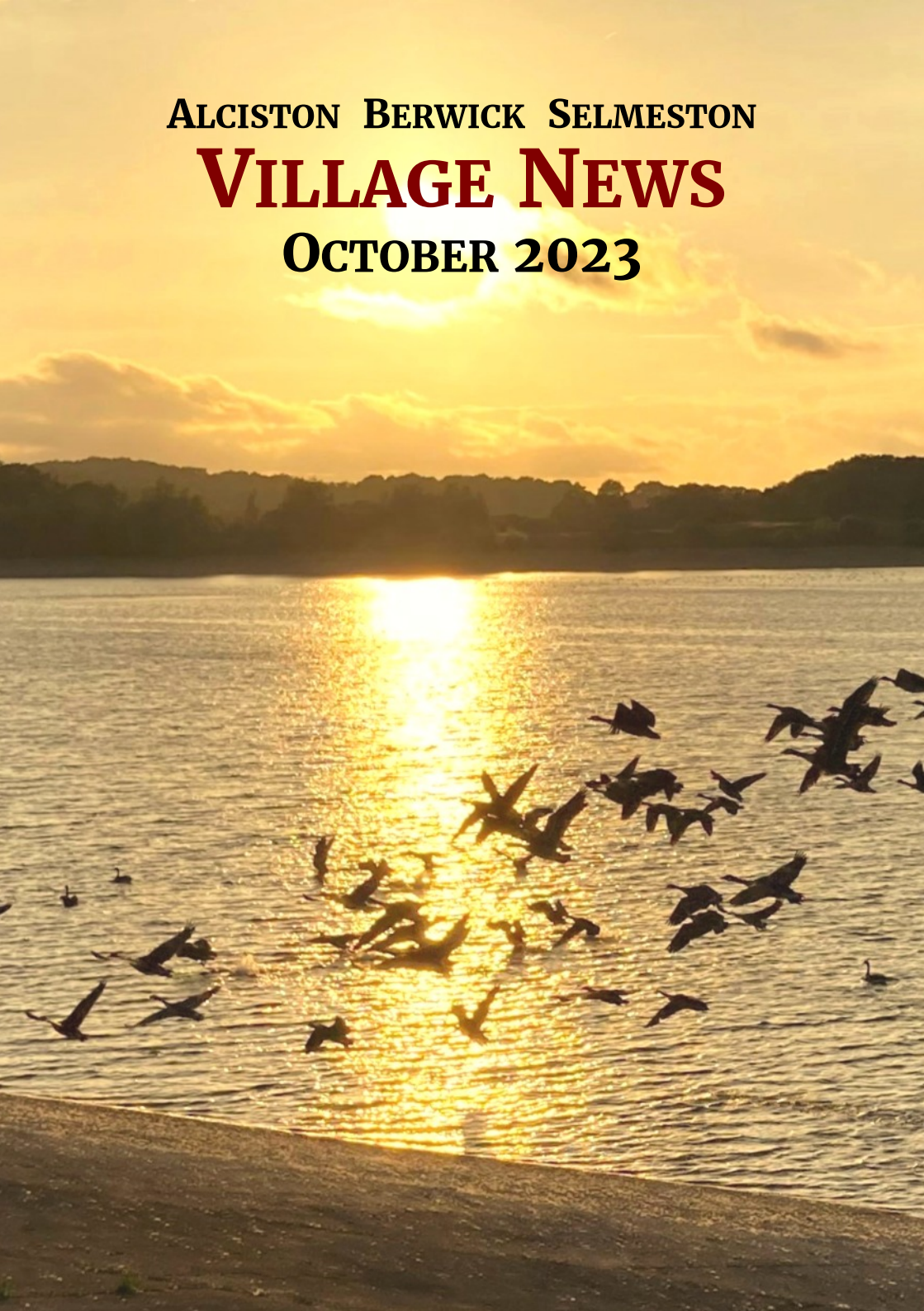


**ALCISTON BERWICK SELMESTON**

# **VILLAGE NEWS**

**OCTOBER 2023**



## ◇ VILLAGE NEWS

---

**Advertising** is coordinated by Brian Calcott. Tel. 07999 788618.

**Distribution** is coordinated by Jeremy and Valerie Shaw. Tel: 01323 811567.

**The Production Team** is Jane Anderson and Martin Chilvers.

**Contributions, Photos, etc** (other than advertising requests) should be sent to Martin by the 12<sup>th</sup> of the month by email: [empty.sea@outlook.com](mailto:empty.sea@outlook.com)

They can also be passed 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, Brian Calcott at 2 Railway Cottages, Station Road, Berwick, Polegate, BN26 6TA.

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

## ◇ CHURCH CONTACTS

---

### Benefice Priests

**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](mailto:peter.blee@berwickchurch.org.uk)

**Revd Shirley Pearce** Assistant Priest

The Vicarage, Wilmington, Polegate, BN26 5SL

Tel: 01323 318231 Email: [revshirley@gmail.com](mailto:revshirley@gmail.com)

Shirley Pearce's 'on duty' days are Wednesday, Thursday and Sunday.

### Churchwardens

**Alciston** - Michèle Boys Tel: 01323 870623

**Berwick** - Andy Williamson Tel: 01323 870163 / Paul Lewis Tel: 01323 870927

**Selmeston** - Jan Matthews Tel: 01323 811380

### Benefice Administrator

Jane Grutchfield Email: [benefice.administrator@berwickchurch.org.uk](mailto:benefice.administrator@berwickchurch.org.uk)

## ◇ VILLAGE CONTACTS

---

### Parish Council Clerks

**Alciston** - Sandy Thomas Email: [alcistonparishmeeting@gmail.com](mailto:alcistonparishmeeting@gmail.com)

**Berwick** - Alison Stevens Tel: 01323 460007 Email: [berwickparishcouncil@aol.com](mailto:berwickparishcouncil@aol.com)

**Selmeston** - Bryan Stevens Tel: 07799 862765 Email: [selmestonparishmeeting@gmail.com](mailto:selmestonparishmeeting@gmail.com)

### Village Hall / Field Hire

**Berwick Village Hall** - Thea Eastmead Tel: 01323 871218 Email: [theaeastmead77@gmail.com](mailto:theaeastmead77@gmail.com)

**Berwick Field** - Carole Vine Tel: 07341 660046 [berwickfieldhire@btinternet.com](mailto:berwickfieldhire@btinternet.com)

**Alciston and Selmeston Village Hall** Website: [www.southdownsvillagehall.org](http://www.southdownsvillagehall.org)

## **'Fun, Fish & Finking'**

*6.30 pm Saturday 7<sup>th</sup> October  
at A&S Village Hall*

Back by popular demand is the Autumn Quiz. Join in the fun with a fab quiz and tasty fish and chips from The Village Chippy. Teams are a maximum of 6 - bring your own or we can join you up with others. The bar and food are available from 6.30 pm and questions start at 7.30 pm. Our paying bar offers a broad selection of alcoholic and non-alcoholic beverages, and we ask that all drinks are bought from the bar.

The cost is £15, which includes entry to the quiz and fish/veggie and chips. Advanced booking is essential as tickets are limited.

To book please contact Mairi 07582 938185, Helen 07969 732109 or Phil 07538 187552

*Rachel Lewis*

## **Arlington Village Market and Coffee Morning**

*10.00 am – Noon, Tuesday 10<sup>th</sup> October  
at Arlington Village Hall.*

All are welcome. There will be fresh bread, cakes, quiches, local eggs and other regular stalls and refreshments. For further market information please contact Anne Hope: Tel. 01323 486219, Email:

[anntonyhope@gmail.co.uk](mailto:anntonyhope@gmail.co.uk). Arlington's Pop-Up Museum will also be taking place at the same time. October's focus will be 'Arlington and Upper Dicker Women's Institute'. For further information please contact Wendy Holmes: Tel. 07889 689844, Email [talkingteapot@yahoo.co.uk](mailto:talkingteapot@yahoo.co.uk).

Thank you to all who regularly come to support this community event, please bring your friends, and if you have not visited before you will be very welcome. At the September market the village hall was buzzing again with people chatting, visiting stalls, and browsing in the museum which featured St. Pancras Church, Arlington. It was lovely to see so many faces from the village and also past residents of Arlington.

*Pauline Jackson*

## **Firle and Beddingham Women's Institute**

*7.30 pm Wednesday 11<sup>th</sup> October  
at Firle Village Hall*

On 13<sup>th</sup> September we had a social evening (a small number as several members on holiday). After a quick business meeting we had a short quiz and then sat around tables and played board games, Jenga or Four-in-a-Row. We ended the evening with refreshments including delicious chocolate cake plus drawing the raffle.

Next month it will be our AGM on Wednesday 11<sup>th</sup> October; and on the following Wednesday (18<sup>th</sup> October) we shall be having our Autumn 'Castle Group Meeting', when three WIs get together and have a speaker. This meeting will be held at 2.30 pm at Ringmer village hall.

Do join us – we are a friendly group and always looking for new members. Please contact me if you would like to come along as a guest. You will be most welcome.

*Rosemary Norris  
President Tel: 07784 707016*

## **Autumn Alciston Parish Meeting**

*7.00 pm on Thursday 12<sup>th</sup> October  
in Alciston Church.*

All parish residents are welcome to attend.

*Sandy Thomas  
Parish Clerk*

## **Village HUB**

*10.30 am – 12.30 pm Monday 16<sup>th</sup> October  
at A&S Village Hall*

We will be serving refreshments, delicious tea and coffee as well as homemade cake. So why not join us, pop in anytime during the morning. It is open to everyone - bring your little ones for a run around and meet up with neighbours and friends of all ages.

This month the church will be selling delicious cakes, quiches, and lots more to take home and enjoy.

*Cover photo: Brian Calcott*



# Protea Financial Services - (South East) Limited

***Those who walk in Integrity, walk securely...***

We are an established local company who work with you as your broker and see the entire process through from the start of application to completion, taking the stress out of remortgaging or purchasing your home.

## **Our Services**

There are many ways in which Protea Financial Services can help you. Some of the services we offer include advice on:

- ◆ Lifetime Mortgages/Equity Release
- ◆ Residential Mortgages and other types of borrowing
- ◆ Buy To Let Mortgages
- ◆ Second Home/Holiday Home Mortgages
- ◆ Mortgage Capacity Reports (for Family Law Practitioners or individuals/couples who are divorcing)
- ◆ Protection - Life Assurance, Critical Illness Cover, Income Protection Cover, Accident Sickness and Unemployment Cover

Please feel free to learn more about us

and the services we offer

here: [www.proteafs.com](http://www.proteafs.com)

Call: 0333 3556295

or email: [enquiries@proteafs.com](mailto:enquiries@proteafs.com)



**Please remember that your home may be repossessed if you do not keep up repayments on your mortgage or any other finance secured on it.**

**Some Buy to Let and Commercial Mortgages are not regulated by the Financial Conduct Authority. A Protection plan will have no cash in value at any time and will cease at the end of the term.**

Protea Financial Services (South East) Limited is authorised and regulated by the Financial Conduct Authority under No. 954035. Registered in England and Wales. Company number 09393797



Future Hub dates: 20<sup>th</sup> November and 18<sup>th</sup> December.

Please contact any of the committee below if you have any questions or need help with transport to and from the hall. Contact: Thea 07772 155772, Helen 07969 732109, Mairi 07582 938185 or Janie 07785 940915.

*Rachel Lewis*

## **Jonathan Chiswell Jones and Friends Exhibition**

*10.00 am - 5.00 pm on Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> October at A&S Village Hall*

To earn ones living as a craftsman requires skill and dedication. On the last weekend of October, six Sussex Artists and Craftsmen will be displaying their work: the product of hand, heart and head in their 48<sup>th</sup> annual pre-Christmas exhibition and sale.

You will see porcelain for use in the home, lustreware, quilts and cushions, metal work, glass, leather work, and botanical watercolours. All the work on show is for sale and can be taken when purchased. The makers will each be there to answer questions, talk about their craft or discuss commissions you may want them to undertake.

All but one of the exhibitors are professional members of the Sussex Guild and can be looked up on the Sussex Guild website. They are Louise Bell (quilts); Vicky Baker (leather); Annie Mc Cabe (glass); Sam Wilson (metalwork) and me, Jonathan Chiswell-Jones. Vicky Mappin is a botanical artist.

Entry is free and everybody is welcome. Refreshments will, of course, be available.

*Jonathan Chiswell-Jones*

## **Berwick Produce Show and AGM 2023**

*Thursday 2<sup>nd</sup> November  
at Berwick Village Hall*

The produce show was a great success this year and the committee would like to thank all the people who kindly volunteered to help prepare for the show, run the show

and clear away — it was very much appreciated. The committee would also like to thank Alfriston Emergency Group for all their help and the use of their marquees, which, incidentally, can be hired from AEG – email

[steve.woodgate1@btinternet.com](mailto:steve.woodgate1@btinternet.com). Our AGM and cup presentation will be on Thursday 2<sup>nd</sup> November at the Village Hall all are very welcome. The date for the 2024 Produce show will be Saturday 17<sup>th</sup> August 2024.

The produce show committee is considering running the bingo evenings over the winter to raise funds for the produce show and the village hall; if you are interested in this please let a committee member know so we can gauge interest or email

[sue.woodgate1@btinternet.com](mailto:sue.woodgate1@btinternet.com) or via WhatsApp. Many thanks,

*Sue Woodgate*

## **Tipple Talk**



*7.00 pm Saturday 25<sup>th</sup> November  
at A & S Village Hall*

Back by popular demand, we journey through Bella Italia and its vineyards sampling four regional wines with accompanying nibbles. Our host, Katrina, is an award-winning professional with over ten years' experience in the wine industry. Her knowledge of wines is awe-inspiring and with her gift for communication and storytelling, it promises to be a fun and informative evening.

An event not to be missed, limited tickets so book early to avoid disappointment. Tickets cost £22. Enjoy Prosecco and olives which will be available to buy from the bar from 7.00 pm, and your wine tasting starts at 7.30 pm. Last day for tickets is Monday 20th November.

*Rachel Lewis*

# ADB TECHNICAL SERVICES

FOR ALL YOUR ELECTRICAL AND PLUMBING REQUIREMENTS

Extra Sockets to Complete Re-Wires  
Tap Washers to Central Heating Systems

Tel: Adrian Burrell on 01323 811189

## THE OLD CHAPEL CENTRE

A beautiful & affordable venue for weddings  
& all types of events



Sarah, Bookings Manager  
Tel: 07869 215916  
[hello@oldchapelcentre.com](mailto:hello@oldchapelcentre.com)

The Tye, Alfriston Village



[www.oldchapelcentre.com](http://www.oldchapelcentre.com)



**SUSSEX BLAST CLEANING**  
BLASTING & COATING SPECIALISTS

Tel: 01323 849229

E-mail: [info@sussexblastcleaning.co.uk](mailto:info@sussexblastcleaning.co.uk)

Website: [www.sussexblastcleaning.co.uk](http://www.sussexblastcleaning.co.uk)

For the Renovation  
of all Metal Items  
including  
Garden Furniture,  
Gates and Railings  
Fully ISO 9001  
Registered

## LUCY CARNAGHAN PHOTOGRAPHY

Weddings, Family Portraits, Field Sports  
Any Event or Occasion Covered

Tel: 01825 872241 Mobile: 07950 427754

E-mail: [lucy@lucycarnaghanphotography.co.uk](mailto:lucy@lucycarnaghanphotography.co.uk)  
[www.lucycarnaghanphotography.co.uk](http://www.lucycarnaghanphotography.co.uk)

## Christmas Party

*Saturday 9<sup>th</sup> December  
at A & S Village Hall*

Christmas partying in December is always a must for the Alciston & Selmeaton Village Hall. Not one to be missed!  
Further information to follow.

*Rachel Lewis*

## A Polite Reminder

If you are a householder who has hedges bordering public paths, please remember to cut them back so that those with wheelchairs or pushchairs can get through. Many thanks.

*Alison Stevens  
Clerk to Berwick Parish Council*



## Want to Drive a Bus? Volunteer Drivers Required

We are a busy charity operating 16-seater mini-buses from our base at Berwick. We provide weekly timetabled public services in the Cuckmere Valley area, plus town services in Hailsham and Seaford. We also provide Private Hire. Interested in being a volunteer driver? Full training will be given, and you may drive as many or as few shifts as you wish in any month. You'll need a D1 classification on your licence. To find out more about being a driver and joining our team of volunteers, call us on 07834 558376 or email

[volunteer@cuckmerebuses.org.uk](mailto:volunteer@cuckmerebuses.org.uk).

*Stewart Fuller, Director*

## Fun, Sun, and Success at the Annual Flower Show

The Alciston and Selmeaton Annual Flower Show was a great success this year, and thanks so much to everyone who participated. We are very grateful to all those who gave their time and energy to make it happen, and thanks especially to our President, Margaret Weller, who is retiring after this year's show. We had

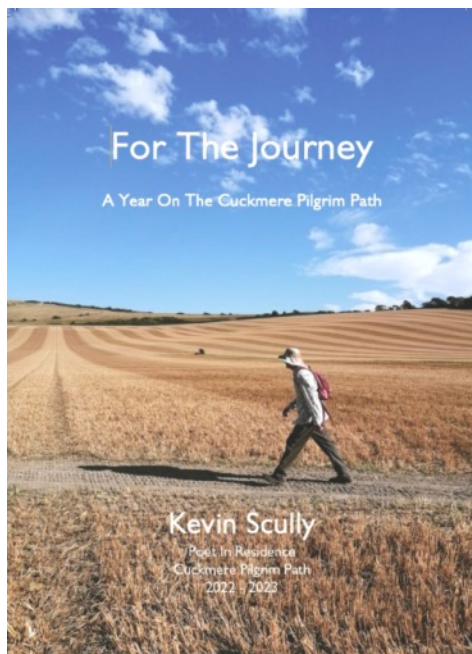
great fun on the day, numerous and beautiful entries, and boundless good cheer!

If you are interested in helping next year on the day or being on the committee, we would love to hear from you. We are especially looking for someone to coordinate the games and outdoor activities during the afternoon. Interested? Please contact Raina Thompson-Brody (07595 480662) or Neil Creaton (07795 033681).

We're already planning the next show; see you next year.

*The A&S Flower Show Committee*

## For the Journey



This poetry pamphlet by the inaugural Poet in Residence of the Cuckmere Pilgrim Path is a collection of seventeen poems and is the fruit of a year's residency on the Pilgrim Path which was established five years ago by Revd Peter Blee.

The first two poems, 'Pilgrim' and 'For the Journey' act as preparatory texts which can be read before setting out on the path which takes in seven churches in two

# NORVETT

ELECTRONICS



Established 1955

- Your local electricians for all wiring, fault finding, installation and repairs.
- Domestic and commercial.
- Industrial, agricultural and landlords works.
- Home automation, mood lighting and home cinema.

ALFRISTON (01323) 870485



[www.norvett.com](http://www.norvett.com)



## ANIMAL MAGIC

WE LOOK AFTER YOUR PETS  
AT HOME.

DOG BOARDING IN OUR FAMILY  
HOME. NO CAGES.

HOME VISITS FOR  
CAT/DOG/RABBIT/  
CHICKEN FEEDING

DOG WALKING.  
GARDEN WATERING.

35 YEARS EXPERIENCE  
WITH HORSES

EXCELLENT REFERENCES.  
CRB POLICE CHECKED  
AND INSURED.

**CALL: JANET BONUS**  
**01323 870770**

## CHRIS BONUS

**Local Plumber**

**Ball Cocks  
to Tap Washers  
including Power  
Showers, Wet Rooms,  
Bathroom and Kitchen  
Installations**

**Excellent References**

**Tel: 01323 870770**

## D. NOWICKI

**Painting and Decorating**

**Artexing and Plastering**

**Interior and Exterior,  
with over 25 years  
experience.**

**Fully insured,  
references available**

**Tel: 01323 490528**  
**Mob: 07971 271861**  
**E-mail: [nowicki@talktalk.net](mailto:nowicki@talktalk.net)**



# **P&L**

## **Building and Groundwork**

**07533 311672**



- Driveways
- Patios
- Landscaping
- Sand schools
- Brickwork
- Earth works
- Demolition
- Machine work
- Drainage
- Fencing

**C.B.WINTER & SONS**

TURF GROWERS AND LANDSCAPING PRODUCTS

[WWW.CBWINTERANDSONS.COM](http://WWW.CBWINTERANDSONS.COM)

**Call us on 01323 870459**

TRUSTED SUPPLIERS OF:

**Quality Turf & Topsoil, Natural Stone & Italian Porcelain**

## **HAILSHAM FUNERAL SERVICE**

S.A.I.F.

**HAILSHAM'S ONLY FAMILY OWNED AND RUN FUNERAL SERVICE  
AVAILABLE TO ANY AREA**

Golden Charter Pre-Paid Funeral Plans

Arrangements Can Be Made in the Comfort of Your Own Home

**11 Station Road, Hailsham - Tel: 01323 440909**



57 High Street,  
Lewes, BN7 1XE

Tel: 01273 481020 • [www.kingsframers.com](http://www.kingsframers.com) • [info@kingsframers.com](mailto:info@kingsframers.com)

Established in 1993, Kings Framers is a family run business with a background in cabinet making and specialist finishing techniques, such as lacquering, gilding and veneering.

- Imaginative bespoke framing
- Consultancy in your home or workplace
- Full Restoration Service
- Original Prints and Mirrors

## **LOGS**

**Hardwood Logs Delivered and Stacked Free**

**GARY COLLINGS**

**Professional Landscaping, Garden Construction  
& Wide Range of Fencing**

**Mobile: 07970 862773**

Sussex benefices. The book can be used as a companion to the walk or allow people to travel the terrain from their armchair.

While the poems trace this trip from Berwick, with its astounding Bloomsbury Group paintings, pilgrims can begin by selecting their starting point at Alfriston, Lullington, Wilmington, Arlington, Selmeston or Alciston. There are a number of features in the churches and at places on the way, such as the Wilmington Long Man, captured in various forms.

Scully spent a year in and about the path, organising several events and workshops, and has set out to show the diversity of pilgrimage in the people and places he encounters. Mark Oakley, author of the Ramsey prize winning book, *The Splash of Words*, writes:

'Kevin Scully's poems work like sandpaper to the soul. Unafraid to embrace the disquiet of both inner and outer landscapes, he nevertheless leads to places of epiphany and radiance. Alerting us to the locality of his residency, he makes the heart local to us too, provoking to wonder at rumours of transcendence.' The collection also has some notes on the poems that cast light on various aspects of the pieces.

The book is on sale at Berwick Church or online from AbeBooks.com.

*Kevin Scully*

## **Recipe of the Month: Sticky Toffee Cake**

### **Ingredients**

225 g dried dates

300 ml water

1 tsp bicarbonate of soda

175 g light soft brown sugar

115 g butter or margarine

1 tsp vanilla extract

2 eggs beaten

175 g self-raising flour

### **Toffee icing**

6 tbsp double cream

80 g light soft brown sugar

25 g butter

25 g golden icing sugar sifted

### **Method**

Grease and line the base of a shallow 28 by 18 cm tin. Pre-heat the oven to 350°F/180°C/gas mark 4.

Cut the dates roughly into three pieces. Place in a small pan with the water and bring to the boil and boil uncovered for about 10 minutes until the water is absorbed and the dates are softened. Remove from the heat, stir in the bicarbonate of soda, and leave to cool.

Cream together the sugar, butter or margarine and vanilla extract. Gradually beat in the eggs; then fold in the dates and the flour.

Spoon the mixture into the tin, level the surface and make a slight dip in the centre. Bake for about 35 minutes until risen and just set. It may be necessary to cover the cake for the last 10 minutes as the dates are liable to burn.

Remove from the oven and leave in the tin for 15 minutes before turning out on to a wire rack to cool.

For the icing gently heat the cream, sugar and butter together in a small pan until the sugar dissolves. Bring to the boil and cook uncovered for about 4 minutes until golden. Do not stir. Take the mixture off the heat if it darkens too much. Leave to cool. When cold, beat in the icing sugar until smooth. Using a wet palette knife, spread it over the cake.

Leave to set before cutting.

*Valerie Shaw*

## **GP Appointments**

One of the biggest issues I hear across the constituency is the difficulty people face in getting through to GPs to make appointments. Despite the introduction of the NHS app, most local practices still haven't signed up to offer direct booking appointments via this system and so people still have to scramble at 8.00 am every morning to try and get through by phone to make an appointment.

## Chloe Burrell

BSc (Hons), MCSP,  
HCPC Registered

## Chartered Physiotherapist

Home Visiting Service

Tel: 01323 811189

[chloeburrell2@btinternet.com](mailto:chloeburrell2@btinternet.com)

## Beautiful curtains Hand-sewn for your home

- Hand-sewn, made to measure curtains and soft furnishings
- Choose from our fabulous range of fabrics by major brands
- Or ask me to supply a fabric you've seen elsewhere
- Complete service, from home design consultation to installation



CURTAINS BY KATIE

Call Katie Sillett

t: 01323 735549 m: 07905 166270

e: [katie@thesilletts.co.uk](mailto:katie@thesilletts.co.uk) [www.curtainsbykatie.com](http://www.curtainsbykatie.com)



## Abbeyfield Alfriston

We offer independent living in a safe environment to elderly people who no longer want the responsibility and worry of maintaining their own home.

- Permanent residence or short break stays
- All-inclusive rates, affordable whatever your personal situation

Call 01323 871767 or email

[abbeyfieldalfriston@gmail.com](mailto:abbeyfieldalfriston@gmail.com)

[www.abbeyfield.com/south-downs](http://www.abbeyfield.com/south-downs)



- Your family run local installers of satellite systems, TV and DAB aerials
- We wall mount SKY Glass
- Highly skilled engineer with over 40 years' experience
- Local to you
- Repairs and service
- Extra points fitted
- Discrete fittings e.g. Listed buildings, thatched roofs, and flats
- European systems serviced and installed
- CCTV installs
- Competitive prices and FREE estimates with OAP discount
- We can beat anyone else's price on a like-for-like basis
- Gutters cleaned
- Bird spike fitting
- Fully guaranteed
- Full public liability and Insurances
- No job too big or small



Same day service: Open 8 am – 8 pm, 7 days a week.  
Sundays and Bank Holidays included.

Call us today on 07920 526 703 or 0800 032 3255  
[www.1strateaerialsandsatellites.co.uk](http://www.1strateaerialsandsatellites.co.uk)



# TREE WIZARD

**TREE SURGERY & HEDGE CUTTING SPECIALIST**

**CALL 01323 872209**



**Tree Wizard is a fully qualified and insured local company based in Seaford. We have been trading since 2004 and pride ourselves on providing a professional and quality service to all our clients.**

## **ALL FORMS OF TREE WORK UNDERTAKEN**

★ FORMATIVE PRUNING ★ FELLING ★ TPOS ★ STUMP REMOVAL  
★ HEDGE MAINTENANCE ★ WOODCHIP

**100% GREEN WASTE RECYCLED**

**CALL ALEX LUCAS FOR A WRITTEN QUOTE**  
**01323 872209 / 07708 149274**





## Jewellers and Silversmiths of distinction

**We buy, sell and value** – Antique, Second-hand &  
Contemporary Jewellery · Silver · Watches · Clocks

### Marston Barrett Ltd

72/73 High Street · Lewes · East Sussex BN7 1XG  
Telephone: 01273 474150

Email: [karen@marstonbarrett.co.uk](mailto:karen@marstonbarrett.co.uk) Web: [www.marstonbarrett.com](http://www.marstonbarrett.com)

## Castle Care

**From Quotation to Installation  
Service Second to None**

- Established 1987
- Quality Windows
- Installed by Craftsmen
- Client Recommendation
- Outstanding Reputation
- Insurance-backed 10 year guarantee
- PVCu (A-Rated), Aluminium, Timber
- Bespoke Conservatories
- Solar control installed to new and existing roofs

**Telephone: (01323) 870677**



Email: [info@castle-care.co.uk](mailto:info@castle-care.co.uk) Web: [www.castle-care.co.uk](http://www.castle-care.co.uk)



## BERWICK POST OFFICE

**Berwick Station Tel: 01323 870358**

*Open:* 9.00 am - 1.00 pm and 2.15 - 5.30 pm weekdays

*Except:* Wednesdays & Saturdays: 9.00 am - 12.30 pm only

- *Postal and Banking Services* •
- *Sweets • Tobacco • Stationery • Greetings Cards* •

**Support  
your  
local  
POST  
OFFICE**

## BERWICK SERVICE STATION LTD

*Automobile Engineers Since 1908*

Station Road, Berwick, near Polegate ~ Tel: 01323 870598

Specialists in Mechanical Repairs, Diagnostics, Servicing and MOTs •  
Recovery, Bodyshop and Insurance Work • Specialists in Classic and Vintage  
Cars • Valeting service available • Our friendly and knowledgeable staff will be  
happy to advise and assist you in any way possible.

[www.berwickservicestation.co.uk](http://www.berwickservicestation.co.uk)



The Government wants to end this and make appointment bookings much easier for patients. GPs provide NHS services independently, so they are not required to take part in these national schemes. That said, in recent months more than one thousand general practices have signed up for the national digital phone upgrades - backed by funding of £240 million – meaning that, once installed, patients no longer hear engaged tones when they contact their practice.

The new phone system will mean that calls can be diverted to the right place, whether that is for appointment booking or repeat prescriptions and patients no longer have to wait for long periods to try and get through. One of the practices in Seaford has invested in this innovative technology and seen their call times reduce from around 40 minutes to 12-15 minutes. It is expected every practice in the country will have the new system in place by the end of this financial year, helping put an end to the 8.00 am rush.

Patients will be able to contact their general practice more easily and quickly - and find out exactly how their request will be handled on the day they call, rather than being told to call back later, in line with the primary care recovery plan announced in May. If their need is urgent, they will be assessed and given appointments on the same day. If it is not urgent, appointments should be offered within 2 weeks, or patients will be referred to NHS 111 or a local pharmacy.

I fully recognise the strength of feeling patients have in trying to call on the phone to make an appointment, and the use of digital phone technology will support GP practices to make it easier for people to get through and get the query dealt with more quickly.

*Maria Caulfield MP*

## **October's Gardener's Diary**

This month it's mainly preparation for next year's crops, but first a few tips on getting more from this year's plants. If you grew peas this year, just cut off the top and leave the roots in the ground. As they rot,

they release nitrogen, which will be good for next year's crops.

When you cut cabbages, leave the roots in the ground, and cut across the top with a knife. This will encourage new leaf growth.

Plant your garlic this month for a bumper crop next year and autumn onions can now be planted as well. For the rest of the month get clearing off any weeds and perhaps prepare trenches for beans in the spring, digging in manure at the same time.

*Lisa Collington*

## **Family Support Work (FSW)**

I seem to write this in every update, but we really are incredibly busy at the moment. With things returning to routine after the summer, our practitioners are hugely involved in very complex cases and trying to help families achieve lasting change in very challenging circumstances. Financial hardship, mental health issues and parenting challenges are the three most pressing problems at the moment, none of which are quick to resolve. We received over twenty new referrals in September which we are having to put on waiting lists as demand is still exceeding our capacity.

Harvest season is upon us, and we know that many of you will generously be collecting items for our foodbank, for which we send enormous thanks. Our stock levels are still pretty low, so we are in need of most items. If you would like a member of FSW staff to come and talk at a church service or any other event then do let us know, as we would be delighted to do so if we can. Please contact the office on [admin@familysupportwork.org.uk](mailto:admin@familysupportwork.org.uk) if this is the case. If you would like us to collect Harvest donations, then please give us as much advance warning as possible as our van diary is already pretty full – please use the same email address as above.

We have recently introduced three new members of staff to the head office team – Jane Lyons, Alison Dewdney and Danni Stillwell. Jane and Alison are the new community engagement and volunteer co-ordinators for West and East Sussex respectively, who will be helping us to raise

# DENMAY STEEL & HIRE

Steel Stockholders, Steel Fabrications, Hire Shop

57 North Street, Portslade, BN41 1EH

Tel: 01273 430399 [info@denmaysteel.co.uk](mailto:info@denmaysteel.co.uk)

Visit our website [www.denmaysteel.co.uk](http://www.denmaysteel.co.uk)

## Willow Garden Services

General Garden Maintenance including  
Mowing, Weeding, Pruning, Border Maintenance and more.

Telephone. 07946 564785 or email [luciekleboe123@sky.com](mailto:luciekleboe123@sky.com)

## Action *iT* Support

Professional Computer Services for Work and Home

Computer Repairs, Upgrades & Servicing - Apple Mac, PC, iPhone, iPad,  
Broadband, WiFi, E-mail troubleshooting. John Cooper - 01323 871274

[john@actionitsupport.co.uk](mailto:john@actionitsupport.co.uk) - based in Berwick since 1999

## Village News Advertising Costs

¼ Page (landscape or portrait) £48 a year; £7.50 Single issue.

½ Page (landscape or column) £84 per year; £15.00 Single issue.

Full page (A5) £150 per year; £30 Single issue.

Directory advert £18 per year

For further information please call or email Brian Calcott.

Tel: 0799 978 8618 or Email: [brian.calcott@gmail.com](mailto:brian.calcott@gmail.com)



# Berwick Framing Workshop

London trained and 35 years' experience.

Bespoke framing from replacement glass and simple frame to hand-painted finishes and gilding.

Friendly and personal service by appointment. Easy parking.

Tel: 07515 729326

[www.vernonholtpaintings.com](http://www.vernonholtpaintings.com)



@pasticheframes\_holt



## COUNSELLOR

**Lyn Hayward Dip. Couns.  
MBACP (Accred.) MNCS (Accred.)**

**Supporting You Through  
Difficult Issues**

**Bereavement - Trauma - Anxiety  
Relationship Difficulties, etc.**

**Confidential and Safe  
Consulting Rooms**

**Tel: 07703 561315**

**E-mail:  
[linda\\_hayward@live.co.uk](mailto:linda_hayward@live.co.uk)**

**wasps rats  
squirrels mice  
pigeons gulls  
fleas  
clothes/carpet moths**

## Woodworm Services Bird Proofing

- Over 20 years experience
- Fully insured
- Unmarked vehicles
- Domestic & commercial
- Property Care Association trained technician

**gopest**  
SOLUTIONS

01323 811011  
01273 476000  
07852 427201

[info@gopest.co.uk](mailto:info@gopest.co.uk)

**BEN KILSHAW  
PLUMBING & HEATING**



**PLUMBING AND HEATING  
INSTALLATION AND REPAIR  
OIL-FIRED BOILER SERVICE,  
INSTALLATION AND REPAIR**

**BATHROOM FITTING  
WITH FREE 3D DESIGN**

**Tel: 07979 497 225**

**WILSONS CLEANING LTD**

**DOMESTIC CLEANING SERVICES**

Traditional Window Cleaning Service  
Water Fed Pole System  
Fascias and Guttering  
Conservatories & Conservatory Roofs  
All Aspects of UPVC

**COMMERCIAL CLEANING SERVICES**

Cladding Revitalisation  
Office Cleaning  
One-off Cleans  
Solar Panel Cleaning

**Call Free: 0800 148 8009**

E-mail: [stuart.wilson@wilsonscleaningservices.co.uk](mailto:stuart.wilson@wilsonscleaningservices.co.uk)  
[www.wilsonscleaningservices.co.uk](http://www.wilsonscleaningservices.co.uk)

**SOUTH EAST GR⚙️UNDCARE MACHINERY**

**Main dealers for Etesia, Dennis and Mountfield mowers**

**WE SELL NEW AND USED:**

Ride-on mowers, walk behind mowers,  
cylinder mowers, strimmers.

**WE SERVICE:**

Mowers, strimmers, chainsaws, generators,  
hedgcutters, trailers.

**Call Matthew Clark  
01323 811462**

**Church Farm, Chalvington, BN27 3TD  
[www.segm.co.uk](http://www.segm.co.uk)**



**THE  
BARLEY MOW**  
FREEHOUSE

**Family Friendly Pub and Restaurant with a  
Warm Welcome to All**

**Food served daily:**

Noon to 9.00 pm Monday - Saturday  
Noon to 8.00 pm on Sunday

**Excellent Ales and Wines. Large Children's  
Play Area and Extensive Outside Seating.**

**Lewes Road, Selmeston, BN26 6UE Tel: 01323 811033 [www.thebmpub.com](http://www.thebmpub.com)**



the profile of our work all over the county and encourage more people to volunteer with us. Danni is our digital fundraising apprentice, who will be supporting the fundraising team by increasing our profile online and finding new ways to reach out across social networks. This increase in the back-office team is much needed to support our expanded practitioner team, and we are delighted to have them all on board. Thank you for all your continued support and prayers for our work.

#### August's work in numbers

- ◆ 201 visits and 1017 calls with families supporting 220 adults and 215 children.
- ◆ 17 supported meetings with other agencies.
- ◆ 53 group sessions held supporting 806 parents and 531 children.
- ◆ 127 food deliveries made.

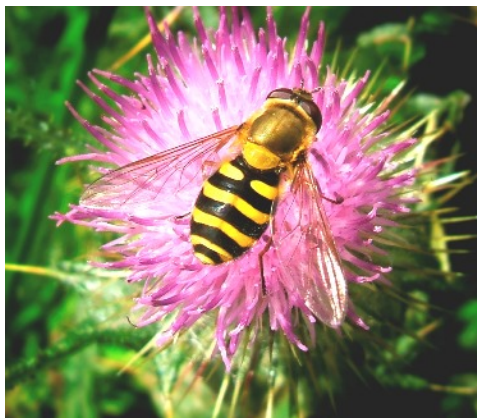
#### Prayer points

- ◆ Pray for all the children who have started new schools recently, that they are able to overcome any initial nerves quickly and settle into new routines.
- ◆ Pray for all our families who are experiencing mental health difficulties and finding it so hard to access specialist support.
- ◆ Give thanks for new volunteers who have recently come forward to support our work and pray that more people may take this step.

*Nikki Kerr,  
FSW Director of Fundraising  
and Marketing*

## Hoverflies

Everyone loves bees, don't they? Knowing that our bees are in decline has prompted protests and petitions and highlighted the important service these buzzing pollinators provide to our planet. Without them our crops and ecosystems would collapse. Yet many other pollinators that provide the same service don't get the same level of public support. So today I'm waving my flag for the hoverflies.



For some reason, they're not as loveable as bees. Perhaps it's because most of the time people mistake them for wasps. This isn't totally our fault because that's exactly what the hoverflies want you to think. The 283 species of hoverfly in the UK come in many shapes, colours and sizes but most of them sport yellow and black stripes, making them easily confused for wasps, bees, hornets and bumblebees. It's a strategy called Batesian mimicry and was first proposed by Leicestershire lepidopterist Henry Bates in 1861. Hoverflies are harmless. They don't sting and can't bite but they have discovered you don't actually have to be dangerous to deter predators – you just have to look like something that's dangerous.



Yet their devious mimicry isn't the most incredible thing about them. Their wings are the things. Hoverflies (like all flies) have just two wings (half as many wings as bees and wasps). Whereas other flies keep their wings straight, hoverflies incline

theirs to create an angled downward stroke at a remarkable rate of 120 beats per second. This allows hoverflies to fly to a most amazing place: nowhere. Hoverflies have become the motionless masters of mid-air.

It's not all sitting around in the sky though. During their few days of life, hoverflies fight, fornicate and feed and, while busy collecting energy-giving nectar and protein-rich pollen, they inadvertently provide that vital pollination service to our flowers and crops. And hoverflies have earned the title of 'The Gardeners Friend' because about 40% of them have a larval stage which is basically a tiny crawling stomach that roams around your flowerbed eating aphids. Pollination, pest control – next thing you know these beneficial little insects will be mowing the front lawn for us too.

So why not thank these friendly flies by planting some of their favourite flowers in your garden - parsley, fennel, borage, hebe, sedum and alliums - and consider putting in a pond no matter how small. Do your bit for the pollinators and they'll keep the world working for us.

*Michael Blencowe (Pictures © Mark Monk-Terry and Alan Price Gatehouse Studio)*

## **From the Vicarage**

We could say that our lives are formed by four principal relationships. These are: our relationship with others, our relationship with ourselves, our relationship with the natural world, and our relationship with God. Those who don't believe in God but consider themselves spiritual may choose to talk about 'a sense of something greater than themselves' or 'moments of awareness of a transcendent dimension'. It is reported that most people say they have a 'spiritual' dimension but aren't necessarily religious. We can think of the differing importance that each of these plays in different people's lives amongst those who we know.

In the Christian tradition there is an emphasis on putting others before ourselves, but it's balanced by the need also to love ourselves: 'love your

neighbour as yourself'. Matthew 12:31 And in the matter of our relationship with others, it places forgiveness as an essential act – both forgiving others and seeking forgiveness ourselves: 'But whoever has been forgiven little, loves little.' Luke 7:47. Forgiveness is a healing action which can be applied to each of these four relationships.

The Cuckmere Pilgrim Path provides an opportunity to exercise mind, body and spirit, and to do so in relation to these four relationships and in the spirit of seeking forgiveness and reconciliation in each. Walking on our own and putting aside the business of life provides the space for us to connect with ourselves again. Walking with others opens up conversations and strengthens our relationship with them.

Walking through the landscape, feeling the ground beneath our feet, enjoying the beauty of the landscape reconnects us with the natural world.

And the churches provide places where we can be reminded of the importance of our spiritual life in community and our relationship with God, with that which is greater than ourselves and which transcends all and connects everything in space and time.

Last year we appointed a Poet in Residence, Kevin Scully, for the Cuckmere Pilgrim Path. His tenure concluded in July with the publication of a pamphlet of poems titled 'For the Journey'. This is now available – see Kevin's article. Last month we appointed a new Poet in Residence, the Hastings based Antony Mair. He will be organising workshops and other events over the course of the year. Poetry expresses our deeper thoughts and feelings and through our imagination awakens our spiritual life. The Poet in Residence is one of the ways that we're developing the Cuckmere Pilgrim Path to help people make the most of their walk as a reflective and creative experience that touches the spirit and fosters reconciliation in these four important relationships in life.

*Peter Blee*

# Alfriston Treatment Barn

15 years' experience 10% off for new clients

**Waxing Nails LVL Lashes Fakebake Spray Tan & More...**

Call Georgina: 07900 375504 Alfriston Road, Berwick, BN26 5QS



alfristontreatments.co.uk  
info@alfristontreatments.co.uk



THE BERWICK INN

## Freehouse Country Pub

Breakfast ~ Lunch ~ Dinner

Large Garden - Car Park - Function Room

Tel: 01323 870018 [www.theberwickinn.co.uk](http://www.theberwickinn.co.uk)

(Next to Berwick Railway Station)



## KJ GARDEN MAINTENANCE

Lawn mowing, strimming, weeding, hedge trimming,  
general garden maintenance and handyman services.

Contact Kevin Jones ~ Telephone: 07555 694972



## Alciston & Selmeston Village Hall

**The ideal setting for every celebration.**

A versatile and easily accessible space at the foot of the South Downs with a fully equipped kitchen, car park, bar, disabled facilities, WiFi and a terrace with views over the cricket field.

Take a look for yourself and visit [www.southdownsvillagehall.org](http://www.southdownsvillagehall.org) for more information or email [bookings@southdownsvillagehall.org](mailto:bookings@southdownsvillagehall.org) for a viewing.

## ◆ ADVERTISING DIRECTORY

---

### **Mobile Hairdresser**

My name is Lidia Marrocco and my personal mission is to bring out the beauty in every woman through the art of hair styling in your home.  
Visit [www.justlidia.co.uk](http://www.justlidia.co.uk)  
or call me on 07833 490617.

### **1st Rate Handyman Services**

Gutter and fascia repairs and cleaning

- ◆ All general DIY services
- ◆ Flat pack assembly
- ◆ TV wall mounting Service
- ◆ Anything you can't cope with we can!!!

Telephone or text Phil 07920526703  
Email: [info@1stratehandymanservices.co.uk](mailto:info@1stratehandymanservices.co.uk)

### **Caterer - CB Events**

Professional chef based at The Coach House, Mays Farm, Selmeston. Can cater for any occasion i.e. dinner/drinks parties, freezer food, funeral teas. Food is locally sourced.

The Coach House seats up to 18/20 people and is available to hire for meetings and private parties.  
Contact Charlotte - Tel: 07793 554763  
[charlotte@charlotteburroughevents.co.uk](mailto:charlotte@charlotteburroughevents.co.uk)  
[www.charlotteburroughevents.co.uk](http://www.charlotteburroughevents.co.uk)

### **Curtains by Katie**

Fabulous fabrics at fabulous prices, hand-sewn, made-to-measure curtains, blinds and soft furnishings. Home consultations.  
Call Katie Sillett Tel: 07905 166270  
[www.curtainsbykatie.com](http://www.curtainsbykatie.com)

### **Watson's Chimney Sweep**

Traditional or Power Sweeping by qualified local sweep.  
Friendly, reliable, clean and tidy.  
Flexible appointments available.  
Please phone Ken  
Tel: 01273 858568  
Mobile 07889 485832

### **Phoenix Liquid Waste Ltd.**

Cesspit, septic tank and treatment plant emptying. Experienced local operator. Fully insured.  
To discuss requirements contact Peter Baker. Tel: 07432 111364.

### **Yoga Classes in Selmeston and Berwick**

Offering varying styles of yoga for all abilities including breathwork and a guided relaxation.  
Contact Kelly on 07850 015911  
or visit [www.kellysladeyoga.com](http://www.kellysladeyoga.com)

### **Old Chapel Centre Weddings and Events Venue**

The Old Chapel Centre in the heart of Alfriston village offers a unique and historic venue for weddings, christenings, baby naming, parties, concerts, courses and more.

It includes a fully equipped kitchen and private walled garden, all at a very reasonable price.  
Capacity ~ 100 people.

To find out more email Caroline on [cradcock@hotmail.co.uk](mailto:cradcock@hotmail.co.uk)  
or call 01323 870536.  
[www.oldchapelcentre.com](http://www.oldchapelcentre.com)

*Village News does not accept any responsibility for any contract made by any person or organization with any advertiser, organization or person mentioned in the magazine.*

## ◇ ADVERTISING DIRECTORY

---

### **A. S. Window Cleaning**

Residential and Commercial.  
Windows, frames and cills,  
solar panels, fascias, soffits  
and conservatory roofs.  
Up to 60 ft. pure water window  
cleaning.

DBS checked and approved.  
For a free no-obligation quote call /  
text Jason on 01435 408048  
07739 039 944;  
Email: [ascleaning@live.co.uk](mailto:ascleaning@live.co.uk)

### **Mark Watts Drainage**

Sewerage treatment, plant installation  
and servicing. Tel: 01273 812331  
or mobile 07990 553747

### **Handyman with a Van**

Friendly, reliable handyman for any  
household, garden or "Man with a Van"  
jobs. No job too small.  
Please call for a free estimate.  
Contact Neil 07771 961274,  
E-mail: [n\\_jessop@sky.com](mailto:n_jessop@sky.com)

## ◇ CHURCH SERVICES AND MORNING PRAYER

---

Please visit the benefice websites  
to check on services and times:  
[www.sussexdownlandchurches.org.uk](http://www.sussexdownlandchurches.org.uk)  
or [www.berwickchurch.org.uk](http://www.berwickchurch.org.uk) .

### **Sunday 1<sup>st</sup> October**

09:30 Arlington Holy Communion  
09:30 Selmeaton Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

### **Sunday 8<sup>th</sup> October**

09:30 Alciston Holy Communion BCP  
09:30 Arlington Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

### **Sunday 15<sup>th</sup> October**

09:30 Arlington Holy Communion  
09:30 Selmeaton Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

### **Sunday 22<sup>nd</sup> October**

09:30 Alciston Holy Communion BCP  
09:30 Arlington Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

### **Sunday 29<sup>th</sup> October**

10:00 Wilmington United Benefice  
Service  
15:00 Alciston Commemoration of the  
Departed Service

### **Prayer**

9.30 am each Wednesday at Berwick  
church, except on the first  
Wednesday of the month when there is  
an Holy Communion (BCP) service.  
5.00 pm each Wednesday  
at Wilmington church.

To receive a weekly notification about  
services (the Sunday Link) please email  
the Benefice Administrator at  
[benefice.administrator@berwickchurch.org.uk](mailto:benefice.administrator@berwickchurch.org.uk)

### **Pastoral Prayer or Talk**

Peter Blee and Shirley Pearce are  
available to speak to people on the  
phone and are also able to pray with  
people on request in church at Morning  
Prayer and to offer help in any way  
possible. Telephone: 01323 870512,  
01323 318231 or Email  
[peter.blee@berwickchurch.org.uk](mailto:peter.blee@berwickchurch.org.uk),  
or [revshirley@gmail.com](mailto:revshirley@gmail.com)



# PARKERS

## DRIVES & PATIOS

- BLOCK PAVING
- PATIO SLABS
- GRAVELLING
- TARMACADAM
- NATURAL STONE
- BRICK WALLS
- FENCING
- TURFING
- LANDSCAPING



mybuilder.com

Rated People

Driveways are the most prominent feature of your front garden and the gateway to your home so it should be in keeping with the style of your house.

Here at **Parkers Drives & Patios** we understand this and can create bespoke driveways to compliment your home and advise on materials that will fit within your budget.

**For FREE Estimates and Advice call:**

**Eastbourne: 01323 921262**

**Brighton: 01273 635205**

**www.parkersdrivesandpatios.co.uk • info@parkersdrivesandpatios.co.**

325-327 Old Shoreham Road, Hove, BN3 7GS

