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Local village talk,
by the village

Issue #4 : August 2019

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What is Hassocks Goes Gold?

page 13

Village People: Sheila Southwell

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Healthy picnic ideas

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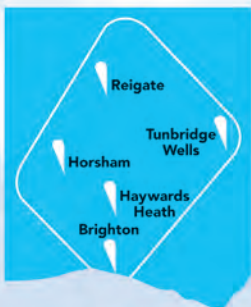
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EDITORIAL

By David Tingley, Editor

Although August is traditionally a time when many community events pause for the summer, there's still plenty to write about in this issue of **Hassocks Life!**

You may have already heard about the **Friar's Oak pub** recently reopening after its refurbishment. As a homage to the place, **Deirdre Huston** dusted off the history books to bring us stories from its past on **page 26**.

She carries on the good work with our always-fascinating **Village People** interview – this month featuring Hassocks artist **Sheila Southwell**.

Turn to **page 18** to find out what you didn't know about her. If you know a perfect candidate for this item, please drop myself and Deirdre an email to: editor@hassockslife.co.uk.

As always our more 'newsy' content sits nearer the front of the magazine, which kicks off with a **festival of Americana music and ale** at The Hassocks later this month on **page 4**.

Looking ahead to next month, there is a lot to look forward to with the first **Hassocks Goes Gold** campaign (**page 13**) and also **DownsFest** – a music festival being organised by **Michelle Binks** on Saturday 7th September (**page 17**).

On **page 16**, **Hassocks Community Organisation** (HCO) explains more about its monthly **Village Market**. We reveal the finished **amphitheatre** at Downlands school on **page 10** – which looks fantastic! And on **page 14**, you can play 'spot the person you recognise' as we cover the opening of the **new skatepark** from last month.

Besides meeting **Kate O'Neill** in **5 Mins With...** on **page 22**, and **Hugo** (the French Spaniel) on **page 20**, I think we're just about there. Do send in your **Holiday Snaps** with you clutching your copy of the magazine (photos@hassockslife.co.uk) – it's just for fun!

Until September...



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Hassocks Life Published by Kipper



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Music and ale festival rolls into town

Hassocks resident James Walker is putting on a mini music and ale festival in the village later this month.

The Mid Sussex Americana & Ale Festival is now in its third year, and is a celebration of the best UK Americana artists. The event takes place at The Hassocks Hotel, with main acts performing in the 300 capacity hall. Outside there will be an ale tent and trailer to add to the festival vibe.

James, as founder of Brighelmstone Promotions, has put on many shows, from Brighton all the way to Nashville. "It's really important to me to bring quality music to my village and when Rich and Chris Lambe at The Hassocks showed me the stunning function room, I just knew I needed to do something in one of the best sounding and looking halls in Mid Sussex," he explained.

Ten artists are booked for the festival, including winners of the Fender Undiscovered Artist of 2018 'Lucas & King' and also 'Porchlight Smoker', who have been described by legendary country music DJ Bob



Harris as 'an absolute gem'.

"It's a tradition that Hassocks resident Ben Featherstone is a part of the festival," James commented, "and we're delighted that he will be celebrating the release of his new album with us."

The Mid Sussex Americana & Ale Festival will take place on 24th August at The Hassocks Hotel, and starts at 11.30am. Tickets are available now from The Hassocks and Proper, as well as online.

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Chippy under new management

Jacqueline Oakey and Tommy (Chrysostomos) Chrysostomou have taken over the management of Hassocks Fish and Chips. Tommy had been working on the outskirts of Maidstone as Chef and Manager at Square Fish restaurant. The company he worked for also owned fish and chip shops all over the country and he's always said that, if a suitable shop became available, he'd be interested in taking one on. A couple of months ago, the company asked Tommy if he fancied moving to Hassocks. The couple came and looked around the village, liked what they saw, and, four weeks later, they moved in.

Jacqueline is an island girl and will miss her extended family on the Isle of Sheppey. She was only tempted to move to Hassocks once she realised how lovely and friendly the locals are and how convenient the flat above the shop will be. Tommy's Greek Cypriot origins are apparent in the delicious Halloumi options on the new menu. Customers should expect some big changes: for example, Tommy has organised fresh fish deliveries for every second day. In addition, the fish and chip shop



Photo: Deirdre Huston

will soon be stocking Southern fried and rotisserie chicken with all burgers and chicken being sourced from A Twine's Butchers next door, who are already known for their good quality and locally sourced products.

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Downlands proud to have Tomorrow's Engineers

Congratulations to Year 7 students at Downlands Community School, Madeleine Bayly and Holly Barbour, who have both won the Tomorrow's Engineers 2018-2019 competition.

Maddy and Holly went down to Southampton University last month to pick up a trophy and certificate each. Nicki Burston commented: "This is such a huge achievement and we are very proud of the girls."

The competition was open to all school pupils from age 3 to 19, allowing all children, young and old, to take part in the fascinating world of engineering. Last year over 37,000 children were engaged in the competition across the UK.

Nicki went on: "It was quite a process that led to them winning individual awards - from interviewing an engineer, identifying a problem, inventing a solution and illustrating it and then writing a letter describing the invention and how it solves the issue they have identified."

Holly invented 'The Handy Car Key', which is a car key with two LED lights that flash to notify you if you have left your car unlocked or your car alarm is activated. It would also be linked to a phone app.

Madeleine invented the 'Keep it Cool Case', which is a phone case that vibrates if your phone overheats and automatically triggers a cooling pack, keeping everything online and ready to use!

Well done girls!



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Riding the HeART to Heart Trail



Photo: Deirdre Huston

By Deirdre Huston

I dropped in on Sue Collins, local printer, designer and workshop tutor, to find out what she has going on this summer and - my goodness - she is certainly busy, and very talented too. A combination of photography and sketching forms the base on which she creates her striking and colourful images. In her unique body of work, it's possible to recognise local features and landmarks and yet she portrays each place or animal in an original and memorable manner.

She has recently opened her light-filled new gallery, Scots Pine Studios: an exciting development because it enables her to display a selection of her linocut work including cards, coasters and prints. The gallery earned its name from the giant Scot's pine tree, a local landmark, at the corner of her garden. This is a prime example of how we can incorporate inspiring outdoor areas into our working life. Being able to work somewhere so tranquil and uplifting is definitely a perk of being an artist but it's not all about creative inspiration. There's a lot of hard graft in being an artist too and it's clear that Sue works hard to get her work seen through many different platforms. She has recently exhibited at the Horsham Museum & Art Gallery during the Horsham Year of Culture, is a member of numerous art groups and will be participating in the Hassocks Open Artists' Autumn Fair at Garden Sage. She is also a member of the Chalk Gallery in Lewes, a collective of twenty-one artists, which is unique because they rehang their work every six weeks meaning there is always something new

for visitors to see. Sue is brimming over with plans and also intends to use the space next to the gallery as a print room.

Probably the most exciting project Sue is involved in this summer is HeART to Heart: a new art trail in West Sussex and East Surrey. This inspiring new initiative will give our local community the chance to follow a trail of hearts across the areas where St Catherine's Hospice cares for people, with each heart being an individual creation by a local artist. This community trail will be made up of large, fibreglass heart sculptures, all uniquely designed. Some schools and youth groups are also taking part using mini fibreglass hearts. The trail is in aid of St Catherine's Hospice and Sue's heart has been generously funded by Metrobus. "It's a lovely touch that their local bus route goes through Hassocks," says Sue.

At the very beginning of the project Sue submitted a design for the front and back of a blank heart. Once she was given a three-dimensional heart to work on, Sue pencilled the design into place and decided to use paint. Sue explains: "Brewers were very helpful. They mixed the exact shade of bright yellow required." On one side, the heart portrays the South Downs and, on the other, the cliffs and sea of Birling Gap and the Seven Sisters.

The heart is now in location at Crawley Bus Station and you can download an app here to find your way around the trail: www.stch.org.uk/hearttoheart/heart-trail

Amphitheatre opens at school

By Nicki Burston

It has been a long journey! It started with a Year 11 trip to watch Romeo & Juliet at the Brighton Open Air Theatre a few years ago. Headteacher Mr Wignall returned to school inspired to create something similar here at Downlands. The vision to create a performance and social space for the students at Downlands was born. As a school, we were delighted to officially open the Hassocks Outdoor Performance Space (HOPS) just before the end of the summer term.

Many thanks to everyone who has made our vision a reality. We would especially like to thank everyone who has sponsored a seat or a sleeper in the amphitheatre and the people who contributed to our crowd fundraising campaign. Other large donations came from the following organisations: The Garfield Weston Foundation, The Hassocks Parish Council, The Downlands School Association, The Southover Manor Trust and West Sussex County Council.

We are especially grateful to landscape architect Nick Dexter who turned our vision into a brilliant design, Nigel Bowcock, Ross Jackson and the team at Acre Landscapes who took Nick's design and turned it into our wonderful amphitheatre, HOPS.

The amphitheatre was officially opened by our Chair of Governors, Mrs Di Hunt. We were delighted to welcome Brainfruit straight from the Brighton Fringe



Photo: Paul Noble

who performed Bear North, and also Rebecca Milford, mezzo soprano, who performed too. We were especially pleased to welcome back Lana Mae Garrett, who has just left Downlands and who read two of her beautiful poems. Our fantastic students performed too - with the Downlands Strings Group playing for guests as they arrived and the Downlands Choir singing to round off a perfect afternoon with the stunning South Downs as a backdrop.

If you would like to sponsor a seat (£15), a sleeper (£30) or a VIP sleeper in the front row (£50) please contact us at school. Likewise if you are interested in renting the space, please contact Sue Jones, Business Manager.

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School clock repairs to take place

Many of you may remember a dark but festive evening in the playground of Hassocks Infants' School. It was a chilly evening but there was an air of excitement. Children and adults were chattering about the stalls and games, the carol-singing and the festivities. But there was something else happening. A unique event. It was not only the Christmas lights which were being celebrated, but a new Millennial Clock.

This clock was purchased and installed by the Hassocks Amenity Association as a Millennium Project around 2000. West Sussex County Council were involved because it's on a school building and building works were required to fit the clock into the circular surround on the roof. There was a feeling that nothing significant had been proposed in the centre of Hassocks so what was then Hassocks Amenity Association stepped in, largely through its chairman at the time Trevor Davey, who was always a fund of imaginative ideas.

The clock has become a much-loved architectural landmark, noticed not just by the pupils at the school but local residents who appreciate its architectural value and the character it adds to Hassocks High Street. During these intervening years, Hassocks Community Organisation has taken responsibility for the annual maintenance fee but as the clock has become older,



Photo: Deirdre Huston

additional maintenance is needed to keep it functioning. These substantial repairs are needed to repair the communications equipment that keeps the clock accurate and adjusts for Summer Time and the cost is in the region of a thousand pounds.

Thankfully, Hassocks Community Organisation are now also digging deep into their pockets to fund much-needed repairs to this local architectural feature. HCO have commissioned the original manufacturer, based in the Midlands, to do the repair, which is scheduled to be completed before the clocks go back in October.



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Hassocks to go gold

In 2014, September was declared a united international month for raising awareness of childhood cancer and this September, Hassocks Goes Gold too. The aim of the Glow Gold September Campaign is to literally shine a gold light on the issue of childhood cancer. Edinburgh Castle, The Brighton Wheel & Sydney Opera House have all glowed gold to show support. Now Hassocks is joining in too.

Many of you will be aware that, in 2017, a much-loved Hassocks resident and Windmills pupil, Pearl Dixie BartlettBundy died from bone cancer, aged ten. In Pearl's memory, her family desperately want to stop similar tragedies affecting other families.

One child in 500 will develop some form of cancer by the age of 14 years and, tragically, 1 in 5 of those children diagnosed with cancer will die as a result. Medical experts still don't understand the cause of many childhood cancers and, though there have been improvements in some childhood cancer survival rates, some have not changed for over 30 years. Diagnosis, treatments and survival rates for children can improve through research and increasing awareness.

Hassocks businesses are already signing up to host ribbon/wristband boxes, sponsor giant gold ribbons and display lovely golden sunflower posters that the children of Hassocks are helping to design.

There are lots of ways in which Hassocks residents can be involved too:

- Decorate your garden: grow golden yellow flowers in your window boxes or garden; light gold fairy lights in the September evening.
- Decorate your homes/offices: shine a gold light; display a poster; decorate your front window with anything gold.
- Think gold: wear a gold ribbon/wristband; dress in gold clothes; gold nail varnish; sport a gold wig.
- Host a gold event: bake gold cakes; have a gold themed street party; the sky is the limit...
- Sponsor a Giant Ribbon: £10 will buy a giant gold ribbon bow tied around a prominent Hassocks tree or landmark with your name attached to show you care.

Please pledge your support, share your gold ideas, download a poster, or sponsor a giant ribbon - by emailing: HassocksGoesGold@gmail.com or by joining Facebook/HassocksGoesGold and let's turn the whole of Hassocks GOLD together!

"Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see the possibilities - always see them, for they're always there."

Norman Vincent Peale

I thought childhood cancer was something foreign and rare. Something other people might have to deal with but surely not our family with our perfect, healthy children...

How wrong I was.

Childhood cancer is not like adult cancer. It is rarely anything to do with genetics, lifestyle or food. It is simply terrible, earth shattering, bad luck. And it really can happen to anyone.

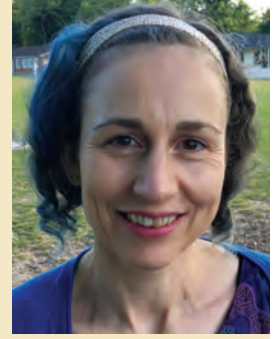
It rips the world away in a heartbeat. It takes everything precious and it sends out its nasty tendrils into every single aspect of family life and into extended relationships. Pearl's cancer, or Vump as we called it, shook our foundations as a family but also affected many people far and wide, some who didn't even know Pearl personally.

It has taken us to the depths of despair but also showed us what an incredible community we live in. Family and friends from far and wide, and the Hassocks community as a whole, rallied around in ways that I could never have anticipated or expected.

We will be forever grateful and humbled as a result.

Thank you so very much,

Rachel, Jamie and Milo BartlettBundy



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Skatepark now fully open

Children of all ages gathered last month to celebrate the opening of the new Hassocks wheelpark.

Funded by Hassocks Parish Council and contributions from developers, the £100,000 facility was officially opened by Chairman of the Parish Council, Ian Weir, and young local resident and skater, Lola Cohen Hamilton, who cut the ribbon. Developers of the skatepark – Bendcrete - and Jez Malet, a local skateboard coach, organised prizes and giveaways for competitions and also gave demonstrations with experienced riders.

Commenting on the event, Ian Weir said: "It was great to see the park attracting whole families coming to watch the youngsters enjoy themselves and it's really good to receive so many positive comments about the improved wheelpark, which has been five years in the planning."

The skatepark is one of the projects that the Parish Council has delivered as part of the Adastra Park Masterplan, which includes improvements to play for all age groups, improvements to the Garden of Remembrance, and a rainwater garden as well as changes to increase the opportunities for sport and exercise.



Stonepound Crossroads work started

Work has started at Stonepound Crossroads – which will leave Hurst Road closed until the end of the school holidays.

The project, which is a condition of the planning permission for 129 homes being built by Barratt David Wilson Homes off London Road, will take place in two phases and includes upgrading 'ageing traffic signals', which will improve the busy junction's capacity.

The first phase also includes works to widen Hurst Road and preparation work to facilitate a new cycle route scheme between Sayers Common and Downlands School.

During the school holidays there will be three-way traffic lights at the junction, while Hurst Road is closed there. A diversion is in place for those travelling between Hurstpierpoint and Hassocks.

Hurst Road is due to be closed until 2nd September, after which the crossroads will use temporary four-way lights until early November.

A West Sussex Highways spokesperson said: "This



type of work does cause inconvenience for residents, businesses and road users, for which we apologise, but every effort will be made by the developer and its contractor to limit disruption as much as possible. For example, there will be a dedicated traffic marshal for the duration of the project to operate the temporary traffic lights between 7am and 6.30pm."

The second phase of this work is expected to be completed by 30th January 2020.

Opportunities to sing with successful local choir

By Kate O'Neill

With a hugely successful summer concert behind them, Sussex Chorus is looking forward to restarting rehearsals on 9th September with some wonderful French music. New singers would be joining the choir as it prepares for a November concert of Duruflé, Vierne and Fauré – all under the direction of new conductor, Jack Thompson (pictured).

In June, Jack enabled the choir to perform with well-known composer and pianist, Will Todd, who accompanied them in his lively, jazz-influenced work 'Mass in Blue' – much to the delight of the large audience at Hurst College Chapel!

Rehearsals take place very near Hassocks in St Paul's Catholic College, Burgess Hill. They're on Mondays from 7.15 to 9.30pm, with a sociable tea break as well.



Find more details on www.sussexchorus.org and drop an email to secretary@sussexchorus.org if you're interested in singing. Some current or 'rusty' musical experience is helpful but no auditions are required – just enthusiasm for what we do!

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HASSOCKS COMMUNITY ORGANISATION

Village Market seeks local support

Hassocks Village Market is seeking local businesses and causes to take up stalls, and aiming to help the local economy grow and develop new directions.

On the fourth Saturday of every month, apart from December when it's the third, the centre of Hassocks is transformed into a village market, which features local businesses and also offers a showcase to local charities and good causes. The Market is based outside National Tyres, on the corner of the High Street's junction with Dale Avenue.

The market has an array of longstanding stallholders, offering goods ranging from breads, cakes, local cheeses, fresh fish, fresh farm vegetables, pies, fresh meat and hand-made chocolate. These are well known in the village and many stalls have their regulars who look forward to the fourth Saturday just so they can replenish supplies.

And those regulars are encouraged to keep coming back not just by the quality of what's on offer but also by a loyalty scheme, where customers can complete a card full of stamps and enter into a quarterly draw where the winners get a free hamper provided and stocked by the stallholders.

Opening at 9am and running through to 12.30pm, the market also offers local causes a great opportunity to show themselves off to villagers, by offering one pitch in every market free to local charities and causes. This could be anything local, from small fundraisers to organisations like the local hospices, and is worth doing to raise a profile.

In addition, a stall is reserved for local pursuits such as arts and crafts: for example, recently the Made in Hassocks stall was manned by a group selling knitwear, while it could just as easily be Hassocks artists offering their masterpieces. Taking this stall could not only give opportunities to sell local products but could also bring in new enthusiasts who hadn't been aware their main interest is covered in the village.

The Village Market is managed by Catriona Hawksley, under the auspices of Hassocks Community Organisation. If you would like to take up a stall there simply email Catriona on: hassocksvillagemarket1@gmail.com, it'll be worth it.

The next market is on Saturday 24th August.



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First DOWNSFEST goes live in September!

There's something new starting in the village next month!

Saturday 7th September will be the inaugural DOWNSFEST event, being held in Adastra Park. Organiser Michelle Binks commented: "Our community music festival is the inspiration of local residents Jo Ganpatsingh and Chris Goldfinch, who wanted to bring the music back to Hassocks after 'Proms in the Park' last being held over ten years ago!" DownsFest will be raising money for St Peter & St James Hospice.

Queen II, a tribute band, will be headlining with support from 18 local artists performing a variety of music including pop, folk, classical, rock and indie. Local acts include bands Stone Dark Night, Mockingbird, Overdrive, The Kraken Wakes and Charlotte. Choirs on the stage will be Sussex Soul Singers, Just Sing and DownsFest Youth Choir with other sets from young performers The Blackbirds, Cold Bones, Hullabaloo, Bean & The Boys, Black Hurricane and Thing of The Swamp. Soloists in the lineup include Mike Reinstein, Nathan Reeve and Grace Jago, and classical flautist and pianist Karen Rash and Nicola Grunberg.

Michelle went on: "There will be street food, a bar and festival stalls, and hopefully the alternative DJ booth 'Stick It On' too. It's going to be 'A Kind of Magic'!"



DOWNSFEST starts at 12noon on 7th September. Tickets (£20, Youth (U18) £12.50 and U5s free) are available in limited numbers from Adastra Deli and QD Stationery, or via: www.downsfest.co.uk

Find and follow DOWNSFEST on social media for the latest information.

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Finding your creativity

VILLAGE PEOPLE

"It was one of the biggest thrills of my life to have the book published and, when I saw it in the shop window, I couldn't believe it."



Photos: Deirdre Huston

Sheila with her music hall posters and jug

By Deirdre Huston

Sheila Southwell welcomes me into her home and immediately I can see that she has a prolific and highly skilled body of work. In order to tell me about her art, she has gathered together a varied selection of painted porcelain, detailed miniatures, large framed watercolours, DVDs and books. Her creativity is her lifeblood and she has channelled her productive energy through her long and varied career to enjoy professional success, to share her enthusiasm for art and to inspire others. Delicately painted plates decorate the walls of her home and boldly painted vessels with careful gilding top the cabinet. Later she shows me her studio, with its cluttered but perfectly organised desk, illuminated by sunlight through the window and brightened by a flower in colours to match her latest painting which, she is preparing for local exhibitions.

It is no surprise that 83-year-old Sheila has achieved widespread professional success throughout her career and remains both highly esteemed and active as an artist. She was always interested in drawing and painting but didn't have much chance to study art when she was young. Shortly after she left school at 15, she met her husband, Alan, and they have now been married 63 years: "He's been a marvellous support through all my career and we recently celebrated our Diamond Wedding Anniversary."

Sheila's creative life began in earnest with her involvement at Birmingham Operatic Society. She loved singing in the chorus at numerous big shows

such as South Pacific, Carousel, The King and I, and she danced the lead in Flower Drum Song, performed at The Birmingham Hippodrome Theatre, usually for two weeks each year.

The couple's two sons, Neil and Tim, were born in the 60s and, before long, due to Alan's work, the family moved to Sydney, Australia. It was here, when the children had started school, that Sheila discovered her love of art. "I remember the day I started painting. It was a beautiful hot, sunny day and I almost went to the beach but, instead, I made it to a china painting class and that choice changed my life. It started out as a hobby and became my profession." Sheila studied porcelain painting for five years and benefited from the high standard of teaching in Sydney at that time. "Learning the way in which I did, I became skilled in every aspect of decorating porcelain: mixing colours, designing, raised paste, lustre work, ground-laying and finally firing the pieces in an electric kiln."

The family eventually returned to Sussex and, at one point, Sheila was offered a job by the Art Department at Royal Worcester but turned it down because, in an industrial setting, you'd only get to repeatedly paint one element and Sheila relishes her artistic freedom. Her pieces were soon accepted at galleries and she exhibited at county shows. Sheila joined the Rural Crafts Organisation and she began to sell her work at their shows. With her husband, Alan, she travelled all over the country and still exhibits locally with three different art groups.

As an artist, Sheila is quick to respond to new possibilities. At one exhibition, a customer admired the mottled backgrounds on Sheila's pieces of work and this chance comment led her to branch out into watercolours. She taught herself the necessary skills and techniques. Having sometimes struggled to find good, encouraging teachers herself, it's been important to Sheila to pass on her knowledge, skills and tips to others. She taught for 25 years on residential courses at the W.I Denman College in Oxfordshire and The Earnley Concourse near

Chichester, and has led art holidays with SAGA to Yorkshire, Tenerife, Jersey and in Monet's garden in France. She now focuses her teaching on a small group in Hurstpierpoint and still gives talks to organised groups.

One morning, in 1978, Sheila had a phone call from a chap at one of the potteries. He had heard that she knew a bit about china painting and he was desperate for information for a lecture he was giving to a group of china painters. This encounter got Sheila thinking and she realised there was a gap in the market as there was very little information available about painting on porcelain. When she approached publishers, three were interested, and she went on to sign a contract with Blandford Press. "It was one of the biggest thrills of my life to have the book published and, when I saw it in the shop window, I couldn't believe it." Sheila was later approached by a bigger publisher, Cassells, and went on to write three more books. The most challenging was China Painting Around the World because it demanded a lot of research. She explored the cultural traditions and factory pieces from a range of countries and then created her own designs in response. One piece was inspired by aboriginal bark painting, another by the Sevres factory in France. For Thailand, she created a figurine of a temple dancer, and for China, she researched the Ming dynasty and created a dragon design on a plaque. Her last book was published by David and Charles and has the same title as the first one: Painting China and Porcelain. She enjoyed writing the books because each project has to be described step-by-step so that a complete beginner could understand it.

Around the time the books came out, a large group of china painters got together and eventually founded The British China and Porcelain Artists' Association. Sheila was on the National Committee and was subsequently instrumental in setting up the Diploma Examination. She met lots of lovely people travelling around to demonstrate techniques at different clubs and conventions. The most significant commission Sheila ever had was from Richard Branson for 500 tiles which can still be seen in a first class lounge at Gatwick. For many years Sheila did ceramic restoration of antiques



Sheila has just finished preparing this painting for exhibition

and, although this was her most lucrative line of work, the noxious fumes forced her to give it up.

After being inspired by an exhibition by the Royal Miniature Society in London, Sheila also decided to try to paint miniatures. Once again, she taught herself this stylised and specialised form of art. The Miniatures Society are very particular in what piece they will accept: they often look for stippling effects, or pointillism (a technique using small dots) or cross-hatching and size no bigger than 6x4". More recently, Sheila has moved on to larger scale watercolours. "My advice to those starting out is to buy the best quality materials you can afford, definitely good brushes, and practise, practise, practise," she explained.

Sheila has produced eight DVDs in watercolour instruction and her work has also featured in A Collector's History of British Porcelain. "It's a question of being serious about what you want to do and, if it doesn't go right, do it again. You learn more from your mistakes than from your successes." She is clear that not only should those who are serious about their creative passions persevere, but those who are happy to dabble should also reap the benefits of creativity. She recommends that everyone should give art or creative hobbies a go, seeing it as particularly beneficial for elderly people who live on their own. "It's the best therapy I know and gives you a reason to get out of bed in the morning." Card making is a lovely hobby to start with and Sheila herself enjoys making eye-catching cards which she personalises for weddings and special occasions. Sheila also finds time to be Chairman of the Hassocks Townswomen's Guild who meet at Age Concern once a month.

One memory Sheila cherishes is the moment when Castles Publisher told her that hers was the only book submitted by an author where they didn't need to alter a single word. Her grammar and spelling were perfect and, for a woman who left school with no qualifications, that means a lot.

Sheila's work can be seen at Attic Art Club Exhibition at Ditchling Village Hall between 23rd-26th August and also online.

FAITHFUL FRIENDS: MY PET AND I

Rachel Watkins introduces her French Spaniel, Hugo, who is two years old.



What makes your pet unique?

He makes a very peculiar squeaky noise when yawning. Plus, he likes to stand on his back legs in front of you, walking backwards, like a dancing bear. He is almost my height!

Tell us about the breed

French Spaniels are a rare breed in the UK (only 60). They are intelligent, dynamic, lively and playful but calm. Hugo is very loving and affectionate and thinks of himself as a lap dog. They are the largest of the spaniel breeds and classed as an HPR (hunt point retrieve gundog). Developed by the French as a hunting dog, they are descended from dogs of the 14th Century. Their popularity with royalty waned and, by the end of the 19th Century, they were almost extinct.

When out and about he gets called: A long legged springer, a cross between a pointer and English springer, and 'Gosh! He is a big spaniel!'

What are your pet's favourite activities or places to go?

He loves to sleep upside down with all four paws in the air and does a whole series of down-dog yoga poses first thing. He loves to run free and hunt, especially squirrels. He never catches any! He loves a sandy beach – especially The Witterings and the woods at Wolstonbury.

How or where did you get your four-legged friend?

We came across him by mistake when looking for an English springer spaniel. We loved how he looked, his height and that these dogs are very family-friendly. We visited another family with two French spaniels, one from the same litter as Hugo, to see what they are like. We instantly fell in love with both of them, and from then it was a done deal. We travelled to Yorkshire to collect him. I have to say that he didn't travel well - he vomited and dribbled the whole way. Thankfully, he has grown out of that now!

Do you have any other pets?

We have an older English Springer called Jasper, who is nine and a bit grumpy. We nickname him Ee-yore. His peaceful existence has been slightly turned upside down, however, I think he is secretly fond of Hugo now. We also have two guinea pigs, who are to Hugo, what an Xbox is to a teenage boy. He will stand and stare at them for hours!

Do you have any tips for other pet-owners?

Get a French Spaniel, while you can! There are some pups from this year's litter still available!

How would you sum up your pet's personality in three words? Fun, affectionate, flexible (likes yoga).

If you'd like to introduce your pet to the village, email a photo and answers to editor@hassockslife.co.uk.

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Club is bloomin' marvellous!

The village bowling club is reaping the rewards of a donation from a nearby garden centre as blooms brighten the landscape around the greens.

Players at Hassocks' Adastral Bowling Club are delighted with the plants which are now in full flower thanks to the family-run South Downs Nurseries.

"We were delighted to receive the photos from the bowlers and to see just how beautiful the plants are," said Sarah Mead from the Brighton Road business. "They have clearly tended them with care and the results are now being enjoyed by all who visit the club in Adastral Park."

Part-time Connect Group Co-ordinator wanted

A charity set up by a Hurstpierpoint resident is looking to add a new member to their team.

Befriended was started by Gail Millar nearly two years ago with a vision to address both the practical needs of being lonely and also to prevent loneliness. "The impact the charity is making to the lives of older people in our communities is incredible," explained Gail. One client spoke of the change in her circumstances: "I had nothing worth living for and I was so painfully lonely... Now I have a regular visit from a befriender with her toddler whom I have grown to love and I want to see that little one grow up. I love going to the park, out for lunch or on day trips with them."

The trustees at Befriended are now looking to address the prevention, with the establishment of a number of different interest groups, and they need the right person to take the lead. "It's a pioneer role to identify what is needed and where, and then to build a programme of suitable activities," Gail said.

If you are interested in this role, email admin@befriended.org for the job description and person specification. Closing date for applications is 23rd August, with interviews being held in early September.

What are you doing this summer?



Camping?



Relaxing?



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5 MINUTES WITH...

Kate O'Neill

Kate has finally retired after many decades managing charities which particularly support people affected by dementia and brain injury. Last September, she started a part time Fine Art BA(Hons) Degree at Brighton MET at Worthing and painting in oils is her new love!

How long have you lived in Hassocks?
13 years

What's the best thing about being here?
It's a friendly community and so easy for travel, shops and good cafés

What would you like to see in Hassocks that isn't here?
An Italian/bistro type restaurant

How many houses have you lived in?
Just one in Hassocks

Your most enjoyable event in the village?
My monthly book club meeting but, just up the road, our weekly choir rehearsals

Do you share your home with anyone?
My husband Daniel and two (demanding) cats

Song you play the most?
Whatever we're rehearsing most in Sussex Chorus

Which app on your phone do you use the most?
Hmmm... Email, closely followed by Instagram

Your most frequented village shop?
Budgens and Twines butchers

What's your proudest moment?
I recently became a grandparent for the first time – fabulous moment!

Last present you received?
A bottle of local sparkling wine

Your advice for life?
Be kind – it covers every situation

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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Harry Potter and the Philosopher's Stone by J K Rowling

BOOK REVIEW

By Ella Tingley

Harry Potter and the Philosopher's Stone is an amazing novel, aimed at children but suitable for everyone. Harry, orphaned and forced to live with his abusive aunt and uncle, is a wizard, as he finds out on his eleventh birthday when Hagrid (a half-giant) bursts into his life and whisks him away into the magical world of Hogwarts School of Witchcraft and Wizardry. There, he finds out what really happened on the night his parents died - and gets caught up in all sorts of adventures on the way.

I love this book - the whole series, actually - and they are quickly becoming classics of children's literature. J K Rowling has perfectly brought these characters to life, in such a way that you feel as though you know them as if they were your friends. The plot, too, is incredible. There's always something going on; it is packed full of twists and turns, with something new happening in every chapter. Rowling's writing style compliments this story: exciting, yet easily understandable for anyone to read.

Having read this for the third time (it's so good, I have to read it again and again, and am still picking up new details of the story), I'm just realising quite how ridiculous it is - and I cannot help laughing out loud at the absurdity of it all. Still, the fantasy element of Harry Potter is one of its most appealing qualities and the nonsense of it gives the story its timeless charm; when reading, I am transported to Harry's world and I never want to come back.

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Friar's Oak Inn – now and then...

With the recent reopening of The Friar's Oak by Vintage Inns, we take a look at the former coaching inn ideally situated on the old London to Brighton route. After five weeks' refurbishment, the pub opened last month with new décor and also an all-new food offering. Here we unearth a few details about past inhabitants and events occurring near the pub in years gone by.

By Deirdre Huston

In a map of Great Britain dating from the 1920s, a hotel is marked at the site of the pub and, a little further up the road towards Burgess Hill, Clayton Priory is marked, from whence the pub probably derived its original name.

And what of the people who have lived at the pub?

On 12th September 1876, a lease was issued for one year to James Towner of Friar's Oak Inn, Clayton. The rent was £12 for a 'hovel and four pieces of meadowland.' Five years later, he was still the innkeeper. The 1881 England, Wales and Scotland Census lists James Towner, aged 56, as head of the household at the Friar's Oak Public House, Clayton, Cuckfield. He lived with his 53 year old wife, Maria, 22 year old single daughter, Edith Anne, who is a barmaid while 20 year old Albert James is a carpenter or journeyman. Also living at the inn was 17 year old general servant, Sarah Hole, who'd been born in nearby Bolney and John Swane, a 24 year old boarder and master wheelwright from Brighton.

In 1841, the Godley family were in residence at The Friar's Oak. George Godley, innkeeper, and the innkeeper's wife, Elizabeth, had six children. The youngest toddler was listed as at home but three between the ages of five and 11 are shown to be scholars. Jane (15) is listed as the Innkeeper's daughter while eldest son, Henry, has a trade as carpenter. Also staying in the house that night was an 86 year old visitor called Elizabeth Farncombe, a widow from Fulking whose occupation is listed as annuitant, which means she received an annuity, probably from her late husband. There were two lodgers, both men in their



forties: George Oram and Henry Gorrance both worked as labourers. One suspects that 17 year old Harriet Burtenshall was toiling for very long hours as servant to this extensive household.

In local history book 'Hassocks from Railway Halt to Homes Estate', Dianne Jones states that 'according to The Brighton Daily Gazette in 1881: It was about the year 1811 when an excise man was shot dead near Stonepound Gate'. The murderer was a Keymer man, a smuggler called Bignell, who was executed for the crime. Diane also draws attention to another smuggling incident at the inn itself. Even earlier, in 1777, excise officers seized contraband worth £5,000 from the Friar's Oak.

In 1939, a register was taken which was to be used to issue National Identity Cards and later, ration books during World War II. The record shows that nobody lived at the Friars Oak Hotel: the address is recorded as 'Trans E.K.K.D.' which doesn't reveal much.

Any readers with information about the Friars' Oak during the Second World War would be welcome, to shed any light on this. Email editor@hassockslife.co.uk if you can add to the pub's history trail, or if you have any other historic information on Hassocks, Keymer and Clayton.

New community awards - who could you nominate?

Chairman Cllr Colin Trumble has announced the first round of brand new community awards, Mid Sussex Applauds. The Awards aim to highlight the fantastic work of individuals and organisations across the district, recognising connections and celebrating the local community.

Mid Sussex Applauds will encompass two previous award schemes: the Young Volunteer Awards and the Community Service Awards. In addition, there are new categories for those who help keep the community clean and green, support active lifestyles and sport or work to bring communities together. In total there are eight categories:

Stronger Communities – a community group or organisation that has helped to bring together cultures and communities through a local project or community activity.

Young Achiever Award - against all the odds, someone who has overcome significant obstacles and made a positive difference to their own lives or to other young people through education, campaigning or helping another overcome a difficult situation or personal problem.

Take Pride in Mid Sussex - This award will recognise residents who dedicate their time and energy to keeping Mid Sussex clean and green, take pride in their local area by creating community gardens, painting local spaces, upcycling or encouraging others to recycle.

Young Volunteer of the Year - recognising those young people who have made a difference in their local community.

Lifetime Achievement Award – an individual who has made a substantial commitment to the community in their lifetime.

Stronger Together – an individual who has helped to bring together cultures and communities through a local project or community activity.

Good Sport Award – a club or individual who has made an outstanding contribution to supporting activity or sport in Mid Sussex.

Business in the Community Award – recognising a business which supports or makes a positive contribution to benefit and enhance community life.

Residents are encouraged to take part in the straightforward nomination process which is open at: www.midsussex.gov.uk/applauds until 31st August, when nominations close.

The very first Mid Sussex Applauds award ceremony will take place on Sunday 13th October.

Local businesses and employers are being encouraged to get involved by supporting Mid Sussex Applauds, contact comms@midsussex.gov.uk to find out more.

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- 6 cherry tomatoes
- 2 large basil leaves
- 4 small mozzarella balls
- 4 1-inch cubes of crusty bread or pitta bread cut into small bits
- 2 10-inch skewers
- (you can add additional things like ham, pepper or smoked tofu)

On your skewer, start threading on the ingredients, repeat so the skewer has two of every item.


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Berry Nice Smoothie Shake

Makes 2 portions

This smoothie is a good one to have on hand as it's packed full of good nutrients and fibre. The berries are low on the glycaemic index, keeping sugar levels in check. The milk delivers good fats and the oats and sunflower seeds provide protein and good fibre to keep your energy levels going for longer. It tastes like a milkshake but doesn't give a sugar high like most shop bought smoothies and shakes.

- 150ml milk of choice (dairy, almond, oat)
- 50g plain greek yogurt
- ½ banana
- 125g frozen berries (e.g. blueberry, blackberry, raspberry)
- 25g oats
- 1 tbsp sunflower seeds
- 1 date
- Ice

Simply blend all ingredients together and pour into a thermos to keep cold!



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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...

Plastic

There are lots of myths about recycling plastic. In fact, plastic can be recycled over and over again, many more times than glass for example, and recycling plastic only uses 25% of the energy compared to making new plastic.

There has been so much in the press and on TV about plastic, I thought it would be useful to bring you up to date with what our major supermarkets are doing to recycle plastic.

Well the good news is that you will find recycling used plastic carrier bag bins locally in Sainsburys, Tesco and Waitrose. I did cover this last year, but from my mailbox many of you still have questions on these bins.

As well as used plastic carrier bags, from any company, you can also return to the supermarkets:

- Plastic bread bags (shake out)
- Plastic cereal bags (like plastic porridge oats bags)
- Plastic wrappers and ring joiners from multipacks of cans
- Toilet roll and kitchen roll plastic wrappers
- Plastic freezer bags
- Baked beans wrap
- The wrap you get on cucumbers
- Plastic magazine and newspaper wrappers (from your letterbox post)
- Fruit and veg supermarket bags
- Bubble wrap (pop the bubbles first – why should they have all the fun?)

It is even starting to be marked on the packaging.

In fact, any plastic that you can do the 'thumbs test' on can be recycled at these points in supermarkets. The test is difficult to describe but I will have a go: put your two thumbs inside a plastic carrier bag and move them apart to stretch the plastic. See how it stretches? You can use the same test on other plastics on the list and you will get the same result. Have fun testing plastics and let me know if you find any other plastic that passed the test. All of these can be returned to the supermarkets' recycling bin. Please make sure these are all clean so they can be recycled!

None of these can be accepted in your blue top bin. By taking all this stretchy plastic from your black top bin you should be able to slim your black bin even further! It's easy to store too – just pop it all in a carrier bag then put it all in the recycling bin next time you visit the supermarket. Keep recycling!



DOWNSFEST 2019

SAT 7 SEPT | ADASTRA PARK, HASSOCKS
12 NOON-10PM

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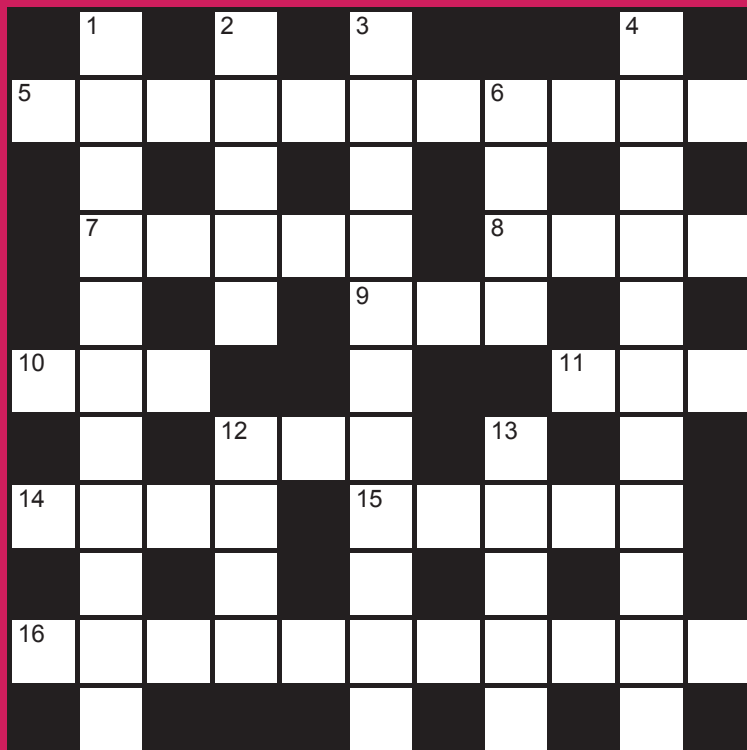
YOUTH (U18) £12.50 / CHILD (U5) FREE



GET INFO, NEWS & UPDATES www.downsfest.co.uk



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.35

Across

- 5 Dinghy, perhaps (7,4)
- 7 Strong thread (5)
- 8 Disfigure (4)
- 9 Chafe (3)
- 10 Drunkard (3)
- 11 Consumed (3)
- 12 For each (3)
- 14 Indifferent (2-2)
- 15 Tanker (5)
- 16 Possessing four right angles (11)

Down

- 1 Patron saint of tanners (11)
- 2 Natural talent (5)
- 3 Subterranean (11)
- 4 Born in early December, for example (11)
- 6 Explosive weapon (4)
- 12 Bard (4)
- 13 Not under one's breath (5)

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Book
by 27th
Aug.

Sudoku #37

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

Find the solution to #37 in next month's magazine

#36 Solution

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

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

August

- 11th **Cats' Protection Event** – TBC
- 30th **Ha Ha Hassocks** – time TBC
Live standup comedy line up with MC
Rob Thomas (Tickets £13 from Purple Carrot
& Marchants)
- 31st **Strictly Dance Magic** – 7.45pm
Saturday evening dances, tea/coffee included

September

- 11th **Horticultural Society** – 7.45pm
'Hydrangeas: Planting, pruning and how to keep
your hydrangeas blue' by Roger Butler (Visitors
£2.50, Derek Swaine 01273 842516)
- 13th **Strictly Dance Magic** – 1.45pm
Friday afternoon tea dances, tea/coffee/cake
included
- 16th **Hassocks WI** – 7.45pm
'Paracise! An exercise programme for all ages and
abilities' (members free, guests welcome 01273
846811)
- 20th **Star Cinema** – doors 7pm
Stan & Ollie (PG) starts at 7.30pm. Wine, tea,
coffee, soft drinks available, plus raffle (£4.50/£4)
- 27th **HHD U3A** – 2pm
'The history of the Houses of Parliament' by
Kevin Gordon (members free, visitors welcome
01273 846811)

AND ELSEWHERE

August

- 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)
- 23rd- **Attic Art Club Summer Exhibition**
26th Ditchling Village Hall - Friday 23rd 12.30-8pm,
Sat, Sun, Mon 10am-5pm. Demos throughout
(Free, www.atticartclub.co.uk)
- 24th **Village Market** – 9am-12.30pm
National Tyres forecourt – market stalls from
independent traders
- 24th **Mid Sussex Americana & Ale Festival**
The Hassocks Hotel - various artists (p25)
- 27th **Hassocks Townswomen's Guild** – 2.30pm
Age Concern Hassocks - 'My family and other
setbacks!' by Mel Rees (01273 841106)
- 29th **The Woodland, Flora & Fauna Group** – 7pm
Hurstpierpoint Village Centre, Trinity Road - A
climate change and wildlife talk by Trevor Beebee
(Free, retiring collection)

September

- 1st **Windmill Event Day** – 11am-5pm
Oldland Windmill, Lodge Hill, Hassocks
- 7th **Downsfest 2019** – 12noon-10pm
Adastra Park - music, bar, food and stalls, including
headliner Queen II and lots of local talent (p31)
- 7th **Model Railway Exhibition** – 10am-5pm
Burgess Hill Girls, Keymer Road, Burgess Hill (£5/£3
or Family (2+2) £13)
- 12th **Mid Sussex National Trust** – 2.30pm
Clair Hall, Haywards Heath - Talk: 'Tower of London'
by Alan Kingshott (01444 455803)
- 14th- **Hurst Festival**
29th Lots of events, activities and concerts
(www.hurstfestival.org)

Got an event going on?

Email details of any events which you'd like
listed to editor@hassockslife.co.uk before our
copy date - the next of which is 27th August.
See the website for copy dates for the rest of
the year: www.hassockslife.co.uk

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