

# THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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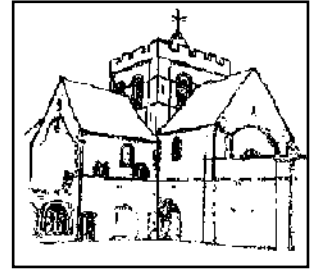
## February 2021



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# Who's Who in Boxgrove



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Mr Jeremy Hunt - 0330 2224536

## CDC MEMBER FOR BOXGROVE WARD & CHAIRMAN, BOXGROVE PARISH COUNCIL

Mr Henry Potter - 01243 527312

## BOXGROVE C of E PRIMARY SCHOOL

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## BOXGROVE VILLAGE HALL Bookings & Enquiries

Matthew Hall - 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](mailto:Boxgroveshop@gmail.com)



## From Father Peter

A glance at the calendar for this month reminds us that Lent begins this year on the 17<sup>th</sup> of February - 'Ash Wednesday'.

One might be forgiven for thinking that our lives have been one long Lent as we have had to come to terms with the many and varied Covid restrictions. Thoughts of following any type of Lenten Discipline feels surely too much to handle or contemplate. However, it is good to remember that the word Lent is a shortened form of the Old English word 'lencten' meaning 'spring season'.

Spring calls to mind new life, new hope, and Lent culminates in the New Life of Easter. As we journey through Lent the daylight time lengthens, the earth springs into new life as our gardens and wayside flourish in spring flowers, the earth gradually becomes warmer. This Lent will also see us still encountering the many restrictions of Covid - no more so than in our normal patterns of worship - but hope is there: the vaccine brings that hope of a release from the winter of the pandemic more clearly into focus.

Perhaps this Lent might see us embarked upon a new form of gentle discipline. By all means give up the chocolates, sweets and treats ... it would be good to shed a few of those lockdown pounds! Many of us spoke of books we have not yet read and the spare time given to us to put that right. Well reach for the bookshelf, take down the Bible: it really is a jolly good read. And of course our acts of charity associated with Lent can be easily fulfilled in contributing through many channels to a local food bank.

These are not onerous tasks; we can choose to ignore them, but perhaps if we do treat ourselves gently we can feel a little fitter, surprise ourselves at what we find in the words of scripture, and be pleased to help others less fortunate. In so doing, our Lenten journey can prepare us to welcome Christ in his risen glory at Easter ... and indeed help us focus more upon the positive hopes of the future free from the pain of this past year.

Let our journey this Lent be one from Ashes to Alleluia: a journey of quiet hope. Let it not seem to be one of severity and rigour. Let the message of Lent this year be one of gentle encouragement.

If you are feeling low, hemmed in, alone and frustrated, then allow yourselves to be carried through prayer in the arms of Jesus the good Shepherd. Be kind to one another - and remember, be kind to yourself.

My love and Prayers; stay safe.

**Fr Peter**

### **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



Mass for Thursday in the seventh week of Easter (Lanfranc)



Mass for Wednesday in the seventh week of Easter (St Augustine)



Mass for Tuesday in the seventh week of Easter (Requiem for David Lloyd)

Don't forget: you can 'join in' the Mass from the Priory, 'live' or at a time which may be better for you. Visit the Parish [Facebook](#) page, where you will find the most recent services at the top.



## CALENDAR OF SERVICES AND HOLY DAYS

As long as the Covid virus remains at a worrying level in our locality we shall continue to have services only online:

Sundays at 11.00am

Monday - Saturday normally at noon

The church will be open for private prayer after Mass, closing at around 4.00pm

### SUNDAYS & HOLY DAYS

January 31<sup>st</sup> - Epiphany 4

February 2<sup>nd</sup> - Candlemass

February 3<sup>rd</sup> - Saint Blaise

February 7<sup>th</sup> - Second Sunday before Lent

February 14<sup>th</sup> - Sunday before Lent

February 17<sup>th</sup> - Ash Wednesday

February 21<sup>st</sup> - Lent 1

February 28<sup>th</sup> - Lent 2

March 7<sup>th</sup> - Lent 3



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

# 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](#) at her new address:: editor.boxgrovebugle@gmail.com. Submission is requested by the **15<sup>th</sup> 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 2021

*NB: There is no Bugle in January or August*

Issue Month	Copy Deadline	Publication Date
March	15 February	28 February
April	15 March	28 March

## BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - [editor.boxgrovebugle@gmail.com](mailto:editor.boxgrovebugle@gmail.com)

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[http://www.boxgrovepriory.co.uk/boxgrove\\_bugle.html](http://www.boxgrovepriory.co.uk/boxgrove_bugle.html)

*Why not add a link to your desktop?*

# BOXGROVE PARISH COUNCIL

## Parish Council report



What a welcome relief was the news that we shall all be vaccinated to hopefully rid ourselves of the fear of this dreadful virus which has caused us so much anxiety. I've already heard of a number of our community who have received their first jabs, so let's hope the supply of the vaccine keeps up with the demand. In the meantime, all of you, stay safe and ever careful.

The Parish Council continues meeting virtually and welcomes members of the community to join us by contacting the Parish Clerk for joining details.

The recent persistent rain has caused a mess of quite a number of our footpaths throughout the Parish, exacerbated by the high numbers of walkers who enjoy the amenity. It won't take much sunshine and warmer weather for the grass to grow and restore the paths to normal glory. I hope folk will continue using the paths when other activities resume normal practise.

Work is continuing to progress the scheme to improve the parking arrangement at the foot of Denge Lane, the Public Right of Way leading up to the Windmill. It's a slow process, but with a substantial amount of funding now available we are relying upon WSCC Highways to implement the actual design, and we hope it measures up to the scheme as proposed by our two Councillors who are adept at Highway matters. Once this is agreed there will be nothing to stop its commencement. So, step up WSCC.

The Village entrance gates were finally erected at the north and south entrances to Halnaker, together with new 'Halnaker' signs, again inviting motorists to 'please drive carefully through our village'. This work was carried out by Balfour Beatty on behalf of WSCC, though a huge amount of stuff was done by our Councillors and the Boxgrove Ranger volunteers, for which we are grateful. The gates were purchased, assembled and stored as long ago as September last year, but due to the difficult restrictions it was at last completed this year. Additional 'Finger' type signs indicate safer routes for walkers towards the Windmill Trail. Thanks for these must go to Graham Dipple and my Vice Chairman, Paul Addison. The new bench seat for bus passengers has also been bolted in place at the bus stop opposite the Almshouses.

We have received one application to fill vacancies on the Parish Council and by the time you read this he will have been co-opted. He will, I'm sure, be a valued Member of the Council, bringing with him valued experience in his field. This, however, still leaves one more vacancy, so come on, don't be shy - you will be surprised at how rewarding serving your Community can be.

One project we really must progress is the rewilding of some areas of the Parish. This entails planting ever more trees and establishing wild flower areas. There is still space for a few more trees in that area of wildness on the left of the eastern end of the footpath off Church Lane; there have been several young saplings planted some years ago and I've added three since, and more to come. There is even a small area of open 'amenity' green space in Billy Fiske Close which would lend itself to a wild flower 'meadow'. The two trees in St Mary's Road have been replaced: the originals were deemed to be diseased and removed by WSCC Highways - they may have become unsafe!

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The replacements are flowering cherries and were requested by close neighbours concerned by the loss of the originals. I'd like to mention that ANY pruning or pollarding of trees in the Parish, particularly on public ground, is unlawful, so please don't do it. Refer it to the Parish Council, who will notify the relevant Authority for attention. A third tree purchased by the Council from Goodwood Estate, an oak tree, has been planted on the embankment east of and just outside of the Village Hall car park. This was to celebrate the cessation of hostilities in the First 'Great' War and these were all funded by the grant towards memories of this occasion in addition to the Silent Soldier and the '14/'18 planter at the south end of The Street.

This is a rather lengthy report but compensates for the lack of anything in January.

With my best wishes to you all,

**Henry Potter**

Chairman of the Parish Council



## **BOXGROVE & TANGMERE JULIAN GROUP**

*The Group meets on the second Monday of each month at 3.15pm at The Priory Church of St Mary & St Blaise, Boxgrove. Notices confirming details of venues are placed on the church notice board (pending Government guidance re easing of Lockdown, Social Distancing and possible meeting venues).*

*If, due to uncertainty, we are unable to meet, perhaps you could use the time to read the Psalm. The theme for each monthly meeting is as follows:*

8 Feb	Psalm 103, v 1-4 'Praise the Lord, O my soul' (BCP)	Location to be advised - Boxgrove
8 Mar	Psalm 40, v 1-4 'I waited patiently for the Lord' (BCP)	Location to be advised - Boxgrove
12 Apr	Psalm 95, v 1-7 'Come let us sing unto the Lord ...' (BCP)	Location to be advised - Boxgrove
10 May	Isaiah 40, v 31 (8 <sup>th</sup> century BCE) 'But they that wait upon the Lord shall renew their strength'	Location to be advised - Boxgrove
14 June	Psalm 150, v 1-6 'O praise the Lord in his Holiness' (BCP)	Location to be advised - Boxgrove

***Trust, the Highest Prayer***

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



*Wise men came to Jesus. They still do.*

# THE OPTIMISTIC GARDENER

*High Trees - No.40*



## **Hen Heaven**

Last century, back in 1988, we were lucky enough to move into a house which was full of potential. The house had potential to be a comfortable home where music would fill the rafters. The garden had the potential to appear in Homes & Gardens. But all the potential in the world doesn't actually get the work done. We had a 20-year plan for the garden (bit long-term, I hear you say, but back then both of us were working full-time.) And now, 32½ years on we are just about there.



The most exciting potential, however, was in the form of two sheds at the bottom of the garden which were large hen coops. (You can just about see them in the top right of this photograph). They were both in some disrepair but we could tell they had been used for hens as there were nesting boxes hanging from one wall. At the time I was teaching in a primary school in Storrington and one of my pupils lived in a house with a similar sized garden and they kept hens. When this girl's mother heard that we had found hen houses in our garden she suggested that I may like to take some pullets from her flock since she had more hens than she wanted. All guaranteed female!

Well - when most people move house they tend to concentrate on the fabric of the building to start any improvements needed. Not the Reeves though. Our first summer holiday task was to renovate the two sheds. One was selected to be a vegetable store and tool shed; the other was to be for our hens. Now for whatever reason, the

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previous owners of High Trees had built these palatial edifices, each of which would house forty hens! We decided that the most we would have was eight hens, so divided the second shed into two parts - one half for the hens' living quarters, and the other half in which to store their food in large bins and the gallimaufry which builds up with any hobby.

By the time we were ready for them the first small flock arrived and we realised we had been taken for suckers when not just one but three of these 'hens' began to crow! Those of a nervous disposition should stop reading now and go and put the kettle on. So the first thing you really ought to know when keeping chickens is how to dispatch them humanely. Luckily our very good neighbours had kept hens for years and Doug was able to give Gerry lessons on wringing necks.



Kettle boiled? We're onto safer ground now. Very safe ground in our hen house. When you take on the responsibility for poultry you have to make sure that you are the only one who can reach the hens when necessary. There are plenty of other interested parties: foxes, rats, weasels, eagles. Okay, so maybe some of these predators may not yet be a problem in West Sussex, but certainly when you start to keep poultry the rats won't be far behind. We had sand and cement blocks as a foundation for the hen house, but they were crumbling and the floor needed renovating so we laid a level concrete floor on top of these slabs, making it easier to clean but harder for vermin to dig escape tunnels into. Rodents are very determined critters and will find any weak point to get to the five-star buffet inside the shed. So we placed chicken wire between the hen-half and the human-half and over all the windows which open for ventilation.

When we let the hens out to free-range in the garden we always play Radio 4 once they are out so that the Fox hears voices and imagines the area is infested with gabbling humans and goes on to next-door-neighbours' hens! We have some of the most erudite hens in Barnham and haven't been troubled by a fox in years. We have laid power down to the sheds so we can play the radio on the mains - but another use for electricity in the hen house is for the lights. Hens need fourteen hours of daylight in order to lay regularly and so in the winter, as our bantams slow down in their laying (they haven't got the luxury of electric lights or hot and cold running water), the big girls in the hen shed carry on laying pretty regularly.

We used to keep all our hens until they were drawing their pension, when we put them on the staff and only said goodbye if they looked poorly. These days we are a bit more ruthless and give them three or four years before we bid a fond farewell and restock. If there are any broody bantams then we may slip some fertile eggs under one of them

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and leave them to raise replacements. But broody bantams can't be relied upon to fall broody just when needed, so we have also ended up buying what is known in the poultry industry as point-of-lay pullets. These are hens (definitely female this time) at about sixteen weeks which are just about to start to lay eggs.

This year we bought two Light Sussex POL birds from a poultry farm near Billingshurst. They travelled home with us in a first class travelling compartment - a large cardboard box, lined with straw. When it is dark (eg inside a box) the hens become more docile as they think night has fallen.

We used to wait until the evening and then combine them with the other hens in the hen house with all the lights turned off. Then we would wait to see what ructions there were in the morning as the new girls and the old hands got down to the serious business of sorting out the pecking order.



But in recent years we have experimented with introducing new hens more gradually by putting them into self-isolation for 14 days (this is beginning to sound rather familiar) in one of our two A-frames. It has a cosy sleeping compartment which can be completely closed up at night, and has the advantage of being quite portable, so we can move it onto fresh grass every couple of days. During this quarantine period the other hens are still allowed out to free-range during the day, and they show a great interest in their new companions without being able to have a dust-up with them. Fairly recently we have fostered four older hens from Father Ian and here they are being minutely inspected by our hens.



The bantam cockerel is showing a particular interest in them! Well that's bantam cocks for you.

continued ...

After this period when the new girls get used to their surroundings the merging of the flocks is far less stressful and after a week or so the new order is established and peace reigns. Pecking orders can apply to most animals but I am pretty sure the term originated with hens because they display this behaviour most obviously and of course with pecks!

Speaking of 'dust-ups', that is one other thing which hens love to do. They need to treat their feathers regularly for mites, lice and other parasites, and do this by finding a suitable site and having a dust bath. (Feeling itchy yet?) Just like we pop into the shower when we feel a bit grimy, chickens find an area of soil or sand, scrape themselves a small pit, snuggle down into it then start flinging loose soil all over themselves. They will continue doing this for some time - even longer than Gerry spends in the shower! After they have finished, they hop up and have a good shake - just like a dog when it has been in water - then preen themselves and get on with what chickens get on with!

This seems to be a way of social bonding and on some occasions I have seen the entire flock all cosily snuggling together in one large dust-fest. Here is a photo of our 'girls' enjoying sun and soil!



After it has rained heavily they still rush out to this same area, although it takes a little longer to rid themselves of the wet soil.



People often ask how we round up the hens after they have been out free-ranging. It really isn't a problem since hens automatically go to find a roost as the sun goes down. And in the case of domestic fowl, this is the place where they are fed. Although very occasionally we have found a bantam high up in a tree near their sleeping quarters. One time it had happened when the gate had blown shut before we were able to come and feed them and close them up for the night.

Hens tend to lay first thing in the morning so we leave them inside during the morning and let them out in the afternoon, which generally is when we go out to garden. They like laying in dark, safe places so more often than not they use the nesting boxes provided.

continued ...



Sometimes, though, they find another place to lay, such as the time we found a clutch of bantam eggs laid in the human side of the hen-house on a considerably supplied bale of straw which we store there!



So if you have ever thought how lovely it would be to keep your own hens - be warned! Some of us \*gallinophiles (made up but appropriate) eventually start to look like our wards!



## Janet Reeves

\* *Looking it up to see whether there was such a word made me fall back in love with the word 'gallimaufry'.*



Further to last month's article, 'Christmas ~ potted, pickled and pretty!', go to page 21 to see the lovely Christmas gifts Janet made for Uncle Bob and others. Ed.

# THIS MONTH'S RECIPE

with many thanks to Sally Bosson

## Buttermilk Scones

Sally says: "These were amazing! Sainsbury gives you 1L of buttermilk for about £1. Well worth buying: I may never make ordinary scones again! My husband, who is not a scone fan, even asked if there were any more and when I was making them again!"



450g self-raising flour, plus extra for dusting

¼ tsp salt

100g cold butter, diced

85g golden caster sugar

284ml buttermilk

2 tsp vanilla extract

splash of milk

1. Heat oven to 220C/200C fan/gas 7.
2. Put the flour, salt and butter into a food processor and pulse until you can't feel any lumps of butter, or rub butter in with fingers; pulse in or add the sugar.
3. Gently warm the buttermilk (don't throw away the pot if it came in one) and vanilla in a microwave or pan.
4. Using your largest bowl, quickly tip in some of the flour mix, followed by some of the buttermilk and mix, repeating until everything is in the bowl.
5. Use a knife to mix together quickly to form a dough - don't over-mix it.
6. Tip onto a floured surface and lightly bring together with your hands a couple of times.
7. Press out gently to about 4cm thick and stamp out rounds with a 6cm or 7cm cutter. Re-shape trimmings until all the dough is used.
8. Spread out on a lightly floured baking sheet or two.
9. Add a splash of milk into the buttermilk pot if it came in one, or use a bit of the buttermilk, to glaze the top of each scone.
10. Bake for 10-12 mins until golden and well risen.



## KEEPING UP-TO-DATE WITH WHAT'S HAPPENING AT THE CATHEDRAL

Those who would like to keep up-to-date with news and events in the Cathedral are able to sign up for the regular online newsletter by visiting the Cathedral's website ([www.chichestercathedral.org.uk/](http://www.chichestercathedral.org.uk/)) and adding your email address in the box at the foot of the page, which looks like this:

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BOXGROVE



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Please call us if we can help - we look forward to being of service.



stonepillow

Helping homeless people

*St Joseph's, Hunston Road, Chichester, PO20 1NP*

*Tel: 01243 537934*

*Email: [admin@stonepillow.org.uk](mailto:admin@stonepillow.org.uk)*

*Website: <https://stonepillow.org.uk/>*

*During the COVID-19 pandemic, the demands on our frontline services grow and change daily. Due to having to cancel all fundraising events, closure of our retail outlets and reduced income, we are asking for your help now more than ever to enable us to continue responding to the challenges facing people who are homeless and rough sleeping.*

*We are working in partnership with other agencies across West Sussex to provide the following essential support for homeless and vulnerable people:*

- ◇ *Safe, secure, high-quality accommodation*
- ◇ *Support with mental health, recovery and wellbeing*
- ◇ *Fresh food and essential provisions*
- ◇ *Keeping them safe and well during the COVID-19 pandemic*

*#donatealittlemeansalot ~ <https://www.justgiving.com/stonepillow>*

*Stonepillow is the trading name of St Richard of Chichester Christian Care Association. A company with charitable status and limited by guarantee (Registered in England, no 2504171 and registered Charity no 1000830)*



*I have a pencil that used to belong to William Shakespeare. But he chewed it a lot and now I can't tell if it's 2B or not 2B.*

~ ~ ~

*I told my suitcases there wouldn't be a holiday this year. Now I'm having to deal with the emotional baggage ...*

# NEWS FROM BOXGROVE WI

February 2021



In spite of lockdown we are still keeping in touch. We all had the pleasure of a bunch of daffodils and a pretty card which one of our committee members organised - a lovely herald of Spring to cheer us all up.

The committee continues to meet via Zoom. We could actually see and hear everyone last time - a first! We're encouraging other members to dip their toes into the uncharted waters of Zoom. One of our Book Groups will hold a Zoom meeting in February and, hopefully, others will join me in a feedback session on a virtual talk I watched about one of our current Campaigns.

I know it often surprises people that the WI is about more than making jam and cakes and singing "Jerusalem". Every year we vote on Resolutions that members put forward. If they are chosen they go forward as WI Campaigns. These campaigns are always ongoing. Tackling food waste, supporting local refuges for women in abusive relationships, reducing our plastic use and supporting the fight against climate change are just a few. However, the one we are trying to promote at the moment is to Stop Modern Slavery, and that is the one I am reporting on. If you buy clothes on the High Street, own a mobile phone or buy your fruit and veg from a supermarket there is a strong possibility that somewhere in the supply chain slavery, in the form of forced labour, will have been used to produce those goods. Frightening thought, isn't it? One of the speakers was Katy Bourne OBE, the Police Commissioner for Sussex. She said the Sussex Police currently have twenty-five active operations involving modern slavery and another seventy active operations involving County Lines - ie drug smuggling using children to transport and deliver the drugs. Vicious violence is often used to keep these children in line. Want to know more? Go online to <http://www.unseenuk.org/modern-slavery> or <http://www.salvationarmy.org.uk/modern-slavery/spot-signs> to get some idea of what's going on. There are many other sites you can go to for information, including the UK Government and the Police.

One piece of sad news we had recently was the death of one of our retired members, Lilian Trowsdale. Lilian lived in Boxgrove for about sixty years and was a very important member of our WI. Those of you who have attended any of our fundraising efforts will have seen some of Lilian's craft work for sale, including beautiful patchwork quilts. Some of us still have these as a lovely reminder of her. She was very generous with her time and ran a Craft Club for the WI for years. She also gave sewing lessons at Boxgrove School - some of you may remember those.

When Lilian reached her nineties, and with her eyesight failing fast, her family encouraged her to go into a home in Kent to be nearer her family. She was very happy there, and just before Christmas celebrated her 98th birthday. She looked set for many birthdays to come. Sadly, Coronavirus swept through the home and Lilian died just after Christmas. She was a lovely, clever and kind-hearted lady and we are all the better for knowing her.

**Wendy Austin-Ward**  
Secretary

---

*Two cannibals are eating a clown. One says to the other: 'Does this taste funny to you?'*

## Boules, anyone?



After consultation with the Parish a boulodrome for Boxgrove was listed in the Community Action Plan which was published last year by Boxgrove Parish Council.

Boules is a game that any number of players can play, in any weather and doesn't require any level of physical fitness!

It is proposed to put the boulodrome on the recreation ground and it will be available for all residents to use, for team and individual play. Measuring approx. 4 metres x 12 metres it will have a gravel base and will cost about £2000 to implement.

If you have any comments to make on the proposed boulodrome, please contact the Parish Clerk: [clerk@boxgroveparishcouncil.gov.uk](mailto:clerk@boxgroveparishcouncil.gov.uk)



*I hate telling people I'm a taxidermist. When they ask what I do every day, I just say, "Oh, you know ... stuff".*

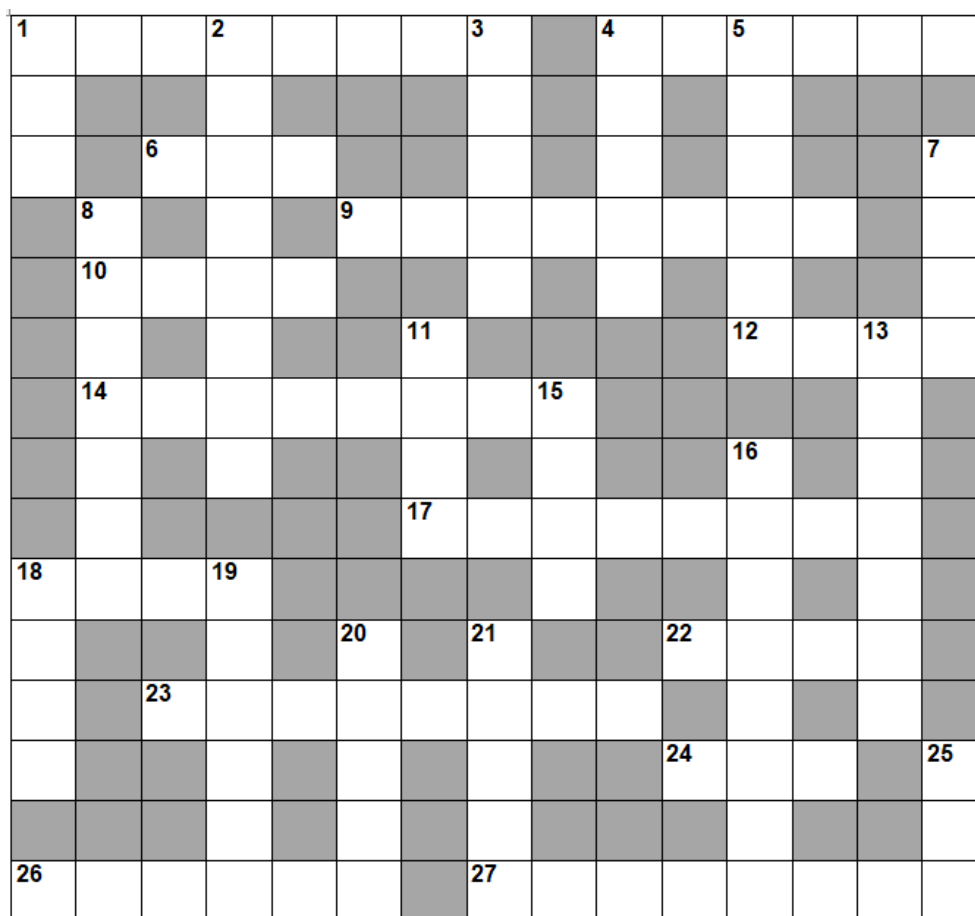
~ ~ ~

*Astronomers got tired of watching the moon go round the earth for twenty-four hours, so they decided to call it a day.*



# THE PANDEMIC PUZZLE

No prizes - solution next month!



## ACROSS

- 1 Needled - maybe to administer 8 down (8)
- 4 Part of your blood - and some TV screens! (6)
- 6 Remove (film/theatre); on paper it can be very painful (3)
- 9 Laud Fred, oddly - but that's awful! (8)
- 10 On holiday. No, really? Get it ... (4)
- 12 Ache badly, everyone (4)
- 14 Merry; up to the top with glee (8)
- 17 Tell-tale sighs - from m-my spots? (8)
- 18 Look back - as nosey Tom did! (4)
- 22 Amaze; knock-out! (4)
- 23 Extreme, over-the-top praise - but it'll get you everywhere! (8)
- 24 Cove; horse; leaf used in casseroles (3)
- 26 Plea - or the one who makes it? (6)
- 27 Reduction in rank - or perhaps just a slowing down? (8)

## DOWN

- 1 Charged atom (3)
- 2 Eats mule, perhaps - or just copies (8)
- 3 Fooled; conned (5)
- 4 Extremely modest, self-righteous person (5)
- 5 Make reference to - something a bit vulgar, by the sound of it! (6)
- 7 Hasty, lacking forethought (4)
- 8 Contents of syringe? (7)
- 11 Juvenile newts (4)
- 13 No scent, confusingly - maybe because none was given to use it (7)
- 15 Floppy - perhaps because of a sprained ankle (4)
- 16 Difference (noun + verb form) (8)
- 18 These and needles, after being asleep, can really hurt! (4)
- 19 Intention; system of principles (insurance, government) (6)
- 20 Sounds as if you take a long hard look before you mount it (5)
- 21 A pogonophile would love one of these (5)
- 25 Drink made from fermented grain mash and flavoured with juniper berries (3)

# LATEST NEWS FROM ST WILFRID'S

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## FEBRUARY 2021

### Breathe Well, Live Well

Watch our [Breathe Well, Live Well](#) series of podcasts and videos for easy to follow expert advice on coping with breathlessness - a common symptom in long-Covid recovery.



The first THREE videos in the series are now available to stream. The first practical video talks about lung health, explaining how the lungs work and introduces ways to manage breathlessness when it occurs.



### Get Active

St Wilfrid's has added to a range of exciting physical or cerebral challenges for you to choose from at [stwh.co.uk/getactive](https://stwh.co.uk/getactive).

If you could raise £200 in 2021 you could fund a whole day's worth of home visits to patients by a specialist St Wilfrid's Community Nurse.

### Go higher ... on 7<sup>th</sup> March or 4<sup>th</sup> July

Experience the thrill of a lifetime! Take on a sponsored 10,000ft free-fall tandem skydive for St Wilfrid's Hospice and raise vital funds as part of our Leap 4 Love team! All training is provided on the day and everything is managed by your own experienced instructor, allowing you to take in every second.



James Etheridge leapt in memory of his brother: "Don't even think twice about doing it, just do it! It's the closest you'll get to feeling like you can fly. An experience that will stay with me forever, and all in the name of LOVE."

Our next Leap 4 Love tandem skydive takes place with the GoSkydive Team in Salisbury on Sunday 7<sup>th</sup> March 2021. Register online at [stwh.co.uk/leap4love](https://stwh.co.uk/leap4love)



### More exclusive London Marathon places available!

Take on the iconic London Marathon and become a local hero for St Wilfrid's Hospice. For the first time we can offer charity places to running couples, with training days, fundraising support and a technical shirt, yours to wear with pride. We also have running events suitable for beginners to experts at [stwh.co.uk/getactive](https://stwh.co.uk/getactive).

## St Wilfrid's Moonlight Walk returns!

This year the official Moonlight Walk Week will be 5<sup>th</sup> - 11<sup>th</sup> September, with a socially distanced and safe evening event taking place on Saturday 11<sup>th</sup> September.

Register your interest now to take a walk to remember a loved one, walk for fun with family and friends or just walk to show you care.

There will be two options this year:

- the virtual event so warmly embraced by so many last year, where you can do a 5- or a 10-mile walk your own way between 5<sup>th</sup> - 10<sup>th</sup> September
- the return of the evening event through Chichester via a 5- or 10-mile route which includes the specially lit Bishop's Palace Gardens. This will be a capped participation and staggered start event so we strongly recommend booking in advance when tickets go live.

Both event versions will be carefully planned and run in line with the latest government guidance in mind.

Alison Moorey, Chief Executive of St Wilfrid's Hospice, said, "Every year the staff at St Wilfrid's Hospice goes the 'extra smile' to help terminally ill people to get the most out of life for as long as possible. On the Moonlight Walk we encourage you all to go an extra 5 miles by participating in our sponsored walk".

Individual fundraisers will again have the opportunity to earn 'Super star walker' status and receive a new special hoodie if they can raise over £220 each, with further prizes also available.

This year more than ever, every penny counts towards delivering compassionate end of life care in our community. Register your interest at [stwh.co.uk](http://stwh.co.uk) to be told when early bird tickets go live!



### Brilliant Night In

Sip, savour and support us this Valentine/Gal-entines day with a Gintastic night in.

We have joined forces with Brilliant Gin, a local artisan producer of a range of award winning Super Premium Gins that are robust yet clean, and ever so delicately balanced.

For every bottle bought they will donate 15% to St Wilfrid's Hospice at no extra cost to you.

Visit [www.brilliantgin.co.uk](http://www.brilliantgin.co.uk) and enter 'DONATE' at the checkout when purchasing any gin in their wonderful range to help make a difference to local lives.

You'll also find a connoisseur's 'Ginteresting Quiz' to test your knowledge, and recipe ideas for canapés to host a bubbled or virtual event here at [stwh.co.uk/brilliantnightin](http://stwh.co.uk/brilliantnightin).

# Buyer demand goes from strength to strength during lockdown

*By Jennifer Hancock, Director at Property Acquisitions*



Whilst the progression of sales may understandably slow down during the latest COVID-19 lockdown, houses are still selling like hot cakes in and around Chichester.

This is because demand from buyers is still going strong - and it has been increasing dramatically since the measures of 'Lockdown 1' were eased in early summer last year. Research by property portal Zoopla saw demand surge a huge 88% shortly after the housing market reopened, and by 'Lockdown 2' in November, it surged 49% higher year-on-year across England during the first six days, according to the House Price Index.

As we enter a new year and another lockdown, there are no signs that buyer demand is easing off at all - especially given the property market is open during this time. I am experiencing one of the busiest winters I have ever encountered, with more buyers looking at purchasing a larger family home or wishing to downsize to a more compact property with little maintenance, settling in a more rural setting or coastal area. My clients have been making offers left right and centre during the pandemic, with almost all of these deals happening off-market, and selling within days.

**So what is fuelling this ongoing mini-boom?** Without a doubt, COVID-19 has changed people's mindsets; not just for now but for the long-term too. They're re-evaluating what they want in life, and where they want to be. People want to be able to spend more time outdoors at home now. They want more space, a better and more wholesome lifestyle, and ideally somewhere where they can set up a home office environment. The five-day commute into London has become less of a necessity, with working from home far more acceptable with companies offering flexibility.

Understandably, some sellers are nervous about letting the whole world into their homes at the moment, mostly for shielding reasons, or wanting to wait until they've had their injections. It's therefore become quite common for sellers to allow only serious buyers in. As a buying agent, we always vet our clients before starting the sales process, which has proved invaluable at helping viewings proceed with sellers. We are also able to find those country gems that aren't publicly for sale: our contacts range from estate agents to solicitors and interior designers, and given we do all the initial viewings ourselves, we add that extra socially-distanced safety for buyers too.

/continued ...

However, just like with the beginning of 2020, we are seeing a shortage of properties for sale. Buyers may need to consider this when securing a home, as prices will remain vigorous, due to the demand of city-livers flocking to the attractively rural appeal of Chichester. Purchasing something with the long term in mind is the result of the lockdown housing market. People are committed to paying a premium now for good countryside houses. If you stay at your home for ten years, for example, what's another 5-10% of the purchase price? You risk being gazumped by another buyer unfortunately if you go in at too low an offer.

**For more information about buying a home in and around Chichester, contact me on +44 7776452128 or visit [www.propertyacquisitions.co.uk](http://www.propertyacquisitions.co.uk).**



Some of Janet's Christmas gifts made from her own bees' wax



*When Voltaire was dying, in his eighties, a priest called upon him. Asked whether he "renounced the Devil and all his works", Voltaire is reputed to have said, "This is no time to be making new enemies".*



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