



THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

Boxgrove Priory, The Priory Vicarage, Church Lane, Boxgrove, Chichester, PO18 0ED
Phone: +44 (0)1243 774045 ~ Fax: +44 (0)1243 774045 ~ www.boxgrovepriory.co.uk

April 2020



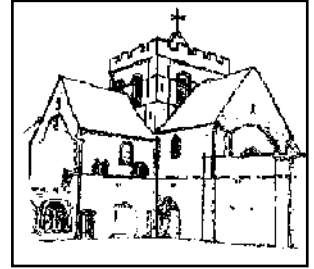
In common with other places of worship, the Priory is closed for public worship until further notice. The Church of England has published on its website resources for those seeking resources for prayer and meditation: it is entitled Coronavirus (COVID-19) liturgy and prayer resources and may be found at www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources.

Readers will appreciate that this issue of The Bugle is limited and some items will not be relevant at present; however, we hope to be back to normal before too long and in the meantime wish you well in these times of great uncertainty and distress.

INSIDE THIS MONTH'S ISSUE

Who's Who in Boxgrove	2	The Optimistic Gardener	9
From Fr Ian and service arrangements	3	Neighbourhood Plan update	11
About <i>The Bugle</i>	4	Textile Holiday to India - Sue Jones	12
Priory Sunday School	5	St Wilfrid's Hospice	13
Boxgrove Over 60s Lunch Club	5	Advice from PCSO Jason Lemm	14
Special Events in the Priory	5	Kitchen Tips & Tricks - Sally Bosson	15
Parish Calendar & Intentions	6	Walsingham Pilgrimage, Sept 2020	15
Boxgrove Parish Council report	7	Cathedral Flower Festival	16
Boxgrove & Tangmere Julian Group	8	News from Boxgrove WI	16
Aldingbourne Trust update	8	Other useful contact details	24

Who's Who in Boxgrove



VICAR OF BOXGROVE

Fr Ian Forrester, The Priory Vicarage, Church Lane, Boxgrove,
PO18 0ED - 01243 774045 - revdianforrester@hotmail.com

HON. ASSISTANT PRIESTS

Fr Victor Cassam, 195 Oving Road, Chichester - 01243 783998

Fr Peter Bustin, 5 Chichester Drive, Tangmere, PO20 2FF - 07554 353785

Fr Norman Taylor, 7 Guernsey Road, Ferring - 07778 713872

Fr Lawson Nagel, 22 Bishopsgate Walk, Chichester, PO19 6FG - 07539 655868

CHURCHWARDENS

Mr David Jones - 01903 856580 - jonesdavr@btinternet.com
(Vacancy for second Churchwarden)

DEPUTY CHURCHWARDENS

Alice Beattie and Claire Jones

HON. TREASURER

Tim Lamming - 01243 552787 - tim.lamming24@gmail.com

SAFEGUARDING OFFICER

Ms Lara Moyler - 07956 986496

CATHEDRAL LINK

Mike Beaman - 01903 367039 - beaman_mw@yahoo.co.uk

PRIORY AND ST BLAISE CENTRE Bookings & Enquiries

Mark Peters - 07729 773277 - mark@petersposse.co.uk

WSSC MEMBER FOR CHICHESTER NORTH

Jeremy Hunt - 0330 2224536

CDC MEMBER FOR BOXGROVE WARD & CHAIRMAN, BOXGROVE PARISH COUNCIL

Henry Potter - 01243 527312

BOXGROVE C of E PRIMARY SCHOOL

Mrs Jacqui Dommett - 01243 773309 - head@boxgrove.w-sussex.sch.uk

BOXGROVE VILLAGE HALL Bookings & Enquiries

Pat Burton - 01243 788332

BOXGROVE VILLAGE STORES & CAFE

Open: **Mon-Fri** 7.30am-5.30pm; **Sat** 8.00am-5.00pm;
Sun 8.00am-2.00pm

Tel no: 01243 773201 - Boxgroveshop@gmail.com



From Father Ian

Dear friends,

I greet you now as your vicar, but little expected that the ceremony to make this so would be so clandestine! We shall celebrate in happier times.

--o0o--



What a disturbing experience we are all living through. So many of the certainties and routines of our lives have been suddenly swept away by the coronavirus. We find our minds and thoughts pulled in every direction, and are much occupied with concern for our own health and, of course, for the well-being of our nearest and dearest.

In this Passiontide and Holy Week, we recall that Jesus and his disciples were filled with fear, very soon after his joyful entry into Jerusalem.

At the Last Supper there must have been a sense of looming disaster, and afterwards, in the Garden of Gethsemane, with the disciples being unable to even stay awake while Jesus had moved away to pray, there was also a sense of failure. The death of Jesus seemed a moment of utter disaster, yet we know that the crucifixion was not the end for Jesus.

When all was fear and gloom and death, there was suddenly, on the third day, new life.

When we talk about the 'power of the resurrection' we must hold onto the truth that the resurrection is just as much about us as about Jesus. We are promised that, because of his sacrifice, death has now lost its sting; that life has overcome death, and that we are bound to new life in Christ.

So at this time of anxiety let us pray for the gift of confidence in God; for strength to dampen-down our fear, and for the joy of the resurrection to make all things new.

Every blessing,

Father Ian

Unfortunately, because of the church's closure, there are no public services until further notice, although Mass is still being offered by the priests with intention for your needs. Prayers are offered daily.

But you may like to know that there is a **live-streamed Sunday Mass every week at 11.00am** on the [Parish Facebook](#) page; and you can also watch the services, after the live stream, on the parish website: boxgrovepriory.co.uk.

For further up-to-date information please see Facebook or the website.

THE BUGLE

Articles on any aspect of Boxgrove news - village or Priory-based - are always most welcome. In normal circumstances the Boxgrove Bugle is distributed **free of charge** to each household within the parish and published on-line, as well as being sent further afield and being available in the Priory for visitors and non-residents of the parish. Its print run exceeds 700 copies per month. Currently, however, it is possible only to publish on the [Priory website](#).

Items to be considered for publication should be sent to the [Editor](#) Submission is requested by the **15th day of each month**, please, for publication on or around the last Sunday of each month. Alternatively, items clearly marked "**Boxgrove Bugle**" may be left in the Vicarage postbox.

DATES 2020

NB: There is no Bugle in January or August

Issue Month	Copy Deadline	Publication Date
May	15 April	26 April
June	15 May	31 May

BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - tina.thurlow@btinternet.com

BUGLE ADVERTISING

Please contact Tina Thurlow - tina.thurlow@btinternet.com

ADVERTISING RATES 2020

Per 1/8 page £40.00 per annum £4 per month

Please make cheques payable to:

'Priory Church of St Mary & St Blaise'

Advertisements, flyers, etc are accepted in good faith, but no liability is accepted with regard to any services or goods offered howsoever arising. Nor should material not initiated by Boxgrove Priory be taken to imply endorsement or agreement with views expressed.



The Boxgrove Bugle
is published by
Boxgrove Priory Parochial Church Council
© and ® 2020

and may be read on-line in colour at
http://www.boxgrovepriory.co.uk/boxgrove_bugle.html

Why not add a link to your desktop?

PRIORY SUNDAY SCHOOL

SUSPENDED UNTIL FURTHER NOTICE

Sunday School normally meets in the St Blaise Centre. Children are asked to arrive promptly so that the objective of the session can be explained to everyone at once. Children should be aged between 4 and 11 and they must already have started school. There is no charge and parents do not need to accompany the children. They don't need to bring anything with them - just to come along!

BOXGROVE OVER SIXTIES LUNCH CLUB

Please note: as a temporary measure we will not be running the Lunch Club on the first Friday of each month while we watch to see how the Coronavirus affects the UK. We apologise for taking this decision but consider it a sensible precaution and trust our members agree.

For those of you who have already ordered and paid for lunch on Friday 3rd April we will credit you with your payment.

ANNIE, MARGARET, JILL, JULIET



Special events in the Priory

Readers will appreciate that during the period of the current crisis no public services or other events will be held in The Priory.

We very much hope that this situation will not last for an extended period. Please watch the [Priory website](#) for the latest news.

stonepillow

Helping homeless people

St Joseph's, Hunston Road, Chichester, PO20 1NP
Tel: 01243 537934 ~ Email: admin@stonepillow.org.uk
<https://stonepillow.org.uk/>

Please continue to leave any non-perishable food you can spare in our bin just inside the inner doors of the church.

We welcome gifts, including furniture and electrical goods, at the Restore Shop in Terminus Road (Stonepillow Restore, Unit 3, Plot 27, Terminus Road, Chichester PO19 8UE; Tel: 01243 698547; restore@stonepillow.org.uk. We can collect larger items if needed.

We are also looking for volunteers who don't mind getting stuck in and sorting our donations; this will enable us to make the best use of them. So many people have so much experience that would be very welcome!

THE PARISH OF SAINT MARY AND SAINT BLAISE, BOXGROVE

MONTHLY CALENDAR AND MASS INTERCESSIONS

APRIL

1	Wed	Feria	Tax Officials
2	Thu	Feria	Registrars and all who deal in data
3	Fri	St Richard of Wyche, Bishop of Chichester	The Diocese of Chichester
4	Sat	Feria	Preparations for Holy Week
5	SUN	Palm Sunday	Parish & people
6	Mon	in Holy Week	Following Jesus more closely
7	Tue	in Holy Week	The unchurched
8	Wed	in Holy Week	Those seeking faith
9		Maundy Thursday	Increased faith
10		Good Friday	Deeper love of the Lord
11		Holy Saturday	Faithful patience
12	SUN	Easter Day	Parish & people
13	Mon	in Easter week	Courageous faith
14	Tue	in Easter week	Following Jesus more closely
15	Wed	in Easter week	The unchurched
16	Thu	in Easter week	Those seeking faith
17	Fri	in Easter week	Hospital Chaplains
18	Sat	in Easter week	Increased Faithfulness
19	SUN	Second of Easter (Low Sunday)	Parish & people
20	Mon	Feria	Lessay
21	Tue	St Anselm, Bishop & Doctor	Le Bec
22	Wed	Feria	Teachers
23	Thu	St George, Martyr, Patron of England	The English nation
24	Fri	St Mellitus, Bishop	Members of Parliament
25	Sat	St Mark, Evangelist	Bishops
26	SUN	Third of Easter	Parish & people
27	Mon	Feria	Faithfulness to the gospel
28	Tue	St Peter Chanel, Priest & Martyr	Parish clergy
29	Wed	St Catherine of Sienna, Patron of Europe	The Nations of Europe
30	Thu	St Mark the Evangelist	The Press & Media

BOXGROVE PARISH COUNCIL

Parish Council report, March 2020



The Council met on March 2nd with a good attendance of members of the Public. Among them were the organisers of the 5- and, this year, a 10-kilometre fun-run to raise funds towards the new Hall for our School. Considerable progress has already been made in fund-raising, reaching about £10,000 already. A request was made for a grant towards the cost of organising this year's event and later in the meeting, because we had a small surplus in the annual 2019/20 budget, the Council was able to offer £500, which will cover the organisational cost. There were a couple of volunteers who agreed to help with marshalling the event, so that's all good news.

During Jeremy Hunt's Report the question of pot-holes and Highways maintenance arose and the general feeling is that until WSCC take Balfour Beatty to task and get the repairs attended to in a proper manner the situation can only deteriorate further. I wonder if they will ever catch up! The holes in The Street are the worst I've seen and will certainly require a decent repair, unlike the holes in Crouchcross Lane which were only attended to about 6 months ago. It really is a waste of our taxpayers' monies. I'm pleased to see that the 6 trees planted recently in various locations in the Village appear to be doing well - lots of new leaf buds appearing; they certainly haven't been short of rain since they were planted. The wild flower planting initiative will soon be completed: fingers crossed for a good show when they grow.

And now we turn to the pandemic which has manifested itself on us at such an alarming rate. Advice is available wherever you care to look, but the key is be sensible. There are already contingency plans to provide help wherever we can, beginning with identifying those most vulnerable. Several members of our community have already put their hands up to help with shopping, errands, posting letters and anything else that's needed. Please don't be afraid to ASK. A 'postcard scheme' is to be introduced to identify where help is needed and for whom. My sympathies go out to the new landlords at the Anglesey Arms: not a very good start for a new tenancy. And I implore you to support our Shop, which is serving us so well at present. If anyone needs shopping delivered please use Boxgrove Stores. It's still the best place to learn of the latest news. As I write this, the District Council has cancelled all less important Meetings, and this may extend to Parish Meetings as well. Time will tell.

The Community Highways Safety Team should be congratulated on their success with the Halnaker Village entry gates, which have been purchased and are about to be erected to the north and southern speed limit areas to give Halnaker more of a 'sense of place' as we have in Boxgrove. We can't thank the team involved in these achievements enough.

And finally, a mention of the Annual Parish Electors Meeting. This is the meeting where no Council business is conducted, but the opportunity for the Electorate to question, criticise or just talk to your Councillors in a informal atmosphere. We took the opportunity to showcase the work of the TCG and the CHS Scheme Volunteers, including the important work to bring the long-awaited Boxgrove Neighbourhood Plan to the near end of its process. The Plan will be approved by the CDC Cabinet on 7th April and then the Returning Officer will arrange a referendum when we hope you, the electorate, will give the final sanction and make the Plan valid for the future - though I must add it will need reviewing periodically.

Henry Potter, Chairman of the Parish Council

BOXGROVE & TANGMERE JULIAN GROUP

SUSPENDED UNTIL FURTHER NOTICE

Members may like to know the intended plan and use it for private study

*The group meets on the *second Monday of each month at 3.15pm in the St Blaise Centre, Boxgrove. Notices with details of venue are placed on the church notice board.*

**Please note: the April 2020 meeting (following Easter)
is on the third Monday of the month*

20 Apr Psalm 103, vv 1-4, 13, 14: "The Lord is merciful unto them that fear him"
11 May Psalm 139, vv 1-9: "... your right hand shall hold me" (ASB)
8 June Psalm 24, vv 1-5: "He shall receive the blessing from the Lord" (BCP)

'Trust, the Highest Prayer'

Julian of Norwich ~ Enfolded in Love series edited by Robert Llewelyn



AN UPDATE FROM THE ALDINGBOURNE TRUST



In accordance with the latest government guidance regarding social distancing in order to slow the spread of Covid-19 the Aldingbourne Trust have regretfully taken the decision to close our day services including Aldingbourne Country Centre, Number 73 and Make in Portsmouth to the public until further notice. As a result we are cancelling our planned Mother's Day and Easter events - the safety of our staff, people we support, volunteers and members of the public remains our priority. We appreciate the impact this could have on the people we support and we are working closely with individuals and their families to minimise social isolation. We are planning to operate a Support line for people to call in for advice, we will be phoning people regularly to check in, and will be maintaining our social media sites and posting content and encouraging people to interact.

We would like to reassure anyone who has already booked for one of our pre-paid events that we will be in contact shortly to arrange a refund and would like to thank those of you that have kindly donated your pre-paid monies to our charity. Your continued support is appreciated.

We appreciate these are very uncertain times, we will continue to circulate communications via our social media platforms and website. I would like to reiterate our priority is to ensure the safety of the people we support, our volunteers, staff and visitors and we will be responding to the government guidance as it becomes available, and we will update you regularly as the situation develops.

Should you have any questions or queries please contact 01243 542075 during office hours Monday - Friday or email michellem@aldingbourne.org. We would like to thank you all for your understanding and support during this difficult time.

For details of the project **Share a walk with a memory or celebration at Hotham Park** please go to www.aldingbournetrust.org/celebration-of-life-tree.

THE OPTIMISTIC GARDENER

High Trees - March 2020 - No.32

The Sound of a Garden

Walk around High Trees garden on a summer's afternoon and you will be bombarded with sound! It isn't something that you take into consideration when designing a garden but it is just as important as colours and the scents in your horticultural experience.

Now I'm not talking here about the noise from outside the garden - the lorries for the greenhouses thundering past or, when the wind is in the right direction, Charlie at Barnham station platform informing the passengers that the train now standing on platform 2 is the 9.49 to Much Tooting, (or some such ribald destination). No. What I'm talking about here are the sounds from within the garden. And, yes. Wind does play an important part in your enjoyment of the music of a garden.

The first thing you will notice at High Trees is a considerable number of different types of grasses. Not the ones in the lawn which require lots of regular cutting; but those in the borders which whisper sweet nothings to the insects as they fly past in search of richer pickings. Grasses on the whole are wind pollinated and therefore do not produce nectar. But what they do produce are stiff stems which allow them to flex in the wind and create the sound of waves brushing the shore. Just Google "Waving grass in a strong wind" and see what I mean. (Who can possibly sit and listen to an hour of this stuff?) Visually grasses are wonderful in the wind as well. They really do behave in a wave-like way.

But the biggest producers of wind-song are the trees. The taller, more flexible trees which catch the slightest breeze can be heard even on still days. My favourite is our birch, *Betula utilis* var. *jacquemontii*. It is a beautiful ghost of a tree which provides a vision in the winter, especially when it is lit from below (solar power of course). In the summer it is slightly more coy in its appearance but with its filigree branches it whispers in the wind.



While I am on the subject of the wind I can hear you saying "What about wind chimes?" And my reply is "What about them? Irritating, never a recognisable tune and not natural!" Well - that's got that off my chest!

Another must-have in the garden is the sound of water. However small the garden there is always room for a trickle! One of the very first things we did when we moved to High Trees was to dig a pond - but the sound of moving water was not created by this but by our much smaller water feature up by the house.

/continued ...



It appears to be water bubbling out of a pot, trickling across stones and then plunging into a pool below. It is lovely to sit beside on a summer's evening with a glass of something chilled. Not so good if you are a person of a certain age with continence problems! One hot day had a visiting tutor in the music room with a group of singers and in order to keep cool we had 'flung wide the gates'. Shortly after I'd opened the French windows he asked me if it were possible to turn off the electricity to the pump and I don't think it was simply for acoustic reasons! The same thing was experienced by the choir rehearsing at the back of the church. We

'enjoyed' the water feature which first appeared as part of the Easter Sunday instillation around the cross! It didn't take us long to learn where the socket was!

Of course there are the wonderful sounds of wildlife in the garden - the birds which enjoy our many trees, shrubs but in particular the bird feeders! Then of course the symphony of buzzing from all the bees and other insects we are attracting. But there is one bird which we don't hear any more here at High Trees but have in the past. That is the cuckoo. This is a pity since the sound of the returning cuckoo is the cue for we cider makers to try out the golden nectar stored in the bedroom wardrobe from last year's labours. So in want of the actual bird I am obliged to lurk around corners in the garden doing my very best cuckoo imitation in earshot of the Under-gardener! I learnt this particular piece of folk-lore from Eddie Grundy on the Archers.



There are certain sounds in the garden which are highly beneficial to those of us who grow plants from seed. You will have heard how cows are often played classical music during milking to keep them calm and increase their yield. But did you know that there is a higher germination rate in seeds grown where the music of a little known French Renaissance composer, D.A. Poisson, is played during the hours of daylight. I have tried this for several years now and it seems to have the highest success rate with hot-house plants such as tomatoes and peppers. So as you walk around the vegetable patch in early April you can waltz to the strains of "Mais non. Je blagueor" or be transported by *Messe Raconter des histoires*.

A less mellifluous sound in our garden can be heard floating over the hen house in the afternoons. It is the voices that make up Radio 4 and we play it when we let out our hens for the afternoon - usually we are out there too. The theory is that our local villain, Freddy Fox, hears voices and gives us a miss on his tour of the hen-coops of Barnham. It has worked so far and we have been practising this pest deterrent for many years now. We have the best informed hens in the whole of Sussex.

So next time you are sitting outside in your garden with your favourite tippie, just close your eyes for a minute or two and see how many sounds you can identify.

Janet Reeves

BOXGROVE NEIGHBOURHOOD PLAN UPDATE

March 2020

The good news is that our plan is expected going to go before the cabinet at Chichester District Council on 6 April and provided it is approved by them will be ready for the necessary referendum to take place.

The unfortunate news is that local elections and referendums are to be delayed because of the current health emergency. We will try to clarify whether a postal ballot could possibly be used to overcome this delay.

I will report back in future updates. Besides the benefit we gain from the policies in the Plan, the Parish will benefit from the extra infrastructure payments which will flow from the additional housing that will be required of the villages. It is important therefore that we have an opportunity to vote for the Plan as soon as possible.

The Boxgrove Neighbourhood Plan and the Examiner's Comments can be viewed on the dedicated website: <https://www.boxgrovenp.co.uk/>

David Leah

Chair, Boxgrove Neighbourhood Plan Team
16 March 2020



The editor is grateful to Richard Chevis for drawing her attention to the following. Although apparently attributed to Kitty O'Meara, an Italian journalist Irene Villa has claimed it is a translation from her poem. Either way, it seems appropriate to reproduce it in these uncertain times.



And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.



Please support our advertisers where possible during the current crisis. In normal circumstances they help us to provide a copy of the Bugle free to every household in the parish.

TEXTILE HOLIDAY TO INDIA

About a year ago I was asked by Colouricious, a specialist holiday company, to be a tour leader for a textile holiday to India. I had not done anything like that before so I was excited when, on the 18th February, I set off from Heathrow with thirteen ladies including two from America and another from Australia.

We flew to Delhi and stayed overnight, which allowed us to visit The Textile Museum before travelling on to Agra and a visit to The Taj Mahal, which proved to be as beautiful as pictures show. It was also not crowded as tourism was already being affected by the Corona virus in China. Our final destination was Jaipur, where we stayed in a small but very comfortable privately run hotel which was our base for the holiday.



All participated in workshops which included embroidery, tie and dye, block printing and Rangoli. Rangoli is an Indian folk art and on the last morning in Jaipur flower petals were placed on the hotel courtyard in patterns. They were left to welcome the next textile group arriving that day.

We spent a morning walking round the magical 'Pink City' visiting temples and havelis, which are traditional townhouses or mansions. It was interesting to see

the thirteen ladies get to know each other. This was helped by a glass or two of wine sitting round the pool in the evening.

Would I do it again? Yes. The local people were very welcoming and the workshops were fun and we learnt a lot. The history of textiles in India is fascinating and I want to learn more.

Sue Jones



Yesterday I hung a map of the world in the kitchen and gave my wife a dart, promising to take her for a two-week holiday wherever it landed after all this is over.

Looks like we're going to spend a fortnight behind the fridge in the Autumn.

Covid-19 Update – Important Information

At St Wilfrid's Hospice we care for people with terminal illnesses, so it is important that we take all reasonable steps to protect the wellbeing of those using our services as well as our staff and those volunteering, who are working to ensure our vital services continue. This is particularly relevant and important during the current outbreak of Coronavirus in the UK.

From Tuesday 17th March we will continue essential clinical services but will be temporarily ceasing non-essential services, which includes all group activities and therapies, the Living Well Centre, bereavement groups, external face to face meetings, Education Centre training courses and Hospice tours.

Visiting the Hospice

We request that only immediate family or loved ones visit in the inpatient unit and to do so without pets. If you wish to discuss this, please contact the nurse in charge. As per Government guidance, if you have a new, continuous cough or high temperature please refrain from visiting. Whilst we are grateful for the support of our local community we politely request that all non-essential visitors refrain from visiting the hospice at this time.

If you are attending a St Wilfrid's Fundraising Event

Please note that the Moonlight Walk has been postponed and is now pencilled in to be held on **5th September 2020**. More information regarding this event will be released in due course. Events organised by St Wilfrid's are otherwise going ahead but will be reviewed on a case by case basis. Please do check our [website](#) for updates. If you are participating in an event organised by a third party in aid of St Wilfrid's, such as the London Marathon, then please check with the organiser for further information.

Our Shops

Our shops continue to trade as normal and follow Public Health England guidance. Please check our [website](#) and social media for up-to-date information.

If you are a Hospice Volunteer

If you are a volunteer then please follow the Public Health England guidance and do not participate in any Hospice activity if you feel unwell or part of an at risk group.

Following Coronavirus Advice

If you show signs of symptoms of Coronavirus, please follow Government advice which can be found here: <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

The Bugle's always better on line:
http://www.boxgrovepriory.co.uk/boxgrove_bugle.html



From PCSO Jason Lemm, Local Officer for Chichester North Electoral division

Crime prevention advice from your local officer

In my last article I wrote about Courier Fraud, which continues to be one of the main telephone frauds across the country. I have in fact at the point of writing this dealt with five separate courier fraud attempts in the last few weeks, all made to elderly residents in Chichester District. Fortunately all have realised that these calls were fraudulent and have ended the call and not lost any funds.

Recently I also visited someone who had been the victim of a scam known as 'Romance Fraud'. Although this is also one of our most reported scams, not everyone has heard of this before.

Romance Fraud usually starts out when someone visits a dating site looking for companionship; however, fraudsters monitor these and will often make fake profiles or ask victims to come away from a genuine site and start talking on a private chat group.

Once a fraudster is confident that they've gained the victims trust, they will tell them about a problem they're experiencing and ask them to help out by sending money.

The scammer will often tell the victim that they have arranged to come and visit them but at the last moment will say their ticket has been stolen, and the victim will be asked to send money quickly to get them on the next flight. Sometimes they will prey on victims' sympathies, telling them a family member or someone else they are responsible for is ill and they need money for medical treatment.

Once money has been sent, the fraudsters will keep coming back and invent new reasons to send them more. Sometimes this activity will go on for years and this will often leave victims heartbroken and more often than not large sums of life changing money will be sent to the fraudsters.

If you know of a local group that would benefit from a 'scam and fraud prevention' talk then please let me know and I will happily make arrangements to do this.

If you need to make contact with me in regards to a local issue you can make contact at chichester@sussex.pnn.police.uk which is my team inbox. Please be sure to mark this for my attention and I will happily come back to you.

The usual ways of contacting Sussex Police remain as follows:
Call 999 for emergencies and 101 for non-emergency enquiries.



Please don't forget - Tim Pullan (01243 532065) or Malcolm Knight (07722 115212) would love to hear from you if you have any unwanted sewing machines, carpentry, garden or engineering tools. Any donated will be recycled for 'Tools for a Mission' and 'Tools for Self-Reliance' respectively, to be despatched to Africa to help families and individuals to start or expand their business.

BLAISING IN THE KITCHEN

with many thanks to Sally Bosson



Tips and Tricks!

Courgette salad (quick and very popular!)

Garlic

Salt - just a pinch

Courgette

Lemon Juice

Basil olive oil (buy it or a little basil crushed and chopped into olive oil works well)

The amount of ingredients is directly proportional to the number of courgettes you need to use up! (Not many in our house as I fry them in butter, olive oil and garlic and stick them with spaghetti and some parmesan ...). However, you can do as follows:

Slice the courgettes very thinly with a potato peeler (or I guess a 'spiralizer' or similar would work) in a bowl put a little lemon juice, some oil, some crushed garlic and a small pinch of salt, whizz round, then add the courgettes and toss. I would leave for 30 mins to let it infuse, but it eats well the next day too)

The best way to de-seed a pepper (courtesy of Jamie Oliver)

Cut off the stalk so it's not too big; get your thumb and push down.

This takes the top and centre down into the pepper - job done!

Extra-special bread and butter pudding

Add any *left-over Pannatone or Brioche (*not known in my family!), and/or ...

Fruits in liqueurs you got for Christmas but won't otherwise eat, and/or

Dried apricots soaked in brandy - delicious!



Sally tells me that next time she will be encouraging us to try recipes with some rather more unusual ingredients ... that promises to be interesting! If any readers have their own favourite quirky dishes they'd like to share, the editor would be pleased to hear from them - possibly ...



2020 PILGRIMAGE TO WALSINGHAM

Bookings are now being taken for the **Parish Pilgrimage to Walsingham**, which is planned for the weekend of **Friday 25 to Sunday 27 September**

If you would like to book, or just to know more about the Pilgrimage, please speak to [David Jones](#)

Chichester Cathedral Flower Festival

Very sadly the Flower Festival has had to be postponed until June 2021.

Those who have already booked tickets and who provided contact details at the time of booking should need to take no further action: refunds will be given. However, if you are a ticketholder who has not heard anything by Easter Monday (13 April) please contact the Chichester Cathedral Trust office on 01243 813591 or email flowerfestival@chichestercathedral.org.uk.



Photo: Jim Holden



BOXGROVE WI

While the coronavirus is among us Boxgrove WI will not be meeting.

However, we look forward to reuniting our members in the too distant future when the epidemic is behind us.

Wendy Austin-Ward
Secretary



CHICHESTER
CATHEDRAL

[Free lunchtime concerts](#)

Concerts will not be taking place until further notice



A traffic cop pulled alongside a speeding car on the motorway. Glancing into the car, he was astounded to see that the young lady driver was knitting.

Realising that she was completely oblivious to his flashing lights and siren, and totally unaware that he was even there, he wound down his window, turned on his loudspeaker and yelled "Pull over".

"No", she yelled back. "It's a scarf".



THE ARTS
SOCIETY
BOXGROVE

The Society presents its next lecture on

Sadly, we have had to cancel forthcoming lectures; however, we look forward to resuming them when better times are here again.

In the meantime, we wish our members and The Bugle community good health.

treasures in a ravishingly illustrated tour of forty-two magnificent cathedrals

For information:

www.tasboxgrove.org.uk
or Elaine, tel: **01243 555644**

New members and guests very welcome.



A.P.J. WHEELER PROPERTY SERVICES

REDECORATION / REFURBISHMENT / REPAIRS
BESPOKE PROJECTS & HANDYMAN SERVICES
INTERIOR AND EXTERNAL PROJECTS
A LOCAL FAMILY RUN BUSINESS
FULLY INSURED / FREE QUOTATIONS

CALL: 01243 533987 MOBILE: 07796648471
EMAIL: wheels1609@gmail.com



Top Branch
TREE WORKS

Tree Felling & Removal, Pollarding
Tree Reducing & Shaping,
Dead wooding, Stump Grinding,
TPO & planning applications,
Hedge Cutting.

07470 110 383

topbranchtreeservices@gmail.com



Mobile Library


Library Service
tel no: **01243 382470**

Sadly it appears that the Mobile Library service is, at least for the foreseeable future, being discontinued. The following text appears on the County Library service website:

"Our Community Mobiles have spent significant time off the road in the past 12 months due to mechanical failures. Unfortunately, the vehicles are no longer serviceable and we have taken the decision to suspend the service."

INDEPENDENT HAIRDRESSING

PROFESSIONAL HAIRDRESSER
30 YEARS' EXPERIENCE

——
CALL TRACY ON
01243 537623 or 07534 870272

CAR TROUBLE?

Vehicle repairs—diagnostics—servicing—MOT tests—
valeting—bodywork—car sales
Full workshop facilities

Vehicles collected from
and delivered to your door in Boxgrove
and surrounding areas.
Courtesy car if required.

Prompt, friendly and reliable service

Bill Walker
01730 810078—07885 944135

I B Electrical Services

Est 2003

'NAPIT' approved electrician
All works guaranteed & insured
Reasonable rates and local

Call Ian on 07873 358855

Alterations
Repairs
Dressmaking
Special Occasion Wear



Local in Tangmere

Call Vicky on 01243 779932

Foot Health Professional

also qualified as Manicurist

Make your feet happy

Diana Hothersall MCFHP MAFHP

Qualified at SMAE Institute, Maidenhead

Home visits—contact 01243 696093

Mobile: 07837 924 254

dianahothersall@icloud.com

A WAY TO HELP YOU THROUGH EVERY DAY LIFE

My name is Ros Thompson and I am a Bach Flower Practitioner, Reflexologist, Indian Head Massage Therapist, and Reiki Master. If you are interested in any of the therapies that I offer please feel free to contact me.

The Bach Flower remedies also work for animals so for those of you who have difficulties with animals - especially regarding fireworks or other traumatic situations - these amazing remedies can also help them.

Contact Ros Thompson
on 07739775783

KEVIN HOLLAND FUNERAL SERVICE

Independent Family Business

24 Hour Personal Service

Private Chapel of Rest

Parking Available

Golden Charter Pre-Paid Funeral Plans

Arrangements may be made from the comfort of your own home

Golden Charter
Funeral Plans 

246 Chichester Road

Bognor Regis

PO21 5BA

Tel: 01243 868630

www.kevinholland.co.uk



HELEN'S

AIRPORT CARS LTD

Find out about us - and book online

www.airporttaxi.co.uk

01243 820 820

Extremely Competitive Rates

Head Office: 24 Sudley Road, Bognor Regis, PO21 1ER



Walberton Place Care Home

If you're thinking about a care home you'll find a warm welcome at Walberton Place. Family run, our care is the kind we would want all of our loved ones to receive. Our new home is luxurious and beautifully furnished, with clean, light and airy spaces for residents to relax and enjoy life. We welcome guests at any time, so come and meet our fantastic staff and residents, have a cake in our cafe or chat over a drink in our very own pub.

- Person-centred dementia care
- Tailored meaningful activities
- Luxury en-suite bedrooms
- Daily fine dining
- Themed pub
- Hair salon



01243 928 217



www.countrycourtcare.com



Yapton Lane, Walberton, Arundel, West Sussex, BN18 0AS



JANE WALKER

FORGE FLOWERS

Jane Walker | Forge Flowers
Stane Street, Halnaker
Chichester
www.janewalkerforgeflowers.co.uk
jane@forgeflowers.co.uk
Tel. 01243 788484

- Flowers for all your special occasions
- Wedding and Event Floristry specialist
- Large selection of fresh flowers always available
- Order service available
- Local, National and International delivery service



LANDGIRLS

Tree, Hedge & Garden Services.

Holly Redford-Wilson.

N.P.T.C. Qualified & Fully Insured.
01243 870705 / 07474 872910

Tree Surgery, Stump Grinding & Hedges.
Fencing, Pressure Washing & Maintenance.
Checkatrade Member I.D. 90736



AGRICULTURAL PROJECTS
COMMERCIAL
INDUSTRIAL
HOME

FABRICATION & WELDING
STRUCTURAL STEEL
BLACKSMITHS
MACHINING



UNIT 9, WOODHORN BUSINESS CENTRE, OVING
E: sales@mjengineeringsussex.com
W: www.mjengineeringsussex.com
T: 01243 527400



RYAN CARS LTD Car Sales

Your local independent small car specialist
With over 30 years motor trade experience

Contact Dave Ryan on 07951-308620
Email: sales@ryancars.co.uk
View our stock on www.ryancars.co.uk

HOLIDAY RESPITE PRIVATE CARER

Web: Holidayrespite.com
Email: holidayrespite@gmail.com
Mb: 07749056865

OCCASIONAL SUPPORT

**Short Break Holiday Service [Live-In]
Convalescing / Overnight / 6+ Hourly Support**

**Personal Care - Contenance Support - Mobility - Medication
Domestic Support - Excursions - Meal Preparation**



**KATE'S
~ HAIRDRESSING ~
*NOW ORGANIC***

Located in Boxgrove (near to Shop)
01243 528214 ~ 07886 307227

Peter Roberts

Chartered Tax Adviser CTA ATT
PR Personal Tax

Formerly a Tax Adviser for a local leading firm of Chartered Accountants for many years, now a sole practitioner providing

- Personal self-assessment tax return completion
- Personal Tax Reviews
- General personal Tax compliance
- Quick, efficient and personal service including home visits at no extra cost

01243 773580 · 07939 819364
prpersonaltax@btinternet.com
www.prpersonaltax.co.uk

DAVID DOYLE GARDENING SERVICE

Local, reliable,
RHS-trained gardener.

Lawn mowing, weeding,
planting, trimming,
general pruning.

Based in Boxgrove

**075 21187 827
01243 784060**



Ridea Technology

www.ridea.co.uk

Need help with your technology?

For sourcing of or assistance with your Computer, Tablet, Internet and home Audio/Visual equipment:

Tel: 01243 216121 / 07970 291302

E-mail: help@ridea.co.uk

Tangmere Flower Club

We meet in the large hall at Tangmere Village Centre at 7.30pm, on the second Friday of the month, for just £4.50 per session, with flower raffle prizes and a tea or coffee and biscuit break as well as a sales table and occasional workshop evenings and outings.

Supported by Jane Walker, **Forge Flowers**, Halnaker, and **Manor Nursery** Garden Centre, Runcton. Both offer 10% Discount with the 2020 Membership Card.

Contact Jan 07904 340467 for further information.



Painter & Decorator

Locally based

Est. 2000

Interior & exterior projects

Competitive prices

For a free Estimate

call Dominic on:

01243 533685 - 07939 248788

domnuke@hotmail.co.uk



Sonja Lane

**Quality hairdressing
in your own home**

30 years' experience

Please contact me on
01243 267327

The Old Coach House, 14 West Pallant, Chichester, West Sussex PO19 1TB

01243 523723

chichester@todanstee.com

todanstee.com

Tod Anstee

Chichester

Your parish, your property... our passion

Tod Anstee is an independent company with a strong local history providing our clients with the widest market exposure and a highly proactive approach to selling and letting. Sam has unrivalled knowledge of the parish having spent over 20 years living in the village of Boxgrove.

Call for free marketing advice from our residential sales and lettings team in Chichester.



Sam Tod
residential sales
partner



Ros Healey
residential lettings
letting partner

sales & lettings | residential | country houses | development | land | new homes | property management

Other useful contact details

Local Police - Emergencies 999 or 112 ~ Other matters 0845 60 70 999 or 101
Citizens Advice - Consumer helpline: 0345 4040506
Action on Elder Abuse - Confidential helpline: 080 8808 8141
Action Fraud - National fraud reporting centre: 0300 123 2040



The Old Store Guest House

Halnaker, Chichester, PO18 0QL

Tel. 01243 531977

Email: theoldstore4@aol.com

www.theoldstoreguesthouse.co.uk

- Quality accommodation in double, twin, family and single *en-suite* rooms.
- Choice of delicious breakfasts with homemade bread and preserves
- Car park and garden
- Recommended in the *Good Hotel Guide*



THE MARTIN SEWELL
BUILDING COMPANY

An award-winning Chartered Building Company that has worked in the Sussex area since 1985, gaining a well-deserved reputation for professionalism, reliability, high quality craftsmanship & project management skills.

Experienced in all types of building projects, from large commercial to the sensitive renovation of listed buildings, bespoke new-builds or extensions & refurbishments.

Telephone 01243 542056
Email martin@msbc.uk
www.msbc.uk



INVESTORS
IN PEOPLE | Gold
Unit 2022



A.S.A.P. Removals & Storage Ltd

- Removals
- Storage
- Packing
- Clearance
- Nationwide Service
- Fully Insured



Call 01243 781819 or 0800 002 95 45

www.asapremovals.co.uk

enquiries@asapremovals.co.uk

Proud members of
Checkatrade.com
Where reputation matters

