

# HassocksLife

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Local village talk,  
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Issue # 11 : Mar. 2020

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Meet author Reina James

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More marathon runners

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Why is it called Adastral Hall?

**page 14**



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By Deirdre Huston, Assistant Editor

One of the best parts of this job is getting out and about in Hassocks to meet those who live or work here. This month, for our **Village People** feature on **page 22**, I enjoyed a fascinating chat with talented local novelist, **Reina James**, about her writing and her life. I was also delighted to meet shopkeeper **Jasvir Kumar**, and you too can go **Behind The Counter** at Hassocks Food and Wine on **page 12**.

On **page 35**, **Scott McCarthy** of **Hassocks Football Club**, gives credit to one-club man **Phil Wickwar**. Our editor, David, is a runner, and introduces a second feature on local runners in time for the village's own **Hassocks Marathon (p.32)**. Find out why the **Profiles** team have been out and about (see **page 4**) and on **page 19** there's news from **Windmill Junior School** too.

In Hassocks, we're fortunate to have a vibrant **Women's Institute** group and I met committee member, Kate Hastings, to hear all about it. See **page 29** to find out for yourself.

**Hassocks Community Organisation (HCO)** address the topical issue of flooding in their column on **page 26** and, if you're considering making a switch to **electric or hybrid vehicles**, local vehicle owners have generously shared their experiences on **page 20**.

March is one of my favourite months and, now that spring is here, many of us are hoping to get outdoors. The second edition of my guidebook, **Day Walks on the South Downs**, is published this month. If you'd like a copy, why not enter our competition on **page 6**.

If you know someone with a good story, would like to share your experience, poems, or tell people about something happening locally, then please do get in touch with us at [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk).

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HassocksLife Published by Kipper



David Tingley  
Parklands towards  
The Downs

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# NEWS

We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk)

## 'Best Beauty Team' from Hassocks

The team at Profiles were surprised and thrilled to find out that they were one of ten finalists in the category for Best Beauty Team for the South East at The English NBL awards (Nails, Lashes and Brows).

The business was nominated for this award by its clients through social media (without them knowing) and then were asked by the awards judges to submit supporting evidence of why the Profiles team were the best! "Quite an easy thing to do with such a fab team of skilled therapists," owner Ruth Corke commented.

Just a week after she discovered they'd been nominated, Salon Manager, Hannah, and Ruth were collecting the award during a reception at the Hilton Hotel in Reading last month.



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
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## A new coffee shop and café has recently opened on London Road

Tea Thyme is based at Garden Sage and is being run by professional chef Pietro Wasyliw (known as Was). Situated on the edge of the beautiful South Downs National Park the team are catering for all from hearty breakfasts, light bites, cream teas and Was' 'pièce de résistance' home-made stone baked pizzas.

Was previously was the head chef at South Downs Nurseries in Hassocks, and saw the 'to rent' sign one day on his way home. He commented: "This venue is an ideal place for me to develop and continue my passion for cooking and where I can draw on my Mediterranean

heritage." It will be very much a family business with Was' wife Emma joining him and Chloe, one of his daughters, helping out at weekends too.

Tea Thyme sits alongside other retail outlets of: Allwoods, Garden Sage, Woodward & Co, The Godfather and Goldfinch Styling – so the short drive, stroll or cycle out of Hassocks could be well worth it.

The coffee shop was officially opened last month by homeless charity Off The Fence CEO Paul Young. Tea Thyme is open from 7.30am Monday to Friday, and from 9am at the weekends.

## Be Yoga for everyone

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# Deirdre's book of walks reaches second edition

Hassocks Life's very own Deirdre Huston has a book out on this month called Day Walks on the South Downs. It is the Second Edition of the Hassocks resident's title which was first published nine years ago by Vertebrate Publishing.

This guidebook details 20 circular walks which will help you explore the South Downs National Park. She combines sections of deservedly popular trails such as the South Downs Way with lesser known paths. These loops lead you past viewpoints and points of interest to convivial pubs and cafes, so that as you walk and relax, you can also discover history and observe nature.

Deirdre, who has written cycling guidebooks too, loves to walk herself and comments: "When you are out walking or cycling, and come across people using your guidebooks that is very satisfying." Her major current work-in-progress is a historical crime novel, set in the High Weald.

Day Walks on the South Downs will be widely available at Waterstones, Amazon, Vertebrate's own website and a host of other independent book shops and outdoor outlets. She has recently featured on BBC Radio Sussex and on a podcast (listen here: <https://bit.ly/3960cGm>)



Photo: Rory Rayland



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# What is a 'sustainable diet'?

Local group HKD will be hosting a talk later this month on the top of the Sustainable Diet. Held on 20th March at Adastra Hall, Duncan Williamson, Food system and sustainable diet expert, head of policy at Compassion in World Farming will be talking about food, the environment and health, how they are linked. And how sustainable diets and agricultural diversity are key.



Duncan will discuss lifestyles, solutions, and tackle a few common misunderstandings and assumptions. The solution will focus on simple steps connected to the ABCDE of diversity - Agricultural, Biological, Cultural, Dietary and Economic. The event takes place at 6.30pm at the Green Room, rear of Adastra Hall. It will be free but tickets need to be booked via EventBrite (<https://bit.ly/2PtnaiY>).

# Downlands looks for school governor

By Di Hunt, Chair of Governors

Are you interested in the education of children in our local community?

The Governing Board of Downlands Community School in Hassocks is looking to recruit a co-opted governor at the end of this month. All governors are volunteers and no formal qualifications are required. However, as a co-opted governor you may be able to use your professional skills in the role. At present we are particularly looking to recruit someone who has some knowledge of education. However, this is not a prerequisite and we would be glad to hear from those who have other skills to offer.

To become a school governor you must be over 18 years of age. Those in employment are entitled to 'reasonable' time off work to carry out their governorship duties.

The governing board exercises its authority collectively rather than as individuals.

If you are interested in joining us and would like further information regarding the roles and responsibilities of a school governor, please contact the Clerk to the Governors by emailing: [ctog@downlands.org](mailto:ctog@downlands.org).

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## Hassocks Village Market Seed Swap

Spring is in the air and despite the storms we've had we're already seeing the first green shoots of the season. Sooner than we think it will be time to sow this year's seeds. Gardeners, allotment holders, families and anyone interested in heritage vegetable and flower seeds are invited to take part in the 7th annual HKD Transition community seed swap on the 28th March at Hassocks Market, between 9-12am. You are invited to take your flower and vegetable seeds to swap (or buy local seeds if you have none to share). Pick up tips on sowing, growing and pollinator-friendly plants and learn about sustainable living from HKD Transition members. Children can plant a magic bean or wildflower seed mix! Go along and get planting! Hassocks Village Market meets at the National Tyres forecourt.

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# Mindfulness course in the village

With the stress of 'just doing life' widely accepted these days, this period of post-January time can be difficult for many people.

Debbie Horney recently launched a new Mindfulness business (Remember Mindfulness) with a course due to start at Keymer Church Hall. Debbie is hosting free taster sessions for the course on Wednesday 1st April.


She explains: "Mindfulness is a very simple form of meditation, which is used to bring us back to the basic human ability of being fully present in our lives so that we are aware of what we're doing and not overly reactive or overwhelmed by what's going on in our minds, bodies and around us. It provides us with a way to respond to life and to be in control of our choices. The key to this is kindness and self-compassion."

Debbie has personally found the practice to help manage chronic pain, stress and anxiety but it can also reduce depression, addictive behaviours (such as over eating, drinking, working) and much more.



The Mindfulness-Based Stress Reduction course runs over eight weeks and starts in Hassocks in May. See the advert on page 36 for more information.

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Photo: Deirdre Huston

# Hassocks Food and Wine

## BEHIND THE COUNTER

By Deirdre Huston

Jasvir Kumar took over Hassocks Food and Wine in Spring 2017. He was already familiar with the shop as he'd done some shifts for the previous owners, relatives of his wife, Ketal Patel. Ketal works in finance, dealing with PPA claims, but she helps in the shop when needed. The previous owners were distant cousins who the couple saw regularly at the Hindu temple in Crawley. Jasvir is a Sikh, but accompanies his wife to the Hindu temple as a social thing. Jasvir has always worked in customer service, as a chef, in an open kitchen and in a staff canteen, and he likes to talk with lots of different people. He enjoyed filling in at the shop during his relatives' holidays. Around then, he was working three jobs and wanted something more convenient. Living in Crawley, he was aware of a variety of shops setting up for business and Jas decided he would like to have his own shop.

The shop already had a good customer base. Some regulars from the time of the previous owners are still customers. Jas was drawn to the fact that Hassocks is a smaller place with friendly people. "My regular customers are all good and very supportive." People tell Jas what they would like and he picks up items from the supplier with specific customers in mind.

He is keen for new customers to pop in too. "It's a shame people don't come in and see what we offer. We stock beer from Harveys and Hurst Brewery, a local supplier." Jas stocks best-selling wines such as Barefoot, Blossom Hill, Oxford and Hardy, Jacob's Creek, Casillero and Yellowtail. "These wines are popular all year round." He also stocks better wines like Siglo: the bottle is covered in hessian, making it popular to purchase as a gift. Ketal enjoys Pinot Grigio or Sauvignon Blanc so, of course, those wines are stocked and plenty of others too.

Jas was born in Punjab, India. He has one younger sister. Jasvir's dad has always worked in Saudi Arabia as a driver of lorries and transport buses for workers, but he has returned home every year to see his wife and family. Jasvir's mother still lives in Punjab, but both Jas and his sister have moved to England. Jasvir's sister now lives in Derbyshire and has a baby, so Jasvir's mother will come for a visit soon to see her new grandchild. "When we were kids, we always saw England and aeroplanes on the movies and so I was curious. And we used to pick up my dad every time he came back from Saudi so we'd go to the airport and see the planes there too."

When he was thirteen, for family reasons, Jasvir's uncle brought him to England and Jasvir helped in his uncle's takeaway shop in London. "I was a little bit shy and I couldn't speak much English but I went to some education centres to study when I could." His first few years in England passed in a bit of a dream. Jasvir was working within the Indian community in Southall. It was easy to find work because he soon knew lots of people, but he was curious to explore further afield. His ambition was to become a chef, and he did it. He became an all-rounder, responsible for main dishes and starters. Then he moved onto preparing English dishes too and gained promotion from Commis Chef to Chef de Partie at the restaurant. He also undertook a lot of work with agencies. He was always busy, but found working six nights a week took its toll. Once he got married, he decided this wasn't the ideal lifestyle, hence the change to shop-keeping.

Jas moved to Crawley in 2007 and, not long afterwards, he met Ketal. She knew some of his friends from India as they were from her mother's village. Both Jas and Ketal were born in rural villages but moved to the city, so their experiences are more of urban India. "We went out a few times then we moved in together and got married after seven or eight months." They had two weddings. One was in a registry office and they kept it very private. The other wedding was much bigger with seven hundred guests. The bride and groom both wore ceremonial red and special scarfs and turbans. Ketal already had two daughters from her first marriage and the couple have since had another daughter who is now five years old. The family live in Crawley and Jas commutes down to Hassocks for his job.

Jasvir enjoys going to the gym. He plays and watches cricket and is always pleased to chat with his customers about the Ashes, T20 and O.D.I. matches. Although he doesn't get much free time at the moment though as he works long hours: "I keep the shop open for my regulars. They do come and I like to be here."

One day soon, Jasvir hopes to change the sign to 'Hassocks Food and Wine'. He is planning to stock more consumer goods. As well as pet supplies, household and basic foods, Jasvir stocks Cardline charity cards. The array of sweets reminds me of an old-fashioned sweet shop and there's a wide range of soft drinks popular with his younger regulars who drop in on their way home from school. "It's the regular customers who make it worthwhile," Jas tells me. "There was one eighty-three-year-old woman who has sadly now passed away. I used to drop her round a packet of cigarettes and one of those tiny cans of brandy because she couldn't get out."

"Working inside the community makes it keep ticking over, but it's hard to compete with supermarkets. What is it they say? 'When you buy from a supermarket, you're helping the CEO pay for his next holiday but when you buy from an independent shop, you may help a dad to pay for his daughter's dance lessons and buy some food for the family'."

Jas also offers a parcel service, serving as a drop-off point for courier services, such as Hermes and UPS, and accepting post from Royal Mail where a customer can't accept delivery. He hopes customers pick up a small item to buy as a thank you for him hosting this service.

Every day Jas puts £2 into a pot, and sometimes his customers contribute too. "It adds up and every month I send it home," he explains. He is proud to support a charity in Punjab which helps buy food, clothes or essential medical treatment for people, especially babies and young children. He is happy to display posters for local charities in his shop window and, if a poster is not for charity, he asks the bearer to contribute to the pot.

Hassocks Food and Wine is at 13 Keymer Road and opens every day at 10.30am except Sunday, when it's 11am.

# Hassocks: what you may not know...

By Diana Williams

It's not exactly chocolate box pretty, not film-set charming or a jig-saw picture's rural idyll, but Hassocks has more significant claims to fame, including more community groups than any other Sussex village.

And there may not be a village green or a pond (unless you count occasional flooding under the railway bridge) but we have the South Downs on our doorstep, plenty of green spaces and a wonderful landmark in Jack and Jill. Not the nursery rhyme characters plodding upwards for their pail of water, but two magnificent windmills sitting proudly on their South Downs peak and visible for miles around. And if you're after water features, forget your pond, we have the busy Herring stream running through the village centre, providing an ever-changing source of interest and conversation. There are famous sons, heroes and villains and lasting legacies from former residents.

A place-name directory will talk about Hassocks relating to local tufts of grass in nearby fields, while church-goers will know and be grateful for hassocks as something to save wear and tear on the knees. The village itself, once a collection of small houses with a coach house for changing horses, came into being with the arrival of the London to Brighton railway. However, neighbouring settlements Clayton and Keymer are mentioned in the Domesday book.

Since the railway put Hassocks on the map, the village has emerged from its grassy roots to become a thriving community of nearly 8,000 people. The Hassocks Community Organisation was formed ten years ago from a merger of Hassocks Amenity Association and Hassocks Community Partnership offering continued support to a huge range of village organisations and welcoming new ideas. The current menu of options includes skateboarding, cinema, summer and winter team sports, U3A meetings, dance groups, Scrabble and horticulture to name just a few examples. Many of these activities take place in the Adastral Hall or Adastral

Park. Local residents owe a huge debt of gratitude to a bereaved father – Hassocks resident Edward Stafford – who donated the land for public use in memory of his beloved son Frederick John Ewart, killed in the First World War. Ewart, known by his last forename, was a member of the newly formed Royal Flying Corps. Shot down over France in 1917, he managed to land his plane safely though severely wounded, but subsequently died of his injuries. The Royal Flying Corps became the Royal Air Force and its motto 'Per Ardua ad Astra' was

borrowed by the people of Hassocks for the community centre at its heart.

So Hassocks has its local hero but also an assortment of local villains – of the fictional variety. The author and playwright Patrick Hamilton (not to be confused with a Scottish Protestant martyr of the same name) was born in Hassocks in 1904. Unfortunately his spell in the village was short-lived. The family fell on hard times and childhood was spent in various boarding houses in London and Brighton. After a haphazard sort of education, Patrick became an actor for a short time and then moved on to writing plays and novels. Many of his characters were drawn from the London and Brighton criminal underworld, including swindlers and psychopaths. But the bleak atmosphere and

authentic storylines of his books and plays impressed some critics who described him as 'ahead of his time' and 'as significant a chronicler of English life as Charles Dickens'.

Several of Patrick's plays were made into films. *Gaslight* tells the story of a manipulative husband, deliberately trying to drive his wife insane. The term gaslighting is now widely used to describe this type of psychological abuse.

But Patrick's first publication was a poem, entitled *Heaven*, written at the age of 15 and printed in *The Poetry Review*. He must have been remembering Hassocks.



Photo: Jacob Neller

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**AD CLASH**



# Spring Fair at Adastra Hall

Paws & Claws, the animal rescue charity, is holding its Spring Fair on Saturday 28th March, from 10am to 12noon, at Adastra Hall. This popular event has delicious home-made cakes for sale and a variety of stalls. These include jewellery, gifts, toiletries, bric à brac, accessories, cat items, cards, books, toys, DVDs, CDs and more. Try your luck at the prize every time tombola and the bumper raffle and enjoy the refreshments. Entrance just 50p.

## Retired and want something new to do?

Hurst Hassocks & Ditchling U3A welcomes everyone, particularly those approaching retirement or already retired, to its forthcoming Open Morning on Saturday 21st March 10am – 12 noon at the Adastra Hall, Hassocks. Free entry and refreshments awaits.



Most of the 40 plus interest groups will have displays and members will be available to chat about their activities. These range through Art, Crafts, Music making, Gardening, Walks, Languages, History, Book Groups, Bridge and many more, not to mention the two popular Sunday Lunch groups.

Ideas for new groups are always welcome. Find out about our monthly speaker meetings and the trips planned for this year. New members may join on the day, whilst current members may renew their membership or just collect their card if they pay by Direct Debit.

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# Probus Club becomes first in Mid Sussex to open its doors to women

The Burgess Hill & District Probus Club, which draws around 27% of its membership from Hassocks, has become the first Probus Club in Mid Sussex to open up its membership to women.

Like most other Probus Clubs, Burgess Hill & District traditionally only allowed men to become members, but the move to become a mixed Club was overwhelmingly supported in a recent AGM vote.

On the outcome of the vote, newly elected President Terry Mallaband said: "I am delighted that our membership has made the sensible decision to admit women members and thus signal that we are a forward-looking organisation.

"Decades ago it wasn't unusual for retired men and women to go their separate ways for social events, but things are thankfully very different now - we are all used to mixing at work and out of it."

Terry says: "I hope this sends out the message that we are fully open to new members of either gender."

People wishing to apply for membership of Burgess Hill & District Probus Club should contact Secretary Fred Reynolds at [reynoldsfj@bopenworld.com](mailto:reynoldsfj@bopenworld.com).



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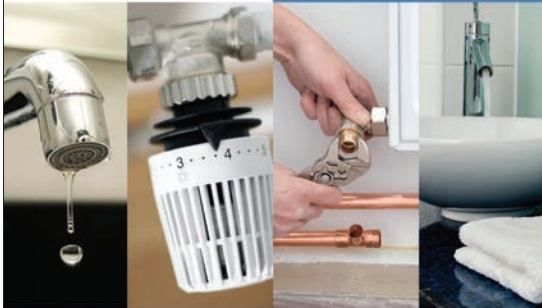
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# School takes sports to the next level...

**By Sue Bandy**

At The Windmills we strongly promote an active and healthy lifestyle and the children are encouraged to take up an interest in sports. We teach the children in a motivational way that inspires them to develop a healthy lifestyle - for life.

The School Games Mark is a Government led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community. For four consecutive years the school was proud to achieve the School Games Gold Mark in recognition of all that we do. This year we were in a position to apply for the Platinum award for the 2018/19 – 2019/20 – and were thrilled on hearing that we were successful!

To achieve gold the school has to reach challenging targets for the number of children who take part in physical clubs, attend a range of tournaments and competitions, including those with A, B and C teams, have links to various clubs and actively promote and celebrate sporting success. All of which we do as these are core to our ethos. However, to achieve the Platinum award you have to go much further and put together a case study to demonstrate excellence in a key area. The school's focus was on the work that our sports leaders do: training to be sports leaders; supporting learning in class time; running active lunchtime sessions and helping run sporting events. So, huge thanks and well done were due to everyone who helped lead a sporting activity - or taken part in one.

We are extremely proud of our pupils for their dedication to all aspects of school sport and very grateful to all those teachers and school staff, sports coaches, parents and officials who made our competitions and involvement in a wide range of sporting activities possible.

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# What's an electric car like?

There is much talk of the environmental impact all of us have in how we live. In this article we talk to Hassocks residents who have already taken the plunge and switched to cars which use electric power. Ann Nunn drives a hybrid (which means it uses both a conventional petrol engine as well as having batteries which can be charged and power the car for short periods of time), David Watson owns a Nissan Leaf which is a fully electric powered car (often referred to as an EV) and David Toman (pictured) has one of both types.

David Toman explained that he initially bought a Toyota Prius because of his scientific interest in the engineering concept of hybrid technology, but with a secondary objective of reducing his carbon footprint. "The Leaf (EV) was the next step and with a far greater range running on batteries. Most journeys are within a 30 mile radius of home and so I find now that I tend to use the Prius mainly for longer trips."

The cost of charging an electric car and driving the miles is certainly cheaper than the equivalent in petrol or diesel. David Toman estimates that the per mile cost of running his EV compared to a petrol-drinking hybrid is around half. One of the advantages that David Watson, who has owned Nissan Leafs since 2012, tells us about is the car's depreciation being less than other cars he's owned.

Ann Nunn bought her Toyota Auris in order to reduce emissions but admits she was tempted in by the fuel economy, which she says averages 50mpg but has been known to get up to 70mpg! "I love driving it – it's perfect. I've had it for three years and would definitely buy another one. It's size and efficiency makes it a great car."

In an all-electric one of the main concerns for potential EV owners can be about running out of charge. David Watson said: "We have solar panels at home but I do still charge away from home plenty and use remote charging points all the time. And they are improving in the technology and quantity available." David Toman doesn't have any experience of using charge points as he doesn't do long journeys plus he also has solar panels at home – so there's a strong incentive for him to use the free power especially during the spring and summer months.

All our owners described the cars as easy and pleasant to drive. Whether on the hybrid where the petrol engine cuts in and out on its own, or the super quiet drive of electric only. The recent announcement by the government to bring forward the ban of all petrol and diesel cars to 2035, the transition to electric (and other alternatively fuelled vehicles) is certainly upon us.



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# A great work of fiction

VILLAGE PEOPLE

"We'd read the day's pages and laugh. There are things that are funny."



Photo: Deirdre Huston

**Reina James welcomed Deirdre Huston into her Hassocks home to talk about her writing, and her life.**

Incisive and creative, Reina James began writing fiction in her fifties. She sent an early manuscript out and Gillon Aitken, a renowned agent and old school gent, loved her style and idea for her next novel so much that he invited her to a meeting at his office to discuss her new project. Piles of manuscripts were stacked up around the walls, and, to Reina's delight, on his desk, sat the latest novel by renowned writer, Pat Barker.

Engrossing and compelling, Reina's first novel, *This Time of Dying*, is about the disintegration of a community at the time of the Spanish Flu in 1918. It's a narrative about class, and a relationship between an undertaker and a teacher. "The love story allows us an insight into the progression of Spanish Flu and the class differences inherent in society at that time." Reina wanted to write about a character who was an undertaker, whose responsibility it was to care for the dead. Tragically, when Reina's mother was a baby, both her maternal grandparents died of Spanish Flu, and this personal connection adds depth to Reina's understanding of the subject. "Spanish Flu was at right angles to the war. You couldn't stop the movement of troops and then, in the autumn, the virus mutated into the deadly second wave.

A novel takes time to develop. "I edit all the time. Write a sentence. Change it. Wake up the next morning. Change it again." Reina is a meticulous writer and her

hard work paid off. The novel was published in 2006 by Portobello, now Granta, a literary publisher. She had a marvellous editor who was hugely supportive. When the first box of books arrived, Reina burst into tears. "Honestly, I can't tell you. It was the most amazing feeling." She waited nervously and was delighted with the reviews. "Writing this book is the most enduring and best thing I ever did. Just to know that I could do that and get it published was such an achievement." It was shortlisted for the Commonwealth Prize and won the Society of Authors' McKitterick Prize for writers over the age of 40. "I was completely flabbergasted. The prize was gorgeous, and a cheque presented at a lovely do in an ancient function room at Bart's Hospital. Harold Pinter was there too. I love his work so for him to be there felt so special."

Reina spent a lot of time doing research at the Wellcome Institute and now *This Time of Dying* sits on their shelves. "Nothing has tickled me more. It's just the best thing, having spent so much time there, that my work is now in the library.

"Then I thought, it's time for a laugh." Reina's second novel, *The Old Joke*, is about an actor who is 71. "I wanted to write about being older. All the issues that have plagued you forever are still there, issues with good and bad relationships, issues with work, issues with friends and family. It's about the notion of reparation and approaching the last years of your life without having looked at what needs repair in your close relationships. It's about what you need to do and how you relate to

people in order to heal any wounds that you might have been part of causing. It's absolutely dark but it's a funny book.

"When I was writing it, the person I had in my head was Sheila Hancock." Reina wanted to explore beyond stereotypes of aging characters: "Old people are either repellent and disgusting or they're sweet little old people on the telly or crusty old caricatures like Victor Meldew.

What about them being just people?" Her protagonist, or heroine, Mim, is an actor who's bought out of retirement to audition for an advert for a pill to keep you going. Mim and her husband make up their own slogan: 'Bing-Bong for brains. Get a PhD in one, two, three.' The humour in Reina's writing is not forced but comes out through the voice of the characters. Reina and her partner Mike have a lot of fun with the process of writing. "We'd read the day's pages and laugh. There are things that are funny."

Reina's father was actor, Sid James. "As well as being funny, he was also a really good straight actor, and had a huge career before the 'Carry On's', in films like *The Silent Enemy*." Reina's parents separated when she was three and although she grew up with her mum, she saw him on Sunday visits. When she was at school, Sid was becoming well-known, doing Hancock's *Half Hour*. "He was on the radio and on the telly and doing loads of feature films. The visits would be seeing him but I knew my father best through the telly and the radio. They were my doors to him."

Reina grew up in London. "My first school was ridiculously tiny, with about twelve pupils." After a brief spell at a dreadful boarding school, she was thankful to move to a progressive co-ed school which saved her bacon. Its English teacher introduced Reina to 'Hard Times': "He woke me up to Dickens and it was so exciting. My reading changed after that. It was wonderful." While cramming A-levels, she thought of studying English at university, but then a friend accidentally poked her in the eye with an umbrella, and she missed a whole term. She decided to commit more time to her music. She got married young but kept the music going, singing and playing the piano. She was the singer in a folk group, *The Backwater Three* and they performed at folk clubs all around London.

Some years later, Reina decided to be an actor. "I really wanted to see if I could do it because of Dad." She spotted an advert in *The Melody Maker* for *The Royal Theatre* in Northampton. It was her first audition: she sang 'The Long and Winding Road' and got the part, playing piano and singing in a Willie Russell show about the Beatles, a role played in the West End by Barbara

Dixon. "It was an incredible job to be in the pit, MDing the band, and doing all the Beatles songs for the shows." This experience made Reina want to act and she sang in wine bars and acted in fringe shows to secure her Equity card. She got an agent and then a part as Mrs Johnson, the mother, in the musical, *Blood Brothers*, again, at *The Royal Theatre* in Northampton. "There's always that point at the end where you can hear the audience starting to snuffle, cough and cry."

Reina continued acting and did lots of voiceovers but eventually realised it wasn't for her. "I was starting to get more nervous and thought, why do I want to go careering around the country when I could actually not do that?" She had met someone. "My beautiful inherited boudoir grand piano wouldn't fit into my new home so some friends invited me to play at their flat. They then invited me to a music party. And Mike was there. He lived in the next street to me, and it was lovely. A bit of destiny there."

The couple have been together ever since, and as writing and music partners,

are a huge support to each other. Mike is a singer-songwriter who writes songs for children and adults. Reina sings backing vocals and plays keyboard on all Mike's albums and, if he's gigging locally, she sings with him too. When helping each other with creative projects, they both recognise what they refer to as 'the GRR moment', as in 'GRR I don't want to change that,' but they are hugely appreciative of the benefits of their collaboration.

Reina worked on a radio playscript of *The Old Joke* and a screenplay of *This Time of Dying* and would love to see the stories performed one day. "We did nine drafts of the screenplay and we got to a good working draft in the end. The Director wanted to do the project but, sadly, we couldn't get a producer." Reina recommends William Golding's, 'More Adventures in the Screen Trade' for insights into the writing process. She is now working on a new novel which we look forward to telling you about in the future.



# New Chef at South Downs Nurseries

A popular Hassocks food destination has a new 'dream team' in its award-winning kitchen with the appointment of head chef Jon O'Dowd and recently-promoted sous chef Lee Copleston. The pair will be responsible for thousands of meals and snacks a week at family-run South Downs Nurseries' catering outlets. Jon lives in Albourne and is a chef with over 20 years' experience in hospitality. He trained at The Apprentice, Tower Bridge when it was a Terence Conran-run initiative. After working at The Marlborough Tavern Gastropub in Bath, Jon mentored students at LVS special needs school in Sayers Common where his pioneering work featured in the Mail on Sunday. Now in his new position as Head Chef at South Downs Nurseries he relishes his new role, getting to know and mentoring his new team. "I am very excited about extending the restaurant menu and creating more specials."

"This is a very exciting time for our restaurant", says Rebecca Houghton-Knapp from the Brighton Road business. "Our customers are also thrilled by what Jon will be able to do in extending the menu and creating fantastic special dishes making the most of locally-sourced ingredients."



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## Holiday snaps

As ever, Hurstpierpoint residents have taken their copy of the magazine away with them. Do send yours in to [photos@hassockslife.co.uk](mailto:photos@hassockslife.co.uk)



Jonathan Soper in 126kph winds outside Cape Horn

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# Flood risk reduction in Hassocks

**By Fred Maillardet**

This has been the winter of floods: record rainfalls across the country, with a series of intense storms dumping a month's-worth of rain in a day or two. Has Hassocks just been lucky to avoid flooding, despite the recent torrential rain? Maybe, but a group of local residents has been working for the last four years on natural flood management to reduce flood risk in our village. Our Floods and SuDS (Sustainable Urban Drainage Systems) group is composed of members of HKD Transition and Hassocks Community Organisation (HCO) together with the Ouse and Adur Rivers Trust (OART).



The natural flood management approach is to 'slow the flow' – that is to

reduce the volume of water entering the five tributaries which converge on the Herring Stream in the village. We have built 'leaky' debris dams in Lag Wood, built Rain Gardens in Adastra Park and Adastra Avenue and installed Rain Planters throughout Hassocks. An interpretation board in Adastra Park gives more details. We are also working with Downlands School on tree planting on their grounds.



Photo courtesy of Paul Roberts

This winter, Spitalford Bridge in the centre of Hassocks did not 'choke' as it did in similar storms in 2016, thus avoiding a repeat of the flooding in Parklands Road that year.

It is now being recognised nationally that 'the Government needs to increase the creation of more natural drainage systems...' (The Guardian 17th Feb) and 'to continue throwing concrete and endless amounts of money at defences such as high walls won't stop the flooding' (The Telegraph 11th Feb). The major flooding in Fishlake is now recognised by many flood experts to have been exacerbated by the £86m of hard engineered flood defences put in upstream to protect Sheffield. These defences had the effect of moving water quicker and in large volumes to downstream areas.

Sadly this pattern appears to have been repeated more recently in the Calder Valley which flooded for the third time in seven years despite about £30m already spent in the region on hard engineered defences.

The modest measures being taken in Hassocks do appear to be having an effect. We must prepare for more intense storms in future and it would appear that we are on the right track.

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# WI packs a varied programme for local ladies

By Deirdre Huston

Committee member, Kate Hastings, describes the Hassocks Women's Institute (WI) as: "It's tremendous, like having another family. The friendship is so lovely and makes you more productive and more sociable."

Last month Hassocks WI dedicated a meeting to making the most of 'me-time'. More than 40 attendees sampled reflexology with Lila Davies, Nutrition Therapy with Natalie Le Bouedec, Sugaring with Claire Hobbs and Weleda skin care with Sabine Dahn.

Sugaring uses a natural sugar mixture to remove hair and attendees enjoyed hearing how the practise has Arabic origins and has been used by young brides to prepare themselves for marriage. The reflexology caused lots of discussion: "What fascinated everybody was how Lila could release the stress hormones and treat the whole body through the pressure points on the feet.

"The organisation is centred around this idea of giving women a voice which is marvellous." The Hassocks group has over 50 members, some of whom come from Hurstpierpoint and Burgess Hill. They have varied meetings at Adastra Hall: "You can join in a workshop, listen to a talk or watch a floristry demonstration or a magician." Smaller groups also meet regularly to support interests such as walking, creative writing, craft, arty visits to galleries or more general outings. Plus there are two book groups!

The women range from being in their late forties through to their eighties. The membership includes teachers, nurses and civil servants and a whole host of jobs, such as an administrator of a stately home, and a florist. "They all bring valuable skills to our meetings," explains Kate. As well as supporting each other, the group helps others in the community, perhaps through using crafts, for example, to make heart-shaped cushions for post-operative breast cancer sufferers, or through the Baby Station at the local United Reformed Church, which aims to give mothers a chance to socialise.

"I remember my first meeting," says Kate. "A lot of members are shy to start with but, before too long, they find where they feel most at home. Because there's lots going on, there's always plenty to talk about."

For further information see: [www.wihassocks.org.uk](http://www.wihassocks.org.uk)



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Spare



## Housebuilder shares a story preschool

Pupils from Isabello's Preschool were treated to an afternoon of stories by professional storyteller Alys Torrance, thanks to Barratt Homes, which is currently building at Saxon Mills, on London Road.

Set up in 2000 by The Society for Storytelling, National Storytelling Week has been used to highlight the importance of stories and storytelling for young and old to enjoy.

Lynnette St-Quintin, Sales Director for Barratt Southern Counties, commented: "As part of our ongoing Education Programme, we actively promote learning experiences such as these to creatively engage pupils away from screens or tablets so were delighted to arrange Alys' visit to the school."

Emma Snell, Director at Isabello's, commented: "It was fantastic to welcome professional storyteller Alys to our preschool and see how she brought stories to life in her performance storytelling style - the children were totally captivated."

Professional storyteller Alys told pupils lots of stories, including the rabbit that laughed himself all the way to the moon. She comments: "There is nothing better than being transported into another world with a great story. It has been proven that listening to stories helps to develop literacy and writing later on, and above all it is one of the greatest pleasures there is."



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## My Sister the Serial Killer by Oyinkan Braithwaite

### BOOK REVIEW

By Clair Stanton

Set in Lagos, this is a darkly comic story of sibling rivalry and multiple murders.

Korede is very protective of, but infuriated by, her younger sister Ayoola. Ayoola is beautiful, lazy and attracts men to her effortlessly, while Korede is a hardworking nurse, who compares her looks unfavourably with her sister's. Both sisters have man problems: Korede has a long-standing crush on one of the doctors at the hospital and Ayoola's boyfriends keep ending up dead.

When Ayoola comes to Korede's workplace she catches the eye of Korede's crush. Korede is desperate to keep them from getting together. Is she scared of losing the man she desires to her sister – or scared of what may happen to him if Ayoola is, indeed, a serial killer?

Korede finds her life becoming ever more complicated and confides her worries to her favourite patient, a wonderful listener who never judges her and who keeps her secrets – that he's in a coma is a small drawback, but it helps her to get things off her chest...

This is a novel that defies classification. The closest I can get is to suggest that you imagine how the Coen brothers would adapt Chimanda Ngozi Adichie's 'Purple Hibiscus'...

If you are planning to join in with the library's 'Mid Sussex Reading Challenge' you can use this book as your choice for March: 'a book set in another country'.

Pick up a copy on your next visit to the library. There will be copies on display throughout March.

## The Heeler Centre ad



# Hassocks runners prepare for the big day...

This is the second of a two part feature where we share a number of Hassocks residents who are tackling either Marathons or Half Marathons shortly.

Here we catch up with and wish all the best to Mel Lowin, Steve Roberts and Fiz Louden, and likewise to last month's contingent of Debra Moller, Ginette Read and Malcolm Roweth.

## Felicity Louden

Fiz will be running the London Marathon next month. "I've completed a Half Marathon before – but that was 'pre-kids' when I was much younger," she explains. "The London Marathon has always been on my bucket list though, so even though it'll be an incredibly tough challenge, I'll be giving it my all because I feel very lucky to have got a place."



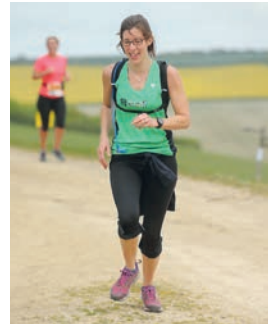
Fiz has recently joined Hassocks Community Runners and has been 'blown away' by how friendly and welcoming that group is: "Hassocks is certainly the place to start running, improve your running or just enjoy doing it!"

Other than her Garmin watch Fiz loves the fact that all you need is a pair of trainers – you can go when you want. "I also love the eating anything and everything afterwards!"

Fiz is raising funds for Action Medical Research and you can support her online: [www.justgiving.com/fundraising/fizisdoingthemarathon](http://www.justgiving.com/fundraising/fizisdoingthemarathon)

## Mel Lowin

Mel Lowin ran the Brighton Marathon back in 2010 but this year will be running not one, but three Half Marathons: in Brighton, Gatwick and Barns Green. She's a seasoned runner who prefers to run with a friend and finds herself a member of 'quite a few' running groups in order to gain information, support and motivation!



"I run to stress bust, to appreciate the countryside, get fresh air and keep healthy. I happen to have met some amazing people as a consequence," Mel explains. She's a keen user on fitness tracking app Strava and says she's most proud of getting better at running, despite getting older!

"My tip would be: Spend money on decent shoes, professionally fitted, find a support network to motivate you, run occasionally outside of your comfort zone and enjoy it!"



# Steve Roberts

Steve Roberts will be running the Beachy Head Marathon in September this year. But before that he's signed up for a 100 mile walk/run! Steve isn't new to marathons though and has been running for 16 years.

He runs by himself for some quality solitude but also is a member of a couple of running groups, which he enjoys. "Groups help me with more structured training as you work harder when alongside others and are being pushed by a coach or leader," Steve explains. "I've had a couple of injuries that have meant I haven't been able to run for a while. That was a bit of a killer! I'm not naturally that fit or strong, so training is always a challenge, but a worthwhile one!"

Steve isn't fundraising this time (although he has in the past) – so this one's just for fun! If you have always fancied having a go, his advice is: "Get out into the countryside and up on the hills – but maybe start with Couch to 5K first!"



# Hassocks Marathon

28TH MARCH

Hassocks personal trainer, Jane Roweth, was the inspiration for this idea when she ran 23 times between Stonepound Crossroads and The Greyhound while training for her first Brighton Marathon in 2010. Since then We Run! Hassocks has taken on the idea with the first official charity event taking place in 2014.

This is a free community event, sponsored by Aspire Fitness Solutions, which starts at 8am on 28th March. A few run the whole 26.2 miles, but many more join in for as much as they want to on the day.

The Hassocks Charity Marathon has raised over £3,000 since it started. For more information search Facebook or see: [www.werunhassocks.co.uk](http://www.werunhassocks.co.uk)

# Local runner wins place

Local runner, Bernadette Hecht, has won a place on the London Marathon courtesy of Holiday Inn. "I first ran London in 1990 and couldn't believe it when I won a Holiday Inn Facebook competition to do it all again 30 years later!

"It was a Facebook competition about a month ago. At first, I thought it was a scam... but no... I'm all registered and on the 'list'. It includes accommodation and coach transfer to the start as well."

Bernadette is 63, a mother of three and a grandmother of three too. She works full time for a local hospice charity. "I have been running (after a gap of 27 years) for three and a half years and thanks to both WeRun and Hassocks Community Runners I've gone from strength to strength!"



# Getting running right!

Hassocks Resident, Kathryn Meadows, helps runners of all abilities enjoy their running and keep strong to run well. Kathryn works from her home Pilates and Personal Training studio in Grand Avenue mainly with women and mainly with those who are mothers returning to fitness after having their kids. As a post-natal corrective exercise specialist, Kathryn is expertly trained in helping women get the best out of what they want to do by building up the strength they need to do it. In her studio pilates classes, Kathryn works with each client as an individual within the small groups to do exercises that most benefit them.



As a runner herself, enjoying the local trails with her little black dog, Mabel, Kathryn knows how tough running can be and that to enjoy it fully you actually need to get strong to run. "When female runners come to see me, often they'll say they started running because it's a great way to get some headspace and time outdoors but many mothers especially don't check in with their body first to know if they're ready for it," Kathryn explains. "So that's where we take a step back and look at what's going

on for them right now, I assess what they need most and both direct them to get some manual therapy, if needed, and get them balancing weaknesses and addressing issues in a way that meets their needs."

She goes on to explain that many runners don't want to do strength training because their experience of rehab exercises can be boring, so she aims to give her clients mini-workouts that are challenging and interesting and give them lots of knowledge to remind them why what they are doing is important.

Kathryn works alongside local physios and osteopaths and is in collaboration with local sports massage therapist, Amy Weinberger, to give runners the best support possible through their summer race training and beyond with a combination of massage therapy, movement therapy and at home workouts.

As a pilates teacher with 15 years experience and a life-long mover Kathryn says her biggest thing is to encourage everyone to move well, with lots of variety and more strength especially as we get older, then we can all enjoy any movement we want to do for the rest of our lives.

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## Celebrating Phil

HASSOCKS FC

**By Scott Mccarthy**

One-club men are far more common in non-league football than within the professional ranks. Those players or individuals who spend many years turning up every week for the same club out of love and loyalty.

Hassocks have one of those and his dedication to the Robins' cause was highlighted during the 2-1 home with over Steyning Town at the end of January.

It had been 25 years since Hassocks had last faced the Barrowmen in a league game and yet the Robins named the same substitute goalkeeper in 2020 as they had in 1995.

20-year-old Phil Wickwar was on the bench for Hassocks' 3-0 victory over the Barrowmen in the second tier of what was then known as the Sussex County League.

Fast forward a quarter of a century and Wickwar was again among the substitutes, this time combining his role as physio with that of backup goalkeeper should any misfortune strike down the Robins' number one Charlie Pugh.

25 years and still the same sub goalkeeper—it's the sort of ridiculous, quirky statistic you only find in non league football. And, this being non league football, it of course comes with an equally ludicrous story – as Wickwar explains.

"I've sat on the bench so many times that a lot of the games tend to blur into one," said Wickwar. "Steyning at home though always sticks in my mind because in the warm up, Roger Meier got smacked in the face with a ball which knocked one of his contact lenses out."

"Rather than warming Roger up, I spent 20 minutes crawling around on the floor looking for this contact lens."

"We never did manage to find it, Roger just played the game without it. It must have been alright though, he kept a clean sheet."

Meier, Wickwar and co ended up winning promotion to the top flight at the end of that 1994-95 season as runners up to Mile Oak.

Hassocks have stayed there ever since and over the intervening 25 years, Wickwar has managed the Robins' reserve team, third team and had a spell as joint first-team boss alongside Mark Dagleish.

He's played for every one of the club's teams from Under 18s through to veterans, run the club's social events, been a long-serving member of the committee, worked behind the bar and can now be found treating injured players – as long as their problems don't include lost contact lenses, presumably.

# Ya dig?

**By Jaime Morgan**

Emojis, LMAO, Meme...? Even 'woke' doesn't mean what you think it means. Technology and the internet are warping our teenager's minds. We must begin to fight back! It's a worn out argument to get my fourteen year old to sit at the dinner table and an even greater struggle to get him to do so without his mobile phone glued to his hand.

We try engaging in subjects that interest him, we ask about the girl across the road that he walks to school with, we ask how she is but his response: 'She's chill'. That's it, two words! Two words that make perfect sense individually but... does this mean she's always cold? She has a cold? She's from Chile? I can't translate!

Other short phrases we've managed to pry from his limited attention were 'Happening was lit' and 'They shook'. Now, even if I gave you the context of these exchanges, I'd bet anything they still might as well be in an alien tongue.

So, how do we (the no longer cool or 'with it' generations) get our children and grandchildren to stop grunting nonsense and have a conversation with us again? The realistic answer is: we simply can't. We did it to our parents, our parents did it to their parents - a cycle as old as language itself. You don't have to panic, I'm not advising you to embrace the digital/youth/cyber vernacular, or whatever you call it. None of us have time to learn a new language and even if we did, we would pick Spanish or Italian; you know, somewhere with good holiday prospects!

In other words, let the evolution continue but don't for a minute think that our generation's time is over! We've evolved too; into wiser, and yes older versions of the youngsters we once were. So grab that cricket bat, pick up that camera, make up a picnic, find your local cinema, there are hundreds of things that cross that daunting age gap. Things for everyone to enjoy.

Encourage them, play with them, laugh with them, and when they're not so young anymore with children of their own, they'll be ever so glad you did. They're not aliens, they're our children.



## A world within your headset

### TECH HEAD

By Toby Wyithe

A friend recently asked me what was going on in the world of Virtual Reality (VR). As a casual gamer he had heard rumours of a VR takeover in recent years. Films such as Ready Player One reminded audiences of the endless (albeit speculative!) possibilities of VR but it all seemed to have gone quiet recently.



However, a quick look into the current state of VR shows a very different picture. Most high-powered VR headsets, such as the Valve Index and the Oculus Quest, are actually sold out across the board despite having extortionate price tags. PlayStation VR units are owned by 5% of their install base, and whilst those numbers don't exactly scream 'next big thing' that is a respectable amount largely due to a quiet resurgence for the device in both 2018 and 2019.

Although there have been some critically acclaimed successes on VR platforms, there is still a hesitancy when it comes to fully committing to VR. Valve, the developers of the aforementioned Index, recently shocked the gaming community by announcing that the continuation of their beloved Half Life series will be a VR exclusive.

With Half Life 1 and 2 both holding a 96% review on Metacritic the popularity of the series cannot be questioned, but by only releasing on one specific platform (a platform that most cannot physically buy at present) are they potentially alienating a large amount of their previous customer base?

Despite some other exciting releases planned for 2020 my personal belief is whilst the price point remains this high it will still be a large barrier of entry for most; reserved for one off occasions with friends etc rather than an industry defining revolution.

Video games offer a form of escapism to me (along with many others no doubt) and are often used as a way to relax. Although my fiancée would likely encourage me to don a headset and free up the TV for some more reality shows, she certainly wouldn't encourage me to spend thousands of pounds to do it.

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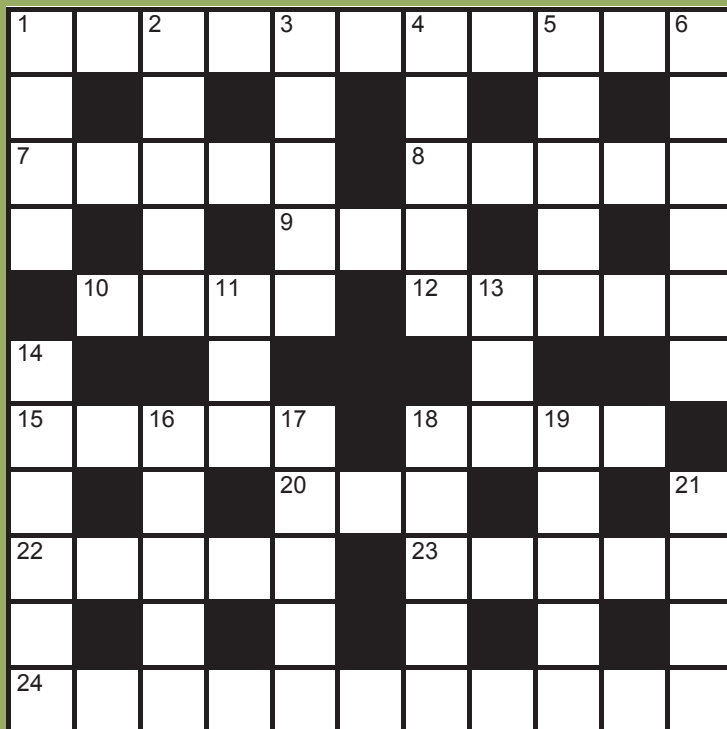


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# Family crossword



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.42

## Across

- 1 Kill (11)
- 7 Russian spacecraft (5)
- 8 Thaw out, perhaps (2-3)
- 9 Biblical high priest (3)
- 10 Oceans (4)
- 12 Mature (5)
- 15 Mother's brother (5)
- 18 Not one (4)
- 20 Supplement (3)
- 22 Crowbar (5)
- 23 Greeting (5)
- 24 Result (11)

## Down

- 1 Too (4)
- 2 Genre (5)
- 3 Dimensions (5)
- 4 World's largest democracy (5)
- 5 Farewell (5)
- 6 Builds (6)
- 11 To be unwell (3)
- 13 Pair (3)
- 14 Communal (6)
- 16 Assembly of witches (5)
- 17 Strange and mysterious (5)
- 18 First prime minister of 4 Down (5)

- 19 Thermoplastic yarn (5)
- 21 Ballot choice (4)



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# Sudoku

Find the solution on p.42

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

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

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# What's on

AT ADASTRA HALL

## Monday

- 7.45pm **Hassoeks WI** (3rd week)  
2pm **Scrabble**  
2pm **Table Tennis**  
7.30pm **Table Tennis**

## Tuesday

- 9.30am **Short Mat Bowls**  
1.30pm **Short Mat Bowls**  
2-4pm **Maj Jong** (1st & 3rd week)

## Wednesday

- 6.30pm **Hassoeks Youth Club** (term time)

## Thursday

- 2pm **Table Tennis**  
8pm **Debonair Dance**

## March

### 11th **Plant Health** – 8pm

An illustrated talk by Andrew Gaunt from DEFRA about protecting the UK from pests and diseases and the eradication of disease outbreaks in Sussex, hosted by Hassoeks Horticultural Association (Non-members welcome £2.50, Derek Swaine 01273 842516)

### 20th **Eat Well for the Planet** – 6.30pm

Duncan Williamson, food system and sustainable diet expert, will talk about food, the environment and health, how they are linked and how sustainable diets and agricultural diversity are key (Booking essential: [www.hkdtransition.org.uk](http://www.hkdtransition.org.uk))

### 20th **'Yesterday' 12A** – Doors open 7pm

Movie showing by Star Cinema. This fictional film is a glowing tribute to the Beatles and their music. Wine, tea, coffee, soft drinks, plus raffle. (Tickets £4.50/£4)

### 28th **Paws & Claws Spring Fair** – 10am to 12noon

Home-made cakes for sale and a variety of stalls, including jewellery, gifts, toiletries, bric à brac, accessories, cat items, cards, books, toys, DVDs, CDs and more. Tombola and bumper raffle. Refreshments (Entrance 50p)

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# What's on...

## ELSEWHERE

### March

- 11th **Tiger Arts Concert** – 1pm  
All Saints Church Lindfield - lunchtime concert by Ivor Humphreys (Flute) & Hilary Needham (Piano), light lunches from 12.15pm
- 12th **Mid Sussex National Trust** – 2.30pm  
Clair Hall - Talk by Jan Parsons on 'Ancient Roads: Journeys through Thrace and Italy'
- 12th **Haywards Heath Ceramics Group** – from 9.45am  
Clair Hall, Haywards Heath - Jim Sewell on 'Collecting Rockingham - Problems and Opportunities' (Free entry on first visit, call 01444 483372 or 452804)
- 13th **NSPCC Coffee Morning** – 10am-12noon  
Hurst Bowls Club, South Avenue - Coffee morning, raffle, books and a bottle tombola. The entrance (£4) includes cake plus coffee or tea
- 13th **Annual Bridge Drive** – 2-5pm  
Wivelsfield Village Hall, Eastern Road, Wivelsfield Green - Haywards Heath Friends of St Catherine's Hospice fundraiser. £40 per table, which includes a delicious Afternoon Tea. Free parking. Raffle (To book a table, please contact Gaynor on 01444 440452)
- 14th **Spring Flower Show** – TBC  
Village Centre, Hurst - Hurstpierpoint Horticultural Society
- 14th **2040 Film Screening** – 7.30pm  
King Edward Hall, Lindfield - Free film screening of this inspiring and refreshing look at climate change. (Tickets are free but booking is essential: fairerworldlindfield@gmail.com)
- 14th **Jumble Sale** – 10.30-12pm  
Queen's Hall, Cuckfield - Bi-annual fundraising jumble sale for Cuckfield Preschool
- 14th **Repair Cafe Burgess Hill** – 10am-1pm  
Salvation Army, BH - monthly opportunity to get broken items fixed while having a cup of tea
- 14th **With A Song In My Hart** – 6-7.30pm  
Holy Trinity Church, Hurstpierpoint - Al Leith (vocals) and Marcus Martin (piano), perform Rodgers and Hart songs. Licensed Bar (£5, entry on the door - Tickets Margaret Carey 01273 835113)
- 16th **HHD U3A Group** – 2pm  
Village Centre, Hurst - 'Where do novelists get their ideas from?' a talk by Bobbie Darbyshire
- 16th **Hassocks Philosophical Group** – 2pm  
The Purple Carrot, Hassocks - 'What is God?' discussion group (purchase or £1 donation)

- 18th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - Lecture on Celebrating Raphael's Quincentenary by Joanna Mabbutt (Non-members welcome, £7 on the door)
- 19th **Mid Sussex Healthcare PPG AGM** – 7pm  
United Reformed Church, Hassocks - Patient Participation Group meeting. Patients of the practice welcome (midsussex.healthcarePPG@gmail.com)
- 20th **Live Music: The Gangsters** – 8.30pm  
Haywards Heath Social Club (admission, £12)
- 20th **Clothes Swap** – 7pm  
St Lawrence School, Hurst - PTA fundraising event
- 21st **Sussex Chorus** – 7.30pm  
King's Church, Burgess Hill RH15 9LR - Bach - St John Passion, Tenor Solo : Simon B (Tickets: www.sussexchorus.org.uk)
- 25th **Wildlife Talk** – 7.30pm  
Hurst Bowls Club, South Avenue - BBCs Kate Bradbury talk on wildlife. Hoggie raffle and book signing (Tickets £4 on the door, Ann 07787 515296)
- 28th **Hassocks Market** – 9am-12pm  
National Tyres forecourt, Hassocks - monthly collection of independent stallholders, this month includes a SEED SWAP
- 28th **French Impressions** – 7.30pm  
Holy Trinity Church, Cuckfield – Ensemble Reza concert (Tickets £20/£15/£5 online)
- 29th **Jazz for The BHF** – 3.30pm  
Danny House, Hurstpierpoint - Julie Roberts (vocals), Michael Hinton (piano), Jazz, blues and contemporary songs for British Heart Foundation (Tickets £12 www.WeGotTickets.com or 01273 965 036)
- 29th **March for Marsden** – from 9am  
Starts at Hurst Bowls Club, South Avenue, Hurst - 3km and 9km routes, raising money for charity (Sign up: www.midsussex.gov.uk)
- 31st **Pregnancy Loss Support Group** – 7.30pm  
Venue TBC - (Details from Angie 07974 729566)

### April

- 1st **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road, Hurstpierpoint - Recycling with Colin McFarlin (Dianne 01273 835284)
- 1st **Made in Dagenham** – 7.30pm  
-4th The Bury Theatre, Hurst College - Musical performed by BHMTS, Sat Matinee at 2.30pm (Tickets £18/£16 from Ticketsource.co.uk/
- 1st **Mid Sussex Franco-British Soc** – 8pm

**RECYCLE THIS...**

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council. He went along to meet Carol Comber and find out about her recycling.



**So, Carol, how did your recycling journey start?**

My recycling story began with a visit from you (Colin) to the Village Sustainability Group that I belong to, back in October 2018. Your enthusiasm set us all on a mission!

I immediately started a bag that would be filled with stretchy plastic to go back to the supermarket, and began collecting any textiles

because these can go to the charity shops marked 'rags' for which they get money!

In November 2018, the sustainability group arranged a trip to the black bin recycling plant in Horsham. We all learnt so much about what happens to our black bin contents.

Inspired after a visit to the Ford Recycling Centre in April last year, in July I ran a recycling information stall at a local Flower Show with a quiz and a game of 'Black Bin or Blue?'.

I continue to encourage my family to improve our recycling habits; the cry of 'Can this be recycled?' rings out in our household regularly. We are not perfect, but we have come a long way over the last couple of years, and our Blue bin contents far exceed that of our Black bin now.

Our village has a fruit and vegetable sharing scheme where, in the summer, people can place their excess veg etc from their gardens or allotments on our lovely trolley and others can take the produce. All free!! Just a way to help reduce food waste when successful gardeners have produced a bit too much!!!

**Congratulations Carol, you are this month's Recycling Champion. Could you be next? Email the editor to get in touch with Colin and tell him your story.**



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**PUZZLE ANSWERS**

From the puzzle fun on page 38

**CROSSWORD:**

1	A	S	2	S	A	3	S	S	4	I	N	5	A	T	6
	L	T		I						N	D				R
7	S	O	Y	U	Z		8	D	E	I	C	E			
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15	U	N	C	L	E		17		18	N	O	19	N	E	
	B	O			20	E	K	E		Y		21	V		
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24	C	O	N	S	E	Q	U	E	N	C	E				

**SUDOKU:**

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

# Our advertisers

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## What makes us different?

- ✓ It's only about Hassocks
- ✓ Full colour, great design
- ✓ Delivered to all homes
- ✓ Focus on local people

We hope that's why you like it!

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**Hassocks***Life*



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