

# Three Parishes

*Serving the Communities of Tillington, Duncton & Upwaltham*



**Bird Watchin**  
**And the band  
played on**  
p.15 p.23

**KIDS PAGES**  
**In the  
middle**

**Ave a Banana** **Ultra Processed**  
p.34 p.37

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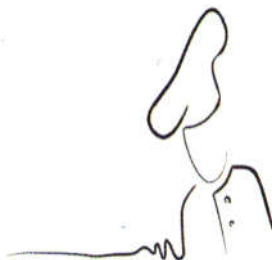
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<b>Editor</b>	Editorial Board, contact	01798 342151
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## **EDITORIAL**

October is here. Time to pull out our winter clothes. Maybe you found something “new” to wear at the Tillington Pre-loved Clothing Sale at the end of September or perhaps you are looking forward to the always popular Tillington Christmas Fair. (advertised on page 13)

Autumn, like the passing years, brings change and this issue looks back at how times have changed for doctors working in the NHS. The accounts from local contributors, young and not so young, of how things used to be and how they are now, offer personal snapshots reflecting some of the big problems facing our public services today.

Turning to less weighty matters, it is time to scoop up the falling leaves and make sure we compost them ready to feed our gardens next year. Bev Exall offers advice on how to make tip top compost on page 30. And don't forget to put in your banana skins – you will have plenty if you decide to try this month's recipes, which you really should! Isn't it amazing that bananas, which have been shipped across the world, cost around the same price per kilo in our supermarkets as potatoes? What is more, a banana is about as far from an ultra processed food as it is possible to find. Just make sure if you want a banana sandwich that you choose a loaf of bread that is not full of additives, which could be the cause of some of our modern day health problems. If you didn't see the article about ultra processed food or UPF in the Daily Telegraph recently, it started us thinking and investigating further in our piece on page 36.

Lots to think about in this issue, so do write in if you would like to express a point of view. The e-mail address is [3parishesmagazine@gmail.com](mailto:3parishesmagazine@gmail.com)

Until November.

### **FROM THE REGISTERS**

All Hallows Church, Tillington

Baptisms: 11th September: Finn Felstead and Cosima Felstead

Weddings: 2nd September: Sophie West and James Barratt

Interment of ashes

16th September: Duncan More and Patricia More

## **FROM DAVID CROOK, OUR PRIEST-IN-CHARGE**

October is a month for Harvest Festival services and social events which are also important fund-raisers for our beautiful churches. The Cricketers Inn, Duncton, is kindly hosting and sponsoring a quiz with Harvest Supper, on 6 October (6.30pm start), with the Holy Trinity Church Harvest Service following two days later at 11am. Tillington's social event for Harvest is the return of the wonderful International Food Fest, with dishes to sample from around the world. It takes place on Saturday 14th October from 7pm in the Village Hall. The All Hallows Harvest Service is at 9.30am on the following day. 'We Plough the Fields and Scatter' and 'Come, Ye Thankful People, Come' are always sung especially well at St Mary the Virgin Church, Upwaltham, a proper farmers' church, where we shall also gather on Sunday 15th October, at 11.30am, followed by a wonderful lunch at the Upwaltham Barns. Harvest Festival donations of food in tins, packets or bags are greatly appreciated and will be taken by me to the Stonepillow hostel in Chichester. And if you have garden or allotment flowers or vegetables for decorating your local church, please bring these along on the Saturday morning, ahead of the Harvest service. Thank you.

At Harvest we are thankful for God's bounty and generosity, while also praying for greater justice and equality in our world. Agricultural production in the poorest countries of the world has been disproportionately damaged by climate change, drought and storms. It has been a difficult year for our local farmers, with a very wet Spring and lots of rain again in July and August. Thankfully, I am told that the yields are still pretty good. We take so much for granted in our comfortable lives, so, please, the next time you get stuck behind a large agricultural vehicle on the A285, say a prayer of thanks instead of getting impatient. We should thank God that our farmers are working hard so that we have plenty to eat.

The lease on Church Cottage, also known as 532d Tillington, is shortly to expire. As our Tillington Ukrainian guests, Olga and Sofiia, are now at the start of a new chapter in London, I was expecting the 'title' of this monthly magazine letter to revert to 'From Church Cottage'. Financial pressures on the Diocese of Chichester, however, regrettably mean that the arrangement cannot be continued. I place on record the thanks of Tillington Parochial Church Council, both to the Diocese and to the Leconfield Estate, whose rental terms have been very generous. Maybe the time will come again when some creative solution permits All Hallows a loo and kitchen? From October, we hope to book the Village Hall loos for Sunday mornings. Meanwhile, I am now configuring the space upstairs in All Hallows as an office, to regularly work from. 'Surgery hours', normally on Wednesdays and Fridays, will be advertised soon. From October, perhaps this letter should be titled 'From the Upper Room'?

The October church highlight will be the visit of Bishop Ruth of Horsham to Tillington for our fifth-Sunday, five-parish service, celebrating the All Hallows patronal. Please save the date: 10.30am on Sunday 29th October.

*In friendship, David*

# NOTICE BOARD

*Send your notices to  
3parishesmagazine@gmail.com, headed Notice Board.  
The Tillington and Duncton Facebook pages have proved useful  
for some of us—use these as well*

A large carpet (9 x4 yards) available for collection free of charge from Tillington. It is in good condition but too large for the house.

Telephone [07974 725096](tel:07974725096).



Petworth Town Band featured on the front cover are having their autumn concert at St. Mary's Petworth on Saturday 21st October. £10 a ticket



**DUNCTON COFFEE MORNING IN AID OF MACMILLAN**  
Friday 29th September at Duncton Village Hall.



**TILLINGTON VILLAGE LUNCH**, Friday 27th October ,  
12 for 12.30. Tickets £7.50 on the door, please let Mark, 01798 344489 or Gillie know, 01798 34 4231 if you can come.



**Pre-loved clothes sale at Tillington Village Hall**  
Saturday 30th September 10-12noon

**PACT** Friday 6th October – Autumn Lecture at St Mary's Petworth  
The Autumn Lecture will be given by Rev'd Stephen Gurr, Ford Prison Chaplain. 7.30pm

## ALL HALLOWS, TILLINGTON

Come and join us for  
Our All Age Service  
On Sunday 1st October  
At 10.15. Bacon butties from 9.45.



**Daniel: Courage in the face of lions**

## TILLINGTON MENS' BREAKFAST



### **SATURDAY 7th October**

Our Men's Breakfast Speaker for Saturday October 7th will be from **Southern Water**. Come and ask about under-investment in sewage outflows, and when will wild swimming be safe again.

Tillington Village Hall. 8.15 for 8.30. £7 on the door. No booking necessary.  
Gerald at [Geraldgreshamcooke@gmail.com](mailto:Geraldgreshamcooke@gmail.com)

## FOOD BANK CONCERT

**Fundraising Concert** on Saturday 25<sup>th</sup> November at 7pm with the UK Forces Veterans Show Band in aid of the Foodbank.

The Band features former musicians from HM Forces, led by Ian Young, and they will play tributes to... Earth Wind & Fire, Chic, The Drifters, Tina Turner, Tony Bennett, Glenn Millar and an ABBA singalong.

The Concert will be held at the Herbert Shiner Hall, Petworth  
Tickets £15 will be available online via Eventbrite and at Austens Home Hardware, Market Square, Petworth.



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FOOD FAIR**



**Saturday 14th October 2023  
TILLINGTON VILLAGE HALL 7pm**

**Bring your own drink**

**Tickets £10 for adults, £5 for children 12 and under**

**From Carmen Woodhatch 01798 344777**

***Sheila Davis 01798 343351***



**COMPETITION**

Now that summer is over, we would love you to send in some of your photographs to remind us all how lovely it was, rain and all.

[3parishesmagazine@gmail.com](mailto:3parishesmagazine@gmail.com)

## HEARTSMART WALK

### THE FAMOUS DEER RUTTING WALKS in OCTOBER

Thursday 12th October – 10.30am – Petworth Park – Deer & “The Rut” Leader: Gerald. Duration: 1.5 hours. Distance: 3 miles. Hopefully we’ll see the famous ‘Rut’ (mating period) in Petworth Park. See the older and stronger bucks defend their harem of does. Certainly we will see some deer. Binoculars can be useful. Meet: The Horse Guards Inn, Upperton Road, Tillington, GU28 9AF. SU963 220. By Car: 1 mile west from Petworth on A272, then, in the middle of Tillington, turn north following a brown tourist sign to The Horse Guards. Parking in road. //lifted.using.earlobes Bus No.1 Midhurst or Worthing to Tillington. Contact Gerald if uncertain, on 07748 597 568. Dogs sadly not welcome this time..

I will also be leading Deer Rutting walks for the National Trust on Wednesdays October 18 & 25<sup>th</sup>. Booking will be via the National Trust (£5) at [www.nationaltrust.org.uk/visit/sussex/petworth](http://www.nationaltrust.org.uk/visit/sussex/petworth) to book. Starting point will be from the Petworth House Car Park.

## SAVE THE DATE!



Tillington’s Stupendous  
Christmas Fair  
is on



**Saturday 25th November**

Yes. Roll up, roll up, it’s time for the Fair

All the wonderful usual stalls and more under the welcome  
roof of the Tillington Village Hall

We need you to come, we need you to give,  
We need you to give your money, your cakes, your bottles,  
So it is

Bottle Stall, Cake Stall, Christmas Gifts, Silent Auction, Ac-  
cessories, Treasure Map, £50 note game, more and more,  
Yes, even Bric-a-Brac!

Please bring your gifts, cakes, bottles etc. and more  
Contact Angela Gresham Cooke 01798 342151 or 07876 197961

## TILLINGTON PARISH PATH INSPECTION–AUGUST 2023

Every fifteen months, I inspect our Tillington Footpaths - 16.2 miles (28Km) of them - for the West Sussex County Council (WSCC).

Our footpaths are in very good order, thanks in part to WSCC and to those walkers reporting problems. Side vegetation has been a problem this year, with the high rainfall and strong sun.

There are no stiles, unusually in the countryside, so most people can enjoy a trouble free walk. We are also fortunate to have over a mile of disabled access paths, suitable for wheel chairs, around Pitshill House.

An inspection involves sorting the problems into categories of High, Medium and Low, depending on their severity.

The number of problem categories this year was:-  
Highs – 8; Mediums 1; Lows - 1.

All, except one of these ‘Highs’, concerned the crossing of the water meadows at the bottom of South Dean Lane. The path runs parallel to the river towards the bottom of Grittenham Farm and onto the Lod Bridge boundary near the Halfway Inn. In 2022, the WSCC re-laid the duck boards and provided hand rails. Inevitably, on such an unstable surface so close to the river, and after heavy rainfall, the path has become nearly unusable.

This is sad, as the path is in deep, deep countryside with the only noise being birds and the occasional cow’s moo-ing, with, in early Summer, the cuckoo. If you intend to walk it, I recommend going during a dry period.

On a good note, the low number of other problems is due to the Leconfield Estate and other Landowners cooperating very willingly in keeping their paths free from fallen branches and side vegetation.

Also, I am grateful to those of you who report to me different problems throughout the year, which I can then attend to.

Please continue to keep me posted about problems.

Gerald, GC Footpath Warden, 01798 342151.





## CAN YOU TELL A WHIMBREL FROM A CURLEW?

The older I get the more impressed I am by other peoples areas of expertise. It's not just grandchildren and computers, nor plumbers and dysfunctional radiators. It's more the professor who can translate Sanskrit or, as I experienced this week, the extraordinary knowledge of a professional ornithologist. (Gk *ornis*, a bird and *logos*, knowledge).

Mike Russell took a group of us around the RSPB reserve at Pagham in a quest to observe and identify the myriad of wading birds which are temporarily resting along the Sussex and Kent coasts prior to their winter exodus to warmer climes.

I am a novice but I can identify an Oystercatcher; portly with long straight orange bill and red eyes, about the size of a small chicken. Now I can spot a Redshank, there were lots of those – smaller than the oyster catcher, with straight black beak and a sort of salt and pepper coloured wings and jet-black belly. Well, that was the male in summer plumage! Then there was the rarer Greenshank. Yes, once I knew that Shank meant legs it was easy.

For other species I was helped by looking for the curve of the beaks. Avocets have long upturned curves, whereas Godwits have a less pronounced upward curve. Curlews and Whimbrels have down turned long curved beaks.

All these mentioned so far wade along the water banks and shorelines using their long beaks to extract molluscs and shellfish.

Then there are plovers, five different species apparently, all much smaller than the other waders with tiddly little beaks as they feed on surface insects, flies, sandhoppers and other marine worms. We only saw the Ringed Plover with its stubby black tipped orange bill. It is brownish grey above with a white belly and a black collar.

Then there were Lapwings, and Dunlins, Knots and Curlew Sandpipers.....or so Mike said as I struggled to focus my 1960s binoculars. I thought I was just getting them sorted when he suddenly says "Did you hear that, it's a Cetti's Warbler", a tiny bird, smaller than a wren camouflaged in the reeds but a distinctive call 'che-weecheo-weecheo-weecheo'.

It was one of those glorious hot sunny days that we had in September, and a wonderful opportunity to engage the ageing brain with a new area of knowledge at the knee of an expert. Sadly most of what he said has drifted off again...but there's always next year to learn it all over again.

PS The Whimbrel is dumpier than the Curlew with a slightly shorter bill abruptly downturned at the tip. It has shorter legs, a white stripe above the eye, and a boldly striped crown (two black stripes separated by a pale one).

Ian Fergusson

## GODSEND A TRUE STORY—LEE LAVINGTON

(From my pilgrimage ‘plog’, 20th August 2023, Switzerland)

Last night I was so worried. When we had finished poring over maps, I put up a prayer, ‘Please, God, help us to find the right start point tomorrow.’ And went to sleep worried.

We headed to yesterday’s finish point, disregarding the main (and only) road, with its tunnels forbidden to walkers, (for the river Dranse.) Only, one riverbank path seemed to peter out, while the other headed up into the hills and confusion. So we stood dithering on the bridge – when someone walked up. Our age, with walking poles and boots, and – a clear map and encyclopaedic knowledge. And, amazingly, he said, ‘and I can walk you the first stage, to Bovernier staion’. Pardon? He was, he explained, walking to meet his wife for lunch.

Trust or distrust? Well, there was that prayer. So Mark drove off to Bovernier station while we hunched into the forest. For two hours – then two more.

It wasn’t easy. Narrow path, roots and pebbles, steep slopes and steep inclines, and I had to be lent the poles, with instruction. Where on earth were we? The pace was fast, I panted like a dog though my guide never tired. He was generous with wise advice and local information. But great was my relief when we crossed a (wobbly) metal bridge over rushing waters, ducked under another to pass the railway and reached a hamlet. Fifteen minutes later I was photographing the two men and downing a bottle of water – rather hot, as it was 37C!

And then my kind stranger said, “Would you like to go on to Sembrancher?” As far again! Bite your hand off!



This time we tackled an ancient rockslide of great, grey blocks, which took a solid half-hour, and climbed the high-piled banking edging a torrent. My guide, moments ahead, stopped to make a phone call. Suddenly something fell – skidded across the path – rolled down the steep slope and buried itself under a tree trunk twenty feet below. “My glasses,” explained the stranger. “Don’t worry, I’ll come back later. My wife will have some rope.” !! And then, before Sembrancher, he was gone: “Straight on. I meet my wife down *this way*”.

I had told him I was on pilgrimage, and that he was a literal Godsend. He didn’t quite see it as I did. Although he did say, “I was late this morning. An old friend I hadn’t seen for ages stopped to chat. Otherwise I would never have seen you.”

We saw him and his wife at Sembrancher, as I flopped in the shade. There were handshakes and names – but, oddly, not his. So we have only my photo. (Fortunately, none of me struggling!) But to me, and to Mark who can’t walk trails, he was, and I hope will one day know he was, the answer to a prayer.

Lee Lavington

### October by Christina Rossetti

I've brought you nuts and hops;  
And when the leaf drops, why, the walnut drops.  
Crack your first nut and light your first fire,  
Roast your first chestnut crisp on the bar;  
Make the logs sparkle, stir the blaze higher,  
Logs are as cheery as sun or as star,  
Logs we can find wherever we are.

Spring one soft day will open the leaves,  
Spring one bright day will lure back the flowers;  
Never fancy my whistling wind grieves,  
Never fancy I've tears in my showers :  
Dance, night and days! and dance on, my hours!

## A VIEW OF A YOUNG DOCTOR IN TRAINING

The pandemic has put a massive and continuing strain on the NHS, leading to increased workload and stress for doctors. Naturally, when people go through intense periods in their careers, they either knuckle down and weather the storm, or they look up and consider if this stress is warranted and why it happened in the first place. Many doctors in recent years have been questioning their value in the NHS, and the UK is losing doctors at an increasing rate.

I am in the middle of my medical university studies, and I am sadly becoming more and more aware that the system I will be entering in a few years is broken on many levels. It is a strange feeling that the craft I have aimed my life towards since I was a young boy, seems not to be as rewarding anymore in the UK. The conversation of where to take our skills outside the UK is now commonplace among my peers. Many of us love this country and feel a duty of sorts to give back to the place we were so lucky to be born in. However, when that place is under-valuing our skills, it forces a feeling of dissatisfaction. This feeling is consequently shown in statistics. In a recent BMA (British Medical Association) survey of 4553 junior doctors, 1 in 3 said they plan to work in another country in the next 12 months. This is a staggering number and an issue that (if not addressed) will lead to much more serious problems.

With countries like Canada and Australia welcoming doctors with open arms (especially those educated in the UK), it is becoming an increasingly attractive prospect for UK doctors to take their skills elsewhere. A valuable opinion for this discussion is that of junior doctors, who (I have found through speaking to many of them personally) also question their self-worth and think of options outside the UK. Data, from The Migration Observatory (University of Oxford) shows that “The health and care industries faced significant staff shortages in 2023, with high vacancy rates in the NHS in England despite a growing clinical workforce.” This highlights to me that this issue we are facing is a supply and demand problem. The UK is excellent at educating medical professionals, but we should also be as excellent at offering a globally competitive career pathway. This is where we are lacking. Not to mention the financial impact of investing in UK doctors only for them to move away and then being replaced by more expensive overseas doctors.

I believe there are many reasons for this exodus. First and foremost is better pay and working conditions. The countries I mentioned earlier (Canada and Australia) seem to be putting more funding into their

doctors, their hospitals, and the support networks for medical personnel in those hospitals. This reason alone is compelling enough to make struggling UK doctors make the move out of the UK. The second reason is the chance to experience a different place/culture/lifestyle. The pandemic made us all question how we live our lives, and I feel many doctors now want to use their careers to live more intentionally. What I mean by this is following what makes you happy, and as of right now, a lot of UK doctors simply are not happy about their working conditions.

Personally, I plan to focus on one day at a time and first finish my studies before I start worrying about where is best for me to work. I deeply hope that there will be a shift in the right direction in the next few years so that when I am trained, I can be part (and proud) of the magnificent NHS.

Louis Martin—(*ed. Louis is born and bred in Tillington*)

### **A DOCTOR'S LOT IS NOT A HAPPY ONE!**

The NHS is not an easy and effective workplace at the moment; doctors, midwives, and nurses all threatening to strike, and a significant article from a local medical student stating the anxieties of doctors in training. Many of these core workers are looking at the options abroad, some figures suggest up to 45%.

The national press suggests that the strikes are all about pay, and the erosion of comparable incomes for doctors of 35% since 2010. This certainly may be part of the problem, and pay parity with the increased cost of living index may reduce some of the discontent. However, I believe that there are other very important issues in staff retention and happiness.

I was privileged to work for the NHS and my patients for forty years until 2002, for the latter part as a hospital consultant. In the early days we, and the nurses, had separate and subsidised dining rooms. Elite, yes, but so useful to gain privacy, rest, and a place to consult with colleagues in private about difficult cases. We had a bedroom provided if on duty at night, and even an early morning cup of tea brought by the maid, in those halcyon days of the sixties. There was food and drink available in the night. There was a junior doctors mess to relax in and share concerns...even get a drink and read a paper while awaiting calls. There was free parking. Every single one of these work supportive concessions have now gone. This is not to mention the £90,000 debt which newly qualified doctors will need to repay from their modest salaries.

We worked very long hours, often over 100 hours a week, and if on at night we were still expected to report at the ward rounds the next day. It was hard,

and it was tiring, but we worked as teams with totally dependable colleagues and supportive bosses who trained us and promoted our careers. Because we worked long hours the work load was diluted and we were not working against time deadlines. We also had proper handovers within the team. Then in the nineties came three major changes :

1. The European working time directive. Currently a junior doctor is contracted to a 40 hour working week, though many may do overtime.
2. The sudden increase in managers, and management control of hours and cost priorities.
3. The number of female medical students exceeded 50%. More than a third of these left the NHS within three years, either for more lucrative employment or for family reasons.

More recently the increased population figures have compounded the working hours limitation, so that the time spent with each patient has been severely reduced, and the 'care' side offered by the professionals has consequently been eroded.

Doctors, midwives and nurses are overstretched, and in trying to cover the threadbare work load they become distressed, anxious and fearful of litigation. So they leave for better pay and conditions elsewhere.

Striking is an unappealing option but if things are so bad, and nobody takes any notice, it is seen as the only way to get the problems aired and recognised.

The answers are not easy but again three changes are worth looking at.

1. Take the NHS out of party politics. Have a combined cross-party approach to reassess pay and conditions in order to retain NHS staff, without political point scoring. Also to address the problems itemised 1-3 above.
2. Make a charge to each patient for their care, reimbursed for the poorest and on a sliding scale for the better off. This works well in several European countries.
3. Restore medical leadership and team work, at the same time cutting wasteful management.

I could go on but I feel a dreadful headache coming on! Doctor, I need help.  
What's the code for Australia? Ian Fergusson

***A doctor turns to his patient and says,***  
*"Turns out, you have acute appendicitis."*  
*The patient blushed and replied, "Compared to who?"*

## MY HAND IN THE BAND,

I have been playing percussion and drums with Petworth Town Band since 2001. On a Sunday morning of the annual St George's Day Scout parade I received an anxious call from the then chairman, Paddy Poste, whose son David played in a local covers rock and pop band with myself and some other friends, asking me if I could play a bass drum for the Scouts March and Parade. The drummer for that event had let them down at the last minute. Of course, I said no, explaining that I had never played a drum in my life. I was a keyboard and rhythm guitar player at that time. Paddy said "We're desperate".

My then husband said, "You can do this. You have good time-keeping", so very reluctantly I agreed. I sported a navy suit I owned and a tie to look smart and arrived at the car park in Petworth to be welcomed and handed a strap, sticks and a huge bass drum which I was told I would play and march with at the same time. Martin Streeter the Band Master explained how the march worked and what I would need to do. I actually can't remember where we marched to, but somehow, I kept the band in time to the march, and following the parade we marched back to the car park. Both Paddy and Martin congratulated me on a sterling job and said "You're in"! I began attending the rehearsals on a Monday evening and played percussion for the various concerts, fetes and gigs, still playing the bass drum for the Remembrance Sunday Service, Billingshurst Carnival, and various locations for St George's Day Parades. The band already had drummers, young Ben Streeter (Paula and Martin's older son) who went on to join the Royal Marines and then Taris Prankus, who has a flourishing career as a drummer. Both gentlemen have gone on to bigger things

When Taris moved on, I was asked to have a go at playing the kit. Again, I had never done this before, however with a lot of practice from me and a huge amount of patience from Paula, I learnt to play basic drums, with a beat that kept and still keeps, the band in time. I like to think I have improved over the years. Since starting on the kit, I have played drums with PTB in France, Cumbria, as well as local events, and I still really enjoy it. Its great to also have Ben back occasionally when he visits 'mum and dad', to play them too, like in the 'old days' I get to play percussion then.

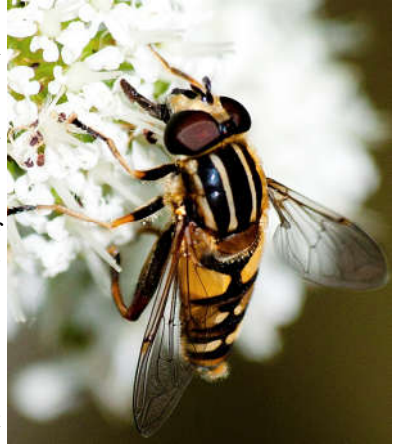
Good times! Shows you are never too old to try something new as a hobby.

Sue Wickham (on drums!)



HOVERFLIES BY MICHAEL BLENCOWE  
FOR SUSSEX WILDLIFE TRUST

Everyone loves bees, don't they? Knowing that our bees are in decline has prompted protests and petitions and highlighted the important service these buzzing pollinators provide to our planet. Without them our crops and ecosystems would collapse. Yet many other pollinators that provide the same service don't get the same level of public support. So today I'm waving my flag for the hoverflies.



For some reason, they're not as loveable as bees. Perhaps it's because most of the time people mistake them for wasps. This isn't totally our fault because that's exactly what

the hoverflies want you to think. The 283 species of hoverfly in the UK come in many shapes, colours and sizes but most of them sport yellow and black stripes, making them easily confused for wasps, bees, hornets and bumblebees. It's a strategy called Batesian mimicry and was first proposed by Leicestershire lepidopterist Henry Bates in 1861. Hoverflies are harmless. They don't sting and can't bite but they have discovered you don't actually have to be dangerous to deter predators – you just have to look like something that's dangerous.

Yet their devious mimicry isn't the most incredible thing about them. Their wings are the things. Hoverflies (like all flies) have just two wings (half as many wings as bees and wasps). Whereas other flies keep their wings straight, hoverflies incline theirs to create an angled downward stroke at a remarkable rate of 120 beats per second. This allows hoverflies to fly to a most amazing place: nowhere. Hoverflies have become the motionless masters of mid-air.

It's not all sitting around in the sky though. During their few days of life, hoverflies fight, fornicate and feed and while busy collecting energy-giving nectar and protein-rich pollen they inadvertently provide that vital pollination service to our flowers and crops. And hoverflies have earned the title of 'The Gardeners Friend' because about 40% of them have a larval stage which is basically a tiny crawling stomach that roams around your flowerbed eating aphids. Pollination, pest control – next thing you know these beneficial little insects will be mowing the front lawn for us too!

So why not thank these friendly flies by planting some of their favourite flowers in your garden - parsley, fennel, borage, hebe, sedum and alliums - and consider putting in a pond, no matter how small. Do your bit for the pollinators and they'll keep the world working for us.



## RECIPE

This month's recipe is taken from the free Wirral food-bank recipe book which is free as an e-pdf on line at [www.http://wirral.foodbank.org.uk](http://wirral.foodbank.org.uk)  
It has 28 different recipes.

### Vegetable Pie

#### Ingredients

- 5 large potatoes/ 20 ounce box of instant mash potato (8 serving sizes)
- 3 x 400g tins of vegetables
- Vegetable stock cube
- Salt
- Pepper
- 2 teaspoons of garlic powder
- 400ml boiling water

#### Method

- Preheat oven to gas mark 7. Mix the stock cube with hot water.
- Peel and boil potatoes until soft and mash them, or cook the instant mash according to the instructions on the back of the packet.
- Drain the tinned vegetables and boil them for 5 minutes in the stock cube water, adding garlic powder, salt and pepper.
- Transfer the vegetables to a pie or casserole dish (or dish with similar measurements).
- Spread the mash evenly on top of rest of ingredients and bake in the oven for 20-30 mins (or until potatoes has browned).



## Petworth Festival Literary Week 25th October to 5th November 2023

### Chapter thirteen...

Unlucky for some maybe, but this Autumn's 13th edition of the Petworth Festival Literary Week promises by some measure to be the most varied and exciting to date. As Artistic Director Stewart Collins says in his introduction to the 2023 line up 'we're thrilled to announce a host of authors that really need little introduction: so many of them are household names.'

**As always, the festival programme trawls wide and deep across different areas of interest, both fiction and non-fiction**

#### **Memoire:**

Michael Ball - *Singer and Radio 2 host*

Sheila Hancock - *Actress*

Justin Webb - *Journalist and Radio 4's Today presenter*

#### **The Environment:**

Isabella Tree - *'Rewilding' guru*

Jake Fiennes - *The 'land healer'*

#### **Foreign Affairs:**

Jeremy Bowen - *The BBC's International Editor*

Martin Sixsmith - *Russia expert*

Con Coughlin - *The Daily Telegraph journalist discusses Syria's President Assad*

#### **Space:**

Tim Peake - *The British astronaut on those who have dared to enter space*

Maggie Aderin-Pocock - *The Sky at Night presenter tells us how to star gaze*

#### **Politics:**

Andrea Leadsom - *The former Conservative front bencher*

Malcolm Rifkind - *The Tory grandee discusses 'power and pragmatism'*

Ferdinand Mount - *On history's 'great' leaders*

#### **Food:**

Henry Dimbleby - *The restaurateur and food expert discussed the food industry*

Sarah Raven - *The famous gardener's 'year full of vegetables'*

## **History:**

Peter Frankopan - *The heavyweight historian looks at the impact of the environment on history*

Simon Heffer - *On the changing face of Britain between the wars*

Robert Hardman - *The royal biographer on 'Queen of our Times' and the forthcoming 'King Charles III'*

Daniel Finkelstein - *The former Times Editor looks at his family's tortuous history*

## **Fiction:**

James Naughtie - *The acclaimed broadcaster talks us through 'The Spy Across the Water'*

Tom Hindle - *This year's book group event with the author features 'The Murder Game'*

Emma Hughes/Sophia Money-Coutts/Laura Kay - *Three authors celebrate 'The Rom Com'*

## **General Interest:**

Anna Kent - *'The Frontline Midwife'*

Selina Mills - *A fascinating debate about the nature of blindness*

Alan Titchmarsh - *The 'national treasure' gardener talks about Chatsworth House*

Wendy Joseph - *Former Old Bailey murder judge*

## **The Arts:**

Gregory Doran - *Former Artistic Director of the Royal Shakespeare Company*

Leanne Benjamin - *Former Principal Ballerina with the Royal Ballet*

Peter Beckingham - *200 years of great art across Sussex*

## **Julian Barnes and classical pianist Angela Hewitt perform in the festival's opening... A words and music event**

Plus a graphology workshop and one to one sessions; short films celebrating the 400th anniversary of the publication of Shakespeare's First Folio; children's events headlined by children's laureate Joseph Coelho; and all without mentioning best-selling novelists' Philippa Gregory and Julian Barnes, the former talking about *Normal Women*, and the latter sharing the stage with world renowned classical pianist Angela Hewitt in the festival's opening, a words and music event at St Mary's Church Petworth.

'From all of the above' says Stewart, 'I hope our audience will see that we have done everything in our power to bring to Petworth an extraordinary line up of world class speakers, all of whom they can see on their doorsteps and in the most intimate of settings.'

## TILLINGTON, DUNCTON AND UPWALTHAM CHURCH SERVICES DURING OCTOBER 2023

	<b>All Hallows Church, Tillington</b>	<b>Holy Trinity Church, Duncton</b>	<b>St Mary's Church, Upwal- tham</b>
17th Sunday after Trinity, 1 October	Breakfast Church 9.45am/All-Age Service at 10.15am		
Wednesday 4 October	BCP Holy Communion at 10am		
18th after Trinity, 8 October	Parish Commu- nion at 9.30am	Harvest Festival Parish Com- munion at 11am	
19th After Trinity, 15 October	Harvest Festival Parish Commu- nion at 9.30am		Harvest Festival Service at 11.30am
Five-parish Evening Prayer online via Zoom at 6pm. Please contact David to register for his weekly email with Zoom links.			
Wednesday 18 October	BCP Holy Communion at 10am		
20th after Trinity, 22 October	Morning Prayer and Praise at 9.30am	BCP at 10.30am We welcome Revd Canon John Bundock	
All Saints and All Souls (transferred), 29 October	<p>There is one service only in our group</p> <p style="text-align: center;"><b><u>Patronal Festival: Five parishes fifth-Sunday</u></b></p> <p style="text-align: center;"><b><u>Parish Communion</u></b></p> <p style="text-align: center;"><b>10.30am at All Hallows Church, Tillington,</b> with +Ruth of Horsham presiding</p>		

### Additional services in our group during October:

**1 October:** 9.30am Harvest Festival Parish Communion at Fittleworth;  
11am BCP Holy Communion at Stopham

**8 October:** 8am BCP Holy Communion at Fittleworth; 9.45/10.15am  
Breakfast/All-Age Service at Fittleworth; 6pm BCP Evensong at Stopham

**15 October:** 9.30am Parish Communion at Fittleworth; 11am BCP Holy  
Communion at Stopham.

**22 October:** 9.30am Parish Communion at Fittleworth; 11am BCP Matins  
at Stopham

**29 October:** see above

**David Crook, Priest-in-Charge**  
(david.crook15@btinternet.com; 01798 865473)

What's red, green, and smells?  
An apple, a frog, and your nose.

# Kids' Pages

What do you get if you cross an apple with a computer?  
An Apple Mac

What kind of apple isn't an apple?  
A pineapple.



Why did the farmer decide to hang raincoats all over his orchard?  
Someone told him to get Apple Macs.

What lives in an apple and loves to read?  
A bookworm.

What's yellow and hangs from an apple tree?  
A stupid banana.

What do you get if you cross an apple with a shellfish?  
A crab apple.

What's worse than finding a worm in your apple?  
Finding half a worm after you've taken a bite.

# AN APPLE A DAY KEEPS THE DOCTOR AWAY!

**DOES IT? - YES, IF YOU THROW IT HARD ENOUGH!!!!**

How many different kinds of apples do you know about?

How many different kinds of apples are grown in the UK?



You know that there are two different kinds, eating and cooking apples. Well, actually you can eat cooking apples and cook eating apples but that's not the best way round!

Any guesses yet as to how many different kind of apples are grown?

TWO THOUSAND, FIVE HUNDRED APPLES, YES, 2,500

How many different ways have you eaten apples?  
Apple crumble, apple pie, baked apples, apple tart, any more?

2,500 apples are grown in the UK but about 7,500 different kinds of apple exist all over the world.

The Black Diamond Apple (Chinese: gāla guǒ; 嘎啦果) is a rare variety from the family of Huaniu apples which is cultivated in the Tibetan region of Nyingchi. Despite what the name suggests, the apple rather is a purple hue, with white pulp on the inside.




What about a crab apple? Not very nice to eat and not good for you as the pips contain cyanide, but they do make delicious carb-apple jelly!

What about an apple-pie bed? Have you ever heard of one? No it doesn't look like an apple pie but it is a joke that you can play on someone!

**An apple pie bed is when the sheets are doubled like the cover of an apple turnover to prevent anyone from stretching at full length between them.**

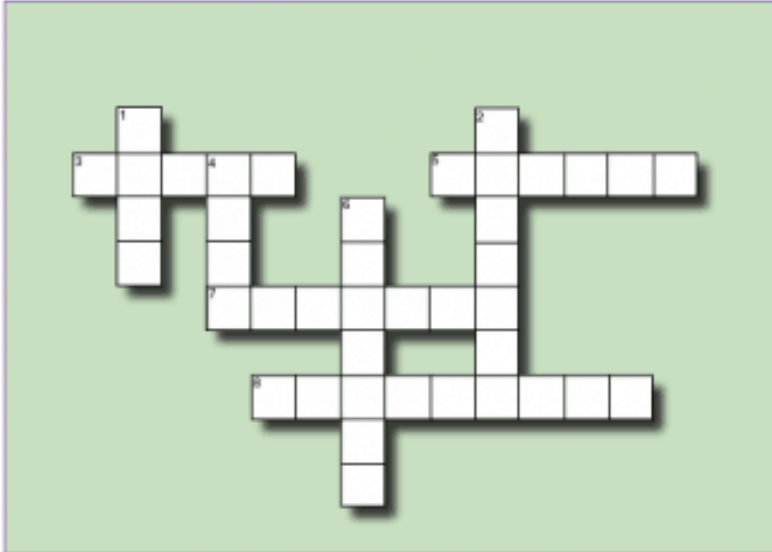


# HOW TO PICK THE PERFECT APPLE

	Eaten Fresh	Salad	Baked	Sauce
 Ambosia	👍 👍	👍 👍	👍	👍
 Braeburn	👍 👍	👍	👍	👍
 Cortland	👍	👍 👍	👍	👍 👍
 Crispin/Mutsu	👍	👍	👍	👍
 Empire	👍 👍	👍	👍	👍
 Enterprise	👍 👍	👍	👎	👎
 Fuji	👍 👍	👍 👍	👍	👍 👍
 Gala	👍 👍	👍 👍	👍	👍 👍
 Golden Delicious	👍	👎	👍 👍	👍 👍
 Granny Smith	👍	👍	👍 👍	👍 👍
 Honeycrisp	👍 👍	👍 👍	👍 👍	👍 👍
 Idared	👍	👍	👍 👍	👍 👍
 Jazz	👍 👍	👍	👍	👎
 Jonagold	👍 👍	👍	👍 👍	👍 👍
 Jonathan	👍 👍	👍	👍 👍	👍
 Macoun	👍	👍	👍 👍	👍
 McIntosh	👎	👎	👍 👍	👍 👍
 Northern Spy	👍	👍	👍 👍	👍 👍
 Paula Red	👍	👎	👍	👍 👍
 Pink Lady	👍	👍	👍 👍	👍 👍
 Red Delicious	👍	👎	👎	👎
 SweeTango	👍 👍	👍	👎	👎

You can find the story of Jesus raising Lazarus from the dead in the New Testament of the Bible, in the book of John, chapter 11 verse 38

## Jesus Raised Lazarus From the Dead Crossword Puzzle



### ACROSS

3. Opposite of life
5. When she heard Jesus had come, she went to meet him.
7. Not sister, but \_\_\_\_\_
8. This group plotted to kill Jesus.

### DOWN

1. Another word for "cried"
2. Jesus raised him from the dead.
4. Like a grave; where a dead person is placed
5. Village where Mary, Martha and their family lived





## RAINFALL FOR AUGUST 2023

Recorded by Fran Trimming in River  
(previous years recorded by John Mayes in Haymarsh)

<b>Year</b>	<b>August</b>	<b>Year-to-date</b>
2023	52ml	522ml
2022	49ml	307ml
2021	71ml	645ml
2020	93ml	472ml
2019	67ml	421ml
2018	82ml	619ml



## AVE A BANANA!

‘Ave a banana’ rings out part of the chorus of a once-popular musical hall song *Let’s go down the Strand*. The relevance of this bizarre rejoinder is a mystery to most of us, but early 20<sup>th</sup> Century audiences apparently enjoyed it greatly and now, most annoyingly, it’s stubbornly lodged in my own head!

The banana is undeniably a distinctive fruit (you could hardly mistake it for anything else!), but it is often the source of merriment. Banana jokes litter the internet, which also has a listing entitled *53 Songs about Bananas* (no, I did not dare click on the link – You can, of course, go bananas, in either a good way (excitement) or in a very bad way. You can be the top banana or a right ‘nana. The carelessly discarded peel is the perfect prop for a slapstick comedian and, yes, there really have been cases of a banana being used as a threatening weapon – obviously not so amusing for those at the wrong end.

For all this, *musa sapientum*, which translates to fruit of the wise men – is actually a very serious fruit.

Bananas are an essential source of food, income and employment for hundreds of millions of people in producer countries, which span six continents and are mainly, in non-developed countries. By a big margin, India is the biggest producer of bananas, but we are unlikely to find these on the shelves of our local Co-op, as India grows almost entirely for its home market. Indeed, only around 20% of the world’s banana crop is traded internationally. According to Internet sources huge plantations are the predominant production model for export bananas in Latin America and, increasingly, in Africa and Asia. These vast operations, which practice monoculture, may keep prices low but this often goes hand in hand with highly exploitative working conditions. It can also exacerbate the spread of crop diseases – like the Panama Virus; a fungal disease which devastated banana production in the middle of the last century and in a different guise is again causing great concern.

The Fair Trade Association work with smaller-scale producers to set minimum working standards and fairer prices, as well as supporting projects in local communities to help raise living standards generally, including housing and education. Here in the UK, where bananas account for 25% of all fruit eaten, imports are mainly from Latin American and the Caribbean. All our supermarkets stock Fair Trade bananas and, according to the Fair Trade Association website, three supermarkets - the Co-op, Sainsbury’s and Waitrose – only stock Fair Trade bananas.

The versatile banana that can be eaten fresh, cooked, or baked and it has high dietary value. Bananas are cheap to buy, quick and easy to eat and provide a great boost to energy. They are clearly a favourite of athletes - apparently an estimated 30,000 bananas (3.3 tonnes) were consumed by the players during

Wimbledon fortnight this year. That's a lot of bananas. I wonder what they do with the skins? The Fair Trade site suggests using the inside of the skins to relieve the discomfort from insect bite. More surprisingly, the skins can apparently also be used to clean and polish leather, as well as silver – just wipe with the skin and buff with a cloth.

The following are some recipes which work with bananas which are starting to soften a little.

### **Breakfast Blueberry Oat Pancakes** (serves 4)

This recipe is so quick and easy (and thoroughly delicious) and once mastered can be made in the same time it takes to mix a bowl of museli!

Blend/Mash **2 medium bananas** and mix with **3 medium eggs**, half a tsp of **salt** and **70g rolled oats**. Stir until smooth. Then cook in batches: Heat **a little butter** in a frying pan over a medium heat. Pour batter into the pan in rounds of approximately 10-12cm (approx. 1cm thick) and then scatter a few **blueberries** on top. When bubbles start form, flip the pancake over, reduce the heat slightly and cook until both sides are golden brown. Its not a requirement but a little maple syrup works a treat.

### **Banana Loaf** (thanks to BBC Good Food)

Heat oven to 180C/160C fan/gas 4, butter a 2lb loaf tin, and line the base and sides with baking parchment.

Cream **140g softened butter** and **140g caster sugar** until light and fluffy, then slowly add **2 beaten large eggs** with a little of the flour (**140g of self-raising flour** in total). Then fold in the remaining flour, **1 tsp baking powder** and **2 mashed bananas**. Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of your loaf tin. Cool in the tin for 10 mins, then remove to a wire rack. Mix **50g icing sugar** with 2-3 tsp water to make a runny icing. Drizzle the icing across the top of the cake and decorate with a **handful of banana chips**.

### **1-Ingredient Banana Mousse**

When you suspect the bananas in your kitchen will be over ripe before you can use them, chop them up and put in a bag in the freezer. When ready to make the “mousse” partly defrost the bananas (important to not be fully defrosted) then whizz in a food processor. That's all it takes. Surprising, but it worked for me! Note, however, that you need to eat the dessert almost immediately after making.

Enjoy your bananas, but remember, they don't grow on trees – *musa sapientum* is technically a herb!

Barbara

## GARDEN NOTES

The majority of questions following my talks at The Floral Fringe Fair were about composting, which is pretty much my favourite subject! People can struggle to get their compost working efficiently. Good, aerobic compost relies on a mix of green (soft green herbaceous material, annual weeds, grass clippings, fruit and vegetable matter) and brown material (chopped up woody prunings, leaves, rose prunings, ornamental grasses or other herbaceous that has 'browned off'). The green stuff is the nitrogen and the brown stuff is the carbon. It is essential to have a good mix of both. otherwise you will either end up with a dry, grey heap that refuses to decompose (too much brown carbon) or a wet, slimy heap (too much green nitrogen) that has become ANAEROBIC. The heap must be aerobic to rot down properly; it needs air. The brown carbon material separates out the green nitrogen material allowing air to flow through the heap. If it is anaerobic, it will not rot down.

With correct decomposition, the heap really heats up and composts efficiently. Grass clippings, coffee grounds and urine are all great activators (.....so no need to go back into the house during a gardening session!!). An efficient and well managed compost heap should take about 12-18 months to be ready for use as a mulch on your borders, vegetable patch etc.



If you don't have compost bins but would like to, the cheapest option is to make them out of pallets. A great use for an otherwise waste product. Tie four pallets together with wire at each corner, to make a square. Site the pallet bin on soil not paving so the microorganisms can enter your heap from beneath. Compost heaps make fantastic homes for the smallest in the food chain; nematodes, bacteria, insects and worms which then provide food for the next in the food chain; toads, small mammals, slow worms, birds. So compost heaps are a brilliant resource in the garden for you, providing free mulch, they are a brilliant habitat for wildlife and they recycle your waste food and garden material. What's not to like?

Compost heaps do need managing, and once out of control, will not produce compost but instead be an unsightly pile of rubbish that cannot be used. If you have bins that have got to this state, remove the material, cutting it up smaller, mixing the ingredients more and adding in activators. If you don't have the time or inclination to do this, get in touch. Compost renovation is what I do.

*Allow a Wildflower* suggestion this month is Forget-Me-Not (*Myosotis sylvatica*) which might well be having a second flush in your gardens in October. The seedlings are semi evergreen so provide some ground cover through the winter. In spring, there is nothing prettier than a haze of fresh new Forget-me-nots gathered around spring flowering bulbs; bright red tulips, daffodils, muscari etc. They have such a delicate blue flower that often varies to a pink or mauve colour. Once the flower has died off, they are very easily pulled out, but they do like to cling to your clothes so don't weed them dressed in your Sunday best! Until next month.....

***Beverly Exall BSc, MCIHort, MPGCA 07867 544845***



The forget-me-not is used by the Alzheimer Society as their emblem.



## NITHURST FARM

Jessica and I had been coming to Nithurst Farm since 2009, and we moved here full-time in 2013 when our second child Eddie was born. As the idea of building a new house began to form, we thought and talked a great deal about how we would like to live in it. Working as an architect, I find that my best projects come about as the result of a collaboration with my clients – and so it was with Jessica, who had strong ideas about how the spaces should work: her instincts about how we would live here as a family were central to the design that was built. Jessica was pregnant with our third child, Ivan, whilst the house was being designed, and she was clear that bringing up three children meant that the kitchen and dining areas would be the most important in the house. She also felt it important for the children’s play area to be a part of this ‘main-space’. This led to a design somewhat like a medieval Great Hall, with the kitchen, dining areas and playroom all in one 15 foot high space – complete with a ‘minstrels’ gallery’. Our more ‘grown-up’ sitting room is also partly inspired by medieval houses, taking the form of a ‘Solar’ in relation to the Great Hall.

The house is built from structural concrete surrounded by a thick brick skin - a modern house wrapped in a ruin. Arched brick window openings give ‘cadence’ to the long side elevations, expressing the weight of the walls. The backs of these arches are visible from within the house, differentiating the inner and outer leaves. By contrast, the south elevation rises to form a tower, expressed as a grid. The house feels both ancient and contemporary – its weighty and tactile materials speak to those of the surrounding farm buildings, whilst the abstraction of its stepped form is suggestive of minimalist sculpture.

The ground floor plan consists of two main spaces, enlivened by six internal concrete towers, each containing secondary rooms such as cloakroom, study, larder etc. The character of the main space is informed by Renaissance drawings and by Palladio’s plan for the Villa Barbaro. It is tapered, creating a false perspective that heightens the sense of a journey to the main sitting room beyond. This sitting room - the house’s principal space - is reached through a dark, labyrinthine passage which exaggerates the impact of this south and west facing room: full height windows fill the ‘Solar’ with light.

Internally the exposed structural concrete walls and ceilings are left deliberately rough-and-ready: just as they came out of the formwork. The feel of the spaces is softened by offsetting the concrete with pale pine floorboards, sisal carpets, and brass fittings.

With influences ranging from Vanbrugh to Tarkovsky, the design has multiple layers of reference and association, each informing the whole, enhancing its meaning, whilst creating a beautiful place to live.

We moved into the new Nithurst in February 2019, three years after obtaining planning consent from the South Downs National Park Authority. We were so pleased that the Park's planners could see the quality of the design work that had gone into it: in recommending the project for approval, the Design Officer considered that the house would become a 'heritage asset in the future'. Now that we have lived here for four and a half years we are able to look back and see how important those early design discussions were: our lives as a family have been made so much richer by the way we are able to live here, and so much of that was down to Jessica's instincts about the design.

Nithurst has won a number of awards, including the Royal Institute of British Architects *South East Building of the Year*, it won the Georgian Group's '*Giles Worsley Award for New Work in the Spirit of the Georgian Era*', and Wallpaper magazine's worldwide *House of the Year*. The house is now included in Pevsner's *Buildings of England: West Sussex*, and it will feature in a new book: *The Iconic British House – Modern Architectural Masterworks since 1900* by Dominic Bradbury, published this September.

Adam Richards





Erica Leigh's Desert Islands Discs this month. Erica and her husband Colin live close to the old Petworth Railway Station and are very much involved with the community in Tillington

\*\*\*\*\*

1. Stranger on the shore - Aker Bilk.- Reminds me of my dad & childhood.
2. Summer Breeze - The Isley Brothers - Memories of the heatwave of 1976 and being 15 at the beach each day for a glorious summer!!!
3. The Circle Game - Joni Mitchell A bedtime lullaby when my children were small.
4. True Colours - Cyndi Lauper Our wedding dance sung by my daughter.
5. Bookends - Simon & Garfunkel Just love it!
6. Suzanne - Leonard Cohen Music to chill to.
7. Down to the river to pray - Alison Krauss Beautiful
8. Starman - David Bowie Or anything by him!

Book: Frenchman's Creek - Daphne du Maurier  
Romance AND pirates

Luxury: wind up radio—I can't be without my music

Desert Island Discs is a radio programme broadcast on BBC Radio 4. It was first broadcast on the BBC Forces Programme on 29 January 1942.



## **LOOK OUT—THERE’S A THIEF ABOUT**

In recent weeks, two serious burglaries have taken place in Duncton. Unfortunately, the police have been unable to match fingerprints and DNA with anyone on their database. The police said these burglaries were carried out by ‘professionals’. They were able to access the properties through back or side doors not visible from the street and without doing much damage – hallmark of the pro. The police say such burglaries are planned and once the burglars have succeeded in a particular area, they will move on to somewhere else. Small comfort perhaps.

They usually strike when they see the owners’ vehicles have left the property. Once inside, they are after jewellery and small valuables and sometimes they take spare car keys and then come back later for the car. Given the new policy requiring police to act on all crime, installing an alarm and cameras can be helpful.

Other police advice following the Duncton break-ins is to have lights or a radio in the house set to come on on a timer switch. If you are going to be away, try to get a friend or neighbour to park a vehicle on your drive and hide any valuables out of sight, possibly in the loft. It is very distressing to come home to a ransacked house, so well worth giving some thought to whether you have done all you can to keep your home secure.

## **AND BE ON GUARD AGAINST TELEPHONE SCAMS**

It is also most upsetting to be scammed by telephone. There have been recent cases of this locally too. You receive a call from someone claiming to be a police constable from Guildford telling you that the police have detained someone using your card to buy goods and that you will receive a call from Scotland Yard to ask for your help in catching the criminal. He then says he can be verified by calling the bank BUT the bogus policemen keeps the line open so that you think you are speaking to the bank but it is still someone involved in the scam. Pretty soon they will be asking for your bank card details. If you want to ring back, use a different phone.

Another involves someone calling to say there is a problem with the Microsoft account on your computer and then requesting bank details for a payment to sort out the problem. Never allow access to your computer to someone who calls you.

**REMEMBER** your bank will never ask for bank details over the phone. Never give your bank card number or PIN to anyone making a cold call to you, no matter how plausible they may sound. Don’t trust cold callers. These scam calls are becoming increasingly frequent.

Sue Laker

## **PROLONGING SHELF LIFE BUT NOT HUMAN LIFE?**

It caught my eye in the Daily Telegraph recently. How healthy is your supermarket loaf? If it was all brown and seedy, surely it was good for me? As I read on...the bread winners and losers were competing in the ultra-processed food category.

Ultra-Processed Food is believed to be at the root of the worldwide obesity pandemic. Britain and US are the biggest consumers of Ultra-Processed Food and in consequence both nations' health is suffering drastically. Significant research around the world and over decades has linked excessive UPF consumption with increased incidents of raised blood pressure, heart attacks, dementia, Type 2 diabetes, obesity, and cardiovascular disease.

Simply put, the lower the intake of UPFs (two servings a day or less), the lower the risk. The higher the consumption, say 4 servings a day or more, and the risk of poor health increased 62%.

### **What is an UPF?**

A product that contains at least five ingredients that you would not use in home cooking and that you do not understand, according to Professor Tim Spector, at King's College, London. It is a radically changed foodstuff, which has been industrially manipulated to alter its consistency, with an array of chemicals you would not find in your kitchen.

### **Why?**

Normal ingredients are processed to increase shelf life, flavour and appearance. More sugar, salt, emulsifiers, flavouring and dyes are thrown into the mix. They often market themselves as healthy. They are not.

### **What's The Problem?**

They deliver food that is easy to serve, that often promotes itself as beneficial but that has had most of its nutritional value processed out of it.

UPFs are hyper-palatable and hyper-flavoured. They are often ready to eat, easy and tempting. Maybe a little bit addictive? Pringles are for me!

UPFs are usually cheaper...and marketed for their convenience and shelf life.

UPFs carry more calories than their unprocessed equivalent, so weight gain is frequently the consequence.

Further research is ongoing to explore the effect UPFs have on the gut microbiome, which influences your immune response among other things. Other research continues into whether ultra processing itself is harmful to humans. The evidence is there.. but direct causation is still being researched.

## What's not to like?

Many of these are my favourites, so this is difficult to write!

Ham, Salami, Sausages, Hotdogs, Ice cream, Fruit yoghurts, Crisps, Oven chips, all fizzy drinks, instant soup, ready meals, fast food, sugary breakfast cereals, shop-bought sliced bread, packaged bakery items, Muffins etc. crab sticks, nuggets, snack bars, Vegan fake meats and cheeses, and some non-dairy milks and spreads, and prepared pasta dishes.

It is very hard for people on a tight budget or with school children, to avoid UPFs, but the harm they're doing is significant and extremely worrying. Cutting back is a brilliant start to improving our health.

## How to cut back?

Look at the labels to see what's in your shopping basket. Has it got 5 to 10 mysterious ingredients? Think twice... Do you need it this week?

Try to make room or time for more home cooking. If you have a freezer, batch cooking helps enormously.

Use fewer ready-made sauces, try making your own. (BBC Good Food website budget page will give some very good tips.)

Buy **good** whole grain seeded bread. See the winner of the bread competition at the end.

Avoid sugary cereals, it may take a week or two to get the kids used to it! There are healthier options....so check the labels.

Less pizzas, crisps, sweets and snack bars, will go a long way to make room for healthier options.

Plain yoghurts are fine. Fruity ones are not good for you or the kids. Can you add your own pieces of fruit? Tinned or frozen are good and cheaper.

Drink water more and more. Remember, your favourite fizzy is an enemy in disguise.

Pulses, lentils, porridge and eggs -all fill you up, and are very inexpensive whole foods, as are fruit and veg.

Experiment for a week and see what works....a month and you could feel different!

The Winner of the UPF Bread contest was:

**Sainsbury's Soft Multiseed Farmhouse Wholemeal...no UPF's at all!**

The loser was Sainsbury's ordinary Wholemeal bread.... Full of UPF's.

Bread is our staple...we need to be eating the one that does the least harm and still tastes good! Good luck with the experiments.

Shelley Fergusson

## **FOODBANK 10-YEAR ANNIVERSARY**

In June, we marked the ten years that the Chichester District Foodbank has been open with a service at Chichester Cathedral. When Joanne Kondabeka, CEO set up the first foodbank centre in Chichester, then the centres at Selsey, Midhurst and Petworth, it was not expected that foodbanks would still be needed by 2023, let alone that demand would be greater than ever.

We can only keep going thanks to the amazing generosity of the public in donating food and money and of the volunteers in the district who give up their time to keep the foodbank running. In our Petworth centre, we have thirty dedicated volunteers who do a range of different roles including collecting and sorting donations, packing boxes, delivering food, helping with events and speaking to clients.

Our focus is no longer only on supplying a 3-day food parcel - we want to help clients find a way out of their crisis. This means directing or signposting them to other sources of help that they may not be aware of. This can be the Citizens Advice or Supporting You, who can help to sort out utility bill payments or provide benefits or debt advice, or other charities and professionals who can provide help with a range of issues such as finding work, homelessness, mental health problems, tackling social isolation and family support.

### **Seaford College community action day**

In June, we were fortunate to have help from Seaford College in cleaning our foodbank. Thank you very much to the two teachers who came to help us – it was a day of solid work but much was achieved.

### **Petworth Fete**

We had our first ever stall at the fete in July. There was a great response from the public and our tombola tickets sold quickly. In total we raised over £700.

This success was in no small part down to the many wonderful prizes that were given to us by local businesses, so thank you very much to them for such generous donations.

### **Petworth Festival Service collection**

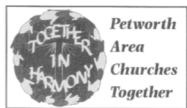
Many thanks to all those who gave to the collection during this service at St Mary's church in Petworth in July. In total, just over £369 was raised, which is a terrific contribution to our work supporting people in crisis.

### **Kids Lunch Packs**

This summer we delivered 82 boxes of food to children in the Petworth area including the surrounding villages. Our lunch packs are provided to children who normally receive free school meals due to low income and are store cupboard staples to help cover the loss of those meals in the main school holidays.

These boxes were packed for us by Seaford College students and staff, and all the food was paid for by parents of children at the college. In addition, we were given freshly baked bread from SØDT bakery. We are so grateful for all this incredible support.

With good wishes from Petworth Foodbank For assistance, 01243 773687 or help for hardship 0808 208 2138.



**P A C T NEWS**  
**Petworth Area Churches Together -**  
*working together in harmony*

**OCTOBER NEWS**

On Friday October 6<sup>th</sup>, Petworth Area Churches Together (PACT) is holding their Autumn Lecture at St. Mary's Church, Petworth GU28 0AD at 7.30. The speaker is Rev'd Stephen Gurr, Ford Prison chaplain. The Talk's title is *Pastoral Care: More than just Tea and Sympathy*.

The talk is particularly appropriate for solicitors, carers and healthcare professionals working in emotional support.

All are welcome, with refreshments at the end. More information from Gerald-greshamcooke@gmail.com ,

<https://petworthareachurchestogether.com/>

**PETWORTH HOUSE**

**October Half Term: Halloween Trail**

**Saturday 14<sup>th</sup> – Sunday 29<sup>th</sup> October, 10.30am - 3.30pm**

Explore the gardens and solve the spooky mystery of a stolen pumpkin on our Halloween Trail this October Half Term.

With activities, games and challenges for the whole family to complete together.

Pick up a free trail map from visitor reception. Normal admission applies.

**Deer Rut Guided Walks from 16th-30th October**

Discover more about the annual deer rut on this 2 hour guided walk. There is a chance we might see some examples so we recommend bringing binoculars, and there will be an element of hiding and remaining silent.

This walk will be outdoors on some uneven ground. Please come prepared for the weather and wear sturdy footwear. Adult tickets are £5 each, children go free.

## 24 HOUR DAY OF PRAYER

Every year, we try to hold a 24 hour day of prayer in our church, to focus our minds and hearts on a particular theme; and to provide an opportunity for peaceful reflection. Held on 26<sup>th</sup> August, this year's theme was Hope. A small team co-ordinated by Shelley Fergusson organised various 'stations', highlighting some areas of life - locally and worldwide - where individuals and organisations are working very hard to bring hope. The stations reflected how Hope could be found within prisons, where groups, for example, Prison Fellowship and Literacy Support all help provide a chance for a new beginning. Hope for our young people, supported locally by organisations such as the Sylvia Beaufoy Centre. Hope is brought by those working in support organisations such as the Petworth Food Bank and Liaise debt advice. And hope offered by the many organisations working worldwide to reduce the effects of climate change. Hope was also to be found in the natural world around us, which regularly recovers from great devastations of fire and flood – small green shoots heralding new life and new beginnings. A rota provided opportunities for members of the community to sign up for an hour (or two) sitting in the church, and taking time to reflect. Some enjoy the deep quiet of the night hours .. but some of us saw the dawn come up over a beautiful Tillington – a new day filled with new Hope.



*When the atomic bomb was dropped on Hiroshima in 1945, six Ginkgo trees were among the few living things to survive within a short radius of the blast site—and they're still standing today. Thus, the Japanese regard the ginkgo as "the bearer of hope."*

Jenny Willims



24TH-27TH OCTOBER

SCAN TO BOOK



Get ready for a bewitching experience at Sky Park Farm this October half term event! From spine-tingling creepy crafts to mysterious special guests. Dive into a world of creativity, crafting eerie masterpieces. Hosted by our resident witch, the excitement is set to soar.

Join us for ghoulishly good fun, where imagination knows no bounds. Monster School promises an unforgettable, frightfully fancy adventure for all little monsters. Don't miss out on the most hauntingly delightful experience of the season!

Visit [skyparkfarm.com](http://skyparkfarm.com) for more information

# THE ARTS SOCIETY SOUTH DOWNS

WEDNESDAY 4<sup>TH</sup> OCTOBER 2023

## **WOMEN BEHIND THE LENS, OUTSTANDING FEMALE PHOTOGRAPHERS**

**By BRIAN STATER**

**BRIAN STATER** has written on architecture for a wide range of publications and an exhibition of his own photographs was held at UCL. He is a member of the Association of Historical and Fine Art Photography

Wednesday 1<sup>st</sup> November 2023

**PACKING UP THE NATION-Saving Art in WW2**

**By CAROLINE SHENTON**

**Caroline Shenton** was Political Writer in Residence at Gladstone's Library in 2017, has appeared at the Cheltenham, Hay and Henley literary festivals and on BBC radio

Talks are in Fittleworth Village Hall, RH20 1JB

10.30 am for Starting time **10.45 am**, preceded by coffee from **09.50 am**

Members Free, new Members welcome, Visitors £7

Further details on: [www.theartssocietysouthdowns.org.uk](http://www.theartssocietysouthdowns.org.uk)

Or Jane Allison on Tel 01798 813314

### **PETWORTH & DISTRICT OVER 60S CENTRE – THE FRIENDSHIP CENTRE –**

You may have noticed that work has been going on in Trump Alley. This is to provide a smooth access to the Friendship Centre; doing away with some of the cobbles that make walking and pushing a mobility aid difficult. I hope this will encourage more of you to visit the Centre.

The Petworth Village Minibus is available to bring members into the Centre on Tuesdays, and Wednesday afternoons when there is a Bingo sessions.

In October there will be bingo sessions on Wednesday 4th and 18th at 2.00pm, and the minibus will be available to bring members to the Centre.

We are holding a Coffee morning on 21st October in the URC from 10.00 am and we welcome any contributions towards the Tombola, Raffle, Bric-a-Brac and cakes and produce stalls, and of course your presence.

Make a note in your diary for The Christmas Tea on 3<sup>rd</sup> December at the URC and there will be a Christmas Raffle in the Centre later in the month.

*Caroline Stoneman* – House Committee Chairman (01798) 342942



# The Arts Society West Sussex

On Tuesday 3rd October Gavin Plumley will give a talk on

## **“Bauhaus: The Idea and Reality”**

Founded in 1919 in Weimar, the Bauhaus was a progressive art school. The talk looks at this hugely influential movement and explores its legacy in our world and our homes today.

Talks held at 2pm in Fittleworth Village Hall RH20 1JB

**Doors open 1.40. Coffee & tea afterwards. Non-members welcome for £7**

**Contact Jackie Buckler on 01903411086 or email [westsussex@theartssociety.org](mailto:westsussex@theartssociety.org)  
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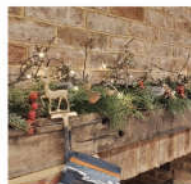
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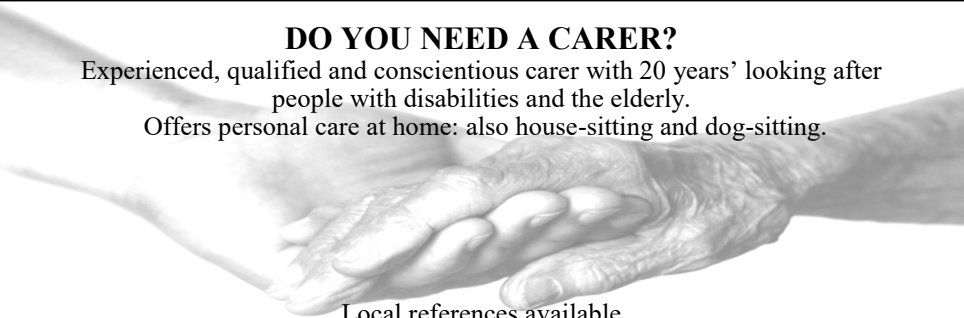
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Monthly Lunches		
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Petworth Surgery		01798 342248
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Tennis Club	Sophie Bamber	07810 790403
Tillington Charitable Trust	Hugh Rolfe	01798 861369
T.L.C.	Tillington Local Care	07910 234862
Women's Breakfast	Shelley Fergusson	01798 345150
Croquet Club	Katharine Minchin	01730 813586
Duncton Walkers	John Mayes	01798 368345
Neighbourhood Watch	Susan Thomas	01798 344352
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**TILLINGTON** – See front pages for Church, Bell Ringing, Parish Council and Village Hall.

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**UPWALTHAM** -See front pages for Church.

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