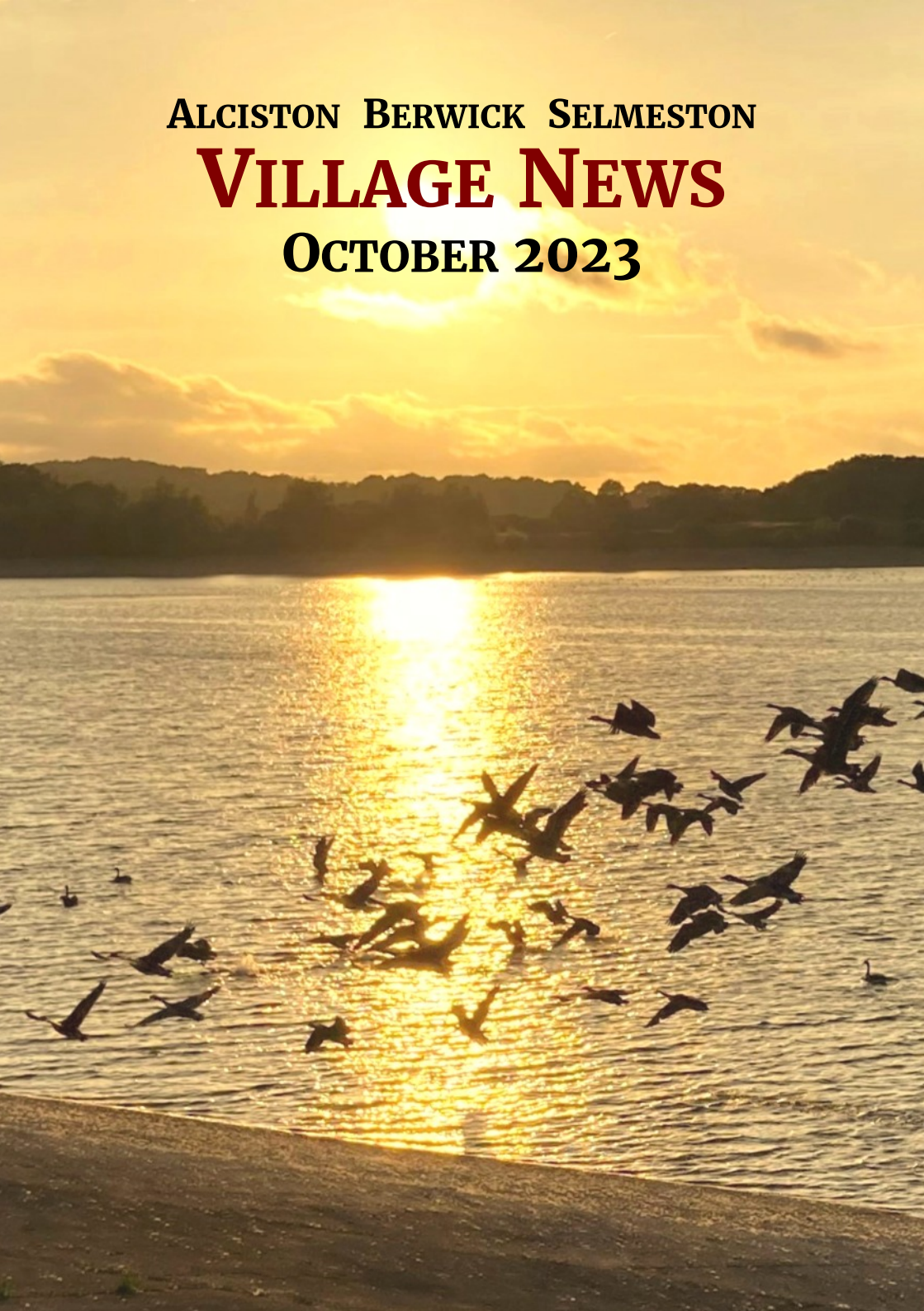


ALCISTON BERWICK SELMESTON

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 12th of the month by email: 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

Revd Shirley Pearce Assistant Priest

The Vicarage, Wilmington, Polegate, BN26 5SL

Tel: 01323 318231 Email: 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

◇ VILLAGE CONTACTS

Parish Council Clerks

Alciston - Sandy Thomas Email: alcistonparishmeeting@gmail.com

Berwick - Alison Stevens Tel: 01323 460007 Email: berwickparishcouncil@aol.com

Selmeston - Bryan Stevens Tel: 07799 862765 Email: selmestonparishmeeting@gmail.com

Village Hall / Field Hire

Berwick Village Hall - Thea Eastmead Tel: 01323 871218 Email: theaeastmead77@gmail.com

Berwick Field - Carole Vine Tel: 07341 660046 berwickfieldhire@btinternet.com

Alciston and Selmeston Village Hall Website: www.southdownsvillagehall.org

'Fun, Fish & Finking'

*6.30 pm Saturday 7th 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 10th 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. 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.

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 11th October
at Firle Village Hall*

On 13th 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 11th October; and on the following Wednesday (18th 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 12th October
in Alciston Church.*

All parish residents are welcome to attend.

*Sandy Thomas
Parish Clerk*

Village HUB

*10.30 am – 12.30 pm Monday 16th 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



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Future Hub dates: 20th November and 18th 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 28th and Sunday 29th 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 48th 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 2nd 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. Our AGM and cup presentation will be on Thursday 2nd November at the Village Hall all are very welcome. The date for the 2024 Produce show will be Saturday 17th 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 or via WhatsApp. Many thanks,

Sue Woodgate

Tipple Talk



*7.00 pm Saturday 25th 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

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Christmas Party

*Saturday 9th 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*



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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

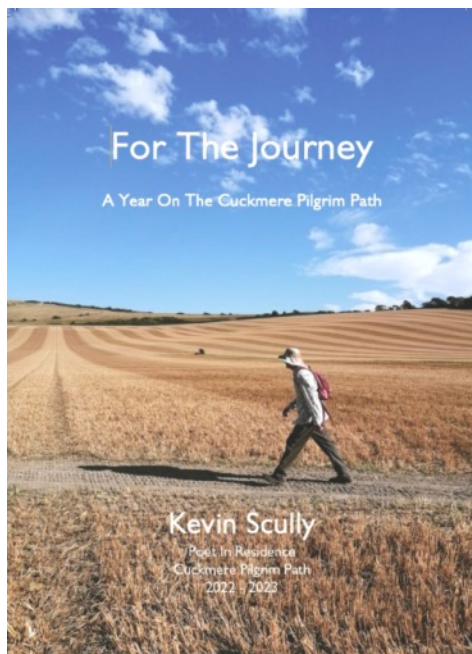
great fun on the day, numerous and beautiful entries, and boundless good cheer!

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

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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

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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 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

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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.

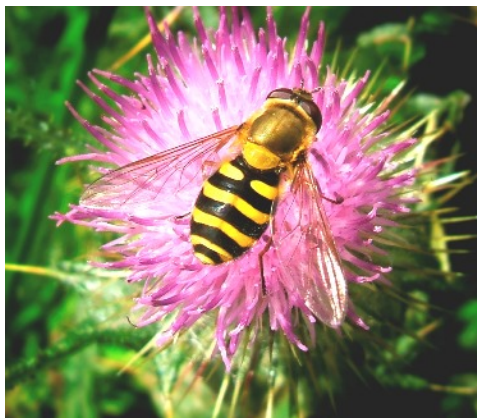
Prayer points

- ◆ 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.

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◇ CHURCH SERVICES AND MORNING PRAYER

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to check on services and times:
www.sussexdownlandchurches.org.uk
or www.berwickchurch.org.uk .

Sunday 1st October

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

Sunday 8th October

09:30 Alciston Holy Communion BCP
09:30 Arlington Pet Service
10:00 Wilmington Holy Communion
11:00 Berwick Holy Communion

Sunday 15th October

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

Sunday 22nd October

09:30 Alciston Holy Communion BCP
09:30 Arlington Pet Service
10:00 Wilmington Holy Communion
11:00 Berwick Holy Communion

Sunday 22nd 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

Pastoral Prayer or Talk

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phone and are also able to pray with
people on request in church at Morning
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