### HERSTMONCEUX AND WARTLING

## **PARISH NEWS**

May 2023 50p



### This Month

Rev Peter writes his letter from the Cottage; Melinda's Famous Hymns column covers "Alleluia! Sing to Jesus", Rev Peter's Thoughts Page; plus the regular columns and news from around the parishes.



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### From One of the Ministry Team

Just recently somebody told me that everyone seemed grumpy. I am sure that this is an overstatement, but I have noticed when I do my weekly shop that a lot of people look worried. Almost every week it seems that some of the 'staple' foods have gone up in price, or else the quantity has gone down.

Certainly the annual rate of inflation is still above 10%. In the past 3 years we have all been going through extraordinary times. Just over 3 years ago we all experienced the first lockdown as a result of Covid. Freedoms we took for granted were suspended. Thankfully our world showed its resilience and vaccines were discovered, mass produced and rapidly distributed. Although Covid has not gone away, and there is no known cure as yet, it has become similar to flu in that there is some sort of control.

Levels of life and business began to get back to pre-pandemic levels, then in February 2022 Ukraine was invaded by Russia.

Most of us have not experienced the terrible consequences of a world war, although Russia has not started a world war we are living in very unstable times.

The Russian leaders aggression backed up by false propaganda have had a devastating effect on many people's lives. We all knew only too well the impact that this has had on heating costs – electricity, gas and oil. Increases in petrol and diesel have also had an upward pressure on transportation of raw and unfinished items. Inflation has rocketed so everything costs more.

One man's actions has caused so much grief to so many people, particularly to the Ukranian population.

Thankfully many countries are helping, with Ukranian refugees and also supplying help to Ukraine to stop the Russian advance, and also work to eject those invaders from Ukraine. We must pray for this aid to be continued. "All that is necessary for the triumph of evil, is that good men to nothing" words ascribed to Edmund Burke in the eighteenth century.

If we contrast this Russian action with Jesus. Then he will fade from memory, Jesus 2000 years after his death had and continues to inspire so many. Latest estimates put the number of Christians in our world between 31% and 32%.

Jesus' legacy has stood the test of time. Jesus did not come to impose his will, rather by his teaching and healing he showed people in the 1st Century AD right through to the present day how to live out our live, by helping our neighbours whoever they maybe. In our present times of great difficulty, we can see the way people have rallied around to help others.

One more thing, we have just celebrated Easter, Jesus triumphed over death, showed himself to many people. Christians are Resurrection people. Jesus promised eternal life. We try to do what we can, sometimes we fail, but God is merciful, and his Son, Jesus intercedes on our behalf.

With love and prayer.....John.

### From the Cottage

We all bear scars

I've been thinking about scars recently, especially when I read about Jesus appearing to his disciples and showing them the marks of his torture and death. The fact is that His resurrection did not erase the marks of having lived his life, or even having endured his death. I find it comforting that when Jesus rose from the dead He was recognisable by his scars, by his wounds.

And that is true for us also. We can only really know and be known when we talk about our scars. I never really feel a connection, to become close to someone until they have shared with me the broken parts of themselves. I am often inspired by the accomplishments of others I know, but I only feel that I know them fully when they feel confident enough with me to share their failures and hurt. As Beyonce said on her record, 'Sandcastles', "Show me your scars and I won't walk away".

Scars are the remains of our wounds, and they can be physical, mental and emotional. If you have been involved in abuse, deception or break up, then you will always be someone who was involved in abuse, deception or break up, there will always be that mark, that scar. Those scars never leave, because everything that has happened to you has happened to your body. Every act of violence and every hateful thing that has been said to us has happened to our bodies, and we carry all of it with us, like some unerasable computer hard drive, in some form or another. We, like Jesus, are the walking embodiment of our life story. The scars from that aren't optional, the pain can remain, but in the same way that Jesus still bore the marks of that pain, the pain did not define Him, and the marks of our past pain do not define us either.

When Jesus appeared to the disciples, He still bore his scars, just as we do. Our scars and our sorrow will always be a part of our story, but they will never be the conclusion of our story. This means that even when you feel trapped in your pain, trapped in your past, trapped in your own story as though it also is like a tomb, know this, there is no stone that God cannot roll away.

Rev Peter

### **All Saints**

Thanks to all the talented Flower Ladies who decorated the Church for Easter - it looked lovely.

Carolyn Shepherd

### Services in Herstmonceux and Wartling Parish Churches This Month

Sunday 7th May 5th Sunday of Easter.

8am Wartling Holy Communion Acts 7:55-end. John 14:1-14.

11am Herstmonceux Family Service

(Barbecue to follow)

Sunday 14th May 6th Sunday of Easter

8am Herstmonceux Holy Communion

Acts 17:22-31. John 14:15-21

10am Wartling Holy Communion

Acts 17:22-31. 1 Peter 3:13-end.

John 14:15-21.

6pm Herstmonceux Evensong.

Psalm 147:1-7. Isaiah 22:15-22.

Philippians 3:13b-14.1.

Thursday 18th May Ascension Day

12pm Herstmonceux

Acts 1:1-11. Luke 24:44-end.

Sunday 21st May 7th Sunday of Easter

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10am Herstmonceux Holy Communion

Acts 1::6-14. 1 Peter 4: 12-14 + 5:6-11.

John 17:1-11.

6pm Wartling Rural Service

Sunday 28th May Pentecost

NO 8AM

10am Wartling Pentecost Holy Communion

Acts 2:1-21. 1 Corinthians 12:3B-13.

John 20:19-23.

6pm Herstmonceux Pentecost Sons of Praise

4th June Trinity Sunday

8am Wartling Holy Communion

2 Corinthians 13:11-end. Matthew 28:16-end

11am Herstmonceux Family Service

With Baptism.

### **Knit & Stitch**

We are not meeting in May for a normal meeting, but, once a year, we meet socially for a meal. We decided that as we couldn't fix a date that we could all manage, we would have an afternoon tea so that's what we are doing this month.

If you are interested in coming to our next meeting which is June 19th please feel free to join us, we are a friendly crowd come and meet us. Pam.

### **Shoebox Appeal**

I am happy to tell you that Mustard Seed are sending shoeboxes to Moldovia again this year.

Unfortunately due to the war in the Ukraine, they were unable to deliver any last Christmas, I felt really sorry for the children who usually get a box but let's make up for it this year. If you would like to prepare a box, the age range is 5-16yrs girls or boys, please get in touch for a leaflet which tells you all about it. I use the opportunity of sales, reductions and end of lines to start putting things away from now on. The boxes are usually sent in November, but watch this space and I will let you know the final deadline. I am happy to talk to anyone about this charity as I picture the faces of the children who have nothing during the year but have a box once a year.

### **Coffee Morning**

It's Herstmonceux's turn for the Coffee morning this month. Come and have a drink and cake on May 13th between 10-12noon. Good cake, good company.

### **Vitality Villages**

The next coffee morning will be held from 10.00 am to 12 midday on Wednesday 17th May in the Friends Meeting House West End Herstmonceux

We welcome everyone to join us for a cup of tea or coffee, homemade cakes or biscuits with a fun quiz and a chance to meet friends old and new for a chat. Please come and join us and bring a friend!

Wednesday 17th May – A talk on Hedgehog Rescue

### **All Saint's Plant Sale**

All Saints Plant Sale will be held at the Village Hall on Saturday 20th May 2.30pm.

We rely on donations of plants at this annual event and would be very grateful for seedlings of flowers and vegetables - (we are good at guessing, but a label would be helpful!). Perennials, houseplants and herbs, gardening books and garden sundries will all be gratefully received at the Hall between 1 - 1.30pm on the day.

We look forward to seeing you that afternoon.

### FORTHCOMING EVENTS

- Coronation Tea Party 8<sup>th</sup> May
- Coffee Morning 13<sup>th</sup> May
- Vitality Villages Coffee Morning 17<sup>th</sup> May
- Herstmonceux WI Meeting 17<sup>th</sup> May
- All Saint's Plant Sale 20th May
- Sponsored Walk 21<sup>st</sup> May
- Community Coffee Stop 29<sup>th</sup> May
- Knit & Stitch 19<sup>th</sup> June

### **Famous Hymns**

**Alleluia! Sing to Jesus**, William Chatterton Dix (1837-98) with thanks to tribuneonlineng.com and to holytrinitymalvern.com

This Ascensiontide poem, originally entitled "Redemption by the Precious Blood", was inspired by Revelation 5:9. You may remember William Chatterton Dix, a marine insurance agent whose "As with Gladness Men of Old" featured in January 2020's Parish News? Bedridden with a near fatal illness in 1866, Dix found the hope to pen these joyful words of victory, and it was first published in his Altar Songs, Verses on the Holy Eucharist in 1867. A year later it was included in the Appendix of Hymns Ancient and Modern, with a tune (rarely sung today) written specifically for it by Samuel Sebastian Wesley, called Alleluia.

Dix emphasises Christ being with us at all times as our redeemer, intercessor, Lord & friend; our heavenly manna, sustaining us with spiritual nourishment. The hymn praises Jesus for what he has done and is doing for us.

Verse 1 praises Christ for his victory at Easter - 'his the triumph, his the victory alone.' In the Old Testament, the coming Messiah is pictured as sitting with his sceptre on a throne, both symbols of kingship and authority mentioned in line 2. Verse 2 praises Christ for His promises and reminds us of them: they're for all of us if we come to Him in faith, trust and accept Him. Jesus told his disciples he would not leave them "comfortless," a term which in the original Greek literally means 'orphans' (see John 14:18-20) – the word used in line 1. 'Though the cloud from sight received him' reminds us specifically of the Ascension and 'When the forty days were o'er' counts the days from Easter to Ascension. Verse 3 praises Christ for his intercessions on our behalf, ever pleading with God for us, for our needs and forgiveness (see Hebrews 9:11). 'Thou within the veil has entered' in verse 4 is a further reference to the Ascension.

Dix was a man of high churchmanship who felt the Church of England didn't have enough Communion hymns – he makes an obvious reference to communion in the very last line of this Ascensiontide hymn.

Alleluia! Sing to Jesus is commonly sung to the tune Hyfrydol – a Welsh word meaning 'delightful, agreeable, pleasing, pleasant, beautiful, fair, fine; sweet, melodious'. Its composer, Rowland Huw Prichard (1811-87, sometimes 'Pritchard'), lived most of his life around Bala, a small market town in the Snowdonia National Park. Hyfrydol seems to have been rather a one hit wonder - he wrote it when he was nearly 20 but sadly, apparently composed nothing else of note. Hyfrydol was originally published in Prichard's handbook to a children's songbook ("The Singers' Friend") in 1844. Best-known arrangements of the melody are by Ralph Vaughan Williams, who originally used it in his revision of the English Hymnal; he also composed some variations on this theme and it features as the third of his Prelude on Three Welsh Hymn Tunes (1955) for brass band.

Melinda Stone

### Weather in March and early April 2023 - Spring Delayed

The weather in March proved to be a damp and dismal affair and not too warm either. I described in this column last month how the dry conditions of February and early March had given way to wind and rain. That change set the tone for the rest of the month. Rain fell on all but nine days. There was only one day in the second half of the month when there was no rain to measure. It was often windy. A sequence of depressions took up residence in the central Atlantic shovelling bands of rain across the UK. High pressure visited us only briefly before being summarily barged into Europe by the next Atlantic system. The month ended with a vigorous depression crossing England and Wales from the west to provide a climax to a very wet month when, all told, five inches of rain fell here in Cowbeech.

The average daily maximum temperature was a tiny bit lower than the comparable figure for February. There was little wind in February whilst the opposite was the case in March leading to much more wind chill which undoubtedly subdued daytime temperatures. The warmest day was the 29th when the temperatures reached only 14.5°C, low by the standards of recent years. The coldest day was the 8th when the daytime high was just under 4°C. By day, this March was the coldest since 2018 when 'the Beast from the East' paid us a visit. However, the strong winds and unsettled weather gave us relatively mild nights with only four air frosts in the month. The coldest night was on the 10th/11th with a low of -1.9°C whilst the warmest was on the 30th with a minimum of 10.5°C.

For the UK as a whole the warmest day was the 30th when Santon Downham in Norfolk hit 17.8°C but, if it was cold weather you were after, Altnaharra in northern Scotland was the place to go with daytime highs of only -2.4°C on both the 8th and 9th and an overnight low on the 9th of -16°C. Anyone in Capel Curig in Snowdonia on the 13th would have experienced a real drenching with 85.8 mm (3.38 inches) there that day. The sunniest place in the month was Aberdeen Airport on the 8th with 10.3 hours of bright sunshine, early in the month for the sunniest day, an indicator of how dreary much of the March weather was.

The long range forecast for April was quite upbeat but events in the first two weeks proved otherwise. The first four days were not too bad, dry but cold, particularly at night, with some sunshine. Rain arrived on the evening of the 5th with a wet night to follow. Maundy Thursday was a showery day with thunder heard in the early evening. Good Friday and Easter Saturday were fine once early mist and fog had cleared but Easter Sunday was marred by lingering mist until early afternoon when the sun shone briefly. It rained all morning on Easter Monday before an improvement later in the day but the next few days were stormy thanks to a visit by Storm Noa. Rain and showers were interspersed with drier spells but the wind blew relentlessly culminating in a gust of 54 mph at 16:00 on the 12th. The 14th was another wet and cold day but, as I complete this column on the 15th, a dry spell really does look in prospect now albeit with a chilly easterly wind.

It is often said that the weather in the USA comes to us a week later but thankfully that has not occurred. Indeed, there is little truth in that suggestion. California has endured yet another bout of severe flooding with huge dumps of snow in the mountains. Tornados have menaced the central plains whilst the mid-west has suffered several winter storms. All this activity has invigorated the Atlantic jet stream so although we have not experienced the weather in America it has certainly been responsible for the sub-optimal weather here in March and early April. I truly hope this column next month can be able to report on some spring warmth.

### Ray and Sheldon club for the young at heart over 60's

Are you looking for new things to do in Herstmonceux and surrounding villages?

The Ray and Sheldon club is for everyone over 60, we meet twice a month on a Friday afternoon in Herstmonceux village hall from 2pm to 4pm. It's only £4 each visit and it includes a cup of tea/coffee, biscuit and a good chat after the activity for the week.

We have a varied and interesting programme planned for 2023 which include a talk on the city of Florence, quiz, an outing, Parkinson choir, Ukulele group, Bell ringers and a talk from the fire brigade to name but a few.

Why not come to a meeting and see for yourself what a friendly group we are!

Contact Liz 833733 or Carol 831985 to find out more.

### **Community Coffee Stop**

Herstmonceux Village Hall, the last Monday of every month 10am to 12pm. Next meeting is May 29th 2023 10am to 12 noon

The sun is shining (hopefully) come down bring your friends and enjoy the company of new acquaintances and perhaps even sit outside on the patio. Please pop in everyone is welcome coffee or tea is only £1.00 and there is cake. Hope to see you there

### **Coronation Tea Party**

Monday 8th May in the Village Hall 3pm to 5pm

This is a free event but you do have to register for a place as we need to know how many to cater for. There is entertainment. We will be singing along with Rosie Page and laughing along with others.

If you would like to join us call. Sue 01323 833485 or Trudy 01323832532

### Rev Peter's Green Page

I am a Dandelion fan, and whether you love them or hate them, they are among the most familiar plants in the world, and quite possibly, the most successful plants that exist, masters of survival worldwide. Before the invention of lawns, people praised them and gardeners often weeded out the grass to make room for them, but somewhere in the twentieth century, humans decided that the dandelion was a weed and so the most unpopular plant, but it wasn't always that way.

To show the benefits of the once-loved plant, here are some things you might not know about them. Ancient Egyptians, Greeks and Romans enjoyed the flower, and they have been used in Chinese traditional medicine for over a thousand years. Dandelions were world-famous for their beauty, a common and loved garden flower in Europe and in Japan horticultural societies formed to develop new varieties. The use of dandelions in healing goes far back

For millennia, people have been using dandelion tonics to help the body's liver remove toxins from the bloodstream, and herbalists still welcome the dandelion as the perfect plant medicine: It is a gentle diuretic that provides nutrients and helps the digestive system function at peak efficiency. They were once used as healers of many ailments, but it wasn't until the twentieth century that the underlying cause of many of these symptoms was vitamin deficiencies. Dandelions have more vitamin A than spinach, more vitamin C than tomatoes, and are a source of iron, calcium and potassium.

Dandelion roots loosen hard-packed soil, aerate the earth and help reduce erosion. The deep taproot pulls nutrients such as calcium from deep in the soil and makes them available to other plants, so, while most think they kill lawns, dandelions can fertilise. As they are some of the first plants to flower, bees are attracted to them, but Herbicides used on lawns to kill dandelions take a toll on wildlife. Insects need them as a valuable nectar source, and insects are in deep decline. It has been shown that over 40% of all UK insects are declining, and a third are endangered, so just imagine how much help it would give to wildlife if some Dandelions were allowed to grow. Dandelions will never be eradicated, but perhaps we can learn to love them?

### **Village Information Centre**

The opening hours of the Centre are Monday to Friday 10.00 am to 12 noon. Do come and see us. Always a warm welcome

### **Hearing Resources Sessions**

Sessions will be held on a Friday twice a month May dates 19th and 26th between 10.00 am and 11.45 am for 12 finish) when we are able to offer maintenance of most types of hearing aids and replacement batteries. Please remember to bring your brown NHS book. As maintenance can involve very close contact you are requested to wear a face covering and I will be using PPE for the foreseeable future. Many thanks for your cooperation,

Celia Farrant (local volunteer for Eastbourne Hearing).

### **Vitality Villages May Update**

### **Allotment**

Vitality Villages allotment has a plot at the Parish Council Stunt's Green allotment site. If you fancy trying your hand at growing vegetables, fruit, or flowers, we have small boxes and areas where you can come along and have a go. This is the time for the preparation of the site ready for the 2023 season so, please contact me to arrange a visit so that you can come to have a look.

Janet McInnes - 01323 833306

### **Coffee Mornings**

Vitality Villages Coffee Mornings are held from 10am – 12 midday on the third Wednesday of the month in the Friends Meeting House, West End, Herstmonceux. We welcome everyone to join for refreshments, a fun quiz and a chance to meet friends old and new for a chat.

Please come and join us and bring a friend!

For more information or directions to The Friends Meeting House, please contact Sheila Charlton on 01323 833673

### Choir

The students at Bader College, Herstmonceux Castle, who arrived in September 2022, have now completed their exams, and returned home. Therefore, the Vitality Villages Choir has started sessions from 7pm - 8.30pm on Wednesdays in the Free Church Hall in Church Road, Herstmonceux. The cost of each session is £5. We are a friendly choir to meet together and sing, no previous experience needed!

Rosie Page a local singer who is a qualified singing teacher has agreed to become our new choir leader so come and join us to sing!

Contact Janet McInnes on 01323 833306 or janetmcinnes@yahoo.co.uk

### **New Project with Herstmonceux Castle**

Since December Vitality Villages and Herstmonceux Castle have been clearing the small area of woodland, adjacent to the 1066 Footpath and opposite to Herstmonceux Church, to create a quiet space for walkers and the community to sit and enjoy the peace and quiet and the wonderful views across the Pevensey Levels.

Some ash trees, which were suffering from ash dieback have been felled along the edge of the site and we have are using the wood chips and branches to create paths, barriers and habitats for insects and small animals. The plan is not to make the area into a garden but to keep the wild habitat by encouraging woodland wild flowers and plants to flourish. The woodland is owned by Herstmonceux Castle, and community use of this space is not to create an alternative entrance to the castle but merely an opportunity to pause and benefit from the beautiful setting.

We have had lots enquiries about what we are doing and if you are interested in joining us to clear some of the nettles and ivy to give other species a start, we are usually there 10am to 12 mid-day on Fridays. Please contact me to check if we are planning to be there!

It may be muddy and wet so please wear appropriate clothes and footwear. We will have garden gloves if you don't have your own. Janet McInnes on 07889159824or janetmcinnes@yahooo.co.uk

#### Men's Shed

The Men's Shed meets at Herstmonceux Castle on Wednesdays from 10am-4.30pm and, from April, Mondays from 10am – 1pm and welcomes new members to join them.

You can work on your own woodworking or craft project, or with other members on group projects. We are currently making 50 dormice boxes for the castle estate.

Please phone Alan McInnes on 01323 833306 for more information.

### Sponsored Walk Sunday 21 May 2023

Vitality Villages has joined with the Fitter Village, Healthy Planet Committee and the Friends of Herstmonceux C of E Primary to organise a Sponsored Walk from 10am on Sunday 21 May 2023.

The walk is 5.5 miles leaving the school and walking via the public footpath network out towards Herstmonceux Castle and then back across the footpaths, finishing back at the school. All participants will be supplied with a map of the route but there will be signage and marshals on the route to help you.

You may raise money for your chosen group, club, organisation and certificates will be awarded to everyone who takes part. Sponsor forms are available from the Village Information Centre, Janet McInnes or from the Friends of Herstmonceux School.

Join us to get fitter and healthier, raise money for your chosen cause and enjoy the beautiful countryside

### Herstmonceux WI

Our next meeting will be May 17th at 7-30pm in the Herstmonceux Village Hall. Members have to vote on the resolutions that we think the WJ should support for the coming year. This will be followed by Melanie Gibson-Barton giving us an insight into "Suffragettes Votes for Women" There will be tea cake and socialising after the talk.

If you are not a member but would like to come along as a visitor you are very welcome it will cost you £3 for the evening. Hope to see all members and visitors on the 19h . Keep safe

### **Herstmonceux Community Land Trust**

The construction of homes at Strawberry Field, Windmill Hill, along with many construction projects was delayed due to volatility in construction costs, finance and wider political events. I am therefore pleased to give a positive update as follows.

#### Governance.

Herstmonceux CLT registered a Charitable Community Benefit Society (CBS), 'Herstmonceux Community Homes Trust Ltd' which will own and manage the 5 rental homes and the legacy elements of the project – the retained 25% of 4 shared ownership homes and the common asset spaces such as landscape, roads and parking. The market homes in the project will also benefit from the related maintenance agreement.

The existing CLT will become Strawberry Field Homes CIC (Community Interest Company) registered with the FCA and Companies House, which will build and sell homes before transferring the legacy assets to Herstmonceux Community Homes Trust. The Trust will be the sole shareholder and owner of Strawberry Field Homes CIC. All shareholding members of the HCLT will transfer to the CBS for the same share value and voting rights.

Members voted in favour of these changes and formal registration of the CIC is awaited. The benefits are the original principles of the CLT remain, the legacy homes remain asset locked for the community and our tax liability will be significantly reduced, helping viability and ensuring we continue to deliver the original and longstanding project aims.

### Design & Planning.

We have revised the layout of the 8 market sale homes to be 3 bedroom – reflecting work from home potential - by utilising roof space and some additional dormers but without increasing the footprint or altering the site layout. Although a relatively minor change this has required us to seek revised planning consent which is now in hand.

#### Start-on-site.

Pre-construction contracts are being negotiated, the Section 278 road entrance certification is completed, and finance is in final approval. All being well, the intention is to complete the site entrance in May/June 2023 and start to build in July/August 2023. Information will be available as these matters fall in place and we will instigate regular updates for the community throughout the 12 month build period.

For further information email Herstmonceuxclt@gmail.com or call Alan McInnes on 01323 833306

### Children's Page

I hope you had a good Easter, enjoying your Easter eggs, (hopefully not too many) and enjoying your holiday..

In May we celebrate another special time, it's called Ascension when Jesus was taken into heaven, Jesus had appeared to his disciples several times after his death and resurrection and he told them that he would soon be going back to his father but would leave another helper called the Holy Spirit.

The bible tells us about how this happened, here is the story.

The disciples were all together. They had watched Jesus go away into heaven. Jesus had told them to wait in Jerusalem. They were not sure what they were waiting for, but they came together to pray.

It was the day of Pentecost, a Jewish festival and people had come from all over the world to celebrate this festival. The city was buzzing with people speaking different languages. Suddenly the Holy Spirit came to the disciples, they heard a sound like a rushing wind and saw what looked like tongues of fire on each person. They realised that the Holy Spirit had given them strength to do the good things that Jesus wanted them to do. It was as if Jesus was there with them all the time wherever they went. They would never be alone.

Jesus is with all of us if we want him to be, he uses the Holy Spirit to help us.





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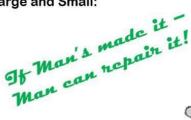
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Contact Sarah Honeysett, via email on hwparishnews@outlook.com

#### **PARISH NEWS**

Please send text copy email (together with your name and phone number) to Miss Katherine Blake, theparishnews@hotmail.com (c/o Parish News). Deadline is midday onthe 15th of the month prior to publication.

N.B. due to new arrangements no copy can be accepted later.

#### PARISH NEWS SUBSCRIPTIONS

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### Fitter Village, Healthy Planet

Have you seen the 'Fitter Village, Healthy Planet' posters and leaflets in the village?

Fitter Village, Healthy Planet is a community project in partnership with Herstmonceux Integrative Health Centre (HIHC) to increase awareness of the importance of keeping healthy by reducing our carbon footprint and taking more exercise. During 2023 we want everyone to think about what they can do to help to make Herstmonceux a fitter and greener village.

In March we launched the Herstmonceux Green Card scheme, a fun way to encourage residents to walk or cycle more and use cars much less for short trips around the village. The scheme has been running for a few weeks now but there is still time to get involved – and there are opportunities to win prizes for everyone who takes part.

We have also put together a 30-day challenge – daily ideas to inspire people to move more. Look out for more information about this at the Village Information Centre or the surgery.

There are many things to do in Herstmonceux to help you get more active, to meet other people and get more out of life. We have several social clubs and activities like dancing, tai-chi, cricket, football and bowls to name but a few. Plus, there are new exercise classes available at the recreation ground on Thursday evenings (19.15-20.15) and Saturday mornings (10.15-11.15) – just turn up and take part.

To celebrate Herstmonceux as a fitter, greener village please support the community walk on Sunday 21st May. More details in this edition of Parish News and around the village.

### **Social Prescribing**

### What is social prescribing?

Social prescribing is a key component of providing person centred care.

It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing. In social prescribing, local agencies such as local charities, social care and health services refer people to a social prescribing link worker who give people time, focusing on 'what matters to me?' they support people to take control of their health and wellbeing.

Social prescribing link workers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

You can find out more about social prescribing and the social prescribing link worker role by searching for social prescriber on the internet.

https://www.england.nhs.uk/personalisedcare/social-prescribing/

If you have any questions please contact Sheree, the Social Prescriber via the reception team at Herstmonceux Integrative Health Centre



## HERSTMONCEUX WI

## CORONATION TEA PARTY

HERSTMONCEUX VILLAGE HALL MONDAY 8<sup>TH</sup> MAY 3PM TO 5PM

FOR THE OLDER MEMBERS OF OUR COMMUNITY

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### Sunday 21 May 2023







A joint event from the Friends of Herstmonceux School, Vitality Villages and Fitter Village, Healthy Planet Herstmonceux

## Start/Finish from Herstmonceux School via the Recreation Ground

Register from ..... 9:30am

Last Start ..... 10:30am

No unaccompanied children under 13 years Certificates awarded to everyone who completes the walk

Further information and sponsorship forms are available from the Village Information Centre, Herstmonceux School, Janet McInnes 01323 833306

The walk is 5.5 miles using footpaths and stiles. Some of the ground can be rough and muddy. Marshals will be around, but you must be responsible for your own safety, particularly when crossing roads.

Wear footwear and clothes appropriate to weather conditions.

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JS Bach Brandenburg Concerto No. 6 in B Flat BWV 1051

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Debus)

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For full details/free mailing/tickets phone 01580 883092 or write to A.G. Whitehead, Vinehall School, Robertsbridge. East Sussex. TN32 5JL. e-mail geoffreywhitehead@vinehallschool.com



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### **Herstmonceux Free Church News**

### Community Breakfast - Sunday 7<sup>th</sup> May 10 – 12 midday Herstmonceux Village Hall

Please join us for our Coronation Breakfast at the Village Hall on Sunday 7th May from 10.00am to 12.00 midday. There will be opportunity for the young and young-at-heart to make crowns to wear for their day of celebrations

### Services at Herstmonceux Free Church this month

On these Sundays, there will be a service at 10.45 at the Free Church in Chapel Row: 14<sup>th</sup> May, 21<sup>st</sup> May & 28<sup>th</sup> May

#### Walkers' rest

Until the end of July the Chapel will be open on the first and third Tuesday afternoon from 1.00pm to 4.00pm for anyone to drop in for a free tea or coffee. This may be useful if you are out walking and want a drink or need to use our facilities. Everyone is welcome – not only walkers.

Community Breakfast - Sunday 4<sup>th</sup> June Herstmonceux Village Hall Join us any time between 10.00 to 12.00 midday for our next community breakfast.

For the zoom link or further information please contact Sylvia 07909 644762

### RELIGIOUS SOCIETY OF FRIENDS (QUAKERS) HERSTMONCEUX LOCAL MEETING

We meet at 10.45 on the first and third Sunday of every month. Join us for a quiet hour of worship and reflection at the Friends' Meeting House, West End, Herstmonceux BN27 4NR or call 01323 844269 for more details. www.quaker.org.uk

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Sunday Masses

Sunday 10:30am at St. Wilfrid's Hailsham Sunday 9:00am, at St. George's Polegate

Holy Days

10:00am at St. George's, Polegate; 7:00pm at St. Wilfrid's, Hailsham

### Would you like your business to reach more of the Herstmonceux and Wartling community?

Advertising in the Herstmonceux and Wartling Parish News for the year (12 editions) ranges from £40 to £125 depending on the size of the advert.

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Herstmonceux	Mrs. Anne Kenward	Tel: 441244
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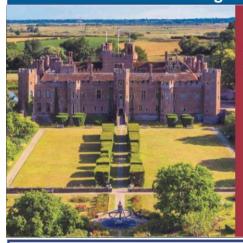
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