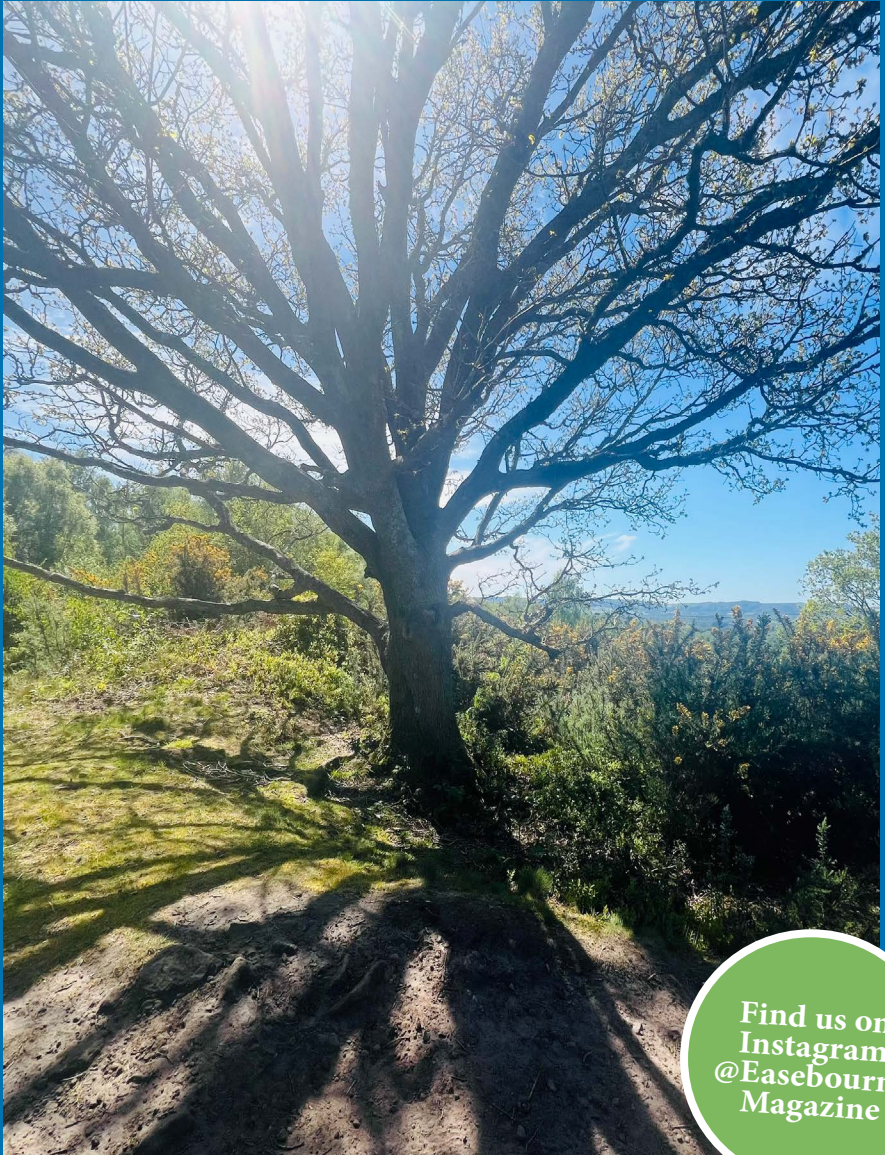


EASEBOURNE

Magazine

September/October 2026 Vol 25 No.3



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Magazine

The Community Magazine for Easebourne

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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

How Beautiful the Leaves Grow Old



"How beautiful the leaves grow old. How full of light and colour are their last days." The words of John Burroughs, the American naturalist, are so true. I took the picture shown above when I was out walking on Woolbeding Common. Autumn gives us the best light, the best colours and the crisp, fresh air that provide amazing walks. And what an Autumn we have ahead of us in Easebourne and Midhurst.

The Jazz, Food and Blues Festival returns and I was delighted to interview the founder, Adam Page, to find out just what is in store for our town this November. There is so much going on that it will make your head spin and the list of performers is particularly exciting, especially if, like me, you're a Billy Joel fan. In the run up, Adam is organising monthly events featuring improvisational bands to café jazz on a Sunday afternoon. He's a man of ideas who is creating something special for us all.

Conifers School is back, with a new name and a brand new future. The school holds many memories for local people and it seems fitting that the building is once again being used for education, this time under the name Conifers House School.

We have an article about our splendid Fête in the Park, which was a triumph of organisation and the residents certainly appreciated it. Another village event of note is The Garden and Allotment Society Produce Show and we hear all about it in this issue.

We are also delighted to have a poem from a very well-known American poet, Eric Vance Walton. A real honour for us.

Along with all the regular articles from FrEP to our very popular quiz, we have a great read for you as those autumn leaves start to grow old.

● Jan Harvey

■ easebourneditor@btinternet.com

Jazz Talking



Adam Page, Director of
The Midhurst Jazz, Blues and Food Festival

It was a walk on the beach at West Wittering that triggered the idea for a festival of jazz, blues and food for Adam Page.

'I was walking with my brother-in-law, Vince Dunn, who is a well-known jazz drummer, orchestra leader and all-round mover and shaker in the UK jazz scene,' Adam tells me. 'He was relating to me his involvement in the East Grinstead jazz festival and explained how the whole town had come together to make it a huge success. That set me thinking.'

Constraints

'I'd left a life in finance and consulting in London having met Louise, who lived in Midhurst. It wasn't long before I was missing the jazz and blues clubs I used to frequent in London,' Adam explains.

'I liked the idea of replicating that "feel" in Midhurst. I thought long and hard for several weeks and imagined a festival that could involve all of the town. Something for the young, the elderly, passionate jazz fans and newcomers alike. I wanted to work alongside local businesses and have say, a jazz tea party in one place and night club speakeasy in another. I just wanted music everywhere.'

Groundwork

'One of the first things I did was to contact the Argentine embassy in London. It seemed the obvious thing to do because of the link to polo through Cowdray.

Argentine culture is in Midhurst's DNA and I knew about the thriving jazz scene in Buenos Aires. The embassy was really keen to support us. However, the enthusiasm I received from the venues and the people in town was the really big boost. We were working together, creating real excitement. Something big was going to happen and then, to my delight, all that hard work paid off.

'The next thing I did was talk to Neil Sore. He was my right hand man throughout, really. He has a project management background and has worked in professional environments and he became the perfect foil to my at times over-exuberant imagination.'

Jan Harvey interviews Adam Page of Midhurst Jazz and Food Festival

Six months later, from a standing start, the Midhurst Jazz, Food

and Blues Festival 2025 was a massive success with over five thousand people travelling from all over the country to take part.

Incredible Support

'They came from everywhere,' Adam tells me. 'London, Birmingham, the South West, you name it and it was all shored up by incredible local support.'

Behind the scenes Adam was working very hard.

'I was doing all the scheduling, marketing, ticketing and general organisation myself really, but Neil was there helping me organise my thinking and planning. But for most of it I didn't know what to tell volunteers ►

to do because I hadn't yet done it myself. Eventually, though, we got it together and I got a huge amount of help from local volunteers.'

Impressive

Audiences were treated to big band sounds, with the very impressive Vince Dunn orchestra performing at Midhurst Rother College. The Robin Bibi Band played The South Downs Centre and there were fascinating tango demonstrations in the old library.

Café jazz popped up across town and there was blues at the Lion's Den. Everywhere events were taking place and audiences were loving it. The town was filled with excitement as visitors mingled with locals, perambulating from one event to another.

'Really importantly I didn't want the festival to be hidden away in a few venues,' Adam says. 'I wanted to create a sense that it was open and town-wide. I wanted people who didn't even have tickets to be able to turn up and realise there was music on the streets, in cafés and in shops. I was hoping everyone would stay and spend half a day or more in the town. So I asked dozens of musicians just to turn up and play. Suddenly we had a fringe festival!'

Daunting

Fast-forward again and Adam has been even busier. Organising a complex town festival might be daunting enough for some, but Adam is a man of great energy and he is brimming with ideas. Despite the arrival of new baby, Otis, this summer, he's been running multiple monthly events.

'I'm currently a little short of sleep,' he tells

me. 'My wife, Louise, and I are managing batches of three hours right now, but it's worth it. He's gorgeous!'

It's easy to see that Adam is in the eternally challenging no-sleep phase of parenthood, but he is still coming up with ideas almost as he speaks.

'The festival now has credibility and an identity. That's a sound base to work from, so we have begun running monthly events, accessible to all, throughout the town.'

Experimental

'We have jam sessions at the Wheatsheaf, sofa sessions at The Lion's Den, the Cellar series at Fairview Wines and afternoon tea with jazz at Kemaelli's on a Sunday afternoon. It's priced low, aimed at the older folk and it's really taken off,' Adam tells me. 'This is a really exciting time in the UK at the moment. The scene in London is perceived all around the world as a really exciting, innovative place for jazz. There are a lot of younger jazz musicians blending improvisational music with more contemporary rhythms. So I've been working with Charlie Long of Langhams Brewery to capture some of that vibe down here, which is why we launched the Langham Sessions.'

Smoky Night Clubs

Then, there's the Half Note Club, another session that Adam came up with and implemented over the summer. 'I was sitting in Fratellis reading about Miles Davis,' he tells me, 'and suddenly my mind was cast back to those amazing days of dark, smoky night clubs in 1950s New York. John Coltrane, Charlie Parker, Dizzie Gillespie, those iconic names were all there.'

'I imagined what this would look like in Fratellis and I spoke to Mario and Victoria, the owners, right there and then and they loved it.'

Talent

'I took my upright piano there, had a red neon sign made saying The Half Note Club, and rang up Joe Stilgoe, who I thought would be the perfect talent for the opening night. It was a journey in time and place, to 1950s New York.'

Extraordinary

'We were recreating the original Half Note Club, which was very famous at the time and was, basically, an Italian restaurant. It was an extraordinary night, surprise Lindy Hop dancers, surprise musicians, and everyone was dressed up in 1950s cocktail chic!' Adam smiles, as he recalls the success of it all. 'The result was fabulous, it was exactly what I had imagined sitting there, months before, with my Miles Davis book!'

This Year's Festival

So with regard to this year's festival what, I ask Adam, can we expect? 'We have a great line up,' Adam tells me. 'Courtney Pine, a celebration of Billy Joel's "New York State of Mind," Erroll Linton returns and we have a Ronnie Scott's Blues Explosion.'

'Vince Dunn will be playing a big part in it of course, from advising us to playing the drums at various performances. We've also got the incredible Jim Mullen and Dave O'Higgins.'



Errol Linto performing at last year's festival. The band return for 2026.

'A lot of it will be skewed to wider audiences including DJ Craig Williams from Mi-Soul Radio and the Brit Funk Association.'

And the date?

'It's 19-22 November,' Adam replies. 'It is a month that is notoriously dull! We plan instead to make it the one everyone looks forward to. The town will be alive with events, the volunteers will be out in force and there is literally something for everyone to enjoy. It will be very special and Midhurst is at the heart of it.'

The jazz festival runs from 19 - 22 November. Join the "Salon" and receive twenty per cent off festival tickets as well as discounts on performances all year round. Patron's Circle memberships also available.

■ www.midhurstjazzandblues.com

What's On

PETWORTH HOUSE Heritage Open Days

Visit for free on Heritage Open Day weekend. Join a free guided tour of the house, with other talks, tours and family activities and throughout the day. The friendly volunteers will also be running free walks through Petworth, where you can discover the fascinating connections between the town and Petworth House, which have been closely linked for 900 years.

12 and 13 September

MIDHURST BLUES, JAZZ, FOOD AND BLUES FESTIVAL

Courtney Pine leads an incredibly ambitious programme for 2026. Join the "Salon" and receive 20% off festival tickets as well as discounts on performances all year round! Tickets are limited so book now! Patron's Circle memberships also available.

19 - 22 November 2026

www.midhurstjazzandblues.com

SOUTH HARTING SOCIETY 'The Forgotten Admiral'

A film and an account of the extraordinary adventures in Serbia, during World War 1, of Admiral Sir Ernest Troubridge, by his great-grandson, Sir Tom Troubridge of Elsted

1 October

'The Wonderful World of Natural Navigation'

Using the sun, moon, stars, weather, plants and animals, discover the use of natural navigation in all landscapes, even the English countryside. Tristan Gooley, author, explorer and natural navigator.

5 November

The Village Hall, South Harting, GU31 5LB, at 7.30pm. Bar open 7.00pm. Visitors £5.00 each. Contact Sarah Wilcox swilco149@yahoo.co.uk or call 07963-909889

GRAYSHOTT FOLK CLUB Ranagri

Dónal Rogers, a prolific songwriter and producer, who has joined forces with the exceptional flautist Eliza Marshall, harpist Eleanor Dunsdon and percussionist Jordan Murray. Together, they establish a fresh and modern sonic landscape within the folk genre, captivating audiences both domestically and internationally.

Saturday 19 September 7.30pm

Tickets £18.00 from Grayshott Post office or reserve by phone: 01428 607096 or visit www.ents24.com



MIDHURST PALLIATIVE CARE

Explore the renowned sculpture garden of Philip and Jean Jackson in Cocking. Open in aid of Midhurst Palliative Care, this much-loved event offers visitors a rare opportunity to enjoy the stunning garden and sculptures.

Saturday 12 September (11am-4pm) Admission £6.00 on the gate, children free and dogs welcome.

Casters Brook, Mill Lane, Cocking, GU29 0HJ.

www.mpc-midhurstmacmillan.org/events



Out and About

A New Garden for Midhurst



The Curfew Garden, next to the Old Library in Midhurst, can be traced back to the twelfth century. Legend has it that a traveller lost in the dark forests around the town was guided to safety by the sound of the curfew bell in Midhurst parish church. As a gesture of gratitude, he purchased the Curfew Gardens for the bell-ringer to grow fruit and vegetables.

Abandoned and in need of renovation, the garden has been developed by Midhurst Town Council to support the needs of local residents.

Calming

It is now a calming place that nurtures both plants and mental well-being. It will provide both a social and therapeutic space.

The town council hopes it will be able offer rewarding volunteer opportunities for working in the garden,

allowing people to learn, share and develop new skills. Open to all ages, the garden is accessible and produce from its vegetable patches will be used by the Community Hub to support their weekly lunches.

Welcome Space

Another benefit of the garden is the enhancement of local biodiversity, it will be a welcome space for wildlife and insects to create a thriving eco-system.

The project has been funded by grants from Chichester District Council, through their improving Places and Spaces project and from the National Lottery Community Fund, which supports projects that help people connect with nature in their local area.

For further information visit:

■ www.midhurst-tc.gov.uk



A Fête For All

I have just been looking back at the photographs from the wonderful Fête in the Park, held at Easebourne Park on Sunday 5 July, in beautiful warm weather.

The occasional fluffy white cloud drifted across the clear blue sky as Easebourne Parish Council, Primary School and St Mary's Church worked together to stage our first whole parish event.

What a success it was!

From 8.00am onwards, helpers from the village worked frantically to put up gazebos, deck chairs, bunting and banners, there were slight adjustments to make sure everyone had plenty of room and the sound system



Fairground fun at the Fête

was tested. We were delighted that our vicar, Derek and members of his congregation decided to hold a short service with hymns at the roundhouse and steps, some moments of calm before the fête began.

There was tea, coffee and cake on sale, whilst Laura Pinder served a savoury selection of food from

her horse box. We had delicious burgers, generously donated by the Cowdray Estate and cooked to perfection by the Parents and Teachers Association. Emily Secco made a huge vegetarian paella, and there was a Pimms tent too.

The Easebourne Garden and Allotment Society (EGAS) ran a competition to "Grow-The-Tallest-Bean," Meanwhile other



competitors took part in the "Garden Posy" and "Mr and Mrs Potato Head" competitions.

Visitors enjoyed donkey rides, scooters, dancing, music from Jamie and the Jets and the B3s, bowling for a pig, golf-putting, a raffle and much more.

Sadly, due to the weather forecast, we decided to cancel the dog show (as did many fêtes this year) but hopefully, that will return to the arena in 2027.



The fête raised a almost £4,500 and we at Easebourne Parish Council, the Primary School and St Mary's want to send huge thanks to all who came along to support us on what was a very successful community day.

I know this is going to be an annual Easebourne event from now on.

● Judith Macdonald - Lawson

Pictured: Top left: The church cake ladies Top Right: Live music in the roundhouse Centre: Emily with her giant paella Below Left: Donkey rides Below right:



©Neil Sore



2026 Spa Membership Offer

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How Many Brownies

Can You Fit in a Telephone Box?



This summer the First Easebourne Rainbows and Brownies had a wonderful time exploring Midhurst. It was all about earning their Local history badge.

There are thirty six badges in total and the local history badge is one that encourages young children to learn more about what makes their town unique.

The brownies were guided by Dave Rudwick, of the Midhurst Society, whose wealth of knowledge kept everyone engaged from start to finish.

‘He is a real credit to the town, and his understanding of the history of Midhurst and the surrounding area is truly impressive,’ says unit leader, Emma Glue. ‘The girls learned so much and thoroughly enjoyed discovering the stories behind the places they pass every day.’

Fish and Chips

The Brownies enjoyed a treat of chips to finish the evening. Dave was rewarded with a special fish and chip supper as a thank you, together with his own local history badge.

‘We met at the bottom car park and proceeded round the town,’ says Dave. ‘I was very impressed by how well the children behaved. They were really interested and listened to what I had to say and I think they enjoyed the evening very much. I was



First Easebourne Rainbows and Brownies outside the Old Library

rewarded with fish and chips, which was a lovely thank you.’

Meanwhile, the Rainbows took part in a scavenger hunt around Midhurst, searching for blue plaques, post boxes, buildings with dates on them and many other local landmarks. They had great fun exploring and developing their observation skills along the way.

‘This was a buzz of happy, enthusiastic girls enjoying their community, learning new things, and making memories together,’ adds Emma. ‘It was something they’ll remember for some time to come.’

■ www.girlguiding.org.uk/joinus

mount noddy
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RSPCA
Sussex West Branch
Midhurst

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info@rspcasussexwest.org.uk 01243 773359
www.rspcasussexwest.org.uk

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

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

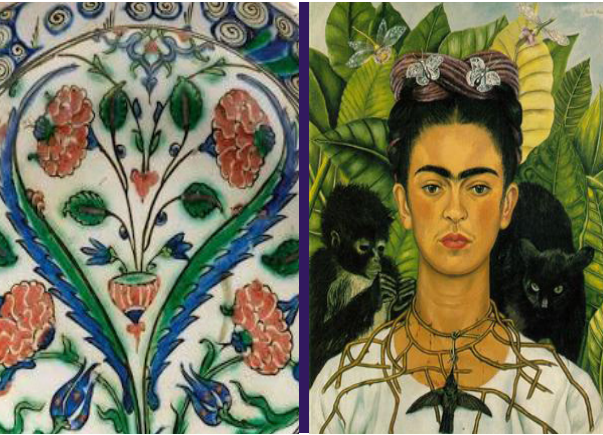
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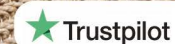
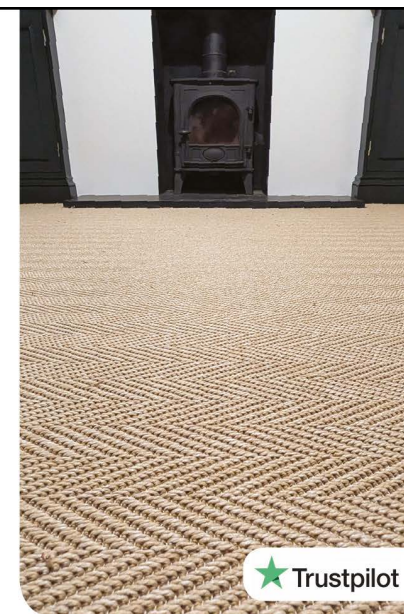
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Keeping it Calm



Jan Harvey meets Catherine Miller,
Head of School, at Conifers House School

The first thing you notice about Conifers House School is the subdued colours of the paintwork and how tidy it all is. This is, of course, deliberate for a Special Educational Needs (SEN) school.

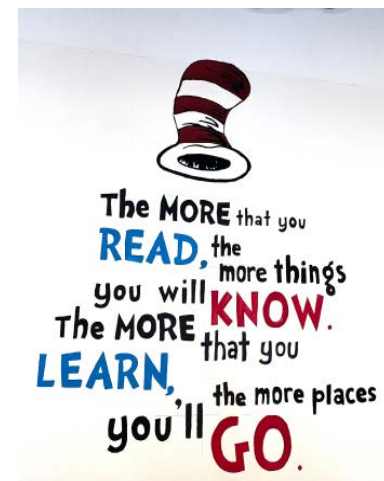
The pupils attending Conifers House School have a wide range of needs, including speech, language and communication.

The school's calm, low- arousal environment has been carefully designed to help pupils feel safe, supported and ready to learn.

'Some of our pupils have significant problems,' explains Head of School Catherine Miller. 'We have a team here who understand this and go the extra mile to create the right environment for them.'

Transformed

The school itself has been transformed since my last visit. Everywhere has been decorated and a lovely dark blue carpet runs throughout. I recognised some of the old spaces, such as the assembly hall and general layout of the classrooms, but it has had



Top: One of the murals painted by a member of staff

Centre colourful folders for the children in the library.

Bottom: A woodland collage of an owl by one of the pupils.

a major refit and looks a lot better for it.

It has been set up by Sir Peter Birkett, the founder of a number of specialist SEN schools across the country, including Fountain Head House School in Saltash, Cornwall, which opened its

doors to pupils in 2021. More recently, he established Oaklands School in Hungerford, Berkshire, which opened in 2023.

Conifers House School is the

latest addition, building on the same successful blueprint and commitment to providing high-quality specialist education.

'Things moved a little slowly at first and we had to wait some time for the OFSTED report before we could start to accept pupils,' Catherine tells me. 'However, that did give us months to set up and get together as a team.'

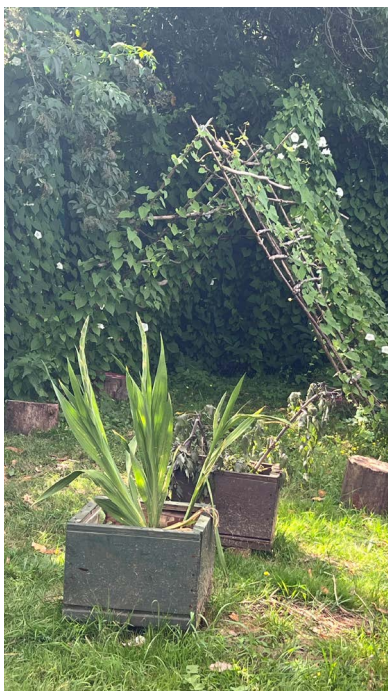
Growing Fast

It all began with four classes and eighteen children, but we are growing fast and now have a team of twenty eight looking after the needs of thirty three children.'

The pupils range in age from five to sixteen. They travel to Conifers House School from across West Sussex, Surrey and Hampshire. Placements are commissioned by local authorities, with transport arranged where appropriate.

Small Things

'It's the small things that we aim to get right,' Catherine explains. 'For example, we greet all the children personally in the morning. It's very important that we make the whole Conifers House experience enjoyable. Our pupils really look forward to arriving at school. We are entirely focussed on them, helping them to learn at their own pace and create a setting where they feel self-confident, valued and respected.'



Garden

Catherine shows me the classrooms, break out rooms and a lovely little library which one of the staff has enhanced with a mural. I also have chance to see the children's garden (pictured left), something they have designed and developed themselves.

Ever-changing

We finish talking under the towering Conifer tree (pictured below) that gave the school its name.

We are dwarfed by it, and I have to wonder what stories it could tell of children passing through this place and where they are now. The current pupils are part of an ever-changing story for this little school and another chapter has begun.

Visitors

Catherine tells me that she would be more than happy to talk to anyone with an interest in the school and will happily show visitors around.

For more information:
■ conifershouse-school.co.uk



Friends of Easebourne Parish

Without regular attention footpaths soon become difficult to navigate even in frequently used areas.

FrEP volunteers recently tackled the footpaths

adjacent to the *Clearing a path for visitors to the The Fête in the Park*

park and in Upperfield. It was necessary to cut it back in time for the "Fete in the Park" as it was used by many visitors. Our volunteers cut back the grass and hedgerows making it usable again.

The before and after photos shows what a difference our team made within the two hours allocated for this work. The reward for their efforts was well-deserved coffee, tea and biscuits as well as the satisfaction of a job well done.

The highly successful fête was supported by several members of FrEP who helped with various tasks including delivering and setting up tables and chairs and other equipment, erecting gazebos, providing extra rubbish bins, litter picking, super-



vising the donkey rides, controlling car parking and generally helping where needed.

Owing to the very hot summer we took particular care to water the new fruit

trees in the park. During the bird nesting period we have been mindful to restrict hedge cutting to only those areas where it is totally necessary.

Our autumn program of hedge cutting, the removal of encroaching vegetation and many other tasks now begins. To complete all work we need more volunteers to assist in the continuity of maintaining your parish to the standard to which you have become accustomed. We have the all the equipment necessary so all we need now is for you to come and join us.

For further information please see the contact details below.

● Frank Davies, FrEP Chairman
■ 07480188817

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

FrEPsec@btinternet.com or call 07803933694

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www.friendsofeasebourneparish.co.uk



The Butterfly

Here I am grieving
for all that once was,
the easy laughs
of those lazy
old afternoons,

The warmth
in which long-lasting
friendships grew,
Before this world
turned dangerously dark
and split in two,

Now, it feels frigid
even when the
sun shines,
it's a struggle
to find someone to
share the summer wine,

Not one soul
has the time,
everyone is wrapped up
so tightly
in their cocoons,

Still too fragile
to step into the light
of the moon
and emerge
as the butterfly.

Eric Vance Walton

POETRY CORNER



Eric Vance Walton is an
American poet,
novelist, and blogger
who won the
Thurber Treat Prize
for his fable
"The Heiress and
the Pea."

His poetry, essays,
and short stories
have been
published widely
in literary journals
and magazines.

You can find out more at
www.ericvancewalton.net

1. Which gas do plants absorb from the atmosphere?
2. Which chess piece can only move diagonally?
3. Who is the current presenter of the BBC quiz show University Challenge?
4. The collective noun for which clumsy and endearing mammal, listed as a vulnerable species, is 'embarrassment'?
5. Who was the longest standing British person in the Wimbledon singles in 2026?
6. Other than nutmeg, which other spice is obtained from the nutmeg tree?
7. What are the two official birth flowers for September?
8. In which three North American countries was the FIFA World Cup jointly hosted in 2026?
9. Launched in spring 2026, which major mission sent astronauts on a ten day trip around the moon?
10. Continuing to make headlines in 2026, a sapling of the famous Sycamore Gap tree was reportedly stolen from where?
11. What is the name given to the fossil Tyrannosaurus Rex recently sold for \$50.1 million?
12. Insulin is commonly used to treat which condition?
13. The term BHP is used when describing the power of a motor vehicle; what does it stand for?
14. Which river flows through the Grand Canyon?
15. What meat is used in a shepherd's pie?
16. What term is used to describe trees that shed their leaves annually?
17. What is the smallest independent country in the world?
18. Which famous musical features the showstopping song 'Memory'?
19. The Princess of Wales recently completed the Three Peaks Challenge; for which charity was she raising money?
20. Taylor Swift recently married Travis Kelce, where did the ceremony take place?



The Coffee Time Quiz

By
Carole Sawyer

Answers
on page
40

The deadline for the November/December issue of
Easebourne Magazine is 22/9/26 so please kindly
send your contribution by that date.

To be included in the issue contact us a few weeks before
■ easebourneeditor@btinternet.com



A Little Known Craft

Jan Harvey Meets Evelyn Arnott, an Expert on an Ancient Form of Knitting

Midhurst resident, Evelyn Arnott, studied Art and Textiles in Glasgow and has always been fascinated by historical forms of weaving and spinning. Indeed, she showcased her skills at the Midhurst Mediaeval Day this Summer.

Back in 2007, as a member of the *West Sussex Guild of Weavers, Spinners and Dyers*, she was asked to demonstrate at Fishbourne Roman Palace, near Chichester.

'I recall that I was showing people how to use a drop spindle, when the then director, David Rudkin, had a chat with me about nailbinding,' Evelyn tells me. 'I asked him "did the Romans do anything else apart from weaving"? To which he replied "research it!" I did just that. I made it a project and put together an instruction book on how to nailbind for anyone who might be interested.'

This involved research and Evelyn made contact with The Victoria and Albert Museum, the Museum of Rome and used all available resources to learn about ancient forms of knitting.

Nailbinding (also known as nålbinding, nålebinding, needle looping or needle-binding) is a fabric-making

technique that pre-dates both knitting and crochet. Crafters use a single, flat, blunt needle, historically made of bone or wood, and short lengths of yarn to create a durable, non-fraying, and highly elastic material by looping the yarn through itself.

'I actually went on to use nailbinding to recreate Roman hats for Fishbourne,' Evelyn tells me. 'The technique was used for centuries to make socks, stockings, mittens and, with a lot of time and patience, larger items too.'

Evelyn shows me how to nail bind and it is fascinating. Each stitch is knotted into the previous ones using the thumb as an anchor.

If a piece of nailbound fabric is torn or cut, the loops will not run or unravel. Instead of



Nailbinding uses the thumb as an anchor.



working from a continuous ball, a nailbinder uses manageable lengths of yarn (usually around one to two metres). As the wool runs out, a new piece is spliced into the tail of the working yarn.

'No two thumbs are alike,' Evelyn tells me as she works. 'And because stitches are created by wrapping and sizing the loops over your thumb, patterns often specify measurements in centimetres or inches, rather than exact stitch counts.'

It is surprising how quickly the stitches form around Evelyn's practised hand. 'It's not a difficult thing to do,' she tells me, 'It just needs patience.'

Evelyn uses handspun and dyed wools. In this instance, she was using Lopi wool, from an Icelandic breed of sheep. However, she informs me that it's not ideal as it does

come apart. 'Something like the wool from a Jacob's sheep, is much better,' she tells me.

Evelyn learned the intricacies of nailbinding from her tutor and very good friend, Chris Johansson. 'Chris was a real enthusiast about this technique,' Evelyn tells me. 'She has sadly now passed away, but I am pleased to be able to pass on what she taught me to the next generation.'

Evelyn's book is priced at £10.00. It provides a step-by-step method for nailbinding and comes with a needle and a sample of wool, so there is no excuse not to get started.



■ thistledowncrafts@live.co.uk

Evelyn Arnott



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Retirement is Just the Beginning



The Midhurst u3a is hosting a coffee morning on 26 September (10:30am to 1.00pm) for anyone interested in finding out what the organisation is all about. There will be free tea and coffee for visitors.

Why this date? Because all over the UK u3as are celebrating u3a Week (19 - 27 September) to showcase the activity, learning and fun which takes place across the movement every day.

The u3a is all voluntary, run by members for the members. Like all u3as, Midhurst is home to many activity groups covering subjects ranging from languages, history, games/sports to walking

and reading. There are also organised outings and social events and monthly talks with guest speakers.

Members draw upon their knowledge and experience to teach and learn from each other for pleasure; learning is its own reward. It's local, social, friendly and low-cost.

If you are approaching retirement or no longer fully occupied with work or raising a family then come and find out more at the Methodist Church Hall, Midhurst, GU29 9DU. For our members, retirement is just the beginning.

■ midhurst.u3asite.uk

Tuesday 15 September

Paul Barwick - The Mystery of the Body in the Bag

In August 2010 Mi6 spy Gareth Williams' body was found in his Pimlico flat. He was locked inside a North Face sports bag placed into his bath. This real-life espionage intrigue exploded as sensational details were provided about Gareth's life and death. Police could find no DNA or fingerprints anywhere in the vicinity. The front door was locked, from the outside! Who would want to kill this mild-mannered maths genius? This presentation delves beneath the sensational media headlines,

Tuesday 20 October

Heather Skermer - Life as a Shepherdess

Heather Skermer is a professional actress and hands-on sheep farmer with experience in rural life. She has a profile on Mandy.com that highlights her acting career and her skills in sheep farming and gardening.

Doors open 2:00pm; refreshments served until 2.20pm; talk starts 2.30pm

The Methodist Church Hall, Midhurst

£3.00 for members £5.00 for visitors considering joining

www.midhurst.u3asite.uk

u3a

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Laugh,
Live

Midhurst



Above left to right: Sue Absolom won second prize for her ginger cake. Mary Shotter with her potting shed arrangement and Carolyn Davies setting up the raffle. Pictured right: Frank Davies and Gavin Litchfield with their entries for the men's cake challenge. Far right: Alan Austin produced a top quality vegetable collection. Bottom left to right: Jean Humphris presents prizes to Nicola Cheriton Sutton and Lucinda Davis. Following Page: Anne Edmonds with her prize winning dahlias



What a summer! We certainly had abundant sunny days for children on school holidays to enjoy. However, with temperatures in excess of thirty degrees, no rain for endless hot days and a hosepipe ban, this weather has been a disaster for gardeners and farmers alike.

For this reason, the Easebourne Garden and Allotment Society (EGAS) was fearful there would be few exhibits at its annual produce show. In the event, we were delighted to see how many members had used their horticultural and culinary skills to produce some fine exhibits. Indeed, the judges commented on the number of exhibits and the standard achieved in such testing weather conditions. Overall, the number of entries was only just down on last year's show and we were pleased members had heeded our call to "just have a go and have fun this year."

Prize-giving

The prize-giving started at 4.30pm. We were delighted to have Jean Humphris, accompanied by her son Andrew, the head gardener at Parham House, to present the trophies.

The Gayford Cup for the most points in the

The Garden and Allotment Society Annual Produce Show



vegetable classes went to Alan Austin. He also won the RHS Banksian Medal for the most points in the horticultural classes and he topped off his excellent year by winning the best standard vegetable collection.

Tina Litchfield won the Dave Gibbs Cup for the best single entry in the vegetable classes with her Heritage tomatoes.

Molly Etherington won the Lilian Etherington Cup for her dahlias.

Nicola Cheriton-Sutton won the Harral Cup for the most points in the fruit, flowers, baked goods and preserves with some beautifully presented exhibits in many classes.

Best in Show

The Jock Ledingham Cup for Best in Show was awarded, by all four judges, to Lucinda Davis for her collection of non-standard vegetables.

● Caroline Nelson, Chairman EGAS

Membership of Easebourne Garden and Allotment Society is open to anyone living in Easebourne and surrounding villages.

■ www.easebournegardensandallotments.co.uk

Be Fire Safe in West Sussex

Each year West Sussex Fire and Rescue Service visit around five thousand homes across the county to help people live safely and prevent fires. These visits, including any smoke alarms or specialist smoke detection equipment fitted during the visit, are free of charge.

Anyone that has a higher risk of having a fire in their home or is less able to escape their home in an emergency, is eligible for a "Safe and Well Visit." Factors such as living alone, having a disability or impairment, smoking in the home, living with a health condition which requires the use of



medical equipment and hoarding can all increase the risk of fire.

A "Safe and Well Visit" covers many aspects of fire safety in the home, such as smoke alarms, cooking, charging electronic devices, and planning an escape route. It also covers health and well-being topics such as smoking, alcohol consumption, diet and exercise which can all have an impact on a person's safety at home.

If you feel that a "Safe and Well Visit" would benefit you or someone you know, you can find out more and request a visit at:-

■ www.westsussex.gov.uk/safeandwellvisit

Image: Pixabay; Eneida Mattou



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Go to our website for more details or scan the QR code.
www.fernhurstchoralsociety.org.uk

The Chalk Reef Jester

The Tompot Blenny



Juvenile Ringed Plover ©Paul Naylor

When it comes to engaging people with our natural world, the marine environment can be one of the more challenging stories to sell.

Our oceans provide thriving diverse ecosystems and play host to the fascinating lives of some of the most weird and wonderful creatures and organisms on earth. But, for most of us, we can't see it.

We, as mammals, like things with a face. We like a good story, characters with big personalities. We like cute. Enter the Tompot Blenny.

A regular acquaintance of divers, Tompot Blennies have made a name for themselves as a bit of a comedian; a jester of the reef. With antler-like orange tentacles, big eyes and a curious, feisty attitude, this fish doesn't blend into the background. Their sassy attitude comes from their territorial nature. As crevice dwelling fish, Tompot Blennies can be found on guard in holes in rocky reefs. Here, the males will spruce up the place, hoiking out mud and silt, and await passing females. If the hidey-hole meets her standards, she will lay her eggs, which the male then fertilises and guards for a month or more, before the young hatch and float off to live their best fishy lives. Job done.

But the drama ensues with interloping males who try to fertilise the eggs behind the homeowner's back.

The females also keep their options open by laying eggs with several different hosts. With farce a-fin, it's understandable that the males might like to keep an eye on who's passing by, hence their penchant for investigating divers.

You might be lucky enough to see the Tompot's smaller cousin, the Common Blenny (or 'Shanny') in rockpools, and may be luckier still to see a Tompot Blenny at the bottom of the shore at low tide, but mostly they inhabit shallow rocky reefs.

That towering Sussex chalk we're used to associating with cliff and grassland extends under the seabed, creating chalk reefs, a nationally scarce habitat. Teeming with biodiversity, the chalk provides the vital bedrock that Tompot Blennies and many other species rely on for shelter and food.

With this bustling ecosystem just out of sight, we need charismatic species like the Tompot Blenny to welcome us into their underwater world; a fish to hook us, so we might just consider being a little more curious ourselves.

■ www.sussexwildlifetrust.org.uk/join

The Former Stables of Old Cowdray House

The former stables at Cowdray House were built in 1726 by Anthony, Sixth Viscount Montague. They are situated south west of the ruins close to the river to allow for easy cleaning.

In the 1911 census, six single males, all “Grooms Domestic” were living in three rooms over, what are now known as the former Stables. Their ages ranged from twenty one to twenty seven years.

Far Afield

The Cowdray Estate attracted workers from around the country, so three of the grooms were born as far afield as Yeovil,

Chris Deadman
relates the history of
this former equestrian
property on the
Cowdray Estate

Runcorn and Glasgow. Three however were born more locally, in Compton, Bramshott and Watford.

Gilbert Edward Farnden was christened in Compton in January 1888. In 1891, he was living in Compton with his parents, three brothers and two sisters. His father Charles was employed as a “Gardener Domestic”. At the age of seventeen in 1901, Gilbert was employed as a servant “Helper Domestic” in Stoughton.

Town Postman

Charles Earwicker was christened in Bramshott in 1888. In 1891, he was living with his parents in Petersfield where

his father was the “Town Postman”. Ten years later living in Shottermill his father Frederick had become a “Coachman – not Domestic”. Edwin Bone was born in Watford on 29 April 1885.

Jockeys

In 1891 Edwin was living in St Albans, with his parents, four sisters and a brother. His father, George, was a “Coachman”. At the age of fifteen, Edwin had left home and was residing in Stapleford, Wiltshire, where the transcription from the census of his occupation was “Racing Trainers and Jockeys”.

Whilst Edwin was sharing accommodation with five other males in 1911, Ellen who became his wife in the spring of 1915, was a boarder in the household of Richard Stedman, a draper in Midhurst. At age twenty,



The date plaque on the former stables

Ellen was employed as a drapers assistant.

Family Home

Although Edwin was not born locally, he made the village his family home. The Electoral Registers for the period 1935-1938 record that Edwin and Ellen were living at “Cowdray Stables”.

Stud Groom

By the time of the 1939 Register

they were living at the Cowdray property designated C118 (a cottage listed with the Coach House, Stable Yard and cottage 119, which is located to the south east of the Victorian mansion). Edwin’s occupation by this time was stud groom. Their daughters Kathleen and Margaret, whose births were both registered in Midhurst in 1919 and 1921 respectively, were living with them and worked as a general stores assistant and draper’s assistant.

From the Listed Buildings File



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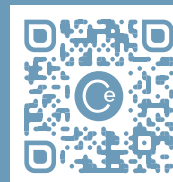
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Another Amazing Year

This year, Cowdray's Maize Maze took us 'Around the World in Eighty Maze'. Set against stunning views over the Lawns Polo fields towards Cowdray Ruins, it made for a great day out, for all ages, throughout August.

The Cowdray Maze Café offered refreshments and children enjoyed the Bale Maze and other play equipment. On Friday evenings there was live music and plenty of instagrammable photo opportunities for dogs and their humans.



To subscribe to Easebourne Magazine email: easebournemagazine@btinternet.com

The Community Magazine for Easebourne

All The Leaves Are Brown, And The Sky Is Grey...

The summer is over and the leaves are starting to change colour and fall. I always advise keeping leaves on the surface of the soil, wherever possible. This acts as a free mulch, helping reduce water loss and slowly breaking down to add organic matter into the soil.

This replicates the natural way soil is enriched in the wild. Organic matter falls on to the surface of the soil and breaks down slowly, forming a rich surface layer which is slowly incorporated into the soil by invertebrates such as earthworms. This produces a healthy soil structure filled with all varieties of life!

If you don't have the space (or inclination) to keep leaves on the ground all winter, here are the steps to create a leaf mould compost bin instead.

- 1 Find a secluded spot in your garden. Create a basic framework with bamboo canes, or branches from the garden. Use this to support a chicken wire fence, leaving the top open.

- 2 Collect all the leaves you want to compost from your garden. Putting them in a



pile and running them over with a lawnmower will shred them into smaller pieces. This will help speed up the decomposition process, as it will take years to have a finished product.

- 3 Ensure that the leaves are kept moist in dry spells and are weighted down so they don't fly out of your compost

bin. Turn them every couple of months to keep air flow and mix the layers.

- 4 After two years your compost should be ready to use. It will be a low nutrient, fine consistency which you can use for seed sowing, mulching or mixing into potting media. Consider creating two leaf mould piles and alternating between years to have a regular supply.



● Brad Whitehouse

● Senior Gardener,
Woolbeding Gardens

■ Brad.whitehouse@nationaltrust.org.uk

How Safe Is Your Electric Blanket?

More than a hundred faulty electric blankets were identified and taken out of use during West Sussex Fire and Rescue Service's annual testing sessions last autumn.

Defective electric blankets pose a serious fire risk. Regular testing is recommended for blankets over two years old to ensure they are still safe to use, while blankets over ten years old should be replaced.

By Rehannah Oozeerally,
Senior Communications Officer,
West Sussex Fire
and Rescue Service



Neighbourhood Watch, and the Citizens Advice Energy Team, who will be on hand to offer additional advice and support.

West Sussex Fire and Rescue Service's Safe and Well Manager Samantha Barber said: "We are really pleased to be offering free electric blanket testing again this year.

"Last year we tested 334 blankets and found 102 to be unsafe, posing a significant fire risk.

"We would encourage residents to get their blankets checked. It's a simple step that can provide reassurance and help keep you and your home safe. Our friendly team will be on hand to help and answer any questions."

■ Further advice on keeping safe and warm at home can be found at www.westsussex.gov.uk/fire-emergencies-and-crime/west-sussex-fire-and-rescue-service/home-fire-safety/electrical-and-heating-appliance-safety-advice

QUIZ ANSWERS

1. Carbon dioxide
2. Bishop
3. Amol Rajan
4. Panda
5. Arthur Fery (he reached the semi-finals).
6. Mace
7. Aster and Morning Glory.
8. USA, Canada and Mexico.
9. Artemis II
10. Wray Parkland and Castle in Cumbria
11. Gus (after the owner of the land where the skeleton was discovered)
12. Diabetes.
13. Brake horse power.
14. Colorado river
15. Lamb
16. Deciduous
17. The Vatican
18. Cats
19. The Royal Marsden Cancer Charity
20. Madison Square Garden, New York



The Midhurst Society



www.midhurstsociety.org.uk

TALKS FOR SEPTEMBER/OCTOBER



17 September
Janet Pennington
Magical House Protection

Janet last spoke to The Midhurst Society 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.



15 October
Liz Leggett
Bignor Roman Villa

Liz will talk about the history of this nationally important archaeological site and its connections to our local community.

Meetings take place at 7.30pm
Venue: The South Downs Memorial Hall,
North Street, Midhurst GU29 9DH.
Guests are welcome for a fee of £5.00.

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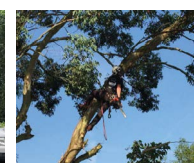
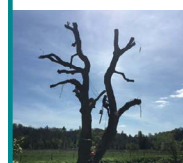
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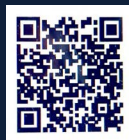
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Church Pages



CHURCH NEWS AND INFORMATION

CHURCH SERVICES FOR SEPTEMBER/OCTOBER 2026

Date	Easebourne	Lodsworth	Selham
6 September Trinity 14	10.30am Family Service	6.00pm Evensong	8.30am Holy Communion
13 September Trinity 15	10.30am Holy Communion	9.00am Family Service	No service
20 September Trinity 16	10.30am Holy Communion	No Service	8.30am Holy Communion
27 September Trinity 17	10.30am Holy Communion	9.00am Holy Communion	No Service
4 October Trinity 18	10.30am Family Service HARVEST	6.00pm Evensong	8.30am Holy Communion HARVEST
11 October Trinity 19	10.30am Holy Communion	9.00am Family Service HARVEST	No Service
18 October Trinity 20	10.30am Holy Communion	No Service	8.30am Holy Communion
25 October Last After Trinity	10.30am Holy Communion	9.00am Holy Communion	No Service

Bold types denotes any changes



Rector: Rev Derek Welsman 01730 812655
Churchwardens

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07732 744255

Roger Davies
07979 525085

Selham

Janet Colman
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Annabel Foster
07365 814215

Lodsworth

Mrs Lynne Todd
01798 861399

Mr Deryck Hamon
01798 861850

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

From the Vicar

Reverend Canon Derek Welsman

Dear Friends,

The time is upon us to sing with grateful hearts; “We Plough the Fields and Scatter” or maybe; “Come ye Thankful People Come” or even; “All Things Bright and Beautiful.” Which is your favourite?

Usually, these wonderful hymns are only sung at harvest time, as rural communities gather to give thanks to God for the harvest and to raise a cheer to our farmers for all their hard work.

Right across our village life these moments are important. The children of Easebourne

Primary School will come to church and, hopefully, they will sing “Big Red Combine Harvester.” It’s one of my favourites!

Making the connection between the food on our plates and those involved in its production, including God, has always been at the heart of rural life.

It can be very easy to take for granted the production of food and those who produce it. We always make the point to the children in school, that food doesn’t just land on our plates. From the God who creates and waters, through farmers, producers and shopkeepers, right down to mum and dad, so many of us are an important part of the food chain.

For the church, these moments of thanksgiving are fundamental to our worship and life. We celebrate God’s goodness to us, and the hard work of so many that surround our rural communities.

So, if you are around, come and join us. All three of our churches hold harvest festivals, the times and dates are on the page to the left.

All three services are traditional and full of thanksgiving and praise. We look forward to seeing you.



Church Events



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!



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

FRIENDS OF ST MARY'S

200 CLUB

July Winners

Prize	£	Shareholder
1	100	David King
2=	75	Chris Fairclough
2=	75	Clare Gibson
3=	50	Julia Wain
3=	50	Cassandra Morgan
3=	50	Roger Sked

August Winners

Prize	£	Shareholder
1	100	Margaret Pratt
2=	75	Carole Sawyer
2=	75	Nicola Tollworthy
3=	50	Julia Wain
3=	50	Louise Freak
3=	50	Gladys Hardwick

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



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



EASEBOURNE WOMEN'S FELLOWSHIP

The St Mary's Women's Fellowship is a local community and friendship group. It provides companionship to combat loneliness and is open to all.

Tuesday 1 September
Roger Davies
Dental Surgeon

Tuesday 6 October
Odette Marshall
Quiz

Tuesday 3 November
Holy Communion
Followed by AGM



Roger Davies

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

Alison Davis was a physio and hand therapist at The King Edward VII Hospital.

'I thoroughly enjoyed working there,' she tells me, 'and in my spare time, I was happily involved with the Easebourne Rainbows.'

Alison was therefore a natural choice, when, in 2003, the newly arrived vicar, Derek Welsman, was looking for support for his plan to work with children.

Messy Church

Alison's mother was an artist and she herself enjoys sewing and crafting, so it was a

natural progression from working with the Rainbows to running "Messy Church." A national scheme operating across different denominations, the aim of Messy Church is to encourage children and their families to participate in arts and crafts within a church setting. Alison runs the Messy Church at St Mary's together with Lynne Todd from St Peters, Lodsworth.

They have taken the bull by the horns and organised some very impressive projects, engaging not only children, but people of all ages in the local community.



Meeting Alison Davis, Church Warden by Jan Harvey

In November 2018, the church was festooned with a multitude of paper poppies to commemorate the fallen. The youngest person making a poppy was three years old and the oldest one hundred and one!

Other "installations" have included a fiery red and orange display with paper doves for Pentecost and another in purple adorned with silver stars for Christmas, all created by the children attending Messy Church.

Poppy Installation

'We're working on another one right now,' Alison enthuses. 'One of our congregants, Pam Stevens, has masterminded a knitted poppy installation for this November. Well over two thousand poppies will be made by the knitting group and other volunteers. We look forward to welcoming the many visitors who will drop in to see them.'

In 2016, Derek asked Alison to consider the role of church warden. It was not something to be taken on lightly and she gave it a lot of thought over a period of three weeks. The

role of a church warden entails looking after the fabric of the church, maintaining it and keeping it clean. There is the care of the 'treasures', the church's silverware, and the financing of restoration work.



*Top: A fiery orange installation for Pentecost
Bottom: Purple and stars for Christmas*

'We are so fortunate to have the 200 Club which funds maintenance and upkeep,' Alison explains.

She and fellow warden, Roger Davies, are fully supported by an enthusiastic and willing congregation.

'We simply couldn't manage without them,' Alison tells me. 'We have people who look after the coffee rota, a cleaning team, a flower team, a brass polishing team, a social team and the happy band we call "The Yardies" who look after the areas outside.'

There is an endless list of jobs, all very necessary to keep an important 950 year-old place of worship in tip top condition. However, it is the people who make the church and Alison tells me that she always takes time to greet visitors when she can.

'The same goes if new people come to a service, I endeavour to make sure they feel welcome and make introductions. In the same way, I also look after the congregation. If I notice someone is missing I will follow up with an email, a phone call or even a

letter dropped through their letter box to check on them.

'I see it very much as my role here,' Alison gives me one of her bright smiles as she continues. 'I find that being a church warden helps me to fully express my faith. I am serving God and looking after the church family and I have to say, I absolutely love it.'

Church Contacts

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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



When Did You Last Have an Eye Health Check?

Regular eye health checks are important for detecting changes to the eyes, which may result in the prescribing of spectacles to protect and optimise our vision.

However, checks are also vital in detecting signs of serious eye conditions, including glaucoma. Many conditions can be treated if found early enough, preventing unnecessary further damage to the eyes, and leading to better outcomes for vision protection and management. Regular eye health checks can identify other issues such as diabetes or high blood pressure.

National Eye Health Week (NEHW) from 21-27 September is the ideal time to make sure our checks are up to date. 4Sight Vision Support (4SVS) is once again proud to support this initiative. Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes. National Eye Health Week aims to change all that with

an awareness-raising campaign promoting good eye health for all, highlighting how lifestyle choices like diet, exercise and screen time affect your vision, helping you to make better decisions.

Why not book an appointment today if you haven't attended for a while and encourage friends and family to do the same? If you think you may have an issue with your eyes, act now, and don't risk leaving it too late. Eye health checks are free for certain people and you can check the NHS website for all eligibility criteria and information. For those living with sight loss, it is important to continue to attend regular checkups as further changes in the eyes can help make the best use of remaining vision and prevent any unnecessary further sight loss.

- 4SVS
- 01243 828555
- email enquiries@4sight.org.uk

Kirpal's Chicken Biryani

Ingredients

4 medium chicken breasts
2 medium onions
Tin of chopped tomatoes
5cm of fresh ginger
6 cloves of garlic
Small bunch of fresh coriander, chopped
2 green chilli's
1 teaspoon of salt
200g rice
100g peas
Two tablespoons of ghee or refined coconut oil
Pinch of saffron

Spice Mix: Garam Masala ground with a teaspoon each the following spices: whole bay leaves, star anise, cloves, cinnamon, cumin seeds, dry coriander, turmeric, cardamoms (black or green) Red chilli powder (optional).

Preparation

Cut chicken into 5cm pieces.
Chop onions finely
Chop or grind the garlic, ginger and green chillies
Grind all the spice mix ingredients together
Soak rice in water

Method

In a medium pan add ghee or coconut oil, add one teaspoon of cumin seeds fry for 1 minute. Add onions until brown then the garlic, ginger and green chillies. Cook for a further 5 minutes.



Add a teaspoon of turmeric.
Add the tin of tomatoes
Add a teaspoon of salt, or to taste.
Add the chicken and bring it to cook at slightly higher heat for around 10-15 minutes. As the chicken cooks it absorbs the onions, ginger, garlic, tomatoes and turmeric giving it a orangey glaze.

Add the spice mix and cook for a further 5-6 minutes or until the meat is cooked. Add half the chopped coriander and set aside. Meanwhile, rinse rice then boil in water (two parts to one of the rice). Add the required amount of salt and a pinch of saffron then add the peas. Cover the pan on medium heat until the rice is becoming slightly dry and fluffy, but still has moisture.

Layer a third of the rice then half the chicken in an oven proof dish. Sprinkle with coriander. Add another layer of rice and remaining chicken. Add more coriander and finish with a final layer of rice. Cover and cook for a further 15 minutes on gas mark 4/electric 180°C. The rice should be dry but



still fluffy. Decorate with coriander. Serve with yogurt or dal and naan bread .

● Kirpal Marwaha

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Fire

999

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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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