

# HassocksLife

Including the communities of Keymer & Clayton

Local village talk,  
by the village

Issue #9 : Jan. 2020

Delivered  
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to homes in  
village

James, the cocoa guy

page 10

New friends and pastimes for 2020

page 28

Hassocks - all lit up

page 18







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## EDITORIAL

By David Tingley, Editor

And relax... we did it! Christmas is done and I hope you are now looking forward to what 2020 will bring.



If you are looking for new things to be involved in, skills to learn or friends to meet – we have a couple of articles which may be of interest. On **page 28** **Deirdre Huston** finds out more the **Hurst, Hassocks & Ditchling U3A** and, on **page 16**, she was encouraged to have a little jig while visiting **Keymer Folk Dance Club**. But they aren't the only local opportunities...

Many will have enjoyed the fun of **Light Up Hassocks** last month – and we share some lovely photos of the event on **page 18**. Organised by **Sussex Vale Rotary Club**, they would love to hear from anyone in the village who wishes to be involved next year.

On **page 10** Deirdre meets local chocolate guru **James Hull** who sits in as our **Village People** candidate. Thanks James for stepping up, and if you know anyone we should be talking to during 2020 to share their story – do please email us: [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk).

Talking of stories, our **Behind the Counter** feature stops at **Anash Food & Wine** on **page 22**. Find out more about the recently taken over shop owner and all-round optimist **Suness Pudaruth**.

I would like to thank **Jacob Neller** for the crisp winter **cover photo** – for which he has earned himself a £20 shopping voucher for his trouble. If you've got a fab photo of the village do please share it with us, we'd love to see it. Who knows, it might even get on the cover! Send high resolution images through to [photos@hassockslife.co.uk](mailto:photos@hassockslife.co.uk).

With the usual **puzzles (p.30/31)** and **What's on** pages (**p.32/33**) – I think we've just about covered where to start in this issue. Here's to a fabulous 2020 in Hassocks!

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HassocksLife Published by Kipper



Jacob Neller  
Bright morning over  
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We love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk)

## Hassocks Foodbank progress

A foodbank is opening in Hassocks this month. The parish churches of Clayton with Keymer are heading up this initiative and they are keen to get the local community involved. Parish youthworker Gary Pickett tells us that initial responses from local residents have been very encouraging and they already have a volunteer to develop public relations and another volunteer to organise logistics. All those who are interested in volunteering opportunities to support this local venture are advised to attend meetings in the United Reformed Church Hall on Friday 10th January at 10am or Monday 13th January at 7pm.

Hassocks Foodbank will be an offshoot of Burgess Hill Foodbank so clients should collect their vouchers from the usual points but this may change in time. Gary explains: "We are hoping to establish a voucher point in the village in due course." The foodbank will ideally launch on 24th January and be open every Friday from 10am to midday at Powell House in the centre of the village. The parish also has ideas for another project to help families in need, details of which will be unveiled at the meetings. Anybody who wants more information should contact: [claytonkeymer@gmail.com](mailto:claytonkeymer@gmail.com).



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Photo: Deirdre Huston

## Barn home to new gents clothing store

Some readers may have noticed a new shop on the outskirts of Hassocks, along London Road. The Godfather officially opened on 30th November and stocks pre-loved and vintage men's clothes. Stuart Levy, the owner, has been working in retail since he was 18 and previously had various retail outlets in Burgess Hill,

including a luggage shop. He explains: "I saw this was the right place for me and put all the renovations into place in the space of a fortnight." The shop is crammed with rolling stock from top brands such as Tommy Hilfinger, Levi's, Lee, Ralph Lauren and more. There is also a good supply of lumberjack jackets.

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# A new decade

## HASSOCKS FC

By Scott Mccarthy

Gone are the 2010s and here are the 2020s. When one decade passes over to another, it often seems like a good time to reflect on what has been before and what we want to happen in the future.

Everywhere you looked over the past month or so we've been blitzed with 'best of the decade' lists and 'what will the world look like in 2030?'. You probably thought you could finally escape all that by picking up the latest edition of Hassocks Life in January 2020, but Hassocks FC have other ideas. Sorry!

How will the 2010s be remembered at the Beacon? By-and-large, it was a decade of success. The Robins achieved their highest ever finish of fourth in the Southern Combination League Premier Division in the 2011-12 season.

The Under 18s lifted two Central Division titles, finished runners up on a further three occasions and won a League Cup. The production line from youth team to first team has shown no signs of abating either.

Of course, there have been low points. Only being spared relegation due to ground grading at the end of the 2017-18 campaign was a disappointment, but the Robins have managed to stay afloat in the top flight – no mean feat for a club who pay peanuts compared to some of the big spenders.

And what of the future? That's a more difficult question. That lack of serious financial backing means that it is hard to see how Hassocks could compete for promotion to the Isthmian League in the near future at least. Success on the pitch therefore over the next ten years will look like extending their run as the top flight's longest serving club past the 30-year mark.

Strengthening the junior section and getting even more local players into the first team is another realistic target. The long-talked-about south field development might one day find the funding and support to get off the ground, allowing the Beacon to provide improved facilities and more pitches for teams in the village.

That could turn the home of football in Hassocks into the home of football in the local area, making the football club something the community can be truly proud of. Not a bad aim for the decade ahead, is it?

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# Compost given for Windmills

A Hassocks school's gardening project received a boost thanks to a local business. Staff at South Downs Nurseries heard about the Windmills Junior School's horticultural aspirations and stepped in to help by donating much-needed compost. Mr Hollings from the Dale Avenue school visited the London Road garden centre to collect the compost from Simon Rennie and Pat Bryder last month.



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## Elf results are in...

The 'Find the Elf on the Shelf' competition run in shop windows around the high street last month was very popular again.

Organised by Marchants Estate Agents – the event raised a total of £367 for St Peter & St James Hospice. The winner (picked at random) was Flynn (age 4, from Hassocks) and he has won a Christmas goody bag.

Bennita Adair George from Marchants said: "We want to thank both the participants that took part this year but also to the wonderful shops that hosted an elf and donated to the event themselves. We have had such great feedback once again with people saying how much they have loved participating with their children. They were very appreciative!"

## Heading for extinction (and what to do about it)

There is a free talk at Hurst Village Centre on Friday 17th January (7.30pm – 9pm) hosted by a local environmental group.

Are you worried about climate change? Want to do something about it? HKD Transition is a local group which aims to help us all to reduce our impact on the environment. We've invited Extinction Rebellion to come and talk about the latest climate science, the climate emergency we face and what we can do about it.

Bring your climate emergency concerns and questions and hear from Extinction Rebellion about how ordinary people are coming together through non-violent, peaceful direct action to persuade world leaders to tell the truth about climate change and take immediate action.

Please note this talk is not suitable for young children.

More info from [info@hkdtransition.org.uk](mailto:info@hkdtransition.org.uk) or [xlrewes@gmail.com](mailto:xlrewes@gmail.com).

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# Chocolate maker extraordinaire

## VILLAGE PEOPLE



Photo: Deirdre Huston

**Deirdre Huston was intrigued to meet a Hassocks resident who has managed to coincide ethical values with successfully starting up his own chocolate manufacturing business.**

James Hull is the only chocolate maker in Sussex and his 'factory' is in a cabin in the garden of the family home where he has lived for over twenty years. After attending local schools and BHASVIC, he wanted to take the opportunity after college to have a gap year and went travelling with a friend to Australia and New Zealand. He explains: "Uni isn't for everyone or the only route to what you want to achieve. Sometimes it's good to take some time out to explore and experience new things which might inspire you to do something that you really want to do with your life.

"You learn a lot of independence when travelling, you can't keep eating out or you chew through your budget, so you have to learn how to cook for yourself." This renewed an earlier enthusiasm and passion for cooking and, as his return approached, he enrolled in the Professional Cooking course at Brighton City College.

James enjoyed his time but felt drawn to the far side of the kitchen where students were studying Patisserie. He enrolled as part of his second year but, to his disappointment, the course was cancelled! There were only two other similar places to study in England, and with the recommendation of his tutors, James managed to be accepted onto the oversubscribed Patisserie and Confectionary diploma at Westminster. Whilst studying, he worked part-time at the fishmongers in Hurstpierpoint. When he heard the business was

going to close, James offered to take on the lease, little knowing he'd end up being there for four and a half years. "I put everything into it, working every day of the week to make it successful and I prioritised sourcing quality local seasonal fish and great customer service." During this time, James learned how to run his own business. He launched a website, developed a mailing list, reorganised the business to increase efficiency, reduce waste and attract and entice customers with lovely fresh fish counter displays. "Having a shop on the high street isn't enough anymore to survive, so to develop the business and ensure a sustainable future I needed to be flexible and explore different outlets such as supplying chefs/restaurants and supermarkets." James realised that handling cold wet fish was not what he wanted to do forever and he explored new possibilities. He thought about studying medicine but, in 'classic form', he fell into making chocolate.

James had never really thought about the origins of chocolate or how it is created until he was sitting in the audience of a 'how to flavour chocolate' demonstration. His girlfriend's mum asked the chef, 'but how do you make your chocolate?' to which the chef confessed to buying it ready-made. James' interest was piqued! It got him thinking, how many companies actually make their own chocolate, and if not, then why not? He discovered that the UK only had a couple of actual chocolate makers



and one of those was Cadburys. "A lot of chocolatiers imply they make chocolate but it's actually very rare!"

James sourced Nicaraguan Cacao beans at a London chocolate show from a company setting up a co-operative to establish direct trade links between growers and chocolate makers. On hearing that James was setting up a chocolate company, they gave him four different varieties of beans, each grown in a different region. Cocoa is a fruit so, to understand the process of chocolate-making, it can help to think of the different beans like the grape varieties grown for wine. Different climates and soil acidity have a profound effect on the fruit and is referred to as their terroir. A single cocoa pod fits into the palm of your hand but, after fermentation beneath banana tree leaves, each pod must be cracked open at source within 48 hours of being picked in order to harvest the white and fleshy fruit beans.

He left the exhibition with a rucksack crammed full of cocoa beans and set about making his own chocolate. He roasted the beans in the oven, cracked them with a rolling pin, de-shelled them with a hairdryer, and lastly stuck them in a blender. However, it didn't all go to plan, and after blowing up two blenders, it quickly became apparent that producing chocolate from scratch was no easy feat. James was not deterred. "I was determined to create something that at least resembled chocolate. I had read that old factories used large stone grinders called melangeurs to refine their beans into smooth liquid chocolate, and although they were way out of my price range, I did manage to find a small Indian spice grinder that looked basically the same." It worked. James had finally created chocolate.

James passion for making his own chocolate grew and, as word got around, people asked if they could buy his chocolate. He knew he was on to something and, with amazing support from his parents, he launched J.Cocoa in 2015.

"I work directly with the growers or co-operatives to source the highest quality cocoa beans paying a premium of around ten times the Fairtrade rate. This means that finally the farmers are getting greater recognition, and a true price for the demanding work and time that goes into growing and cultivating the cocoa, enabling growers to actually make a living from their cocoa instead of just surviving. They can keep their children in schools and re-invest to grow their businesses, and I gain too because I get a higher quality product." Although the Flores family have been working cocoa for centuries, it's only recently been worth their effort. Now, their eldest daughter, Yokasta, is the first one in the family to go to university.

James explains how each cocoa variety is carefully crafted from scratch by himself with its own individual production. The total chocolate production takes 10-15 days to roast, crack, grade, winnow, stone-grind, conch.



"Uni isn't for everyone or the only route to what you want to achieve. Sometimes it's good to take some time out to explore and experience new things."

It is then matured for three weeks to a month before being tempered, creating delicious chocolates with their own distinctive and exceptional flavours. "It's a very complex time-consuming process, and changing one small aspect within it will yield a completely different end product. It requires a lot of trial and error and I must admit, in the early days, it was about 90% error, but they say you learn from your mistakes, and I have certainly done that. But I do it because I love it, and I want others to enjoy what I make."

James does nothing by halves and understood that he needed to be environmentally conscious in conjunction with trying to effect lasting economic change for cocoa growers. "My packaging was borne out of the ethos of being totally sustainable, with minimum waste for maximum taste. It took me the best part of a year, but it eventually all came together. My bars are packaged in compostable starch-based wrap,

inside a glue-less recyclable acid free card box, all of which is produced here in the UK, minimising fuel usage."

James has designed and built most of the production machines and equipment too from recycled stainless steel.

At the International Chocolate Awards, the J.Cocoa Coffee Milk Chocolate won Gold while various other flavours have won Bronze and Silver awards. Bond Street Coffee

Shop in Brighton soon approached James to make chocolate for their hot chocolate drinks and he now supplies a number of retail stockists, including The Adastra Deli, South Downs Cellar, Glyndebourne and Leonardslee. As J.Cocoa grows and production increases James is aware of the need for more space: "It would be great to move somewhere bigger where people could visit and I could host tours and tastings. There's a nice mystery about how chocolate is made but it's great for people to experience where their food comes from and the people behind it."

James may be the only chocolate maker in Sussex but, with international retailers beginning to knock on his door, it's clear that his ethos is in tune with our times.



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## Big screen movie comes to village

Downton Abbey comes to Hassocks' Adastral Hall on 24th January. Many of the original cast members have returned, including Dame Maggie Smith, Hugh Bonneville, Laura Carmichael, Jim Carter, Michelle Dockery and Elizabeth McGovern.

Star Cinema runs regular movie events in the village at Adastral Hall. Doors open at 7pm, film starts 7.30pm. Tickets on the door £4.50 (concessions £4). There is wine, tea, coffee, soft drinks, plus a raffle on the night.

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Photo: Deirdre Huston

## Dancing in the New Year

By Deirdre Huston

2020 will be a special year for Keymer Folk Dance Club! Members are looking forward to October when it will mark its 70th Anniversary with a celebratory Barn Dance at Adastra Hall. This success may be due to the club's friendly atmosphere because when I popped along to the United Reformed Church hall to find out what it is all about, the members were very keen to put me at my ease. This is not a demonstration group but, nevertheless, I was struck by their agility and determination to get it right - while having fun and including everybody.

The most longstanding members are Brenda and Janet, who have both been attending for decades. Without doubt, firm friendships are formed at the club but even though regular nights remain well-attended, they attribute part of the club's long-term success to its willingness to make room for new members and fresh faces are warmly welcomed. One reason that Sue Joseph, the chair, recommends those who are interested come along and give it a go is because it's very sociable: "Unlike ballroom dancing, we are constantly changing our partners so you do get to dance with different people and mingle." One or two members are ex-Morris Men but most people start out as complete novices. Sally Course expands: "What we hope to do when there's a new face, is try and go and partner them. We always do a walk-through first but if people are still unsure someone will always help them out." Members come from all walks of life and a wide age range. Most of the time, dancers walk rather than skip and many members in their sixties, seventies and eighties continue attending because it keeps them

mobile, helps oil the joints and sharpens their balance. Janet Avery points out another benefit of attending: "It's very good for fitness and de-stressing because you're moving and you have to concentrate on the patterns so your mind is occupied too." There's no doubt that moving to music raises the spirits as well as being good exercise for the body and the mind.

"Most of our dances only require simple walking steps to the music although some of us occasionally try out the traditional steps, just for the sheer pleasure of it!" The English folk dance heritage goes back over 600 years and the group is still enjoying some of those early dances, many of which have lovely names, such as The Whole in the Wall, A Trip to Paris or Jack's Maggot (this last refers to a little idea or plaything!). The group also dance some simple Scottish dances. They look for recordings from the bands with a good beat. There are regular club callers and, once a month, a guest caller leads the evening. When the club started out, many of the members came from the same families and the club is keen for the wider community to be involved at their 70th Anniversary celebration. The club meets on the first, third and fifth Monday of the month from September through to the end of April. The first evening is free and then people join if they enjoy themselves.

If you would like to try out dancing at the club one evening, just to see what it's like, call Sue on 01273 845188 and she can tell you more about it, or just turn up. They dance in the hall at the back of the United Reformed Church in Hassocks starting at 7.30pm and finishing at 9.30pm. For further information, see the group's website: [www.keymerfolkdanceclub.com](http://www.keymerfolkdanceclub.com)





## HASSOCKS COMMUNITY ORGANISATION

# Memorial Garden Keymer – We shall remember them!

By Amanda Kenhard

If you had walked past the Grade II listed war memorial in the lower garden of St Cosmas and St Damian church in Keymer early last year, you may have noticed that the sloping grass bank behind the war memorial was looking a little sad. A more attractive and inspiring backdrop for the parish war memorial was clearly needed. What better year than 2019 - the 75th anniversary of D-Day to be chosen to give this area a makeover?



Conversations were started between the Hassocks Community Organisation's (HCO) Green Group, the church Rector, Rev Alex Baxter and the volunteer group who look after the church grounds. Whilst the church team were very supportive and agreed that rejuvenating and tidying the Memorial Garden was highly desirable, they had no budget to be able to get this work done. Father Alex agreed that completion in time for the Remembrance Service on the 10th November would be an excellent goal. We enrolled the help of local professional gardener Jenny Curling for advice on suitable low maintenance shrubs and to produce an estimate of costs involved. With funding from HCO and a further grant obtained from Mid Sussex District Council, the work could begin and volunteers appealed for. During October the grass bank was strimmed and the volunteers met on the 26th October to start the planting. Beds around the memorial itself were also created and planted up with a mixture of red cyclamen and white heather. Happily, most of the work was completed in time for the Remembrance Service. Remaining funds will be used to add more spring bulbs and plant a few more shrubs by which time, the shrubs planted last year should be in full growth and looking great!

Thanks to Sage Garden Centre for their support and to Jenny's mum for the tea and cake which fuelled the volunteers!

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# Christmas fun on the High Street

## LIGHT UP HASSOCKS



Photo: Brian Dandridge

The festive season began just before Christmas at the annual Light Up Hassocks event, organised by Sussex Vale Rotary.

Fortunately, it was cold and dry for the large numbers of people who came along. It is aimed at being a family evening and it was good to see so many parents and children of all ages enjoying themselves. As usual the evening began with the parade of lanterns by children from Hassocks Infants School, who were led by the Burgess Hill Marching Band. The entertainment continued, supported by Burgess Hill Radio, with performances by the school choirs from the Infants School and Downlands School, and local groups Black Hurricane and the Zaffire Twins on the stage.

Congratulations to Ruby Daniel, winner of the poster competition for the children from the Infants School. So many shops had created excellent seasonal window displays that it was difficult to choose a winner of the best dressed window competition. In the end, Bella June Flowers took the prize.

It was a full and busy evening with many stalls and fairground rides up and down the street. Thanks are due to all the various organisations that contributed towards the success of the evening and details of those involved can be found in the Facebook page. The event is largely self-funded through the sponsorship and sale of calendars, together with contributions from the stallholders.

Members of Sussex Vale Rotary are already planning next year's event and if anyone wishes to help, contact can be made at: [lightuphassocks@gmail.com](mailto:lightuphassocks@gmail.com) or [secretary@rotary-sxvale.org.uk](mailto:secretary@rotary-sxvale.org.uk).



Photo: Deirdre Huston



Photo: Deirdre Huston



Photo: Deirdre Huston



Photo: Deirdre Huston



Photo: Brian Dandridge



Photo: Deirdre Huston





## Information board now at park

Look out for this interesting new interpretation board near the entrance to the park which discusses 'Why Slow the Flow?'. The board can be found beside the Rain Garden which has been doing its work recently to slow the flow of water into the village's drainage system. It was erected by the Monday Group on behalf of HKD Transition, a group of local residents who are working to support a community response to climate change and shrinking supplies of cheap energy, building resilience and happiness in the process. HKD Transition work closely with Hassocks Community Organisation.



Photo: Deirdre Huston

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**5 MINUTES WITH...**

**Ian Clayton**

Before retirement, Ian was a director of a stone restoration firm. He's now president of Ditchling Players and a life member of the Fell and Rock Climbing Club of the Lake District.

**How long have you lived in Hassocks?**  
64 years

**What's the best thing about being here?**  
Surrounding countryside

**What would you like to see in Hassocks that isn't here?**  
A permanent cinema

**How many houses have you lived in?**  
Five: two in Hassocks

**Favourite film?**  
The Quiet Man

**Most common New Year's resolution?**  
Get the garden dug in good time

**Your most enjoyable event in the village?**  
Light Up Hassocks

**Which app on your phone do you use the most?**  
I don't have a mobile phone!

**Your most frequented village shop?**  
Budgens

**What's your proudest moment?**  
A week's holiday in Italy on my 90th birthday with all 31 of my family, including 13 grandchildren and three great grandchildren

**Last present you received?**  
Fur lined slippers

**Your advice for life?**  
Be helpful to other people and enjoy doing it

If you would like to provide your own answers for 5 Minutes With, simply email them to [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk) along with a photo of yourself, or do please encourage a friend to send their answers in!

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**HassocksLife**

# Keymer Stores

BEHIND THE COUNTER



Photos: Deirdre Huston

**Deirdre Huston meets fellow ex-Hazelwick pupil, Suness Pudaruth, and finds out all about his new business, Ansh Food and Wine, soon to be renamed Keymer Stores.**

Suness was born in Crawley and grew up in and around the Sussex town where he still lives today. From a young age he was very active and used to burn off his energy through sports such as swimming, gymnastics and athletics events such as sprinting and long jump. His high levels of activity made him a bit of a rebel at school and, at Hazelwick Comprehensive, he remembers getting into one or two fights, something he now references as part of a journey of self-understanding – a coming of age which has helped him mature into a considerate, entrepreneurial and responsible community-member. “One of the things that got me through my teenage years was learning the importance of respect and honesty.”

His youthful behaviour caused a little friction with his parents. His father was strict and believed in a very traditional upbringing but his mother was more understanding. Suness grew up in a Hindu family but he doesn't practise a religion and bases a lot of his spirituality on personal development experiences. Suness's parents worked long hours in healthcare and so he took on a lot of responsibility for his younger siblings, making them meals, giving them advice and keeping them company. He explains: “I had to grow up because I was knowledgeable enough to know something wasn't right between my parents.”

An important turning point for Suness was during Year 11: “I wasn't very academic but when I saw my mock results I thought 'I'm not leaving school with these GCSEs. He worked really hard to obtain good GCSE results and he progressed on to study Mathematics, Further Mathematics, Physics and Economics A-levels. In the first year of Sixth Form it went really well but, after that, he didn't see a point to it and began to realise that he was only studying to please his parents. His parents got divorced when he was nineteen and he helped the family through this difficult period, even though, at the time, he was studying Mathematics at London Metropolitan.

During the Upper Sixth, Suness began trading penny stocks and then moved onto trading currencies and commodities, a subject he had been studying in his spare time since Year 8. After his A-levels, Suness took a gap year. He undertook trading full-time and, in doing so, he realised something about himself; “I can't have a boss, that's just the way I am.” He also built on an interest in martial arts and, against his parents' wishes, got into boxing. Suness explains the sport was helpful in giving him a feeling of belonging: “I fit right into it.”

Around this time, he made the decision to go to university. He studied hard, worked part-time in a hardware supermarket, continued to trade and went on to graduate





with a 2.1 in Mathematics from London Metropolitan. Things weren't easy, His parents were going through a divorce and he was working out his priorities. He elaborates: "I've always been a believer in supporting family and I work hard to make life better for them." He feels a sense of responsibility for his much younger brother and sister and he regrets that, as children, things were not always easy. "It was a volatile household. I can remember, when I was in Year Two, it being difficult. I never want my brother and sister to go through what I did." He had to come to terms with these difficult episodes and urges anyone reading this to make careful choices: "When your mental health is at that point and your life can split one way or the other, the choices you make can have far-reaching consequences." His new business gives him motivation and stability but Suness does not forget how challenging things can be for people. One of his ambitions is to help young people and one day he would like to run a refuge and programme for young people to help them make the right choices at that critical moment in their lives, so they can avoid a spiral into bad habits or mental health issues.

After graduation, Suness fulfilled his ambition of full-time trading but he got to a stage where he knew he wanted a different lifestyle. "I've grafted so hard. After uni, I traded 18 hours a day. It was crazy. I was enjoying trading the European and US markets but was looking for more sociable work, so in the evenings I helped a friend who ran an off-licence, and that's where I got the idea of having a shop." He realised he wasn't using his people skills. He'd always had big groups of friends and enjoyed talking to lots of people. His mum's partner has a supermarket and Suness enjoyed chatting with his mum about possible options like a fish and chip shop or an off-licence. In looking for premises, he wanted to explore further afield than Crawley and he found the Keymer shop within two weeks. It felt like it was meant to be. He liked the look of Hassocks as a cosy residential area. He came to see the business on the 13th April and, during his chat with the owner, they discovered they had friends in common. They worked out a plan together. Suness made an offer and on the following day, he started work in the shop as manager. This continued through the transition period and the purchase is now complete.

Suness liked the idea of a general shop because he wanted it to have a 'second-home feel' and for people to feel they could have a chat when they pop in to buy small items. This friendly approach has paid off because since he took over, turnover has doubled. He put the shop on to Google Maps and through Google Analytics he can see an increase in online traffic. He intends to build his customer base through local reputation and by developing online communities. He has taken on a local assistant, Lewis O'Connell, who noticed how many hours Suness was working and offered to help out. Suness has enjoyed mentoring him and sharing his skills.

Suness is an optimist and asserts: "Whatever you do today will change tomorrow." He is interested in purposeful things with meaning rather than money for money's sake. "In terms of income, once you pass that 'freedom line', when you have enough to live on day to day, that's when you know contentment." We finish the interview with Suness recounting a story from his university days, describing how he bought lunch for a homeless guy on a wintry day. "If everyone did that," he says, "the world would be a better place." Suness takes people as he finds them. "I learned not to judge people and I always want to make space to have a proper conversation with someone.

"If the shop's working as it is, then I say, keep it simple. It is all about the customers." There are no grand plans but there is also no doubt that Suness will work extremely hard to make his shop a huge success with the local community.



## The future of cloud gaming

### TECH HEAD

In this new feature we welcome Toby Wyithe as our technology expert with a passion for the Film and Video Game industries. In this column he will look at, and comment on, recent and future developments in this marketplace.

By Toby Wyithe

Historically, waking up on Christmas morning without the latest games console wrapped up under the tree would cause a lot of disappointment. However, with the release of Google Stadia in November this reality was entirely possible. You can simply connect a Stadia controller to a PC using Google Chrome, any TV connected to a Google Chromecast or in fact any Google-made device (iPhones and Androids coming soon). Google has the unique distinction of joining the console race without a console.



Cloud gaming is not entirely new; Xbox has Project X Cloud and PlayStation 4 allows remote play through Wi-Fi connections, with both of these offerings allowing you to play the games you already own without the need to repurchase.

The marketing campaigns for Stadia promised the future of gaming but, with an incredibly weak launch line up, along with a number of their promised features not available, it has been a very rocky start.

As an avid video game fan, any advancements in the industry are always welcomed with both excitement and intrigue. The ability to use a variety of portable devices to play the same game whilst on the move is very appealing; just look at the popularity of the Nintendo Switch.

Early reviews praised the technological advancements, but what use is that if there is simply nothing worth playing? Netflix has revolutionised the way people consume media but people don't renew their subscriptions because of the technical capabilities of the service, they do so for the content.

Any video game service will live or die by the variety and quality of the available games. The Xbox One X is the most powerful video game console available but it has sold a fraction of the less powerful PlayStation 4 Pro. Why? PlayStation has a better and more varied game library, a view shared by the majority of the video game community.

Cloud gaming is very real, and there is an increasing level of interest and excitement but, until they find a way to increase the content available, Google will struggle to make a foothold in this market.



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# Challenge yourself to read more in 2020

West Sussex Libraries are delighted to present the Mid Sussex Reading Challenge, running in Hurstpierpoint and Hassocks libraries, along with other local libraries. The challenge invites people of all ages and reading abilities to read 12 books in 2020, following a variety of themes such as 'a book that has been adapted into a film' and 'a banned book'. Whether you're looking to kickstart a new reading habit or just want to share your love of reading with others, everyone is welcome to join. You can take part as an individual, as part of a reading group or even get reading as a family.

The Mid Sussex Reading Challenge follows on from the success of the Horsham District Year of Culture Reading Challenge, which ran in seven West Sussex Libraries throughout 2019, attracting over 230 participants.

The full list of challenges, plus great recommended reads for each month, can be found on the reading challenge blog at [midsussexreadingchallenge.art.blog](http://midsussexreadingchallenge.art.blog), and libraries are also welcoming book review submissions. Participants are also invited to join the challenge Facebook group to share their latest reads, pick up ideas for great new books and chat with local people about their love of reading.

If you'd like to take part, sign up by visiting any Mid Sussex Library with your library card – and if you don't have a library card, it's completely free to join!

Pop into the Hurst Library to pick up a leaflet and challenge yourself to read something new in 2020.



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# A new way to wrap your lunch...

Student at Downlands and member of the school's Eco Group Matilda Tipler shares this 'green' tip about saving on the use of cling film or foil in lunchboxes.

This is an example of the sandwich wrap my mum and I make. I use them in my lunch to keep my sandwiches fresh. They are easy to make. They are completely re-usable and can be freshened up by simply putting them back in the oven and warming the wax again. They come out almost new.

You can have your very own beeswax wrap, here are step by step instructions:

1. Cut your desired fabric to the size you want your sandwich wrap to be.
2. Fold it in half and cut around the edge with zig zag scissors so it will not fray.
3. Grab a sheet of beeswax and place multiple little pieces of it onto the fabric spaced out evenly as the beeswax will melt causing it to soak into the fabric covering it completely.
4. Place it on a baking tray with baking sheet. Then place in the oven at 100C. Turn on the light so you can see it melt.
5. Set a timer to 5 minutes, you might have to get them out before. It depends on how quickly it melts.
6. Take out of the oven with a rubber spatula, spread the melted beeswax around so it covers all parts of the fabric. Lift off the tray by edges and air dry it.



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The advertisement features a group of diverse children in various costumes, including a girl in a pink top, a boy in a black jacket, and a girl in a blue hat. The background is dark with a greenish tint. The text is white and green, providing contact information and class details.



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## Faithful friends

In this section we like to encourage readers to send in pictures of their beloved pet. Maxine Punter introduces Ty, her much-loved Staffordshire Bull Terrier/Lurcher cross who is now 18 years old.

**What makes your pet unique?**

He still thinks he's a puppy!

**What are your pet's favourite activities or places to go?**

He loves doing roly-polies and playing hide and seek

**How or where did you get your four-legged friend?**

Ty is a rescue dog from Buckinghamshire. He was handed over to a stables there that took in unwanted pets.

**Do you have any other pets?**

We also have a Siamese/Blue Burmese rescue cat called Tin Tin who is 17 years old

**Do you have any tips for other pet-owners?**

Our vet told us to feed him just once a day. This would keep him fit and in peak condition. It seems to have worked!

**How would you sum up your pet's personality in three words?**

Quick. Playful. Nosey.

# Learn, laugh and live!

HURST, HASSOCKS & DITCHLING U3A



## By Deirdre Huston

This motto reflects the local U3A members' attitude to life. Forty autonomous U3As exist across Sussex, with many more established across the country. Under the auspices of The Third Age Trust charity, U3A endeavours to prevent the loneliness that many older people may experience by providing low cost learning opportunities. The benefits were recognised in a recent report called 'Learning Not Lonely' and the organisation is recommended for social prescribing.

Hurst, Hassocks and Ditchling U3A is a vibrant group with about 375 members. Participants come from our villages and surrounding areas to learn and practise a wide variety of skills during small group sessions and outings. The movement started in France but has been adapted to suit Britain. It is a very cooperative and social organisation in which the emphasis is on learning together. No qualifications needed or given!

The thing which may surprise you most about our local U3A is the range of activities and subjects for members to explore in over 40 groups. The Bridge group is very popular along with other games groups like Mah Jong, Rummikub and Badminton. There are three gardening groups, varied creative art, craft and music groups too, such as: Crochet, Knitting and Patchwork; Saxophone; Music Appreciation; Recorders; Acoustic Guitar; Creative Writing and Play Reading. The U3A Singers group have performed publicly, raising money for local charities. Walking groups are well-attended, with some preferring the shorter natural history walks while others regularly strike out on local routes of four or five miles. The Sunday Lunch group is unusual because it happens at weekends, enabling people to go out and enjoy conversation at many Mid Sussex venues every month. Some groups are more esoteric, such as Women's Studies or Archaeology. There are lively

discussions in the Current Affairs group and a number of reading-related groups, some of whom meet at the local library. Language groups are popular, including Italian, French and Latin. The two Photography groups often go out to local locations, including National Trust properties, and for the last two years, have been involved in providing the photos for the Light Up Hassocks calendar. At the event last month, resident Kate Tarran won the 'Bottle of Pens' competition on the U3A stall.

One newly established group is Astronomy and, while the range of activities is broad, if someone spots a gap, members are welcome to start a new group, providing they can find two other interested people to help them get underway. Most members are 40+ and, although members tend to be more mature, the organisation is open to anyone who is not working full-time, as most activities take place during the working week. Because most meetings take place in members' houses, groups tend to be small, up to about ten people. Family homes vary in terms of access but, where possible, members with disabilities are accommodated.

There is also a monthly meeting, held locally, with a speaker and refreshments provided. Members pay a small annual fee of £16 plus minor expenses for hall hire or refreshments where applicable. For people confined to home, the Virtual U3A has a reduced fee of about £12 and learning interactions occur online.

U3A is a friendly association which relies on its members helping in small ways to keep the organisation functioning. Participants may lead busy lives or be carers but welcome the opportunity to socialise and exercise their brain! Check out their local website for further details: [www.u3asites.org.uk/hhd](http://www.u3asites.org.uk/hhd) or email: [hhd3a@gmail.com](mailto:hhd3a@gmail.com).

Look out for information in Hassocks Life about the U3A Open Day in March and National U3A Day in June.





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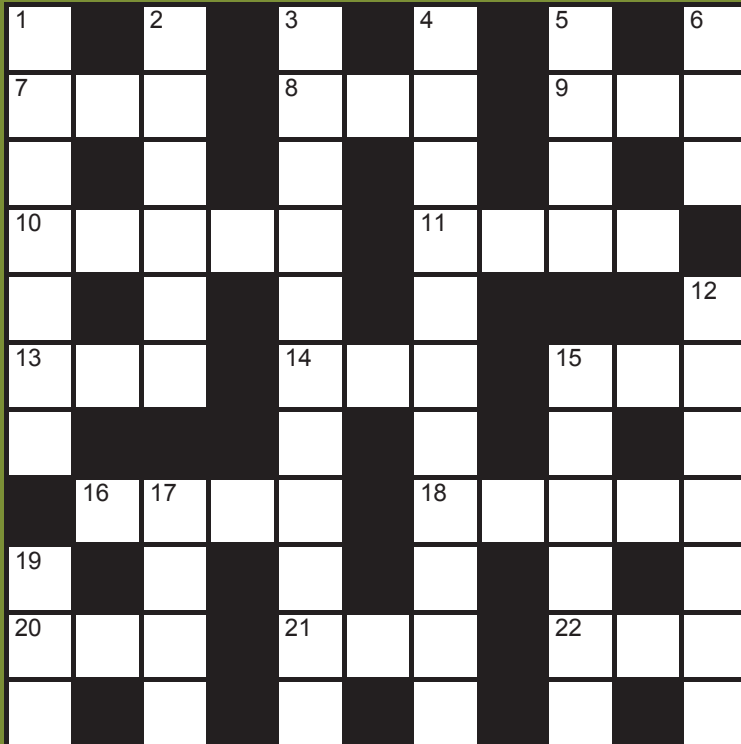
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# Family crossword



Got 20 mins spare?  
Have a go at this crossword - which should be varied enough for all ages to answer some clues.

Answers on p.35

## Across

- 7 Meadow (3)
- 8 And so on (3)
- 9 Biblical Sarah's husband (Abbr.) (3)
- 10 Cram (5)
- 11 Mild oath (4)
- 13 Before (3)
- 14 Cereal grass (3)
- 15 At the present time (3)
- 16 Large marine food fish (4)

- 18 Sharp (5)
- 20 Lyric poem (3)
- 21 Dove sound (3)
- 22 Weeding implement (3)

## Down

- 1 Drunk (7)
- 2 Ripe (6)
- 3 Execution (11)
- 4 Speed controller (11)
- 5 Individual facts (4)
- 6 Light meal (3)
- 12 Add sugar (7)
- 15 Nothing (6)
- 17 Secondhand (4)
- 19 Enemy (3)

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# Sudoku

Find the solution on p.35

2	4							9
	5		6		1			
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	2				3	6		
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		4			2		1	
								7
			1	9			8	

Courtesy of <http://andrews-sudoku.blogspot.co.uk>

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*Haywards Heath customer 2018*

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# What's on

AT ADASTRA HALL

## Monday

- 7.45pm **Hassocks WI** (3rd week)  
2pm **Scrabble**  
2pm **Table Tennis**  
7.30pm **Table Tennis**

## Tuesday

- 9.30am **Short Mat Bowls**  
1.30pm **Short Mat Bowls**  
2-4pm **Maj Jong** (1st & 3rd week)

## Wednesday

- 6.30pm **Hassocks Youth Club** (term time)

## Thursday

- 2pm **Table Tennis**  
8pm **Debonair Dance**

## January

- 13th **Hassocks Field Society** – 7.45pm  
'Fire at Uppark House' a talk by Ken Lloyd  
(visitors £2, Beryl Varley 01273 832351)
- 17th **HHD U3A** – 2pm  
'Sussex Stories behind the news' with Richard Lindfield
- 24th **Strictly Dance Magic** – 2pm  
Friday afternoon tea dance
- 24th **Downton Abbey (PG)** – doors 7pm  
Movie night by Star Cinema, bar and raffle on the night too (tickets £4.50/£4)
- 27th **Hassocks Field Society** – 7.45pm  
'Tales of the River Bank' a talk by Ian Everest  
(visitors £2, Beryl Varley 01273 832351)

## February

- 21st **Judy (12A)** – doors 7pm  
Movie night by Star Cinema, bar and raffle on the night too (tickets £4.50/£4)

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# What's on...

## ELSEWHERE

### January

- 7th **Mid Sussex NHS Retirement F'ship** – 10.15am  
Franklands Village Hall, Haywards Heath - Val Upton talks on 'The Way Ahead'
- 7th-11th **Dick Whittington Panto**  
Clair Hall, Haywards Heath - presented by The Weald Theatre Group ([www.wealdtheatre.co.uk](http://www.wealdtheatre.co.uk) 01444 455440)
- 8th **Tiger Arts** – 1pm  
All Saints Church, Lindfield - Wimbledon Palais Ukulele Band (light lunches in the Tiger from 12.15pm)
- 8th **Music Club** – 4pm  
Court Bushes Community Hub, Hurst – monthly club for 12-16 year olds
- 11th **Dad La Soul** – 10am  
Court Bushes Community Hub, Hurst
- 15th **The Arts Society Mid Sussex** – 10am  
Clair Hall, Haywards Heath - 'The Magic of Prague: Czech Art and Culture' by Gavin Plumley (Non-members welcome, £7)
- 15th **The Mid Sussex Franco-British Soc.** – 8pm  
Clair Hall, Haywards Heath - An illustrated talk in French by Joyce Quin, membre des Lords depuis 2006 (£5, Barbara Stevens, 01444 452385)
- 16th **Haywards Heath Ceramics Group** – 10am  
Clair Hall - Talk on 'British Art Deco - between the Wars by Elisabeth Bogdan (free entry on first visit, otherwise £8, 01444 483372 or 452804)
- 16th **Mid Sussex National Trust** – 2.30pm  
Clair Hall, Haywards Heath - 'History of The Royal Botanic Gardens Kew' presented by Sarah Oldridge
- 16th **Burning (15)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and [www.hurstfilms.com](http://www.hurstfilms.com))
- 17th **The Wind in the Willows** – doors 6.30pm  
The Queen's Hall, Cuckfield - Rain or Shine Theatre present its fast-paced comic retelling of the classic tale (Tickets from Cuckfield Parish Office £10/£7)
- 17th-19th **Mother Goose Panto**  
The Players Theatre, Hurstpierpoint - Family panto fun, Fridays at 7.30pm, Sat/Sun 1pm & 5pm (Tickets £11/£8 [www.hurstplayers.org.uk](http://www.hurstplayers.org.uk))
- 17th **Heading for Extinction** – 7.30pm  
Village Centre, Hurstpierpoint - Talk about climate change by HKD Transition group (not suitable for young children)

- 21st **Cuckfield Evening WI** – 7.30pm  
Baptist Church, Polestub Lane, Cuckfield - 'Wellbeing with you in mind' by Amanda Grainger
- 25th **Burns Supper** – 6.30pm  
Roffey Park - Mid Sussex Caledonian Society annual event ([secretary@midsussexcaledoniansociety.org.uk](mailto:secretary@midsussexcaledoniansociety.org.uk))
- 28th **Pregnancy Loss Support Group** – 7.30-9pm  
New support group for those affected by pregnancy or baby loss (for venue details contact [angie@walkingwithyou.org.uk](mailto:angie@walkingwithyou.org.uk) or call 07974 729566)
- 30th **Skull Drummery** – 7.30pm  
The Red Lion, Lindfield - Traditional event by Lindfield Bonfire Society, drumming performance in the pub garden
- 31st **The Kindergarten Teacher (12A)** – 8pm  
Players Theatre, Hurst - film show by Hurst Village Cinema (tickets from Mishon Mackay and [www.hurstfilms.com](http://www.hurstfilms.com))

### February

- 5th **Mid Sussex NHS Retirement Fellowship** – 10.15am  
Franklands Village Hall, Haywards Heath - The Buzz of Bees with Otto Somodi
- 5th **Hurst Monthly Social Group** – 2pm  
Guide HQ, Trinity Road, Hurst - Fish & Chip Lunch (pre-ordered) & AGM (Dianne 01273 835284)
- 6th **Dementia Café** – 2pm  
Court Bushes Community Hub, Hurst

## Want to promote a local event?

If you know of an event taking place in Hassocks or beyond, do let us know and we'll do our best to include it in our listings in this magazine.

Email the details to: [editor@hassockslife.co.uk](mailto:editor@hassockslife.co.uk).

## RECYCLE THIS...

Colin McFarlin is a Volunteer Waste Prevention Advisor with West Sussex County Council.



Thank you for all your individual enquiries about your recycling. By the time you read this I will have replied individually to all your emails to the editor on recycling. Do keep the questions coming.

## Recycling Wisdoms

I am starting an occasional item: 'Recycling Wisdoms'. This where I share your recycling wisdoms. What do you do to recycle more? What do you do to recycle better? Tell me about your local community recycling points. What do they accept? What wisdoms would you like to share? Who is in charge of recycling in your house?

Claire tells me how she is fully emptying toothpaste tubes. There is always some left in the shoulder, so she cuts the tube in half and uses the cut off bit to re-close it. She tells me she is always amazed to find another week's worth by doing this to any tube.

Jane tells me she recently visited the garden centre at Wych Cross, and at the far end of the car park is a collection point for plastic plant pots and trays which then go to be recycled. B&Q in Burgess Hill also have a similar collection point.



As much as this page is about recycling and keeping as much as possible out of your rubbish bin, our foremost thought should be to reuse, repair and reduce, and then recycle. I would love to hear of ways you have reduced your rubbish.

To repair you can take to a Repair Café. There are Repair cafes in Chailey, Horsham, Forest Row and one is opening soon in Burgess Hill. If you are interested in starting one in your village, do let me know and I can put you in touch with the organisers of successful Repair Cafés.

Would you like me to give a talk to your local group on recycling? Do you have an individual question on specific items you are not sure how to recycle? One email to the editor, with a picture if possible, and I can let you know.

Looking forward to hearing from you.

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Travel Counsellors.....	12

## Retail

Hassocks Eyecare Centre.....	15
Vinyl Vault.....	24

## Out & About

Ensemble Reza.....	17
Wakehurst Place.....	5

## Education/Childcare

Rok Skool.....	9
The Young Actors Group.....	26

## Health/Lifestyle

Mallards Dental Practice.....	4
The Pain Relief Clinic.....	3

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Go to [www.hassockslife.co.uk](http://www.hassockslife.co.uk) for more info or speak to Emily on 01273 796026

## PUZZLE ANSWERS

From the puzzle fun on page 30

### CROSSWORD:

ACROSS: 7 Lea, 8 Etc, 9 Abe, 10 Stuff, 11 Egad, 13 Ere, 14 Rye, 15 Now, 16 Tuna, 18 Acute, 20 Ode, 21 Coo, 22 Hoe.

DOWN: 1 Sloshed, 2 Mature, 3 Performance, 4 Accelerator, 5 Data, 6 Tea, 12 Sweeten, 15 Nought, 17 Used, 19 Foe.

### SUDOKU:

2	4	1	3	7	5	8	6	9
8	5	9	6	2	1	7	3	4
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3	9	8	4	5	6	1	7	2
9	8	4	7	6	2	3	1	5
1	6	2	5	3	8	4	9	7
5	7	3	1	9	4	2	8	6



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