

SUMMER 2025

# hedgerow

MAGAZINE

**CONNECTING RURAL COMMUNITIES**

BUSINESS | WELLBEING | COMMUNITY | ENVIRONMENT











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# WELCOME TO HEDGEROW MAGAZINE



The first edition of Hedgerow Magazine was successfully delivered and I am so grateful to the amazing feedback from households and businesses alike.

Summer beckons and with it hopefully the opportunity to get outside and enjoy the long days and warm weather for a variety of events for all the family. Sussex

Day is on the 15th June and on page 9 you can find out about this county day and celebrate at Parham House and Gardens.

There is a new podcast celebrating the Arun Valley Line which you can find out about on page 12 which includes two main Hedgerow villages, namely Billingshurst and Pulborough.

We are so fortunate to have some amazing local growers in the area including Nutbourne Tomatoes so enjoy eating seasonally this summer (page 6).

Enjoy your summer and we will be back again at the beginning of September.

**Kerry, Hedgerow Magazine**  
*editor@hedgerowmagazine.co.uk*

Please seek out the services of those businesses who support Hedgerow Magazine. Their advert location is included on the Hedgerow map.

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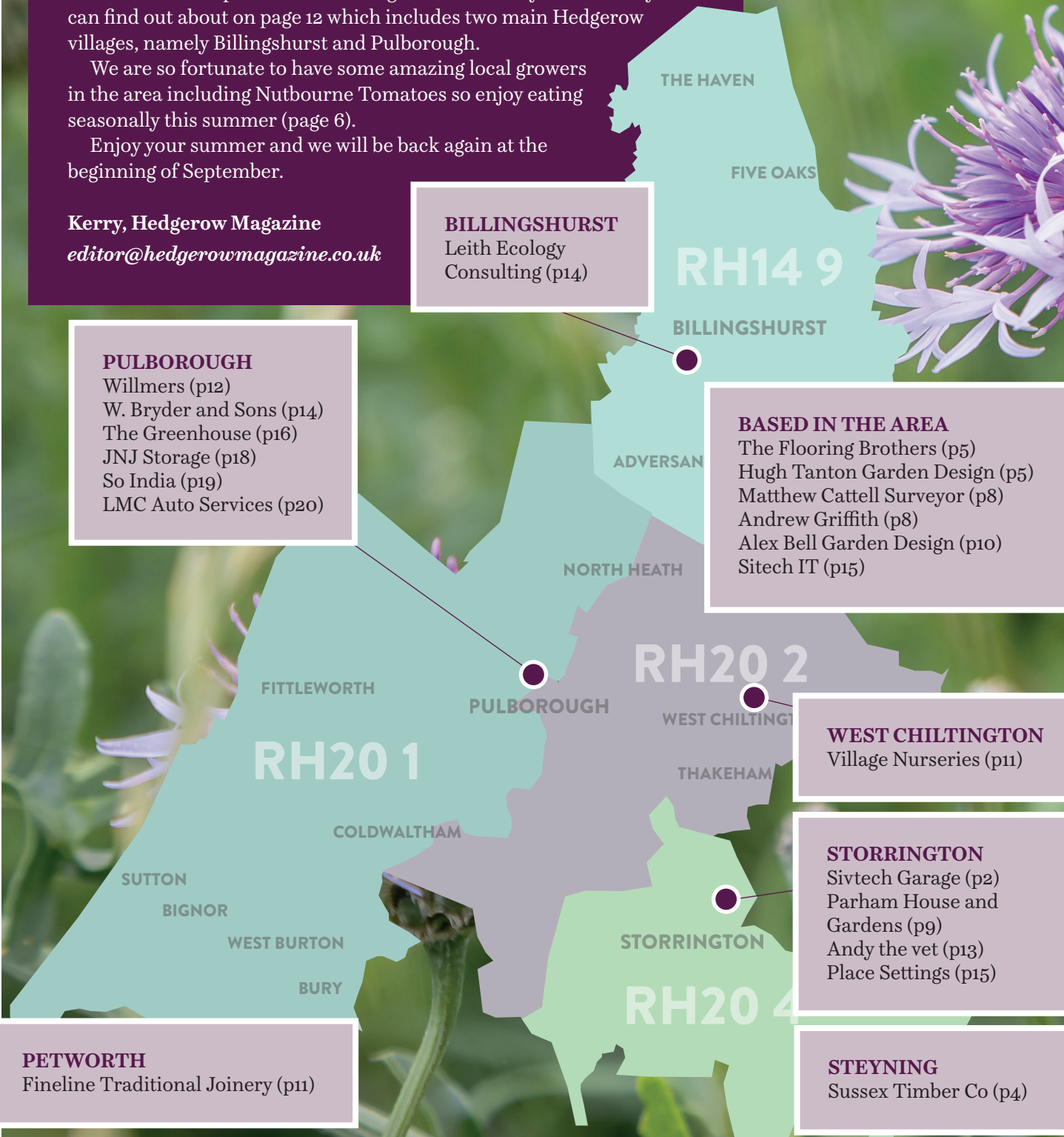
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# Why being part of a community is important

## Being part of a community can bring so many benefits to an individual but also to the other members within the community.

Throughout our lives we are part of a wide variety of communities, at school, at work, with a sports club, through leisure and craft activities, as part of a local allotment...

If you are new to an area or feeling isolated sometimes taking the first step to being part of a new community is all it takes to feel part of something bigger.

Being part of a community is good for our mental health and general wellbeing, we have a need to be

connected and thrive on supporting each other. It can give us a sense of safety and a feeling of being supported during difficult times.

It can also foster a sense of purpose and contributing towards the local area.

During COVID-19 a huge sense of community developed where neighbours looked out for each other and local businesses and other community groups came together to support each other. It doesn't always require a large scale event to bring people together though.

### How do you find your community?

Connect with others who share similar values or interests to you. Look at your hobbies or maybe a

sport you haven't played in a while – browse the community groups at the end of this magazine or visit your local library for advice on where to find particular groups.

### Volunteering

Volunteering is a great way to meet other like minded individuals. West Sussex County Council and Horsham District Council provide a huge amount of information on volunteering on their Volunteering pages and promote it as not only a great opportunity to meet new people and learn and develop new skills, but also to possibly gain valuable work experience to take to other roles and future employment.



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Examples of the volunteering roles available include:

- providing respite and support for carers and families
- mentoring and supporting young people
- helping to review the condition of the highways
- preserving the countryside and making practical improvements
- supporting safer communities.

[www.westsussex.gov.uk/leisure-recreation-and-community/volunteering](http://www.westsussex.gov.uk/leisure-recreation-and-community/volunteering)

[volunteerhorshamdistrict.co.uk/volunteering](http://volunteerhorshamdistrict.co.uk/volunteering)

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# Eating with the seasons



## What is in season?

Asparagus, Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Fennel, French beans, Garlic, Gooseberries, Greengages, Lettuce, New potatoes, Onions, Peas, Peppers, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner beans, Spring greens, Spring onions, Strawberries, Summer squash, Sweetheart cabbage, Swiss chard, Tomatoes, Turnips, Watercress.



Tomatoes from Nutbourne Nursery

## Why should we eat seasonal foods?

Eating seasonally is simply eating produce when it is flourishing in a particular season. The food will be fresher, taste better, be more nutritious and will have travelled less.

You will be supporting local suppliers and helping the local economy through employment.

Much of the produce is also insecticide/pesticide free (for example the gorgeous Nutbourne cherry vine tomatoes shown here).

Eating seasonally can also be more cost effective as the produce won't need to travel vast distances or require expensive storage. It is also better for the environment for all the same reasons.



Asparagus from Slade Farm, Rogate

Would you like to be part of the next

# hedgerow

MAGAZINE

## WHY HEDGEROW MAGAZINE?

- 3 sizes of advert to choose from at competitive rates and link benefits with The Greenhouse at Stane Street
- Huge audience reach of over 14,500 homes and businesses in the RH14 and RH20 postcode areas
- Over 15 years experience of producing local publications

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[advertising@hedgerowmagazine.co.uk](mailto:advertising@hedgerowmagazine.co.uk)



## KEY DATES 2025

### Autumn

BOOK BY  
8 August 2025

DISTRIBUTION  
STARTS  
1 September 2025

### Winter

BOOK BY  
7 November 2025

DISTRIBUTION  
STARTS  
1 December 2025

Hedgerow Magazine is produced four times a year by The Greenhouse at Stane Street, Stane Street Nurseries, Stane Street, Pulborough RH20 1BQ  
**TELEPHONE:** 07973 828231 **EMAIL:** [advertising@hedgerowmagazine.co.uk](mailto:advertising@hedgerowmagazine.co.uk)



Hedgerow Magazine is printed from certified sustainable sources using plant-based inks.

Every care has been taken to ensure the accuracy of content and information is correct at time of going to press. Hedgerow Magazine cannot be held responsible for any errors or omissions or endorse companies, products or services that appear in this publication.



# Events in the local area



**West Chiltington Silver Band presents a Musicals Sing-Along Concert on Saturday 7 June at 7.30pm (doors open 7pm), West Chiltington Village Hall, Mill Road, West Chiltington RH20 2PZ.**

Featuring songs from your favourite shows and films, join in or simply sit back and enjoy the music. Refreshments, bar, raffle and quiz. Tickets £10 (under-16s free if accompanied by an adult) available from Julie (simplythebest21@btinternet.com), Richard (rabarron@btinternet.com) and from Nisa Local, Haglands Lane, West Chiltington.

**Sutton Village Open Gardens Sunday 8th June 2025, 1pm-6pm**

Fourteen gardens will be open throughout the afternoon with refreshments and a selection of plants on sale. Parking will be available. Admission is £7.50 for adults with under 16s free.

Tickets are available from the Village Hall, opposite the White Horse Inn or Whitelocks, a short distance along The Street towards the church. Funds raised from the event will be used towards church maintenance.

**[suttonandbarlavington.co.uk/event/open-gardens-sutton](https://suttonandbarlavington.co.uk/event/open-gardens-sutton)**

JUNE

7

8

8

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### Sussex Day at Parham House

On the 15 June, Sussex Day will be celebrated at Parham House & Gardens. Taking place over one afternoon, this delightful event will be a showcase for local produce, crafts and art in the picturesque setting of the Pleasure Grounds at Parham House.

As part of this celebration at the historic Parham House & Gardens, attendees can look forward to exploring a wide array of locally sourced goods and creative works while immersing themselves in the rich heritage of this charming location. Don't miss out on this chance to experience the best that West Sussex has to offer on this county occasion.

[parhaminsussex.co.uk](http://parhaminsussex.co.uk)



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JULY

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## ADVERTISER FEATURE



**With over 30 years' experience in garden design, horticulture and environmental consultancy, Alex Bell, based in Steyning, gives his insight into what is in store for gardens this summer.**

“It's been a dry start to this gardening year. Spring has been without the usual rainfall and while this has been great for the gardener, our gardens have not fared so well. A lot of the gardens in the UK rely on that dump of rainfall that happens sporadically throughout Spring. This essential moisture helps all our plants “fatten up” as they develop their leaf structure for the year ahead.

I have noticed in all the gardens that I work that the herbaceous plants have not grown so big this year. This could be a good thing as many plants won't require the usual staking that they do in other years but equally it could cause some stress and affect the overall health of the plant and our gardens as a whole.

### **Plant of the Summer Season – Erigeron Karvinskianus**

A versatile plant that can be used to suit many different planting schemes, whether that be trailing in a wall, in a mixed herbaceous border, in a rockery or even in a pot.

One thing to note is that if its too wet or dark the Erigeron may not survive the winter. To help it along its way plant it in an open sunny situation and leave all the dead foliage on the plant through the winter until the new shoots emerge from the crown of the plant in spring. One positive is that even if you do lose the parent plant you will often find one of its offspring growing in its place.

Planting combinations include a simple mix of erigeron and Stipa

tenuissima or penisetum orientale. Erigeron looks great on the edge of a border flanked with lavender but most of all I love it in a pot either at the foot of a half standard topiary lollipop or even just by itself where you get to appreciate the real beauty of the plant without any interference from any neighbours.

### **Jobs this summer**

- ➡ Continue to deadhead herbaceous perennials and roses as flowers go over to ensure a continuous display of flowers all summer long.
- ➡ Keep up with the weeding to keep the garden looking tidy and ensures your plants don't get out competed by something less desirable.
- ➡ If you only have time for one job in the garden, then mow and cut your grass edges. If the edges are well defined and the lawn freshly cut you will be amazed at what else you can get away with in the garden.
- ➡ Prune your shrubs at the right time of year – The general rule of thumb would be to cut / trim any flowering shrub after flowering. This will allow for new growth to sprout again and provide flowers for the following year.”

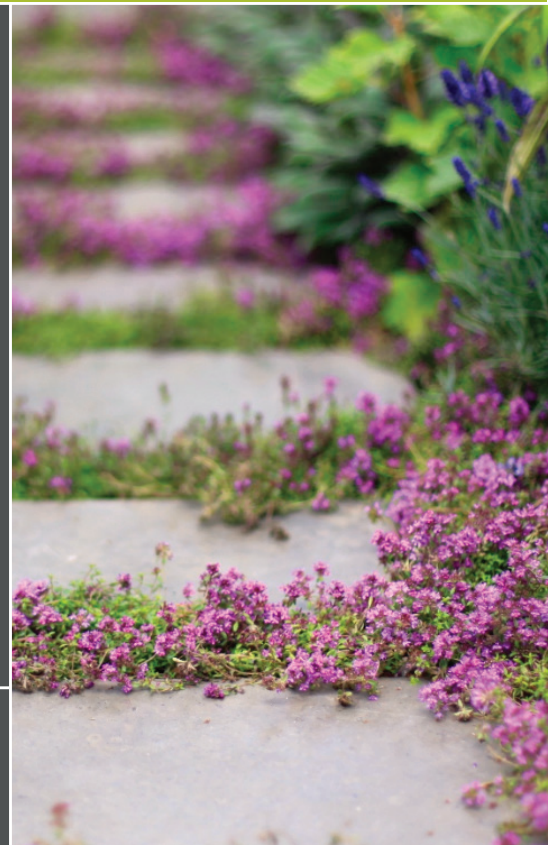
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# Identifying butterflies

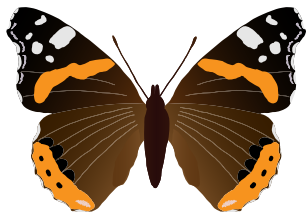


Now is a good time to spot butterflies in your garden or outside spaces.

Visit [www.wildlifetrusts.org/wildlife/identify-british-butterflies](http://www.wildlifetrusts.org/wildlife/identify-british-butterflies) for more information.

## Red Admiral

Black with red stripes on the hindwings and forewings. White spots near the tips of the forewings.



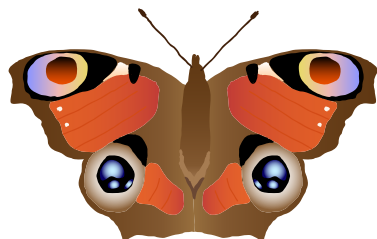
## Painted Lady

Orange with black tips to the forewings with white spots, and black spots on the fore- and hindwings.



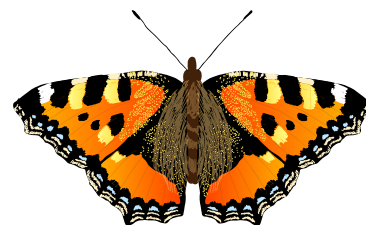
## Peacock

Red with black marks and blue 'eyes' (similar to a peacock) on the hind- and forewings.



## Small Tortoiseshell

Red/orange with black and yellow markings on the forewings and blue spots around the edge of the wings.



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# Arun Valley Railway Line

**A series of seven exciting podcasts are now available, along with a 45 minute film for those who prefer the visual to audio on the Arun Valley Railway Line.**

Featuring attractions and activities across the Horsham district, the guides include interviews with railway staff and volunteers who help keep things running and welcome visitors to this part of the rail network.

WhistlestopArts, the content creators, were commissioned by Southeast Communities Rail Partnership (SCRIP), funded by Horsham District Council and the UK Government Shared Prosperity Fund.

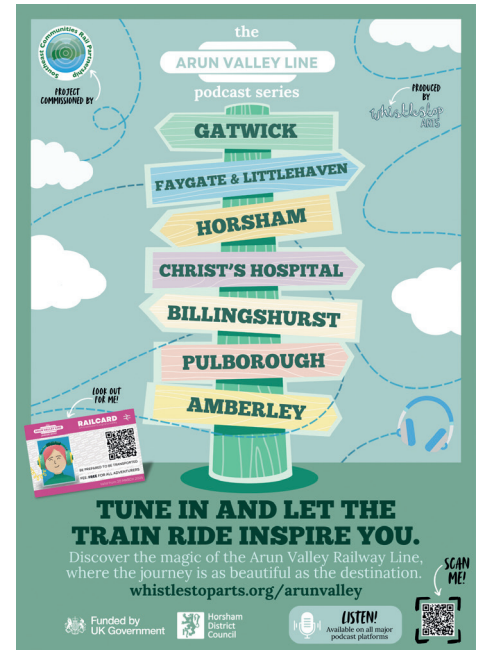
Rowena Tyler, SCRIP Community Development Officer for the Arun Valley Line said: "These podcasts introduce the listener to a beautiful part of the Arun Valley Line, with walks

and attractions easily accessed from the railway stations."

Horsham District Council: "We are thrilled to be supporting this fantastic podcast series and film through our allocation of UK Shared Prosperity Funding. The project aligns with our objectives to support a thriving local economy and is closely linked to several of our other projects, promoting sustainable travel in and around our district whilst also showcasing our wonderful visitor attractions and experiences."

Tracy Jarvis, Corporate Social Responsibility Manager at Govia Thameslink Railway, said: "We're delighted to have taken part in this project, which showcases some of the fantastic destinations across our network. Travelling by train is the most sustainable form of public transport and now is the perfect time to get out there and discover lesser-known gems on the rail network."

**All the podcasts and the film can be downloaded by your favourite podcast streaming site; just SEARCH Arun Valley Line Podcast or visit [www.whistlestoparts.org/aronvalley](http://www.whistlestoparts.org/aronvalley)**



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## Get spruced up this summer

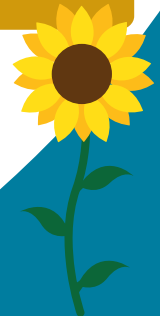


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### **Our team is expanding...**

I am delighted to announce that vet, Lynsey Langmead (nee Mace) (pictured above right), will be joining the practice this month.

Lynsey has worked locally for over 10 years having qualified from the University of Nottingham in 2012.

Like me, Lynsey absolutely loves being a vet and thrives on being able to build



close relationships with both clients and their companions alike.

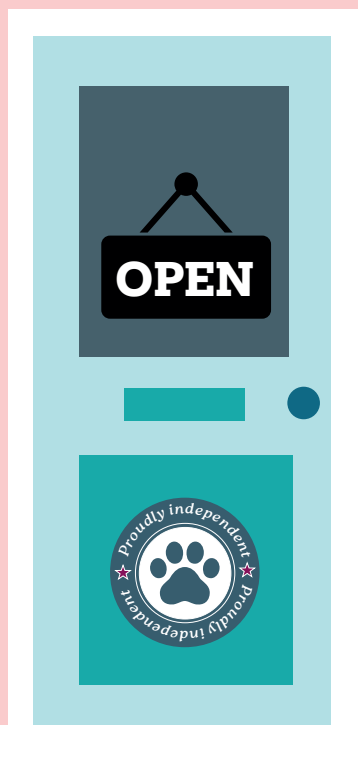
Having worked with Lynsey for many years, I know she brings both experience and knowledge as well as empathy and compassion in abundance. I for one cannot wait for her to start!

### **How do I register at the practice?**

Either:

1. In person at the practice during opening hours.
2. Call us on 01903 323416 and speak to Clare or Debbie.
3. Visit [andythetvet.co.uk](http://andythetvet.co.uk) and register online at your convenience.

We look forward to seeing you soon!  
*Andy*



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# What is a circular economy

**A circular economy in its simplest terms is a system by which no materials ever become waste and are kept in circulation through a variety of processes.**

These processes might include, reusing, repurposing, recycling and composting. Currently we constantly remove materials from the earth, make products and then throw them away as waste - this is a linear process. In a circular economy the waste process never happens.

As consumers we have the opportunity to make this circular economy happen by reducing our consumption and questioning each and every purchase we make as to what its end life will be.

We can also question manufacturers as to how items can be repaired and what the end life of their products will be.

Visit [www.ellenmacarthurfoundation.org](http://www.ellenmacarthurfoundation.org) for more information on a circular economy.



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# Refuse / Reduce / Reuse / Repurpose / Recycle

## Sitec IT and Step By Step are helping young people to grow.

Sitec IT repair and replace many, devices throughout the year but also became aware of the amount of technical equipment that was being sent to landfill.

They decided to actively seek out alternative ways of disposing of useable, but outdated devices that clients had no further use for. Their highly skilled team of technicians securely remove all data by either copying it onto a memory stick prior to erasing and returning it to the client or removing the storage drives and replacing them completely. The items then go through a thorough clean up, memory storage is improved if required and the latest operating system installed. The issue then arose

about what to do with these refurbished devices and last year the solution presented itself. They were fortunate enough to meet with Matthew Sleaf (pictured right receiving a laptop) from the charity Step By Step in Aldershot Hampshire, who support young people going through hard times, including homelessness.

They provide accommodation, personal development opportunities, and specialist support services to empower young people and prevent homelessness. Sitec IT were extremely proud and humbled to donate reconditioned laptops, printers and desktop computers to Matthew and his team for young people to use for college and university courses.

They will continue to support this wonderful charity  
[www.stepbystep.org.uk](http://www.stepbystep.org.uk)





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# Community groups



## The Arts Society South

**Downs** meet on the first Wednesday of the month at 10.30am (except August and January) at Fittleworth Village Hall, RH20 1JB. Visitors are warmly welcomed £8 (no booking required). Doors open at 9.50am for coffee. They offer a series of lectures covering a wide range of art-related subjects. Speakers are all recognised experts in their field and are accredited by the Arts Society. They also offer special interest days and visits.

**For more information visit [www.artssocietysouthdowns.org.uk](http://www.artssocietysouthdowns.org.uk) or email [info@theartssocietysouthdowns.org.uk](mailto:info@theartssocietysouthdowns.org.uk)**

## The Probus Club of West

**Chiltington** is a group who are generally retired or semi-retired men from a professional or business background. They meet at the Roundabout Hotel on the first Wednesday of the month for lunch followed by a speaker. They also enjoy a diverse range of activities such as visits to museums, theatre trips, skittles and croquet events.

**For further information contact [westchiltprobus@gmail.com](mailto:westchiltprobus@gmail.com)**

**West Chiltington WI** meet on the 2nd Thursday of each month (excluding August) at West Chiltington Village Hall.

**For further information [westchiltingtonwi.com](http://westchiltingtonwi.com)**

**West Chiltington Rainbows (4-7), Brownies (7-10) and Guides (10-14)** meet on Mondays at Church Hall, West Chiltington.

**Contact [guidingwestchiltington1@gmail.com](mailto:guidingwestchiltington1@gmail.com) or call Sarah 01798 812449.**

**hedgerow**  
MAGAZINE

If you have a community group or event you would like listed in a future issue of Hedgerow Magazine then please send details to:

[editor@hedgerowmagazine.co.uk](mailto:editor@hedgerowmagazine.co.uk)

**Copy deadline for Summer edition 1 August**

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# Community groups



## Storrington Flower Club

meet on the fourth Wednesday of the month at 2pm for 2.30pm, except for August and December at Sullington Parish Hall, Thakeham Road, Storrington RH20 3PP.

Visitors are £8 on the door.

- 25th June 25th – Helen Hare - ‘Travelling Down Under’
- 23th July 23rd – Lucinda Knapman - ‘More Fabulous Flowers’
- 24th September – Ellouise Hasler Stott - ‘Autumn Leaves’

**For more details please contact Chrissy Desmond on 01903 742102.**

## Thakeham Gardeners’ Club

meet on the 2nd Monday of each month at Thakeham Village Hall.

Doors open at 7pm with meetings starting at 7.30pm and new members are always welcome. £4 per visit or £10 for annual membership. Each evening there is a talk followed by refreshments and general chat.

There are two plant sales each year and an annual flower show and a christmas party.

**For more information contact Gil Quince, Chairman on 01798 812748.**

## West Chiltington Floral Club

meet at West Chiltington Village Hall, Mill Road, West Chiltington RH20 2PZ. £7.00 non-members on the door.

- Tuesday 17th June 7.00pm for 7.30pm Demonstrator: Barbara Caldecourt – ‘Snap Shot’
- Tuesday 15th July Summer Party – (Members only).
- Tuesday 19th August 7.00pm for 7.30pm Demonstrator: Michelle King – ‘Once Upon a Time’
- Tuesday 16th September 7.00pm for 7.30pm Demonstrator: Brenda Bull – ‘Ancient Routes’

**All bookings and further details call Carol on 01798 813608; Brenda on 01798 813712 or email [wchiltfloralclub@gmail.com](mailto:wchiltfloralclub@gmail.com)**

**West Chiltington Horticultural Society** usually meet at West Chiltington Village Hall on the second Wednesday of the month at 7.15pm for 7.30pm. RH20 2PZ.

Membership is currently £10 a year and includes all talks as well as discounts from some local suppliers.

Wednesday 9th July – talk by Elizabeth Sawday ‘Roses Grow On You’

Members free, visitors welcome £3.00

Sunday 7th September – Annual Show

**Contact Carys Pickett, 01798 815371 [Carys.pickett@btinternet](mailto:Carys.pickett@btinternet) for details.**

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# Sports + fitness



## Chanctonbury Badminton Club

**LOCATION:** Storrington Leisure Centre  
**TIMES:** Club nights on Wednesday between 8pm and 10pm with matches played on Mondays.  
**CONTACT:** Michael Murray at [mikemurray53@btinternet.com](mailto:mikemurray53@btinternet.com) or call 0793 2175797. Facebook @ [chanctonburybadmintonclub](https://www.facebook.com/chanctonburybadmintonclub)

## West Chiltington Badminton Club

**LOCATION:** West Chiltington Village Hall  
**TIMES:** Sundays from 11am until 1pm.  
**CONTACT:** Vivian Jones on 01798 813550 or e-mail [vmjones18@hotmail.co.uk](mailto:vmjones18@hotmail.co.uk)

## Storrington Lawn Bowling Club

**LOCATION:** near Wholesome Warehouse on West Street  
**TIMES:** Various  
**CONTACT:** Barbara on 01798 813740 or 07709 265359, or [www.storringtonbc.co.uk](http://www.storringtonbc.co.uk)

## Sutton Lawn Bowls Club

**LOCATION:** behind the church in Sutton RH20 1PS  
**TIMES:** Roll up sessions three nights a week and afternoons by arrangement.  
**CONTACT:** [www.suttonbowlsclub.co.uk](http://www.suttonbowlsclub.co.uk) or Sue Dudman 07796 851441

## West Chiltington Croquet Club

**LOCATION:** West Chiltington Croquet Club, Mill Road, West Chiltington, West Sussex, RH20 2PZ  
**TIMES:** Four times per week  
**CONTACT:** [westchiltingtoncroquet.com](http://westchiltingtoncroquet.com)

## Keep Fit For Seniors

**LOCATION:** Ashington Community Centre  
**TIMES:** every Thursday, between 1.30 and 2.30pm. £5 per session.  
**CONTACT:** Diana on 07824 159642

## Thakeham Short Mat Bowls Club

**LOCATION:** Thakeham Village Hall  
**TIMES:** Monday evenings from 6.45-8.45pm  
**CONTACT:** Barbara on 07539 850848.

## West Chiltington Short Mat Bowls Club

**LOCATION:** West Chiltington Village Hall  
**TIMES:** Mondays 2-4pm, Thursdays 9-11am and Thursdays 11am-1pm  
**CONTACT:** Jean Palmer on 01798 815930

## Thakeham Table Tennis Club

**LOCATION:** Thakeham Village Hall  
**TIMES:** Various  
**CONTACT:** [thakehamtabletennis.co.uk](http://thakehamtabletennis.co.uk)

## West Chiltington Table Tennis Club

**LOCATION:** West Chiltington Village Hall  
**TIMES:** Various throughout the week  
**CONTACT:** Secretary, Iain, on 01403 731341 or email [westchilt.tabletennis@hotmail.co.uk](mailto:westchilt.tabletennis@hotmail.co.uk)

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If you have a sports club in the Hedgerow area that you would like listed in a future issue of Hedgerow Magazine then please send details to: [editor@hedgerowmagazine.co.uk](mailto:editor@hedgerowmagazine.co.uk)  
**Copy deadline for Autumn edition: 1 August**

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