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September 2024



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PLUMPTON & EAST CHILTINGTON NEWS

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Happy Circle

Thursday 12th September

Fish & Chips

For more details contact:
Cherie 01273891592

Jumble sale

7th September, 2pm to 4pm
AID of the PAVILION
Plumpton Village Hall

Entrance 50p Tombola Bargains
Refreshments

Please bring Jumble to Hall before
10.30a.m

No large items, electrical goods or
duvets can be accepted.

COPY DEADLINES

***17th September for October
15th October for November***



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Plumpton Parish Council

www.plumptonpc.co.uk

As usual the Parish Council do not meet in August but there has been plenty to do nonetheless.

New Pavilion Project

In August we have held two consultation events at the Pavilion, one aimed at the sports clubs and pavilion users and the second for all residents. The feedback was positive with some good suggestions being incorporated into the final design which will have been lodged with the Lewes Planning Department by the time this magazine is published. The architect George Pottinger has done a stunning job getting the design finished, the various surveys completed, and the application delivered to Lewes District Council in a short space of time. The timetable has been driven by the need to start the bid for funding from Lewes District Council in November. More on this later.

Some plans and drawings will be available on the Parish Council website soon.

Dudmans Quarry, Plumpton Lane

Residents are reminded that the quarry is private property and going onto the quarry land without permission at any time is trespassing. The summer months and some fine weather has meant trespassers have ventured onto the quarry land to access the ponds. Residents on Plumpton Lane around 'Fairhaven' have been inconvenienced by the number of people wanting to access the quarry land day and night. Often driveways are blocked by inconsiderate parking and the trespassing has been reported to Sussex Police.

Meetings with Utilities

Representatives from the Parish Council have met with Power Networks to discuss the state of the path around the pond towards Westgate. This was dug up by them early on in the year and left in a poor state. The council are now satisfied with the repair although Power Networks agreed to strengthen some of the path edge around the pond which was

falling away. Power Networks also agreed to review the state of the path in the Spring to see how it held up over the winter.

The Parish Council is aware that the signal box is in need of maintenance to improve the look of the exterior and met with Network Rail to discuss this. We also pointed out the state of the hedge on the railway side along the track to the tennis club. We are told that these will be attended to when funding allows; the Parish Council will keep chasing them for action.

PARISH COUNCIL VACANCIES

We are happy to report that Paul Antrobus has joined us as our skilled handyman. Paul will work on Friday mornings 0800 – 1200 and you may have already spotted him working hard on tidying up the Village Hall car park area and strimming overgrown sections of the allotments. Please say hello to Paul and welcome him into our community and if you spot anything on Parish Council land you think needs attention then feel free to mention it to him.

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 **September 10th, 19:45hrs** at the Village Hall. Members of the public are welcome to attend.





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Sheep Grazing in the TECT field

TECT reported that sheep grazing had already improved the grass for wild flowers. Please do keep dogs on a lead when walking in the field and take any dog waste with you. The Parish Council have requested a dog waste bin from Lewes District Council and we have submitted the costs of having one to TECT for their feedback.

New Councillor

We're pleased to welcome a new councillor to the Parish Council, Amanda Callard. Amanda has kindly agreed to liaise with volunteers to help organise future events, particularly the annual Summer party.

Storage Unit for the Marquees

The Council has received a grant of £2000 from the SDNPA sustainable communities fund and have had a further grant of £2000 from the Lewes District Council CIL funds confirmed. With further generous support from TECT, the council now has agreed the project can go ahead, and has accepted a quote for the installation of the ground pads which the storage unit will sit on. This will mean we can store the marquees, tables and chairs used for parish events on parish land near to where we organise them.

Update on the Lewes District Plan - sites EC2 and EC11 North Barns Farm

Some members of the Parish Council attended a meeting by CPRE which heard from Cllr. Laurence O'Connor, Lewes District Council cabinet member for planning. There has been a second call for sites which will be public soon. LDC are still waiting for ESCC to produce the transport study which no doubt will inform the Local Plan. We

understand the LDC plan has to be with the inspector by July 2025 so a second consultation with the public is unlikely. As far as we are aware nothing has changed regarding LDC's findings on North Barns Farm which is that it remains not suitable for development.

Plumpton Flower Club

We are pleased to welcome

Nina Tucknott

Presenting a demonstration
entitled

'Green Inspiration'

on

Wednesday 18th September

Commencing at 7.30pm

At Plumpton Village Hall

Members £3.00 Visitors £8.00

Including refreshments

There will be a raffle at the end of the evening with a

Chance to win one of Nina's fabulous floral displays!

For any enquiries please contact Jo Hale 07719887590 or email

Jo.hale@hotmail.co.uk



James MacCleary MP

Firstly, a massive thank you to everyone who voted for me. With over 50% of the vote on a turnout of around 70%, I am deeply honoured to represent our community in Parliament. Whether you voted for me or not, I am here to serve and support everyone across Lewes, Plumpton, East Chiltington, and beyond.

Becoming an MP has been a whirlwind. No one quite prepares you for the pace at which you have to set up your team or the sheer volume of queries that come in. It's been an exciting challenge, and I'm ready to work hard for our community.

There's already plenty happening in Westminster. The new Labour Government has proposed significant reforms to the planning system, and we'll be keeping a close watch to push for changes that will benefit our local communities. One question is whether these new rules will impact proposals such as the controversial Eton New Town/North Barnes Farm site. I will make sure to keep you updated as the issue develops.

The grandeur of the Palace of Westminster is overwhelming at first, and it can be quite a maze to navigate. With 72 Liberal Democrat MPs, including 5 in Sussex, we're providing a strong, community-focused voice in Parliament. It's an exciting time to be part of this new intake, and I've even had the pleasure of meeting rising stars like Jennie, the golden retriever guide dog for fellow MP Steve Darling!

As your MP, my priorities are clear: I will be a hardworking representative, putting our constituency first. I'm committed to delivering on the issues that matter most to you, and those I campaigned during the election, particularly improving local health facilities. I will be regularly writing in the magazine and look forward to staying in touch.

Daniel Stewart-Roberts - District Councillor

Just a few brief items this month, as things have been quiet over the summer.

September is Artwave Festival month. I'm always amazed how Artwave gets bigger and better every year. This year the Headline Sponsor is local business Artelium and it's good to see that the Racecourse is hosting the Sussex Contemporary again. There is an incredible amount of creative activity on show across Lewes District between 7th and 22nd September, another reminder of what a wonderful part of the country we live in. An electronic version of the Festival programme can be found at www.artwavefestival.org.

You should have received the latest edition of the Council's DN Magazine last month. If you have any comments on the content of the magazine, how useful (or not) you find it or thoughts on what it should include, it would be good to hear from you, so that I can feed them back to the team that produces it.

I know that food waste collection performance has been a bit erratic recently, owing to staffing issues. If your collection is missed, the best thing to do is to use the "Report a missed bin collection" service on the LDC website. It is unfortunate that it can seem like your report is disappearing into a black hole but I know from talking to the Waste team that reports are acted on. If you do have repeat problems, please contact me and I can get the team management to investigate.

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PLUMPTON APPLE DAY

SAT 21 SEPTEMBER 2024

PLUMPTON VILLAGE
GREEN

2PM TO
4.30PM

Annual Apple Pressing: Bring your barrow load or bags of apples and some clean bottles to the Village Green and watch the Apple Scruncher and Press turn the apples into delicious juice.

The Apple Pressing Day will be run alongside the Horticultural Society Autumn Show inside the hall, so check out both events.

Market Stalls: We will have lots of stalls from local honey, to willow products to blade sharpening services.

Please bring any kitchen knives, scissors, secateurs, shears, mower blades that need sharpening.

Please bring cash with you as some stalls cannot take card.

Children's Games

Refreshments: Will be available on the day.
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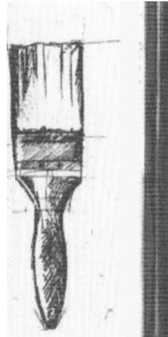
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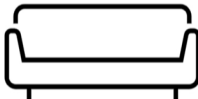
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Plumpton & East Chiltington World War 1 Memorial



This war memorial is positioned on the wall of Plumpton Village Hall, and it needs restoration with two cracks in the plaster cast and the paint work is flaking. Especially the words Unity and Harmony, which are equally relevant in today's world.

This memorial was a key part of the Comrades of the Great War Club building when it was opened on 11 December 1920, which became the old village hall. It has been outside in all weathers since and was moved to the new village hall in the mid 1990s.

200 villagers served in World War 1, 29 of which sadly died in this conflict. We are looking for descendants of those that served to get involved in this restoration.

Please contact Lee Stevens at lee.a.stevens@btinternet.com or Graham Peacock at graham.peacock@plumptonpc.co.uk as soon as possible, as we hope to get the restoration underway ahead of the winter.

TECT FIELD UPDATE

We hope you are enjoying the summer. The grass and wild flowers (and trees) are growing well in the TECT field. You may have seen that the paths around the field have been cut, and they will be cut again later in the summer. The damp spring and early summer has meant the grass growth has been good, so in the coming weeks a hay cut will be taken from the main east (Hollycroft) side of the field. The hay is not of great quality, so TECT are not getting paid for the hay, but are not having to pay anyone either. The management of late summer hay cutting (when conditions allow) and follow up with late autumn grazing will provide good conditions for plant diversity to slowly increase.

In regards to the fencing and hedging proposal, we are awaiting on quotes and will update you when we have further information. We will also inform everyone about when there will be sheep grazing on the field this year.

In the coming months there will also be an installation of a bin / dog waste bin near the main entrance to TECT.

Events

TECT Tidy

A new TECT Tidy Group started this month and will run on the first Sunday of each month from 10am. Meet at the orchard with gloves and tools (Shears, secateurs, bill hooks, racks). Next tidy - 1st September 2024, all welcome.

TECT Harvest Festival Celebration

Save the Date - Saturday 28th September 2024

Join for a harvest celebration with a dinner, produce swap, raffle, and music. More details to come.

TECT Dog Walk

Saturday 21st September 11am from the Jolly Sportsman Car park. All welcome.

Look out for further updates in the coming weeks on events, fundraising, sheep, fencing, wildflower seeds, wildlife surveying and our Wild East Chiltington Children's Forest project.

As ever, please get in touch if you want to find out more or get involved.

www.theeastchiltingtontrust.org
theeastchiltingtontrust@gmail.com

DR's Diary...

SHINRIN-YOKU!

Last December (too early to mention the 'c word') I was gifted an 'experience'. This can involve copious amounts of adrenaline. Or copious amounts of tea and cake. I chose something different. I'd heard about shinrin-yoku, which translates to forest bathing. Those clever people in Japan in the 1980's recognised that with the advancement of technology and the population shift to towns & cities, we humans were losing our connection to nature and the natural world. We've known for centuries that being in the great outdoors is good for us, but this allows us to spend time with no head phones or mobiles, using our senses to engage with nature.

This can be done anytime, wind,rain or shine.I've heard night time or in the rain are worth trying.

Well, I'm a proud southern softy, hence I'm driving to my session in Ashdown Forest in glorious sunshine. Each session is approximately 4.5 hours long. Our guide is there to meet all 7 of us and asks us to follow her car down a rough track into the forest. On arrival I felt quite chilled and relaxed, but I started to feel stressed at the thought of my car parting company with its exhaust, maybe this was all part of the destressing process?

Leaving our cars behind, we are given small yoga mats and led to a small clearing in the woods.

Our guide has a natural air of calm about her, which I suppose is pretty essential in this business.

She requests that we allow each other plenty of personal space and to avoid chatting, this will help us 'get in the mode',she says. Apart from this, there are no rules, no right/wrong way, in fact whatever we are drawn to is OK. The idea is to be calm and quiet, shed those worries and concerns we may have and let our minds go blank. Use our senses to listen to the sounds of the forest, the rustling of the trees, the birds, etc.. Smell the earth, plants and trees. See the light coming through the

leaves. After a period of meditation/ mindfulness we are asked to head to a tree that we feel drawn to, circle it, look at the texture of its bark, examine any decay or fungus, and yes, hug it if we want to. We are asked to gather a handful of earth, feel its texture and if we feel brave, taste it with the tip of our tongue. Southern softie kicked in!

Eventually, we are invited to go our separate ways and to find a particular place that draws us. Our guide says we will have 30 minutes to spend how we wish, she will then recall us by chiming the singing bowl.

I find my spot. Its on the edge of the forest, there are rays of sun streaming through the leaves and I can hear the sheep in the adjoining field. Whilst my mental state is chilled to point zero, my physical condition is in need of substance. After polishing of my cheese and tomato sarnie, I settle down on my mat and close my eyes. In fact, I think I dosed off. I stirred at the sound of rustling. Thinking it was a squirrel searching in my rucksack, I looked up. About 10 feet away was a magnificent stag with enormous antlers. Unfortunately, my movement sent him dashing off across the sheep field. It was only a brief moment, but one I will never forget.

The calming sound of the chimes told me it was time to go back to base. As our session neared its end, we were led to a small clearing where a kettle was boiling on a camp fire. We were soon drinking freshly picked mint tea and sharing our experiences. Its good to talk. Finally!

You do not need a guide or even a forest, just a few trees and a quiet, peaceful place. If your neighbours are not mowing or entertaining the grand kids, even your garden may do.

So, if you are feeling a bit stressed, turn off the phone, ignore the emails and take some time out.

Even 15 minutes will help. If you're too busy for that, take 30 minutes!!

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HARVEST THANKSGIVING

In the August magazine, we looked at the history of Harvest Thanksgiving and questioned whether, in this country, we take the harvest a little too much for granted.

After one of the wettest winters many farmers had to deal with flooded fields and waterlogged ground for weeks – just when they might have been sowing seeds and getting crops into the ground. Already we are hearing that the poor season may have a knock-on effect on inflation of food prices – time will tell whether this is borne out in the shops. We don't yet know if this was a one-off winter, or something we will have to get used to as climate change makes its mark.

We are not alone – in Europe they have had the opposite problem – drought with water shortages threatening supplies of fruit and vegetables that the UK imports. In other parts of the world, such as Africa, the farmers and smallholders can go for weeks or months without any rain at all.

But maybe, the war between Russia and Ukraine has brought a change of thinking about how farmers look after their land. Many farmers bought their fertilisers and pesticides from Ukraine. This has become difficult and expensive. Farmers are learning that by reducing the use of fertilisers and pesticides, they save money, the soil improves and nature is returning with more pollinators and a greater number of farmland birds.

We can do our bit too. By growing or buying our food seasonally and locally we can reduce our impact on the planet, help our local farmers and by celebrating this we can enhance the sense of community.

Many rural communities still remember the importance of celebrating their local harvest. In Plumpton and East Chiltonton we do it in style.

On **Sunday 6th October** there will be a Harvest Lunch in the Village Hall. Apple juice made from locally grown apples, crushed at the Apple Day on 21st September will be served. Locally made breads, made from locally milled flour will also be served. Bring plates of food, ideally made from locally grown ingredients, to share with others.

We are very fortunate – let's come together and celebrate our local 2024 Harvest.

We will also take time to remember those less fortunate in Africa who really struggle to grow their crops. We will have a fun auction of produce to raise funds for Ripple Effect – the charity that is teaching farmers in Africa how to cope with climate change.

Look out for posters – everyone will be welcome!

All Saints Churchyard tidy up

Saturday 12th October 2024

10.00 am to 12.30 pm

Followed by Bacon butties , hot drinks

and the odd glass of beer in the Church Annex

Bring your own gloves, tools and wheelbarrows

Secateurs, strimmers and rakes are useful too!

Everyone is welcome!

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Rev. Anne Dunlop

What's in a name?

It may have come to your attention that the Church of England (CofE) is undertaking a 'rebranding' exercise. There is a move away from, and the possible elimination of, the word 'church' in favour of descriptors which have more appeal and are more relatable to modern society. Does this suggest that 'modern society' is unable to comprehend words which carry depth of meaning? Perhaps words like 'parliament' or 'industrial' ought to go also as they have many more syllables and are equally 'loaded'.

It seems the CofE has become embarrassed or allergic to 'church' and thinks a change of term may attract people to attend. This is somewhat disingenuous as behind any new name it is what it is – or it should be - a place where the love of God for all and the saving work of Jesus Christ is proclaimed.

What is proposed is a business model, change the name, e.g. Marathon to Snickers and you have a new market, but it is the same chocolate bar. Or encourage people not to use their cars by promoting 'a multi-person-conveyance' which is still a bus. Dr Giles Fraser commented "This apparent reluctance to use the word 'church' reflects a misplaced desire to be relevant and modern sounding."

I am not sure what calling it anything but 'church' aims to achieve. Rebranding is a model from our contemporary world most notably from the free-market capitalist context within which vision-strategy-culture, language and conceptual frameworks have emerged. Throw that model at almost anything and you can produce a result. But in this case, is what is produced, 'church'?

Driving this move is the emergence of 'new types' of churches which aim to be more open and diverse. All of this is good especially as there are plans to set up churches in areas where traditional church models may not work; dense housing estates being one example. But none of this is new. The CofE is known as 'a broad church', a good description as it encompasses different emphasis and style. Churches for years have explored ways to meet varied social concerns and offered different

styles of worship. Some do not fit into traditional church environments and have adapted to use alternative buildings or outdoor settings.

Rev Will Foulger, author of the report which looked at the language used to describe new churches, suggests the word 'church' was not comprehensive enough and the phrase 'new things' might be more appropriate. He defines the church in theological terms as 'a community of people who, together, live in relationship with God through Jesus Christ'. This is correct; however the New Testament uses a more robust term as an important component of understanding the church. *Ekklesia* is a Greek word defined as "a called-out assembly or congregation." The believers are those whom God has called out of the world and "into His wonderful light" (1 Peter 2:9). This is a deliberate action on God's part and ours which is more than joining a 'community'. That is secondary and a consequence.

To call church merely a 'community', a worship gathering, a 'congregation' is not what the church was historically and should be now. Re-naming our church 'All Saints Hub', or 'All Saints Worshipping Community' is interestingly vague. It is not strong enough to describe what the church should be. The church, because of its focus, is counter-cultural, involves commitment and costly discipleship.

In this country it is mostly regarded with indifference and that, perhaps is our failure. This is not how the church is regarded elsewhere. In Venezuela, as one example, the church is a threat to the political system because of its work amongst the poor which exposes the failure of the government. But for the people it is a sanctuary of hope and a bastion of resilience, speaking the truth to power. Her leaders are under constant surveillance and believers fear for their lives. It is courage that is needed there, not a name change.

Rev Anne Dunlop
revannedunlop@gmail.com
07929 571522

HARVEST THANKSGIVING SUNDAY 6TH OCTOBER

How will Plumpton & East Chilington celebrate the Harvest this Year?

All Saints Church, Station Road will have a service of thanksgiving for the Harvest at 11 a.m. 6th October. We will decorate the church with flowers and fruits. There will be our choir too! This will be followed by our Harvest Lunch at the Village Hall. Do come and join us – come to one or both.

**At All Saints Church
Sunday 6th October at 11am
Harvest Thanksgiving Service**

We will celebrate our local produce and give thanks for the food that will sustain us all through winter. It will be a truly joyous occasion followed by...



**Buffet Lunch
At Plumpton Village Hall
From 12.15pm
for a special
HARVEST LUNCH**



OPEN TO ALL

Come to lunch and, if you are able, please bring food you have made, ideally using produce from your own garden or from local sources.

Let's come together as a community to celebrate localism, sustainability and self-sufficiency.

We hope to have apple juice pressed from locally harvested apples, locally produced beers and wines, and breads made from locally milled wheat.

We will also have a hamper of fruit and vegetables, supplied by Ashurst Organics, that will be auctioned off to raise funds for our chosen charity, Ripple Effect, that is helping people in parts of Africa to cope with climate change and relearning how to grow their crops for food.

Let's bring tradition back to Plumpton & East Chilington.

If you are planning to come to the lunch, it would help if you could let us know so we can make sure we have enough food and drink for everyone.

Carole Nicholson 01273 891722 carolenicholson3@outlook.com

**RIPPLE
EFFECT**

The new name for Send a Cow

Church Services for September 2024

Sunday 1st September	Trinity 14	World day of prayer for care of creation
All Saints church Annex	10.30am.	Open Church
Sunday 8th September	Trinity 15	Creation 2
All Saints	11.00am.	Family Communion
Sunday 15th September	Trinity 16	Creation 3
All Saints	11.00am.	Family Communion
Sunday 22nd September	Trinity 17	Creation 4
East Chiltington	11.00am.	Family Communion
Sunday 29th September	Trinity 18	Michael and All Angels/ Harvest Festival
St Michael's	11.00am	Family Communion
Sunday 6th October	Trinity 19	Dedication Sunday
All Saints Church Annex	10.30am	Open Church

The service on the 6th October will be followed by a Village Harvest Festival lunch and auction of produce in the village hall. Please join us if you can.

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

Where there is a fifth Sunday in the month the service is at St Michael's 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 then 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 - Janice Doran 07484 348341 jncdorran@gmail.com

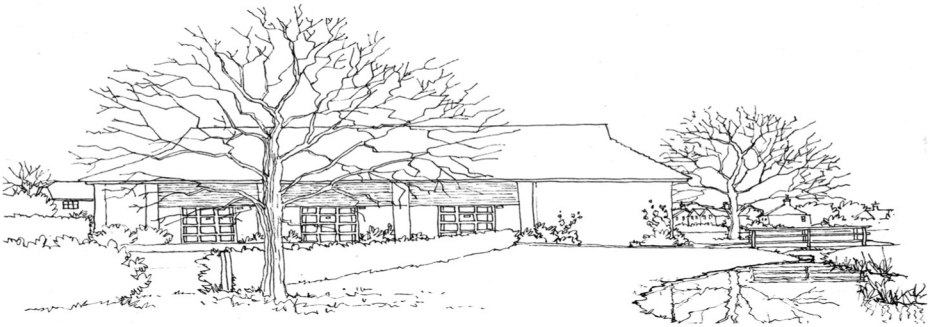
Plumpton Howard Wood 07794484373 hawood167@hotmail.com

Help Needed

Can you volunteer? We are looking for additional volunteers to transport members of our congregation to church for services; or 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

Want to hire the Church Annex? Please speak to Bob Doran



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

- | | |
|--|-----|
| 5th Sept - Plumpton Bowling Club 7 - 9.30pm | VH |
| 7th Sept - Jumble Sale in aid of the Pavilion 2pm | VH |
| 18th Sept - Plumpton Flower Club 'Green Inspiration 7.30pm | VH |
| 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 |
| 6th Oct - Harvest Festival Lunch 2.15pm | VH |
| 12th Oct - All Saints Tidy Up | ALC |
| 22nd Nov - Hort. Soc. AGM 7.30 | VH |
| 30th Nov - St. Peter & St. James Festive Fair | VH |

Plumpton & District
Footpath Society

PROGRAMME FOR September 2024



Wednesday 4th September - London Walk - meet at Haywards Heath station at 9.45

Walk Leader: Andrew Holdsworth 07932635778

Saturday 7th September - Bramber and Adur Valley 4m walk - start 10.30
Bramber village Walk Leaders: Rod and Aly Owens 01273891610/07539320102

Sunday 22nd September - a walk change - details to come

29th September - 5th October - Annual Walking holiday to Cardiff.

*Plumpton & East Chiltington
Good Neighbours*

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: pecgoodneighbours@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**

**September 11th 2.30 in the Civic
Hall Uckfield**

**Daniel Robbins 'A Private Place of
Art, Leighton House.'**

Our first lecture of the new season will start on September 11th. Leighton House has been restored many times over the years and sadly for the most part very badly. Walls were even whitewashed and much of the original ideals lost. Or were they? Just before Leighton died, a whole set of pictures were taken of the house and these when loaded onto a computer enabled modern conservators to zoom in and see all kinds of details. Other methods have also been used. For instance it was known that the floors of the drawing room and dining room had been red and blue, but under the skirting and in the corners traces of these colours still remained and could be matched perfectly.

It has been a huge task. Daniel Robbins is Senior Curator with the Royal Borough of Kensington and Chelsea. He was responsible for leading the 2008-2010 refurbishment and restoration. This promises to be a truly fascinating lecture.

If you want to become a member of our society, please contact me for further information. Visitors of course are always welcome, £7 on the door please.

Annette Shelford
annette@shelford.net



New nature corridor scheme aims to reconnect ancient woodlands and boost biodiversity in Sussex

The Lost Woods of the Low Weald and Downs project is calling for landowners to sign-up to a new nature corridor creation scheme, which will help to reconnect ancient woodlands across a large area of Sussex.

The Woodland Trust-led partnership project is looking for sections of land that can be either planted or left to naturally recolonise with trees and shrubs, which will allow wildlife to move more freely between ancient woodland habitats and boost biodiversity.

The project, which covers a 314 sq km area spanning from Lewes in the west to Storrington in the east, aims to restore ancient woodlands (woods that have existed since 1600).

Ancient woodlands are the richest and most complex habitats in the country. Once vast, they now cover just 2.5% of the UK and are home to more threatened species than any other. In Sussex, ancient woodlands support rare species including the dormouse and Bechstein's bat.

Bob Epsom, Outreach adviser for the Woodland Trust, said: "Over the past century we've lost much of our ancient woodlands in Sussex due to intensive agriculture and expanding development. This project is really exciting as it aims to link some of the pockets of ancient woodlands that are remaining across the Low Weald.

"By doing so, we'll be able to improve biodiversity as species can migrate through the landscape again, and the ecosystem as a whole will be more resilient and able to recover better from any future environmental shocks.

"For landowners, there are so many benefits of getting involved. Trees reduce flooding, prevent soil erosion in farming, and provide shelter and shade for livestock. Hedging creates more homes for wildlife. Together, we can make a real difference to biodiversity levels in the area and help some of our most at-risk species."

Interested landowners will receive free advice on the best way to create wooded habitat on their land, and volunteer help with planting trees or hedges can be arranged.

The Lost Woods team is also supporting landowners with the application process for woodland creation funding, including the Woodland Trust's subsidised MOREwoods and MOREhedges schemes.

If you are a landowner interested in joining the scheme, or a volunteer who would like to help with planting, please visit www.lostwoods.org.uk or email lostwoods@woodlandtrust.org.uk.

The Lost Woods project is made possible with The National Lottery Heritage Fund and is a partnership project between The Woodland Trust, Sussex Wildlife Trust, Small Woods Association and Action in Rural Sussex.

As well as restoring woodlands, the project is offering woodland management training courses, and supporting disadvantaged community groups in Sussex to access nature.



CHAILEY REPAIR CAFÉ BEGINS ITS 7th YEAR BY FLOATING A BOAT!

As Chailey Repair Café enters our 7th year of repairing broken stuff for the community, we have another moving story to tell you.....

During the Second World War, a US sailor carefully built a model sailing boat for his little daughter. She eventually came to the UK and settled here with her husband and family and the boat was put away in the loft, where it was forgotten about for 55 years. Her husband thought it would be a good idea to have it restored to bring it back to life again. He brought it to Chailey Repair Café, where the combined efforts of our General Repairs and Fabrics team rebuilt the boat – the couple were delighted and the boat, which brought back many happy memories, now has pride of place in their house. Don't miss the "before and after" photos, which will be posted soon on Chailey Repair Café's Facebook page.

We now have a huge stock of specialist tools and many spares which enable us to tackle some really obscure items and will be happy to try to repair your stuff and rekindle those memories!!

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 repair 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 (10th August, 14th September, 12th October and so on) between 1000hrs and 1300hrs where we

have a full Café service including our legendary cakes! We get very busy nowadays, so please don't leave it until the last minute to call in !!!!

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

Bryan McAlley and the Chailey Repair Café team

Horticultural Society Flower Show

21st September

Please support us & enter your flowers, vegetables, fruit, cooking or handicrafts.

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Plumpton & East Chiltonton News

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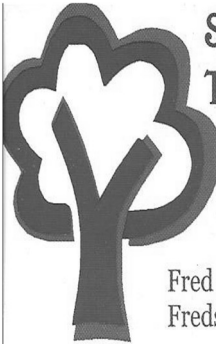
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Plumpton Green Bowling Club Autumn / Winter Season 2024 / 2025

Have you ever fancied having a go at Short Mat Bowls ? It's fun, entertaining, sometimes frustrating, not too energetic, open to all age groups and genders from inside or outside the village and, we are a friendly welcoming bunch at Plumpton. Our season begins on **Thursday 5th September in Plumpton Village Hall from 7.00pm until 9.30pm** and each Thursday, unless otherwise notified.

Short Mat Bowls is played indoors on 40ft mats, compatible with the English Short Mat Bowling Association laws and regulations. Our Club is a member of the Wealden Short Mat Bowls League which, in turn, is part of the East Sussex Short Mat Bowls Association. There is absolutely no obligation for members of the Club to take part in league games but, suffice to say, we finished runners- up in Division 1 last season.

A small weekly attendance fee is only charged after three 'taster' sessions, and a club membership fee is levied annually. Our weekly sessions are in two halves with a tea/ coffee break about 8.30pm. There are occasional additional weekly sessions for the enthusiastic bowlers amongst us, which are notified in advance. For those aspiring to be selected for a league match, home and away fixtures are notified a few weeks in advance by our Match Secretary / Captain.

All you need to start with is to bring along trainers or similar, with clean soles, to avoid damage to the mats. We have sets of woods (bowls) available to initially try your hand at the game, and further information can be obtained from Malcolm Beard on 01273 890826

Not the European Cup Election Crossword, 2024

C	O	N	S	E	R	V	A	T	I	V	E	S
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Pop in cafe

Despite this being initially set up as a warm hub for the winter months a few years back, we still open every week on a Thursday morning. This popular event has proven to be a great success with our loyal regulars and those who are just passing. We offer a warm welcome and great conversation coupled with a hot drink and a selection of chocolate bickies delivered to your table! Opening from 10.30 we serve until 12.45 and close at 13.00. Please pop in, say hello and enjoy a natter in a friendly atmosphere - we'd love to see you. For more information call Jo on 0771 9887590.

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Plumpton & East Chiltington Wildlife

Ticks

When thinking about this article, I was initially going to focus on the most talked about creature of the summer, the slug.

But then I remembered the family drama of a couple of months ago. The visits to the doctor, the discomfort, the worry, the antibiotics, even the threat of 'minor surgery'. All because of an 'insect' bite...to my wife. So for the sake of marital harmony, this has got to be about the tick.

Apart from being very nasty, what are they? Well for a start, they are not insects but parasitic arachnids, in fact a type of mite. Being an arachnid, like spiders, they have 8 legs. Having said that, ticks have 4 stages to their lifecycle - egg, larva, nymph and adult. If you are bitten by a larva, it will only have 6 legs, acquiring the other 2 when it moults into the nymph stage.....following a blood meal. And whether from large or small mammals, birds or humans, all its requirements for life come from a strictly blood diet.

To get at this, the mouthparts are specially adapted for piercing skin and sucking blood (helped by the excretion of an anticoagulant) while other structures act as stabilisers and help anchor the tick's mouthparts to the host. That is why they are so difficult to remove in tact. Cocktails of proteins with anti-inflammatory properties ensure that the tick can feed for up to 8 to 10 days without being detected by their host. And when they are finally satisfied and drop off they will be 200 to 600 times heavier.

Unsurprisingly, ticks are very tough. Their slow metabolism means they can survive for 9 months or more without a meal. Cold weather is not necessarily a problem either: a species of tick has been found living on penguins in the Antarctic. But in this country they are sensitive to temperature and humidity, and prefer the shady moist conditions of dense ground level vegetation. Woodlands and grasslands are favourite, particularly the scrubby areas where the two meet. And if a suitable range

of hosts are also present, especially large mammals such as livestock and deer, ticks can be highly abundant. But you can also get them in your garden.

To find their actual host, a tick will climb to the tips of vegetation and attach themselves with their back pairs of legs while stretching out with their front pair, ready to climb on board (think that scene from 'Titanic'). Ticks don't jump. Sensory organs on their front legs detect stimulants such as carbon dioxide, changes in light, and body heat to let them know the host is coming.

Of the 20 or so species of tick endemic to the UK, the sheep, castor bean or deer tick (*Ixodes ricinus*) most commonly bites humans. Although the bite itself can have irritating and unpleasant side effects, the real problem is the disease-causing micro-organisms that can be carried in the bite, the most common of which is Lyme disease (LD). Nymphal ticks are the most important stage for transmitting LD, because they are often harder to spot than adults so remain attached and feeding for longer. The longer an infected tick is attached, the higher the risk of disease transmission. In England, nymphal tick activity peaks during April to June and picks up again in early autumn. But tick bites can occur at any time of the year, although at a significantly reduced level in winter.

This is not the place for medical advice, but early symptoms of LD may include mild flu-like symptoms such as fever, headache and fatigue and *sometimes* a characteristic spreading bulls-eye rash at the site of the bite. Treatment is via a course of antibiotics. Untreated, the infection can spread to the nervous system, joints and heart. Although the 1500 or so annual confirmed cases of LD in England and Wales is on the increase, only about 4% of ticks are infected, so a tick bite does not equal LD.

There is a mass of good information out there about tick recognition, bite prevention, removal, treatment etc etc. But it would be a shame if all this seriously detracted from our ability to go out and enjoy the nature we are lucky enough to live in. Or that's what I keep telling my wife.

David Phillips

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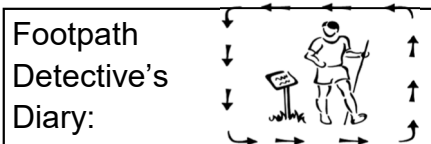
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A Footpath Detectives Diary

September 2024

The Sussex Ouse Lewes to Hamsey

I have written about the Sussex Ouse routes before, its always worth a revisit as it provides many a lovely wander. Being a river valley it can often be muddy so summertime tends to be the driest and mud free time to enjoy it. There has been quite a lot of work done on the riverside path between Lewes and Hamsey and this was a little wander to explore its progress and enjoy a summer evening stroll.

We set off from the Cliffe area of Lewes and took the riverside path from behind Harvey's brewery. I'm sure many of you know more than me about this family Sussex business but I felt it worth saying here that the Harvey family have been trading in Lewes since 1790 and brewing beer since the early 19th Century. A lot more of their story can be read on their website <https://www.harveys.org.uk/harveys-story>

The path continued as a paved route with the river on our left and Tesco on our right as we headed up-stream. The path heads by South Malling recreation ground and we turned left across the footbridge pausing to look at the large fish feeding in the edge of the river. Over the bridge we turned right to follow the footpath with the river now on our right. We continued up-stream.

Passing through a gate we came to the part of the path that has had a compacted chipping surface put on. This makes for easy walking and will hopefully

make it more usable even when the weather is wet. It's a lovely peaceful stretch of the river with views across the river to St Michael the Archangel church and Old Malling Farm, and to our left the Downs. Swans were swimming up stream and feeding along the edge.

We continued through the next gate where the river bends in a large bow around the mound on which the 12 Century church of St Peter at Hamsey stands. There is a man made channel cut in a straight line passing Hamsey place and at the far end a weir so that only the higher tides effect the river upstream from this point.

Our route continued on the path as far as Hamsey Place where we decided to turn left onto Ivor's Lane to walk NW. At the junction we turned left onto The Drove, walked across the level crossing in the direction of Ofham and where the lane begins to climb we turned left onto a footpath leading us to the by-way through the copse and south towards Landport. We continued along the road to pick up the footpath that crosses the railway and leads to Pells. Here there is a rather regimented shaped man made pond that ducks enjoy and where its possible to see terrapins too (I'll not enter a debate here about that). And next to it is the swimming baths that I frequently enjoy. Built in 1861 funded by public subscription it is one of the oldest remaining outdoor pools in Britain. It is 50 yards by 25 yards and a wonderful facility that I thoroughly recommend for summer swimming.

From Pells we wandered back into town and to Cliffe High Street to enjoy a coffee. There is an abundance of refreshment opportunities.

EJH



Bird Watch

How very pleasing it is to report some positive news regarding breeding birds. The final count of the active House Martin nests at the college was thirty-six with one more possibly occupied. This compares with eighteen last year and twenty-eight the year before. Hopefully a good number will return after spending the winter in Africa and the colony strengthen towards the high numbers of years ago. There are almost unlimited places under the eaves that could accommodate them. I have also heard that where they had been missing in places locally, pairs did arrive late and bred successfully.

For many years, I contributed to the Nest Record Scheme for the British Trust for Ornithology. This entailed recording each nesting attempt in some detail. Initially on cards but later on the computer programme linking with ring numbers, much information was logged. The location, altitude, habitat, height from the ground and how well it was concealed were all needed. The laying and hatching dates were important as were the number of eggs laid and young leaving the nest or the cause of failure such as predation or weather conditions. Scientists would then analyse those submitted from all over the country providing evidence of regional differences and timing.

In those days it was not difficult to record four hundred nests in a season, mainly from in the college grounds, churchyard and farm. Mostly, they were of very common species, Blackbird, Song Thrush, Dunnock, Wren and Robin etc. It was then my Spanish friend Joe, who worked in catering at the college. He had an uncanny knack of knowing the best places to look and started to find more unusual nests. Those survivors from my evening classes will remember how sharp he was, when out along the hedgerows or in the woods, with his little cane he would gently lift some foliage to reveal a Whitethroat or Yellowhammer sitting tight on a nest. His

specialities were Blackcaps and Chiffchaffs which are always well concealed.

By no means does every egg laid produce a bird. It is unusual for a nest that contained five eggs to produce all five young. In one of those years seventy-one Blackbirds nests produced seventy-five young from the twenty-three that were successful. Of course many of these would have been multiple attempts by the same pairs. Some nests were in strange places. One Song Thrush built on the top of the doorpost of the bull pen, so wasn't disturbed and raised young. Near the cricket field there was a very primitive "gents" made of corrugated Iron and wood. A Treecreeper placed its nest in one of the groves but failed. The broken eggshells indicated predation by, probably, a Wood mouse. The BTO found this amusing and so unusual that this card was reproduced in their newsletter

I knew that at the end of the season, they were all checked as occasionally requests for clarification or to complete any omissions were needed before going into what must have been a huge archive. Recently, I received a message from them requesting permission for a research student to use those Blackcap nest records I had sent, as he was doing a study of that species analysing their breeding success over the years. I was so pleased that they were being used to a good cause and wished him success.

Around the district, after harvesting cereals or grass for silage, Rooks and Jackdaws gather to feed on shed small grains or in the case of grass, slugs. There are huge numbers of them, many being young and recently fledged. Imagine the amount of food need daily to sustain all those birds. Sometimes they are absolute pests when flocks of them get into the cattle pens stealing food.

R.J.L.

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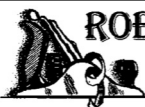
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Summer on the commons has brought some actions. Ragwort – We have received lots of messages about ragwort which has golden flower heads very prominent against the bracken of our heathland. Ragwort, *Jacobaea vulgaris* syn. *Senecio jacobaea* is a native plant that is a useful pollinator for bees and other insects and is the main food for the striped caterpillars of the Cinnabar moth, *Tyria jacobaeae*, so it has a place on the commons. You may have seen that where the plants were becoming dominant south of Red House Common car park, our volunteers have worked with the ESCC Countryside Officer to uproot and remove many plants before seeding.

Our Countryside Officer, Andy, tells us about this and the grazing on the commons which is as follows:

- **Lane End Common** - Cattle currently grazing
- **Red House Common** - Exmoor ponies currently grazing – the 4 ponies were joined on 5th August by a further 3 ponies making 7 in total. No cattle are currently grazing Red House Common.
- **Memorial, Pound and Romany Ridge Commons** - Cattle currently grazing

Please keep dogs under control so they don't chase or worry the livestock. Dog fouling remains an issue – and Neospora is a parasite that causes cattle to abort calves. Please clean up after dogs and don't allow them into the cattle troughs, this water is for drinking only.

Several people have contacted him about ragwort which is growing well on the commons this year. We are aware of the risk to livestock if they eat it but as it is unpalatable to them and there is plenty of alternative grazing, the risk to them is minimal. Please do not pull ragwort and leave it on the common as the cut plant becomes palatable once dry.

Ponies: you may have noticed that in August three more Exmoor ponies were introduced on Red House Common. Please be aware that they may be more unpredictable as they get used to each other and may not move as one group. We are pleased to be supporting the Moorland Mousie Trust who have selected suitable ponies for year-round conservation grazing, in association with the Exmoor Pony Society that preserves this ancient breed of pony. If you are interested in becoming a pony checker (two days per month on a rota) please contact jojo.Way88@gmail.com

We look forward this month to our next meetings –

Friday 6th Sept – Outing by car to RSPB Broadwater Down Reserve for a guided visit.

Thursday 19th Sept Indoor meeting 'Sustainable cut flowers' by Ben Crossland of Crosslands Nursery 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

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www.lewesdistrictca.org.uk

Contact : Sophie Hoffman 01273 007556

I've been hearing about awful accidents involving costumes catching fire. I don't want to stop my kids having fun, so is there anything I can do to make sure any costumes I buy are fire-safe?

Halloween is an exciting time for kids, but ensuring costume safety is essential. Some costumes pose fire risks because they're classified as toys, not clothing, which means they don't meet the same safety standards. To keep your children safe while they enjoy dressing up, consider the following tips:

Buy from Reputable Retailers: Choose stores you trust or check online reviews to ensure the costumes are safe and of good quality. Sticking to well-known brands can offer extra assurance.

Look for Safety Markings: When purchasing costumes, make sure they have a UKCA or CE mark. These markings indicate that the products comply with safety regulations and are less likely to pose a fire hazard.

Check for Recalls: Before making a purchase, look up the product on the Office for Product Safety and Standards list to ensure it hasn't been recalled. This step helps you avoid potentially dangerous items.

If you're considering making costumes at home, be cautious about the materials you choose. Use flame-resistant fabrics and avoid those that are loosely woven, as they can catch fire easily.

To further reduce fire risks, avoid using candles for decorations. Instead, opt for LED lights to create a safe and festive atmosphere.

For more guidance or to report unsafe products, reach out to the Citizens Advice consumer service. They can provide additional information and support to ensure a safe Halloween experience.

For further advice or assistance, head to <https://www.lewesdistrictca.org.uk/> or call our Adviceline on freephone 0808 278 7892 - lines are open Tuesday - Thursday 10am-3pm

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