No. 168 Autumn 2022



VILLAGE NEWSLETTER

http://www.pyecombevillage.co.uk

From the Rectory

It has now been almost two years since the amalgamation of our four parishes into the one Mid Downland Parish.

I think it is worth remembering that although the Mid Downland Parish shares a common bank account, each of our churches bear the same costs as they ever did: heating, electricity, water, insurance, maintenance, contributions to the Diocese to cover central and local costs. The only difference is that the money is now paid in and out of the common account.

We remain entirely reliant on the generosity of individuals who make regular or occasional contributions to church funds and to those who organise and support the various fundraising activities that take place.

The flower festival at Pyecombe on the first weekend of September is one such occasion so a huge thank you to everyone involved. Your support is very much appreciated.

Please do continue to support these events that not only raise money but also bring our community together.

Another fundraiser is Pyecombe's 100 Club, which has been organised by Anne Finney for a number of years. Thank you, Anne. Would anyone be interested in taking this on? Please let me know if you would like to know more about what is involved or speak to Anne directly.

We would also be very grateful if anyone could help with paying cash into the bank for us. We collect quite a lot from visitors to the church, which needs to be paid into our account via any HSBC branch. Please let me or one of our churchwardens Sally Brown and Betty Eade know if you would be interested in helping.

Thank you for helping keep our village church alive so that we can continue to provide a place for worship, quiet reflection, community occasions and life events. We quite literally can't do so without you.

With every blessing,

Tim

Pew Patter

On Saturday 3rd & Sunday 4th September we will be holding the Flower Festival in aid of the Mid-Downland Parishes. This year the format is different:

Saturday 11am – 4pm

Flower displays in the church with a theme of "Happy and Glorious". Refreshments will be served with ploughman's lunches, teas and cakes. There will be a plant stall, cake stall, tombola and raffle.

Sunday afternoon 3-6pm

We will be serving cream teas whilst **Nick Andrews** plays the organ for us, and then the weekend will finish with **Songs of Praise at 6.00pm**. If you need any further information, or would be able to help, do call me on 07850 300603

Shortly, we will be turning our attention to **Harvest Festival on Sunday 9th October, at 6.00pm**. Unlike many previous years, "all is safely gathered in" already for most farmers due to the dry season. If anyone can bring us goods for the Harvest Festival (only dried, tinned or powdered – NO FRESH PRODUCE please) we will be collecting donations in the church porch on Friday 7th and Saturday 8th October. All the produce will go to our local hospices who are so grateful.

Other dates for your diary are: **Remembrance Service on Sunday 13th November**, and the **Christmas Carol Service on Sunday 11th December** with the Pyecombe Choir and Mid-Sussex Brass Band.

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Both Services start at 6.00pm and all are welcome! The choir still provides a beautiful musical addition to some of our special evening services, for which we are very grateful.

The church continues to provide rest and refreshment to people walking the South Downs Way, many of whom leave very pleasant comments in our visitors' book and donations. In June, a party of about 100 from Footprint Walk relaxed in the cool of the church for coffee and cake which the Social Committee kindly arranged.

If anyone is interested in helping at the church with events, baking, or the day-to-day jobs, please contact me. We are always trying to grow our congregation too, with a warm welcome assured to anyone attending our church services.

Finally, many of you will remember Miss Audrey Baylis from her many years in the village, who now lives in Haslemere with her sister. Earlier this year, she had a very nasty fall and is recovering slowly, so please keep her in your thoughts and prayers.

Many people work tirelessly behind the scenes of our church to keep the doors open and we would like to take this opportunity to say THANK YOU to the Social Committee, villagers and friends.

Have a good Autumn!

Best wishes,

Sally Brown

Church Warden with Betty Eade

Hopefully, by the time this newsletter drops through your letter box, the choir will have given 2 performances over the Bank Holiday, one at St Anne's Care Home in Burgess Hill and the other, which has already been postponed twice owing to Covid, at Maycroft Manor! We have had a lot of fun preparing these programmes and can't wait to perform them now!

It was wonderful to perform at the Henfield Festival of Gardens and Arts again this Summer. We gave two short concerts, one at the Free Church and one at the Old Mill House which had a glorious garden, complete with a natural pond made from a former sand quarry. The reception was enthusiastic and heart-warming.

If you've already read Pew Patter, you will see that the choir will be singing at several Services this Autumn, including, of course, the Carol Service in December. We've already been booked to do some carol singing at Brighton Station on Thursday 15th December too in aid of the Clock Tower homeless charity. It is great to be able to raise much needed funds by doing something we really enjoy.

Do get in touch if you would like to come and exercise your vocal cords. We continue to meet at the church on Fridays, 5–6.30pm.

Jane Cullen

07736 806851

http://www.pyecombevillage.co.uk

Footprints South Downs Walkers' Group, June 22

This annual walking group of 100 came through Pyecombe on 16th June and as usual it was a great success. We were fortunate the weather was on our side; in previous years we've had torrential rain and others where there's been no water. Trying to make tea and serve cakes in those conditions was challenging to say the least but, whatever the situation we've had, this has always been met with good humour and a lot of help from Pyecombers. This year the coolness of the church was especially appreciated.

Thank you everyone who helped by making cakes and serving on the day. It was a lovely couple of hours. Apparently, stopping off at Pyecombe is considered the highlight of this annual walk. They love the church, cakes and tea/coffee and, of course, the loo. There were fewer walkers this year compared to previous years; not everyone was back to speed after lockdown, but we were still able to raise £420 between donations and fee. All proceeds go to the upkeep of our Mid Downland Parishes

Karen

Parish Council Jottings

Jubilee Celebrations

Our thanks to those residents who attended the recent jubilee celebrations organised by the Parish Council. It was obvious the face painting proved a huge hit with the arrival of numerous butterflies, superheroes and even a dragon!

Despite a small downpour in the evening the DJ soldiered on and in typical British fashion attendees braved the weather underneath the marquee. We hope you enjoyed the event and look forward to seeing you all again soon.

Immobilise the National Property Register

Have you heard of 'IMMOBILISE' the Nation property register?

You can register your property for free and improve your chances of getting it back if it is lost or stolen.

Benefits of registration.

- Immobilise helps Police identify the owners of recovered property thousands of times every day.
- Property updates you make are immediately available to the Police nationally.
- Combat the sale of stolen gadgets & valuables; alert the second-hand trade & publicly checkable stolen goods database **CheckMEND** if an item goes missing.
- Simplify insurance claims and Police reports with certificates of ownership.
- Great member offers from Immobilise's numerous supporters, often helping support the FREE provision of Immobilise.

Please have a look at https://www.immobilise.com for further details and to register.

Time for Dementia

Local families affected by dementia are being invited to take part in an award-winning programme, to help train the healthcare professionals of tomorrow and improve dementia care.

The Time for Dementia project, supported by Alzheimer's Society, pairs families affected by dementia with undergraduate students, helping to better educate them about life with dementia and the challenges that come with it.

http://www.pyecombevillage.co.uk

This autumn a new cohort of Brighton and Sussex Medical School medical students will be taking part and Alzheimer's Society are now seeking families in the area who would like the opportunity to make a difference to training health professionals.

Time for Dementia is a fantastic way for the next generation of healthcare professionals to gain first-hand knowledge of what it's like living with dementia.

If you would like to know more about the project, or you know someone with dementia and a family carer who would like to take part, please get in touch with us at timefordementia@alzheimers.org.uk or call 07483 137539. More information can also be found at alzheimers.org.uk/timefordementia

Food waste collection trial is ready to launch

Selected areas of Mid Sussex are due to begin a new recycling and refuse collection trial that includes the separate collection of food waste.

From mid-September, Mid Sussex residents in parts of Ashurst Wood, Burgess Hill and Lindfield will be provided weekly kerbside collections of food waste as part a trial being delivered in

partnership by Mid Sussex District Council and West Sussex County Council.

The aim of the trial is to work with residents to boost recycling and reduce the amount of waste that must go to landfill for disposal. Residents within the trial area will be provided with an enhanced recycling and waste collection service that features a '1-2-3' collection system:

1. Weekly food waste collections
2. Fortnightly recycling collections
3. Three weekly general refuse collections

Residents in the trial areas will also be able to opt-in to a free weekly collection of Absorbent Hygiene Products (AHP) if they need to dispose of nappies, incontinence waste or sanitary products.

The '1-2-3' collection system will be trialled by around 3,000 households that include a mix of housing types and locations to ensure the trial is representative of the whole of Mid Sussex. The trial will enable each council to assess the feasibility of rolling out a similar service across the whole of Mid Sussex.

Email Updates:

My thanks to those residents who have contacted me regarding various items throughout the village these updates are very much appreciated and I will always follow up on any items raised. I do now have quite a few residents who have signed up to receive email updates on various items happening both throughout the parish and locally. If you would like to be added to the circulation list, please email me at parishcouncil@pyecombe.org.uk

Parish Clerk & RFO

Dawn Langston – parishcouncil@pyecombe.org.uk

Telephone contact – 07909 332605

Parish Platinum Jubilee Day 3rd June 2022

On Friday 3rd June, the Parish Council held a special day to mark the 70th anniversary of the reign of the Queen. It was held in the Plough's field behind the church. The day started at 2.00pm and parishioners were invited to bring their own drinks, picnic and something to sit on. However, no one was going to go hungry as a free hog roast was provided. We had a great live disco, and

football shooting practice as well as rounders and other games, which kept many of the village children occupied until the weather closed in around 6.00 pm. The face painting tent was popular as was the ice cream van.

We had some lovely, positive comments from so many of you:

"It was a gorgeous fun day."

"As newbies it was great to meet new neighbours."

"It was great to get everyone together."

"Dawn and the Parish Council did us proud."

"The hog roast was superb."

Thanks are due to everyone who turned up and supported the day, but in particular I would like to thank David Wilson, the parish council chairman, and our parish clerk, Dawn Langston, for their tireless support and organisation, and also Simon Molyneux for supervising the children's games as well as supplying some of them

Tim Cullen

L❤VE YOUR VILLAGE! (Wednesdays)

The Love Your Village clean up and litter pick on Wednesdays started again last December with people invited to come and help as and when they could. Fourteen residents, who had asked to be kept informed, are sent a weekly email saying where we'll be and what we'll be doing. However with work commitments and childcare and family responsibilities, it has meant that on most weeks there have only been 2 or 3 people working, and more recently just one.

We live in a beautiful village in a lovely part of Sussex. But with over 4 kilometres of roads and pavements around the village, and the London Road, which is the worst for litter and overgrown vegetation, being nearly a kilometre in length from the footbridge to the Plough, more needs to be done if there is to be a sustainable difference.

Unless more people get involved, it is too big a job for the same 2 or 3 people so any practical suggestions as to how this could be achieved would be really welcome.

Please email Mieke (miekethomas1@gmail.com) or Mary (morourke09@gmail.com).



Pyecombe Church 100 Club Winners

June-22	Dave Harper	17	£20
June-22	Betty Eade	10	£10
July-22	Fiona Downs	27	£20
July-22	Michelle Levy	69	£10
July-22	Vickie Macrae	117	£100
Aug-22	G. Strong	31	£20
Aug-22	J. Boyce	46	£10

Ladies in Lavender!



On Monday 8th August, a group of us met at Pyecombe Church to make/learn how to make lavender wands. Maxine Sloman organised the event and it was great to enjoy the cool of the church in the heatwave whilst creating these lovely alternatives to lavender bags, and have a good chat over tea and cake too! Proceeds went to the church and we all agreed that it was a really pleasant way to pass an hour or two. Thank you, Maxine!

It has been a bumper year for lavender, so if you missed the event and would like to learn this fairly simple craft, do get in touch and we'll see if we can arrange another session. Some of us are now busy making more wands to sell at the Flower Festival, so take a look if you are not familiar with them – and do buy some!

We'd love to hear from anyone who has another craft they would like to share with their Pyecombe neighbours. Events like this, which seem to connect us with both villagers past and present, are well worth encouraging!

Jane

Our natural neighbours.

This time around as a one off, our natural neighbour is going to be the Human!!

This very strange species has managed to adapt and create many different unnatural environments, in doing so it seems to have lost its connection with the natural world. Which got me to thinking that maybe this started all that time ago when we stopped walking barefoot on the earth. So as a movement teacher and barefoot nerd I'm going to talk a little bit about our foot to core connection……

Did you know how amazing your feet are? They have 26 bones, 30 joints and more than a 100 muscles, tendon and ligaments. The skin on the bottom of your foot has thousands of receptors (mechanoreceptors) that are sensitive to textures, pressure, light touch, skin stretch and vibration.

In fact, 80% are sensitive to vibrations that our brain reads every time our foot hits the ground. Telling us how hard we are striking the ground as well as maintaining our balance when walking running and

generally moving. So, it's very important to walk with as little cushioning in our shoes to maintain the sensitivity of our mechanoreceptors, otherwise these become less sensitive which can contribute to balance problem as we age.

Another amazing connection that goes on in our bodies is the connection of our foot to our deep core muscles. Every time you place your foot down information goes to the core muscles to help with stabilizing of the whole body. Our bodies are so amazing we need to take more time to appreciate these vehicles that carry us around every day as part of the natural world.

So hopefully this has made you think about your feet in a little bit of a different way. Perhaps you might be inclined to wiggle your toes, go outside and walk barefoot on this beautiful earth that we, as just another natural neighbour, inhabit.

Kerry

I learned a new word…

Over the last week I have learned that there is a word for a deeply felt desire in my life. I have always wanted to be in nature or as near as I can be. I love natural spaces and if they are wild I am even happier. The drive towards rewilding that is happening sits very well inside me. Don't interfere and nature will take very good care of herself and us, amongst all that she is. Keep on going as we are, disregarding all that we feel is untidy, unnecessary, or inconvenient and feeling things are ours to kill or keep and we will basically end up in a very big trouble.

Nara and I were due to go camping in Cornwall to celebrate her starting a masters at The Royal College of Music in September. However, the weather for the three days did not look like camping fun...so at the last minute we went Airbnb. We stayed in a Biophilic Tiny House. And so we were introduced to Biophilia. It is a brilliant word and one I want to use often now. It is the thing that is within us that makes us search out nature. The drive to connect with natural things, things that live. Our pets, our plants and gardens, the views from our windows. The thing that makes us stare out to sea or look up to the skies. The reason we take pine cones, shells and bits of wood, plants and flowers into our homes and share these things as gifts with others. We are gifting more than a bunch of flowers, we are gifting a connection with something natural.

The Tiny house was built to promote a connection with nature. It is built with natural building materials, it has wooden surfaces and

floors from local trees, there are plants on each surface, the toilet is compost so everything goes back into the ground and feeds the Ancient cider orchards on the lands it is sited on. The sun powers it and windows allow views of trees, sky and gardens and nature thrives around, within and because of this Tiny House. You cannot be anything other than connected to nature in a Biophilic house.

We stayed there to spend some quality time with each other before September comes and we continue on with other things. It was a truly memorable experience and has renewed my faith that there are good things going on in the world, they just aren't shouted about so loudly, but it is out there and it's wonderful.

As I finish writing this I am asking myself...is Pyecombe flower festival a biophilic event? I think it must be!

Vicky



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Pyecombe Flower Festival
3rd & 4th Sept 2022
Saturday 11am-4pm
ploughman's
homemade cakes
teas & coffee
bottle tombola
children's flower displays
raffle
Sunday 3pm-6pm
organ recital
cream teas
Songs of Praise 6pm
raffle draw
All Proceeds to Mid Downland Parishes

Flower Displays

2022 Theme

Happy and Glorious

Please bring your displays to, or arrange them at the Church on Friday 2nd September

between 11am and 4pm

Your flower arrangement is your expression of the theme - it can be large or small and if you wish,

with a story, poem or picture.

Any questions, please contact Karen on 07831 515849

Children's Flower Displays

This year we would like to include flower arrangements from children. These could be on, or using their favourite toy or ornament.

If the arrangements are brought to the church on the Friday, they will be safe as the church will be manned from Friday to Sunday

Cake Makers & Helpers

This is a special weekend which has been running

for over 25 years.

We see a number of visitors from all over Sussex

and receive donations which help

to support our church.

We'd be grateful if you could help by making a cake and/or giving

one or two hours of your time

over the weekend to help with refreshments.

If you can do either of the above, please contact

Sally on 07850 300603

The next newsletter is due out in December. We would love to receive articles from you to share with your community. These can be news, items of interest, local history, jokes, recipes or anything that would have been passed around the campfire to keep the sense of community strong in days gone by.

In order to be included in the December issue, please send articles in anytime from now until 24th November . You can email them to timcullen@pyecombe.org.uk or post a written piece either in the letter box at no.14 The Wyshe or at no.15 Pyecombe Street - marked ***newsletter.***

Many thanks,

Tim & Jane Cullen (eds)

This newsletter is sponsored by the parish council and is part of the Freedom of Information Act 2000 (publication schemes).

Editors: Tim & Jane Cullen