can't help noticing what a warm and friendly atmosphere the DownsFest Choir enjoy and it's clear that the choir throw their hearts into the session – despite having to put their phones away for an hour. The choir enjoy having a break from the serious stuff and homework of the outside world. "I love being involved in music in Hassocks, that's perfect for me," says Noah (Year 7).

I was fortunate enough to hear a moving rendition of Someone You Loved in which they experimented with harmonies. The choir will be performing at local music festival extravaganza DownsFest. It promises to be a lively and entertaining evening with the tribute band Queen II as headliners. This event is on Saturday 7th September and tickets will be available soon. All funds raised will go to St Peters and St James Hospice.

Email: maser844@hotmail.co.uk or emilyhilson@99gmail.com for more information about the Youth Choir.

Hassocks voices join Vivace! concert

A Summer's Evening Concert at Danny House in nearby Hurstpierpoint prepares Vivace! for another decade of raising funds for local charities.

During the last two decades the 'a capella' choir has raised well over £100,000 for Sussex charities of all sizes.

Hassocks resident Mark Lambert has been singing with Vivace! for nearly five years now: "I had been looking around this area for a choir of a good standard but I didn't want to do the big choral works. We have some great talent but there are no prima donnas! Our repertoire is constantly evolving, which I love."

Sharon Flower explained: "The concert will be on Saturday 3rd August at the beautiful location of Danny House. The grounds will be open from 5.45pm if you wish to bring a picnic to enjoy before the concert, which will take place at 7.30pm in the



historic Great Hall. It should be a memorable evening!"

Tickets are priced at £12 and can be bought from Marcus Grimes in Hurst or from Sharon Flower on 07900 698751 or email: sharon.c.flower@btopenworld.com.

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Photo: Deirdre Huston

Summer Trail created by Hassocks youths

By Deirdre Huston

When I went along to Hassocks Youth Hangout a group of young people were engrossed in developing the Adastra Summer Trail. This activity is being designed by them and is hoped to be popular with children and families over the summer.

The initiative uses recycled materials and works in a similar way to geocaching but without the app. Families will be able to download the trail from <https://sussexcp.org.uk/news/hassocks-science-trail/>. They must solve clues to find boxes hidden across Adastra Park which contain hands-on science challenges to complete and a stamp for marking their entry form. Everyone who completes the trail can take their completed sheet to the Hassocks Market on 24th August where they will receive a small reward and be entered into a prize draw. The Turner Dumbrell Foundation in Ditchling funded the activities, staff and promotion necessary to make the Adastra Summer Trail a reality, while Hassocks Parish Council were very supportive in allowing Adastra Park to be used. "It was lovely to have that immediate response and support," admits Liz Jeavans, local resident and scientist extraordinaire.

As an Activities Provider, Liz also worked with local musician Kaori Bell to collaborate with the youth group on a sound map which was a huge hit for British Science Week earlier this year. Young people recorded local sounds such as the tills at Budgens or a train arriving at Hassocks station and incorporated these sounds into a touch-sensitive local map using a technical gadget called a Makey-Makey. Nathaniel explains why he's been attending the club for several years: "I'm enjoying myself. I like being here and being involved in the community too."

Stephanie Powell works for Sussex Clubs for Young People and explains that community involvement must be at the heart of developing the youth club: "We would like volunteers to assist at the club and, also, we'd like local residents to join the Management Committee and help shape the club's future."

The club facilitates several activities and projects, including optional accreditation such as the Duke of Cornwall Community Safety Award. "I just enjoy it," Ridley tells me, while Lily (Year 8) ponders her favourite

things about the club: "I really like that we learn new things, especially all the craft activities."

During term time Hassocks Youth Hangout meets every Wednesday from 6.30-8.30pm at Adastra Hall and is open to all interested young people aged over 11 years. New members are very welcome, so why not go along and see what's happening at the club?

On 10th and 17th July young people currently in Year 6 and above are invited to attend the youth club for some taster sessions to engage in activities, including a DJ workshop and a chance to produce their own graffiti canvas.

For further information contact Stephanie.Powell@sussexcp.org.uk or telephone 07504 516312.

Adastra Skate Park Jam

The Chair of the Parish Council will be cutting the official opening ribbon at the Adastra Skate Park on Saturday 13th July at 12 noon. After which there will be a jam session until 2pm.

Semi-professional skateboarders will showcase how the facility could be used while demonstrating various tricks, moves and skills through improvised sequences. There will also be coaching and fun competitions with prizes from sponsors. Entry is free and kids and adults are all welcome to come along and have a go.

Adastra Park has long been an important gathering place for the community, and the new wheel park is one of the first projects to be delivered as part of the 'Adastra Park Masterplan'. This new skate park facility has been planned for some years and the cost of £100,000 has been met using Parish Council funds and contributions from local housing developments. "The Parish Council is keen to make Adastra Park a park for everyone, and the old skate facility was fast becoming unfit for use," explains Cllr Ian Weir, Chairman of Hassocks Parish Council. "The build team have done an excellent job in finishing the wheel park to a high standard and ahead of schedule."

Clayton and Ditchling Stoolball Clubs merge

At the start of the 2019 season, Clayton and Ditchling Stoolball clubs merged. Since the start of May they've played four games in the Central Sussex Division League. They've won two, drawn one and lost one, so their outlook is very promising. It's a family club and the team includes a number of mothers and daughters who play together, all of whom live in Hassocks, Hurstpierpoint or Ditchling. Current players are aged between 16 and 70 so there's a good span of ages. Three of the team play for Sussex and two of the team play for Stoolball England: Georgie Harrison and her mother, Susie Harrison.

The team was set up by Georgina's grandma, Doreen Mayston, in the late 60s. Doreen originally played for Clayton before she set up Ditchling, so it's rather apt that the two teams have now merged. It's a family-focused fun team where everyone's very friendly and welcoming and the team spirit ensures an enjoyable atmosphere both on and off the pitch.

Stoolball was the predecessor to cricket and baseball. This ancient English game has been played for over 500 years and was mentioned by Shakespeare in 'The Two Noble Kinsmen'. The game originated with milkmaids playing on their work break, using their milking stools as a wicket and brandishing the 'bittle', or milk bowl, as a bat. "It was originally a Sussex game but now it's played all over the South East," explains Georgina.

"It's an eleven-a-side team sport with a similar atmosphere, rules and play to Twenty20 cricket." Georgina clarifies: "It's a combination of rounders and cricket together." Two teams compete to score the most runs. Just like cricket, batsmen score by hitting the ball into the field and running between the two wickets.

The team is open to ladies over the age of 16. You don't have to be mother and daughter to join, and you don't even have to have played stoolball before but you should be willing to make a regular commitment. Matches are every Tuesday and Thursday evenings between May and August, with Sunday tournaments a couple of times a month. Potential players should email Georgina at: georgieh_11@hotmail.com.



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Run and managed by the Royal Botanic Gardens, Kew, Wakehurst prides itself on being home to not only picture-perfect gardens and an Elizabethan Mansion, but also hundreds of acres of diverse landscape featuring rare and wonderful plants from around the world.

Home to the Millennium Seed Bank, step inside to see Kew scientists at work as they strive to conserve seeds from around the globe, with the mission to conserve 25% of the world's plant species by 2020.

There's also plenty for families throughout the gardens, with natural play spaces such as Tree Trunk Trek in Coates Wood. Or for those wanting to get their hands dirty, head to the Children's Heritage Garden for the potting shed and mud garden.

Wakehurst is open daily 10am – 6pm. Adults £13.95, children 16 and under free.

National Trust members can enjoy free garden entry, but car parking charges apply.



Upcoming events at Wakehurst

Wild Wood
27th-28th July
Fun activities for all the family in Wakehurst's beautiful woodlands. Crafts, storytelling, tree climbing, bush craft and more!

Wakehurst Workshops
Various dates
A range of workshops from creative writing, charcoal making and willow weaving, to badger watching and bat walk and talks.

A Midsummer Night's Dream
31st August & 1st September
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Hassocks Community Cycle Hire seeks volunteers

Hassocks Community Cycle Hire, based at Hassocks station, is looking for volunteers to help run its cycle hiring and repair business.



The group, self-funding and run on behalf of Hassocks Community Organisation (HCO) by Colin Wilsdon, has a fully equipped cycle repair shop and a range of high-quality cycles for hire. It was set up to encourage visitors to the village and surrounding area. As a part of that objective the Centre regularly hires its bikes out to groups that travel from London or Brighton by train - Hassocks is doing its bit to promote green tourism.

The Centre also provides cycles to local families and businesses and has become a useful link for travellers heading to nearby tourism sites such as Blackberry Wood near Streat, which offers camping, glamping and treehouses, and Southdown Way Caravan and Camping Park in Hassocks.

The cycle repair shop provides employment for young people who can learn cycle maintenance under the guidance of experienced mechanics. Currently it is staffed by Stan Laycock and Will Clayton and is open until 1pm every Saturday. The staff are devoted to the upkeep of its cycles and also repair bikes brought in by local residents. The shop has several ex-hire bikes on sale now, which are all in beautiful condition at very good prices, and the guys can advise you on your cycle's set up and whether it could be adjusted to suit you better.

Where Colin needs help is in the management of bookings. Cycle mechanics would also be welcomed. Although the shop is only open every Saturday morning, taking bookings and managing them has to happen throughout the week. This means Colin monitors the Centre's email address, visithassocksbikes@gmail.com, and telephone to take bookings and arrange pick-ups and drop-offs. He needs others to share the load by taking on the monitoring for a period in the week or by being available to help book in or hire out bikes.

Hassocks Community Cycle Hire was set up with funding from the then South East England Development Agency. It covers its outgoings through hires and servicing and thanks to the generosity of Southern Rail, which included space for the workshop in its station upgrade, and to The Hassocks pub, which kindly provides a storage shed, the only major costs are wages, new stock and insurance. The business is approaching its 10th birthday and HCO is keen to sustain it for as long as possible.

If you'd like to know more about HCCH please visit the shop or have a look at the website – www.hassockcommunitycyclehire.com. If you would like to help please send an email to the address above.

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5 MINUTES WITH...

Fran Hall

Fran has been teaching piano locally since 1982 – something she loves! Fran is also a Server and Lay Minister at Holy Trinity Church and a keen horse rider.

How long have you lived in Hassocks?

11 years

What's the best thing about being here?

We have many wild birds, foxes and badgers visiting our garden

What would you like to see in Hassocks that isn't here?

I would like to see a good restaurant – maybe Italian

How many houses have you lived in?

This is my third house; I grew up in Hurst

Favourite book?

Tolkien's Lord of the Rings

Most common New Year's resolution?

I am still working on the one which I made when I got married – not to get fat or unfit as I get older!

Your most enjoyable event in the village?

Monthly Farmer's Market

Do you share your home with anyone?

My husband

Which app on your phone do you use the most?

Gemporia.com app

Your most frequented village shop?

Pet Shop

Last present you received?

Ten red roses from my dear husband

Your advice for life?

Try to be good, to do kind things (not just for yourself) and enjoy it: You only live once, so try to leave the world a better place than you found it.

If you would like to provide your own answers for 5 Minutes With, simply email them to editor@hassockslife.co.uk along with a photo of yourself, or do please encourage a friend to send their answers in!

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Photo: Deirdre Huston

For the love of God

VILLAGE PEOPLE

Darryl Sinclair has been the non-stipendiary minister at Hassocks United Reformed Church for nearly ten years, a role she undertakes completely voluntarily. Having grown up with her father as a URC minister, she never intended to continue the legacy but as time has gone on she's now proud to follow in his footsteps.

By Joe Wayte

At the age of eight Darryl and her family packed their bags and moved from Portslade to Essex where her Dad was to take up his first role as a URC minister. Before starting secondary school, the family settled in East Grinstead, after which they took up residency in Hove. "I don't remember what it was like to not be the daughter of a minister," Darryl said, "but I do remember having to constantly remind my friends that being a minister didn't mean my dad only worked one day per week!"

Darryl is one of four siblings. She had two brothers, Peter and Andrew, plus a sister named Jillian. She's not entirely sure where the inspiration for her name came from. "My mum was a big Enid Blyton fan as a child and I wonder if that had something to do with it," she guessed. "In the Mallory Towers series the heroin is called Darrell."

As a teenager Darryl had ambitions of being a social worker or teacher but after failing her O-levels university was no longer an option. Instead she set her sights on a role at SEEBOARD. "For over seven years I was a clerk to a group of engineers, which was actually incredibly interesting. I loved learning about what they did and how things worked," Darryl explained. She remained with the company for nine years in total.

Darryl met her late husband, Ian, in church and they were married in 1987. The ceremony was conducted by the minister who christened Darryl and her siblings. "I wanted my dad to be my dad," she said. "When I was in my teens I sometimes held resentment that he was out in the evenings, though he would always join the family for dinner. This was his time to be my dad."

It was later in her career, while Darryl was working as a Teaching Assistant in Hove, that she decided to Candidate and enter training to become a voluntary URC minister. "My husband had health problems at the time," she shared, "and by going down the voluntary route it meant I had more choice about where I ministered, so we wouldn't need to move from Hove." In fact, after a year of commuting to Hassocks, Ian found a property he really liked and the couple set their sights on a permanent move to the village.

Initially Darryl signed a contract to work in Hassocks for seven years, which has since been extended. Until last year she carried out the Assistant Minister role, mainly focusing on work with young people. Following the retirement of the full-time Minister at the end of summer 2018, Darryl's been taking the reins. "I knew the role was going to be different," she said, "but there really is quite a bit that I took for granted in regard to the various practical things that need to be done, on top of pastoring the people."

Darryl has always enjoyed working with children, and having grown up with Girls Brigade she continued to work with the group until recently. In total, she has spent 47 years supporting the organisation.

When she's not in church Darryl enjoys gardening, Star Trek and incredibly long walks. Having already completed the South Downs Way, the North Downs Way and the Thames Path, she has her sights set on a 500-mile trek along the Camino de Santiago. "You start in the French Pyrenees before crossing the border to Spain and ending at the cathedral of Santiago de Compostela," she explained. "It's been a place of Pilgrimage for hundreds of years due to the legend that St James' bones are buried there. My Gold Duke of Edinburgh Award will come in useful!"

While training for her theological qualification Darryl was presented with an opportunity to fly to India for seven weeks with the Council for World Mission. "My first 24 hours was rough," she said jovially, "when the realisation of what I was doing hit me. I was the first of my group to arrive, our itinerary didn't start until the next day, and I was left to my own devices in a very culturally different country." She soon settled in and, while being away from home and travelling through India had its difficult moments, the group she was with all supported each other when the time came.

Attaining her theological qualification felt like a big achievement. Darryl chose distance learning and subsequently spent three years taking classes in Salisbury, receiving good but limited coaching and having to complete the rest of her work at home. "I had to be incredibly self-disciplined," Darryl recalled. "It was tough at times, but because I wanted to do it, I was able to keep finding the motivation."

During the course of her career there are two key things Darryl has learned: "I never take things personally. If something goes wrong in someone's life and they get cross with me, I have to remember to remove myself from the situation, it's not me they're cross at," she explained. "I've also learned, in similar situations, that I sometimes don't need to say anything at all. When someone has gone through something really difficult there's a temptation to always want to have an answer. Often what people need is simply an ear to listen."

You'll find Darryl at the United Reformed Church at various points throughout the week, as well as in and around the High Street. Why not stop and say hello when you see her? And if you're in need of a conversation starter, she's got plenty more great stories, particularly about her time in India.

"When someone has gone through something really difficult there's a temptation to always want to have an answer. Often what people need is simply an ear to listen."

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Photos: Deirdre Huston

Great facilities for over 55s



By Deirdre Huston

There is a definite buzz at Age Concern Hassocks, off Dale Avenue, whose staff have just taken delivery of a new minibus which enables them to pick up members in one run from local areas such as Keymer, Clayton, Pyecombe, Sayers Common, Hickstead, Hurstpierpoint and, of course, Hassocks. "A lot of them can't drive any more, so the minibus is a great option," explains Jill Marsh, Centre Manager. The centre is open to anybody over the age of 55. There's no membership fee but people need to register when they join.

Hassocks resident Joyce Kirk has no doubts why she visits once a week: "It's an excellent centre. There's always something going on." A definite highlight of the day is the three-course lunch, available for only £5.50. Dishes such as chicken Kiev, a roast, macaroni cheese or salmon en crouete are very popular. So, too, are the mahjong games and the tai chi, a mindful form of exercise. Ann Kavanagh, who's lived in Hassocks for 53 years, enjoys lots of the centre's facilities: "I come to the chiropodist regularly and I visit the centre for lunch or coffee and cake or I go on some of the outings." A recent trip to Arundel Castle was a great success and the new minibus will help make getting out and about easier.

The self-funded community centre is currently in the midst of a project to build a new porch plus a substantial extension to the charity shop. "We're excited about the new shop and extra space which will be opening later this year," says Cala, who's in charge of the shop. "Every penny made goes to the centre here." Also under construction is a new outside terrace, handily situated so that members can sit outside and enjoy the afternoon sun.



The dining room hums with conversation and the centre is vibrant and well-used. Trustee Carol Wren has watched the centre develop: "They all love coming in here. They make friends and then they come and see their friends. It's the same for volunteers and members." The centre relies on a substantial number of volunteers who help in the dining room, coffee shop, charity shop or drive the minibus or medical transport. Penny Searls volunteered when she retired and wanted to give something back to the community. That was ten years ago and she's become a much valued member of the office team. A recent volunteer satisfaction survey showed that most volunteers felt their help was valued, supported and appreciated. Jill Marsh knows the secret of the centre's success: "The most important thing is the people. It's a lifeline for many." We'll give the last word to member Ann Kavanagh: "If you're thinking of joining, do!"



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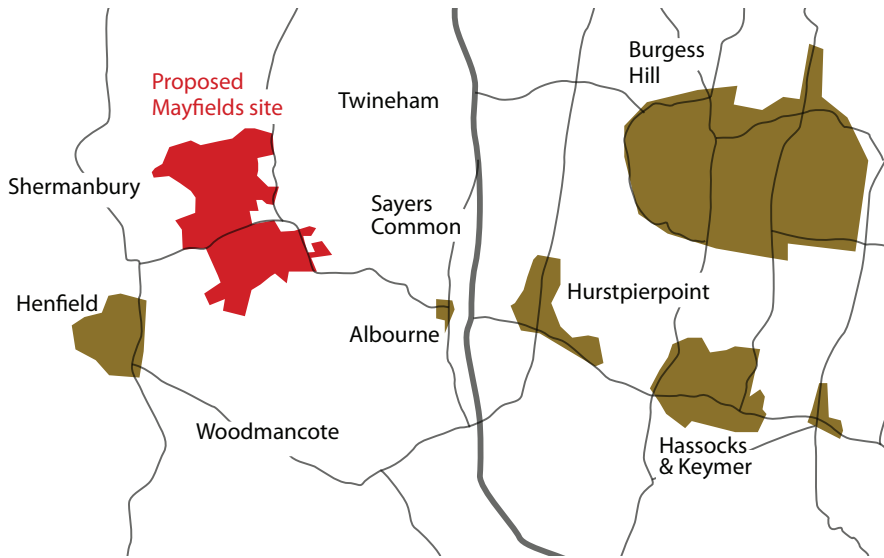
MPs restate their objection to new town

Arundel & South Downs MP Nick Herbert and Mid Sussex MP Sir Nicholas Soames both restated their 'profound objection' to the proposed new town near Henfield when they spoke at a packed public meeting in Henfield last month.

The MPs addressed more than 500 local residents in St Peters Church, Henfield, who had gathered to hear about Mayfield Market Town's plans. The meeting was convened by the local campaign group LAMBS – Locals Against Mayfields Building Sprawl – and attended by local parish, district and county councillors.

There was visible local concern about the plans, with many people having to stand outside the church and listen to the discussion via external speakers.

Mayfield Market Town Limited has entered into a Planning Performance Agreement with Horsham District Council, which means that it has paid the Council a service fee for a preliminary assessment of its 7,000



house plan, even though it does not own the land it seeks to develop.

It is expected that Mayfield Market Towns will lodge a planning application before the end of the year, after Horsham District Council has delivered its revised local plan to meet its increased housebuilding targets.



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The Purple Carrot

BEHIND THE COUNTER



Photos: Deirdre Huston

By Deirdre Huston

Brighton's loss is Hassocks' gain. I'm not in The Purple Carrot for long before I realise just how much there is going on. Many years ago when Chris went travelling he was fascinated by the cafe culture he saw. The mixing of the generations (not just families going out) and the general feeling of bonhomie. Back in the late 80s, inspired by his travels around Israel, Chris made tentative attempts to start a Mediterranean style café in Brighton, but loans were not readily available and, sadly, Chris had to shelve his plans.

He put in a good few years working for the council but when redundancy created an opportunity for him to make a change, he was eager to rekindle his earlier ambitions. He accepted that he'd become rooted in Hassocks and found his first premises on the west side of the station where many of you will have sampled the excellent cheeseboards at book club or card evenings. When the lease at No 6 became available, Chris recognised its potential and the prominent corner location between high street and station is well suited to his vision for The Purple Carrot's future.

The interior is light filled and relaxed. Customers wander in and out and Chris is quick to put people at their ease. As he talks to me, although he is diffident and self deprecating, his motivations soon shine through. Rather than bean counting, it's a wish to create a community which is at the heart of his business plans. He elaborates: "I've always been drawn to dealing with a range of people of varying ages and backgrounds. I want them to be allowed to be able to take their time and enjoy their food and drink." Chris has a real passion for the food side of things; the invention and experimentation, the getting people to try out new things.

One good example of this is the Tasters' Club. These supper evenings enable people to spend an evening trying out a variety of dishes and drinks with others. This may bring together people for the first time or provide old friends with an opportunity to try something new, but it's all about exploring different flavours and cultural influences. Regular diner Harry Murphy has no doubts: "I've been to lots of tastings elsewhere but never where the food is this amazing."

Some tasting evenings are themed such as Wine Wars; wines from different countries are set against each other with relevant dishes. But don't be deceived by the frivolous name – what's on offer is thoughtful and food is freshly cooked. At June's Cocktails and Mocktails evening, wine expert Giles Cutlack, of South Downs Cellars in Hurstpierpoint, provided a range of interesting drinks. These were not hackneyed cocktails in which overpowering spirits dull the senses but rather a source of inspiration. The refreshing rosé-based aperitif and the white port and tonic were both perfect for a summer's evening. Those looking for a digestif to end a meal might opt for The Japanese, yuzu sake with vodka and a few secret ingredients. The martini was good enough for James Bond and combined two local products: Blackdown Sussex Dry Gin, made from the sap of silver birch trees, and 40 Vermouth from Albourne Estate.

At taster evenings there's often a dessert wine and pudding to complete the meal: a little luxury and a lovely way to round the tasting off. Chris is not afraid to venture away from old favourites, and regulars like the fact they may be offered something a little different. "In six years there's only been one dish that hasn't worked so well. Melon Crumble," Chris reveals with a grin, "but people are still chatting about it." Part of the point of

the Tasters' Club is that food and drink become a talking point which helps to bring people together.

Pauli's Pop Quizzes have been running for six years and are equally popular. The compère, who is an old friend of Chris's, puts on a purple suit with a ruffled shirt (cue: frivolous 70s vibel!), so, as always, it's about bringing together different people to create something unique and enjoyable. "I like to provide people with good quality food, maybe something they haven't sampled before, and I like to combine my talents with other people to reach a wider audience."

Chris often links with other individuals. He likes to make things happen for others and he's keen to help people make connections in the village. He has a talent for organising events such as golf days, football tournaments, events for youth groups, book club evenings, all of which he hopes encourages people to drop in at the café and try some of the staples, treats and savouries on offer. One such speciality is Shakshuka Three Ways: poached eggs in a saucy fusion of cumin and cayenne-coated onions, peppers, tomato and carrot with a bite of bread to mop it all up.

He also organises the renowned Ha Ha Hassocks evenings, popular comedy cabarets at the Adastra Hall. These Friday evenings always include food and, if you're interested in attending a comedy evening, the next one is on 31st August.

The Purple Carrot is a family business and son Wilf is an invaluable aid to his dad. His wife Karen is a teacher and I'll give you one guess what she teaches? Yep, Home Economics!


The connections with food and community in the Wilson family go back even further. Chris's mother was a chef at Lee Abbey, a christian conference centre, where she took cooking for 200 people in her stride every day. Chris cooked his first three course meal when he was seven. "The only problem was I didn't know the difference between short grain and ground rice so the steamed pudding was a little bit grainy." His mother was a vicar's wife, so, after Lee Abbey, she continued to put on regular big spreads and meals for a sizeable community. She was evidently a huge influence on both her sons as Chris's younger brother is also a chef.

Chris is pleased to have staff who aim for high standards and, like him, they want customers to have the best experience possible. When a couple walk in Chris is quick to jump to his feet and greet the pair enthusiastically. He hurries off to sort out their supper, leaving us to chat. They tell me they come to the café frequently because 'there's a level of appropriate friendliness which is unobtrusive'. Chris likes to have a joke with those he knows well, but the light-hearted banter doesn't hide the fact that customer service is high on his agenda. He's keen to build a relationship with his customers and wants people to let him know how they find the food. Customer Lizzie Murphy is convinced she knows the secret: "The food is so good because it's freshly made while you're sitting there, so there's a flexibility in the menu and you can order according to your needs and wants."



And what of the future? Chris appreciates his many regulars but he hopes to attract in new customers too, especially as the village grows. "I'd like to see the high street develop into a place with a good choice of places to go and eat, drink, sit, enjoy an evening, and the Purple Carrot to be a part of that culture. A populated place is generally a much happier safer place." One day, in the not too distant future, he hopes to acquire a permanent license. In the interim, he relies on temporary licenses or allows customers to bring their own and pay corkage. The Purple Carrot is now open three evenings a week providing people with the opportunity to enjoy 'Super Suppers' and a drink at an affordable cost. "I hope I'm able to facilitate people being able to come out and chat with each other without having to spend more than a tenner." Booking is advised regular events such as the Tasters Evenings or Pauli's Popular Pop Quiz. Why not drop by and see how much is going on for yourself?





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Photos: Deirdre Huston

School's Well Being Garden opens

By Deirdre Huston

Last month the Well Being Garden at Downlands Community School was officially opened by local celebrity gardener Juliet Sargent. She thanked the students for improving the landscape and encouraged them to consider working in land related professions such as science, design, horticulture or agriculture. "Each area of land beneath our feet is unique and holds stories of all the footsteps which have stood on that piece of earth, all the plants it has supported. I want to thank you all for looking after this landscape," she said.

Headteacher Mr Wignall paid tribute to Dr Karen van den Dolder: "It was Karen who had a compelling vision for this bit of redundant land with nothing but an old hut on it. Her passion and leadership has carried a team of students and parents to bring this amazing garden into being."

The Garden Club is made up of pupils from Years 7, 8 and 9 who brainstormed ideas for what they'd like to see in a garden. This was then transformed into a 3D animation by the Design and Technology Department. A path leads around different zones of the garden. The Bug Hotel was the Eco Club's suggestion, and wildlife will enjoy the pond too. There's also a very inviting seating area. The greenhouse will help students prepare plants such as dahlias for planting. The garden incorporates silver birches, an espalier apple tree, planters and borders with plants such as geraniums, cornus, scabious and viburnum. One elegant tree is dedicated to Pearl Dixie Bartlett-Bundy and was planted by her family.

Community is a big part of what Downlands do and parents became involved and formed a working party. "Back at the start it was just a big patch of dead grass," explained Year 8 pupil Nina. Everybody helped to lift the turf and the builder laid paving stones. A contractor built the pergola. The garden cost the school nothing and owes much thanks to the many generous donations of plants, materials, skills and time. Lawrence (Year 8) said: "A good moment was when we applied to the Tesco's Bags For Help Scheme and got funding."

Karen explains how the spot will be a valuable and well-used section of the school premises. "The Garden

Club manages the plot but our pastoral team, behaviour management team, learning support and learning mentors will all use the area for side by side activity such as watering, as a calming tool or simply as a space for conversation." Patrick (Year 9) has no doubt that the garden will be popular: "It's a nice outdoor space where you can see the results of what you've done in the growing plants." Space is a word which figures strongly in conversation about the garden between pupils, staff and parents, and research reinforces the positive benefits of gardening and green areas on mental well-being.

The Well Being Garden was so successful that the project entered a national RHS Garden Team of the Year Competition. The team were pitted against numerous other schools and are delighted to have made it into the finals. As one of only four finalists, they've had to put together a video about how they've built the garden, how they worked as a team, the skills they've learned and the impact they've had on the school. Harley Lello (Year 8) enjoyed being responsible for directing the film: "It was really satisfying seeing all those movie clips, made by lots of people, roll into the timeline to show all the things we've done while making the garden such a fantastic achievement." Karen was impressed with the resulting film: "He did an amazing job and pulled together a fabulous video." The results of the competition are yet to be announced, but in many ways the school have the best prize of all - the Well Being Garden itself. This delightful facility which will be cherished and used as a calm space. In time it may even be used for lessons. Mr Wignall sums up the project's success: "You can only achieve something like this with incredible teamwork."



RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council and sheds some light on what can and can't be recycled.



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Do keep the questions coming...

Recycling bin overflowing?

We want to say a big thank you to everyone who recycles all that they can. The recycling rate in West Sussex is improving!

More and more people are recycling at home and, if your recycling bin is anything like ours, sometimes by the time it's due to be collected it's getting pretty full!

Some great advice is to 'wash and squash'. Particularly for items such as milk and fizzy drinks bottles, and detergent and bathroom bottles. Give them a quick rinse and then squash them down. Do remember to take the tops off.

Large items of cardboard can be torn into smaller pieces – the size of a cereal packet is ideal.

If you've done all this and your bin is still full then why not get in touch with Mid Sussex District Council who may be able to organise another recycling bin for you. Email: wastematters@midSussex.gov.uk

Just a little reminder though, please ensure that all your recycling is:

- **CLEAN** – free from food and drink leftovers - a quick rinse will do.
- **DRY** – keep your recycling bin lid shut – soggy paper and cardboard can't be recycled and can clog up machinery at the recycling plant.
- **LOOSE** – not tied up in plastic bags.

TOPS OFF

I received an email asking how to recycle inhalers, and I would like to share the response with you all.

Nationally 73 million respiratory inhalers are prescribed every year in the UK and only 1.2 million are recycled.



First, locate your nearest participating pharmacy (<https://bit.ly/1d95Cfj>)

Then simply hand in your empty, out of date or unused inhalers. This service has been fully funded by GlaxoSmithKline.

Do you have an individual question on specific items you are not sure how to recycle? One email to editor@hurstlife.co.uk, with a picture if possible, and I can let you know.

Looking forward to hearing from you. Keep Recycling!

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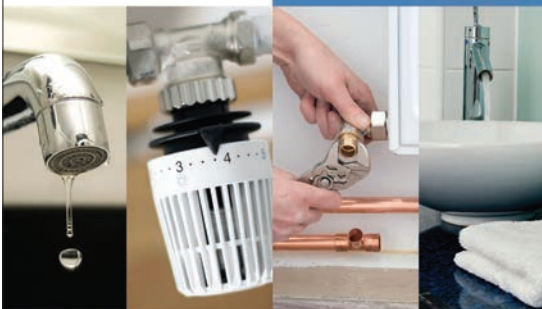
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Holiday snaps

To kick-start this new feature, a couple of the team have taken their copy of the magazine away with them. Do send yours in to photos@hassockslife.co.uk



Theo Billson at Durdle Door



David Tingley at St Stephen's Cathedral, Vienna



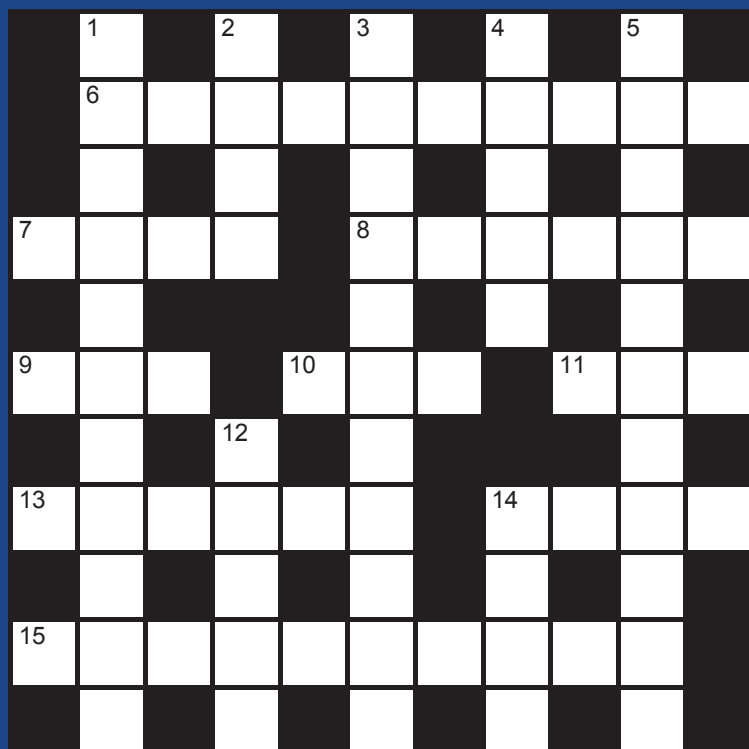
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Family crossword



Got 20 mins spare?
Have a go at this crossword - which should be varied enough for all ages to answer some clues.
Answers listed on p.39

Across

- 6 From e.g. Portsmouth or Basingstoke (10)
- 7 Passport endorsement (4)
- 8 Cause to remember (6)
- 9 Malt beverage (3)
- 10 Statute (3)
- 11 Some (3)
- 13 Hun king (6)
- 14 Vale (4)
- 15 Brave (10)

Down

- 1 Moving to and fro (11)
- 2 Fijian capital (4)
- 3 Defraud (5,6)
- 4 Fragrance (5)
- 5 Without purpose (11)
- 12 Unit of capacity (5)
- 14 Entrance (4)

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Sudoku #36

	9			2				5
		8			3	6		
			6		5		3	8
4				8				7
3			5					9
2		5				4	8	
	4						7	
	3							
		1		7	9			

Find the solution to #36 in next month's magazine

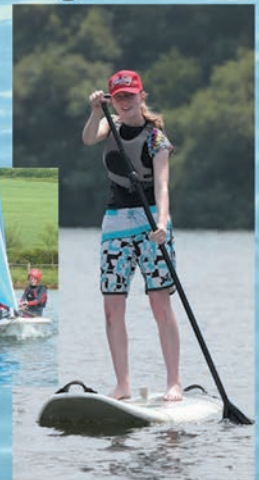
#35 Solution

2	5	6	7	4	8	9	1	3
7	9	3	1	6	2	5	4	8
4	1	8	5	3	9	7	2	6
5	7	2	6	1	3	8	9	4
1	3	9	8	2	4	6	7	5
6	8	4	9	5	7	1	3	2
3	6	1	2	9	5	4	8	7
9	2	7	4	8	6	3	5	1
8	4	5	3	7	1	2	6	9

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

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What's on this month

AT ADASTRA HALL

Regular events

- Mon **Hassocks WI**
3rd Mon
Scrabble
2-4.30pm
Table Tennis
2pm and 7.30pm
- Tues **Short Mat Bowls**
9.30am and 1.30pm
Maj Jong
2-4pm (1st & 3rd Tues)
- Weds **Hassocks Youth Club (term time)**
6.30-8.30pm
- Thurs **Table Tennis**
2pm
Debonair Dance
8pm

July

- 10th **Hassocks Horticultural Society** – 7.45pm
members meeting. Plants and books on sale.
New members welcome (£2.50 01273 842516)
- 12th **Strictly Dance Magic** – doors 1.45pm
Friday afternoon tea dance
- 15th **Hassocks WI** – 7.45pm
Talk by Ian Gledhill 'I do like to be beside the
seaside' (01273 846811)
- 19th **HHD U3A** – 2pm
Speaker: Andy Thomas on 'Unexplained,
Mysteries and Cover Ups' (Barbara O'Rourke
01273 846811)

August

- 11th **Cats Protection event** – TBC
- 17th **Strictly Dance Magic** – doors 7.45pm
Saturday evening dance – all abilities welcomed
(01444 248926)
- 12th **Psychic Holistic Fair** – 10am-5pm
Free talks and meditation all day (Free entrance)
- 17th **HHD U3A** – 2pm
'So Far, So Good! A behind the scenes look at
army life, an investiture and assistance dog
training' with Malcolm Wells
- 24th **Heber Opera** – 7.30pm
Production of Norma in the round, sung in English
(www.heberopera.co.uk)

AND ELSEWHERE

July

- 13th **Chailey Repair Café** – 10am-1pm
Chailey Village Hall (next to The Five Bells)
- 17th **Health Workshop** – 7.30pm
Proper Coffee – 'Grow your own HRT workshop'
hosted by nutritionists Josephine Cobb and
Tanith Lee (£20)
- 21st **Mobile Refuse Collection** – 10am-12noon
Dale Avenue, Hassocks (01273 842714)
- 27th **Village Market** – 9am-12.30pm
National Tyres forecourt – market stalls from
independent traders

August

- 3rd **Summer's Evening Concert** – 7.30pm
Danny House, Hurstpierpoint – a cappella Vivace!
choir performs. Grounds open from 5.45pm for
picnics on the lawn (Tickets £12, 07900 698 751)
- 4th **Windmill Open** – 2-5pm
Oldland Windmill, Lodge Hill, Hassocks
- 16th **HHD U3A** – 2pm
Ditchling Village Hall - 'Myths and Folklore of the
South Downs' by Len Brook
- 18th **Mobile Refuse Collection** – 10am-12noon
Belmont Close, Hassocks (01273 842714)

Got an event going on?

If you are organising an event or function which you'd like to promote to Hassocks - here's where to do it!

Our monthly What's On section can include events taking place right here at Adastra Hall or elsewhere in Hassocks, or could be further afield (provided we have space).

Email details of any events which you'd like listed to editor@hassockslife.co.uk before our copy date - the next of which is 21st May. See the website for copy dates for the rest of the year: www.hassockslife.co.uk

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