

# The Valley Diary

Binderton ~ Charlton ~ Chilgrove ~ East Dean ~ Singleton ~ West Dean

thevalleydiary.org ~ October 2025 Edition

## LOCAL PUB WINS NATIONAL AWARD

East Dean's Star and Garter has won the prestigious E2 Media Award of Excellence! A large number of people nominated the pub anonymously (avoiding the possibility of professional "influencers" skewing the result) and they praised variously the cheerful service, comfortable bedrooms and welcoming atmosphere but most importantly the quality of the food and drinks on offer.

Well it's good to have high standards recognised, but then you have to keep them up! With that in mind the Autumn/Winter menu will start on the 1st October, featuring hearty seasonal favourites such as haunch of venison and steak and ale pie, as well as vegan risotto and vegetarian fish and chips (made with Halloumi). To start, or just for people with smaller appetites, there'll be soup of the day with homemade sourdough focaccia or treacle and whisky cured salmon or warm spiced cauliflower and chickpea salad, among other things. Everything on the menu is made, as far as possible, using locally sourced ingredients with weekly specials



depending on what is available on the day. Fish is a speciality of the Star with Jim going up to Billingsgate Market every week to bring home the best of the catch; he also buys fish to order for people to prepare themselves, so if you'd like to be included in that please join his WhatsApp group The Star Fish Stall – contact the pub (01243 811318) to be included. The only way you'll get fresher fish is if you buy a trawler!

*Continued on Page 7...*

**LADIES  
NIGHT  
Star and  
Garter**



**Tuesday 14th October, 7pm**

**Spooky Half Term  
Fun at West Dean  
Gardens!**

**Tuesday 28th October - Sunday 2nd November** Calling all Witches and Wizards to West Dean, create spine chilling spells using your magic to mix together ghoulish ingredients and eerie textures. Using foraged materials, get mixing in your pumpkin cauldrons to make your fizzing potions! Keep an eye out for the mysterious West Dean Witch, who'll be stirring up spells and waiting to meet brave little visitors if they dare! £5 entry for children.

**...more information at  
[tinyurl.com/22bf2c85](https://tinyurl.com/22bf2c85)**

Mark Astley, MNAEA  
Director

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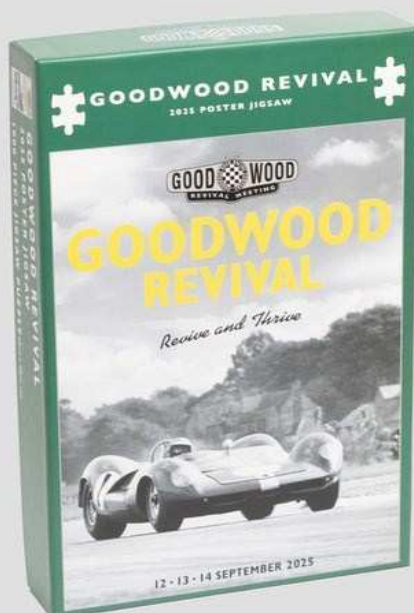
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## GOODWOOD GOODIES!

All sorts of stuff from clothing and blankets to badges and posters, cups and mugs - and even a hot water bottle! Various prices so do have a look and you'll no doubt find that xmas pressie for that person who just seems to have everything they need!

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**EAST DEAN**

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**Tempting New Autumnal Menu** now available

**Clay Shoot 2025/2026**

Try something new or treat someone to a great day out  
18th October, 15th November, 13th December

**October Spooky Half Term Fun**

Wednesday 29th - Pumpkin carving  
Thursday 30th - Halloween quiz

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## The Boxgrove Man

with Tony Tynan



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Tony Tynan first came to the area in 1982 as part of the Archaeological team which discovered the site, and subsequently ran the excavations on the 'Boxgrove Man' project

Join us at Sage House:

**Wednesday 29th October - 6pm - 7.30pm**

£10 per person, includes Tea/Coffee and Cake.

Spaces are limited so make sure to book early!



Tickets are available to  
book online or  
at Sage House reception

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## FAMILY-FRIENDLY ACTIVITIES INSPIRED BY FOLKLORE, SUPERSTITION AND THE SUPERNATURAL

Saturday 25th October to Sunday 2nd November, as above, visitors can take part in the Ritual Marks and Hidden Objects Trail, uncovering mysterious symbols and concealed items once believed to protect homes from evil spirits. Along the way, families will discover fascinating stories of how people in the past warded off danger and explained the unexplainable.

Alongside the daily trail, there will be a wide range of interactive activities designed to spark curiosity, immerse visitors in the past, and entertain children of all ages. Highlights include Ghostly Tales with The Bard Dawn, family craft activities, making lucky talismans, creating magical nature wands the chance to meet the plague doctor, mix protective potions and uncover the strange and gruesome world of medieval medicine!

On Friday 31st October, the Museum marks All Hallows' Eve with a special programme of hauntingly historic activities. Families can purchase a spooky pass for £2 per child, which includes entry to a series of immersive experiences across the site. With atmospheric trails, interactive crafts, immersive storytelling and plenty of history brought vividly to life, the Weald & Downland Living Museum promises an unforgettable half term for the whole family. So do come along and enjoy the fun.



### Spooky Fun and Creative Cooking at Graylingwell Park this October

Graylingwell Park is packed with exciting activities for children and young people this October half-term!

#### Youth Kitchen Returns

Back by popular demand, the Youth Kitchen is running a **4-week block every Wednesday in October, 5–6pm** at the Chapel. Led by Gemma, young people aged 11–18 can learn to cook tasty recipes to take home. It's free to join, but spaces are limited - sign up now to secure your place!

#### Halloween Fancy Dress Party

The celebrations end with a spook-tacular **Halloween Party on Friday 31st October, 2–4pm** at the Chapel. Expect spooky performers, party games, music, and plenty of tasty treats! Tickets are £3 per child for residents and £5 for non-residents, with proceeds supporting more family events.

Book here: [ticketsource.co.uk/chichestercdt/t-mogxyex](http://ticketsource.co.uk/chichestercdt/t-mogxyex)



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### Getting my Purrorities Right

#### A Poem by Francis

Me. Pay for private doctors?  
You're joking! And don't forget.  
I've already spent a fortune,  
On the cat down at the vet.



## Breakfast Club: A Goodwood tradition with a heart

*From fifteen cars at the Café to thousands at the Circuit, our free gatherings are helping to drive real change for our community*

For almost two decades, Goodwood's Breakfast Clubs have been a much-loved feature of summer life at the Motor Circuit. What began as a modest gathering of a few cars outside the Motor Circuit Café has grown into one of the South's best-known motoring traditions, still free to attend, still welcoming, and now attracting thousands of enthusiasts and families alike.

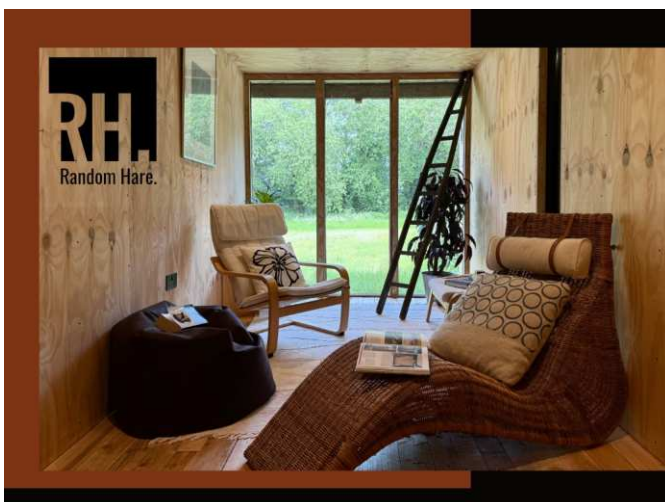
Each year, our events are shaped around a series of creative themes which have become part of their charm. Over time, these have ranged from the nostalgic "Eighties Sunday" to the unusual, including "Everything but the Car" and "All Wheels but Four," where tractors, buses, motorcycles, and even tanks have taken to the track. Whether celebrating the power of V-engined machines or the simple delight of two wheels, these themes have always reflected the inclusive spirit of Breakfast Club: everyone is welcome, whatever they drive.

This year, we were proud to use the popularity of these events as a force for good. While attendance has remained free, we invited visitors to support **The Aldingbourne Trust**, our chosen Estate charity for 2025. Just a few miles from Goodwood, Aldingbourne provides transformative support for adults with learning disabilities and autism, enabling greater independence, developing skills, and opening opportunities for employment and social connection.

The response from our Breakfast Club community has been extraordinary. Across the four themed gatherings, donations from owners and guests have already raised over £42,000 in support of Aldingbourne's vital work. Even more special has been the participation of those the charity supports, who joined us at the Motor Circuit to experience the atmosphere, meet our visitors, and lend a hand alongside Aldingbourne's dedicated volunteers.

We are deeply grateful to all who have contributed. What began nearly twenty years ago as a simple gathering has become not only a celebration of motoring passion, but also a means of supporting the community around us. Together, we have shown that Breakfast Club is about far more than cars, it is about passion, generosity, and connection.

As we look ahead to the 2026 season of Breakfast Clubs, we remain committed to keeping these gatherings open, enjoyable, and purposeful. They are an opportunity to celebrate every kind of machine, with a bacon butty in hand, while continuing to make a positive contribution to our community. **Sarah Mayhead**



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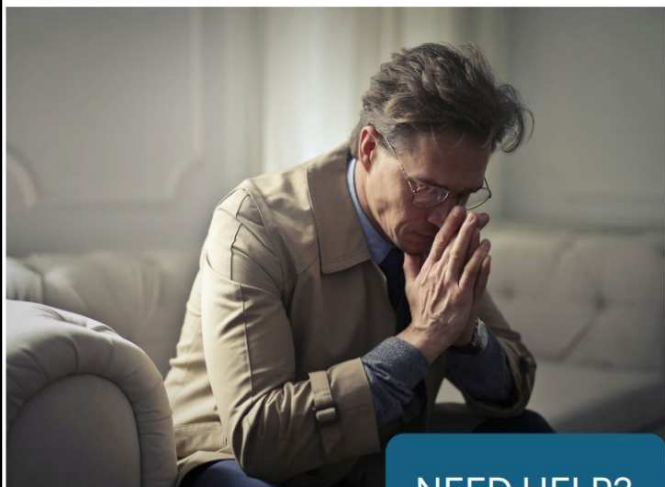
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**NEED HELP?**

The Henry Smith Charity, founded in 1628 is one of the oldest parish grant schemes in the country. Most of these parishes are in Sussex and Surrey.

The charity seeks to help local people living in difficult circumstances with small gifts which are awarded by local trustees. Help may be given, for example, with the cost of food, fuel, white goods and furnishings. Some grants are given towards transport costs for hospital visits or doctor appointments. As well as giving grants directly to individuals, gifts may be given to small local charities or community groups providing support to people in need within the area.

Please note, applications can only be considered from people and groups from Singleton and Charlton.

Any individual or group wishing to be considered for a grant should contact the trustees at [trusteehenrysmithsc@gmail.com](mailto:trusteehenrysmithsc@gmail.com)



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# The Bare Facts

## A Poem by Francis

We needed a bit of a break,  
Just a couple of nights away.  
I booked through a popular site,  
A country retreat for to stay.

We got a bit of a shock though.  
Yes, comfy room and good food.  
But why were the other guests,  
All totally in the nude?

Not a stitch of clothing anywhere,  
Everyone completely bare.  
And as we stared in disbelief,  
We got some horrible glares.

We went to see the manager,  
In the hope that he would tell,  
Just what was going on.  
But he was naked as well!

Making a clean breast of things,  
Would help more than a bit.  
Because we really did want,  
To get to the bottom of it.

"What did you expect," he said,  
"Or maybe you didn't see,  
That you had booked your holiday,  
Through our website, bareb&b."

## PUN FUN!

She fell in love with a banker but he showed no interest.

***She fell in love with an astronaut but he wanted space.***

She fell in love with a gym trainer, but it didn't work out.

***She fell in love with an electrician but there was no spark.***

She fell in love with a cardiologist but he broke her heart.

***She fell in love with a geologist, but the relationship was too rocky.***

She fell in love with a seismologist, but he was always finding fault.

## Continued from front page...

If you don't fancy dining out (or can't get a table) the Star's casseroles are available hot or cold to take away in servings for 1-21 people in table serving dishes, so you could claim to have made them yourself, that's up to you. And as well as ready cooked food to take away, the pub offers freshly baked bread Monday to Saturday, eggs (hen and duck) and an expanding range of fresh local fruit and vegetables, depending what's in season.

Bookings are already being taken for Christmas parties, aside from which there are regular performances by talented musicians and coming up on the 13th November the annual craft fair, so if you've got some jewellery, carvings, home-knitted jumpers, soothing balms, Christmas ornaments or anything crafty you'd like to display, contact the pub to bag a space.

But before that comes the first quiz of the winter, at 7pm on Sunday 19th October. These happen once a month between October and March and are always done as a fund raiser for a local cause, this one's for St Wilfrid's Hospice. The format is simple enough: six rounds of 10 questions with a raffle and a break halfway through for supper, in this case homemade lasagne. They've become very popular, so given the limited space available it's advisable to get your team of six together and book a table ASAP. If you haven't got a team, or you're new to the village, turn up anyway and we'll find you one - it's a great way to get to know people and make new friends. Last year we ended up on a couple of occasions dragging extra tables and chairs in from the garden! Well, we never like to turn anyone away - but it was quite snug!

**Tim Weeks**

## GLASS ART STUDIO

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**Sussex  
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### **A care home worker who stole sentimental jewellery from an elderly resident has been jailed**

Police were called after staff at Bethune Court in Boscobel Road, Hastings, reported the theft.

The victim – an 82-year-old woman – discovered jewellery including her late husband's gold wedding ring had been taken from the bedside table in her private room.

As enquiries were ongoing, the victim's family posted an appeal for information on social media. This was seen by a local pawnbroker, who believed they had recently accepted the same ring from a regular customer.

She was identified as a housekeeper at the care home. The 58-year-old woman was arrested and charged with theft, which she was convicted of.

She was sentenced to 15 months' imprisonment and charged with fraud.

### **EAST DEAN VILLAGE HALL CHRISTMAS CRAFTS FAIR**

**Saturday 15th November  
10am - 3pm**

**This friendly community event is a lovely chance to browse handmade gifts, support local artisans and get a head start on your Christmas shopping. Alongside the stalls, you can enjoy homemade cakes, light lunches and plenty of festive cheer in the Village Hall Kitchen.**

A couple of tables are still available. If you are a local maker and would like to take part, please email [vmm@vickymudford.com](mailto:vmm@vickymudford.com) with details and photos of your work. As space is limited to 14 tables, we aim to avoid duplication of crafts. Tables measure 6' x 2.5' and cost £20, which includes free tea and coffee for stallholders.

Come along, bring your friends, and enjoy a festive day of shopping, food and community spirit. (See our poster on Page 2.)



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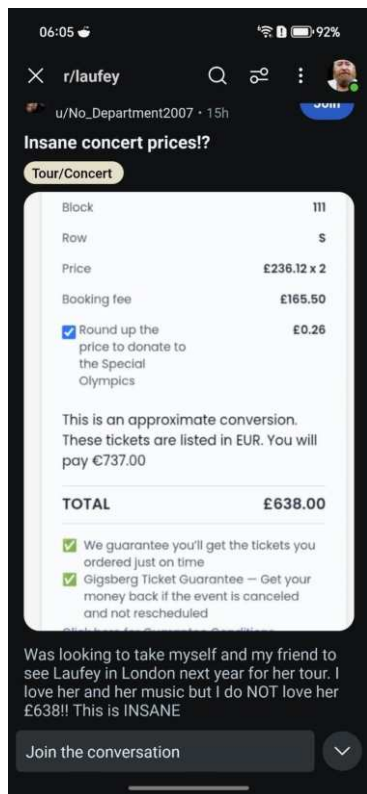
### **Opening Times**

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## WATCH OUT FOR BOOKING FEES!

I was shocked to discover that someone had paid over £230 to see a concert in London. But gobsmacked to then find out that there was a huge Booking Fee too, making the cost of two tickets £638. Eeek!

However much you might admire the brilliant work of Laufey (in this case) I can't imagine any artist is worth stumping up £317 to see her for two hours!

By the way, if you don't know Laufey, check her out. She's super-talented as a singer and player of 101 instruments! She has a new studio album just out on Vinyl, CD, Cassette Tape (no, really) and streaming adding to her excellent previous works - Bewitched and Everything I Know About Love. It's called A Matter of Time. Recommended. Then you can practice at how to pronounce her name! **TS**

## Leisure Accessibility for Those Living With Sight Loss

West Sussex is fortunate to have a wealth of high quality theatres and cinemas, but for those living with sight loss, such a trip can be daunting, and the performance presents challenges in terms of appreciating everything that is happening on stage and screen. Thankfully, many venues support accessibility for people with visual impairments with audio descriptive tours/performances, touch tours, bespoke times to visit and concessions. For example, Chichester Festival Theatre offers audio description on certain performances and free bookable Touch Tours prior to an audio described performance. All seats have Braille signage and Festival Season brochures are provided in large print, audio or a CD - plus cast lists in large print or braille. It also offers a Buddy Scheme with trained volunteers to meet you on arrival, help collect tickets and headsets, guide you to your seat, refreshments and toilets and sit with you during the show. It is important to contact them to plan a visit, as the booking process, logistics and concessions all vary.



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# CHICHESTER FESTIVAL THEATRE WINTER SEASON

This Winter, the National Theatre brings James Graham's Olivier Award-winning **Dear England** to Chichester; and Laura Wade's sparkling new play, based on Somerset Maugham's *The Constant Wife*, comes direct from the Royal Shakespeare Company.

Jane Austen's 250th anniversary is celebrated with a new stage production of **Emma**, while **Being Mr Wickham** is an intriguing look at the rogue from *Pride and Prejudice*. Caroline Quentin leads Chekhov's classic **The Seagull**. Fans of detective thrillers will enjoy the stage debut of **Inspector Morse: House of Ghosts**, the Agatha Christie mystery **Death on the Nile**, and a chilling new ghost story, **It Walks Around The House At Night**.

There's plenty more family entertainment, and a star-studded array of comedy, music and talks from the BBC Concert Orchestra, Nigel Havers, Miriam Margolyes, Sue Perkins, Grayson Perry, Sir David Suchet and Sandi Toksvig among many others.

Central to the festive season are **Stiles & Drewe's The Three Little Pigs** and the world premiere of **Matt Haig's A Boy Called Christmas**, performed by the incredible Chichester Festival Youth Theatre in their 40th anniversary year. Father Christmas and his elves are also back in **Santa's Grotto**, as are the Cathedral Choir and Band of HM Royal Marines in **Christmas Concerts**.

CFT's much-anticipated co-production with the RSC and Roald Dahl Story Company, a magical new version of **Roald Dahl's The BFG** directed by former Artistic Director Daniel Evans, will open Festival 2026 next March; tickets go on sale now.

[www.cft.org.uk](http://www.cft.org.uk)  
01243 781312



Sussex  
Police & Crime  
Commissioner

## RURAL CRIME ACTION WEEK

**Last month's Rural Crime Action Week gave focus to a variety of police, partner and business campaigns and events that shine a light on the types of crimes experienced by people in rural areas.**

Victims of rural crime may be more isolated, due to the geography of our county so we must ensure their voices are not ignored. Whether it is livestock or equipment theft, illegal hunting, arson, criminal damage or fly-tipping - these offences not only impact farmers and landowners directly but have negative ripple effects into our economy, supply chains and environment.

A national survey conducted earlier this year revealed that 35% of landowners are affected by waste crime but not all of them report to the police. Operation Barley was set up to check vehicles, specifically vans and small lorries, that could be carrying waste illegally or have illegal agendas for disposing of waste.

The Sussex Rural Crime Team also introduced Operation Galileo, a dedicated effort to tackle hare coursing. Last month alone, the Sussex RCT conducted nearly 26 hours of Op Galileo patrols after receiving reports or intelligence relating to hare coursing.

**Katy Bourne, Sussex Police & Crime Commissioner**

**3. Sony Walkman:** Sony has a long history in portable music, and they continue to make both Android-based and proprietary-OS Walkman players. The non-Android models are often praised for their simplicity, good battery life, and classic Walkman sound.

### Commas, and, Ands

**I have noticed recently a proliferation of people (and machines) using commas badly (yes, even Gemini does it).**

When I was at school the rule was that (almost always) you use a comma or 'and' but not both! Or maybe it's an American thing now? It's funny that just recently (over the last month or so) it seems to come up time and again. Above is an example from Gemini. Maybe I'm looking for it now the ball is rolling! One person told me that there's such a thing as an Oxford Comma, which breaks the rule anyway - so I shall have to look into that! **TS**

*If you were able to travel to the sun in your car (yeah, I know - humour me!) at 70mph, it would take 151 years to get there. Just thought you'd like to know that!*

## Garden Tour & Cream Tea

**West Dean Gardens  
Tuesday 7th October  
1pm - 3.45pm**

**Enjoy an exclusive tour of the gardens with two senior and knowledgeable members of the Garden Team, Chantal Sparrow and George Ellis followed by a delicious cream tea in the prestigious Oak Hall.**

George and Chantal will spend a couple of hours giving you expert insight into the running and management of key areas of the Garden. Seasonal highlights will be explored and explained, including the Walled Kitchen Garden, Victorian Glasshouses, Orchard, Dry Meadow, Edwardian Pergola and Sunken Garden, as well as a behind-the-scenes look at our new market gardens where a greater emphasis is put on producing seasonal food for our visitors and students at West Dean.

After a tour of the Garden, you'll be hosted by George and Chantal in Oak Hall, which is not usually accessible to the public, to relax in the opulent surroundings of the College with a cream tea.

Price is £30 per person.

[westdean.ac.uk/gardens/events/garden-tour-cream-tea-oct](http://westdean.ac.uk/gardens/events/garden-tour-cream-tea-oct)



# The Valley Parish

[www.facebook.com/ValleyParish](http://www.facebook.com/ValleyParish)

Find out more about our services and events at the A church near  
you website

## Harvest Thanksgiving

This year we once again give thanks for the bounty of God's creation at our Harvest Festival service at East Dean on Sunday 5<sup>th</sup> October. It is a joyful moment in the church's calendar, when we pause to recognise, and give thanks for, the gifts of the land, the work of farmers and growers, and the abundant blessings we enjoy, but so often take for granted.

Harvest is not only about bringing in the fruits of field and garden, it is also a call to share. The Old Testament tells us that the Israelites offered the first fruits of their crops to God as a sign of trust and gratitude. In the same spirit, we are invited to give from our plenty so that others may have enough.

At our Harvest service we will be collecting your gifts of tins, packets and toiletries for the local foodbank, and your contributions, whether large or small, will make a real difference to so many people.

As we celebrate together, let us be mindful that not everyone enjoys a full table. Harvest is our chance to live thankfully, generously and prayerfully, offering back to God the goodness we have received through our gifts to his people, remember that "All good gifts around us are sent from heaven above."

## Services and Events

5 <sup>th</sup> October Harvest Festival	10am	Holy Communion with Choir - East Dean
12 <sup>th</sup> October	10am	Holy Communion - Singleton
19 <sup>th</sup> October	10am	Holy Communion - West Dean
26 <sup>th</sup> October (Don't forget the clocks go back)	10am	Holy Communion - West Dean
	11am	Children's Church - West Dean



### Sunday 26<sup>th</sup> October

11am at West Dean

Join us for bible stories, songs and games.  
(oh and of course cakes and biscuits)

#### Contacts -

##### Parish Priest - Rev Sarah Manouch

[priestvalleyparish@gmail.com](mailto:priestvalleyparish@gmail.com) / 07468 854864 (Principal working days are Friday, Saturday and Sunday. Not available on Thursday)

##### Churchwarden

**Sarah John** - 07769 887546 / [sarance@btinternet.com](mailto:sarance@btinternet.com)

**John Holt** - 07787 567140 / [john@drokefarm.co.uk](mailto:john@drokefarm.co.uk)

##### PCC Secretary

**Susie Holmes** - [pccsecretaryvalleyparish@gmail.com](mailto:pccsecretaryvalleyparish@gmail.com)



# The Diary

*Here's a quick overview of what's actually going on, in and around the villages of the Lavant Valley in the coming months. Do please let us know if we've missed anything and we'll add it next time for the benefit of all.*

[www.thevalleydiary.org](http://www.thevalleydiary.org)

## October 2025

**Tue 7th** Garden Tour & Cream Tea:  
West Dean Gardens: 1pm  
**Sat 11th** Stephen Hope: Come & Sing:  
Singleton Church: 10.30am  
**Sun 12th** Goodwood Horse Racing  
**Mon 13th** Singleton Community Cafe:  
10.30am - 12noon: Singleton Village Hall  
**Tue 14th** Ladies Night: The Star &  
Garter: East Dean: 7pm  
**Thu 16th** Singleton & East Dean WI:  
East Dean Village Hall: Suzanne Bolter:  
7pm  
**Sat 18th** Clay Shoot: The Fox Goes Free  
**Sun 19th** Quiz Night: Star & Garter:  
7pm  
**Thu 23rd** VGC Hort Talk: Tom Brown:  
East Dean Village Hall: 6.30pm  
**Mon 27th** The Valley Diary Copy  
Deadline: 12noon  
**Mon 27th** East Dean Parish Council  
Meeting: East Dean Village Hall: 7.30pm  
**Mon 27th - Sun 2nd (Nov)** Witches'  
Marks and Hidden Secrets: Weald &  
Downland Museum  
**Tue 28th - Sun 2nd (Nov)** Spooky  
Half-Term Fun at West Dean Gardens  
**Wed 29th** Pumpkin Carving: The Fox  
Goes Free  
**Thu 30th** Halloween Quiz: The Fox  
Goes Free  
**Fri 31st** All Hallows' Eve: Weald &  
Downland Museum

## November 2025

**Tue 27th (Oct) - Sun 2nd** Witches'  
Marks and Hidden Secrets: Weald &  
Downland Museum  
**Tue 28th (Oct) - Sun 2nd** Spooky Half  
-Term Fun at West Dean Gardens  
**Mon 3rd** East Dean Village Hall Trust  
AGM: 7pm: East Dean Village Hall  
**Sun 9th** The Sussex Yeomanry  
Association Remembrance Sunday  
Service: Charlton Memorial: 10.45am  
**Mon 10th** Singleton Community Cafe:  
10.30am - 12noon: Singleton Village Hall

**Sat 15th** East Dean Christmas Crafts  
Fair: East Dean Village Hall: 10am -  
3pm  
**Sat 15th** Clay Shoot: The Fox Goes  
Free  
**Wed 19th** Singleton & Charlton  
Parish Council Meeting: Singleton  
Village Hall: 7pm  
**Thu 20th** Singleton & East Dean WI:  
Fox Goes Free, Charlton: 110th WI  
Birthday Dinner: 7pm  
**Sat 22nd** Stephen Hope: Come &  
Sing: Singleton Church: 10.30am  
**Sat 29th** Festive Wreath-Making:  
Singleton Village Hall: 1.30pm

## December 2025

**Sun 7th** Tree Dressing: Weald &  
Downland Museum  
**Sun 7th** Festive Family Workshop:  
Weald & Downland Museum  
**Mon 8th** Singleton Community Cafe:  
10.30am - 12noon: Singleton Village  
Hall  
**Thu 11th** Singleton & East Dean WI:  
East Dean Village Hall: Mulled Wine  
and Mince Pies: 7pm  
**Sats-Tues 13th-23rd** Green Father  
Christmas: Weald & Downland  
Museum  
**Sat 13th** Clay Shoot: The Fox Goes  
Free

**Got something  
to add to the  
Diary?**

*Please let us know...*

*Lots more dates and  
events can be found in  
the Diary Online at...*

[thevalleydiary.org/diary](http://thevalleydiary.org/diary)

Deadline for the...

## November 2025 Edition

All information for to arrive by  
**12.00hrs (noon)** please on...

**Monday 27th October**  
[editor@valleydiary.org](mailto:editor@valleydiary.org)

*Submissions, news, reviews, event  
information, photos and anything you  
have to share with your community  
should arrive **as soon as possible**.*

## The Team

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# Useful Telephone Numbers

CDC Councillor, Henry Potter	07792 857973
East Dean Football Club	07944 036709
East Dean PC Clerk	07710 098512
East Dean Village Hall	07785 740625
Goodwood Security	07909 876823
Lavant Road Doctors Surgery	01243 527264
Lavant Road Pharmacy	01243 380185
Local Police	101
Singleton Fete	01243 818037
Singleton Parish Clerk	07702 240126
Singleton School	01243 811679
Singleton Tearooms	01243 811899
Singleton Village Hall	TBA
Weald & Downland Museum: Office	01243 811363
Weald & Downland Museum: Shop	01243 811020
West Dean College	01243 818300
West Dean Fete	01243 811247
West Dean Gardens	01243 818318
West Dean PC Clerk	07596 884847
West Dean School	01243 811247
West Dean Stores	01243 818222

# Lineage Ads.

**FOOTPATH WARDEN** Clive Jackson, 07740 308125  
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**PAINTER** Shaf 07706 105526  
**PLUMBER** Peter 07825 268317  
**DOG GROOMING** Leandra 07944 788727  
**BUILDER** James 07788 532135  
**TAXI** 01243 778499  
**REGIONAL GARDEN TIDYING** Please call 08000 468137  
**MOBILE CAR WASHING SERVICE** Stuart, 07568 377302, stuarteburn@icloud.com  
**SEAMSTRESS** Sewing and alterations. Casual, bridal, prom, suiting & curtains 07391 184605  
**IRONING SERVICE** 01243 531138 or 07773 009241  
**FETCH DOG WALKING** Canine specialist dog Walker, Helen Ferrell, 07765 577290

## Albert says...



My wife's booked a new eye test,  
 A very good deal she says.  
 I asked if the price includes,  
 That pair in the back of her head.

## Register of Local...

# B&B

**Trundlers** Charlton - ask another Helen 01243 811686  
**Hunters Lodge**, Lavant - or indeed another Helen! 01243 532415 - 07788 663712  
**B&B - Ring Sophie** on 01243 811465  
**Harper's Cottage**, East Lavant. Ring Caroline 01243 278659  
**Flint Cottage**, 47 Mid Lavant, Lavant Road, PO18 0AA: Sue Kemble 01243 785883 / 07814903541  
**The Shepherds Barn**, Chilgrove: Lucy 07775 934999  
[www.shepherdsbarnsussex.co.uk](http://www.shepherdsbarnsussex.co.uk)  
**The Blue Bell**, Cocking: 01730 239669  
**Barnfield**, Heyshot, Tessa: 07789 888004



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## A Bit Below The Belt

### A Triple Decker of Poems by Francis

My brother finally agrees,  
That he is very overweight.  
And asked for my advice,  
As we are the best of mates.

But when he came to my house,  
At the time we had planned.  
As he crossed the threshold,  
I saw a very unhappy man.

He'd had a piece of underwear,  
Hanging out to dry.  
Which somebody then pinched,  
And you have to wonder why.

His only pair of Y fronts went,  
From his outdoor washing line.  
Worse still they took the pegs,  
Yes they did. All forty nine!

## Runs in the Family

As a proud lady of Cardiff,  
It came as no surprise,  
That when she had a baby,  
She chose to call him Dae.

But as he got much older,  
He saw many faces grin,  
When he gave his full name,  
Cos his dad came from Dublin.

I think that you'd laugh too,  
If that name you did hear.  
But I do feel a little sorry,  
For poor old Dae O'Reah!

## Not a Bard Idea

I got a big hug on poetry night,  
From the cuddly Mrs Best.  
Proof that she always plays,  
Her bards close to her chest.

## Lavant Horticultural Society

**Wednesday 15th October**  
**Lavant Village Hall, 7pm**

Speaker Andy McIndoe will be judging the **Autumn Flower Competition**. Members' entries must be in place by 7pm.

**Following refreshments, his talk on Shrubs will start at 7.30pm.**

Andy is a knowledgeable and entertaining speaker and the evening promises to be most enjoyable.

## LAVANT FRIENDLY CLUB

...meets on the **1st Wednesday in the month**, 2 to 4pm with Bingo and Entertainment. Also 3 good Shows in the next 3 months - **Selsey Shantymen**, **University Swing Band** and a **Free Xmas Lunch!** Transport can be arranged from the Valley so ring Tony to talk about that.

## CHICHESTER COUNTRY MUSIC CLUB

...has just had it's 51st Anniversary at Lavant Hall where it meets on the **2nd Friday every month**. There's a **concert on 10th October** with a super cowboy singer and brilliant guitar player from Nottingham, **Travis Logan**. There's also a **Dance at North Mundham Hall** on the 4th Saturday and this month we have **Pat Jordan** from Manchester singing **Country & Irish** on the **25th**. Both are **7.30pm - 10.30pm** and there will be snacks etc. We also have a **New Years Eve Dance** for only £12 each.

## LAVANT SHORT MAT BOWLS CLUB

...meets **every Thursday Evening between 7 and 9pm**. They play Sussex League and Friendly matches. Suits all ages. Equipment supplied.

Why not give one or other of these a try. You may enjoy them! Details from... **Tony Bleach (527439)**

## CHICHESTER NATURAL HISTORY SOCIETY

### Wednesday 1st October

Illustrated Talk by Nick Sturt on 'Some Rare and Unusual Plants Found in Sussex' to the Chichester Natural History Society at The Pallant Suite, Masonic Hall, South Pallant, Chichester, PO19 1SY at 7.30pm. Entrance members free/visitors £3. 01243 786079, wheelchair access, chinats.org.uk

## RSPB

### Thursday 23rd October

Illustrated Talk by Ken Smith on 'Lesser Spotted Woodpecker' to the RSPB Chichester Local Group at The Pallant Suite, Masonic Hall, South Pallant, Chichester, PO19 1SY at 7.30pm. Entrance members free/visitors £3. 07402 375257, wheelchair access

**Maria Wildman**

**01243 262833**

**thewildthings2@outlook.com**



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## Memoria (2021)

**This pure slice of Tilda Swinton arthouse, brought to us by Apichatpong Weerasethakul has just arrived on Channel 4 (in the UK at time of writing) and for those up for a slow-burn, meditative, quirky, hypnotic two and a quarter hours are in for a treat.**

Tilda Swinton stars as Jessica Holland, a Scottish botanist in Bogotá, Colombia, who is suddenly plagued by a mysterious, deep sonic boom that only she can hear. She tries to find out what it was. And wonders if she heard it at all. Or if it was something from another time, place or universe. Or was it just in her head? She consults with a sound engineer who tries to recreate the sound from her description. The next day, he's gone and nobody knew him.

She continues her search which lands her in a remote jungle village where she meets a much older man, who has the same name, Hernán, as the sound engineer. He lives a reclusive life. He reveals that he is an "antenna" for the memories of the Earth, and he has a unique ability to connect with the planet's history and its past inhabitants. You can probably see where this is going - something otherworldly and off-piste!

The finale of the film throws much of what's gone before out the window as the film shifts gear doing a 180 in genre/theme! So I'll say no more. The cinematography is lovely, with long, lingering shots - and the sounds cleverly let us in on what she's hearing and going through. And of course, it's the Tilda Show throughout, showing everyone once again how to act. Well worth a look but be warned - it's often a head-scratcher (at least until the final act)! **TS**

## Petworth House & Park nationaltrust.org.uk/petworth

### Deer Rut Guided Walk 20th, 21st, 22nd, 27th, 28th & 29th October 10.30am - 12.30pm.

Discover more about the annual deer rut in Petworth Park on this 2-hour guided walk. £5 per adult, children go free. Booking essential. Please call 0344 249 1895, or book through our website.

### Christmas Makers Market 29th November, 10am- 6.30pm & 30 November, 10am-4pm

Find your Christmas presents and a treat for yourself at this festive makers market, featuring high quality artisan gifts. You'll find a range of beautiful handmade products including jewellery, homewares, textiles and art.

### Retirement Flat for sale in Chichester

**Offers in excess of £200,000**

Flat 11, Harington Lodge, 118 The Hornet. It is managed by Churchill. No anxieties about maintenance or the garden or unforeseen bills. Sitting -room, bedroom, kitchen, bathroom and a lot of storage space. Free heating and hot water, a guest room for friends who come to visit. Also some lovely companions - there's a music group, a craft group, loads of wonderful conversations - or if you prefer solitude, no one will bother you. If anyone would like to view it, I can take you round. Phone numbers are 02392 631814 and 07477 164154. It's presently amongst many other retirement flats at Cubitt and West, but I have no doubt that it's the best!

**Olivia Pemberton**

## THE BOOK SHED

### Singleton Village Hall

Access is through the side gate and is the first shed on the right.

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## Brent Lodge Wildlife Hospital Winter Wildlife Briefings

From October and throughout the winter we receive our highest numbers of hedgehog patients, despite this being when they should hibernate. Climate change's unpredictability, disturbance from humans and increasingly fewer natural habitats are just some of the reasons why hedgehogs are struggling to hibernate and why their numbers are drastically declining in the UK. These changes are also disrupting breeding, with some hoglets now being born in winter instead of summer. Please watch out for any hedgehogs active during the daytime, behaving strangely or any possibly-abandoned hoglets. Please call us before intervening so our team can advise you on the best course of action. To help local hogs, you can leave out hedgehog/cat/dog food overnight to see them through these tricky winters (please remember: they are lactose-intolerant and our milk is incredibly bad for them). Thank you!

### Patient Story

This beautiful peregrine falcon has been on quite the journey! He received initial treatment at a local vet before being transferred to us for ongoing rehabilitation. X-rays showed a nasty break in his wing likely caused by a road traffic collision. At first, we were unsure if he would be able to recover from such a bad injury, as peregrines are the fastest bird (and animal) in the world and rely heavily on good wing health for successful hunting and diving. However, our team were determined as ever to see him through! We initially wrapped up his wing to restrict movement and encourage the bone to heal, along with administering antibiotics and pain relief. After a period of rest and recuperation, he was making remarkable progress and was keen to get back to the outside world. After several successful flight-assessments, it was determined that he was ready to be released and he was returned to the skies where he belongs. Good luck out there, magnificent one!



We would greatly appreciate donations of cat/dog/hedgehog food, puppy pads or cleaning supplies. If you can help, please see our social media for appeals, visit [www.brentlodge.org](http://www.brentlodge.org) for our Amazon Wishlist, or drop donations off at our Main Reception during opening hours. We would also be incredibly grateful for anyone able and willing to fundraise for us (e.g. bake sale, raffle) to help support our work during these difficult times – any amount raised will make a difference! Please get in touch so we can support you, cheer you on and send a certificate of thanks for all of your hard work! Thank you all from the whole team and the animals in our care for your ongoing support. **Alex Foster, 01243 641672**



**Sussex  
Police & Crime  
Commissioner**

September 9th marked **999 day**, a chance to celebrate all our emergency services staff and volunteers. Every day, thanks to our resilient emergency service workers, people's lives are saved, public safety is maintained, vulnerable people are supported and harmful criminals are taken off the streets.

In an average day, Sussex Police receives over 750 emergency calls and spends nearly 3,000 hours responding to incidents. Sussex Police tops the nation for responding to 999 calls - proving their dedication to ensuring that Sussex is safe.

Thank you to all our emergency heroes, whose tireless work, selflessness and dedication is appreciated every day.

**Katy Bourne, Sussex Police & Crime Commissioner**

## FESTIVE WREATH -MAKING EXTRAVAGANZA!

**Saturday 29th November  
Singleton Village Hall at  
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**Chichester city centre 9am - 2pm  
1st & 3rd Friday of every month**



[www.chichester.gov.uk/farmersmarket](http://www.chichester.gov.uk/farmersmarket)

## The Nest, a brand-new venue powered by Chichester Festival Theatre

[thenest.cft.org.uk](http://thenest.cft.org.uk)

The Nest is the home to live entertainment from rising comedy stars to daring new theatre fresh from the Edinburgh Fringe. New events will be added regularly as part of a rolling programme.

The launch marks the start of an ambitious five-year journey, extending CFT's proud history of temporary venues.

The Nest sets out to be a springboard for creative risk-taking, new talent and community events and all tickets are £20 or less.

**Nestled among the trees beside the Festival Theatre, it seats 120 and has its own bar and accessible facilities.**

Justin Audibert, CFT's Artistic Director, says, 'We're delighted to present this exciting new programme in The Nest. It's a vibrant and eclectic mix, designed to spark curiosity and encourage those who've never been to CFT to give us a try. Our loyal audiences will discover something fresh and engaging too!'

## Is the tide turning once more? This is why now could be a key moment for upsizers...

After several years of a strong seller's market, we are beginning to see a shift in West Sussex. The pace is slowing, price expectations are softening and buyers are gaining more leverage - especially those who are proceedable or buying with cash.

We have been through many "ups and downs" of the property market and of course, our clients are always keen to buy when the timing is right - but when is this? We all wish we had a crystal ball, but history and experience tells us that moment could be soon.

In 2008 there was the global financial crash, when prices fell by approximately 15-20%. They then stabilised in 2009 before beginning to rise again later in 2012/13, especially in the Southeast. More recently came Brexit in 2016, leading to considerable uncertainty, followed by the race for space and associated price boom of Covid in 2020. Since then, during 2022 to 2025, we have seen inflation and higher interest rates, as well as tax changes which have caused a market correction.

When prices will bottom out is the big question, but our advice is don't leave it too late. The property market is like a bad haircut: it will grow out! At the point at which prices start to rise again, you will once again face stiff competition from buyers, so the best time to buy is often a few months before that point, before the switch from a buyer's to a seller's market.

**Read the rest of this article by Jennie Hancock of The Valley Diary's supporter [propertyacquisitions.co.uk](http://propertyacquisitions.co.uk) at [tinyurl.com/isthetideturning](http://tinyurl.com/isthetideturning)**



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## The Sussex Yeomanry Association

# Remembrance Sunday Service

**Sunday 9th November at 10.45am**

Sussex Yeomanry Memorial at Charlton.

All are most welcome to attend.



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## What a Dummy!

Adult versions of dummies are all the rage at the moment, with a growing number of social media users adopting the viral trend to deal with the stress of everyday life. It all kicked off with stressed out adults in China, who started posting online that they were turning to adult dummies to relieve their stress and anxiety. Spreading like wildfire, it's crossing borders to Europe and the USA, with online fans of 'adult pacifiers' describing them as "soothing" and "safe". Some even started claiming that the adult pacifiers were helping them deal with sleep apnea!

## Weald & Downland Living Museum COMING SOON!

**Tree Dressing** Sunday 7th December  
**Green Father Christmas' Elf School**

Sat - Tue 13th - 23rd December

**Festive Family Workshop** Sunday  
7th December

[wealddown.co.uk/whats-on](http://wealddown.co.uk/whats-on)

## Singing in Singleton with Stephen

**An informal community of people who love singing and smiling is building in the village. In May, about 50 singers joined Stephen Hope to rehearse and sing Fauré's heart-stopping Requiem.**

Then in September, Stephen won many friends in West Dean Church with his one-man show **Face the Music with Hope**. A galaxy of wittily-played music on the piano, ranging from Bach to Bernstein, had everyone singing and (almost) dancing.

Now Stephen is offering two more **Come and Sing Saturdays** in Singleton Church. ('Come and Sing' serves as an open invitation to join us.)

On 11th October we will sing **Choruses from Handel's Messiah**, including of course the most famous 'Alleluia'. On 22 November, the programme comprises: **Bach's Jesu, Joy of Man's Desiring, Schubert's Serenade** and **Vivaldi's Gloria**.

On each occasion, singers assemble for coffee in **Singleton Village Hall** from 9.45am. Singing in the church starts at 10.30. The day ends at around 4pm. The cost of each event is **£15, plus a donation** to the church and charities. Students come free. As do audiences, who are warmly invited to turn up at both events at 3.30pm for an informal performance.

All these activities are happening because of the big heart of Rev Sarah, who wants people of all faiths (**and none**) to feel that they are welcome in her Valley churches.

For further information, please contact Ann...

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The ladies of the oldest WI in the country met on Thursday 18th September in East Dean Village hall. After taking August off, it is always the gentle start of the autumn which greets us in September and allows us a moment of reflection and gratitude for the summer and also reminds us to slow down a little and get ready for darker evenings, lit fires, cosy suppers and a moment to recharge.

# WI Report

We were so fortunate to welcome Andrew Humphris, the Head Gardener at Parham, who came to talk to us his career in gardening. This career has covered Victorian restorations, private gardens and gardens from scratch. Beautiful pictures demonstrated the amazing results Andrew delivers, but the bindweed conversation left us in no doubt that gardening is not an easy or speedy project. Incredibly inspirational; allowing us the next few months, as our gardens are put to bed, to start dreaming about what we can achieve in our gardens next year. A beautifully delivered talk, with a few unexpected anecdotes, including a speeding AC cobra! We do have some amazing speakers come and visit; always a privilege to listen and learn.



I would also like to let you know about an amazing opportunity the WI offers to all (yes the gents as well!) The WI has a **Learning Hub**, which was launched during Covid and allows people to remotely join courses and talks for only £3.99. Subjects are as wide and varied as Portable Paradise (planting and sowing in pots), technology and digital skills, crafting, cooking and so many more. Do head over to [www.learninghub.thewi.org.uk](http://www.learninghub.thewi.org.uk) and have a look.

If you or anyone you know (ladies only) would like to join the WI, we will be delighted to welcome you and we are always happy to share such a brilliant space, with amazing women. Drop me a note at [zk.mann@icloud.com](mailto:zk.mann@icloud.com) **Zoe Mann**



## Spread some festive joy with a Sussex Snowdrop Trust card

All profits made go directly towards the children we support. Packs of 10 from just £3.50. Visit us at William Booker Yard, Walberton, BN18 0PF, online at [thesussexsnowdroptrust.com](http://thesussexsnowdroptrust.com) or call 01243 572433 and we'll post them to you!



Photos from around the Valley including a Rainbow over Singleton and the Made by Hand weekend at the Museum. **HG**







## K9 Sniffs Out Suspect

**A determined police dog tracked down a drugs and knife suspect in the darkness.**

PD Billy was out on patrol with his handler in Bognor when a suspect was seen running away from the officer in a residential area, but thanks to the expert skills of Billy, the man was quickly located hiding between two properties.

Not only did Billy ensure the suspect was found and safely arrested, but he also helped the officer to locate a bag containing drugs, scales, deal bags and a knife. As a result, the suspect was arrested and charged.

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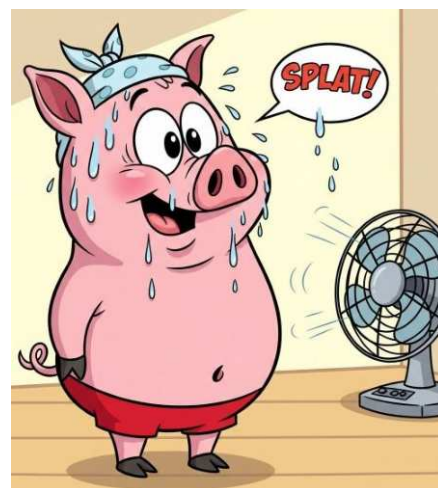
## DEFIBRILLATORS

In an emergency you will find these defibrillators locally at **Singleton Village Hall** (Po18 oHA), the **Phone Box at Charlton** (Foxhall Lane, PO18 oHX), **behind East Dean Village Hall** (PO18 oJG) and on the front of **West Dean Stores**. Once activated, the device will talk you through how to use it. A defibrillator is a device that gives a high energy shock to the heart of someone who is in cardiac arrest.



## Sweating like a pig after peppery food?!

Certain types of pepper make you sweat because the chemical capsaicin in them activates heat-sensing receptors in your body. This tricks your brain into thinking you are overheating, which then triggers your natural cooling mechanism: sweating. Your body sweats to lower its temperature, even if the actual room temperature isn't high, and this process can also lead to a runny nose, watering eyes, and other physiological responses. So now we know!



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# THE DEAN KICK OFF TO A GOOD START

**The new season is underway with new manager Ben Kemp at the helm and the team find themselves unbeaten after the first three games. A mixed pre-season was expected with an influx of new players, but Ben has put together a promising group of fresh young players which has given the team a good balance along with the old heads!**



In the opening game they played away at Hunston and won 1-0 thanks to a goal from Ollie Osbourne, then a cup game at Bosham in which the team cruised through with a 5-0 victory and after that, a 3-3 draw at home against newcomers Rustington Reserves. Two goals from Alfie Barclay and one from Ash Carter assured the point.

The club revealed the Tim Calloway Memorial Bench at the first home game after a Go Fund Me page was created and friends, players and people from the village all contributed. Les Calloway and her two daughters Helen and Sarah revealed the bench after a short speech by General Manager Peter Kearvell.

Asked about the season so far Kearvell said "Ben has settled in to the role very well and also mucked in behind the scenes, which is a great help. The season looks promising as we steady the ship and build a team to push up the league this season, looking to win more games and hope for a good cup run".





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**A book about my life! Katarina transformed my precious memories into a beautiful book which my family and I will treasure forever...**

**Sussex resident Jo Harper talks about working with professional ghostwriter Katarina Sherbourne.**

For a long time, I'd been thinking about writing a book about my life. But the years just slipped away, and I never did anything about it - until I saw an advert by a professional biographer, Katarina, from Life Story in a Book.

Together, we planned my book - how many interviews were required, what topics I wished to talk about, and what photographs I wanted to include. Then, at each meeting, we chatted about each part of my life. I talked, Katarina listened, asking a few questions here and there.

I talked about growing up in a mixed-race family, my strict Catholic boarding school, my career, getting married and bringing up our two wonderful children. I was amazed at how much I remembered - special friendships and celebrations, falling in love, snippets of conversation, the good times and the struggles - they all came flooding back.

Once Katarina had written my story, she created a hardback book with my favourite photographs and a beautiful front cover.

At last, I have fulfilled my dream of writing a book about my life, and sharing my story has brought so much joy and laughter to my family. They loved every page!

**Please contact Katarina for further information...**

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## LOCAL COMMUNITY CLEAN UP THE LAVANT

In just four days, over 400kgs of litter has been removed from the River Lavant in and around Chichester. 36 committed volunteers and a class of local school children came together to tidy up this globally rare chalk stream which weaves its way through the West Sussex countryside and historic Chichester, before entering the sea at Chichester Harbour.

Led by staff from The Final Straw Foundation and the Western Sussex Rivers Trust, the dedicated volunteers removed 423kgs of litter, including 411 cans, 218 plastic bottles, 204 glass bottles, 31 vapes, 15 nitro oxide cylinders, 3 shopping trolleys, 1 radio, 1 walkman, 8 traffic cones and 314.27kg of metal items.

Globally there are only 300 chalk streams, 85% of which are found in the UK. Although these precious streams have been described as the UK's equivalent of the Great Barrier Reef they are under threat from pollution, litter and sewage. The River Lavant is no exception and is one of only ten Flagship Chalk Stream restoration projects in England.

Students from Lavant Primary School joined the clean up and managed to collect nearly 15kgs of litter in just 45 minutes on Sheepwash Lane. A great job done by everyone - please keep a look out for future clean ups and come join us!"

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# 100 CLUB Valley Gardening Club

1st... Jim Buckland, Boxgrove  
2nd... Sarah Manouch, Singleton  
3rd... John Lassetter, West Dean

Welcome to the ninth year of the Valley Parish 100 Club. Thank you so much to everyone for continuing to support this venture in aid of the Fabric Funds for our three churches. We gained two new members; lost three and one or two kindly increased their holdings. We are so near to having sold 230 numbers which will increase the winnings by a few pounds - hopefully next month! Please get in touch if you know anyone who might be interested in joining. So, congratulations to our three winners for the new year sharing a total prize pot of £110. The next draw will be on Sunday 5th October. **Wendy (01243 811608)**

As I write I know Farmer John must be happy with the cascading rain outside. After all the long days of summer sunshine, is it now too greedy for us gardeners to hope for a little Indian Summer so we can have the last hurrah feasting on all the late blooming flowers?

In October, we are hosting a **Hort Talk by Tom Brown**, the Head Gardener at West Dean Gardens. It is open to everyone so do come along to **East Dean Village Hall on Thursday 23rd October at 6.30pm for a 7pm start**. It is £6 on the door with drinks and nibbles on offer. He may well have some advice on the list of jobs that need doing at this time of year. Here are a few to get your teeth into:

***If you haven't already, harvest your apples and pears; Take cuttings of herbs and roses etc. to reproduce elsewhere; It is time to plant spring bulbs such as crocuses and daffodils; When cutting hedges retain the leaves to make leaf mold; Bring tender plants indoors; Sow broad beans; Collect seeds; Continue to deadhead dahlias and roses; Leave perennials to die back naturally to support insects.***



Do you enjoy the events the Valley Gardening Club organises and would like to see them continue? To keep going, we need some fresh help on the Committee including someone willing to take on the role of Chair. Without this, sadly, the Club will not be able to carry on. If you might be interested or would just like to find out more about what is involved, please do get in touch. **Miranda Mayne**

**valleygardeningclub.org.uk**



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