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May 2024

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Welcome to the May Edition

One thing I've discovered today is how hard it is to use a computer with a dog on your lap! I have a doggy visitor who likes to stay as close to me as possible, which includes sitting in my lap even when I'm at my desk. I think this is why I get on so well with my own dog, she likes her own space most of the day, just reminding me of key events like meal, snack and walk times. Despite the challenge, I've managed to get the magazine finished in time, which is just as well as we have lots of local news and events to tell you about.

Don't forget that our deadline for the receipt of editorial and advertising copy is the 12th of the month.

Samantha

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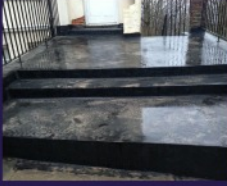
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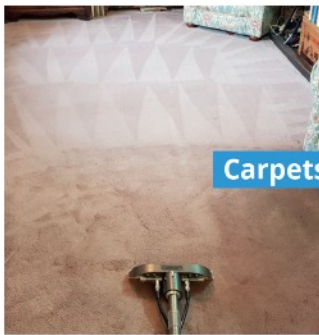


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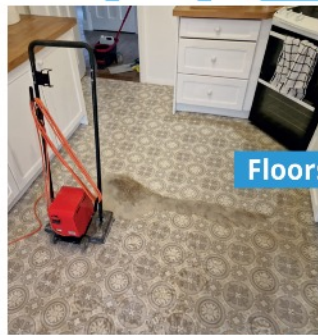
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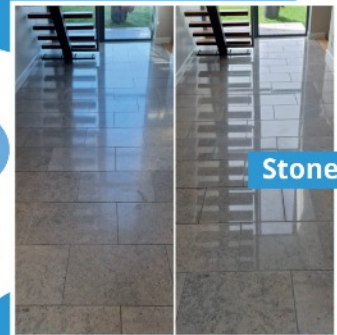
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I am passionate about helping people feel better in themselves and their bodies. I use a variety of tools to help people regain their abilities as far as possible and to partake in the activities they love. It is less about being perfect, and more about having enough balance and harmony in your system to enable you to live your life to the fullest potential. It is also about understanding how to be with yourself, listen to your body, and know the tools and tricks to help you when you get stuck.

I work holistically to get to the cause of the cause of the cause! The main aim, in the beginning, is to bring relief for your current suffering and symptoms as soon as possible, whether it be pain and limitation, issues with sleep, mental health, digestion, stress, biochemical problems, etc.

Each person and their situation are individual and different at different times. Firstly, I listen to your story, then I listen to your body's story. The body remembers everything that has ever happened to it and knows the best route to recovery, we need to have a way to listen and respond! Being pain-free is not enough, you need to be able to do the things you love.

Listening to your story:

I ask you to prepare a concise list of your medical history in advance, to help you answer my questions. I do not read your notes, they are to help you answer quickly and simply rather than using the session as an aide memoir.

I ask you what is troubling you, what you are experiencing, when it started, if it has happened before, and what type of treatment you are having currently, or have had in the past. I will also ask what impact the problem is having on your life. I also ask about surgeries, accidents, injuries, falls, fractures, illnesses, medication, and family medical history, from day one. For example, age 6 tonsils, age 15 appendix, age 25 RTA, etc. We will have time for the details later, just need the outline story to make a start towards understanding and recovery.

To complete the health questionnaire and to understand your body and the impact of your life, past and present on your body, I will ask about your systems, i.e. respiratory, digestive, cardiovascular, genito-urinary, reproductive, nervous, musculo-skeletal, etc. In other words, how you eat, sleep, feel, excrete, etc. I will ask about pregnancies and deliveries, energy, diet, allergies, and your work and social activities; and also, what you love to do!

At some point during the story, I will explain what I feel may be happening in your body to cause your problem, and how we can work together towards recovery.

Listening to your body:

Each step can be adapted and assessed differently when a person is unable to partake, e.g. if they cannot stand, sit, or move well enough for the examination. Osteopathic diagnosis includes neurological, orthopaedic, and movement testing. Using kinesiology muscle testing, where appropriate, fascial loading and listening, and palpation to 'listen' to the body with 'thinking feeling fingers' to determine the cause and extent of the problem and the best course of treatment for the individual.

"Listening" continues throughout treatment and bodies often reveal long-forgotten issues (that are held in the tissues). These are often revealed in the posture or tension in the tissues and their release forms part of the longer-lasting healing.

Treatment:

Treatment may include stretching, deep soft tissue work, myofascial techniques, adjusting/manipulation, dry needling, home rehabilitation exercises, attention to postural habits, appropriate exercise, and ergonomics. Stress aspects will be considered physically and biochemically, and various relaxation and breathing exercises advised where appropriate.

I will explain my findings to help you understand what is happening to cause and impact your symptoms and problems.

Treatments vary depending on what is needed. I work mostly gently with cranial techniques that can be used on the whole body and reach far into the tissues. Visceral osteopathy is a gentle manipulation of the fascia around the organs, their valves, their connection to each other, and the structure; this can affect structure and function. Kinesiology is a diagnostic tool that can be used to assess structure, function, and biochemistry, i.e. toxicity, how the body chemistry is functioning to impact e.g. hormones, gut function, brain fog, stress, etc.

I have a fantastic library of videos to help support you in feeling better. From pain management, mental health, Kinesiology, Osteopathy, and all your holistic health needs, give me a follow: Aether Bios YouTube

We are happy to advise you on your health matters.

Lin Bridgeford DO KFRP MICAK MICRA FSCCO MCMA MSc
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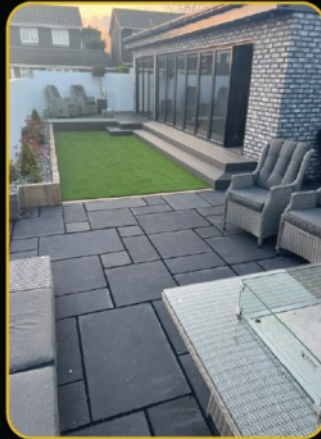
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Mike Laslett

Rottingdean Bowling Club 90th Anniversary

The Bowling Club was opened on 12 May 1934 by the Mayor, Councillor Margaret Hardy. The Council had laid out the bowling green and an old oak beamed cowshed once used by a local farm had been turned into a clubhouse.



The President was Sir Roderick Jones. Chairman of Reuters news agency, he lived at North End House with his wife Lady Jones who was Enid Bagnold the author and playwright. He can be seen here with his wife and children outside their home. The vice Presidents were William Brown of Challoners, Sir George Lewis of The



Grange, Colonel Moens of Down House, and Admiral Clark.

As Sir Roderick was called away on urgent business to France it was Lady Jones who received The Mayor at the opening. Not having any bowling slippers she is pictured in her stockings and feet.

After the inaugural match, tea was served on the lawn at Challoners by kind permission of the owner William Brown.



It was certainly a case of Gentlemen and players as the team comprised mainly local tradesmen. The photo of the 1937 team includes William Hilder, whose butchers shop was at Whipping Post House, George Sutton who was a greengrocer in the village and Joe Cooke of Margetts and Cooke, builders and funeral directors in the village. You may note that Joe Cooke is wearing the same hat in the bowls team photo as in the works photo!



Next month's article will record some of the notable members and events of the last ninety years. New members are always welcome. Thank you to Margaret and Norman for their help in preparing this article.



Wednesdays at One 2024

A free series of short lunchtime talks at The Grange at 1pm

- 1st May** Sarah Snow: On May Day, Fox Talbot's mother reads his letters.
- 8th May** Maggie Knapp: Rottingdean's Quaker Burial Ground.
- 15th May** Jean Spray: Burne Jones.
- 22nd May** Hilary Temple: Angela Thirkell. A talk by the Chair of the Angela Thirkell Society.
- 29th May** Ian Gledhill: The Daddy Long Legs Railway of Magnus Volk.

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Hinterland at Ovoid studio

Something special is happening in Ovingdean. Hinterland is a themed show of sculpture and drawings taking place at Ovoid studio which is a large shed in a back garden in leafy Ovingdean on the edge of the Brighton metropolis. The show is also part of the Artists Open Houses festival that takes place every weekend in May all over Brighton.

Rural territory

Look up the word *Hinterland* and you will find that it is a German word that originally meant 'The rural territory surrounding an urban area, especially a port'.

In some ways artists are always working in an artistic Hinterland, and often hoping for an invitation to the 'urban area' of the art world. But the Hinterland is generally the productive place that everything is taken from to be used in the centre. The centre needs the Hinterland, as much as vice-versa - it's a relationship of co-dependence, nothing could happen in the centre if the Hinterland did not supply it.

Remote areas

Simon Fell, who is hosting the show says of the Hinterland theme:

"I just moved here from London, in some ways it feels like coming to a remote area because it's so rural and it's in the Southdowns National Park even though it's also right next door to the city of Brighton.

I think artists are tasked with mining their own inner remote areas, we expect them to find obscure and engaging ideas and present them to us in a visual form. All the artists in the Hinterland show are bringing their own versions of that endeavour. The artworks on show represent a body of work that is about exploration and discovery."

Participating artists

There are eight artists taking part in Hinterland who are from all over the south of England, from Devon and Somerset to London and Sussex:

- Sandra Lane: Sculpture (London)
- Helen Goodwin: Land art (Brighton)
- Carol Smith: Life drawings and portraits (Petersfield)
- John Dilnot: Paintings and prints (Eastbourne)
- John Elliott: Sculpture (Devon)
- Judith Alder: Sculpture and drawing (Eastbourne)
- Dan Currie: Metal, Wood and Ceramic sculpture (Somerset)
- The show is hosted by Simon Fell: Ceramic Sculpture (Ovingdean)

Hinterland will be open every weekend in May 11am-5pm (NOT bank holiday Mondays) Private View: Thursday 2nd May 6-9pm
Address: 5 Ainsworth Avenue, Ovingdean, Brighton BN2 7BG

Contact Simon Fell for further information: 07707 629520

Mail: still@simonfell.co.uk

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2. Use official payment methods: Stick to using official payment methods and avoid making payment through unfamiliar QR codes or websites.
3. Stay Vigilant: Be on the lookout for any suspicious behaviour around parking meters, such as individuals tampering with them or loitering nearby.
4. Report Suspicious Activity: You can call 101 or contact Crime Stoppers to report potential scams of this nature.

Date for your diary from ROWSLAT.

Residents are welcome to attend the next meeting of Rottingdean, Ovingdean & West Saltdean Local Action Team (ROWSLAT) and to meet the new PCSO Dan Fanner. Meeting is on Wednesday 8th May 2024 at 7pm in Saltdean

Lido West Wing. The LAT is a place where local residents can meet with representatives of the Police, Council, NHW and other organisations to address issues of crime and anti-social behaviour.

For more information about Neighbourhood Watch please contact Secretary Linda Hood

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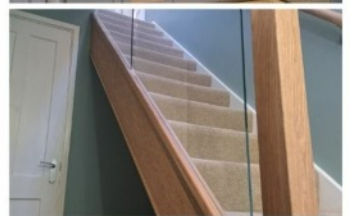
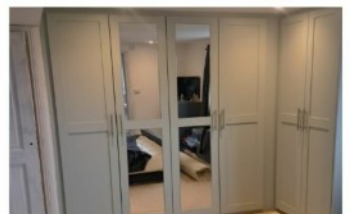
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Beacon Hill Nature Reserve

The sheep have finished their annual spring graze and have now moved onto pastures new. They will be back sometime in September for their autumn graze, dates to be advised as soon as we know them. They have done another grand job, this time on the windmill section, of nibbling away the brambles and thinning out the grass to enable or wonderful chalk grassland flowers to flourish. Beacon Hill is glorious in the summer with a wide range of native plants spread right across the nature reserve. You will notice that the southern most section, formerly the pitch and putt course has blended into the patchwork of the hill and is now virtually indistinguishable from the rest of the grassland.

Scrub bash season has now come to an end as we like to practice what we preach and avoid wandering off the paths during skylark nesting season. This season runs from May though September with some pairs producing up to 3 broods. We will be going through our regular summer workday calendar starting with hoary cress pulling in May/June and then wandering around the edges trimming encroaching brambles/branches. We have also been asked to help out at the Beacon Hub as they continue to spruce up the building and it's surrounds.

Our photograph this month features a group of local primary school children taking a walk around the windmill on a

particularly foggy day. Judging by the squeals of delight they all enjoyed their outing with the added bonus of visiting the sheep.

Friends of Beacon Hill meet at 10AM on the 2nd Tuesday and 4th Friday of each month at the Beacon Hub for a 2 hour session. Please email us at FOBeaconHill@gmail.com and see our FaceBook page @beaconhillrottingdean for up-to-date info.



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3. Don't let the knee sway outwards on the standing leg but reach it forward.
4. Keep the pelvis/hips level at all times especially when moving the leg.
5. Keep the shoulders relaxed.
6. Ensure that the neck is long.



STARTING POSITION

1. Lie with your feet and knees hip width apart and your arms by your side.
2. **BREATHE IN** Tuck your pelvis.



3. **BREATHE OUT** - Peel your spine bone by bone off the mat.
4. **BREATHE IN** - Hold your bridge position.



5. **BREATHE OUT** - Straighten your left leg.
6. **BREATHE IN** - Bend the knee and return the foot.
7. **BREATHE OUT** - Straighten your right leg.
8. **BREATHE IN** - Bend the knee and return the foot.
9. **BREATHE OUT** - Wheel your spine down.



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8 - 26 MAY

SARA HILL - THE LURE OF THE SEA

Sara's work is a mixture of oils on canvas and of detailed drawings portraying the sea and the natural world, within which the viewer can totally immerse themselves. She has exhibited in over 100 shows across both the UK and in Europe and has had a solo show every other year at The Grange Gallery for over 25 years. This year's Artists Open Houses exhibition.



29 MAY - 9 JUNE

NATASHA OWEN - CHASE MY DREAM 追夢

Natasha is a self-taught contemporary artist. She uses many layers of pigments and resins and says it can take her many months to complete a picture in her specially-built temperature-controlled studio. Her multi-media wave pictures are organic, powerful and infused with energy.



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SCAN ME

Lions News

We recently held Easter egg draws at numerous venues across our area. The tickets were practically sold out and we also received some welcome donations along the way. On behalf of Rottingdean and Saltdean Lions, I would like to thank all the venues that supported the eggs and all those of you out there for taking a punt to win one of our eggs. With our fairs not being able to be held this summer we need all the funds we can get for us to continue to support people in need in our area. With this in mind we were very pleased to raise around £1,100. Well done to all involved. Let's face it the giant Easter eggs were quite something. Congratulations to all the winners.



On Sunday May 5th we shall be holding an awareness stall on the under cliff, seafront Rottingdean. We are actively recruiting new members, so it would be a wonderful chance for you to meet us and find out more about us. Hope you can pop along.

Also, we are pleased to be taking part in the Party in the Park being held on Saltdean Oval on Sunday 26th May from 12:30 pm to 5.30 pm. We will be providing our usual full bar. It should be a fantastic family afternoon of music. Please note if it is wet, this will be held on Monday 27th May.

If any of our activities are of interest to you, we would be pleased to hear from you. Also, if you know anyone who needs help please ask them to get in contact and we will try to help as best we can.

If you would like more information on any of our service or other activities or would like to lodge an interest in helping us please contact Rottingdean and Saltdean Lions on 03458 339617 or email at info@rottingdeanandsaltdeanlions.org.uk You can also contact us through our website: www.rottingdeanandsaltdeanlions.org.uk

Lion Roger Bluff

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Our website gives more information: saltdeantennis.com

We will be having an Open Day soon when you can come along to meet the Coach, just 'have a go', or have a chat and cup of coffee (or tea). Watch this space for more details. The courts are available for non-members on a Pay-to-Play basis - book on our website.



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Follow Your Nose

Whether you like it or not, you smell. I can see your nostrils twitching slightly as you are suddenly more aware of your nose and seeing if you can 'smell anything' right now!

We all have a very distinct and natural body odour. Whether we are aware of it or not we leave a unique scent trail behind us like a scent 'fingerprint'.

Smell is our most primitive sense and is essential for our survival. Nowadays we smell mostly for the pleasure of it. What remains of the 'survival' aspect is when our nose alerts us to take action as the toast has gone beyond being toasted or when we sniff that yogurt that's out of date to check if we can still safely eat it!

When was last time you truly smelled something?

Our sense of smell is a complex process. Studies show that 75% of emotions are triggered by smells which are linked to **pleasure, wellbeing and memory**.

A perfume or the smell of a favourite meal can immediately transport us to another moment in time. Interestingly one of the most evocative smells from childhood is crayons.

Which smell brings you back to a joyful childhood memory?

Which scent do you surround yourself with for comfort?

As blossoms and blooms unfold they release their ever so gentle and delicate fragrances, I think May is the perfect time to give some attention to our nose and reawaken our sense of smell. Let's start with **enjoying a moment of mindfulness involving**

smell: cooking, washing your hands, gardening, taking the laundry out, mowing the lawn...

Exercising our olfactory neurons stimulates growth and repair, it can improve verbal function and overall wellbeing, so this month I invite you to pay attention to our nose, embark in olfactory adventures and **dare to be the change** you want to see in your organisation, family, community and life!

Spotlight on women reaching mid-life transition, peri / menopause

One of the most unexpected symptoms you might be experiencing is an altered sense of smell! Research has shown that oestrogen can influence the area of the brain that processes scents so you might find your sense of smell heightened or less acute than you are used to, **which can be incredibly disconcerting.**

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May Music Quiz

Well, we've made it to May and for some people that means one thing – the Eurovision Song Contest! Like it or loathe it, most of us end up watching it each year, if only in the hope of an unlikely UK victory. I've made it the theme of this month's quiz although there are also a few unrelated questions.

I also have a bonus question for you this month, which is – what do Sza, Dua Lipa and Coldplay have in common? If you

can get that one, you will know next month's theme for the Deans Magazine Pop Quiz. If not, you'll have to wait till next month to find out!

I hope you enjoy doing this month's quiz. Don't forget, if you are struggling with any of the questions, the answers can be found, as usual, on The Deans Magazine's Facebook page.

Alan Ford

Questions

- Each of the following are lyrics from UK entries to the Eurovision Song Contest. Can you remember the names of the songs and the artists concerned?
 - 'I was afraid that maybe you thought you were above me. That I was only fooling myself to think you loved me.'
 - 'In my floating castle, I'd rub shoulders with the stars. But I'm only human and I'm drifting in the dark'
 - 'And try to look as if you don't care less, but if you want to see some more. Bending the rules of the game will let you find the one you're looking for.'
 - 'Now the time is moving on and I really should be gone, but you keep me hanging on for one more smile.'
 - 'Am I wrong? Am I so unkind? Show me the way, don't turn away. I can't hide all these thoughts in my mind, every moment I'm thinking of you'.
- In which year was the first Eurovision Song Contest held?
- Which all-girl British Band released their final studio album in 2020 titled 'Confetti'?
- Which UK band had successive number 2 hits in 1995 with 'Common People' and the double A-sided 'Mis-shapes. Sorted for Es and Wizz'?
- In what year did Abba win Eurovision and in which venue was the contest held?
- Which highly successful American singer-songwriter recently released their first new music for 17 years? (His last album was released in 1993)
- Can you name David Bowie's 5 UK number 1 singles? (Two were collaborations).
- The following songs all won Eurovision, but for which countries did they win?
 - Un banc, un abre, une rue - Severine
 - Love Shine a Light – Katrina and the Waves
 - Tattoo – Loreen

- Can you name the 3 singles that were released from one of the biggest selling albums of all time, Hotel California by the Eagles?

- See if you can solve the following anagrams, which are all artists who have won Eurovision.

- Hind Seasaw
- Nada
- Ha Nan Long Joy
- Lice Done In
- Na Me Sink

D-Day 80th Anniversary Remembrance

Rottingdean branch of the Royal British Legion will be commemorating the anniversary of the Normandy Landings on 6th June 1944. There will be a gathering and service on the village Green in Rottingdean at 11.00 a.m Thursday 6th June.

There will be a short service and we would encourage members of the community and schools to join us to remember those who gave the ultimate sacrifice on our behalf in the campaign to liberate Europe from Nazi oppression.

A display of participating units will be displayed and there will be further information around the village on the noticeboards explaining the important part that the village played in supporting the war effort and in particular the Canadian troops station in Rottingdean for both the Dieppe raid and the preparations for D-Day.

If you would like information on how to join the local Branch of RBL please email:

Rottingdean.MemSecretary@RBLCommunity or contact Branch Secretary 07801 245774



Developing A Neighbourhood Plan For West Saltdean

Protecting the things we love about where we live Regulation 114 Community Consultation:

St Nicholas' Church Hall, Sunday 12 May, 2pm-4pm.
Drop-in.

All Saltdean residents and people who own businesses in the area are invited to come and provide their feedback on the draft plan.

Draft plan and survey also available in the library at the lido and online:

www.westsaltdeanneighbourhoodforum.wordpress.com

What is a Neighbourhood Plan?

Neighbourhood plans are a way for communities to have more of a say in the future of the places where they live and work.

Why does West Saltdean need a Neighbourhood Plan?

1. To give more protection for our open green spaces.

2. To have more influence over what it built here and how it looks.

3. To ensure that more of the money developers have to contribute to the community (Community Infrastructure Levy) is spent in West Saltdean. 15% without a plan. 25% with.

For more information please visit our website or contact Councillor Bridget Fishleigh on 07946 342 903

and bridget@bridgetbythesea.com



Rottingdean Whiteway Centre

Summer courses

Our summer term courses started on 22 April 2024. We're running a mixture of 5 and 10 week courses on a wide range of topics, from yoga and Tai Chi, to languages and art and painting.

For details about future courses, see our website, social media or our noticeboard (entrance of Whiteway Lane).

Special Events

We hold a variety of talks at the Centre. Reasonably priced at £12, these are an opportunity to focus on one-off topics and learn about something new (and often local). The next 2 are:

[Images of Sussex from Turner to Ravillious with Cherry Gillingham - Saturday 27 April at 10.30am](#)

[Asian hornets: the phony war is over with Manek Dubash - Friday 3 May at 19.30pm](#)

Priced at £12, full details and to book see the Special Events page on www.rwc.org.uk/special_events

Volunteers needed

We have the following volunteer vacancies:-

Building manager. To organise contractors to do repairs, servicing, improvements etc, as agreed by the volunteer management committee.

Employee Pay officer. To prepare and submit spreadsheets detailing pay for tutors and caretakers to the payroll company. To check the returning payslips and arrange for the treasurer to make payments.

Website and Social media administrator. To keep the website updates, liaising with the website support company as appropriate. To do social media posts for items that need publicity as identified by other committee members.

For more information and detailed job descriptions please contact the Chair, Lynn Hutchinson by email lynn@rwc.org.uk

Room bookings

You can book one of our rooms, or even the whole building. We have two large halls and smaller rooms for hire at reasonable prices. See the **room hire** tab on our website.



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Street Tree Havens

Did you know that street trees have enormous value? Studies have found billions of pounds worth of benefits: "Trees standing alone and in small groups in the UK capture climate-heating CO₂, reduce toxic air pollution and slow the flow of rainwater, cutting flood risks."

They also add property and amenity value. "It found the value of the services from non-woodland trees ranges from £1.4bn to £3.8bn a year."

Trees soak up pollution: BBC2 'Trust Me I'm a Doctor', did some research by placing 24 Silver Birch trees outside 4 homes on a stretch of the A6. They found that within 2 weeks polluting particulate matter was reduced by 50-60% inside those homes, compared to 4 neighbouring homes with no trees in front.

A BBC study looked at whether street trees made people happy and found peoples lives greatly improved by planting.

<https://www.bbc.co.uk/news/magazine-11889768>

The photograph shows a street in Hove where local residents working together got a street of Birch and Rowan planted. The result is a life-enhancing example of what can be done with local people and council will.

Mature native trees are especially valuable: The more leaves, the more oxygen, the smaller a tree is, the less leaves and less oxygen. Mature trees can be equivalent up to 1000 new plantings. A native Birch tree is second only to Oak in biodiversity value, making an excellent street tree. Birch is native to the coastal plain and listed as suitable to this area by Forestry England. Birch grows fast in dappled shade with minimal structural risk. Birch and other native species strongly support biodiversity, while non-native, can take 200 years to develop species associations. Others include Small Leaf Lime, Oak, Rowan, Field Maple, etc.

Why are councils allowing mature trees to be cut down? The pressure to build more homes and improve roads is often the reason, but as shown, trees, particularly mature native trees, improve an area and add value in many ways. It is vital that councils and developers recognise their value and design schemes around them. There is an obligation to act on climate change and add back biodiversity that we have lost through destroying natural habitats to create urban ones. The two can go together if there is the will to do it. We just need to rethink and act conscientiously for the planet and future life on earth.

I am part of Urban Forest and The Birch Tree Project. We salvage unwanted saplings from Ashdown Forest here in Sussex and from sites in Yorkshire. We distribute these saplings around communities and create woodland. To us, tree planting can be done quickly and cheaply. Our trees have local provenance, with enormous scope for quickly adding biodiversity to a site. For more information visit us at The Birch Tree Project on Facebook or email thebirchtreeproject@gmail.com

Helen Mason for SCAN and The Birch Tree Project March 2024



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Saltdean Townswomen's Guild

A member's story of life with Saltdean Townswomen's Guild.

I am delighted to tell you about my history with the Townswomen's Guild Movement.

My family moved briefly from the South of England to Liverpool in 1951 where we stayed for 10 years before moving back to the South. My Mother felt that she had moved back centuries as well as miles. She didn't know a soul in the North of England, so she looked around for a way of meeting like-minded ladies.

She joined the Townswomen's Guild and the rest as they say is history! She was very soon involved in promoting health issues, amateur dramatics, and women's issues of the day. She became part of the many leading strands of the local community. She was President of the Guild before we moved back to the South in 1961 and at that time, Rita Tushingham's mum was also a member.

When I moved to Saltdean in 2014, although my family history here stretches back to 1935, I too found myself not knowing a lot of people outside my circle. Once I settled in, I too joined the TG, and am enjoying every minute of it.

As social Secretary I arrange our monthly luncheon club, I've started a book club which meets at our lovely friendly Salts Café. The Guild have a monthly meeting with speakers, quizzes and all sorts of activities and outings.

This year we are taking one of the new beach huts for our ladies to meet up for coffee and fun.

I have met so many interesting and really nice people I am happy to call chums. Do join us at Martin's Church Hall 2nd Wednesday of the month from 2-4pm. You will receive a very warm welcome.

Written by Sonia Copland on behalf of Saltdean Townswomen's Guild. If you are interested in our Guild, please contact Elaine 01273 302375 Diane 01273 640895 or Pauline 01273 969084 for more details and how to become part of the friendship that goes with being a member.



Member's of Saltdean TG at Party in the Park

Rottingdean Bowling Club

What happened? Where did the time go? No sooner had I written last month's article and it's time to write another one. It must be because it's been a very busy month here at the Rottingdean Bowling Club! And as I write, we're not even open for the season yet but will be by the time you're reading this.

Many of our bowlers have been playing Indoor Bowls at Denton Island through the Winter months - a very different game to bowling on the green. Despite this, a number of our excellent bowlers are through to the finals at Denton Island. They will be playing in three finals to further enhance the reputation of our excellent and competitive club. These games are the Ladies Pairs Final, the Single Handicap Final and the Mixed Pairs Final. One of our bowlers will feature in all 3 games! Well done to you all. And this isn't even their main discipline, which is of course, the outdoor game. No doubt they will shine

throughout our season too. The likes of me will merely walk in their reflected glory. My school report, or bowling report in this case, would most definitely read 'could do better'!

And as for events, we had a very successful Music Night at the end of March with a supportive capacity audience raising funds for the club and enjoying one of our many social events together. It was performed by one of our members, a former professional singer, and included popular songs from the 1940s to the present day. I understand that everyone's support was very much appreciated by our singer. Now, we look forward to our next event in May which I will tell you about in the next issue!

Happy Bowling and good luck to everyone in our popular competitions starting very soon.

More news as the season progresses so watch this space...

Eirian Davies

Accountants & Book keepers		<i>Massage At Saltdean Lido</i>	7	<i>Draper</i>	16	<i>Gregory Gas</i>	37
<i>Iexcel Accountancy</i>	14	<i>Mathilde Barbier</i>	55	<i>Garden & Landscape Ltd</i>	32	<i>LRG Group</i>	35
<i>Shoreline Accountants</i>	44	Computers & Computer Services		<i>The Green Escape</i>	10	<i>LS Taylor Heating</i>	16
Aerial & Satellite Installation		<i>Dolphin Computers</i>	12	Hair Dressers		<i>Paul Hallett</i>	22
<i>1st Rate Aerials</i>	38	<i>Saltdean Tech</i>	41	<i>Angels 'N' Saints</i>	13	<i>Pete Hill</i>	16
<i>Andy's Aerials</i>	37	<i>Southern PC Services</i>	10	<i>Hair By Sara</i>	7	Plumbing Supplies	
<i>A & S Aerials</i>	50	Counselling Services		Handyman Service		<i>HPS Newhaven</i>	FC & 46
<i>Television</i>	30	<i>Lynne Mendelsohn Counsellor</i>	41	<i>GB Home Maintenance</i>	37	Podiatry	
Airport & Holiday Taxi Services		<i>Sue John Counsellor</i>	18	House Clearance		<i>Acorn Chiroprody</i>	4
<i>Total Travel Company</i>	FC & 30	Dog Walking		<i>Vitage House Clearance</i>	16	<i>Chiroprodist/Podiatrist</i>	50
Architectural Services		<i>The Deans Dog Walking Services</i>	25	Jiu Jitsu		<i>Mobile Foot Clinic</i>	18
<i>Plans Prepared</i>	18	Drain Cleaning Services		<i>Grand Union Jiu Jitsu</i>	FC	Property Maintenance	
Bathrooms		<i>I Unblock Drains</i>	7	Kinesiology		<i>All Gutters</i>	32
<i>LCS Bathrooms</i>	FC & 19	Education		<i>Aether Bios Clinic</i>	24	<i>GB Home Maintenance</i>	37
<i>Paul Vincent</i>	40	<i>Rottingdean Whiteway Centre</i>	60	Kitchens		<i>Hampton Home Improvements</i>	5
Blinds, Curtains & Shutters		Electricians		<i>Kitchens of Sussex</i>	2	<i>Humph's Plastering & Rendering</i>	16
<i>BN Blinds</i>	26	<i>A.S. Anderson & Son Ltd</i>	48	<i>Paul Vincent</i>	40	<i>Local Saltdean Builder</i>	47
<i>Sussex Blinds</i>	40	<i>LRG Group</i>	34	Landscaping		Restaurants, Cafe, Take Away	
Bricklayers and Building Services		<i>MJB Electrical</i>	48	<i>Clean Cut Gardening</i>	23	<i>Maloncho</i>	67
<i>A J Gordon</i>	48	<i>MCG Electrical</i>	49	<i>Garden & Landscape Ltd</i>	32	Roofing	
<i>Builder Magician</i>	27	<i>Peacehaven Electrical Services</i>	4	<i>GPD Fencing</i>	FC & 22	<i>Hine Roofing</i>	6
<i>LRG Group</i>	36	<i>PJ Electrical</i>	16	<i>Green Bay</i>	62	<i>Matt Sears Roofing</i>	33
<i>Draper Building Services</i>	16	<i>Westview Electrical</i>	26	Letting Agents		<i>Mr Moss</i>	64
<i>SM Carpentry & Construction</i>	42	Estate Agents		<i>Carruthers & Luck</i>	BP	<i>Ridgeline Roofing</i>	38
<i>Steve Mead</i>	7	<i>Carruthers & Luck</i>	BP	<i>Michael Trower</i>	37	Rubbish Removal	
<i>Stoneway Constructions</i>	44	<i>Martin Campbell</i>	57	Locksmiths		<i>Jim Gustard</i>	14
<i>True Build</i>	10	<i>Michael Trower</i>	37	<i>ASL Lock Smith</i>	32	<i>The Rubbish Man</i>	51
Carpenters		<i>No.24 Estate Agent</i>	43	<i>Lee's Locks</i>	47	Solar Power	
<i>CC Carpentry</i>	39	Events & Announcements		Osteopathy		<i>A J Taylor</i>	56
<i>CP Carpentry</i>	13	<i>Royal British Legion D Day</i>	59	<i>Aether Bios</i>	24	<i>MCG Electrical</i>	49
<i>SM Carpentry & Construction</i>	42	<i>The Grange</i>	48	Painting & Decorating		Solicitors	
Car Dealers		<i>The Martlets Open Day</i>	58	<i>Bee's Knees Decorating</i>	13	<i>The Deans Legal Services</i>	11
<i>Spirit Autos</i>	40	Fencing & Gates		<i>J Ross Painting & Decorating</i>	13	<i>Westminster Law</i>	15
Care Services		<i>Draper</i>	16	<i>Dominio Painting & Decorating</i>	14	Stained Glass Crafting Classes	
<i>Clifden House</i>	63	<i>GPD Fencing</i>	FC & 22	<i>Richard's Decorating & Maint</i>	16	<i>Blue Sky Studios</i>	18
<i>Enable & Support</i>	52	<i>RBW Fencing</i>	16	<i>Steve Emery</i>	18	Taxis	
Carpet Cleaning		<i>Local Saltdean Builder</i>	47	Personal Trainer		<i>Streamline Taxis</i>	31
<i>Darren Cross</i>	20	Fitness Services & Classes		<i>See Results Fitness</i>	47	<i>Total Travel Company</i>	FC & 30
Carpets & Flooring		<i>Fun & Fit</i>	26	Pet Services		Vets	
<i>Completely Carpets</i>	23	<i>See Results Fitness</i>	47	<i>The Deans Dog Walking Services</i>	25	<i>Mewes Vets</i>	49
Cash For Gold		Foster Care Needed		Photography		Vintage Hi Fi & Record Buyer	
<i>Cash for gold & jewellery</i>	33	<i>Brighton & Hove Foster Svcs</i>	54	<i>Colette Langton Photography</i>	38	<i>Vintage Hi Fi, Consoles & Records</i>	5
<i>Pavillion Precious Metals</i>	50	Funeral Services		Physiotherapy		Window Cleaning	
Chiroprody		<i>Christopher Stringer</i>	16	<i>Qiphysio Physiotherapy</i>	47	<i>Cleaner Windows</i>	50
<i>Acorn Chiroprody</i>	4	<i>J.Wagstaff Funeral Directors</i>	15	Pilates		<i>Dean Haven Cleaning Services</i>	33
<i>Chiroprodist/Podiatrist</i>	50	Garage Doors		<i>Brighton & Hove Pilates</i>	3	Window & door fitting & Replacement	
<i>Mobile Foot Clinic</i>	18	<i>G & N Garage doors</i>	14	<i>Fun & Fit</i>	26	<i>MR House Company</i>	61
Cleaning Services		Garage Services		<i>Saltdean Pilates</i>	45	<i>SRC Double Glazing</i>	5
<i>Cleaner Windows</i>	50	<i>Fairlight Garage</i>	FC & 26	Plastering		<i>Window Magician</i>	17
<i>Darren Cross Interior Cleaning</i>	20	<i>SB Autos</i>	30	<i>A & A Plastering</i>	18	<i>Window Repair Magician</i>	FC & 8
<i>Darren Cross exterior Cleaning</i>	21	<i>Spirit Autos</i>	40	<i>Humph's Plastering & Rendering</i>	16	Yoga	
<i>Gleam Queens</i>	23	Garden Services		Plumbers & Heating Engineers		<i>Yoga in Saltdean</i>	24
Complementary Therapy		<i>Barkers Gardens</i>	38	<i>Abba Heat</i>	6		
<i>Craniosacral Therapy</i>	14	<i>Clean Cut Gardening Service</i>	23	<i>Gas Wise</i>	14		

UnBearable

Word Search

ATLAS

BLACK

CINNAMON

GOBI

GRIZZLY

KERMODE

KODIAK

PANDA

POLAR

SIBERIAN

SPECTACLED

SYRIAN

Words may appear in the puzzle in any direction, even backwards. Bonus question: Can you name the bear species in the background? Please check our Facebook page in early May if you need help with the answers.

L	L	O	J	A	C	Z	U	Y	S	G	A	K	Z	N
S	Z	E	D	N	F	J	Q	S	R	J	M	K	A	S
K	A	H	P	M	A	U	O	I	F	S	T	I	T	P
C	D	G	Z	W	Z	I	Z	M	H	F	R	S	B	E
A	N	H	K	A	Q	Z	R	S	U	Y	T	R	Z	C
L	A	V	J	E	L	G	C	E	S	H	G	B	Y	T
B	P	E	C	Y	R	L	P	I	B	F	G	T	Z	A
G	R	A	L	O	P	M	R	G	N	I	T	T	C	C
F	Q	S	A	L	T	A	O	X	O	N	S	E	X	L
R	C	K	L	T	O	V	T	D	D	B	A	O	K	E
J	N	O	M	A	X	X	V	K	E	W	I	M	P	D
N	V	D	N	B	K	B	B	Z	O	U	E	M	O	B
J	P	I	Z	N	K	O	P	W	B	R	J	Q	S	N
F	T	A	W	F	J	G	A	O	J	V	P	K	J	M
U	T	K	P	U	G	W	L	C	L	Y	K	L	W	H

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£550,000 EPC: D



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£550,000 EPC: D



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£675,000 EPC: C



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£1450 pcm EPC: D



Saltdean 3 bed
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Telscombe Cliffs 2 bed
£1500 pcm EPC: B



Peacehaven 4 bed
£1800 pcm EPC: C



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