

PARISH NEWS

AUGUST 2021

A Message from Bishop Martin - The Importance of Faith in Dark Times

As we move into a cautious release from restrictions, we also know that we have all been changed by the experience of the past year.

We have learnt things about ourselves, and the importance of faith in dark times. We have been shown evidence of shocking disparity and ingrained processes of damage within our society. We have been confronted by the fragility of our life and of our common home, the earth, how easily it was taken for granted, and the beauty it holds as God's first gift to us.

The message that emerges from our diocesan stories is a tremendously positive one of change inspired by hope and faith in Jesus Christ. Our faith makes possible the capacity to respond with kindness, joy and generosity to every situation. The resurrection of Jesus from the dead is the template on which we build our hope for living a better life, in a fairer society, with a greater reverence for the mystery of creation entrusted to us.

We are the children of the resurrection. Heaven is our destiny and Alleluia is the song we sing on our pilgrim way.

+Martin

This article is taken from the Diocese of Chichester's monthly magazine 'Faith in Sussex'. The whole magazine can be viewed online at www.chichester.anglican.org/faith-in-sussex.

Church Services and Morning Prayer

Sunday 1 st August	08:00	Alciston BCP	Sunday Zoom Morning Prayer will be held at 9.00 am. You can be sent a link to join these services – please contact the Benefice Administrator at benefice.administrator@berwickchurch.org.uk to be added to the mailing list to receive this link.
	10:00	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 8 th August	09:30	Alciston Morning Prayer	Wednesday Zoom Morning Prayer will be held at 9.30 am each Wednesday. Please request a link as above.
	10:00	Wilmington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 15 th August	09:30	Selmeston Holy Communion	If you would like to receive weekly notification about services (the Sunday Link) please email: benefice.administrator@berwickchurch.org.uk and the Administrator will add your email to the mailing list.
	10:00	Arlington Holy Communion	
	11:00	Berwick Holy Communion	
Sunday 22 nd August	09:30	Selmeston Morning Prayer	
	10:00	Wilmington Morning Prayer	
	11:00	Berwick Holy Communion	
Sunday 29 th August	10:00	Selmeston United Benefice Service	

Broadband

I was pleased that, at the end of May, Openreach outlined plans to build new ultra-fast, ultra-reliable Full Fibre Broadband for more than three million homes and businesses around the country, including 11,410 in the Lewes Constituency. This will be to cover some of the hardest to reach communities in the UK.

This follows an extended investment commitment by BT which means Openreach will now build Full Fibre technology for 25 million premises by 2026. This will also create a total of 7,000 new jobs across Openreach and the supply chain. Since 2017, Openreach has announced 9,000 apprentice jobs which will help accelerate the deployment of world class digital infrastructure across the UK.

In addition, I welcome the Gigabit Broadband Voucher scheme is now open, providing up to £210m worth of funding through vouchers as immediate help for those experiencing slow broadband speeds in rural areas. Vouchers worth up to £1,500 for homes and £3,500 for businesses are available to selected areas to help to cover the costs of installing gigabit broadband. Residents and businesses can check if they are eligible by visiting the government website: www.gigabitvoucher.culture.gov.uk.

It is really encouraging that the Government continues to prioritise investment in gigabit-capable broadband. More than a third of UK premises now have access to gigabit-capable connections, up from 9% in July 2019. The Government is also working with the industry to target a minimum of 85% gigabit-capable coverage by 2025, and an ambition to get as close to 100% as possible. The Government has also signed the Shared Rural Network agreement with Mobile Network Operators. The £1 billion deal will increase 4G mobile coverage throughout the UK to 95% by the end of 2025.

I know just how important this is to so many people across the constituency. A large proportion of Lewes and Wealden is made up of rural areas where broadband speeds can unfortunately be very slow. I have had numerous local residents raise this with me in recent years, and I am pleased that after raising these issues with the Government, action is being taken to ensure that people across our harder to reach communities will have access to faster broadband.

Maria Caulfield, MP

Alciston and Selmeston Flower Show

Sunday 15th August 2021

The 50th Alciston and Selmeston Flower Show is nearly here! We hope you are looking forward to it and planning your entries. Alciston and Selmeston residents should already have received a Flower Show Schedule, with an entry form. If you haven't received one, please feel free to request one from Jan Mathews (Tel: 811380) or Margaret Weller (Tel: 811396).

Please ensure your entry forms are in by 7.00 pm Wednesday, 11th August and, if you won a cup at the last show, please return it with your entry form.

This year will be full of fun, with some traditions from years past like tug-o-war (make a team or sign up on the day) and some new categories we know you will love. The more categories you enter, the more fun you have, so have a go and come along to the show for a great day out!

The A&S Flower Show Committee

Selmeston Parish Meeting

7.15 pm Tuesday 17th August in Alciston and Selmeston Village Hall

This will be our first major meeting since November 2019.

An agenda will be sent out by email in advance of the meeting and will also be posted on the notice board and on the website.

Anyone interested in taking the role of Chair, being actively involved in any other way or with items for inclusion on the agenda should contact David Quysner - Tel: 811515 or email: quysner@btinternet.com

David Quysner

Songs of Solace and Hope

3.00 pm Sunday 22nd August 2021 at Berwick Church

Internationally renowned Soprano Emma Bell and equally acclaimed accompanist Joyce Fieldsend will be performing in the glorious, newly restored Berwick church as we come together as a community to reflect on the past year, to grieve for those we have lost and look to the future with renewed hope.

You are invited to dedicate a song or reading from our programme in memory of a loved one.

A copy of the programme can be found on our website www.berwickchurch.org.uk under news: upcoming events, where you can also complete a dedication form enabling their name to appear on the programme.

Tickets can be booked online by visiting Eventbrite (www.eventbrite.co.uk) and entering 'Berwick Church' in the search bar.

Helen Ellis/Peter Blee

Recipe of the Month – Ginger Ice Cream with Warm Chocolate Sauce

Ingredients – Ice Cream

4 eggs, separated
4 oz /100 g icing sugar, sieved
½ pint / 300 ml double cream
2 tsp ground ginger
About 10 pieces of preserved ginger, drained and chopped

Method

Whisk the egg whites until stiff. Gradually whisk in the icing sugar a spoonful at a time. Whisk the egg yolks until pale. Whip the cream with the ground ginger. Fold the three mixtures together – the yolks into the cream then the stiff meringue and chopped ginger into the yolks and cream mixture. Pour into a polythene container, cover and freeze.

Ingredients – Hot Chocolate Sauce

6 oz/ 175 g soft brown sugar
¼ pint/ 150 ml water
1 tsp vanilla essence
3 rounded tbsp cocoa powder, sieved
3 tbsp golden syrup

Method

Put all the ingredients in a saucepan and heat gently to melt and dissolve them. Then boil fast for about 5 minutes. Keep warm to serve.

Take the ice cream out of the freezer about 10 minutes before you wish to serve so that it is not rock hard. Serve and then pour the warm sauce over it.

Valerie Shaw

August Gardener's Diary

There is lots to do in the garden this month, with the main thing being to keep certain plants well-watered in the hot and dry weather. (If we get any!)

Water sweetcorn plants regularly with tomato food to get the best cobs. Continue to feed tomato plants and remove leaves lower down on the plant to help with circulation and prevent disease. Pick out the tops to leave 5 or 6 trusses per plant.

Pinch out the tops of runner beans once they have reached the top of their supports. Lift onions, shallots and garlic once the foliage has flopped over and yellowed. Keep harvesting French and runner beans little and often to prevent them going to seed. Keep an eye out for potato and tomato blight and remove and destroy any affected plants.

Keith Winter

Family Support Work (FSW) – Update

As we approach the end of the school year, many of our families have been struggling in recent weeks as the increased number of Covid cases in schools has meant frequent periods of self-isolation. Our practitioners have been called upon to provide significant emotional support to parents who have found this very difficult to deal with, and the financial impact has been evident as we have had more need of our fuel fund and foodbank to support families where parents have been unable to work because of childcare problems.

Despite this, our families are really feeling positive about the face-to-face contact that we are now able to have with them; many of them have said that simply being able to speak directly to their practitioners, rather than on Zoom or WhatsApp, has made them feel better able to cope. We are planning some summer activities for our families, sadly nothing on a huge scale, but certainly involving small groups of families from the same areas. We hope that we will be able to resume all our usual calendar of family events and activities from September.

Our new practitioners are settling well into their roles and are busy making connections with local groups. We have also welcomed two new administrators to the staff team – Miranda, who will be supporting the practitioner team, and Jo, who will be supporting the fundraising team.

Our Open Garden events have been a little dampened by the unfortunate weather that we have been having recently, but we still have 10 dates left before the end of September which we would love to see you at. All the details are on our website: www.familysupportwork.org. We are also looking forward to our Amberley-Arundel Walk on 12th August and have several groups already registered. Please get in touch with Jo by email jo@familysupportwork.org.uk if you would like more information.

Thank you all for your continued support and prayers as we now head into a very busy time.

June's work in numbers:

- ◆ 235 individual visits and 201 support calls with families supporting 35 grandparents, 310 parents and 319 children
- ◆ 31 supported meetings with other agencies carried out remotely
- ◆ 27 online group sessions held
- ◆ 368 food deliveries made

Prayer points:

- ◆ Pray that our new administrators will settle quickly into their roles and soon feel part of the team
- ◆ That our staff will be able to recharge during much-needed time off over the coming weeks, especially those who have had to take on more than usual over the last 18 months
- ◆ Pray for success with some large funding bids that have recently been submitted and would provide vital core income if successful



FOOD BANK WISH LIST

CURRENTLY IN NEED OF:

BREAKFAST CEREALS		TINNED VEGETABLES
RICE		TINNED PULSES
TEA		TINNED FRUIT
JAM		BAKED BEANS
TABLE SAUCES		PASTA SAUCE
SOUP		TINNED PASTA (EG. RAVIOLI)
TOILETRIES		

WE HAVE ENOUGH OF:

DRIED PASTA	NAPPIES	TINNED TOMATOES
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Thank you

Chichester Diocesan Association for Family Support Work | Charity No 285337 | Company Limited by Guarantee Registered No 1648903 | Registered Office: Garton House, 22 Stanford Avenue, Brighton BN1 6AA

Nikki Kerr, FSW Director of Fundraising and Marketing

News from King's Academy, Ringmer

Well what a year that was... who would have believed that the whole nation, no, the whole world would completely STOP functioning in its 'normal' way. It was a shock for all of us and very scary — especially for the older generation, with the pandemic showing no mercy. We all very quickly had to adapt, learn new ways to survive, protect our families, work, put food on the table, get regular COVID tests and vaccinations. It has been a constant battle, but, finally, we can see the light at the end of the tunnel. We have survived and the majority of our students are now stronger, wiser, more resilient and more independent.

Our young people at King's Academy Ringmer have totally changed their way of learning, adapting to how we delivered their lessons as we continued to keep them on track by providing them with 6 lessons a day, live with their usual teachers. They stepped up and took responsibility for their education by logging on each day, staying focused as independent learners, despite the distractions of being at home. We are so proud of them all and so pleased with their attendance of over 94%.

Obviously, there were students who found it harder to work from home for various reasons, but we were delighted to have been given some catch-up funding and have been able to provide students with extra tuition in small groups led by external specialists to help bring their learning closer to where it should be. We have also been working hard in school to adapt our curriculum to ensure that no student is disadvantaged by the lockdown and will still be able to make excellent progress throughout the rest of their time with us.

With such a turbulent year the last term of school was therefore a completely joyous end to the year, with the lifting of rules and a chance to once again adventure out on school trips. Year 10s did their work experience, we took students to Seaford on a geography field trip, arranged enrichment activities like climbing, a sponsored walk and 'Branching Out'. To finish the year with a whole year sports day was the icing on the cake and everyone competed.

So, bring on 2021/22 and bring back some 'normality' with our biggest new intake for a decade and some fantastic new staff joining us. It looks set to be another exciting year.

Jamie Peacock, Transition and Marketing Manager, King's Academy Ringmer

Impersonation Scams

In the UK, individuals are now twice as likely to be the target of an impersonation scam. Criminals are experts at pretending to be from organisations like your bank, the Financial Conduct Authority (FCA), your internet service provider, and even the police, so it's important to know what to look out for.

- ◆ Criminals will create a sense of urgency. If you are told that 'your money is at risk' or 'your account will be blocked' if you do not act immediately, this is a scam.
- ◆ The bank and the police will never ask you to move your money to 'keep it safe' or to 'support a criminal investigation' - this is a scam.
- ◆ Never share information like your card reader code or one-time passcode, etc. If someone is asking you to do this, it's a scam.

Criminals can spoof their phone number to make it look like you're receiving a call from a genuine organisation. If in doubt, hang up and call the organisation directly using a number you've personally found.

For warnings about scams and guidance, consider signing up to the Consumer Association's 'Scam Alerts' service at www.campaigns.which.co.uk/scam-alert-service.

The Good, The Bad and The Hairy

Once upon a time in the West Country. Dartmoor. August. High noon. A young boy wanders away from a family picnic. The sun beats down, buzzards cry and circle overhead. He is startled by a short, snappy rattle — like bullets spinning in a revolver. Suddenly he is face to face with an amazing creature. A fly. But a fly like no other. The boy reaches for his camera - but he's too slow. With a rattle the fly launches itself into the air and is gone.

That first encounter with the hornet robberfly is one of my earliest and most vivid wildlife memories and had a huge impact on me. I searched through all my 'I-Spy' and 'Spotter's Guide' books but couldn't find anything that looked remotely like the beast I had seen. For years I believed I had encountered some weird, mythical beast and I vowed to hunt one down and photograph it to prove its existence. And they don't come much weirder than the hornet robberfly. There are 28 species of robberfly in Britain and the hornet robberfly is the leader of this wild bunch. At up to 28mm long, it's Britain's biggest fly with a dusty yellow abdomen giving it a hornet-like resemblance. It has huge oval black eyes and a big ginger beard, the overall appearance lying somewhere between an alien and Yosemite Sam. The rootin', tootin' robberfly is a ferocious critter, although they never bother humans. But a grasshopper's knees start knocking at the mere mention of its name.

Like all good western bandits, they'll wait on a high point in their long grass landscape until an unfortunate grasshopper wanders into their valley. Then, with their rattling, buzzing war-cry, they'll swoop down and snatch up their victim in their hairy legs. Hornet robberflies dispatch their prey with a lethal weapon - a sharp beak which pierces a grasshopper's tough armour and drains the very life from them. They lay their eggs on cowpats and their young bury into the soil where they hunt underground for three years before emerging as adults in late summer. Hornet robberflies are extremely rare and getting rarer; a vanishing memory of a bygone age when our countryside was truly wild and not sterilised by insecticides. I had to wait decades to see another hornet robberfly. I was drifting through the high plains of Sussex when I heard a rattle from behind me and I was instantly transported back to that little boy on Dartmoor. But this time I was ready. My hand tightened around my camera. Ready to draw, point and shoot as I turned to face an old friend. This August, organise a posse and head out into them-thar South Downs hills for a wildlife walk and see what varmints you can find.

Michael Blencowe of the Sussex Wildlife Trust

Benefice Priest

Revd Peter Blee - Rector of Berwick and Vicar of Selmeston with Alciston

The Parsonage, Berwick, Polegate, BN26 6SR

Tel: 01323 870512 Email: peter.blee@berwickchurch.org.uk

Peter's day off is Saturday.

Churchwardens

Alciston - Michèle Boys Tel: 01323 870623

Berwick – Ruth Nares Tel: 01323 811186

Selmeston - Jan Matthews Tel: 01323 811380

Benefice Administrator

Stephanie Lewis-Grey Tel: 01323 811136 Email:

benefice.administrator@berwickchurch.org.uk

Parish News Advertising and Distribution

This is coordinated by Jeremy and Valerie Shaw.

Tel: 01323 811567.

Parish News

The production team is Jane Anderson and Martin Chilvers. Contributions (other than advertising requests) should be sent to Martin Chilvers by the 12th of the month.

Email: empty.sea@outlook.com; Post: 66 Parkfield Avenue, Eastbourne, BN22 9SF.

You should receive confirmation of receipt by the 15th of the month, but if not, please call him on 01323 507655.

Contributions can also be passed on to one of the coordinators:

Jane Anderson at Old Postman's Cottage, Alciston Tel: 01323 870075.

Valerie Shaw at Selmeston House, Selmeston

Tel: 01323 811567.

Laurie Tinsley, Wynsford, Berwick Tel: 01323 870895.

Donations

Financial donations to the Parish News are gratefully received.

Cheques payable to "Parish News" can be passed to the Treasurer, Valerie Shaw, Selmeston House, Selmeston, Polegate, BN26 6UD.

Alternatively, electronic donations can be made to Barclays Bank - Account No. 70650625; Sort code 20-49-76.

We are grateful to receive donations this month from Mr and Mrs R. Gordon, Mrs J. Corkran and an anonymous donor.