

Chailey News

Free



March 2022

The Church of St Peter Parish of Chailey



WEEKDAYS

Monday 8pm Bell Ringing Practice

Thursday 6.30pm Choir Practice

New ringers and choir members always welcome.

Transport to services can be arranged: please contact the churchwardens. The Church is open during daylight hours.

PRIEST IN CHARGE: Revd Paul Mundy 01825 723186

PARISH OFFICE : The Parish Office will be manned occasionally
Teresa Wenban stpeterschurch12@hotmail.co.uk
Web site www.stpeterschailey.org

CHURCHWARDENS: Mrs Chris Peskett 01825 721431
Mrs Teresa Wenban 01825 722586

PCC SECRETARY: Mr Chris James 01825 722411

MAGAZINE ADVERTISING & FLYER INSERTS:
Mr Chris Jones 01825 508721
E-mail jonespellingford@aol.com

CHAILEY FREE CHURCH, SOUTH CHAILEY

Please see details of services and weekday activities later in magazine

Contacts: Mr Roger Nutley 01273 890114
Mr Dave Caughley 01273 400785

ROMAN CATHOLIC MASS

Herons Ghyll: Wednesday 9.30am Sunday 11.30am Holy Days 12 noon

Haywards Heath: Sunday 8.30am 10.30am 5pm

Uckfield: Saturday 5.30pm Sunday 9.30am

Lewes: Sunday 9am 10.30am

For further information about Roman Catholic services and activities, please contact Mrs Mary Butterfield, 01825 724003

(cover illustration by William Hobday. Commissions Taken.
www.penandinkartist.co.uk. email: williamhobday@gmail.com)



St Peter's
CHURCH CHAILEY

MARCH SERVICES

2022

Sunday 6th March *The first Sunday of Lent*
8am Holy Communion (BCP)
10.00 Family Communion

Sunday 13th March *The second Sunday of Lent*
8am Holy Communion
10am Parish Communion

Sunday 20th March *The third Sunday of Lent*
8am Holy Communion (BCP) at Newick
10am Morning Worship

Sunday 27th March *MOTHERING SUNDAY*
8am Holy Communion (BCP)
10am Mother's Day Communion

Sunday 3rd April *The fifth Sunday of Lent*
8am Holy Communion
10am Family Communion
4pm Free@Four New Family Service

BCP is the Book of Common Prayer (1662). All other Eucharistic Services are from Common Worship: Order One. We welcome everyone warmly and families and children are always welcome at all our services.

Rectors Ramblings - Create and make in us new and contrite hearts

Dear friends,

Well here we are in March, the daffodils are up and coming, you are probably thinking about which topping to have on your pancake on Shrove Tuesday. You may be marking the beginning of Lent by joining us for our Ash Wednesday service; on the Second of the month. As the first day of Lent, the service is used to physically place a sign of the cross on each person's forehead using ashes made from the previous year's palm crosses.

But why 'Ash' Wednesday?

The reason has to do with getting things right between ourselves and God, and the tradition goes right back to the Old Testament. But we only need to think of the news headlines over the past few months to know that there are always things which we do, that with hindsight we wish we hadn't done and things which we've said which have caused others unnecessary pain, hurt or anger.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin.

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for Ash Wednesday goes back to the Prayer Book, and it stresses the penitential character of the day.

It encourages us with the reminder of the readiness of God to forgive us and to renew us, as we enter the Lenten 40-day season of penitence, self-examination and fasting running up to Easter. The spiritual discipline of fasting which involves missing one or two meals during the day, refraining from TV, alcohol or social media, and identifying the things that get in the way of our focus on God. What are the benefits of fasting?

The act of giving something up expresses my desire to put God first in my life.

The actual custom of 'ashing' was abolished at the Reformation, though the old name for the day remained.

Today, throughout the Church of England, receiving the mark of ashes on one's forehead is optional. Certainly, the mark of ashes on the forehead reminds people of their mortality: it reminds us of what is past and what is to come, and it encourages us to think again of how we can change that journey should we wish to do so.

The Imposition of Ashes is a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. It is 'felt' in the heart and soul – as well as on the skin.

And can be one of the most profound experiences of humility as we enter together with other Christian communities across the globe on our Lenten journey towards the Cross and the Resurrection.

For those of you who receive the 'imposition of ashes' on the March 2nd, as the priest says the traditional words over you, "Remember that you are but dust, and to dust you will return. Turn away from sin and be faithful to Christ. Amen." what will you be focusing upon?

May this Lent give us a season of reconciliation with ourselves, our neighbours, our creation and our God.

Paul

Important Announcement!! Pastoral Distress Fund

We have found that a number of Chailey families are struggling, and more recently Newick have been helping them. St Peter's church has now set up a specific fund to help those families. If you feel you can contribute, however little, it would be very much appreciated.

This fund is ongoing and donations can be made at anytime to the treasurer or directly to the bank. (Chailey P C C, Sort Code 09-01-55 Account 06923088 Please state 'Pastoral Care Fund')

From the Parish Leaflet March 1922

Making the World Better

'The War is too much with us.' says General Bramwell Booth, 'and in many ways it seems to have been fruitless. Peerages and pensions and promotions, monuments and votes of thanks all these may be well enough in their way. We thought war was a free pass into a world of comfort and prosperity but is this not a kind of moral cannibalism? Let us realise that the end of war is not merely a release from loss and pain but of Opportunity Restored. To forget this and merely plunge ourselves into a whirlpool of pleasure is to lay ourselves open to fresh calamity.'

General Bramwell Booth was the son of William and Catherine Booth, founders of the Salvation Army. The Salvation Army operates in 132 countries, and runs charity shops and shelters for the homeless as well as organising disaster relief and humanitarian aid to developing countries.

Annette Shelford annette@shelford.net

Chailey Bonfire Society

We are pleased to announce that the winner of our February 100 club was number 32 and won by Brian & Beverley Barrell. Congratulations to you and thank you for your support.

Sussex Day fete on Saturday 18th June

Our Sussex Day village fete is being held in the bonfire field at the bottom of Markstakes Lane from 2pm until 4pm. If you would like a stall/car boot pitch please contact Clare on 07985 112968. Do you run a local business in Chailey and would be interested in sponsoring our event? Please get in touch with us and we can tell you how you can help us. Want to know more about your village bonfire society or get involved? Visit our website <http://www.chaileybonfire.co.uk>, or our Facebook group – just search for 'Chailey Bonfire Society', or enter this address: <https://www.facebook.com/groups/ChaileyBonfireSociety>

You can also help us raise funds by using Easyfundraising when shopping online. It's free and makes a big difference to us. All you need to do is use #easyfundraising, there's over 6000 retailers involved and if you sign up, we get a £5 donation. Use the link below to start helping us today:

https://www.easyfundraising.org.uk/causes/chaileybonfiresociety/?invite=VB5MYZ&referral-campaign=c2s&utm_source=refsharebox

Chailey Free Church



www.chaileyfreechurch.com



Every Sunday at 10:30am we have a church service. Everyone is welcome. Masks are optional. The service is also posted on our YouTube channel  **YouTube** for those who can't attend. See our website or facebook page for links.

A little about us

Chailey Free Church was established in 1885 by Cooksbridge nurseryman Mr. J. McBean with the help of a Mr. Hewett, a Barcombe gardener. It was originally in a tin chapel called Chailey Mission Hall on the same site as today, near the south end of the A275 in South Chailey (BN8 4AN), set back from the road. A Free Church is one that is not part of any denomination (Church of England, Baptist...) just like a pub which is a Free House is not owned by a brewery. We are a member of the Fellowship of Free Evangelical Churches and have a similar style to many evangelical Church of England and Baptist churches. Though please don't confuse the British 'evangelical' label with the much more political American evangelicals.

You can find out more about us on our website www.chaileyfreechurch.com

Messy Church

The Sower

Monday
March
14
4:30 - 6:30pm

Hosted by Chailey Free Church
A275, South Chailey, BN8 4AN

- For the whole family (children must bring an adult)
- Crafts, games, and activities
- Singing and stories together
- Suggested donation £1 per family

Chailey Free Church, A275, South Chailey, BN8 4AN

Contact for details 01273 890114 or 07757388477

Email: contact@chaileyfreechurch.com

Chailey Commons Society

Our indoor meetings have continued with a talk by Clive Chatters who was making a welcome return visit. He updated us on his subject 'Heathand' and told us about his book on the subject which has been recently published

A reminder please about the bird nesting season starts soon in earnest and many of them are ground nesting. May we appeal to all users of the common to be careful and a special request to those walking dogs to control them respectfully. Please do what you can to respect the natural habitat for the birds.

Down at Markstakes Common the volunteers have been busy working on the area known as the northern bracken fields clearing the many birch seedlings and the spreading bramble to keep the establishing grass area clear and enabling the flowers and grasses to establish.

The four Exmoor ponies continue to do well on Red House Common. They are moving throughout the common now, targeting bramble and gorse. They can be quite a challenge for the pony checkers to find – often a brief glimpse of some movement or a pony's head or rear as they push deeper into thickets of young birch and gorse. However, it is rewarding to see them opening up new paths and helping to keep the heathland more open. Even in cold weather please do not feed them anything, it could harm them and encourage bad behaviour. If you live next to the common, please check that hedge prunings do not fall on to the common as many garden plants are harmful to them.

We hope that you continue to enjoy their company – but from a distance!

We are looking for another fence checker to join our team. Please email jojo.way88@gmail.com if you are interested.

Our next indoor meeting will be our AGM in the Chailey Village Hall on Thursday March 10th at 7.30.p.m. After the formal business there will be a short presentation by Ian Seccombe on the Fixed-Point Photography Project. This is a sequence of photos which has provided us with fascinating contrasting views of the commons over the last few years and a particularly useful guide for the Countryside Officer and the management of the commons. Visitors and friends also welcome.

Don't forget that British Summer Time begins on Sunday March 27th – clocks go forward one hour.

For further information, visit our website – www.chaileycommons.org.uk or our Facebook page www.facebook.com/chaileycommons/

William Coleman - 01444 831098

Chailey Horticultural Society

Hopefully we are now on course to have our first real show for two years on Saturday 19th March in the village hall. Doors open at 2.30 and the prize giving starts at 4pm.

Tea and cakes are available and buckets and seed potatoes for the potatoes in a bucket competition can be collected. Schedules and entry forms can be obtained from committee members and from The Five Bells. Entry forms need to be submitted either to me by 6pm on the Friday or 8pm at the village hall. There are always committee members on hand to offer advice and help with arranging a display.

Now as promised outside tomatoes. In recent years blight has been such a problem that I recommend only growing blight resistant varieties outside. Nothing is more depressing than to see an entire crop wiped out in a couple of days. Since the withdrawal of copper sulphate (Bordeaux Mixture) there is no preventive available to the amateur gardener.

In my view Mountain Magic is the best of the blight resistant varieties. It is an indeterminate type (remove side shoots) and produces average size fruit of 2oz/ 50g.

It is highly resistant to both early and late blight and very reliable. Allow four trusses per plant. For larger fruit if not quite beefsteak try Crimson Crush and Oh Happy Days. Not quite as prolific as Mountain Magic the fruit are bigger and have excellent flavour and texture. Both are indeterminate in type and again allow four trusses per plant. They will need good strong support. A recent addition to the blight resistant range is Crimson Plum which I grew for the first time last year with great success. Again it is an indeterminate type producing lots of plum shaped fruit of excellent flavour and texture especially for sauces. For cherry tomatoes try Cocktail Crush. Again indeterminate in type and prolific.

For growing in containers try Lizzano for a heavy crop of small tomatoes. This is a bush variety as is Summerlast which produces smallish fruit over a long period and is a good choice if space is limited. New blight resistant varieties appear every year so why not try one I haven't mentioned! Most of these varieties in a very bad year for blight may show a few lesions on their leaves but it doesn't extend to the fruit.

Most of these can be obtained as grafted plants where the fruiting plant is grafted on to a vigorous disease resistant root stock. They are more expensive but are generally more productive but I do wonder whether the root stock affects the flavour. However a good option if only a few plants are needed.

Remember that the flavour of tomatoes depends not only on the variety but also where and how they are grown. They need plenty of well rotted horse manure, soot and wood ash with a dash of lime. If possible well rotted seaweed collected on the beach after winter storms will add flavour (as it does for first early potatoes). Use a seaweed based liquid feed. Plenty of sunshine adds to the sweetness and speeds ripening. There is no doubt that tomatoes harvested outside in late July, August and early September have the best flavour, but green tomatoes picked in October will ripen inside over the autumn perhaps helped by an over ripe banana. I ate my last homegrown tomato on 8th January 2022.

If you miss out fear not as I'm sure some of these varieties will be on sale at our Plant Sale on the 21st May in the village hall car park.

Time also to plant onion sets 6" apart and 12" between rows. Despite new varieties my favourite remains Stuttgarter Giant. Reliable, producing slightly flattened bulbs of excellent flavour, texture and keeping properties. However I do wish garden centres would sell a mixture of varieties in smaller quantities.

Plant first early potatoes and don't forget to earth up to increase the yield and give protection from the frost.

Finally those Amaryllis you were given for Christmas have now finished flowering. Cut off the flower stem and keep moist until all danger of frost has passed and then put outside in a sunny spot and feed weekly. Allow to die down naturally and then trim the roots and report to produce a flower next March in time for our spring show 2023!

Hope to see you at our show.

Good Gardening

Peter Estcourt - Peter House -

South Chailey - pge44@icloud.com - 07803179708



DELIGHTED TO BE BACK!!!!

Following the difficult decision not to reopen in January due to concerns about Covid, Chailey Repair Café has hit the ground running, reopening on 12th February at St

Peter's Church Chailey.

We are now in our 5th year and in that time have seen an amazing variety of items brought to us for repair – amongst the many items coming our way this month are a broken Nintendo games console, a buggy in need of TLC, a vintage musical toy an old wooden table, a beautiful old dress, a broken ironing board, a Henry hoover and much much more!

We have an IT team who will not only get your laptop or iPad working properly again but will also spend time showing you how to use it if you've got stuck. And – we now have a state of the art sharpening machine to sort out those knives and garden tools! It's all in a day's work for this successful local initiative which has gone from strength to strength since we opened our doors for the first time in 2018.

Our 2022 dates are easy to remember – we are normally open every 2nd Saturday of each month between 10am – 1pm. Our new 2022 posters and flyers with all our 2022 dates are now available at the Café, so you won't forget!

Chailey Repair Café is part of a world-wide movement where volunteer experts repair things free of charge – although a donation towards running costs is invited. Anyone can bring along broken items or clothing needing repair from home, and have a cuppa and a cake while they wait!

You'll find us at St Peter's Church, Chailey on the A275 at Chailey Green normally on the second Saturday of each month (12th Feb, 12 Mar, 9 April, 14 May and so on....) between 1000hrs and 1300hrs where we have a full Café service including our legendary cakes!

Contact us at chaileyc@gmail.com and we'll see what we can do to help. See you very soon!!

Bryan McAlley and the Chailey Repair Café team

St Peters Church Lunch Club

The Lunch Club is held on the third Thursday of the month at 12.30pm in the church on Chailey Green. Come along for a delicious meal, meet new people, chat and relax! All freshly prepared home-cooked food, main course, choice of puddings, tea/coffee £5. If you require transport, or further information please contact MaryJane Corver on mary-jane.corver@btinternet.com/01825 724687 Easy access, disabled toilet facilities. If you intend to come to our lunch we would be grateful if you would let us know by using the contact details above.

Accommodation Available near Lewes

The Andros Almshouse Charity has available accommodation at Grantham Close, South Chailey.

Please contact us for more information and an application form.

Tel: 01273 400466

Email: office@androsalmshousecharity.co.uk

Maria Caulfield MP - Tough New Measures to Crack Down on Fly Tipping

I very much welcome the Government's announcement of further measures to deal with fly tipping which is such a problem in our towns and villages. The reform of the waste industry will see increased background checks for firms who move or trade waste, as well as making it easier for regulators across the UK take action against rogue operators.

With waste often handled by intermediaries who conceal their identities to commit serious and organised waste crime, the increased checks will ensure waste is managed by authorised persons only and in a safe manner, making it harder for unregistered operators to find work in the sector.

New plans will also see the introduction of mandatory digital waste tracking, using powers in the landmark Environment Act to overhaul existing waste record keeping. This means those handling waste will record information from the point waste is produced to the stage it is disposed of, recycled and reused. This will enable regulators to better detect illegal activity and tackle waste crime, including fly-tipping, illegal waste sites, and illegal waste exports.

Criminal activities including fly-tipping, illegal dumping, and the illegal export of waste abroad can blight our communities, harm the environment, and pose a risk to human health. In 2018/19, waste crime cost the English economy around £924 million. Local authorities dealt with nearly 1.13 million fly-tipping incidents this year alone.

The Environment Secretary, George Eustice is to unveil plans for a new digital tracking system and other checks to stop waste 'cowboys' playing the system. The moves mean illegally dumped rubbish could be more easily traced to the source.

Fly tipping is a scourge on our beautiful countryside and something that we see far too much of in the Lewes constituency and surrounding areas. Only recently someone was caught fly tipping a huge amount of rubbish on Sharpsbridge Lane in Newick and issued a fine. We want to ensure that those criminals who fly tip have nowhere to hide and will think twice before ruining our local environment.



**COUNCILLOR'S
CORNER** *By Sharon Davy*

New Government Funded Initiative For Green Homes Grant

Warmworks is a non-profit organisation that is an Energy Saving Trust. They have been appointed by the

Government to deliver a new initiative to help householders on a low annual income apply to receive improvements to increase the comfort and warmth in their own homes and, hopefully, help to save money on fuel bills this winter together with a range of insulation measures and possible renewable heating technologies.

The deadline for applications is 31st March and you can find out if you eligible for the scheme by calling Warmworks free of charge on: 0808 196 8255 or completing the application form at <http://surveys.est.org.uk/s/GreenHomesGrantSchemeLAD>

This scheme is for all residents who have a mortgage, private tenants, those who own their own homes and where the home has a low energy rating and a low annual income. Lewes District households who are Council tenants need to contact the Housing Department please.

I telephoned Warmworks and was impressed that they answered the 'phone quickly and were very helpful. For many, it seems inconceivable that a person in 2022 is not familiar with technology, but they might be the very people who need our help in fuel bills to keep warm in the cold, winter months. A telephone call might be easier.

ENFORCEMENT

For some time, many Chailey residents have complained that since Lewes District Council shared services with Eastbourne Borough Council, our enforcement services have deteriorated. We are not alone, our other parishes and towns consistently complain. In my view, we need

at least 1 extra Enforcement Officer that exclusively looks after our large rural Lewes District area. Covering Eastbourne and Lewes District is an experiment that has not been successful and this is a service that should merit more priority. When I look at other District Councils, their Enforcement departments have many more staff – we need the same to give a good service for our residents.

Cllr Sharon Davy sharon.davy@lewes.gov.uk Home 0144 831 336



Our next meeting will be on Tuesday 1st March when we will hear Sarah Nathaniel speak on The History and Work of the Commonwealth War Graves Commission. This will be a most interesting subject and will start at 7.15 for 7.30 pm and is as usual in the Village Hall.

Last month we learnt about Firle Place which has been the home of the Gage family since the fifteenth century. The Gages were prominent in the Tudor court and the family still lives in Firle Place today.

Guests and prospective members are always welcome to join us and for a nominal sum of £3 can listen to the speaker and have some delicious home made refreshments. Members are reminded to bring a cup or mug along with them so that we can adhere to covid rules for the hall.

Margaret Smith (01825 723519)

How well do you know CHEC?

CHEC was founded in 1995 by Newick resident and special needs teacher Graham Barber to support severely disabled adults with a way of accessing work. Throughout his career in teaching at a special needs school in the 80's & early 90's he identified a need: to provide an outlet for the aspirations of his pupils of having a job upon leaving education. He knew through his experience with his pupils and their families that access to employment was very limited to most of the young people he worked with and many faced a very isolated adult life. Inspired by their desire to work he set about creating a printing enterprise specifically for them to take part in. This would be a different take on a traditional adult day provision. A Social Enterprise in its truest form and one that existed before the term was as widely used as it is today. Business with a social aim, a business built for the purpose of inclusion, not for profit. Pioneering ideas at the time. CHEC ran as a department of the school from 1995 until 2002, providing an outlet for the skills and desires of disabled adults aged between 19-25. In 2002 he took the steps to separate from school to remove the upper age limit for people who used the service and CHEC became a registered Charity in its own right. Graham was Director until his retirement in 2010, but he continued to support CHEC as one of five local Trustees until his passing in 2018. Today CHEC continues to be run by members of the Barber Family.

Over the last 25 years we have been joined by two dozen or so disabled people, some who are still with us, others who have moved away, and some who sadly have passed away. All came of their own volition to add purpose and value to their lives through work.

Today CHEC's objectives remain the same, to help disabled adults to play an active part within the community, developing skills and combating isolation. Research has proven the social, emotional and psychological benefits of having a job can bring. The Centre offers disabled people the opportunity to work as a team, designing, manufacturing and marketing a range of gifts and promotional items. People who attend the centre are able to take part in all aspects of the business including computer design, computer controlled embroidery, press operation, producing marketing material and general office duties such as word processing and filing.

The team use industry standard equipment including the latest large format print and cut technology, embroidery machinery as well as heat presses and professional grade software.

Products are distributed all over the UK, from Cornwall to the Highlands of Scotland with customers including individuals, businesses, clubs and societies. Our offices are wheelchair accessible, and we provide care support where required.

The annual cost of providing our charitable activities is over £150,000 per annum and government sources provide only 12% of this. We are able to generate a level of income through our trading activities however, due to the costs associated with the disabilities we carry we are unable to be self-sustaining from product sales alone. This means that we need to raise over £30,000 annually through sponsorship and donations in order to continue to provide the service to our disabled adults.

If you would like to find out more about our work, the products we can offer or ways in which you can support our small Charity, please visit our website; www.chec.co.uk; or contact our Director Matt Barber on 01825 724376.

‘Tis the season’

The open season for the three large species of deer, Fallow, Red and Sika will be coming to an end in England on the 31st March for females and the 30th April for males. In Chailey, Fallow deer are the most seen of the large species and the females are called does and the males, bucks. For both Red and Sika deer the females are called hinds and the males stags.

Prior to 1963 and the original deer Act, there were no closed seasons for deer, and they were just treated as vermin with no consideration for their breeding seasons or humane treatment. The deer Act was updated in 1991 and again amended in 2007 and this newer version contains all the legislation that applies to deer today.

The deer Acts and amendments are a positive step. They allow protection of the deer during their breeding seasons and grant the does time to prepare for giving birth to their fawns in June. They also permit the bucks to cast their antlers and start the regrowth of their new set ready for the rutting season in October. To maintain a balance in the number of deer and to protect our forests and local flora, the season for Fallow deer will re-open in August for bucks and November for does.

For the remaining, or smaller species of deer, Roe, Muntjac and Chinese Water Deer, due to their different breeding seasons, their open and closed seasons are different from Fallow, Red and Sika. Roe Bucks open season is from 1st April until the 31st October, whereas the Roe Doe, Chinese Water Deer buck and does open season is from 1st November to 31st March. For Muntjac deer, as they breed all year round, there is no closed season.

By Jeremy Moss. Local Resident, Deer Management Educator and Lecturer at Plumpton College. For more information, please contact thedeerguy@yahoo.com or 07485 086177

OTHER LOCAL NEWS

The Fletching Singers

The Fletching Singers would like to welcome you to their performance of Durufle's Requiem. The concert will be held on 19th March 2022 at St Margaret the Queen, Buxted Park and will commence at 7.30 pm. Postcode - TN22 4AY

The evening's performance will include Vivaldi's Magnificat and the choir and soloists will be conducted by Michael Fields, accompanied on the organ by Andrew Wilson.

Tickets £12, available from <https://www.ticketsource.co.uk/fletchingsingers> and at the door.

Enquiries to: info@fletchingsingers.co.uk or 01825-762159 and leave a message.

The Bevern Trust - A great Bevern View start to the day

Staff at Bevern View are constantly evaluating our resident's needs and instigating different ways of enhancing the life experiences for each of the residents.

We have recently introduced a morning Orientation group which is led by our Communications Co-ordinator, Nicky, and our Activities Co-ordinator, Immy. It's a really lovely start to the day and a valuable opportunity for connection, with each other and with staff. The residents can take the time to communicate and say good morning to each other, and to hear about what they're going to do during the day.

Nicky leads the group with a body scan activity, where support workers will place gentle pressure on resident's feet, legs, hips, arms, and head (always having first asked permission before doing this).

They will then also do a relaxation breathing exercise, breathing in to smell the flowers, and breathing out to blow out the candle. This is a very calming start to the day and helps make residents feel prepared for the day ahead and has so far proved a huge success.

Our staff benefit from communication training such as learning Makaton and understanding how to get the best response from each individual. Also, our residents have loved taking the time to just smile and laugh together in a gentle calming way.

Bevern View is a purpose-built residential home in Barcombe providing life-long care for 11 young adults with profound disabilities. Find out more at www.beverntrust.org

Try Bowls – You'll Love It!

The Isle of Thorns and District Bowls Club (RH17 7DE) is a very, very friendly bowls club on the A275 at Chelwood Gate (in the Cat's Protection grounds). A warm welcome is extended to all who would like to play bowls in the heart of the Ashdown Forest. It is great fun and players, with or without previous experience, are very welcome. All you need are some flat-soled shoes. We will provide all other equipment. Please call me to arrange a time for you to come up to the Club and try bowls in a safe outdoor environment. (Contact Barbara Bird barbarabird20@gmail.com or 01342 323861/075130 47981 for more information.)

Lewes Windmill District Guides Trefoil Guild

January – we were back again and enjoyed a seasonal meal and 'catch up' together after many months of sheltering from Covid.

We look forward to a varied programme throughout the year ahead and hope that some of you would like to join us for amongst other activities – a summer BBQ in a member's garden, a garden visit, a visit to Chailey Windmill and picnic on the Common, an evening having a 'Go' at outdoor Bowling, listening to speakers on a variety of subjects including 'Toilet Twinning', I'm told this relates to an African charity.

Some of us will be helping out occasionally at events organised for the local Rainbows, Brownies and Girl Guides.

We extend a warm welcome to anyone who would like to meet us and find out more about our activities. Maybe you or your family enjoyed being a Rainbow, Brownie or Guide in the past and would like to get back in touch. We meet most 3rd Wednesday evenings each month throughout the year in Newick Community Centre when we are not out and about.

For more information please contact: Jane Stent – Chairman 01273 400 632, Judy Pardoe 01825 723 815 or Secretary Linda Samson 01825 723 171. Previous membership of Guiding or Scouting is not required.

Marie Curie

Marie Curie needs volunteers in Sussex as its Great Daffodil Appeal collections return for the first time in two years. End of life charity, Marie Curie, is urgently calling for volunteers in Sussex to give just two hours of their time to hand out the charity's iconic daffodil pins in return for donations.

Volunteers will be supporting the charity's annual flagship fundraiser – the Great Daffodil Appeal – which was forced to cancel its public collections for the past two years due to the pandemic. This year collections are going ahead in Sussex and Marie Curie is urging new and existing supporters to come forward to show their support.

Last year Marie Curie provided direct support to more than 69,000 people – a 15% rise on the previous year – which is more than ever before.

The charity is dependent on public donations so that its nurses can continue working on the frontline caring for people at the end of life in their own homes. Donations also support its Information and Support line, which provides a listening ear to anyone dealing with any aspect of death, dying and bereavement.

Clara Gill, Community Fundraiser for Sussex, said:

“We're so excited that this year we'll be dusting off our big yellow hats and getting back out there again to host our much-loved collections.

“We can't do this alone, though. We rely on volunteers to donate their time to help us raise as much money as we can so that we can continue to work across Sussex and ensure Marie Curie is there for terminally ill people, and their families in their final days, weeks, months.

“Volunteering at a collection is not only a great way to support Marie Curie but also a chance to meet new people in your local community. Our team will support you from the moment you sign-up too, making sure you have everything you need to safely encourage the public to donate and wear one of our iconic daffodil pins.”

During the Great Daffodil Appeal the annual National Day of Reflection will take place. On 23 March, the charity is encouraging everyone to wear a daffodil pin and take a moment to show their support for the millions of people bereaved during the pandemic and remember the people we've lost.

To sign-up to volunteer to collect for Marie Curie's Great Daffodil Appeal in Sussex, visit Mariecurie.org.uk/collect

Uckfield Lewes and Newick Arts Society

March 9th 2.30 at the Civic Centre, Uckfield

In Paynted Pots is Hidden the Deadliest Poyson. Briony Hudson

You may think you are coming to a Murder Mystery this month! However this intriguing talk by Briony Hudson is all about English Delftware drug jars and the part they played in the pharmaceutical business in the 17th and 18th centuries.

The pots may be beautiful, but their contents were often not. Mostly blue and white they reveal the tale of the Apothecaries and how they practiced their trade. If you were suffering from painful joints you could, for instance, be treated with 'Lumbricor' a mixture of oil and boiled earthworms. Rubbed in, the oil probably helped, but it is doubtful whether the poor worms were of any use! Briony is a freelance pharmacy historian and museum curator and is published widely. The talk will of course be fully illustrated. Guests are welcome, just pay £7 on the door. We look forward to welcoming you.

Annette Shelford - annette@shelford.net

Newick Cinema

A Community-based Venture for Sunday Evenings. Can't make the cinema?

Our next show is on 27 MARCH. We hope that many of you will be able to come and enjoy the Kenneth Branagh written and directed "BELFAST". As always there is a licensed bar, teas, coffees, cakes and ice cream plus an interval so that there is an opportunity to meet up with friends and have an enjoyable evening out in the village. Booking in advance will not only secure seats in the front rows but will allow us to manage social distancing arrangements. You can also just come along at 7pm and buy a ticket on the door; the film will start at 7:30pm.

MARCH'S FILM - BELFAST (12A). Written and Directed by Kenneth Branagh Starring Judi Dench, Jamie Dornan and Ciaran Hinds. BELFAST is a movie straight from Branagh's own experience. A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain.

27 March 2022 in Newick Village Hall, Western Road, Newick BN8 4LY; Licensed bar and refreshments from 7.00 pm. Film starts 7.30 pm; Tickets: £6.50 on the door, or by emailing detailed request to newickcinema@outlook.com

Sub titles and hearing loop in place

Save The Dates!

Fletching Parish Church is hosting two events during April that celebrate the organ. Open Organ Day on Saturday 23rd April International Organ Day is an annual event organised by the Royal College of Organists to raise the profile of the organ, famously dubbed by Mozart "the King of all instruments". In support of this, Fletching is opening up its 1880 Forster & Andrews organ, so visitors can not only hear it but also get up close to understand more about its workings and even have a go. As well as the 'organ tours' there will be displays on the history of the pipe organ and how it works, and refreshments will be available. Organ Concert at 7.30pm on Saturday 30th April. Peter Bassett will play music by J S Bach and the North German organist-composers of the Baroque who most influenced him – Buxtehude, Bruhns and Bohm. The programme will illustrate the evolving combination of fantasy and formality in this music, and how it reaches its ultimate expression in the works of Bach.

The concert is free, with a retiring collection in aid of the diocesan charity Family Support Work; there will be an interval with refreshments available.

Contact: Peter Bassett - Phone 07990 773713 - Email: peterrbassett@btinternet.com

Newick Country Market

The market is held at 40 The Rough, Newick, on Saturday mornings between 9 am and 11 am.

Homemade cakes and savoury bakes, including pies, quiches and sausage rolls are available as well as eggs, preserves and a variety of fresh vegetables and plants in season.

Orders can be placed for any baked items, including gluten free, which can be collected the following Saturday. We have a card reader if customers wish to use this method of payment, subject to a minimum of £5.

If you haven't found us yet why don't you pop along on Saturday morning come rain or shine.

Further information can be found on Newick Talk or ring Joy on 722907.

Plumpton Flower Club

Next meeting will be on Wednesday, 16th March starting at 7.30pm in the Village Hall.

This month's guest demonstrator is 'Sue Tausig' and she is visiting us for the first time.

Her theme is called 'Floral Cocktail', which sounds very inviting. So please join us, perhaps bring a friend or two, for an evening of fun and flowers. Entrance still only £5.00. Refreshments and raffle tickets available.

Note: Request from demonstrator – can members bring some small, medium and large foliage, preferably on long stems.

Any questions please call me on 07789 860011.

Kind regards,

Frances Gazzard, Programme Secretary

Chailey News - April Issue

The deadline for the April issue of Chailey News is Tues 15th March. To avoid problems due to the necessity to filter e-mails for spam please:

1. Send items to chaileynews@chec.co.uk
2. Include "Chailey News" in Subject section of the e mail.
3. If a new subscriber or sending from an e mail address for the first time please phone us on 01825 724376 so we are aware and able to look out for it.

Best wishes from everyone at CHEC

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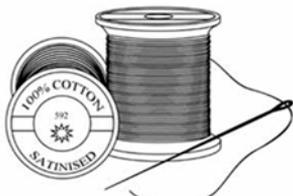


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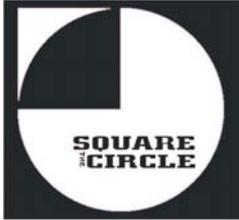
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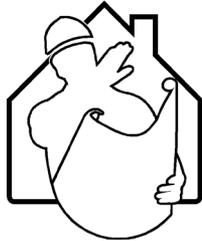


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