

EASEBOURNE

Magazine

July/August 2026 Vol 25 No.2



The Community Magazine for Easebourne

£1.00

Seasons: *A Taste of Cowdray*

'Seasons' gives an insight into life on a working country Estate showcasing the landscape, the local producers and the people who work at Cowdray.

With over 100 enticing recipes, each chapter follows the seasons inviting you to cook in harmony with nature reflecting the Estate's passion for provenance, seasonality and sustainability using carefully selected, flavoursome ingredients.



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

Summer in Easebourne



What a joy Easebourne is in summer.

Fancy the beach? You can be in West Wittering in forty minutes. Need a theatre? Chichester's is one of the finest in the land. Art Gallery? Pallant House is world famous and on our doorstep.

That is if you want to leave the downs where you can lose yourself in nature, surrounded by stunning views from every direction. For those lazy, lovely days, we have polo to watch and cricket in the nearby villages.

Then there is the food and wine. We are surrounded by vineyards and eateries of all sorts from local, well-loved pubs to fine-dining experiences.

Children are well catered for with the most amazing play park (pictured above) situated next to Easebourne Primary School which has a great reputation.

There is a strong church community led by our lovely vicar, Derek Welsman. This year our two village fêtes are combining to make our community day bigger and better than ever before.

The Cowdray Estate continues to bring us a wide range of events, from Tea in the Walled Garden, to Apple Day in the autumn and Run the Seasons all year round.

I've been editing and designing this magazine for three years now, hard as it is for me to believe. I am constantly astonished at how Easebourne just keeps on giving.

There is so much to cover; people, places and events. It's truly a joy to be able to spread the word of our very special village. So, please do enjoy our very full summer issue.

● Jan Harvey

■ easebourneditor@btinternet.com



Walking with Gerald

There is nothing better than a good walk, in English countryside on a beautiful day. On my first ever walk with Gerald Gresham-Cooke all those boxes were ticked.

I had been receiving emails from Gerald for some time offering guided walks and this was the first date that I could attend.

All of the walkers gathering in the woods were in the most cheerful frame of mind. I chatted with Tim who was visiting from Vermont. 'I just love the woods,' he told me, as we gazed at the bright greens of spring foliage.

Jan Harvey joins a walk organised by Gerald Gresham-Cooke

Neil Humphris, the head forester of the Leconfield Estate for over thirty years, welcomed the fifty people who had booked to join the walk. He explained that the area through which we were about to walk, north of Petworth, was part of Lord Egremont's 14,000 acre estate.

Warnings were given to take care as we proceeded because we were on private land, so the paths were not well defined. Dogs were welcome, providing they were kept on a lead.

Neil then explained that, owing to the clay soil in the area, we were surrounded by broad-leaved trees such as oak, ash and birch. Beneath them, in the dappled shade, were carpets of bluebells and anemones. After walking a hundred yards we stopped to hear about the effects of climate change

on woodland. 'Long periods of hot weather followed by long periods of wet, is just not good at all,' Neil explained. 'It's down to climate change and some trees are struggling. Oak trees are a barometer of the state of the environment and they are not doing very well.'

It is grey squirrels, however, that are the bane of a forester's life, as Neil was quick to point out. They were introduced to the UK from North America, brought over in 1876 by Victorians as exotic souvenirs. They rapidly colonised Britain and are now a pest.

Neil explains that The Leconfield Estate benefits from a government grant and he can therefore employ a full time squirrel controller as part of his team of six. It's necessary to cull squirrels because they damage

trees and prey on the young of birds. Protecting both is important, both environmentally and financially. The woodland is carefully managed and makes money for the estate. ►

Head Forester, Neil Humphris





A gentle pace, walking through the forest.

‘Timber helps pay the bills,’ Neil explains, ‘We fell trees and carefully replace them. Sometimes the forestry cycle is very long. Ash for example, is thirty years, but many of the trees need to be a cash crop.’

The highest revenue comes from the cricket bat willow, at up to £1200 a tree. Although other countries have tried to replicate it, the UK has the finest, knot-free wood, and is still a world beater, at least where bats are concerned, if not perhaps, at playing cricket!

‘We sell a lot of character wood too,’ Neil adds. ‘It’s become really popular with artists, sculptors and makers all across the world, from Vietnam to Los Angeles.’

Neil leads us along a narrow path, edged with the most spectacular bluebells and stickwort (*Spargula arvensis*) which is also commonly known as corn spurry.



Neil talking to the walkers about forest management

We proceed carefully, making certain we don’t tread on the flowers. Someone points out an orchid and we stop to marvel at it. It is becoming increasingly obvious that we are in private woods, because the flowers are abundant and disturbed only by estate the team who work around them.

Gerald and I chat as we walk and he tells me he is delighted with the turnout for today’s walk. I ask him why he organises them. ‘I just love doing it and to see people enjoying themselves. I often work with the Heart Smart project and it’s good that people can access beautiful countryside to get fit.’



An orchid on the side of the path

One of the walkers is Jane, a regular on Gerald’s walks. ‘This is a lovely walk to do. Neil is so knowledgeable, it makes it all very interesting. He has a real, in-depth understanding of woodland and has invested so much time and effort into it. To have a pleasant walk, at a nice pace and learn so much at the same time, is just wonderful.’

As we stand looking over a crop of bright yellow rape, Neil informs us that more and more women are turning to forestry and a whole new industry is developing to supply clothing and equipment for them.

Our walk ends with coffee and a chance to mull over the experience with other keen walkers. It has been an absolute privilege to walk in the estate and a joy to learn so much at the same time.

Walking with Gerald is to be heartily recommended.

What's On

MIDHURST JAZZ AND BLUES

The Pressing: A Jazz & Blues Vinyl Fair

The UK's only specialist vinyl fair built entirely around jazz, blues, soul and funk. Dealers who know the music with stock worth travelling for. There will be a DJ, a Langham bar and lots of conversation.

Saturday 4 July 11.00am-4.30pm

The Old Library, Midhurst

www.midhurstjazzandblues.com



Image: Pixabay

ANCIENT SACRED SOUNDS

Drumming Circle with Soundbath

The deep resonances of the drums can have a positive therapeutic effect on our health and wellbeing through meditation with sound and vibration. This drumming circle will be ninety minutes followed by a thirty minute sound bath. No musical skills are required. Drums are included, but you are very welcome to bring one of your own.

Tickets: £27.80

Sunday, July 19, 3.00pm - 5.00pm

Cowdray Hall, Easebourne

www.eventbrite.co.uk



PETWORTH HOUSE

Expression in Blue: Monumental Porcelain

Towering sculptures by renowned ceramicist Felicity Aylieff are being exhibited for the first time at Petworth House and Park. The exhibition takes place across the whole property, including installations throughout the house, film and photographs revealing the remarkable 'making' process in the exhibition room, and two soaring obelisks standing between the house and the Upper Pond.

Free with admission, no booking required.

23 May – 27 September

Willow Weaving: Foraging Basket Making

Experience a heritage craft in this one-day workshop to weave your own rustic foraging basket.

£62.00 per person

Saturday 4 July, 10.30am – 4.00pm

Willow Weaving: Weave a Swallow

Weave a decorative swallow in the beautiful gardens of Petworth House.

£36.00 per person.

Sunday 5 July, 10.30am-1.00pm and 2.00pm-4.30pm

Out and About



The Scottish Colourists
Tuesday 7th July

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
Tel. 07855 699479
theartsocietymidhurst.co.org



The Arts Society
Midhurst

Become a member
Only £58 for ten lectures
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first Tuesday of the month

Coffee, tea and biscuits are
included and served before
the lecture giving you the
opportunity to meet with
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Francis Cadell: Florians Cafe Venice

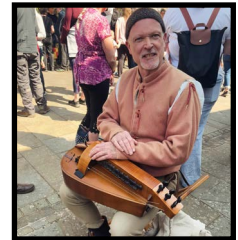
The Midhurst Medieval Day

I don't know what I expected of Midhurst's first Medieval Day, but whatever preconceptions I had paled into insignificance when I passed two monks and a peasant in West Street and arrived in Market Square to find it was a riot of colour, all reds and golds.

It was just before noon and already the market was packed full of visitors. The many stalls were selling home-made items based on historical knowledge of the era. On one stand there was a chain mail demonstration and on another, people were learning about birds of prey. Across the way, the executioner was boasting about his work, all very gruesome. A row of heads on spikes underlined the punishments for "criticising the king's beard" and the like.

In the church, a group of children were spellbound by a story-teller dressed as a knight. The very talented Midhurst weavers were demonstrating their skills.

On St Anne's Hill we watched the Battle of Hastings and it was riotous fun. Children, parents and grandparents were all knocking seven bells out of each other with foam swords



Above left: The Medieval Marshall. Above right: The Town Cryer. Right: Jez Smith, expert in historical musical instruments with his Hurdy Gurdy. Below Left: Junior Knight, Lochlan.

and axes and the crowd cheered along. The fun continued at the Cowdray Ruins where the Tudor kitchen was open and there was a chance to spear a boar.

Midhurst Town Council became the owner of St Ann's Hill in May 2022 to protect the castle ruins and the surrounding area. The idea of a medieval Festival has been two years in the planning and the goal of this event was to provide residents of Midhurst with a fun day, free of charge. It also attracted visitors to the town and gave a boost to the many independent businesses.

A big thank you must go to participating groups including Raven Tor Living History Group and Barbaric Battles amongst many others.

● Jan Harvey



A Strong and Constant Woman

Historian Dan Snow explores the story of Margaret Pole and her connection to Cowdray



Historian and broadcaster Dan Snow, along with a film crew, visited the Cowdray Ruins earlier this year as they began work on a new History Hit documentary exploring the story of Margaret Pole and her connection to Cowdray.

Dan Snow was joined by author and Tudor historian Adam Pennington, who wrote 'Henry VIII and the Plantagenet Poles', to delve into this dramatic chapter of Tudor history.

High Politics

Conversations centred on Margaret's imprisonment at the Cowdray Ruins and Cowdray's place within the high politics of the sixteenth century.

Margaret Pole was connected to Cowdray House, now known as Cowdray Ruins, primarily through her imprisonment there from November 1538 to September 1539, during the reign of Henry VIII.

Cowdray House was then the Sussex home of William FitzWilliam. During her confinement she was interrogated repeatedly. Contemporary reports described her as exceptionally resolute; one examiner famously wrote that she seemed "rather a strong and constant man, than a woman." Her imprisonment at Cowdray became one of the house's most famous Tudor associations.

Margaret Pole, Countess of Salisbury, was one of the last members of the Plantagenet

dynasty. She was cousin of Elizabeth of York, the first Tudor queen consort, and thus a first cousin once removed of Henry VIII. This made her one of the most senior members of the nobility at the Tudor court.

Her sons, her daughter, and her grandchildren possessed a dangerous name and dangerous bloodline, which put them on a collision course with Henry VIII.

Once restored to royal favour, she later fell under suspicion during the religious and political upheavals of his reign. In 1539, following the arrest of her sons, Margaret herself was arrested and held at Cowdray before being transferred to the Tower of London. Her time at Cowdray and then at the Tower formed part of the final chapter of her life.

At seven in the morning on 27 May 1541, Lady Margaret Pole, another victim of



Henry VIII's increasingly bloody regime, was led to her execution inside the Tower of London.

Margaret was no scheming minister like Thomas Cromwell, or a prisoner of conscience such as Thomas More, or even one of the King's wives. She was a 67-year-old woman who had spent her life serving the Tudors. Her royal blood had proved more a curse than a blessing.

According to accounts, the axeman botched her execution, hacking at her neck, and it took eleven blows to sever her head. Her body was laid to rest in the Tower Chapel of St Peter ad Vincula within the Tower of London.

Margaret was later beatified in December 1886 by Pope Leo XIII, and is known in the Roman Catholic Calendar as the Blessed Margaret Pole.

Dan Snow's history documentary is due to air later this year.

● www.cowdray.co.uk

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FETE IN THE PARK

Sunday 5th July
11:30am-3:30pm

EASEBOURNE PARK

FREE ENTRY

Live music
 scooter workshop
 pony rides
 raffle
 BBQ, Bar & Pimms tent
 dog show
 falconry display
 golf challenge
 tombolas
 and lots more!!!

**JOIN EASEBOURNE PRIMARY PTFA
 PARISH COUNCIL AND EASEBOURNE CHURCH**

MADHURST

MADhurst is a huge community celebration of music, arts and culture.

The coming months will see a vibrant celebration of music, arts and drama with a wide and varied programme of events and activities right across Midhurst and Easebourne.

From live performances and exhibitions to workshops and family-friendly fun, there is plenty to look forward to.



a performance from The Midhurst Players and of course, the ever popular BIG Quiz.

Throughout August there be plenty of free community events of all kinds and for all ages.

■ www.madhurst.co.uk



Madhurst 2026
1 - 31 August

Electrifying

By popular request, the Forza Opera Tenor Duo return, this year along with guest soprano, Kirsty McLean. Three of opera's most electrifying young stars unite for one extraordinary evening, a real experience.

Other big nights include the Mission Impossible Band, the Epic Comedy Club,





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Get in touch with Julia and Rachel.

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The Property Market: Where are we now?



The property market has certainly experienced its fair share of change over the past few years, and many people are now asking the same question: Where are we now? The honest answer is that we are in a far more balanced and cautious market than we have seen for some time.

Following the incredibly busy post-pandemic period, where demand significantly outweighed supply and properties were selling at remarkable speed, the market has naturally settled. Rising interest rates and the increased cost of borrowing have understandably made buyers more careful with their decisions. Affordability remains one of the biggest talking points, particularly for first-time buyers, who are finding mortgage payments much higher than they were just a couple of years ago.

That said, there is still movement in the market. Well-presented and realistically priced homes continue to attract strong interest, especially in desirable locations. Family homes, downsizers and lifestyle moves remain active areas, with many buyers still

motivated by personal circumstances rather than market headlines.

What we are seeing now is a return to more traditional market conditions. Buyers are taking longer to make decisions, negotiations are more common and pricing strategy has become increasingly important. The days of simply listing a property and expecting multiple offers within a week are, for the most part, behind us.

However, this is not a negative market, it is simply a more considered one. Serious buyers are still out there and correctly marketed homes are still selling successfully.

Ultimately, the current market rewards realism, presentation and good advice. While conditions may be different from the extraordinary highs of recent years, opportunities still exist for both buyers and sellers who approach the market with the right expectations.

● Matt Shepherd

● Henry Adams Estate Agents

■ Matt.Shepherd@henryadams.co.uk

Midhurst Community Choir SUMMER CONCERT

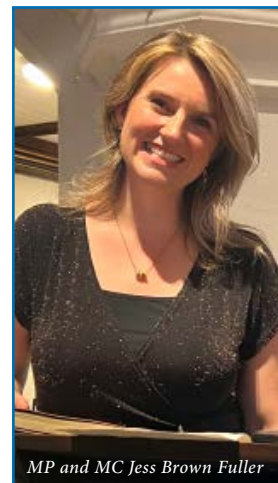


Midhurst Community Choir is well-known for its wide and varied repertoire. From Frank Sinatra's beloved "Fly Me to the Moon" to Queen's epic "Bohemian Rhapsody," the Summer Concert was a musical treat from start to finish.

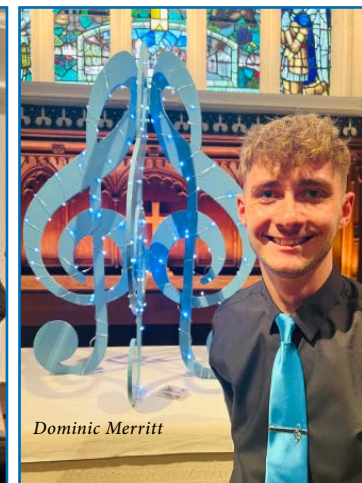
The ladies of the Ensemble sang three excellent arrangements of well-known songs, whilst the gentlemen performed "There is Nothing Like a Dame" from South Pacific. There was an enchanting solo from Jude Edwards and a duet which saw Clare Wyatt

and Samantha Collins singing an intricate a capella version of "You Don't Own Me."

The evening was hosted by Chichester MP and long-term Midhurst resident, Jess Brown-Fuller who founded the choir, with her mother, Yvonne Gravely nine years ago. Judith Ellis took over as conductor last year when work commitments meant Jess and Yvonne had to step back. Judith opened the concert with "The Song of the Nightclub Proprietress," which was then seamlessly followed by the choir singing "Razzle Dazzle."



MP and MC Jess Brown Fuller



Dominic Merritt



Choir member,
Claire Betts

The concert was raising funds for The Stroke Association and choir member, Dominic Merritt spoke bravely about his own experience of having a stroke. His story was one of heart-break and resilience as he conveyed the trauma he endured and the challenges he faced in recovery.

Easebourne resident, William Woodhouse, who was in the audience, thoroughly enjoyed the show. 'This is the second concert we have attended and we loved

every minute. The Midhurst Choir are a very professional group of people who clearly love bringing lots of joy to their audience. We can't wait until next year. Well done to everyone involved!'

Next year will indeed be special, as the choir reaches its tenth anniversary. Plans are already being discussed to mark this milestone. Visit the website for details of forthcoming concerts and to enquire about membership.

■ www.midhurstcommunitychoir.org



Conductor, Judith Ellis (left) with choir members,
Rev Marcus Collie and Megan Farrington



Ready to perform, Alison Windle, Robin Wootton and
Christina Scullion

NEWS FROM THE PARISH COUNCIL

Judith Macdonald- Lawson
Easebourne Parish Councillor

In May, we held the annual parish meeting, where we invited all parishioners to come along to the primary school to meet us, each other, and to look at the plans for the Easebourne Hub, which have now been submitted for planning permission.



There was also a really interesting and inspiring talk by author and environmentalist Roger Morgan-Grenville (pictured left). He spoke to a very attentive audience

of more than fifty about what we can do, as individuals and as a community, to restore biodiversity.

Roger described the loss of bird species, of insect life, of arable weeds, all a result of privileging ourselves by 'human expediency' over the other species we are living alongside.

Precious Environment

As parish councillors, we are certainly concerned about the ways in which we have failed to look after our precious environment. Our charitable off-shoot Greenheal is one response to our recognition that we need to do things differently in the future.

On a very positive note, Roger suggested that some simple things we can do in our gardens to encourage increased biodiversity. These include growing ivy on walls and fences, creating a garden pond, (however small), having compost heaps and allowing our gardens to be a bit scruffier. I can tick those boxes!

The Local Plan

As a council, we are very aware that currently the most pressing issue for Easebourne is the publication (Regulation 19), of the SDNPA Local Plan. By the time you read this, the public meeting for further consultation with the parish will have taken place on 4 June and all submissions and comments will have been made before the deadline on 23 June. I would like to reassure you that we have done everything we can to represent both your views, and the views of the parish council as forcibly as possible.

We would like to acknowledge that it has been a difficult time for many of us (as we councillors are all parishioners too) whose properties may be affected by the adoption of the final iteration of the local plan.

Finally, I hope that you have the **Fête in the Park** in your diary, Sunday 5 July, starting at 11.30am. We look forward to seeing you there.

● Judith Macdonald-Lawson

Easebourne Parish Council

- Tel: 07342 166188
- parishclerk@easebourne.org
- www.easebourne.org



EASEBOURNE
Parish Council

Friends of Easebourne Parish

Our first April session targeted extensive brambles and weeds in St Mary's Church cemetery within an area that had become overgrown, partially hiding headstones and pathways. Bramble roots were dug up and graves once hidden were visible again.

There is still a lot of work required to complete the full cemetery clearance which hopefully we will return to in the near future, particularly as our team were rewarded with coffee and biscuits once the work had been completed. The effort made was more than tidying a neglected space, it was perhaps an act of guardianship for those buried there and for the community's shared heritage. Cemeteries are not just resting places, they are records of lives lived and historically intertwined.

At the entrance to Hollist Lane (from the A286) the exit had become dangerous for cars due to the heavy growth of grass and plants restricting visibility in both directions. Although we were at the beginning

of 'No Cut May' this was considered an important safety issue that needed to be addressed and so the undergrowth was cut back sufficiently to reinstate better visibility. This task has been regularly carried out by our members for the past few years.



Team members tidying up the cemetery.

The village planters have also recently been targeted. The April dry weather made it difficult to sustain a colourful display, but with more planting being carried out since, this will hopefully bring the colour back to all the planters for the summer months.

Meanwhile, litter

picking continues in all areas of the parish, bus shelters are kept free of rubbish and the bins are emptied.

The work undertaken by FrEP volunteers is varied, rewarding and significantly beneficial to our community. Without parishioners being willing to step forward and volunteer, a great deal of what makes Easebourne Parish such a pleasant place to live would not happen.

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

FRÉPsec@btinternet.com or call 07803933694

Follow us on Facebook and Instagram

www.friendsofeasebourneparish.co.uk



Vinyl Days:

Do you have cash in the attic?



It may come as a surprise to anyone who has purchased music in the past forty years that the humble vinyl record is back – and back in a big way.

A significant proportion of people born before 1980 will have owned vinyl records, the format being the most popular means of music ownership until it was overtaken by cassette tapes in 1984. By the early 1990s, consumers had almost entirely moved to the more convenient, compact and robust compact disc (CD). Vinyl was consigned to lofts, basements, charity shops and sadly even landfill, as music streaming services ultimately became the norm.

It's not easy to pinpoint the reasons for vinyl's recent resurgence, but in the digital age it's easy to understand the appeal of a tangible item that connects the owner to a piece of history. In fact, it's Generation Z, the demographic that grew up knowing only digital media, who are currently buying the most vinyl.

The music industry has recognised the boom and has started reissuing LPs in sig-

nificant volume. For many buyers however, the true joy comes from collecting vintage vinyl. Desirable items for record collection include the original pressing of a single, EP or album and sort after re-issues with special edition features like coloured vinyl and specific presses with individual quirks. Anyone with a decent copy of Robert Ludwig's 'hot' US pressing of Led Zeppelin II is in for a very pleasant surprise.

The result is a flourishing collector's market and the resurgence of the humble record store, with highly sought after records exchanging hands for several hundred pounds. However, before you start digging out your old records from storage in the hope of making a small fortune, it's worth understanding what collectors are looking for. Generally, the first pressing of early singles and LPs from the big hitters such as the Beatles, Led Zeppelin, Pink Floyd and the Rolling Stones, are valuable, if in good condition. Simply owning an old and famous record will not mean you can book a caribbean holiday. A great many people bought records in the 60s, 70s and 80s and they bought music



by popular bands in vast quantities. "Goodbye Yellow Brick Road" is a great album, but you'll find a copy in every record store in the UK, so won't be able to retire simply because you bought the first pressing in 1973.

Rarity is an obvious measure of a record's desirability and value, so if you happen to have a copy of July's self-titled album from 1968 in excellent condition, you can expect it to fetch between £3,000 to £4,000 based on current market value.

Rarity is not confined to older vinyl either. As the bottom fell out of the market at the end of the 1980s and early 1990s, music companies all but ceased offering vinyl as a format. Very few copies of some wildly popular singles and albums from that period exist. Alanis Morissette's Jagged Little Pill is one such example and commands a high price as a result. So, if you were a late adopter of CDs and clung on to vinyl during the 1990s, it's possible you're sitting on a small fortune!

Many vinyl owners have no idea that their old records hold more value now than ever before, and unfortunately vast numbers are

still being thrown away. So, if you haven't looked at your collection for a

while, now might be the time to do so. Of course, condition is key. A record in near mint condition that plays without any background noise will be of far greater interest and value to the collector than a record scratched beyond recognition. Unfortunately, whilst the music of the 1960s, 70s and 80s may have been superb, the technology was not. Many a collector has pulled a record from a sleeve in fevered anticipation, only to find that the original owner's stylus had long ago rendered it utterly unplayable. But therein lies one of most exciting aspects of the hobby. Record collecting is like a box of chocolates, you never know what you're going to get!

● **Mark Wood**
■ **07966556532.**

Mark is a record collector from the local area who buys and sells vinyl collections. If you are considering selling your record collection and would like a free expert consultation



When The Children Disappeared

POETRY CORNER

When the children disappeared
No one noticed
The parks fell silent
There was no chatter at the bus stop
No screams of laughter in the playground

The children disappeared
And, no one said a thing
There was a nothing
Just a deep emptiness
A space unfilled

Children disappeared
And no one could remember how it was
The noise, the fuss, the joy
The bustle of lives full of energy
The innocence of not knowing

Children
Entranced by a thousand images,
Dying to comment, tag and like,
Sucked in by a million memes and reels
And the addiction of the game

They became algorithms
Manipulated by billionaires
And we didn't look up from our screens
So, we never saw the children disappear.

The Shy Poet

1. What is the name given to one half of the globe?
2. Which town in South West France is a place of pilgrimage for Roman Catholics?
3. Which Roman general and statesman lent his name to the month of July?
4. Which branch of mathematics uses alphabetic symbols to replace unknown numbers?
5. Who is the current Prime Minister of Israel?
6. Haemophobia is the morbid fear of what?
7. What is the official birthstone of July?
8. What name is given to a series of organised races for yachts or rowing boats?
9. What fruit can be found in the centre of a Sussex Pond Pudding?
10. On which island in Poole harbour did Lord Baden-Powell found the Scout Movement?
11. In a Formula 1 Grand Prix, how many points are awarded for finishing third?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. What instrument has been nicknamed the 'Mississippi Saxophone'?
14. What was the first perforated UK postage stamp, issued in 1854?
15. Nostradamus was famous for making what?
16. The traditional Claret Jug is the trophy awarded to the winner of which annual sporting event?
17. Which two astrological star signs span the month of August?
18. Which tennis grand slam is played on a clay surface?
19. What does the Latin word 'tempus' mean in English?
20. Which European country eats the most chocolate per capita?



The Coffee Time Quiz

By
Carole
Sawyer

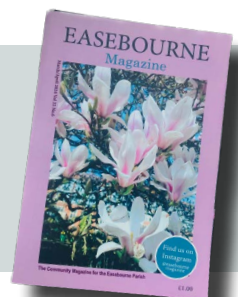
Answers
on page
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The deadline for the September/October issue of
Easebourne Magazine is 22/7/26.

Please kindly send your contribution by that date.

To assist us please contact us a few weeks before to let us
know you will be submitting material.

■ easebourneditor@btinternet.com



“A Seed Once Sown”

As Gertrude Jekyll famously said: “The love of gardening is a seed once sown that never dies” and so it was

wonderful to see the large number of people who came along to support the Garden and Allotment Society’s plant sale in May.

It was a tremendously successful day, relying on months of dedicated seed-sowing and potting up by club members. On the day, the



locally grown plants flew off the tables, raising vital funds for the society.

This annual event has be-

come unmissable or the community. It brings people together to talk plants and find treasures they can grow on through the summer months and beyond. If you enjoy growing plants, do consider joining Easebourne Garden and Allotment Society.

07814 781576

The Garden and Allotment Society PRODUCE SHOW

Sat 8 August

3.15pm in Cowdray Hall, GU29 0AW
Prize-giving at 4.00pm.

Free entry

Tea and Cake on sale

Members are exhibiting:-
Vegetables, Flowers and Floral arrangements
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Foliage over flower The secret to long lasting impact

If you’re looking for long lasting impact in the garden, colourful foliage is the way to go. It’s very easy to be sold a potted plant while it’s in flower in the garden centre, only to take it home and a week or so later its interest has faded until next year.

Foliage plants will provide that much needed splash of colour all season long. Here’s a few of my favourite foliage plants from around the gardens here at Woolbeding.

Euphorbia ‘Miners Merlot’

This evergreen perennial starts the year with deep burgundy foliage, before producing lime-green bracts in spring, which will persist until autumn. It is a mediterranean plant and is perfect for a spot in full sun. It will cope easily with summer droughts too and will grow up to sixty centimetres in height.



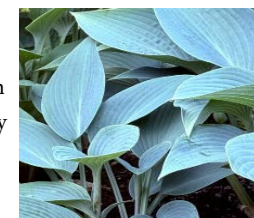
Athyrium niponicum var. pictum

The painted lady fern has been a long favourite of mine for its striking colour combinations. A deciduous plant, it dies back over winter. It will emerge in spring with its signature bright purple midrib, and silvery fronds. This is a low-growing fern (30 cm), perfect for growing under shrubs.



Hosta ‘Halcyon’

This plantain lily has frosty blue leaves which are resistant to



slug damage, and certain to brighten up a shady spot. It can reach up to forty centimetres tall, perfect for the front of the border. Try planting next to some dark purple Heucheras for a particularly moody combination.

I’ve always found the best way to garden is through experimentation. Use your favourite plants and try them in different combinations, until you find what works best for the plant and for you!



An Engineer's Tale

Allan Bradley

In November 1960, Allan Bradley's wife, Marian, saw a job advertised in the Daily Telegraph. An electrician was required to work at the King Edward VII Hospital, Midhurst.

Allan applied and was successful, he started work in February, 1961. As he recalled in his memoir: "I was allocated a house on the site, but it required redecoration so I lived in the hospital for eight weeks."

In May of the same year, he and his wife of just over a year, moved into "Cottage No. 9." The land would later become Hurst Park.

The hospital was primarily a Tuberculosis (TB) sanatorium and, when Allan arrived, the majority of the patients had TB or cancer. "As TB cases reduced in number, King Edward VII changed its focus and surgery was performed on lungs, eyes and knees, amongst many other procedures."

In 1967, Professor Sir John Charnley (1911–1982), the surgeon recognised as the founder of modern hip replacement, came to practise at the hospital. A special theatre was prepared for him and it was considered his "outpost in the South." It allowed him to treat patients outside of his main base at Wrightington Hospital in Lancashire. Here he could perform his ground-breaking low-friction arthroplasty techniques.

Allan's first job was in the new mortuary, but he was also working elsewhere. "I was



Allan, third from right, with some of the engineering team from the King Edward VII Hospital

quickly finding my way around the hospital," he wrote. "I had to understand the power and lighting systems, air-conditioning, refrigeration and also the maintenance of the two enormous coal-fired Lancaster boilers."

Boilers

Allan's background as an electrician in the RAF came to the fore at this time. When he was stationed at RAF Upwood in Huntingdonshire, he serviced and repaired Canberra Bombers as well as Gloster Meteors, Ansons and Varsitys. He was equal to the task of looking after the boilers, which were converted to being oil-fired during his time. It was an initiative of Allan's that saw a change in the type of oil used. This removed the need for pre-heating which greatly reduced the maintenance levels.

During his tenure at the hospital, Allan was introduced to visiting dignitaries. "I had the privilege of meeting Queen Elizabeth II and Prince Charles," he wrote.

"In the early seventies, Princess Alexandra carried out the opening ceremony of the hydrotherapy pool. This was part of The Midhurst Medical Research Institute. It was a fully air-conditioned building with laboratories, small theatres, lecture rooms and the pool itself."



Allan meets Queen Elizabeth II during her visit

It was made possible by the donation of five million pounds from the entrepreneur Sir Halford Reddish. A medical research trust in his name enabled important research into diseases of the heart and lungs.

Many well-known people were patients in the hospital and Allan met Boris Karloff, Cat Stevens, Colin Cowdray and Arthur Askey. He and Marian were delighted to be invited to the Queen's Garden Party at Buckingham Palace in 1980, such was the respect he earned through his work.

Allan attended various courses to update his skills and one of them was to learn about the first Computed Axial Tomography scanner (CAT scan) that had been invented by EMI. Indeed, King Edward VII was one of the first hospitals to have a CAT scanner installed. It was a complicated machine, at the forefront of technology at that time and Allan was the

engineer in charge of its maintenance until a service contract was taken out.

In his memoir, Allan recalls two significant events at the hospital. In 1969, a Spanish aircraft crashed close to Haslemere with no survivors. The remains of the victims were taken to the mortuary where a postmortem was conducted by an RAF pathologist.

On another occasion, a school bus crashed just north of Budgenor Lodge and a number of children were injured. Sadly, a twelve year old child passed away. Allan wrote that: "Members of the hospital medical team attended the scene."



The coal-fired Lancaster boilers

In mid-1981, Allan and Marian bought a house in Easebourne. "The whole family, Marian and our two children Peter and Jayne missed Cottage no. 9," he wrote. "It was a lovely home, with parquet flooring and lovely fittings and we could simply walk out of the back gate into the woods."

The family also had use of the many recreational facilities on site. These included a tennis court, swimming pool, cricket and football pitches and a badminton hall. Not only this, there were two horses available for members of staff to ride.

“The hospital also had a bus that took children to and from school and members of staff could use it, free of charge, to go shopping in Midhurst.” Allan added: “There was certainly no feeling of isolation.”

In 1986, he became the hospital engineer and oversaw refurbishment of wards adding en-suite facilities to patients’ rooms.



The interior of the hospital in the seventies

Another important aspect of his work was as fire officer. “Considering the number of houses (at one time there were thirty eight) in the hospital grounds and the size of the main building itself, it was surprising that there were only two major fires.

“We became used to heath fires to the west of the hospital,’ Allan wrote. “Of course we had chimney fires and washing machines together with electric heaters often caused problems. We had the occasional television fire too.”

Destroyed

In 1984, Allan was called to action when a fire broke out in the basement. “It started where the patients’ records were stored,” he wrote. “All the main telephone cables passed through that room and they were destroyed; it was £40,000 worth of damage.”



The operating theatre damaged after a cigarette was discarded in a waste paper basket

The other major fire was in the operating theatres. It was thought that a member of the staff had discarded a cigarette into the waste paper basket in the surgeon’s rest room. It took the fire brigade two hours to bring the fire under control. The resulting damage was extensive, totalling some £400,000.



An engineer repairing the fire damaged corridors

A Happy Place

The hospital was a very happy place to work, according to Marian, who now lives in Midhurst. There were shows put on by the staff and Sir Geoffrey Todd, the distinguished Australian-born physician who served as the medical superintendent, always took part.

‘The engineering team, led by Allan, helped create the scenery for the pantomimes and also erected the large marquees in the grounds for the bi-annual fête.’ says Marian, ‘Like most engineers, they could turn their hands to anything!’



One of the famous plays performed by the staff. Sir Geoffrey Todd is wearing the pirates hat at the front

Marian was employed for many years as a secretary for The Friends of King Edward VII Hospital. ‘It was so much fun, a lovely place to work. I remember, with great fondness, the concerts in the chapel and hall. On one occasion we were entertained by pianist and broadcaster, John Cooper. He was best known as the chairman of Face the Music on the BBC.’

Retirement

Allan retired in 1997, at the age of sixty three, but was soon asked to draw up plans for the refurbishment of the Barbara Agar Ward, it seems he really was greatly missed. “Overall,” he wrote, “I feel lucky in as much as I found myself in the right place at the right time which enabled me to work on some very interesting projects.”



Allan with his grandchildren in retirement

Allan passed away on 1 August, 2023. His was a life well-lived and King Edward VII Hospital was very lucky indeed to have such a man taking care of it. It’s an engineers tale, a wonderful recollection of working in this important historic building.

● Jan Harvey



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



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Fruit Trees

In spring 2025, we ran our first fruit trees project. This provided residents with subsidised trees to plant in their gardens. This is great for local wildlife and the environment. It was a great success and has now become an annual event.

Our 2026 project opened in January and, as before, the response from our community was tremendous. In March, we handed out forty six fruit trees to local residents. We'll be back with this project again in 2027.

Swifts

In the last issue of Easebourne Magazine, we described our work on swift boxes and fundraising for a swift tower. Swifts are an important summer visitor to the UK and an important link in our natural ecosystem. In recent years, swift numbers have declined and they are now on the RSPB's "red list". One way to help them is to provide suitable nesting sites, in the past nests were under the eaves of buildings, but now nest boxes provide a 21st century alternative.

Last year GREENHEAL provided twenty residents with subsidised swift boxes and put in motion plans for swift boxes on the churches: St Mary's in Easebourne and St Peter's in Lodsworth. We will have two swift

Exciting Green Initiatives for Easebourne



Daniel Kilty and Alastair Dodds handing over subsidised fruit trees to residents of Easebourne

towers in Easebourne Park and Lodsworth Recreation Ground. The good news is that our swift expert, Paul Stevens, has constructed the first of these.

Exciting News

Our other exciting news is that we have now raised enough funding to commission the first swift tower for Easebourne Park. It will provide multiple nest boxes for swifts, but also boxes for house martins and bats. As well as

being a home for our wildlife, it will also be a beacon of our commitment to local nature. The towers will help to educate future generations on the vital role wildlife and biodiversity play in our world. This project is being kindly funded by a local trust and Chichester District Council.

We are also planning other exciting projects for the summer, including hosting a summer walk linking the two villages of Easebourne and Lodsworth, a talk on local bird life and a future energy landscape workshop. We are also planning a series of Himalayan Balsam "pulling days" in coordination with SDNPA and the Western Sussex Rivers Trust. **GREENHEAL is always looking for more volunteers and ideas, so if you would like to get involved, please get in touch via the GREENHEAL website.**

■ www.greenheal.org.uk

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MIDHURST AND SURROUNDING AREAS





From the Property File

Holly Cottage - 38, 39 and 40 Easebourne Street

The Historic England list entry for Holly Cottage is for one building with an 18th century exterior “to a possibly older building”.

In the 1911 Census numbers 38 and 39 were noted as being four-roomed dwellings and Holly Cottage number 40 was larger, having five rooms.

Number 38

This was the family home of Daniel and Harriet Hearsey in 1911. Aged fifty-eight and fifty four years respectively, they had been married for thirty-four years and were parents to eight children. Daniel was a labourer and son William (age 33) was a cowman on a farm. Herbert (age 31) was also a labourer, Albert (age 26) was a groom and Percy (age 14)

was a page boy, (meaning, he was engaged in service). Daughter Rose (age 17) was a domestic servant. Staying with them on the night of the census was Ernest Courtney a 26-year-old able seaman in the Royal Navy.

Number 39

Robert George Coombes, a garden labourer (age 60) born in Midhurst, and his wife Betsy, were living here in 1911. Robert was born in Easebourne to parents John and Sarah. He and his sister, Clarissa Ann, were christened in Midhurst in January 1851. Robert married his wife, Betsy, in Cocking in March 1878. They lived their married life and raised their family in the village. However, census records from 1881 onwards until 1911 do not list their specific residence.

**Chris Deadman
tells us about
three pretty
cottages in
Easebourne
Street**

Number 40 - Holly Cottage

Arthur Godwin, age twenty-nine, was recorded as head of the household in Holly Cottage in the 1891 census. His marriage to Mary Ann Eade was registered in St Georges church, Hanover Square in 1888 where he was employed as a “Groom Domestic”. Arthur’s two daughters Edith Maud and Catherine Eva were both baptised in Easebourne in 1890 and 1891 respectively. Arthur and his family moved back to St George, Hanover Square by the 1901 census, working as a “Coachman Domestic”.

Private Residents

Frederick Geeson and his wife Nancy were noted as resident at Holly Cottage in the 1901 census. They were listed as “Private Residents” in the 1905 edition of Kelly’s Directory.

Devon

Frederick was born in 1848 in Denton Lincolnshire. His occupation as a gardener had taken him to Islington and Ticehurst, where he and Nancy had married in 1878. Gardening also took him to Kenford in Devon, where his three daughters Ada, Mary and Edith were born.

The family moved to Easebourne sometime after the birth of Edith in 1887 and before that they were recorded in the 1891 census, but the specific address was not noted. Frederick continued to reside in the village until his demise in 1927.

If you have a story to tell about any of the buildings in Easebourne do let us know
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Time for Tea... ...At Buckingham Palace



Image: Pixabay

Buckingham Palace

Being invited to attend a Buckingham Palace Garden Party is a tremendous honour. From the moment that white envelope lands on the doormat, you know you will be in for a treat. As a county councillor I was privileged to receive two tickets. I chose to offer the second to my fellow councillor, Dominic Merritt, who does a great deal for the local community.

With a little pre-planning we co-ordinated our outfits. Dom's tie matched my pink dress, and my pashmina matched his suit!

Our day began with a train journey into Waterloo. There was a near disaster when I spilled a cup of coffee everywhere – which fortunately just missed our new clothes.

When you are spending the afternoon at

Buckingham Palace, where else to spend lunch but The Ivy? Our pre-planning let us down a little here as we hadn't booked, but they managed to find an outside table for us.

The weather was a little breezy, to say the least. Wearing a dress and pashmina sounded great in the planning phase, but May is unpredictable and a jacket may have been more sensible.

Our lunch was made even better by the company of a couple at the next table who were also on their way to the garden party. We had started to spot attendees from the moment we arrived in London – smart suits, posh dresses and fascinators being an absolute giveaway. People were giving each other knowing looks and nods, like a secret code amongst allies!



Dominic Merritt and Yvonne Gravely inside the gates at Buckingham Palace

Our companions at lunch turned out to have mutual acquaintances in the fire service, and as a result, Dom and I will be paying a visit to see just how the Joint Fire Control Centre for Surrey and Sussex works.

This was a typical example of the type of people you meet at a Garden Party. They all had amazing stories to tell and a record of achievement in service for their communities.

Did we get to meet Their Majesties? No. How-

ever, the bands were amazing, the gardens were stunning, people looked beautiful and we even got a few sandwiches and some cake.

It felt magical having a peep into the world we don't normally see from behind the gates. But the best bit was meeting a wide range of wonderful people, people just like us who felt absolutely privileged to be there.

■ Yvonne Gravely

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The Sussex Kelp Recovery Story

**Kerry Williams,
The Sussex Wildlife Trust**

Picture: Paul Naylor

Five years ago, the Sussex Kelp Recovery Project was born. The story starts with seaweed.

Kelp; a large brown seaweed, was once plentiful off the Sussex coast. Imagine this forest of the deep, creating a habitat for marine wildlife. Black Sea Bream would dig and spawn in gravel nests. Blue Mussels would provide a grounding for the kelp to attach to, and engineer further resources for others, like Starfish and Plaice. The chalk reef outcrops would writhe with life; scuttling Spider Crabs, swaying ethereal-looking Piddocks and the occasional fin-flap of an Undulate Ray. Seals would benefit from these supreme hunting grounds. From above, Gannets would spear the surface to take their fill of the abundant beneath-the-waves buffet. And so, safely and sustainably, could we.

In the 1980s things changed. Storms, marine heatwaves and poor water quality had a negative effect. Persistent damage has been caused by intensive trawling for commercial fishing. This indiscriminate practice decimated the biodiversity of the seabed. By the end of the century, ninety-six percent of Sussex kelp was lost, and with it, a whole ecosystem wiped out, in repeated, traumatic acts of destruction. All happening under the waves; beneath our noses, yet out of sight.

But some people did notice. The Sussex In-shore Fisheries and Conservation Authority formed a case for a Nearshore Trawling Byelaw. Production company Big Wave created *Help our Kelp*, a film narrated by Sir David Attenborough. Other organisations joined the fight and a campaign of the same name was launched.

It worked. In March 2021, trawling was prohibited from three hundred square kilometres of the Sussex coast. The byelaw is one of the largest in the UK. The collective became the Sussex Kelp Recovery Project; twelve organisations, co-ordinated by Sussex Wildlife Trust, who have continued to monitor and advocate for the recovery of our seabed.

Benefits

The benefits are clear. Black Sea Bream and Blue Mussels are on the increase. But nature takes time to recover. These five years have been focused on laying the groundwork to enable the steady return of these great forests and their inhabitants.

We are rewilding our ocean, piece by piece. With patience and collaboration, the story of our Sussex shores gets wilder each year. Although it started it all, really, Kelp is just the beginning.

■ www.sussexwildlifetrust.org.uk/join



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TALKS FOR JULY/AUGUST



16 July
Tom Brown
West Dean Gardens

Tom is Head Gardener at West Dean. The gardens feature restored Victorian Glasshouses housing orchids, fuchsias, figs, vines, melons and chillies. There is also a walled kitchen garden and an Edwardian Pergola designed by Harold Peto. Tom will talk about the famous gardens and their history.



17 September
Janet Pennington
Magical House Protection

Janet last spoke to us via Zoom during the pandemic and is returning to talk to us, face-to-face this time, about ritual protection of the home in the past.

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

Meetings take place at 7.30pm
Venue: The South Downs Memorial Hall,
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Guests are welcome for a fee of £5.00.

QUIZ ANSWERS

1. Hemisphere
2. Lourdes
3. Julius Caesar
4. Algebra
5. Benjamin Netanyahu
6. Blood
7. Ruby
8. Regatta
9. A whole lemon.
10. Brownsea Island.
11. Fifteen
12. Nicotine
13. Harmonica
14. Penny red
15. Predictions.
16. British Open Golf Championship
17. Leo and Virgo.
18. The French Open (Roland Garros).
19. Time
20. Switzerland



The Joy of The Treve Art Festival

Treve Cottage is a traditional seventeenth century Sussex, timber framed and tile hung building that nestles in the beautiful West Sussex countryside at the heart of the South Downs National Park. Every year, for two weeks in the summer, the cottage and gardens become the home of the annual Treve Art Festival.

Resident artists Sally and Euan, their artist friends and selected guests, come together to exhibit, demonstrate their art forms and run art workshops for visitors. Thirty-two artists will be exhibiting this year, showing an exciting and varied selection of works. It provides a perfect opportunity to purchase unique, handmade art direct from the artists themselves.

Workshops

There is a chance meet the artists and watch them at work. There are free weekend art workshops run by exhibiting artists and most are suitable for all ages. There is no need to book.

The woodland gardens are the perfect spot to enjoy the peace of birdsong and nature surrounded by art and with spectacular views across farmland to Blackdown and Bexley Hill. There is also plenty of time to relax on the grass or at one of the garden tables and enjoy hot and cold drinks, baguettes and cakes from the pop up café. There is also live acoustic music at weekends.

Children are very welcome. There are musical sculptures in the garden just waiting to be played and films to watch in the micro cinema.

The woodland trail with its little bridges to cross over are a lovely diversion and best of all children can take part in the arty lucky dip. A real treat!

■ www.trefestival.weebly.com



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Church Pages



CHURCH NEWS AND INFORMATION

CHURCH SERVICES FOR JULY/AUGUST 2026

Date	Easebourne	Lodsworth	Selham
5 July Trinity 5	10.30am Songs in the Park	6.00pm Evensong	8.30am Holy Communion
12 July Trinity 6	10.30am Holy Communion	9.00am Family Service	No service
19 July Trinity 7	10.30am Holy Communion	No service	8.30am Holy Communion St James
26 July Trinity 8	10.30am Holy Communion	9.00am Holy Communion	No Service
2 August Trinity 9	10.30am Family Service	6.00pm Evensong	8.30am Holy Communion
9 August Trinity 10	10.30am Holy Communion	9.00am Family Service	No service
16 August Trinity 11	10.30am Holy Communion St Mary	No Service	8.30am Holy Communion
23 August Trinity 12	10.30am Holy Communion	9.00am Holy Communion	No service
30 August Trinity 13	10.30am Holy Communion	No service	No service

Bold types denotes any changes

Rector: Rev Derek Welsman
01730 812655
Churchwardens

Easebourne

Alison Davis
07732 744255
Roger Davies
07979 525085

Lodsworth

Deryck Hamon
01798 861850
Anne Sankey
07359 125426

Selham

Janet Colman
01730 861267
Annabel Foster
07365 814215

All details of services can be found on the website www.thepriorychurches.co.uk

From the Vicar

Reverend Canon Derek Welsman

Dear Friends,

This autumn we welcome Mrs Hatcher as our new head teacher at Easebourne Church of England Primary School. Our present head teacher, Mr Trahern is retiring after thirty five years serving schools across the south of England, both as a teacher and senior leader.

We thank Mr Trehern for his time with us; he certainly made a big impact in a very short time. Mrs Hatcher joins us at a very exciting time for the school. Even though our recent Ofsted report was not as we would have hoped it to be, the school continues to be popular with parents.

This is because Easebourne offers a good all-round package of exciting facilities and enthusiastic staff. Everyone who visits the school speaks of how happy the children are and how the school environment is peaceful and relaxed. This offers a wonderful opportunity for learning, and both Mrs Hatcher and the governing board are committed to teaching that allows children to achieve at the highest level.

Mrs Hatcher is also a committed Christian, which will continue to strengthen the links with St Mary's church, a partnership that, with many other village organisations brings added value to the children's learning.

So, we welcome Mrs Hatcher and look forward to her leadership in the school. She will be the fifth head teacher I have worked with over my time here as vicar. Each head teacher has brought something different to the school. But in all that time the one thing that shines out is how amazing our children are, and how important this school is in their development. These are precious years for all our children and they only get one chance at it. We pray for Mrs Hatcher and her work amongst us, but also for our school, teachers, pupils and parents. Such an important part of our village life and the wider community.



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

May Winners

Prize	£	Shareholder
1	100	Alan Austin
2=	75	Margaret Pratt
2=	75	Gavin Litchfield
3=	50	Jan Harling
3=	50	Jill White
3=	50	Jan Bennett

June Winners

Prize	£	Shareholder
1	100	David Pack
2=	75	Jane Dawson
2=	75	Roger Davies
3=	50	Rosemary Cartwright
3=	50	David King
3=	50	Roger Davies

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

EASEBOURNE WOMEN'S FELLOWSHIP



The Weald and Downland Living Museum

7 July
The Weald and Downland Living Museum.
A talk from Hannah Miller

2.00pm in St Mary's Church
For all details of the Women's Fellowship please call Ann Harfield
■ 01730 813810



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
■ alitdavis@gmail.com

Morning Prayer

Each weekday morning at 8.30am at St Mary's Church, Easebourne, except for Wednesdays when there is a midweek communion service at 10.00am



Image:Pixelbay

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



LITTLE LAMBS Come and join us



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

Term Time Tuesdays,
10.00am-11.15am
St. Mary's Church, Easebourne

Church Contacts

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alittdavis@gmail.com

Churchwarden

Roger Davies
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drdodgerdavies@gmail.com

Parish Administrator/PCC Secretary

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Midhurst GU29 9HZ
lizanderic@hotmail.com
01730 816405

PCC Treasurer and Gift Aid Secretary

Eric Bounton
1 Bourne Way
Midhurst GU29 9HZ
e.bounton@btinternet.com
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

Parish Safeguarding Officer

Emma Glue
07923 345155
safeguarding@thepriorychurches.co.uk

Singing: Balm for the Soul

Singing is often described as a balm for the soul, providing profound emotional, mental, and spiritual benefits that transcend the physical act of making sound. It serves as a powerful tool for emotional release and stress reduction.

Mood Boosting

The act of singing releases endorphins, dopamine, and serotonin chemicals in the brain associated with pleasure and happiness. Group singing is a mood boosting activity and can help people process personal tragedies, such as loss or bereavement. Indeed, many singers experience a "spiritual" feeling when releasing their voice, it connects the mind, body, and spirit.

This is the case particularly in chanting or singing hymns. It is little wonder that it is used in many traditions as a form of meditation, prayer, and deep spiritual connection.

Present Moment

Singing also acts as a form of mindfulness, forcing the singer to focus on the present moment, breathing, and sound, which helps to "switch off" negative, ruminating thoughts. Belonging to a group (such as a community choir) fosters a strong sense of belonging and shared emotion, which can combat isolation.

Midhurst Community Choir is an ideal place to start. It meets each Wednesday and is open to all levels of singers.

Alternatively, organist and choir mistress Mary Knight (details shown left) leads the choir at St. Mary's Church in Easebourne. There is also a choir at Midhurst Church. Many other opportunities to sing exist in our area and a newly formed youth choir, Sing Squad, at Midhurst Church, is a great way to begin.

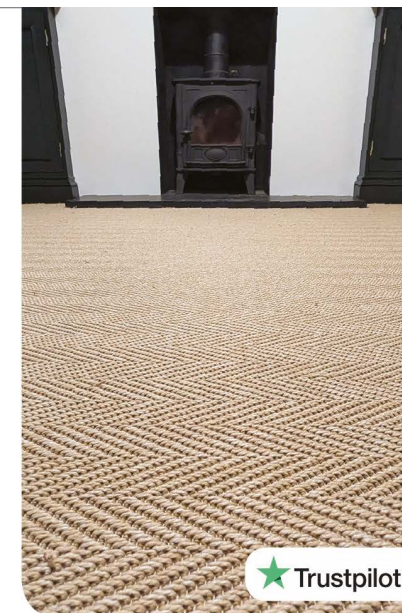


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Rosie's Salmon and Broccoli Quiche

Ingredients

Short crust pastry base
1 small tin salmon
2 eggs and 1 yolk
140ml pint double cream
50g grated mixed cheese
A small bunch of broccoli
1 onion chopped
Seasoning

Method

Bake pastry blind for
10 minutes

Meanwhile par boil broccoli
for 2-3 minutes

Fry onions gently, add to the
strained and flaked salmon.

Season with salt and pepper

Add lightly beaten eggs,
cream and cheese.

Fill pastry case and top with
a little more cheese in the
middle. Arrange broccoli on
top.

Bake at gas 4/180°C for thirty
five minutes* until set and
golden.

*Check as it cooks
because ovens vary

● From an original recipe
by Ann Matthews, updated
by Rosie, age 5



Cook's Note

*Serve warm or
cold, with a
fresh salad.
It freezes well*

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

■ easebourneditor@btinternet.com



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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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