



ALCISTON BERWICK SELMESTON

# VILLAGE NEWS

JANUARY 2024

## ◇ 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: [revshirleym@gmail.com](mailto:revshirleym@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)

## **Arlington's Christmas Village Market and Coffee Morning**

*10.00 am - Noon,  
Tuesday 16<sup>th</sup> January  
at Arlington Village Hall.*

All are very welcome; we will be pleased to see you. There will be fresh bread, cakes, quiches, local eggs, and other regular stalls. Arlington's Pop-Up Museum will also be taking place at the same time. January's focus will be 'Farm Advertiser', the farming magazine created and published by the locally well-known Phil Wooller.

Thank you to the many people, local and from further afield, who have supported this community event during 2023. We hope you will continue to do so. Please bring your friends and if you have not been before you will be very welcome.

The December Market was very festive and once again the hall was very full of visitors. A raffle was held in aid of St. Wilfrid's Hospice and the sales from the cafe were also donated to St. Wilfrid's.

For further market information please contact Anne Hope:  
Tel. 01323 486219,  
Email [anntonyhope@gmail.com](mailto:anntonyhope@gmail.com).  
For further museum information please contact Wendy Holmes:  
Tel. 07889 689844,  
Email [talkingteapot@yahoo.co.uk](mailto:talkingteapot@yahoo.co.uk).

*Pauline Jackson*

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

*7.30 pm Wednesday 10<sup>th</sup> January  
at Firle Village Hall*

On Wednesday 13<sup>th</sup> December, we once again held our annual Candlelit Supper in Firle Village Hall. There were twelve members present and each brought delicious food to share plus a 'Secret Santa' gift and a prize for the raffle. We also had a quiz and a game of 'heads and tails' plus crackers with the usual jokes to groan at! Thank you to all involved with decorating the hall: with a huge tree - it all looked so festive.

Our programme for next year is a varied one with many interesting speakers. Please do come along as a guest on the second Wednesday of the month. At our next meeting will be discussing the four resolutions which are put forward for discussion, with cheese and wine afterwards. Please give me a call if you would like further information.

*Rosemary Norris  
President Tel: 07784 707016*

## **Village HUB**

*11.00 - 12.30 pm on Monday  
22<sup>nd</sup> January at A&S Village Hall*

**Please note the new 2024 timings.**

The Hub welcomes you all to enjoy refreshments, delicious tea and coffee as well as homemade cake in a convivial, warm environment. Pop in anytime, open to everyone -

## ABOUT US

We are a small family run business based in East Sussex with 23 years of experience. We are passionate about providing a personal service where you are always in control.



## SERVICES

We offer a range of services cross Sussex and Kent including Agricultural and Domestic Fencing, Decking, Gates, Digger 360 works (Ground clearance, levelling and ditching, etc), Tree Felling, Tree reductions and Hard landscaping. We can also re-design your garden to bring your ideas to reality with precision decking, pergolas, sheds, outhouses and more.

## CONTACT

For a free quotation and friendly advice please do not hesitate to contact us on the details below:

**Mobile:** 07912 215199 / **Telephone:** 01323 833979

**Email:** [gildridgefencing@gmail.com](mailto:gildridgefencing@gmail.com) / **Website:** [www.gildridgefencing.com](http://www.gildridgefencing.com)





bring your little ones for a run around and meet up with neighbours and friends of all ages.

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*

## **Pilgrim Poetry Group**

*2.30 pm on Monday 22<sup>nd</sup> January  
at Berwick Church*

Antony Mair has requested that I remind readers that the Pilgrim Poetry Group will meet in January in Berwick Church as planned.

*Michèle Boys*

## **The Life and Achievements of Frederick Mockford**

*7.00 pm Saturday 27<sup>th</sup> January  
at A&S Village Hall*

Graham Wratten will be giving an illustrated talk on the life and



achievements of Frederick Stanley Mockford, who originated the international "Mayday" distress call.

He was born in Seaford and is buried at Selmeston. It will not be ticketed,

but a collection taken for the benefit of Selmeston church, and the bar will be open.

*Graham Wratten*

## **A Piece of Work - A Theatre Show with James Rowland**

*7.00 pm, Sunday 4<sup>th</sup> February  
at A&S Village Hall*

Tickets £12. Suitable for ages 15+. Show is 70 minutes no interval.

'A riveting, remarkable hour of theatre' \*\*\*\*\* The Guardian

Through his trademark mix of music, song, story, James will paint a picture of our country in all its beauty, grime, pain and kindness, over one heart rending and hilarious evening. It's easy to book your tickets now.

Online:

[www.applause.org.uk/whats-on](http://www.applause.org.uk/whats-on)

Email:

[bookings@southdownsvillagehall.org](mailto:bookings@southdownsvillagehall.org)

Text: Megan on 07846 260350

## **Selmeston's 'Red Devil'**

*Request for help please.*

During the Battle of Britain in the summer months of 1940, there were many air combats that took place over these skies between pilots of the Luftwaffe and the RAF. One in particular, happened over Selmeston on the 12<sup>th</sup> of August 1940, when a damaged German Messerschmitt 109 crash-landed in the fields of Mays Farm as a consequence of air combat with the RAF.

# 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**

## 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**



**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)



The Home Guard and Selmeston's own constable, PC Finley, were quickly on the scene, along with an official photographer who recorded this image (recently colour enhanced, with thanks to 'DB Colour' using modern technology!).

I have always wondered just who these 'onlookers' were, and rather belatedly, am now asking readers if any of the people depicted are known to them? (Surely, the incident must have been relayed down the years within local families; who is the little boy peeking?)

I remember the late Margaret Pike telling me she had 'purloined' the pilot's silk scarf, were there any other souvenirs taken from the site or stories to tell?

The full story of this crashed 109 can be viewed on the Selmeston

website [www.selmeston.info](http://www.selmeston.info) under the link, 'Red Devil'.

Contact: [Simon Muggleton](mailto:Simon Muggleton@hotfire.com)  
[simonspitfire@hotmail.com](mailto:simonspitfire@hotmail.com)

## Alfriston Emergency Group

Formed in 2015, Alfriston Emergency Group (AEG) has gone from strength to strength assisting the local communities in many different situations.

The recent flooding in Alfriston kept the volunteers very busy with over 50 phone calls for assistance from blocked drains threatening to flood properties, to towing out cars from the flood water to removing flood water on two occasions at the A27 end of Milton Street to allow residents access in and out of their houses when the road below the Sussex Ox was blocked by floodwaters.

# 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)



## 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)**

## SUSSEX PHYSIOTHERAPY

Specialist Chartered Physiotherapist  
Emily Russell BSc (Hons), MCSP, MPOGP



- ✓ Women's & Men's Pelvic Health Physiotherapy
- ✓ Musculoskeletal Physiotherapy
- ✓ Ante and Post Natal Physiotherapy
- ✓ Prolapse Care & Pessary Fitting
- ✓ Reformer & Mat Pilates



[emily@sussexphysiotherapy.com](mailto:emily@sussexphysiotherapy.com)  
[www.sussexphysiotherapy.com](http://www.sussexphysiotherapy.com)



Selmeston, East Sussex  
07791 864384



AEG were kindly gifted a Dodge Fire Appliance by local residents Neale and Denise Pybus a couple of years ago to assist with the large-scale pumping needed to stop flood damage occurring at the Clergy house, River Lane and Deans Place. Along with their two smaller portable pumps gallons of water were recently pumped away from properties.

AEG volunteers are on call to help in Alfriston and the surrounding villages, among the many call-outs AEG have helped out with are trees down, assisting with traffic management, taking water to farms in Mayfield when the animals water supplies were cut off for days.

In addition, AEG keep vital areas of Alfriston gritted during cold weather with their hand pushed gritting machines.

The Group is funded by kind donations and fund-raising events, and they are looking to obtain Charity status in 2024. If you would like to know more about AEG, you can follow our page on Facebook where we post updates about flooding and road access plus news about other jobs we are doing.

Should you feel you want to get involved, please send an email to [assistance@alfristonemergencygroup.co.uk](mailto:assistance@alfristonemergencygroup.co.uk) and we will get back to you. We have a variety of jobs that need doing, from looking at river and floodwater levels to keeping the

equipment and pumps in order to giving the Fire Appliance a clean!

*Steve Woodgate*  
*AEG Chair*

## **StreetLink**

Being homeless and sleeping rough is tough at any time of the year but during winter it can be life-threatening.

This is why the government funds rough sleeping projects in our local councils so that no one has to sleep rough during the winter months. In England this programme has reduced rough sleeping by nearly a third compared to areas that have not taken part with Rough Sleeper teams.

It is the case that some rough sleepers either refuse accommodation, or fail to stay in the accommodation given. This is not a lifestyle choice, but very often they struggle to maintain a tenancy because of mental health and addiction issues. However, we find that once the temperatures start to drop most will accept accommodation, even for a short while.

This year a special effort is being made to housing veterans who find themselves homeless, and accommodation is available for anyone who is sleeping rough. Whether it is in a town or a village then we encourage the public to report people sleeping rough to the StreetLink Team via [www.thestreetlink.org.uk](http://www.thestreetlink.org.uk). This way

# 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



you do not have to worry who your local council is, the StreetLink team will report it, and the local rough sleeping team will visit the area and offer support and housing to the individual. This is especially important as we head into below freezing temperatures and when Councils' severe weather emergency protocols (SWEP) kick in. This is where most local authorities provide rough sleepers with a bed in a shelter, food, and washing facilities. This gives individuals the opportunity to change out of wet clothes helps prevent health problems such as 'trench foot', etc. Some charities set up winter shelters during the coldest part of the year and our local councils work with them so that no one is sleeping outside in the cold.

So, if you spot someone sleeping rough, please do report it; the rough sleeping team will visit and offer accommodation and support. We would rather the team visited multiple times than not at all so that this winter everyone has the option of a roof over their head.

*Maria Caulfield MP*

## **January's Gardener's Diary**

If you're thinking of growing vegetables this year for your dinner table (and of course the local village show!) here are things you can do in the garden this January, weather permitting. Start by digging over the area you want

to use, so the frosts and rain can break it down ready for spring planting. If you have a compost bin or heap, before digging, spread that over part of the area where Potatoes, Onions, Beans and Brassicas will be.

Plan what seeds you need and write a list so you know when the best time is to sow and harvest them. Keep them in an airtight container so they stay fresh. Potatoes need to be ordered early so they can be put in trays about 6 weeks before planting for chitting. They do say that Shallots should be planted on the shortest day of the year and harvested on the longest day of the year, so give it a go if the weather is okay.

If it's not too wet, try putting Broad Beans in now for an early crop, or put them in pots to plant out later.

*Lisa Collington*

## **Recipe of the Month: Mulled Cranberry Juice**

### **Ingredients**

500 ml cranberry juice  
300 ml fresh orange juice  
300 ml water  
Juice of half a lemon  
4 allspice berries  
4 whole cloves  
1 cinnamon stick  
A few slices of lemon and orange

### **Method**

Put all the ingredients in a saucepan and slowly bring them to a boil. Simmer for ten minutes to infuse the flavours.



## 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**

Using a slotted spoon, remove the allspice berries, cloves and cinnamon stick. Serve with a slice of fruit in each glass.

Valerie Shaw

## Family Support Work (FSW)

With so much going on recently in the busyness of the Christmas season, we sometimes lose track of the core focus of our work. We are still supporting families with multiple challenging situations, and these unfortunately seem only to be increasing. Although we do as much as we can to make Christmas fun and less stressful for them, it can only be a temporary break from their daily challenges,

so our intensive home-based support is vital. We are making between 250 and 300 home visits a month currently, and families are so grateful for this regular, personal contact. One parent said: "Your visit is the best thing about my week, I am so glad when you come to see me, and I can talk to someone I know can help me."

We said goodbye to Jude, our Hastings practitioner, at the end of November - our longest-serving practitioner with 20 years' service at FSW. We are currently looking at how this gap can best be filled to serve the needs of that community.

We are so grateful to all of you who supported us with toys, food



## 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)



## FSW Skydive

Saturday 27th April 2024

Old Sarum

Airfield, Salisbury

Sign up today and join the Family Support Work Sky Dive - create memories that will last a lifetime.

Email [fundraising@familysupportwork.org.uk](mailto:fundraising@familysupportwork.org.uk) for more information



and financial donations over the Christmas period. It is such a huge help to our families and really helps to make things a bit more special for them.

We are looking ahead to events in 2024, including a Skydive in April. We'd love to hear from anybody who thinks they might like to get involved. With huge thanks to all our supporters for all that you continue to do for us.

## November's work in numbers

- ◆ 258 individual visits and 1241 calls with families supporting 305 adults and 239 children
- ◆ 49 supported meetings with other agencies
- ◆ 57 group sessions held supporting 855 parents and 346 children
- ◆ 108 food deliveries made

## Prayer points

- ◆ Give thanks for the well-deserved rest our staff had over the Christmas period.
- ◆ Pray that the right decisions will be made about important strategic matters currently in discussion.
- ◆ Give thanks for the generosity of so many over the Christmas period from churches, companies, schools and individuals.

*Nikki Kerr, FSW Director of Fundraising and Marketing*

## I Got You Under My Skin

I like to think that most of us are good neighbours to the wild animals we share this planet with. We feed the birds, grow flowers in the garden for bees and butterflies. But if wildlife gets too close or, heaven forbid, enters our houses we're reaching for the fly spray or a rolled-up newspaper. I get plenty of people complaining to me about home-invading wildlife as if I'm some sort of envoy for the animal kingdom. Yet while they moan about clothes moths in their

**LOCAL LADY GARDENER**

**ES GARDENS**

**GARDENING & GARDEN  
MAINTENANCE**



**SERVICES INCLUDE:**

**WEEDING  
PLANTING  
HEDGE TRIMMING  
PRUNING  
LAWN CARE  
DESIGN & PLANT ADVICE  
SEASONAL CLEAR UPS  
GENERAL MAINTENANCE &  
MAKEOVERS**

**CONTACT ELLA ON  
07460 984264  
OR EMAIL  
[ESGARDENSMaintenance@gmail.com](mailto:ESGARDENSMaintenance@gmail.com)**

**@ESGARDENDESIGN**

# 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

## 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 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)

wardrobe, I just stand there smiling, reassured by the knowledge that these people have wildlife living right under their noses. Well, to be more precise, right in their noses.

OK, I warn you now: after reading this article some of you will be scouring your face with a Brillo pad. But it's time to face the facts.



Your face is crawling with animals. You, yes you, have face mites. And there's no 'might' about it - research has shown that 100% of adults have them. Our faces are one big nature reserve for mites: from your mountainous nose and skin pore caves to your eyelash jungles. In fact, our faces are home to two different species.

*Demodex folliculorum* thrive in your eyelashes while *Demodex brevis* lurk in your pores. They're feeding on dead skin cells and oils but don't harm us - a commensal parasite.

Before you run to the bathroom mirror, these guys are tiny. I'm not going to lie to you, they're not pretty (unless you think a microscopic 8-legged slug is pretty) and under high-powered microscopes they look like something you'd encounter in a

galaxy far, far away. The egg and larval stages last two weeks and you'll probably be relieved to hear that the adults (0.15 to 0.2 mm) live for just five days and then die. And it's right about here you'll realise that these things are constantly mating on your face. You can scrub and scrub, but you can't wash away the hard truth: you're just a mammal. And like dogs, cows, orangutans and meerkats we're the perfect hosts for a range of parasites.

Personally, I've grown quite fond of my little pets - despite never being able to see them. When I go to bed at night, I imagine Clarence the Demodex, climbing from his pore, going for a wander across my cheek and hoping to meet a girlfriend. But instead, he meets his nemesis Evil Arthur, and a mite fight ensues until ...well, you get the idea. There are hundreds of these little adventures happening on your face every night. Sweet dreams.

*Michael Blencowe*  
*Sussex Wildlife Trust*

## From the Vicarage

Having recently joined a local art club, I am busy with pencil and paintbrush again, and it is a great joy to be creative, albeit in my own inept way.

I was informed that there are many artists living in this area; that was an understatement. There are so, so many, and very gifted they are too. To those of you that I have



## P+L BUILDING & GROUNDWORKS

A family run business based in Berwick, East Sussex.



**We Specialise In Tarmac Driveways & Roads!**

DRIVEWAYS 🌞 PATIOS 🌞 LANDSCAPING 🌞 SANDSCHOOLS

BRICKWORK 🌞 EARTH WORK 🌞 DEMOLITION

MACHINE WORK 🌞 DRAINAGE 🌞 FENCING

Call us on: **0753 331 1672**



CHECK US OUT ON INSTA >



met, thank you for being so engaging about your talent.

We have one of the most beautifully decorated churches in the country here in St Michael and All Angels in Berwick. The mix of sacred and secular paintings is splendid, and somehow the plain glass windows add to the blending of the church interior and the beautiful countryside.

Churches used to be decorated, as paintings of stories from the Bible were a way of narrating the Word of God to illiterate congregations. What a great pity that so many of these paintings were obliterated by the zealous Reformation. Interestingly also, there are very few sacred works by Renaissance Dutch and Flemish artists, such was the Calvinistic influence on culture at that time. Amish communities in Ohio to this day staunchly uphold their stance, believing that as we are made in the image of God, taking photographs of their faces is not permitted and even the dolls they make for the children are faceless. Until John of Damascus, also known as John Damascene, a prominent Christian theologian and monk, made his defence of the veneration of sacred images, many believed it wrong to have any images of God, Jesus, the Holy Trinity, or the saints depicted in churches. In this influential work, his treatise titled "On the Divine Images" (Apologia Against Those Who Decry Holy Images), John

staunchly defended the use of religious icons and images in Christian worship, countering the iconoclastic controversies that had emerged within the Byzantine Empire.

*'In "On the Divine Images", John of Damascus articulated a theological defence of the use of sacred images, emphasising their role as aids to contemplation and devotion rather than as objects of worship in themselves. He argued that since God took on human form in the person of Jesus Christ, it was not only permissible but beneficial to depict Christ and other sacred figures in visual form. John's treatise had a profound impact on the Second Council of Nicaea in 787, where the veneration of icons was officially affirmed by the Church.'* Father Patrick van der Vorst, Christian Art.

Without John Damascene, and his contribution to Christian theology we may never have had Gothic cathedrals, Michelangelo's works or any of the magnificent sacred art which has accompanied us through the ages.

Yes, it is wonderful to worship God in the beauty of nature, but how much we owe to the great artists and architects who, with their God-given talent give us another perspective, enhancing our awareness of God and enriching our surroundings.

God bless you in 2024.

*Shirley Pearce*





## 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.

### 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)



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

57 High Street,  
Lewes, BN7 1XE

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

## 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**

## ◆ 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)

### **Craniosacral Therapy**

I'm offering Craniosacral Therapy sessions in Berwick, I have been practicing for 17 years and can treat all ages, including babies. It is a gentle hands-on therapy that has its roots in osteopathy. It can be beneficial for almost any condition from emotional to physical and structural problems as it works with the body's inherent healing potential, or also for just finding a restful relaxing stillness and a sense of well-being.

Call Natalie 07791158477

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

## ◆ ADVERTISING DIRECTORY

---

### **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)

### **Mark Watts Drainage**

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

### **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)

### **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 7<sup>th</sup> January**

09:30 Selmeiston Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

#### **Sunday 14<sup>th</sup> January**

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

#### **Sunday 21<sup>st</sup> January**

09:30 Selmeiston Holy Communion  
11:00 Berwick Holy Communion  
11:00 Wilmington Holy Communion

#### **Sunday 28<sup>th</sup> January**

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

#### **Prayer**

9.30 am each Wednesday at Berwick church. (On the first Wednesday of the month there is Holy Communion (BCP) instead.)  
5.00 pm each Thursday 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)



# 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