

EASEBOURNE

Magazine

March/April 2026 Vol 24 No.6

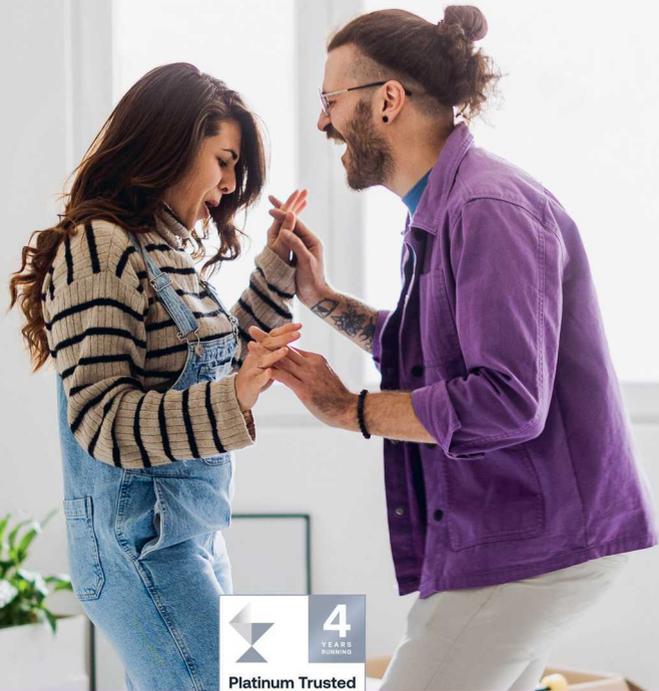


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Spring is Calling!



Spring is officially springing!

At last, spring is on the way and we can now look forward to those long and lovely Easebourne days. On 29 March, the clocks go forward and everyone can immediately start spring cleaning. Is there anything more rewarding than a good clear out? You'll find some useful "procedural notes" in this issue.

If you are thinking about a great way to keep fit and join something with an enthusiastic community feel to it, then Cowdray Estate's "Run the Seasons" is a wonderful initiative and you can read all about it within.

Canine Partners

This time around, I had the absolute pleasure of meeting a truly remarkable dog, Daisie. I learned about her work, in Midhurst and beyond, promoting Canine Partners. She is very special and has some well-known names in her address book!

There is a new remembrance garden in Easebourne. It is a really beautiful and a very welcome space for our village.

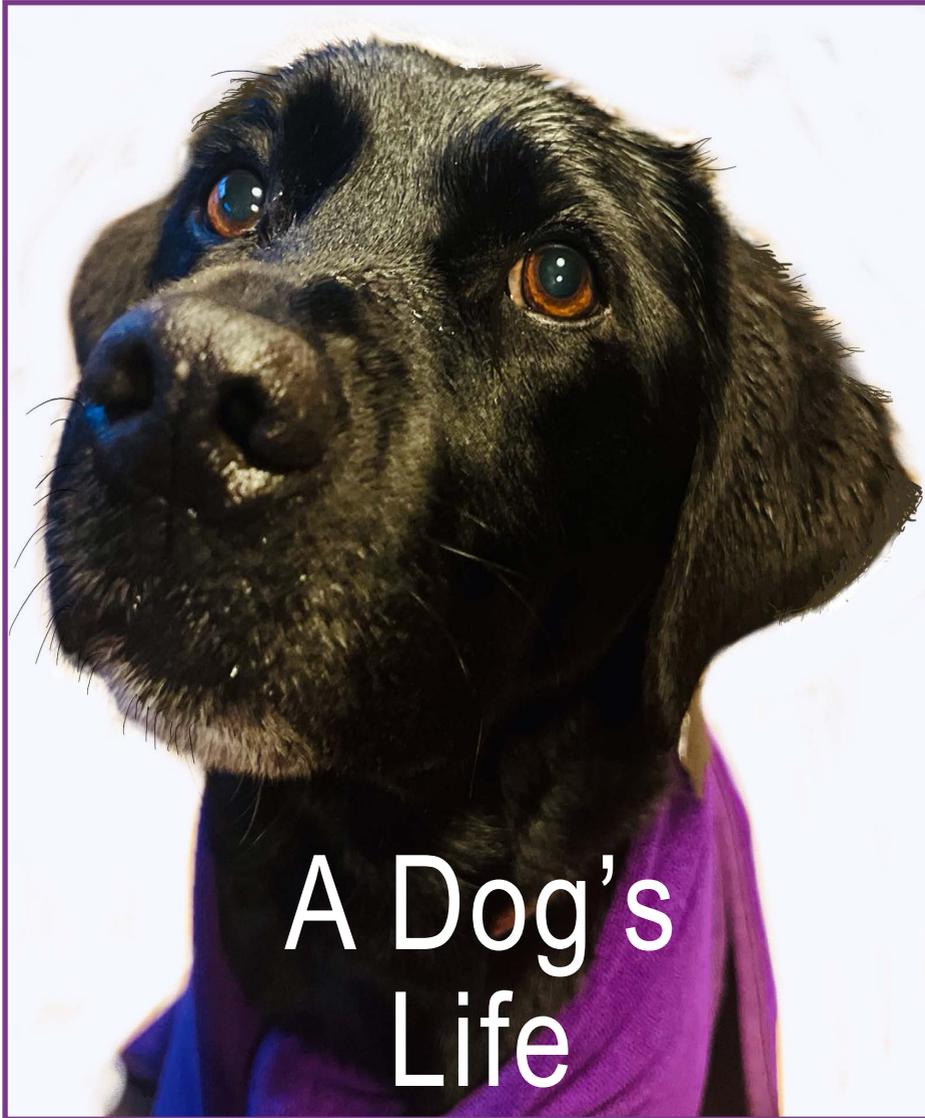
Sussex Wildlife Trust focus on wrens (one of my favourite birds), it's a fascinating read.

All in all, there's a lot to digest in this issue, but one of the most important things right now is renewal of subscriptions. It's that time of year again. Our wonderful distributors are all volunteers with many demands on their time. All we ask is that subscriptions are paid on first request. Trust me on this, it makes life so much easier for us at Easebourne Magazine and ensures we can pay our bills too!

Please do share the magazine with friends and colleagues, they may well decide to subscribe too and that would be wonderful.

● **Jan Harvey**

■ **easebourneditor@btinternet.com**



A Dog's Life

Jan Harvey interviews Daisie, a very special Midhurst dog, with an important role at Canine Partners

Hello Daisie, it's lovely to meet you. How old are you?
I'm forty nine, but humans prefer to call it seven. I don't mind either way.

And, what breed are you?
I'm a black Labrador.

What is your background?

I had a very happy puppyhood, growing up with my brothers and sisters until I was eight weeks old. Then I went to live with my first Canine Partners puppy training volunteer. It was lovely and I learned a huge amount of stuff, like how to tug on things, touch people on the hand with my nose and basic retrieving. It takes a while, but the treats do help.

What training did you undergo for your career?

We have to learn and remember a lot. It's a little bit like when a human goes to university. We also have to have different experiences such as going on trains and buses. We visit farms so we can meet other animals and we go into offices and schools to meet humans of all different heights.

Were there particular aspects of your training that you really enjoyed?

Oh for sure, I loved the challenge of going on the underground in London. It was very busy down there, but actually it's okay when you get used to it. I also enjoyed going into



Daisie demonstrating one of her many skills at Arundel Cathedral

care homes because people are so happy to see you and you get lots of pats on the head. Mostly though I loved learning skills such as pulling clothes out of washing machines, tugging on alarm cords and taking messages from one person to another. My absolute favourite thing is pushing the button on a pedestrian crossing with my nose. That always makes people smile.

What does your training lead to, if you'll pardon the pun?

We help people with physical disabilities, living full time with our 'partners' to provide purpose, companionship and independence.

What effect does it have on your partners to have you in their lives?

Well, for example, when we're out and about, people talk to us and comment on how well behaved we dogs are. For some partners, living with a physical disability can be isolating, but people love to stop and chat with a dog, so it often leads to wonderful human interaction too.

You, yourself, have a special role at Canine Partners don't you?

Yes, I am proud to be an ambassador. I live with my handler, Ellie Chadwick, who works for the charity too. Ellie drives me

to all sorts of clubs and societies in her spare time so we can give demonstrations.

In her day job, Ellie works for Canine Partners to support our partners when they first take on a dog. She helps the human and the dog adjust to one another. If we have new environments, like if our partner changes their job, or something, she helps with the transition. She's very good even though I've never seen her get a treat.



Accepting flowers with Melvin (right), Daisy's good friend.

Has your job taken you anywhere special?

Oh yes, lots of places. I attended The Duch-



With Ellie, out and about

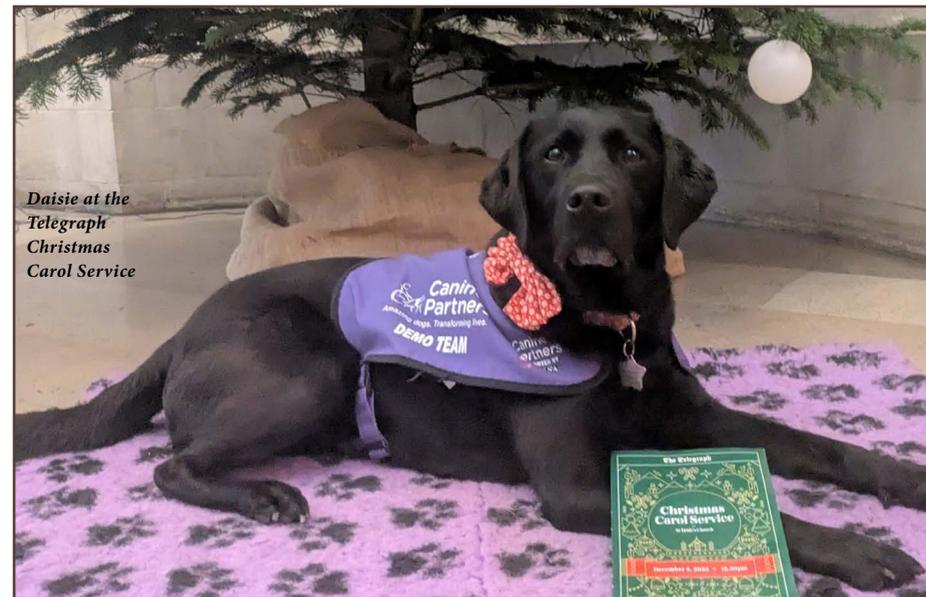
ess of Cambridge's Christmas carol concert at Westminster Abbey in 2024. I've also been to the Telegraph carol service too. I didn't sing though, they haven't taught us that yet.

I was interviewed by TV presenter, Kevin McCloud at Goodwoof last year. He wanted to know what my dream kennel would look like. I told him I'd like a special cupboard with a push button so that I can get a snack any time I liked.

I also met the actress, Helena Bonham-Carter, as part of the BBC Lifeline appeal. For that one, I just had to sit and look pretty really, but after filming Helena asked to see how I unload a washing machine. I don't want to boast, but I think she was quite impressed.

Do you have any particular friends you work with?

Oh yes, there are several other dog ambassadors across the country. My best chums are



Daisy at the Telegraph Christmas Carol Service

Vimto, who is a lab/goldie cross (although he's quite orangey) and Lawton and Melvin who are always good for a zoomie or two.

When will you retire?

I have to retire when I'm eighty four, that's twelve in human years. It might be earlier if I show signs of slowing down. Canine Partners will reduce our workload as we age.

What makes you particularly happy?

I love my work, and I love being with Ellie. I get a tremendous sense of achievement from helping people to understand what we do. At the end of the day I have a great job, good food and lots of toys, what more could I ask for?

● Jan Harvey

How can you help Canine Partners?

Canine Partners transforms the lives of people with physical disabilities by partnering them with highly-trained assistance dogs.

These dogs provide practical help with everyday tasks and offer vital psychological and social benefits.

Volunteers are always needed in the following areas:-

- **Puppy Trainers:** Help a young dog start their journey.
- **Foster Homes:** Provide a loving temporary home.
- **Administrators:** Support us behind the scenes.
- **Fundraising:** Help us raise the vital funds we need.



Find out more or donate at:

■ www.caninepartners.org.uk

What's On

PETWORTH PARK WALKS

A Very Special Guided Walk

Lord Egremont's Private Woods

Lord Egremont has kindly given permission for a walk in his private woods. We are also privileged to be led by the very knowledgeable and articulate Leconfield Estate Head Forester, Neil Humphris. **Distance 2.4 miles. Duration: 2.30 hours, including coffee stop. Booking is essential when full details will be provided** Geraldgreshamcooke@gmail.com **Saturday April 18, 9.30am for 10.00am**



Ancient Tree Walk

Part one of the Ancient Tree Walk is a fascinating stroll amongst some of the oldest trees in Europe. It is dotted with magnificent oaks, beeches and sweet chestnuts and we will pass the Beelzebub Oak which has its own plaque in the wall behind it. It also passes by recently restored viewpoints from the north end of the Upper Pond.

Meet: Petworth Park, NORTH Car Park. Bring National Trust card or cash (£4.00) for parking. Call Gerald Gresham-Cooke on 07748 597568 for details. Tuesday 21 April, 9.30am for 10.00am

PETWORTH HOUSE

Spring Family Trail

Families can pick up a free 'Tilly Plants a Tree' trail map to follow the buggy-friendly paths of the Pleasure Garden and discover fun games and activities along the way. The trail is free, but normal admission applies. No booking required.

GRAYSHOTT FOLK CLUB

Kathryn Roberts and Sean Lakeman

Kathryn and Sean are winners of the BBC Radio Two "Best Duo" Folk Award, twice! They first played/sang for us in September 2022 and charmed our audience with their wonderful voices, skilful playing and inventive song-writing. In 2025, they celebrated their 30th anniversary as a musical duo by touring the UK.

Friday 6 March, 7.30pm

Tickets £18.00

The Churchfitters

The Churchfitters are not only consummate and talented musicians, they are great entertainers whose sense of fun and joie de vivre permeates everything they do. They have appeared several times at Grayshott Folk Club and at different times of the year, have performed both their summer and Christmas shows.

Saturday 28 March, 7.30pm

Tickets £18.00



Wayward Jane

Wayward Jane's music is a modern interpretation of American Folk and Old Time traditions, blending roots music with fresh, nuanced arrangements and original songs. Their rich sound features fiddle, claw hammer banjo, double bass, guitar, wooden flute and close vocal harmonies.

Tuesday 14 April, 7.30pm

Tickets £18.00

Kris Drever

Kris Drever is among Scotland's most acclaimed and distinctive contemporary musicians, celebrated for his warm voice, virtuoso and expressive guitar playing as well as his imaginative and evocative song writing

Wednesday 22 April, 7.30pm

Tickets £20.00

Grayshott Village Hall, Headley Road, Grayshott, GU26 6TZ

Reservations: Des O'Byrne on 01428 607096

Online tickets from Ents 24:

www.ents24.com/hindhead-events

THE ARTS SOCIETY, MIDHURST

Making Sport: Jane Austen and the Art of Satire

Russell Nash

Despite the fact that her novels are best known today as love stories, throughout her work Austen takes delight in lampooning human folly and vanity. This lecture will explore links between the visual image and the written word, it will draw on a range of satirical prints.

3 March

The Three Great Game changers of C19th Opera: Verdi, Wagner and Puccini

The world of opera is full of remarkable contributors, great game changers who leave the stage in a completely different place from the one they found. In the 19th century three such men, Verdi, Wagner and Puccini revolutionised the art form. This illustrated lecture will highlight the great opera productions which have graced the worlds opera houses.

7 April

Lectures are held at the Methodist Church Hall, North Street, Midhurst GU29 9DU. Coffee is served from 10.00am to 10.30am. The lecture commences at 10.45am promptly. Guests are welcome to attend lectures by arrangement. New members are most welcome to join throughout the year. Guest fee £10.00.

Contact Bridget Adler for all further information and to book call 07885 699479 or email: tasm.membership@gmail.com



Jane Austen & the Art of Satire
Tuesday 3rd March

Opera: C19th Game Changers
Tuesday 7th April

The Methodist Hall, Midhurst
Coffee 10.00 Lecture 10.45 - 12.00

Guests are welcome £10.00 at the door
To book contact Bridget Adler
e-mail: tasm.membership@gmail.com

theartssocietymidhurst.co.org

THE EASEBOURNE GARDEN AND ALLOTMENT SOCIETY

Darren Everest

Sweet peas are favourite annuals beloved for their colourful, ruffled flowers. Darren Everest will talk about how to grow them and he will bring some plants to sell (cash only).

Tuesday 10 March
All talks take place at 2.00pm

in Cowdray Hall in Easebourne Street, Easebourne GU29 0AW
www.easebournegardenandallotments.co.uk



CHICHESTER CATHEDRAL



Festival of Flowers

The Festival of Flowers is a four day spectacular in the setting of Chichester's 950 year old Cathedral.
3 - 6 June

Out and About



A Garden for Remembering



Last September, the Midhurst Palliative Care Garden of Remembrance in the Scott Memorial Garden at the Midhurst Community Hospital was opened.

We hope this heralds a new chapter for this lovely walled garden which is opposite the Riverbank Surgery. Many people may not have been aware it even existed so we look forward to having many visitors over time.

Staff of the Midhurst Macmillan Service and Riverbank Surgery, the Trustees and friends and supporters of the new charity came to-

gether to see the renovated space, which sits in the north-east corner of the garden, with its new planting, pots and benches.

The centrepiece of the garden of remembrance is a beautiful copper tree (shown in both images here) with water cascading through it, made for us by Mehrdad Tafreshi of Quist Ltd, near Grayshott.

The tree is the larger twin of the tree outside the Cowdray Farm Shop and was generously funded by the Friends of Midhurst Community Hospital.

The tree is adorned with oak leaves which, for a small donation to Midhurst Palliative Care, can be engraved with dedications in memory of loved ones who are no longer with us, many of whom were looked after by the team of doctors and nurses of Midhurst Macmillan.

Many of you will know that your local, specialist palliative care service is no longer funded by Macmillan Cancer Support, despite still being badged "Macmillan." It is now funded by Midhurst Palliative Care. We now rely on the community we serve to support our own charity and keep Midhurst Macmillan at the heart of our community.

Community

The Midhurst Macmillan Service is a specialist palliative care team of consultants, doctors, nurses and support staff looking after people with cancer or a life-limiting illness at home and in the community.

We also have a professional counselling and bereavement support service and are looking after people across the three counties of Hampshire, Surrey and West Sussex.



The new Garden of Remembrance is a calm space for the whole community to enjoy as a place of rest and reflection. Please visit, you are most welcome. The garden is open daily from 7.00am to 7.00pm (5.00pm in winter) daily. For more information, to dedicate a leaf or to donate, please visit our website.

- Emma Harrison, Fund Raising Manager
- www.mpc-midhurstmacmillan.org
- email SC-TR.mpc-charity@nhs.net



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Putting the Spring into Your Spring Clean

My book of Zen living tells me that I must take pleasure in all work, even if it is mundane and boring. Cleaning, for me, is just that! I tell myself that I could always be elsewhere doing something/anything much more exciting.

However, I do get a bit of a thrill out of a spring clean. There is something tremendously satisfying about turning out the unwanted junk and getting down and dirty with the back of the fridge and the skirting boards.

Lemons

Advice on the internet suggests planning the whole adventure. Make sure you have all you need to do the jobs required. You can buy polishes and cleaning products a plenty, but check out other options too. Distilled vinegar, bicarbonate of soda and lemons really do achieve excellent and inexpensive results.

As we age, the spring clean becomes more daunting and, with over 44% of people saying they hate doing it, we do need motivation.

Plan

So as part of your plan why not put together a playlist that you like, listen to an audiobook or catch up on a radio programme you've missed?



Mental Health

Cleaning is actually good for your mental health. Who doesn't feel happier and more productive after sorting out the house? The sense of accomplishment will stay with you forever, or until the dog arrives back from his walk.

Do take breaks while you're working and promise yourself a nice treat when you've finished. After all, spring cleaning is also a work out, so cake can always be considered.

A clever tip is to cheer the house up with cotton wool balls scented with your favourite essential oils. This will make the bottom of bins, for example, smell lovely.

And when you've finished, why not put some fresh flowers in a vase and stand back to admire your newly refreshed habitat.

Your moment of Zen living will have been achieved and then you can move on to your window box, balcony, garden or community project. It's spring, so there's plenty to do out there!

● Jan Harvey

Top Tips to Breeze Through Your Clean

1. Tackle the junk drawer for a quick win!
2. Have a moment in each room and ask yourself, before cleaning, if you need everything in there. Is it broken, out of date, not sentimental to you or have you just forgotten it's there? Press a bin bag into action and have a good throw out of everything you don't need, use or like. There are now websites where you can sell your unwanted items which will make you feel better about off-loading some of them.
3. Strip the bed and wash the bedding, then use the opportunity to sprinkle some baking soda on the bed to remove odours. Leave it for a while, then vacuum.
4. Dust walls, from top to bottom, with a feather duster sprayed with a little polish.
5. Vacuum curtains, they only really need to be dry-cleaned if they are dirty.
6. Clean windows with a microfibre cloth or newspaper.
7. Wash down walls in the kitchen and don't forget the kick-boards.
8. Deep clean the fridge and remove all items that have passed their use by dates. The Cranberry Sauce from Christmas can go now.
9. Use a microfibre cloth to polish everything and consider dabbing a spot of your favourite essential oil on it to freshen up each room.
10. Use a feather duster to clean all hanging light fittings and lamps, making sure they are switched off first!
11. Blitz the bathroom disinfecting and wiping down everything.
12. Have a coffee and sort through that pile of old magazines. Don't get carried away reading them though, there's still work to do!
13. Clean all finger tip spots, like light switches and door handles. Disinfect as well for an extra clean feeling.
14. Check all safety devices such as smoke alarms, door bells and extinguishers, replacing batteries as required.
15. Sort through your first aid kit for missing items and off-load all unused/out of date medicines. Dispose of these responsibly.
16. Finally, enjoy what you have done. Take a good long look at all you have achieved. Then it's time for that rewarding piece of cake.



Bold Moves in Midhurst



Lynne May, in her new West Street shop, Shoofly Decorative

Lynne May

After twenty-five years of living in Farnham, Lynne moved to Midhurst eight years ago.

‘I just love Midhurst,’ she tells me. ‘My husband and I fell in love with the town. The countryside around here is beautiful and everywhere is very dog friendly, and I do love my dogs.’

That was very important for Lynne who has a very cheeky wire-haired miniature dachshund called Marcel, who loves a good walk. Dogs aside, it is very clear where Lynne’s passion lies.

Jan Harvey
meets two ladies
with a shared
passion
for antiques

‘Antiques are my obsession. My mother was a dealer and I learned from her as a child growing up. I love sourcing and selling antiques and it was a natural progression for me to follow in her path.’

For some time, Lynne had a shop on Rumbolds Hill and could be regularly seen at local brocantes, but last October Lynne decided to make a leap of faith. She moved to a larger premises in West Street and was thrilled by the response. From the day “*Shoofly Decorative*” opened, customers were beating a path to her door.

‘The run up to Christmas was fabulous,’ says Lynne. ‘Midhurst is such a busy and vibrant place and it is now very well-known for its antique and brocante shops, so my

customers do see it as a destination.’ It was a positive move and Shoofly is a lovely, light and airy shop painted attractively in pastel colours

Staffordshire

‘I find things in markets, some online and I do source particular items for customers if necessary.’ Lynne explains. I have a real soft spot for Staffordshire pottery. Even though it’s not as popular as it used to be, I love it.’

I ask Lynne what makes her happiest about her business and she tells me: My true joy is curating attractive displays and making the shop as warm and welcoming as I can.’



Items on display in Shoofly

This is something she has done to perfection, Shoofly is lovely.

Lottie Girling

Lottie Girling shares many similarities with Lynne. She too had a mother who knew the antiques business inside and out. Naturally, it was in her blood, so it was no surprise that it also became a passion for her. Lottie also relocated to her West Street shop in October last year. ‘Lynne kindly let me know there was a opportunity coming ▶

up and, although I'd planned to take over a retail space later this year, the chance to have such a beautiful outlet in West Street was too hard to resist. It's the dream of a lifetime for me.'

Midhurst has provided me with an extensive client base, reflecting how much respect people have for its reputation as a centre for antiques and, of course, a destination for the famous brocante.'



Lottie in her shop

Lottie signed on the dotted line and very quickly created a stunning showroom space, in the seven hundred year old building, selling "vintage, home and garden."

'It was very hard work and I had to draw on all my experience to put it together in time for Christmas, but it was very rewarding,' Lottie tells me. 'I'm delighted to say that

Just like Lynne, Lottie, has a practised eye for choosing her stock and she has a gift for displaying it. The building, which boasts the date "1660," on its beamed frontage, provides the perfect backdrop for her.

'I like to think I'm giving vintage items a new story. They are quite beautiful when taken out of their original context and I find many of the items I sell are real talking points.'

I ask Lottie if she has plans for the future.

'I would love to build links with other traders here and perhaps work on some new community initiatives for the town.

'I'm also keen to run workshops and host events in my shop which relate to what I do. It's a life I love and I'm delighted to be able to share my passion with the people of Midhurst.'

- Shoofly Decorative
- @shoofly_decorative
- Lottie Girling Antiques
- www.lottiegirling.co.uk



Moving Swiftly on to a Joint Initiative



The year started with a flourish for Greenheal with a talk at Cowdray Hall in January on energy efficiency.

There were many good ideas on how to make our homes more energy efficient ranging from modest ideas, such as placing an extra seal on windows, to the benefits of ground source heat pumps and solar panels.

There was information and tips on how to reduce energy consumption and tools and technology to lower your bills. If anyone would like further information do contact Alastair Dodwell at Greenheal via the website: www.greenheal.org.uk

The Greenheal team have also launched the 2026 Subsidised Fruit Tree Programme. We are taking orders now via the Greenheal website and this year's selection includes Apple, Cherry, Pear, Plum and Peach at the subsidised price of just £21.50 per tree. They will be ready for collection in March from both Easebourne and Lodsworth.

We are progressing our work to help the swift colonies in our parishes. This means encouraging more parish residents to

purchase and install a swift box at a subsidised rate s, if you are interested, please contact us on our website.

Joint initiative

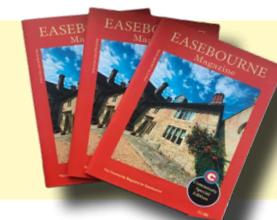
Our local conservation expert, Paul Stevens, has also been out visiting our churches. We are pleased to report that a joint initiative between St Mary's Church in Easebourne and Greenheal will see eight bespoke swift boxes installed under the roof of the church. We are now looking at what can be progressed for St Peters at Lodsworth.

In addition, we are currently fundraising for a swift tower to go into Easebourne Park. This will be a beacon for our community as the tower is an impressive construction which enables multiple birds to nest.

If anyone would like to see an example of a swift tower, one has recently been installed in Arundel. Also if anyone would like to donate to this very worthwhile project please do get in touch with the Greenheal team via the website.

- Elaine Roberts Grimsey
- www.greenheal.org.uk

The deadline for advertising in the **May/June** issue of Easebourne Magazine is **15 March**. Email Paul at: easebournemagazine@btinternet.com for all further details.



NEWS FROM THE PARISH COUNCIL

Judith Macdonald- Lawson
Easebourne Parish Councillor



There were very happy faces in Easebourne Park, in December, when Easebourne Primary School and the Parish Council joined forces again to hold Christmas Carols in the Park. As the pictures show, it was a very joyful and well-attended event.

The Roundhouse (now restored and good as new) provided the stage for Easebourne Primary School children and Petworth Chorus to sing much-loved carols, accompanied by the villagers who came along to enjoy the beautiful winter evening.

Vicar Derek was a brilliant compère and it was wonderful to see what we on the parish council know as 'Trevor's Steps' used as a comfortable place for sitting and enjoying such a perfect Christmas event.

In December, the parish council ran a Defibrillator training morning, with local paramedic and trainer Jamie Lovell kindly

donating his time, and the Cowdray Estate allowing us to use Cowdray Hall for this very valuable and well-attended village event.

Jamie brought along several dummies for us to practise both CPR and using the defibrillator. The parish council is hugely grateful to Jamie for enabling us to put on this training; those of us attending were really pleased to have some understanding of how to use the defibrillator, and concerned by how little any of us knew before the training.

We hope to put on a further training event in 2026 – it will be well advertised. Meanwhile, you can find some very helpful advice here:-

■ www.lifesaver.org.uk

Also, www.defibfinder.uk will show you where your nearest public access defibrillators are situated. There is a defibrillator in the phone box on Dodsley Lane and outside Easebourne Village Shop.

● Judith Macdonald-Lawson

Easebourne Parish Council

■ Tel: 07342 166188

■ parishclerk@easebourne.org

■ www.easebourne.org



EASEBOURNE
Parish Council

Friends of Easebourne Parish



Litter-picking in Easebourne Park

Following the highly successful and well attended carol concert held in Easebourne Park in December, FrEP litter pickers were out the following day to clear up what little litter had been left behind.

Plans are in progress to continue our hedge trimming and undergrowth clearance programme within the vicinity of Easebourne Park, but also additional local public footpaths in need of our attention.

Although all the Parish public footpaths are checked at least annually by Volunteer West Sussex Rangers it is helpful for us to be informed should a problem arise. Do let us know if you come across any issues that you think should be rectified.

If FrEP is unable to fix the problem we will pass the details on to WSCC Public Rights of Way Department or other appropriate authority to hopefully get the issue satisfactorily resolved.

One of the key tasks performed by most of our volunteers is litter-picking in designated areas within the parish. If you are interested do come and join us, volunteering is very fulfilling.

Visit our website to find out more or contact our FrEP secretary Caroline via email FRFPsec@btinternet.com or call on 07803933694. Follow us on Facebook and Instagram.

● Frank Davies

■ 07480188817

If you would like to become a volunteer and make a real difference to your local environment, please email:

FRFPsec@btinternet.com or call 07803933694

Follow us on Facebook and Instagram

www.friendsofeasebourneparish.co.uk



FRIENDS OF EASEBOURNE PARISH



“ A great incentive to keep fit and to explore different running trails across the estate throughout the year ”

The Cowdray Estate: A Running Community

Run the Seasons is a great incentive to keep fit and to explore different running trails across the estate throughout the year.

“Run the Seasons at Cowdray” takes place four times a year with a race in each season allowing runners to enjoy the beautiful countryside as well as participating in competitive races.

Organised in conjunction with Raw Energy Pursuits, the seasonal trail running series combines Cowdray’s iconic estate setting with Raw Energy Pursuits event-planning experience.

Fun Extras

The series of races: — autumn, winter (including a night run), spring and summer — have a points systems and collectible medals that interlock into a set for runners who do all four.

There are also fun extras like post-run celebrations, BBQs, charity fundraising, family activities and food events at Cowdray Farm Shop.

Third Year

Nick McDonald, Cowdray’s Land Manager, who has been involved in organising all the Run the Seasons events held in conjunction with Raw Energy Pursuits, said: ‘This is the third year that we have organised Run the Seasons and it has been a terrific success.

It is great to showcase the estate which is equally beautiful in all the four seasons and see people getting out and running, then enjoying fun with family and friends afterwards.’

Luxury Hamper

Runners can either choose a 5km, 10km, 10-mile route or Canirun. There is also the chance to enter the 10km run series for a chance to be crowned male or female series winners and be presented with a luxury hamper from Cowdray Farm Shop and Café.

Overall winners are decided on a points system based on their finishing position with their lowest finishing positioning discounted if they run all four 10km races.

The Autumn race took place in October, and the Winter race was in December with a special night run with head torches.

Next Race

The next race is on Saturday 11 April to celebrate Spring with a stunning course which heads out to Ambersham and Heyshott Common.

And the finale is on a summer’s evening on Friday 26 June where the run will take you around the famous polo fields of Cowdray and out to Heyshott Common.

To find out more and to enter the final two races, visit the website:

■ www.cowdray.co.uk/sport/run-the-seasons

A Chocolate Melting Spoon

POETRY CORNER

Our champagne days are over,
We're done with all that stuff
You say, "It gives me heartburn"
I say: "It makes me cough."

"I feel quite sad," I tell you,
"Those times were so much fun,"
And you reply, "We're slowing down,
This day was bound to come."

We had so many parties
And lovely dinners too
A chance to get together,
Always meeting someone new.

But then came lock down living,
It changed all ideas of fun,
Nothing was the same again,
A new era had begun

Now we're in our own space,
A place of peace and calm
I tie your scarf "just so"
And, you gently rub my arm

We'll still be 'a party couple,'
Just in our own cocoon
Enjoying a cup of heated milk
And a chocolate melting spoon.

The Shy Poet

1. What is the birth flower of March?
2. Which actor played the fictional detectives Tom Barnaby and Jim Bergerac?
3. How many barriers are jumped in a Men's 110 metres hurdle race?
4. What is the name of the ancestral home of the Dukes of Marlborough?
5. March is named after Mars; what is Mars the Roman God of?
6. What was the name given to the model construction system designed by Frank Hornby?
7. What is the UK's largest land animal?
8. Which country has the most islands?
9. Which is the only body part that is fully grown from birth?
10. Complete the saying 'March comes in like a lion and goes out like a'?
11. The Parthenon Marbles, also known as the Elgin Marbles, are controversially located in what museum?
12. What is the primary ingredient in the Italian dessert tiramisu?
13. In which country was Elon Musk born?
14. What is April's birthstone?
15. Chrome, Safari, Firefox and Explorer are different types of what?
16. What are male honeybees called?
17. Coffee was the first food to undergo what process for cold-temperature long-term preservation?
18. How many sides does a heptadecagon have?
19. How many books are there in the Harry Potter series?
20. Which bird's arrival in mid-April is said to signal the start of Spring?

The deadline for the **May/June** issue of Easebourne Magazine is 22/3/26 so please kindly send your contribution by that date.

To be included in the issue contact us a few weeks before

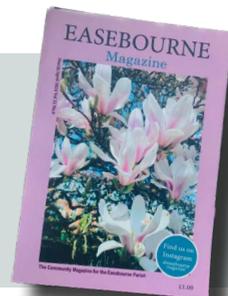
■ easebourneditor@btinternet.com



The Coffee Time Quiz

By
Carole Sawyer

Answers
on page
30





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www.rspcasussexwest.org.uk



Millie, a Mount Noddy dog, now living on King Edward VII Estate

 © RSPCA Sussex West Branch, a charity registered in England and Wales Charity number 206300. The RSPCA helps animals in England and Wales.

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The Joy of Pottering

As we slowly awake through the colder months, we welcome the joy of pottering jobs in early spring.

From mid-February to early April, Dahlias can be potted up, but they will need warmth for growth.

Seed sowing vegetable trays, such as onions, broad beans, lettuce, beetroot, runner, beans, tomatoes, cucumbers can be sown in warm greenhouses or at home.

Warm Environments

Flower seeds such as marigolds, cosmos, larkspur, cleome and nigella can also be sown in warm environments.



It's an ideal time to prepare lawns, so they could be scarified and fed with lawn food.

At this time of year all pruning should be completed by the beginning of March of roses, wisteria, apples, and fruit trees, but not those with stoned fruits.

March is a great time to plant out potted plants, trees shrubs and perennials.

Thinking ahead to when the soil needs the to most nutrients, it's ideal to mulch and feed the garden borders.

These jobs should keep you busy!



Plant in Focus Daphne

Highly fragrant, slow-growing hardy shrubs prized for their winter/spring flowers and attractive foliage. They are often evergreen, with popular varieties like *D. odora* known for strong scents near doorways. Often appearing when little else blooms.



- Phoebe Tomlins
- Hummingbird Floral Designs
- www.hummingbirddesign.co.uk

Illustration © Jan Harvey

New weekly food waste collection service for Easebourne



From this spring Chichester council will be introducing a new weekly food waste collection service for households which will be rolled out across the Chichester district area-by-area.

an outside bin (about the same size as a pair of wellington boots), and instructions on how to use the new service.

Delivered in phases

You won't need to be at home to receive the containers, we'll place them outside your property. These will be delivered in phases, ensuring minimal delay from when you receive your bin to your first collection starting.

Nearer the time, collection dates will be available online at: www.chichester.gov.uk/checkyourbinday

Before collections start, each household will receive a kitchen caddy (about the same size as a toaster), a roll of caddy liners to get you started,



Your food waste collection day may be different to your recycling and waste collection day, so we strongly recommend that you check your start date before you begin to use your bin.

All household recycling, waste, and garden waste (if subscribed to) collections will continue as usual every two weeks.

Later in the Year

Collections for communal properties who share bins will start later in the year. More information will be provided to residents nearer the time. If you live within the district, you can download the council's app!

Live Service Updates

It's a handy way to stay updated as we get closer to launching this new service. Make sure that you sign up for notifications to receive live service updates during roll out, including for bin deliveries and service start dates.

Website

You can find more information on our website www.chichester.gov.uk

 food waste	✓ All uneaten food and plate scrapings	 dairy	✓ Dairy products ✓ Cheese ✓ Eggs
 bread & pastries	✓ Breads ✓ Cakes ✓ Pastries	 meat & bones	✓ Raw meat ✓ Cooked meat ✓ Bones
 tea & coffee grounds	✓ Tea bags ✓ Coffee grounds	 fruit & vegetables	✓ Raw vegetables ✓ Cooked vegetables ✓ Whole fruit ✓ Peelings
 fish	✓ Fish ✓ Cooked fish ✓ Bones	 rice, pasta & beans	✓ Rice ✓ Pasta ✓ Beans



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The Midhurst Society



TALKS FOR MARCH / APRIL

19 March

Barry Lane

The Sussex Regiment in WW1

Major (Retd) Barry Lane MBE TD, is the Chair of the Royal Sussex Regimental Association and will talk about the Royal Sussex Regiment during WW1. This will include the notorious Battle of the Boar's Head on thirtieth of June 1916. This was a diversionary raid ahead of the Battle of the Somme in which the Regiment suffered devastating casualties and was to become known as 'The Day Sussex Died'.



16 April

Bill Avenelle

'What's in a View?'

AGM - Followed by a talk by Bill Avenelle 'What's in a View?' He will tell us about some iconic views of West Sussex and explore their geographical origins and historical significance.

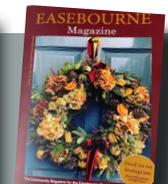
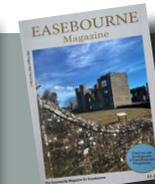


Meetings take place at the South Downs Memorial Hall,

North Street, Midhurst GU29 9DH.

Guests are welcome for a fee of £5.00.

For more information visit the website:-
www.midhurstsociety.org.uk



Easebourne Magazine is your Community Magazine. The editorial deadline is: 23 March. Please contact us so we can plan the issue around your submissions
Contact Jan Harvey email: easebourneeditor@btinternet.com

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- QUIZ ANSWERS**
- 1 Daffodil. 2 John Nettles. 3 Ten. 4 Blenheim Palace. 5 War. 6 Meccano. 7 Red Deer.
 - 8 Sweden (270,000). 9 Eyes. 10 Lamb. 11 The British Museum. 12 Mascarpone Cheese.
 - 13 South Africa. 14 Diamond. 15 Web browsers. 16.Drones. 17 Freeze-dried. 18 Seventeen.
 - 19 Seven. 20 Cuckoo

A Call for Volunteers



Uppark underwent major work by the National Trust last year and finally opened in the Autumn of 2025. Many problems were overcome and an exhibition in the house demonstrates just how much work was needed to restore this stunning mansion in the South Downs.

Amongst other problems, Deathwatch beetle was discovered and many beams had to be replaced. A large number of the issues uncovered were structural and involved teams of workmen to remedy the long list of jobs required.

After a long period of closure, Uppark is open once again to the public, but it now faces a new challenge. Sadly, there is a real shortage of volunteers which means the house can offer only guided tours to visitors.

“Storytellers” are needed urgently to guide people through the house along with staff to enhance the visiting experience. It’s hard to imagine a more beautiful place to work, the views are stunning and the house is a real part of our local heritage. If you can spare a few hours to help do contact the National Trust.

■ www.nationaltrust.org.uk/visit/sussex



Deathwatch Beetle

The Deathwatch Beetle got its name because the rhythmic tapping sound it makes during mating. Often heard in quiet old houses, the noise was mistaken for a death knell or a clock ticking down during a deathbed vigil. This led people to believe it predicted a person’s death. In reality, the sound is a mating call, and the beetles are a nuisance, not deadly, though their larvae damage old timbers.

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Henley



Photo: Chris Deadman

Woodlands Cottage

From the Listed Buildings File

Henley is a hamlet nestled in the very northern part of Easebourne parish. It closely borders the parish of Fernhurst.

It has eight grade two listed buildings (seven houses and one public house) which constitutes approximately half of the total properties in the hamlet.

The oldest is Old Smugglers which is 16th century or earlier. Four are 17th century or earlier, they comprise Woodland Cottage, Rose Cottage, No 74, and the east wing of

Chris Deadman
looks at a small
hamlet, in
Easebourne
parish

Yew Tree Cottage (299 Henley village).

Three are 18th century: White Cottage, No 78, and The Duke of Cumberland public house.

Census

Today the properties all share the same postcode and have either names or numbers. Although the census from 1851 required an exact address, including the house name

or number, it appears that in rural areas the only information provided might be the name of the village.

This was the case with Henley, where the



Old Smugglers

Photo: Chris Deadman

census usually says “Henley Hill” or “Henley Cottage”. So, it cannot be certain which families lived in which properties. The surnames, not exclusive, of some of the families who have lived in Henley at various census times are: Penfold, Cole, Quinnell, Varns, Smithers, Anker, Glaisher, West and Madgewick.

The narrow road up to Henley was originally a Turnpike Road with a toll gate at

Kingsley Green. There is reference to smuggling activity in the book “Fernhurst – The Story of a Sussex Village”.

Old Smugglers

The book refers to Mrs Venes, publican of the Duke of Cumberland, sweeping at the pub and raising her broom momentarily to provide an alert, that the excise were in the area. Perhaps to those at Old Smugglers?

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The Wren and its sleepover

Kerry Williams,
The Sussex Wildlife Trust

Someone once told me if you think you've seen a mouse it's probably a Wren. These diminutive brown birds make a habit of hopping about the undergrowth in stop-motion fashion, feeding on insects, spiders, and occasionally berries and seeds. Despite being the UK's most numerous breeding bird, they can be inconspicuous.

The similarity promptly ends when they open their mouth. Though weighing under ten grams, the Wren's voice is bold and loud; a long, high-pitched whistle and trill, cutting through crisp morning air and reaching above that of larger songsters. If you watch a Wren singing, you'll notice the effort on its small body – beak wide and tail upturned.

Powerful Voice

Woodland undergrowth is an ideal nesting habitat for Wrens. Males establish clear territories in early spring, using that powerful voice. They build five or even six nests to try and attract a female and will aggressively deter other males that dare approach.

However, when the chill of winter comes around, the male changes his tune. A balmy summer of successful shouting may have shown that a tiny body is no barrier to being heard, but it won't help with heat loss on cold nights.

Sleepover

So, the male starts collecting bedfellows. Flitting out on short trips, he again utilises his song, letting females and other males know they are welcome to join him for a platonic sleepover, starting after dusk and ending before dawn.

They gratefully accept, bundling into moss and leaf-lined woven grass, squidding tiny wings and bellies together to make room for just one more. Beaks in, bums out. Most consist of small gatherings, but records of dozens have been logged, and one count in the 1960s numbered sixty one Wrens.

Warmth-sharing

The warmth-sharing of these communal roosts might be lifesaving. Although as anyone who shares a bed will know, there can be a waste of energy caused by the wriggling of others. Shuffling for space, preening, defecating in the roost; entirely unacceptable sleepover etiquette.

When spring comes the male begins to banish other males from the roost, cosy winter cuddles forgotten until the cold starts to nip around tiny feet once more. Next time you hear a winter Wren having a good yell, be sympathetic. It's survived the night, thank goodness, but it's had a terrible night's sleep.

■ www.sussexwildlifetrust.org.uk/join

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The cookbook costs £35 and is available from Cowdray Lifestyle, the Farm Shop and online. www.cowdray.co.uk/seasons

New Website for Garden and Allotment Society

The Garden and Allotment Society has a new website which will be updated regularly with news and events. There are excellent talks on horticultural subjects each year.



New members are always welcome to join the local garden society, formed over eighty years ago when people in Easebourne grew their own food during wartime.

Nowadays, many members of the society grow flowers and vegetables in their gardens, some have allotments and some do all their gardening on the windowsill.

It only costs ten pounds a year to join, or fifteen pounds for two people living at the same address.

The annual big plant sale in front of the priory is on Saturday 16 May, and the Produce Show, in Cowdray Hall, will be on 8 August.

Although it's been very popular, there might be some places still available on the coach trip to the Bluebell Line Steam Railway and a visit to Borde Hill Gardens on Thursday 11 June.

Phone Daphne Wakeford for more information on 01730 816187 or visit our new website:

■ www.easebournegardenandallotments.co.uk

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The Mystery of the Cocking Sign



Anyone passing through the village of Cocking will have noticed a sign for Easebourne at the halfway point.

Given that the next big 'conurbation' is Midhurst, it seems strange that our little village is sign-posted at this point. Do you know the story behind the placement of this sign?

Please do contact us:

■ easebourneeditor@btinternet.com

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Tuesday 17 March Jez Smith

Beyond Ears: multi-sensory hearing

Jez Smith is a sound therapist and historical musician, with over 40 years experience playing music and moving into sound therapy over the last 10 years. As a hearing impaired musician he has explored and developed a variety of multi-sensory listening skills, bringing the whole body and the senses into the process. In this talk he will explain how he has overcome the challenges he has faced around listening.

Tuesday 21 April

Major (Ret'd) Paul Whittle TD Toy Train to the Clouds: Calcutta, Darjeeling and its World Heritage Railway

In the days of the British 'Raj' the hill station of Darjeeling, some 7,000ft up in the Himalayas, provided cooling relief and fond reminders of home. In 1881, the local economy now known for the world-famous tea brand, was transformed by the opening of the 55 mile narrow gauge Darjeeling Himalayan Railway (DHR), which in 1999 was awarded World Heritage Site status. Starting in the vibrant city of Kolkata (formerly Calcutta) we travel along the DHR amidst tea gardens and stunning mountain scenery to explore Darjeeling, its old colonial buildings, gardens and the surrounding area.

Doors open 2.00pm.

Refreshments served until 2.20pm. Talk starts 2.30pm
Methodist Church Hall, Midhurst GU29 9DU
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It's That Time of Year Again!.....

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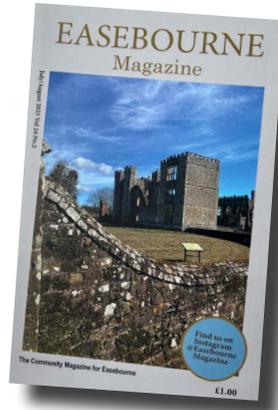
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● Paul Chantry

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Church Pages



CHURCH NEWS AND INFORMATION

CHURCH SERVICES FOR MARCH/APRIL 2026

Date	Easebourne	Lodsworth	Selham
1 March Lent 2	10.30am Family Service	6.00pm Evensong	8.30am Holy Communion
8 March Lent 3	10.30am Holy Communion	9.00am Family Service	No service
15 March Mothering Sunday	10.30am Holy Communion	No service	8.30am Holy Communion
22 March Lent 5	10.30am Holy Communion	9.00am Holy Communion	No service
29 March Palm Sunday	10.30am Holy Communion	No service	No service
5 April Easter	11.00am Holy Communion	9.45am Holy Communion	8.30am Holy Communion
12 April Easter 2	10.30am Holy Communion	9.00am Family Service	No service
19 April Easter 3	10.30am Holy Communion	No service	8.30am Holy Communion
26 April Easter 4	10.30am Holy Communion	9.00am Holy Communion	No Service

Bold types denotes any changes



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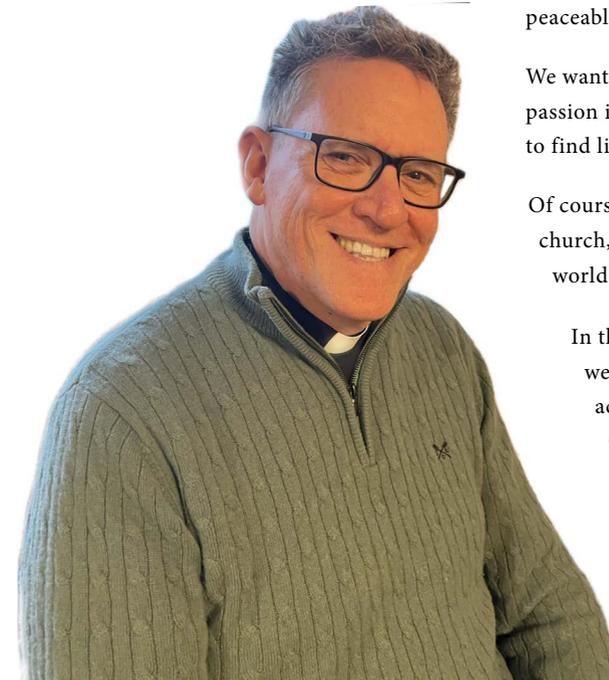
From the Vicar Reverend Canon Derek Welsman

Dear Friends

**“To Lent, or not to Lent,
that is the question”**

Have you ever done a spring clean? There is something very cathartic about coming out of winter and getting our homes ready for spring and summer.

The long nights and short days are over, we can now throw open the windows, let in some fresh air! It's a cyclical thing, a bit like new year resolutions. We enjoy the thought of fresh starts and new challenges, it's what we do. Unfortunately, for most of us, not very well!



For the church, Lent is a spring clean for the soul, a period of reflection and meditation that ultimately leads us to Easter. In this time, we resolve to be better people, to love more and to hopefully, unlike new years resolutions, actually achieve.

Our model is Jesus' time in the wilderness, where the temptations of life tried to distract him from loving us. Thankfully, his focus was announcing God's love to the world and nothing would get in his way.

In our journey through Lent, we seek God's Spirit to give us a similar resolve to Jesus'. There is a desire to be better, more loving, peaceable and kind.

We want to understand generosity and compassion in our world, and we want everyone to find life in its fullest sense.

Of course, these things are not just for the church, these are the things that many in our world seek.

In the church though, we recognise that we need more than our humanity to achieve, we need the creating force of God, expressed in Jesus Christ to give us strength for the challenges that lie ahead. We also need space and peace to reflect.

So, to answer the question: Yes, to Lent and yes to all that is good in our world!

Church Events



Second Wednesday of the month
St. Mary's Church Easebourne
All are welcome

Friendship Tea

Tea, treats and chat.
Invite your neighbours
Children are welcome too.

■ Hilary Craig
■ 01730 813923

ALL ARE WELCOME

WEDNESDAY MORNING COFFEE

You are most welcome to join us on Wednesday mornings at St Mary's Church from 10.30am for a cup of coffee and a chat!



FRIENDS OF ST MARY'S

200 CLUB

January Winners

Prize	£	Share	Shareholder	Prize	£	Share	Shareholder
1	100	96	Barry Freake	1	100	159	Jan Harling
2=	75	158	Jan Harling	2=	75	69	Robin Sawyer
2=	75	225	Poppy Jefferies	2=	75	87	Eamon Gorman
3=	50	50	Bill Howkins	3=	50	160	Jackie Haggis
3=	50	92	Barry Freake	3=	50	249	Clare Gibson
3=	50	147	Christine Barrett	3=	50	191	Jan Harling

February Winners

If you would like to join the 200 Club please contact:

Mike and Margaret Wharton ■ 01730 810474 or ■ mike@mwassociates.eu.com

Winners will receive monies by bank transfer



Do you love to sing?

St. Mary's Church Choir sing most Sunday mornings at the 10.30am service and also for weddings and funerals. We rehearse on Friday evenings at 6pm and would welcome new voices, both high and low.

■ Mary Knight,
■ 01730 812783

St Mary's Easebourne runs

Messy Church events

four times a year.

Join us for songs, crafts, celebrations and food. There is plenty of opportunity to have fun and make a mess!



■ Alison Davis
■ 07732744255
■ al itdavis@gmail.com

EASEBOURNE WOMEN'S FELLOWSHIP

3 March

Talk and Presentation by the charity 4Sight.

7 April

Beetle Drive
(Guests welcome)

5 May

A Box of Whistles
Mary Knight

2.00pm in St Mary's Church

For all details of the Women's Fellowship please call Ann Harfield ■ 01730 813810

■ annharfield23@gmail.com
■ www.thepriorychurches.co.uk



4sight at work

LITTLE LAMBS

Come and join us
For tea, chat, toys, stories
and songs for little lambs
aged 0-4 years

Term Time Tuesdays,
10am-11.15am
St. Mary's Church, Easebourne



Everyone is welcome
Suggested donation £1.00 per family

■ Rev Derek Welsman
■ 01730 812655

Craft & Chatter

First and third Wednesdays.

2.30pm -4.00pm

St Mary's Church.

Come for tea, a good chat
and enjoy participating in
different crafts.

■ Pam Stevens
■ 01730 813065

■ Liz Bounton
■ 01730 816405



The World Day of Prayer

The World Day of Prayer service will be held on Friday, 6 March at 2.30pm and hosted by Midhurst Methodist Church.

This year, the service has been prepared by the Christian women of Nigeria. Those taking part will be joining in a great wave of prayer which encircles the globe all praying with and for the country and people of Nigeria. The service will be led and narrated by members and friends from local churches in Midhurst and Easebourne. All are welcome.



Copyright © 2026 WorldDay of Prayer

There will be a cup of tea and cake after the service.

To take part contact Sian Mitchell or your own church's World Day of Prayer representative.

● Sian Mitchell
■ sianwyn51@gmail.com

Art to Amplify

Following her family's tradition in creative arts and printing, Gift Amarachi Ottah of Abia, Nigeria, has developed a unique artistic voice. It speaks to the struggles and strength of Nigerian women.

She was motivated to design the artwork shown here for the 2026 World Day of Prayer programme because of the burdens that Nigerian women are facing. She hopes that her art will help to amplify their voices.



4Sight: Supported by the Women's Fellowship

4Sight Vision Support (4SVS) is delighted to have been chosen by Easebourne Women's Fellowship as its designated charity for 2026/27. The Fellowship at St Mary's Church will be helping to raise funds for 4SVS's work supporting those living with sight loss across West Sussex.

The Fellowship was familiar with 4SVS, having previously had a speaker from the charity come along to talk about its work. In addition, the group had a member who was a 4SVS client who received its support after a sight loss diagnosis.

A Worthy Cause

Ann Harfield, representing the Fellowship, commented: "We are delighted to support such a worthy cause and are looking forward to a presentation from a 4Sight Vision Support speaker at our March meeting. We will be raising money through, for example, donations, a beetle drive, raffles and a quiz afternoon."

Julie Branson, Fundraising Manager at 4Sight Vision Support said: "We are truly grateful to groups such as the Easebourne Women's Fellowship for helping us to deliver our vital services across the county. We receive no funding from the county council and rely a great deal on donations, legacies and individual and group fundraising support such as this to enable us to continue our work."

■ **The Easebourne Women's Fellowship meets monthly at St Mary's Church, for further information please contact Ann Harfield on 01730 813810.**

■ **For further details about 4SVS's services or to find out how you or your group/organisation can help fund-raise, call the Fundraising Team on 01243 828555 or email fundraising@4sight.org.uk**

Church Contacts

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PCC Treasurer and Gift Aid Secretary

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01730 816405

Organist and Choir Mistress

Mary Knight
01730 812783

Social Committee

Jan Harling
jharlingm@gmail.com

200 Club

Margaret and Mike Wharton
mike@mwassociates.eu.com

A Time for Stillness

An Introduction to Centering Prayer

In the stillness, God waits.

In the silence, the heart listens.

Come and discover Centering Prayer, a simple practice of Christian meditation, rooted in the ancient contemplative tradition, opening us to God's quiet presence.

Two hours of gentle guidance, shared silence, and reflection.

No experience needed - All welcome

Contact Caroline Shakerley at ambersham@hotmail.co.uk

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Nancy's Bean Salad

Ingredients

Salad

- 1 tin of cut green beans (drained)
- 1 tin red kidney beans (drained)
- 1 tin of chickpeas (drained)
- 1 large red onion sliced or chopped
- 1 yellow and 1 green pepper sliced small.
- 200g chopped celery (optional)

Dressing

- 100g sugar
- 100ml vinegar (cider apple vinegar is good)
- 50ml salad oil ie extra virgin cold-pressed mild olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon celery salt (optional)



Cook's Note

This salad doesn't taste very good for at least twenty four hours. It is delicious on the second or third day.



Method

Mix all the salad ingredients in a large bowl. Set aside.

Put all the dressing ingredients in a jar with a lid. Shake well.

Pour the dressing all over the salad in the bowl. Stir gently then leave to marinate in the fridge.

Over the next few days stir the bean salad a couple of times, just when you remember. Delicious with chicken, turkey or any seafood. Serve with a slotted spoon. It's ideal for a buffet.

Makes four good portions

● In memory of Nancy McCulloch.

Do you have recipe to share? We'd love to hear from you. Send it to:-

■ easebourneeditor@btinternet.com

Police
Ambulance
Fire

999

Riverbank
Medical Centre
01730 812121

Out of hours NHS
111

Community Hospital
01730 819100

Midhurst Town Council
01730 816953

Easebourne Parish Council
07342 166188

St. Richard's Hospital
Chichester
01243 788122

Social Services
Chichester
01243 752999

MH Pharmacy
01730 813255

Midhurst Pharmacy
01730 813231

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