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July 2024



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PLUMPTON & EAST CHILTINGTON NEWS

July 2024

| | Page | | |
|---|------|-----------------------------------|----|
| Plumpton Parish Council | 2 | Arts Society | 18 |
| East Chiltington Parish Council | 4 | St. Peter & St. James Jumble Sale | 19 |
| Daniel Stewart–Roberts | 5 | Footpath Society | 19 |
| Skylark School | 5 | Chailey Repair Café | 20 |
| Strawberry Fair | 7 | Crossword Solution | 20 |
| The Rude Mechanicals | 9 | BlueBell Railway | 22 |
| DR's Diary | 10 | Plumpton & East Chiltington | |
| Chailey Heritage Music evening | 12 | Wildlife | 24 |
| Railway Show | 12 | Footpath Detective | 27 |
| Rev. Anne Dunlop | 14 | Birds | 28 |
| All Saints Open Church | 15 | Chailey Commons Society | 31 |
| Church Services | 16 | Citizen's Advice | 32 |
| Events Calendar | 17 | Clubs & Societies | 33 |
| Plumpton & East Chiltington Good Neighbours | 18 | | |

Happy Circle

Thursday 11th July

Coach Trip to Eastbourne

For more details contact:
Cherie 01273891592



COPY DEADLINES

15th July for August

18th August for September



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Plumpton Parish Council

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Annual Parish Meeting

Our Annual Parish meeting was held at the Racecourse on May 21st. Presentations were made by Craig Staddon, the Racecourse CEO. Ben Ellis from Bedford Park Developments and Graham Maunders from Action in Rural Sussex. Craig gave us an overview of the Horse Racing industry and the challenges it faces with of course a focus on how those challenges are being addressed by Plumpton Racecourse. His presentation can be found on the Parish Council website. Ben delivered an update on his plans for the Plumpton Hub on the land south of the Plough and Graham presented headlines on the outcome of the Housing Needs Survey. A summary of the findings from the survey and the full report can also be found on the Parish Council website. Please contact the Clerk if you need a hard copy.

The Chair thanked all Parish Councillors for their contribution to the running of the Parish and to Anita Emery our hard-working Clerk who, as well as managing the finances, makes sure we all comply with the ever-growing list of regulatory procedures.

Finally on behalf of the Council, the Chair presented Mick Newman with the Honorary Freedom of the Parish given in recognition for his exceptional service and valued contribution to community life throughout his 17-year tenure as Station Master at Plumpton Station. His dedication, hard work and commitment to the Station and his customers significantly contributed to the wellbeing of all travelling to and from Plumpton.

Racecourse Planning Meeting

The Parish Council was faced with a difficult decision at the planning meeting held on 28th May when the application for 9 houses at the north end of the Racecourse car park was considered. It's worth noting that Neighbourhood Plans are not solely about housing. Policy 6 states that the plan supports

local employment and Policy 9 explicitly supports Plumpton Racecourse. Although the Racecourse site was not included in Policy 5 for new housing the council concluded that it was in the best interests of residents to support the application. The council believes most residents want to see racing continue to thrive at Plumpton Racecourse for as long as possible.

Nolands /Station Road build-outs

The Parish Council met with two representatives from ESCC Highways on site at the access to the proposed Nolands development. The Highways reps listened to our concerns and were sympathetic, but it was clear their hands are tied and the build out would have to go ahead. We were told it is not possible to change the planning decision on access without going to court and legal precedent would point to the decision being upheld in favour of the Planning Inspectorate's decision. We discussed some mitigation measures which we thought might aid pedestrian safety and ESCC Highways agreed to go away and consider these points. If and when we have further news we will of course report back. Council would like to thank Daniel Stewart-Roberts and Rod Hills for joining and helping us with this meeting.

PARISH COUNCIL VACANCIES

If you want to contribute and have a say in how your village runs and engage with the community then why not sit on the Parish Council. Please contact our Clerk Anita Emery if interested.

anita.emery@plumptonpc.co.uk

The date of the next Parish Council meeting is **July 9th, 19:45hrs** at the Village Hall.

Members of the public are welcome to attend.



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Village Day

The annual East Chiltington community 'get together' will take place at Hollycroft recreation ground off Chapel Lane on July 6th. Starting at 3.00pm, there will be a cake contest, fancy dress, races and events with afternoon teas and an evening BBQ with music and dancing. All East Chiltington residents are invited to join in this annual Free event. Come and meet your community and have fun!

Damaged Verges

The damage being caused to our roadside verges and in particular to Novington Lane has been taken up with Highways at East Sussex County Council with the help of Cllr Matthew Milligan who represents the parish on ESCC and assurances have been given that posts that have rotted or been knocked over will be replaced have been received, but to date no action has been taken.

Village Marquees

As previously reported two new marquees have been acquired by the parish council and a third generously donated by Cllr Marsh for which we are most grateful. Excitingly we have also received confirmation from SDNP that they are prepared to make a grant of £2000 towards the cost of the Council acquiring and fitting out a container to be located in Hollycroft Field and fitted out. The grant is contingent on the balance of

approximately £3000 being raised separately and TECT have very generously agreed to donate £500 to the project. The parish council would like to express its gratitude and appreciation to both the SDNP and to TECT for their generous support. We are now working out where the container will go hope to have it in place later this year.

Future Parish Meetings

The 2024 meetings of the Parish

Council: 16th July, 10th September, 12th November – all at Beechwood Hall, Cooksbridge 7.00pm



Daniel Stewart-Roberts - District Councillor

As we are in the middle of the General Election campaign, I thought I would focus this month on the least political part of my role as District Councillor – being a member of the South Downs National Park Authority representing Lewes District Council. I am one of 23 members, about half of whom, like me, represent County, District and Parish Councils that are fully or partly in the Park, with the others being central government appointees. I sit on the Planning Committee, which involves monthly meetings and regular site visits. Members also attend regular workshops and site visits in support of the Park's objectives, including, currently, the development of a new Local Plan, which I am pleased to say will include very ambitious targets for affordable housing. Although I am getting to know better than I would like the road to Midhurst, where the SDNPA is based, the dedication and enthusiasm of the Park's officers and the commitment of the other members makes it a very worthwhile body to be part of.

At a recent meeting we reviewed the work of the South Downs National Park Trust. The trust is the charitable arm of the Park, which raises and distributes money to help achieve its aims and objectives. A recent example is the successful raising of Green Finance to secure 324 hectares of land for nature, restoring 10 ponds, restoring 8.36km of hedging and planting 31,000 trees. Over 40% of the Trust's funding is spent on engaging communities and improving their experience, for example improving walking and cycling access, as well as working with schools and community groups on various mini conservation grants and initiatives to support youth volunteering. I'm particularly pleased that the National Park will be part funding the Plumpton & East Chiltington Wildlife Group's ReNature Plumpton project.

Email: daniel.stewart-roberts@lewes.gov.uk
Telephone/text: 07966 338429



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Skylark Federation School News!

Staff, representatives from Lewes Parish Council and pupils from Plumpton Primary School took part in an after school litter pick.

The children worked meticulously to ensure that every piece of litter was picked up from the Village Hall to the Plumpton playing fields.

This is the third year in a row that Plumpton Pupils have completed a village litter pick. We are pleased to report that this year the least amount of litter was collected.

Members of the council commented that Plumpton Green was the tidiest village they had seen!

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PLUMPTON STRAWBERRY FAIR 15 JUNE 2024

Plumpton Village Society were not daunted by rain and 40mph gusts and the Strawberry Fair went ahead in our flexible village hall facilities with the main hall being full of local clubs and societies stalls and the stage was the performance area. The dog show was able to go outside as the sun shone for the 3pm judging.



Angie Cool our new Committee member got up at the crack of dawn to get fresh strawberries from a local wholesaler.



The community came together in the spirit of Plumpton to enjoy the day whatever the weather.



Wings Youth Theatre Group kicked off the afternoon entertainment with a selection of songs from their performances over the years.



Turning Pointe Dancers on the stage to delighted parents and villagers alike.

Thank you everyone for making this a successful strawberry fair.

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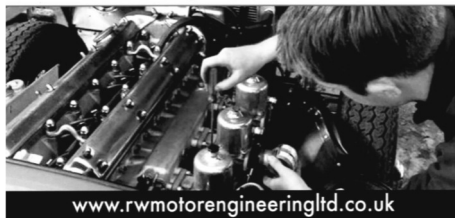
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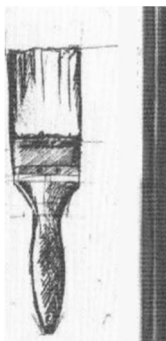
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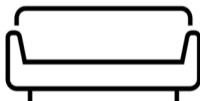
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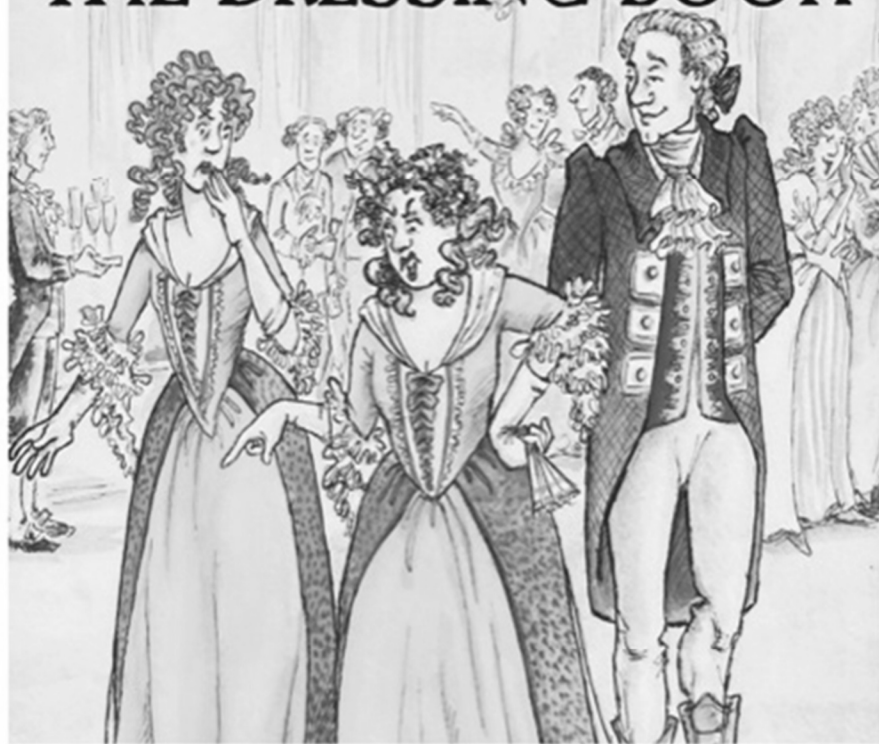


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DR's Diary...

NO ONE LIKES US!

'No one likes us, we don't care!' The defiant anthem of fans of Millwall FC. It could also be applied to our Rt Honourables in Westminster, but maybe they DO care? At the risk of being labelled 'village idiot', I think our MP's get a raw deal.

Yes sure, some may stray, but in the main (compared to some countries) I think most share the common aim, whatever their party allegiance, of wanting to build a better Britain. As soon as they are elected they may be despised by many in their constituency. Even their relationship with family and friends may be affected. Speaking of which, time with both will have to be sacrificed. In some instances there may be abuse or even threats. In recent times, two popular, hardworking MP's have been murdered.

Our MP's are supported by small armies of party helpers, knocking on doors, posting leaflets, etc,..all to get their parties message across for (in their option) a better Britain. This may annoy us at times, but think about living outside a democracy for a moment.

Personally, I have respect for anyone who works for a better Britain, Plumpton, etc.

With one exception. After all these years, the man in the funny hat sharing the platform with people with a genuine desire for the common good is a joke way past its sell by date. But, in the interests of impartiality, I visited the Monster Raving Loony party website.

These are in their 'manifesto';

1.Rawanda: any MP's misbehaving will be sent there.

2. Immigration: we will replace Border Force with GP receptionists, this will reduce numbers getting in.

3. Pot Holes: an M.O.T ensures our cars are roadworthy , we will introduce a R.O.T test to ensure our roads are ' car worthy' (we'd all vote for that one!) Maybe I've been unkind? Perhaps there's something weirdly British about laughing in the face of austerity,.. Sorry,..adversity.

There's no end of TV debates, my favourite was the Magnificent Seven, representing the main parties. The ladies were wearing outfits colour coded to there parties, so we knew who was who, no doubt. With the exception of Lib Dem's Daisy Cooper. She obviously felt she didn't look good in orange, or perhaps felt viewers likely to vote for her were intelligent enough not to need party colours?

Before the start we were told lots had been drawn to decide who stood where. I can imagine even Richard Dawkins leaping from his armchair, doing a fist pump and loudly exclaiming ' Yes, there IS a God!' when we learn that Angela Rayner and Penny Mordaunt have be put next to each other. This turned into the best cat fight since Wagatha Christie. Mishal Husain our host certainly had her work cut out with those two! Everyone attacked each other relentlessly. At this point, I decide I'd never make a politician. I'd avoid upsetting people or completely 'lose it', either way, not good MP material.

As the credits start to role it looks like Nigel is inviting his 'chums' down the pub for a few jars, even Angela gently touches Penny on the arm and whispers something in her ear. 'Nice dress, Penny', 'Good debate, well done' or maybe ' I'll see you in ten in the car park'?

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Full details: [Music for a Summer's Evening with Lea Graham Entertainments \(chf.org.uk\)](https://www.chf.org.uk)

Buy your tickets here – [Music for a Summer's Evening](https://www.chf.org.uk)

Railway Show

Saturday 6th July, Plumpton Village Hall

Plumpton Village Hall hosts its second local society railway show on Saturday 6th July with a wide variety of different makes, both old (vintage) and new (such as Hornby). A number of scales will be present on layouts, including "0" gauge clockwork and electric, "00" gauge electric. Plenty of action on the layouts and the show will be well represented by sales tables where visitors can browse around an extensive range of model railway items. When exhausted, come and sit down and enjoy plentiful refreshments whilst contemplating your purchases. Dad's and Grandad's, relive your childhood dreams; youngsters, see what you elders were up to in their childhood and perhaps get bitten by the bug! All welcome, show is open between 10.00am and 4.00pm -come and enjoy some nostalgia.

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Rev. Anne Dunlop

A Day for everything?

I write this on the eve of Father's Day. Whilst not in the least wanting to disregard fathers, it is, of course a commercially driven add on to Mother's Day. So now we have Mother's Day and Father's Day both deserving of a happy response dutifully given.

There seems to be a Day now to celebrate just about anything. Thinking that all of this was getting rather out of control, National Nothing Day as an "un-event" was proposed in 1972 by the columnist Harold Pullman Coffin and has been observed annually on 16th January since 1973. Pullman Coffin intended "to provide Americans with one national day when they can just sit without celebrating, observing or honouring anything." We may have something similar here, but we are sure to know about it when cards start appearing in the shops with an exclamation mark on the front and a blank inside.

National Mental Awareness Week passed me by and only an article in a subsequent paper alerted me to it (6-12 May). I was slightly confused. I am aware of National Mental Health Day, October 10th and was not sure how these differed, I am sure there may be a different emphasis. It is good for us to keep in mind that mental health is important. It is not just that we are aware of how mental unwellness can affect us, but also remind us that we need to take note of how we are in our heads, a sort of mental MOT.

Most all of us will have times when we experience 'brain-overload' or 'brain-fog' – or other distressing symptoms which are part of life which can often overwhelm us. For some, mental distress is an ongoing lived experience which only varies in intensity.

In wretched dark moments, we often construct 'mental games' forcing belief and hope in the future. 'This too will pass, I will get through this, I will be happy again.' It is this rather superficial, un-thought-out hope, which makes the present less difficult to bear. It may be false hope, but we cling to it as it is better than despair.

Hope has some value because it makes the present less difficult. But when we cling to a hope in the future, we do not focus our energies and capabilities on the present moment. We bypass the present to dwell in a better imagined future and in so doing we bypass the joy, peace, and other gifts available to us here and now – including the sweetness of grief. The future is unknowable, but we are also part of forming it. Hope can be passive but active moving towards what we hope for, is another.

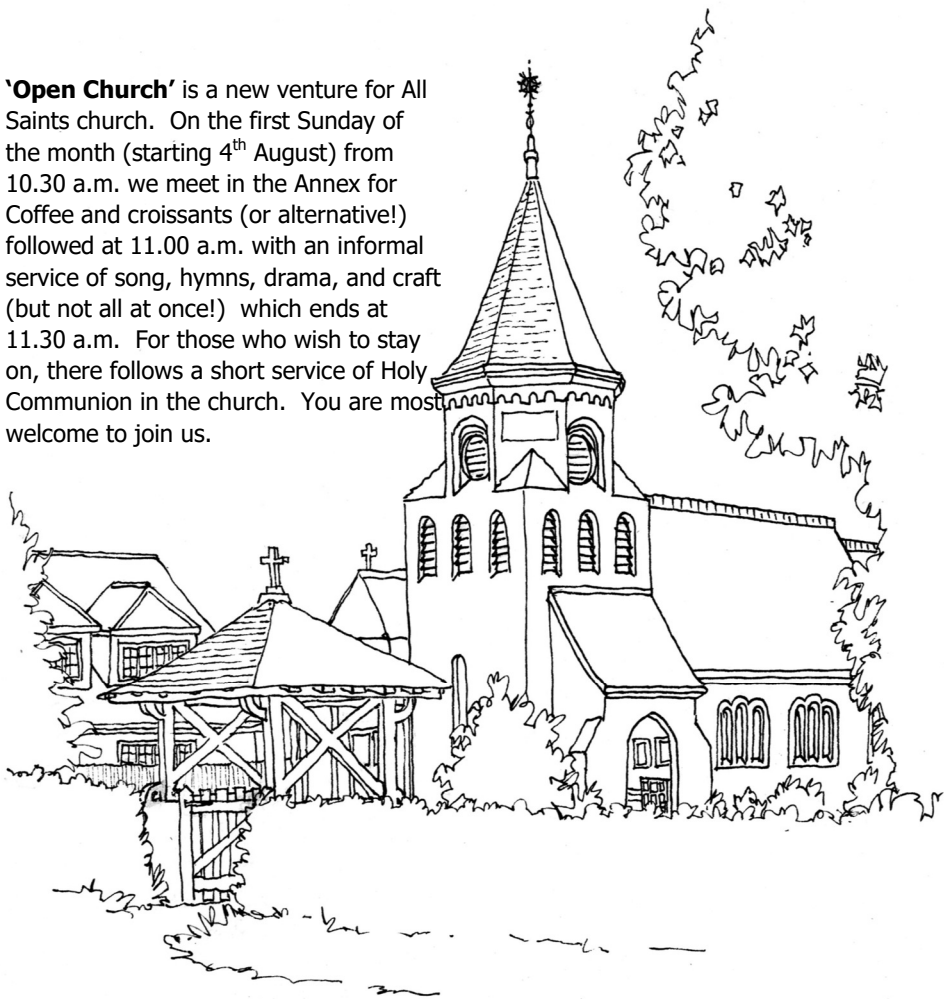
Mental health will touch all our lives either directly or indirectly through friends and loved ones. Modern science can give names to these varying afflictions but the experience of them is common. It can surprise some people that trauma, depression and anxiety are the background to more than one third of the psalms in the Bible in which darkness and anguish is vented before God. There is no human experience that does not find its resonance in these ancient texts. Reading them can be of great help as they express what we often feel but find hard to put into words.

'Out of the depths have I cried unto thee, O LORD. Lord, hear my voice: let thine ears be attentive to the voice of my supplications.' Or as the modern translation has it: 'Help, God—I've hit rock bottom! Master, hear my cry for help! Listen hard! Open your ears!' (Psalm 130)

With some double-ups I have counted 524 UK Awareness Days. Interestingly National Porridge Day falls on October 10th the same day as National Mental Health Day. Maybe there is a connection as a breakfast bowl of the stuff can make the day feel kinder.

Rev Anne Dunlop
revannedunlop@gmail.com

'Open Church' is a new venture for All Saints church. On the first Sunday of the month (starting 4th August) from 10.30 a.m. we meet in the Annex for Coffee and croissants (or alternative!) followed at 11.00 a.m. with an informal service of song, hymns, drama, and craft (but not all at once!) which ends at 11.30 a.m. For those who wish to stay on, there follows a short service of Holy Communion in the church. You are most welcome to join us.



Tuesday Lunch Club

This meets in the church annex at 12.15pm for 12.30 p.m. and offers food and friendship weekly. The lunch is open to **everyone** and you will receive a warm welcome and the chance to chat whilst enjoying a hearty meal. There is a choice of meat based, vegetarian and gluten free dishes, served with vegetables, French bread and green salad. A variety of puddings are complimented by tea, coffee, cheese and biscuits.

If you have skills to offer, join our team of volunteers or perhaps you might contribute an occasional dish. Your help would be gratefully received. Please contact The Rev Anne Dunlop in the first instance, or one of the Churchwardens.

Church Services for July 2024

Sunday 7th July

All Saints

Trinity 6

11.00 a.m.

Family Communion

Sunday 14th July

All Saints

Trinity 7

11.00 a.m.

Sea Sunday

Family Communion

Sunday 21st July

All Saints

Trinity 8

11 .00 a.m.

Rural Mission Sunday

Family Communion

Sunday 28th July

East Chiltington

Trinity 9

11.00 a.m.

Family Communion

Sunday 4th August

All Saints

Trinity 10

11.00 a.m.

Family Communion

From May to September the service on the fourth Sunday of the month is at East Chiltington.

Where there is a fifth Sunday in the month the service is at St Michael Plumpton at 11.00 a.m.

Every Tuesday - A weekly time of reflection and a short Communion Service is held at All Saints Church at 11.30 a.m.

If you are unable to make your way to any of our church services, please contact one of our churchwardens who will arrange transport.

For general church matters please contact Rev Anne Dunlop 01273 890006 revannedunlop@gmail.com in the first instance or one of the Churchwardens.

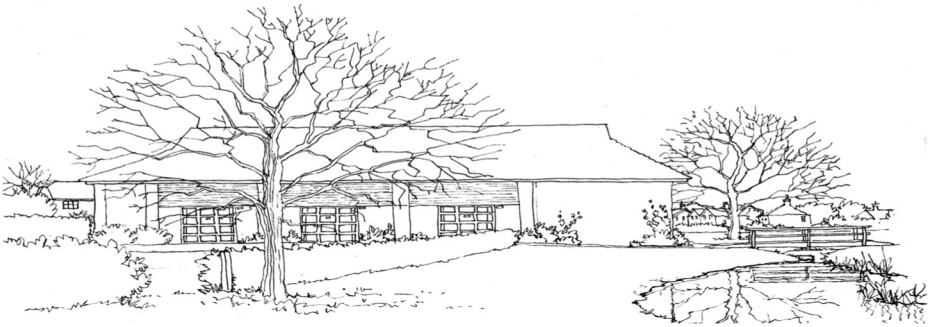
East Chiltington
Plumpton

Janice Doran 07484 348341 jncdoran@gmail.com
Howard Wood 07794484373 hawood167@hotmail.com

Help Needed

Can you volunteer? We are looking for additional volunteers to transport members of our congregation to church for services; to become part of the team caring and cleaning the churches and Annex; to help with hospitality and coffee after the services.

Please contact a churchwarden if you can help or Bob Doran 07484 138203



VILLAGE EVENTS CALENDAR

VH = Village Hall

HQ = Scout HQ

TC = Tennis Club

StM = St Michael's

ANX = Church Annex

PAV = Pavilion

ECC = East Chiltington Church

Sch = Plumpton School

ALC = All Saints Church

BOOKINGS

Village Hall & Pavilion:
Church Annex

Jane Donovan 07747 050903 or 01273 891036
Bob Doran 01273 890211 or 07484 348341

3rd July - Rude Mechanicals VH

6th July - Model Railway Show 10 - 4 VH

27th July - St. Peter & St. James Jumble Sale VH

3rd Aug - Hort. Soc. Summer Flower Show.. 2pm VH

8th August - Happy Circle - Music with Ruth 2 - 4pm ANX

21st Sept - Apple Pressing Day VH

21st Sept - Hort. Soc. Autumn Flower Show. with Apple Pressing. 2pm VH

28th Sept - Model Railway Show 10 - 4 VH

22nd Nov - Hort. Soc. AGM 7.30 VH

30th Nov - St. Peter & St. James Festive Fair VH



***Plumpton & East
Chiltington Good
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Telephone Contact 07478 524152

Do you need help or someone to talk to? We are a group of local volunteers who offer a befriending service and help with everyday things such as shopping and simple household jobs, to anyone needing support. We can help on a regular or one off basis and, there are no charges associated with our help, with the exception of travel costs if we transport you somewhere such as to the doctors or another similar appointment. All our volunteers are DBS checked.

It doesn't matter what age group you are in or whether your family is local. If you feel you would like our help or, to talk about how we may help you, please phone Gina or Alison on the above number or, you can email us at: peggoodneighbours@gmail.com

New volunteers are always needed and very welcome. If you are interested in joining our team please get in touch on the contact details above.

**Uckfield, Lewes & Newick
Arts Society**

We do not have any lectures in July and August but we have a very exciting new season, starting in September, planned for you.

How about a trip to Leighton House to see the wonderful collection of Art there? Or perhaps you could be interested in shopping on the Rialto in Renaissance Venice? However if you really want to travel in style then you can go back in time to the golden age of the transatlantic Liner, when these were floating, luxury hotels, for the very rich.

Our lectures are in the Civic Hall Uckfield on the second Wednesday of each month except for July and August. If you want to become a member please contact me for more information. We are a friendly group and would love to welcome you. Meantime enjoy the rest of the summer.

Annette Shelford
annette@shelford.net



JUMBLE SALE

Raising Funds for
St Peter & St James Hospice

SATURDAY
27 July

2.00 pm – 4.00 pm

Refreshments and Tombola

PLEASE BRING JUMBLE TO THE HALL BEFORE 10.00

NO large items of furniture, electrical items or duvets will be accepted.
Tombola prizes always gratefully received (deliver to 30 West Gate)
Help on the day is also appreciated.

Plumpton & District
Footpath Society

PROGRAMME FOR July 2024



Wednesday 3rd July - Meet at the Onslow Arms pub, Loxwood at 10.30 for an easy walk along the towpath and then through woods. Back to Onslow Arms for refreshments. 4.5km. Shorter walk of 2.4km afterwards, if wished.

Walk Leader: Gill Hall

Saturday 13th July - Meet at Buxted Railway station (TN22 4LA) at 10.30, for a 7m walk to Hadlow Down and back, from Buxted. Bring a picnic lunch.

Walk Leaders: Rod and Aly Owens 01273 891610 / 0753891610

Sunday 28th July - Meet, 2.00pm, at Butchers Bottom, Friston Forest (Map Ref. 556 944) for a circular walk round Friston Forest

Walk Leader: Clive Washer



CHAILEY REPAIR CAFÉ – SHAPING UP FOR SUMMER!!!

June and July are always busy months for us at the Repair Café, as you bring all the kit you've just got out of the shed ready for summer! We'll gladly take on broken garden furniture including parasols and loungers, as well as sorting out those lawnmowers and trimmers and sharpening your garden tools. We have been inundated with toasters and vacuum cleaners recently - but please give that toaster a good shake before bringing it in to us to dislodge all those crumbs first! And do check the filters on that vacuum – it's amazing how many folks never clean or change them!! If you've lost the instructions, we'll find a copy online for you.

Our bike repairers will be hard at work sorting out repairs for bikes big and small and all that will be alongside our usual electrical and clothing repairs. There's a huge demand for our service nowadays, and we are always very busy when we open at 1000, with the queue forming by 0930, and then from 1200 as folks arrive later to beat the rush!! It sometime gets a bit quieter (but not much) between 1100 -1200. We'll always see you in order of arrival and as soon as we can, but please be patient – we are all volunteers who have given up a lot of our spare time to offer you this service!!

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 and then watch while your repairs is done in front of you..

You'll find us at St Peter's Church, Chailey on the A275 at Chailey Green on the second Saturday of each month (8th June, 13th July, 10th August and so on) between 1000hrs and 1300hrs where we have a full Café service including our legendary cakes!

Not sure if we can fix your broken item?? Contact us at chaileyrc@gmail.com and we'll see what we can do to help.

See you very soon!!

Bryan McAlley and the Chailey Repair Café team

June Crossword 2024

Answers

Andy Starling.
May 2024

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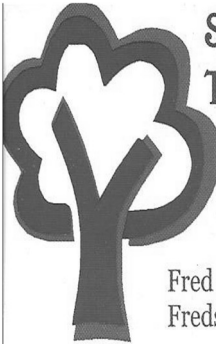
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The Bluebell Railway upcoming events

DATES FOR THE DIARY

Looking ahead to the summer holidays and beyond, The Bluebell Railway has something for everyone, with a whole range of fantastic events including our Music Festival, Beer Festival, Unicorn Weekend, Giants Of Steam and Dinosaurs Weekend in addition to many more.

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PETER RABBIT™ AND TEDDY BEARS PICNIC AT THE BLUEBELL RAILWAY = 6TH - 7TH OF JULY 2024

SINGER MOTOR CLUB AT THE BLUEBELL RAILWAY = 14TH OF JULY

BLUEBELL RAILWAY MUSIC FESTIVAL = 20TH - 21ST OF JULY 2024

SHAUN THE SHEEP HIDE AND SHEEP AR TRAIL = 23RD OF JULY TO 30TH OF AUGUST

TOY & COLLECTORS FAIR AT THE BLUEBELL RAILWAY = 28TH OF JULY 2024

REPTILES AT THE BLUEBELL RAILWAY = 26TH - 27TH OF JULY 2024

DINOSAURS AT THE BLUEBELL RAILWAY = 6TH - 8TH OF AUGUST 2024

UNICORN WEEKEND AT THE BLUEBELL RAILWAY = 10TH - 11TH OF AUGUST 2024

REPTILES AT THE BLUEBELL RAILWAY = 17TH - 18TH OF AUGUST 2024

SEPTEMBER AND OCTOBER EVENTS

DIESEL GALA AT THE BLUEBELL RAILWAY = 6TH - 8TH OF SEPTEMBER

FAB FALCONRY = 15TH OF SEPTEMBER

BLUEBELLRAILWAY BEER FESTIVAL = 20TH - 22ND OF SEPTEMBER

FIREMAN SAM AND EMERGENCY SERVICE WEEKEND AT THE BLUEBELL RAILWAY = 28TH - 29TH OF SEPTEMBER

THE GRUFFALO AT THE BLUEBELL RAILWAY = 5TH - 6TH OF OCTOBER

ROLLS ROYCE AT THE BLUEBLL RAILWAY = 6TH OF OCTOBER

GIANTS OF STEEM AT THE BLUEBELL RAILWAY = 11TH - 13TH OF OCTOBER

GHOSTBUSTERS AT THE BLUEBELL RAILWAY = 19TH & 20TH OF OCTOBER

HALLOWEEN SPEICAL AT THE BLUEBELL RAILWAY = 29TH - 31ST OF OCOTBER

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Plumpton & East Chiltington Wildlife

Bird-friendly gardens

Continuing with the Wildlife Group's 'Year of the Bird' theme, this month's column looks at what we can plant in our gardens to encourage birds. You don't need to re-wild your garden or only plant native species to attract birds; many of the introduced garden plants we primarily choose for colour, structure, or year-round interest can provide food, nesting material or nesting locations for birds.

Birds tend to prefer deep red and black coloured berries, maybe because they are rich in nutritionally valuable sugars and antioxidants. Blackbirds have wider-ranging tastes than other birds, and are happy to consume the berries of Hawthorn, Dog rose, Blackthorn, Dogwood, Buckthorn, Elder, Yew and Holly. Song Thrushes apparently prefer Yew, Blackthorn, Elder and Guelder Rose and avoid rosehips. Blackbirds, Fieldfare and Mistle Thrush will eat rosehips, but they are too large for Song Thrushes and Redwing. Late in the fruiting season, preference seems to be strongly towards Ivy, with Holly berries may untouched until very late in the season. Ivy is perhaps one of the most under-rated garden plants. The tiny flowers are a vital source of late-season nectar for insects. In winter, dark berries provide food for a variety of bird species. Ivy also provides shelter for hiding, roosting, and nesting.

You may have noticed the colourful mix of flowers either side of the footpath through Hackmans Farm. This is a specific seed mix to provide summer nectar for insects and winter food for farmland birds. Similar insect/bird seed mixes are available in garden size packets. Typical 'bumblebird' mixes include cornflower, phacelia, poppy, greater and common knapweed, flax, corn marigold, yellow rattle, devil's bit and field scabious, teasel, borage, clovers, wild carrot, birds foot trefoil and rough hawkbit.

Herb patches are a source of useful seed-bearing plants such as lavender and lemon-balm. Bullfinches will spend time stripping seeds from rosemary and coriander.

You don't even need to plant anything – just leaving a wild area will ensure some grass seeds for seed-eating finches. Many of us now tolerate dandelions as early-season nectar providers for bees and other insects but did you know that their seeds are also valuable food for birds?

I asked Wildlife Group friends about bird-feeding preferences they have observed their gardens: one friend notes that Wood Pigeons love hawthorn berries and Bullfinches enjoy winter flowering cherry. Another observed visiting Redwings taking cotoneaster berries in December and January with the help of Blackbirds and sometimes a Mistle Thrush. Once the weather gets cold, one local garden sees fieldfares on a particular crab apple tree that produces very small fruit, with fights over ownership. Gold finches feast on thistle heads. Bullfinches consume an assortment of fruit tree buds, favouring a pear.

Often, birds feast on things we would rather they didn't: fruit-tree buds, and ripening fruits. But perhaps we should tolerate this for the enjoyment that garden birds provide. The 18th century essayist, Joseph Addison, valued his garden more for being full of blackbirds than of cherries, and "*very frankly gave them fruit for their songs.*"

As well as food, garden plants also provide nesting sites and nesting material. Long after the seeds are gone, I've seen birds stripping the old flower heads from ornamental grasses, presumably for nesting material. Moss, taken from the lawn, is popular with robins and wrens for nesting material. If you rake moss from your lawn in the spring, leave it for birds to collect, or fill a bird feeder with moss and watch blue tits take it to line their nests.

One of the aims of the Wildlife Group is to encourage wildlife recording and gardens are a good place to start. Many of you take part in the Big Garden Bird Watch, held every year in late January. Why not continue for the rest of the year and contribute to BTO's Garden Birdwatch, which was launched in 1995, and asks people to submit weekly lists of birds seen in their gardens. <https://www.bto.org/our-science/projects/gbw>

Kate Gold

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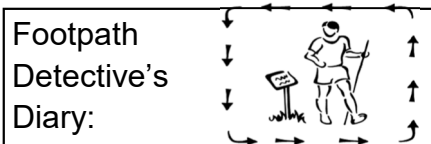
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A Footpath Detectives Diary July 2024 Exploring Saintes

I was driving down to Portugal with a friend and we had four days for our 1,100 mile journey so plenty of time to explore en route. Our first stop was a town called Saintes that had been recommended to me as an interesting town. It is in Nouvelle-Aquitaine in the Department Charente-Maritime and built on the Charente river. We set up camp in the municipal campsite on the northern edge of the town so this was the starting point for our walk.

Our walk in was along the treelined left bank of La Charente that provided us with attractive views of the town dominated by the very large tower of Cathédrale Saint-Pierre de Saintes. Straight away we could see we had entered more southern latitudes with many of the buildings having pantile rooves. The sun was out and it had at last begun to feel warm.

Turning left we crossed the first bridge we came to, Pont Bernard Palissy, and continued a little on the right bank toward a significant double arched edifice, Arc de Germanicus, dedicated to the emperor Tiberius, his son Drusus Julius Caesar, and his adoptive son Germanicus. It was originally sited over the terminus of the Roman road from Lyon to Saintes. A swift visit to the tourist information office got us a town map with a walking trail around the main sites. The trail is also marked on the ground with a green line so our walking to some extent follows this line.

Through the Arc we went up to église Saint-Palais, which gives its name to the neighborhood on the right bank of the river. Nearby is the Abbaye aux Dames de Saintes a Benedictine nunnery founded in 1047 and supported by Elenor of Aquitaine. We followed the green line to Jardin Public Fernand Chapsal, a park being enjoyed by folk of all ages on this sunny Sunday afternoon. Out the other side we walked along the river to cross

on the footbridge La Passerelle, and head up to Cathédrale Saint-Pierre de Saintes. The previous cathedral was built in the 12th century but little remains of it. The cloisters date from the 13th century and the rest was entirely rebuilt between 1450 and 1568 in the Flamboyant style. During the French Wars of Religion the building was sacked by Protestants, causing such serious damage that the nave had to be entirely rebuilt. Lack of resources meant that a complete rebuilding has never been possible and the tower never got the spire intended to finish it, the present dome constituting a more economical substitute.

We continued up hill and steps to the hill of the Place du Capitole and sat a while in a quiet grassed square lined with roses and trees with fantastic views over the whole area. From here we had to descend to cross a little valley and we picked up a grass path with gardens on our left and dwellings high above. A couple of the gardens were open to view as part of the open gardens scheme (just like we have). Onward and very much upward we arrived at the Church of Saint Eutrope at the top of the rocky hill. From here we followed footpaths out to the Roman Amphitheatre that is undergoing renovation. It is used for a variety of music and theatre events.

We worked our way back along the grassy path of Avenue des Areres, climbed through the wooded paths of Saint Eutrope and then from Place du Capitol skirted south on narrow streets back down to the river. We strolled the Quai de Verdun on the left bank in the evening sun, which provided a lovely light for photographs. Turning into the town on Rue Victor Hugo (I think every French town has one) we explored a few more streets in search of dinner. Not much was open but we did enjoy a locals' bar and bistro sat out on the street corner with a mix of locals and early tourists before walking the Quai de l'Yser on the left bank back to our campsite.

A lovely town to explore with easy to follow routes to the very many historical sites. Aside of the river banks it is quite hilly. Our wanderings only totalled 5.2 miles including the walk to and from the campsite.

EJH



Bird Watch

It has been a strange breeding season for Blue Tits this year. Usually, and we have studied many nestboxes over the years, they all start egg-laying within a few days of each other. This is to coincide with the hatch of green, defoliating caterpillars on which their young depend. This year however, some broods had already flown while other nests still contained eggs or skinny young. It is apparent that the earlier ones had the greater success, the later nests losing chicks dying in the boxes during a cold wet spell. It is suggested that much of the food was washed off the trees, causing a shortfall in what they needed. Also when a rain drenched adult returns with food, the inside of the enclosed box and the chicks get wet and chilled.

Another feature of a long-term study is that over the years the number of eggs laid has decreased. The largest broods I have encountered this year is six successfully reared. Unhatched, infertile eggs were found in most boxes but nearly all were successful in producing some fledglings, if small numbers. Not many years ago, we were finding double figure broods, some as large as fifteen and all fledging. It would appear that with a diminishing food supply, they have naturally reduced the numbers of eggs they lay. Nature is never wasteful and regulates the population to what it can support. It will be interesting to see how many Blue Tits come to the feeders later in the year as they are the most common species to use them. The new juveniles have yellow faces and greenish rather than blue heads.

Another species that has benefitted from the food we provide, is the Goldfinch. They are not strictly colony breeders like Rooks or House martins, but in an area that suits them, they nest within yards of each other. Their territorial song can be heard all through the village. The juveniles can be recognised as they lack any colour on their heads. This starts to come through as the summer progresses. With weed seeds available over many months, they will have two or even three broods and it is common to find active nests as late as August.

Birds of prey are doing well locally. There are several Barn Owls feeding young and I know several people who enjoy seeing them hunt for voles over the field margins with long grass left purposely to encourage them. The first two boxes we checked, under licence, contained chicks. One with three half grown, two females and a male. In the other, four recently hatched, pink, fluffy and ugly ones and an unhatched egg. A similar story is for the local Kestrels. I ringed a brood of four and have another of three to do next week.

The colony of House martins has returned to the college and next month we will count the active nests. In the 1980's, there were up to eighty pairs. Last year just eighteen. There is space for many dozens of nests along the eaves of the buildings but as across the whole country, their numbers have declined and noticeable few have returned from Africa this year. I have heard that none has been seen near the Village Hall yet. Perhaps there is still time.

R.J.L.

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As spring turns into summer, we welcome the longer days but where are the warm summer days? There has been a persistent chilly wind from the northeast. Despite this the commons are bursting forth with bracken and young birch trees. It is good to note the orchids once again with a good showing of common spotted ones. Also, the Bog Asphodel has started to grow. The sulphur-yellow, star-like flowers of bog asphodel brighten up our brown-green peat bogs and damp heaths in early summer. Borne on spikes, the flowers appear from June to August.

The wildlife refuges are still in position on Red House and Memorial commons. There are signs and maps showing the areas and we are grateful for everyone's help in keeping these refuges clear for the ground nesting birds.

The young cattle continue to graze the lower commons and can be found in small groups, often sheltering in the shade of the trees. The ponies are on Red House Common, grazing and browsing the young growth. They seem to have routine of appearing near the car park in the early afternoon and this is to the great satisfaction of the pony lookers, often saving a long search! The first of two nightjar surveys with a group of volunteers has taken place. Everyone went out at the same time on June 1st to track the movement of these mysterious birds. Although the wind had calmed the evening was a chilly one and there were only a few sounds to be heard. Memorial common gave a brief sounding from several points but then stopped. Little was heard on the other

commons. Thanks to Izzy Kennedy and her helpers for organizing this survey. Our meetings continue this month with a Butterfly Walk on Saturday July 13th starting at the Pound Common car park at 2.00. p.m. We are hoping for a good result despite the cool start to the year. We know that they need a minimum temperature of 65F or 18C to fly but, of course, prefer a warmer day.

Advance notice for our annual bug hunt on Wednesday August 14th starting at the Pound Common car park at 10.00.a.m. for a fun morning looking for creepy crawlies and other interesting wildlife. Children accompanied by an adult are welcome to come along with nets, pots and magnifying glasses.

For further information, visit our website –

www.chaileycommons.org.uk or our Facebook page www.facebook.com/chaileycommons/ or friendsofmarkstakescommon.weebly.com

William Coleman
01444 831098





Lewes District Citizens Advice

15 – 19 Chapel Street
Newhaven
BN9 9PN
@Lewescab1

www.lewesdistrictca.org.uk

Contact : Sophie Hoffman 01273 007556

School holidays are approaching, and as a parent, I'm already dreading September due to mounting school costs like uniforms, transport, and trips. I'm worried I won't have enough money to cover it all. How will I manage?

School costs can be overwhelming, but if you're on a low income, your local council might help with some expenses. There is support available for paying for school uniforms, trips, and essential equipment. Some extracurricular clubs such as music might also have funding. You can find what the council offers here: <https://www.eastsussex.gov.uk/education-learning>

Schools have a responsibility to ensure uniforms are affordable. Check the school website for the uniform policy and information on finding second-hand items. Schools must minimize branded items in line with government guidance on affordability. If you still can't afford the required uniform, speak to someone in the school office for assistance.

Children between reception and year two automatically get free school meals. If your child is in in years three to six, you can apply for free school meals if you receive certain benefits.

Free transport may be available if your child is aged five to 16. Your local council might help with free or lower-cost transport if you don't live near school or your child can't walk there. Ask the council if they can help. For more information on financial support for school costs and general budgeting advice, visit the Citizens

Advice website: www.citizensadvice.org.uk or call your local Citizens Advice for tailored support on 0808 278 7892.

EAST CHILTINGTON



Societies

Clubs

Groups

For changes or new entries:

phone:

01273 891427

Email:

pecncopy@gmail.com

| | | |
|--|---|---------------------|
| Baby & Toddler Group | Charlotte | 01273 891086 |
| British Legion | Reg Lanaway | 890070 |
| Brownies | girlguiding.org.uk | |
| Chailey Commons Society | William Coleman | 01444 831923 |
| Cricknet Club | Kelvin Speirs | 890785 |
| Flower Club | Sue Akers | 891701 |
| Football Club | Paul Manville | 07813 114470 |
| Footpath Society | Judy Lawrenson | 01273 472277 |
| Guides | girlguiding.org.uk | |
| Happy Circle | Cherie Winchester | 891592 |
| Honeybees Preschool | | 07786 615686 |
| Horticultural Society | Lin Pilfold | 01273 475594 |
| Hospice Support Group | Sue Akers | 891701 |
| Junior Football | Darryl Bailey | 07792 686673 |
| Oil Buying Group | Diane Marks | 07929 336065 |
| Pantomime Society | Penny Acton | 01273 891427 |
| Plumpton Activity Scheme | Becca Baker | |
| | plumptonactivityscheme@gmail.com | |
| Plumpton Bowmen | Mark Piercy | 07799 467997 |
| Plumpton Camera Club | Tim Honess | 01273 890582 |
| Plumpton & East Chiltington | | 07478 524152 |
| Good Neighbours | Gina Hawthorne | |
| Plumpton Rude Mechanical | Lee Stevens | 07887 562721 |
| Theatre Co. Friends | | |
| Plumpton Short Mat Bowls | Malcolm Beard | 890826 |
| Plumpton Tennis Club | Lesley Satchell | 07590 354420 |
| Plumpton Village Society | Lee Stevens | 07887 562721 |
| PPTFA | Marie Leviston | 891497 |
| Plumpton Vol Driving | Gill Medhurst | 01273 890055 |
| | Bookings - Jackie | 07855213947 |
| Rainbows | girlguiding.org.uk | |
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| Scouts | Rodney Hills | 890410 |
| Southdown East Pony Club | Mike Nichols | 01444 452295 |
| Stoolball Club | Jo Taylor | 890450 |
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| | plumptonwildlife@gmail.com | |

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