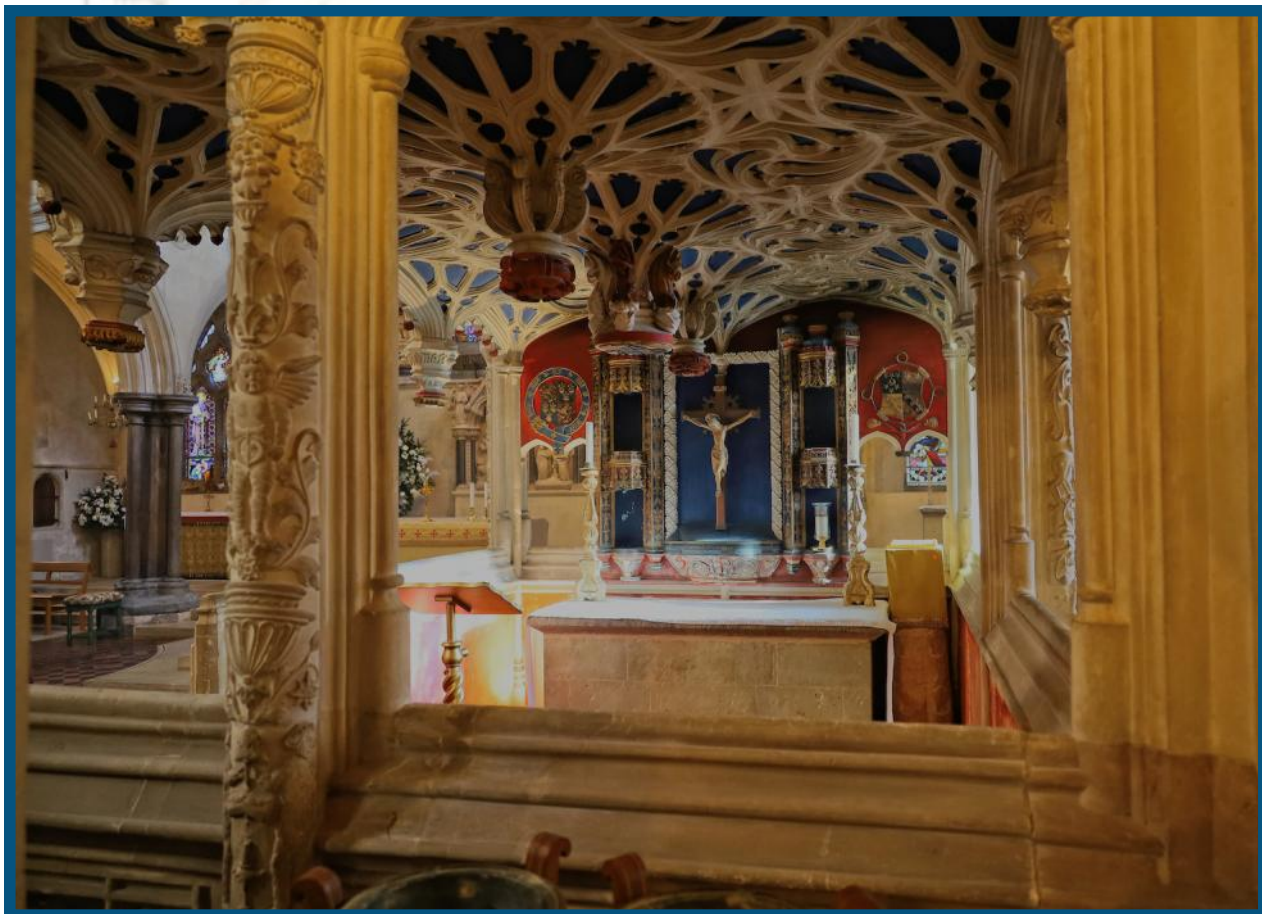


THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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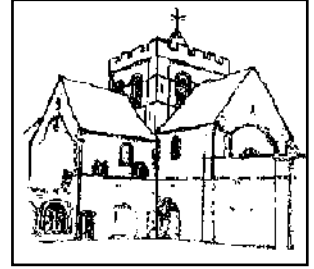
March 2021



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Who's Who in Boxgrove



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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



From Father Ian

These last weeks have been sad and difficult at the vicarage as we mourn the death of Joanne.

While her death was not unexpected, it was still shocking and very disorienting.

There have been tears, but also smiles and laughter as we have shared both our grief and our memories.

And all of this in the context of the pandemic.

At the time of writing there are glimmers of hope that the nation is in a better place thanks to the most recent lockdown and excellent programme of vaccination.

We are currently planning to reopen the Priory for public worship on 21st March, the fifth Sunday in Lent. There will be one Sunday service at 11am. Details of other services, and especially those for Holy Week and Easter, will be published soon.

There are plenty of online resources for Lent, including the [Chichester Diocesan Lent Course](#).

Looking forward to the joy of Easter.

Father Ian

Alex and Neil join me in offering sincere thanks to all those who have so kindly sent messages of condolence.

Fr Ian



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

*Front cover picture, 'A view into the Chantry Chapel',
courtesy of Dirk Koopman*

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 **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 2021

NB: There is no Bugle in January or August

Issue Month	Copy Deadline	Publication Date
April	15 March	28 March
May	15 April	30 April

BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

BUGLE ADVERTISING

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

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

Please make cheques payable to:

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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?

Joanne Forrester (1954-2021)



Jo was born in East London in 1954, becoming the youngest in a family with four children. Her dad was Vicar of St Saviour's Church, Walthamstow.

She did well at school and went to the Church of England teacher training college in Chester.

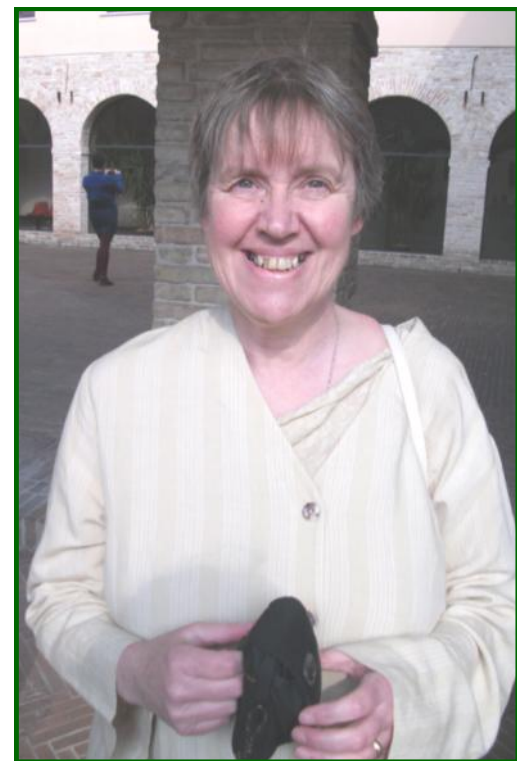
Eventually becoming a highly skilled teacher of secondary age children with Special Needs, Jo taught at Shoeburyness High School and then at Worthing High School and Lancing College.

Jo married Ian in Chelmsford Cathedral on Easter Monday, 1989, and their daughter, Alex, was born in June 1990.

Jo possessed a wonderful sense of humour and had a lifetime interest in physical geography and wildlife. Observant and perceptive, she was a popular, dependable friend and support to many, and a loving and much-loved wife and mother.

She was diagnosed with Primary Progressive Multiple Sclerosis twelve years ago, and faced the disease with characteristic courage, humour, and a continuing sense of purpose. She was cared for at home in the vicarage, where she died, surrounded by those who love her, in the early hours of 2021.

May she rest in peace +



(A fuller obituary may be found as a preface to Jo's funeral Order of Service, on the parish website [Facebook page](#))

BOXGROVE



VILLAGE STORES & CAFE

We know that some of you are not able to leave home at the moment to shop for essential items, so we are offering a home delivery service to residents of Boxgrove and local villages.

Minimum order is just £5 to qualify for free delivery. Please call for full details of our delivery areas.

Call **01243 773201** during our opening hours (Monday-Friday 7.30-5.30; Saturday 8.00-5.00; Sunday 8.00-2.00) to order fresh fruit and vegetables, groceries, deli goods, bakery and dairy items, cakes and home baked goods and cleaning products.

We have daily deliveries of fresh produce and groceries so we will do our very best to fulfil your order, but some items may be subject to availability.

Payment will be taken by card over the phone and we'll advise you of an approximate time for delivery by one of our team or a friendly local volunteer.

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



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.



CATHEDRAL NEWS

To keep up-to-date with news and events, sign up for the regular online newsletter. Simply visit the Cathedral's website (www.chichestercathedral.org.uk/) and add your email address in the box at the foot of the page.

ONLINE CONCERTS FROM THE CATHEDRAL

A series of five online-only concerts will be released weekly at 1.00pm on Tuesdays, beginning on Tuesday 23 February 2021 with a recital by the Cathedral Organist & Master of the Choristers, Charles Harrison. Each concert will be preceded by a short talk on the programme via Zoom at 12.45pm, led by the Cathedral's Assistant Organist, Tim Ravalde. You can register for the concerts by following this link: [Register for pre-concert talks on Zoom](#). The series programme is available [here](#).

BOXGROVE PARISH COUNCIL

Parish Council report



The February Meeting of the Parish Council took place, once again virtually, on the 1st of February and we welcomed Jim Buckland as a new co-opted Parish Councillor. Jim has lived in the Village for a couple of years now, having migrated over the hills from West Dean, where he and Sarah transformed the beautiful walled gardens. Jim is very keen to get involved in Village matters and I'm sure he has lots of ideas.

Jeremy Hunt, our County Councillor, indicated that funding to support the Halnaker Parking and Rest Area could be found in the recently announced budget. Once the precise details of the scheme are worked up and agreed then the scheme should go ahead. The Council have already secured the promise of a grant of £30,000 from the Rees Jeffreys Road Fund and a further £10,000 grant from Inert Recycling, so hopefully the scheme can be actioned fairly soon. The popularity of the picturesque walk to the Windmill has resulted in the parking area being quite unpleasant, particularly for those who live close by.

This year is a Census year. Every ten years the Government conduct a census of every household in the UK. This year there will be no volunteer officials visiting with the necessary forms and information: these will arrive in the post and the form should be filled out on Sunday 21st March. However, this year Census Officers will be visiting all the households from which no return was received, to find out why and collect the details.

I'm pleased to report that the vaccination of our senior citizens is progressing at a great pace. Once the vaccines became available the process gathered speed at an amazing rate and I have heard nothing but praise for the NHS and the small army of volunteers who, in some dreadful cold and wet conditions, organised the car parking and the regulated progress of recipients to the Vaccination Centres. A Very Well Done to all concerned and Thank You.

Fly tipping is still a wretched nuisance in various areas of the Parish, Tinwood and Thicket Lanes being most popular obviously because of their quiet seclusion. I find it quite alarming that, with a Community Waste Facility only two and a half miles away at Westhampnett, some folk find it easier to litter our countryside with unsightly litter. Why? Paul Addison, our vice chairman and footpaths officer, has acquired for the PC some litter pick sticks, so if anyone feels like doing a bit of picking whilst on a walk please ask for a stick and litter bag. This applies to the off-street litter, as the roadside litter is dealt with by a paid picker.

It has been sad to see yet another stretch of historic flint walling has fallen down, in addition to the long section opposite Molcombe Stud, which hasn't yet been rebuilt after about seven years! This additional wall is in Halnaker Park, in the field just beyond Park Lane. It is such a shame to see these walls at such great risk and neglect, but unless some action is taken more will fall and be lost. The owner, the Goodwood Estate Company, must honour the obligation to preserve these walls which are so characteristic of the Estate.

/continued ...

Finally, the footpath known locally as Town Lane is to be a priority of the volunteer group, the Boxgrove Rangers. There has been some interest shown by one or two members of the nearby community to form a working party to cut back the overgrowth to make the Lane more user friendly for walkers and cyclists. It is a convenient route through to Strettington and Chichester, linking up with the foot/cycle path through Westhampnett.

Best wishes to you all,

Henry Potter

Chairman of the Parish Council



Boxgrove Priory - St Blaise Fair

Usually near the start of February the St Blaise Fair is held in the nave of Boxgrove Priory, tying in with the Feast of St Blaise, one of the Priory's patron saints.



Over the last twenty-one years, the fair has raised over £20,000 to support the Kwa Mkono Disabled Children's Hostel (www.kwamkono.org.uk), which offers rehabilitation, education and training to physically disabled young people in Tanzania, enabling them to live independently when they leave.

Sadly, due to the ongoing pandemic we are unable to hold the fair this year. However, Kwa Mkono and their young people still need our support, and this year perhaps more than ever.

Please visit the Priory website homepage (www.boxgrovepriory.co.uk), where you can read a little more about the centre, and also where you are able to donate, if you are able, to this worthy cause. Alternatively, donations for the centre may be handed to one of the Churchwardens.

The Churchwardens



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.

DEACON BERYL RUNDLE



We are sad to report the passing of the Reverend Beryl Rundle at Queen Alexandra Hospital, Portsmouth, on Friday 5th February, after a short period of illness.

Deacon Beryl will be fondly remembered by many in the parish. She moved from Selsey in 1986 to serve the parishes of Boxgrove and Tangmere, working alongside Fr Bryan Marshall. Her work with the youth of both parishes was warmly appreciated, particularly in her creation of the 'Dolphins' and 'Fish' clubs. The 'Dolphins', who were being prepared for Confirmation, were invited, with their parents and friends, to The House of Bethany at their convent in Hindhead: these were very happy days. Deacon Beryl and Fr Bryan together formed the Julian Group, a quiet contemplative prayer group which brought with it wonderful fellowship which continues today.

Her ministry had initially started as a Lay Reader at St Peter's Church, Selsey; she was ordained as a Deacon on 14th May 1987. Although not being priested herself, along with her fellow Deacons she started to change attitudes about the role of women in the Church, not least in Boxgrove, and was at the forefront of the move towards the Church of England ordaining women priests in the 1990s. She was proud to see her own daughter Katherine Ward ordained a priest in September 2020.

In 1992 Deacon Beryl moved on to St Saviour's, Eastbourne, to complete her formal ministry before retirement to Southsea. She remained active in the Church up to her death, preaching and ministering at St Margaret's until its closure and then at St Mary's in the city. She also became an Oblate of the Order of the Sisters of Bethany convent in Southsea. In her retirement Deacon Beryl led three Quiet Days at the Priory, attended others and came to as many meetings as she could manage, travelling by bus from Southsea. She was one of those rare people whom it was a privilege to know.

/continued ...

A Requiem Mass for Beryl will be conducted by the Reverend Canon Bob White at St Mary's Church, Portsea, on Friday 12th March at 11:30am, and Deacon Beryl will later be laid to rest with her husband, Howard, at the churchyard at St Wilfrid's Chapel, Church Norton, Selsey. Due to current restrictions, attendance at the funeral will be by personal invitation only. However, the service will be live-streamed for the benefit of those unable to attend but wishing to join in honouring her life.

“O praise the Lord with me: and let us magnify his Name together”

May she Rest in Peace.

RR, RP, ML

Funeral service links:

- <https://www.youtube.com/channel/UCC8x-jsP8xV4I3L5oeuLbiw>
- <https://www.facebook.com/PortseaParish/>

Photo: Copyright Nicky Bramber, <https://nickybamber.co.uk/>



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 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 th 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

THE OPTIMISTIC GARDENER

High Trees - No.41 - February 2021

A spring in my step

As I brushed my teeth this morning and gazed through the window onto a gloomy garden, I could hear the manic singing of a robin greeting the dawn. I write this article in early February so when you read it in March no doubt the chorus will have been joined by lots of other voices and with luck the Boxgrove Priory chorus will soon return to their socially distance perches.

I do like the opportunity between Christmas and mid-February to make the most of non-gardening weather and get some of those indoor jobs done which I have been putting off. I now have a king-sized patchwork quilt which has taken almost five years to finish; and it would definitely have been completed in 2020 had I been able to go to my patchwork teacher's workshop and used her long-armed quilting machine (a 6'x6' quilt is impossible to quilt using a domestic sewing machine). The utility room is now decorated (smallest room in the house - apart from one!), the loft has been partially cleared and the marmalade made.

But even better than this, and what is guaranteed to put a spring in my step, is the fact that I have snowdrops and little blue irises (*Iris reticulata*) appearing all around the garden in defiance of the weather. I know when



Lady
Beatrix
Stanley

this happens that the daffodils will be hard on their heels and, before we know it, the clocks will be going forward and the earth will be rewarding us yet again with its many treasures.

The gems of the spring border as I mentioned are those piercingly blue iris. The ones showing here nodding alongside the snowdrops are *Iris reticulata* 'Lady Beatrix Stanley'. The real Lady Beatrix was a botanical artist who also has a double snowdrop named after her. I don't think she can ever have captured the vibrancy of this shade of blue with her paint-box.

/continued ...

There are two other types of *Iris reticulata* in the garden which flower at slightly different times, spreading the joy of these bulbs. There is 'Pixie', a deep purplish blue which is taller and more elegant than Lady B, and 'Katharine Hodgkin', a pale blue which is set off well by my black grass *Othiopogon planiscapus Nigrescens*; now there's a name that trips off the tongue! These tiny irises grow in the wild in the cold dry mountains of Turkey, Iraq, Iran and Russia. This means that there are parts of my garden where they are not happy. They will rot in heavy or wet soil, so I have to choose my spots carefully. One solution is to grow them in pots or alpine troughs for their first year and then maybe plant them out in a favoured site once you have had one season of joy from them.



The next iris to delight us at High Trees is a real old-timer. I know this because we didn't even plant it but found it thriving here in a south facing border thirty-two years ago and it is still in much the same spot! I think it may be a variety called 'Kharput' which has been in this country for well over a hundred years. But don't quote me!

There are thousands of varieties of bearded iris (the beard being on the three downward facing petals) and many different colours. This variety of iris grows from rhizomes (fleshy underground stem which benefits from being baked by the sun - if you've bought fresh ginger you will know what a rhizome looks like).

But, apart from the yellow flag iris which is endemic to the UK, I like my irises to be on the blue/purple side of the spectrum. This may have something to do with being married in March when Dutch Iris were in the florist at very reasonable prices and I did my own flower arrangements for the reception using blue and yellow flowers - a lovely colour combination.



Dutch Iris were bred by a Dutch firm (sorry to state the obvious!) from two parent varieties which grew in the wild in Spain and North Africa. They grow from bulbs, as opposed to rhizomes, and - like all iris species - are perennial so you really get your money's worth! This one flowers in April.

Then May arrives (my favourite month - and not just because that is the month of my birthday!) and the stars of the iris world appear down close to the pond.

Iris which like their feet to be wet are *Iris Sibirica* as well as the ubiquitous yellow flag Iris (*Iris pseudacorus*). My *Sibirica Iris* is the variety 'Silver Edge' and, like many of the plants in my garden, it has to be able to survive on neglect.

/continued ...



Iris foetidissima

However, even *Iris pseudocorus* has met its match with regards thriving despite neglect when we consider *Iris foetidissima* - the 'stinking Iris'. Charming!

It has a very subtle charm when in flower but really comes into its own when its seeds are straining like an overstuffed corset with stunning orange seeds, which I used this year in my Christmas wreath.



Iris foetidissima



And the joy of these plants is that **they** decide where to grow, and move around the garden. Like the 'Bearded Iris', we have never knowingly planted any *Iris Foetidissima* in the High Trees garden. It has an assortment of quaint names: as well as 'stinking iris' it is called the 'roast-beef plant', 'gladden', 'Gladwin' or 'stinking gladwin'. It is supposed to have a beefy smell if you crush the leaves - but I guess beef which has been left out of the fridge for several weeks!



Iris ensata

There are several other iris in the garden, including *Iris unguiculata* (which flowers in late winter) and *Iris ensata* (the 'Japanese Iris', which tolerates very moist growing conditions), but I hope I have convinced you of the huge range of interest and delights of the family of *Iridaceae*. The name 'iris' is derived from the Greek word meaning 'rainbow'. In Greek mythology Iris was the [goddess of the rainbow](#), a messenger for Zeus and Hera, who rode the rainbow as a multi-coloured bridge from heaven to earth.

And the message she brought this February was one of hope!

Janet Reeves



Iris unguicularis



Iris pseudocorus
Yellow flag iris

Boxgrove Neighbourhood Plan Update

February 2021

We have now been informed that the government intends to allow the planned elections for 6 May 2021 to take place. This should include our delayed referendum about the Boxgrove Neighbourhood Plan.

We are meeting with Chichester DC next week to consider the legal implications and start the process of a resident communication programme in advance of the referendum.

This will be the end of long process of parish consultation and we encourage all residents to take part in the decision making. The benefits of adopting the plan are considerable for our community.

Further updates will follow shortly. In the meantime, if you would like further information, all of the details including the Referendum Version of the Plan can be found on our dedicated website:

<https://www.boxgrovenp.co.uk/>

David Leah

Chair, Boxgrove Neighbourhood Plan Team

19 February 2021



THE PANDEMIC PUZZLE

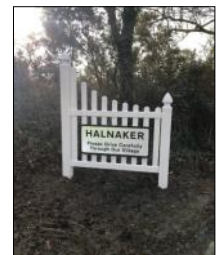
Solution to the crossword in the February issue

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BOXGROVE & HALNAKER TRAFFIC CALMING GROUP UPDATE

Boxgrove & Halnaker Traffic Calming Group - <https://www.boxgrovepc.org/>

The Halnaker Village Gates were installed in January by a team from Balfour Beatty. At the southern end of the village a set of white gates was installed at the Public Right of Way crossing point on the A285, replacing the concrete post and scaffold pole barriers. A second set of gates was installed at the location of the village sign, which was also replaced as part of the project. At the northern end of the village, a set of gates with a new village sign were installed north of the 30mph roundels. Thanks go to Balfour Beatty for assisting us with this project and for doing a fine job of installing the gates in such a professional manner.



The Halnaker Community Highway Scheme (CHS) is progressing. Latest from WSCC Highways is that they have completed their detailed drawings of the scheme, put it out for tender and also conducted a safety audit of their proposals. West Sussex Highways have committed to provide the Parish Council with a confirmation on funding for the scheme at the end of March 2021 for proposed implementation from some time after April 2021. Drawings of the scheme will be made available to the PC to share with the Community when they are finalised. The re-modelling of the Halnaker Windmill car park area will be progressed by WSCC Highways in tandem with the rest of the CHS and this will also be partially funded by the Rees Jeffreys Road Fund and the Parish Council subject to an agreed design.

Some members of the Community have asked why we have not been conducting **Community Speed Watch** sessions for the last 12 months. Locally, we would normally operate CSW with 3 people in close proximity so that we can safely, efficiently & accurately record speeding vehicles. WSCC Police/CSW COVID rules allow only 2 people to be at the roadside, socially distanced and not sharing equipment. We also have a high proportion of over 60's in the CSW group and have therefore taken the decision to suspend activity until COVID is under control and more normal operations can be resumed. Hopefully this will be later in 2021.

If you are interested in joining the **Traffic Calming Group** or would like to get involved in Community Speed Watch when we get going again please get in contact with Jim at jmcdon2016@gmail.com

Research shows that '**pride of place**' does impact driving behaviour. The Parish Council has recently purchased a number of **litter picking** sticks which are available for parishioners to borrow should you wish to carry out any voluntary litter picking within the Parish boundary. Please avoid main roads and other hazardous locations as the professionals at the District Council will clear these areas.
To borrow a stick email p.addison@boxgroveparishcouncil.gov.uk

The **Speed Indicator Devices** are being deployed in both Halnaker and Boxgrove at the WSCC Highways approved locations. These devices provide drivers with valuable, direct feedback on their speed & are a prompt to drivers to back off if they are speeding.

BLAISING IN THE KITCHEN

with many thanks to Sally Bosson



Three Bean Dip (from Readers Digest)

Serves 10 - takes max 15 mins

Sally says: "Easy to make and perfect for visitors at short notice. Works well in all seasons. If you don't have fresh herbs you can use chilli powder or tabasco, but it really does work better with the herbs. You do need a food processor.

Standard 400g tins of Flageolet, Borlotti and Cannellini beans

4-6 cloves garlic

150ml Tahini paste

Juice 2 lemons

Small bunch fresh parsley

1 teaspoon fresh thyme

Salt and pepper

Parsley for garnish

A little hot water

- Rinse beans
- Peel and crush/finely chop the garlic and put in food processor with everything except the salt and pepper. Whizz until pureed, taste and season adding 2-3 tablespoons of hot water
- Turn into a bowl, stick a bit of parsley on it and away you go!

Can be made a day in advance or a few hours - I think it's better when in the fridge for an hour or so. Can be frozen for about a month - just whizz up again before serving.



stonepillow

Helping homeless people

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

Tel: 01243 537934

Email: 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)

Parish Councillor Biography

Cllr Jim Buckland



Boxgrove Parish Council is excited to welcome its new councillor - Cllr Jim Buckland, who joined the council at the beginning of February.

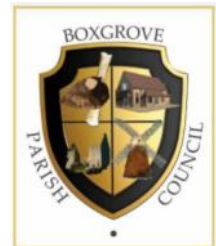
Jim and his wife Sarah moved to Boxgrove two years ago, and live at Black Sheep Barn at the rear of the village shop, when they retired from managing West Dean Gardens. Twenty-eight years ago they were offered the opportunity to take over a "tired" but potentially beautiful and diverse landscape at West Dean and over the ensuing years they transformed it into an area of beauty and inspiration to over 60,000 garden visitors a year. Jim says it proved to be their dream job, which is why

they stayed so long! He remembers that at the time he told Sarah it would take them twelve years to pull the garden round; in fact it took twice that time and more, so he thinks that perhaps estimating is not his strong point! They now garden intensively, but on a much diminished scale in their home garden, plus on their three allotments locally.

Having settled into a new phase of their life Jim felt it was time to take on some new responsibilities, and applied to the Parish Council. He is looking forward to helping the village in whatever way he can and to becoming more familiar with his new community. The Council has already got Jim looking at turning the Parish verges into wildflower havens - a beautiful project that everyone will be able to enjoy.

There is still a vacancy on the Council if anyone else would like to share their knowledge and experience!! Just contact the Clerk!

NATIONAL CENSUS - Sunday 21st March 2021



The Census is coming!!

Census 2021 will be simple, straightforward and safe to complete.

You will be able to respond on your mobile phone, laptop, PC or tablet with lots of online support!

You can also complete the census over the phone, with the help of trained staff. If you cannot do any of these things you can use the traditional paper form.

Helpers (field staff) will only be out and about in villages after Census Day, so don't worry if you can't fill it out on the actual day. Field staff will never need to enter people's houses; they will always be socially distanced, wear PPE and work in line with all government guidance.

Should you require any further information please contact the Parish Clerk on 01243 575094.

Passiontide Meditation 2021

As many of you will know, for several years now the Chantry Quire (www.chantryquire.org.uk) has performed an annual Passiontide Meditation – a programme of music and thought-provoking readings – in the Priory.

The concert has been sponsored by Rathbones, which has enabled us to give the proceeds to support the Aldingbourne Trust (www.aldingbournetrust.org), a local charity which does remarkable work with young disabled people; over the years the choir has raised over £5000 for the Trust. As those of you who have attended previous performances will recall, we have always included a short presentation from a member of Aldingbourne's staff, and from one of the young people themselves, to remind us what it's all about. We feel a special connection with the Trust as the mother of two of our singers was instrumental in setting it up.

But of course Covid-19 has changed everything. We had to cancel last year's concert, and we won't be able to perform this year's either – or not in the normal way. We did, however, want to honour our commitment both to Aldingbourne and to Boxgrove. So



our musical director, Peter Allwood, came up with the idea of performing a rather shorter programme of music and readings, which we would all record separately at home, and then have combined – by technical wizardry – into a single video concert.

It's a daunting prospect for those (like me) who haven't done anything like this before, but we are giving it our best efforts: learning the music, following the guide tracks pre-recorded by a group of four young soloists at the beginning of their careers so as to get our timing exactly

right, and then recording ourselves at home. It feels very strange, but it is still wonderful to get back singing together, even if virtually.

It all costs money, of course – the soloists, the musical director and the video producer all need to be paid. So we appealed to everyone we could think of for help, and the response was amazing! In fact, we have raised more than we needed, from more than 30 different sponsors – local companies, friends and family, choir members past and present... We are so grateful to everyone who has helped to make our video dream a reality.

The video will actually be launched at 6pm on the Tuesday of Holy Week, 30th March. You will be able to access it via the Chantry Quire website, so do please watch it, either then or later – it will remain freely available. It will include a short introduction from Aldingbourne, and viewers will of course be warmly encouraged to make a generous donation to the Trust. You may even spot – among the postage-stamp-sized faces – a few Boxgrove singers past and present!

Sally Morris
(Boxgrove chorister and member of Chantry Quire)

eccl. Deo

Uice Agnus Dei

Tibi laus honor & gloria

z. Chor.

CHANTRY QUIRE

conducted by Peter Allwood

A Meditation for Passiontide

Allegrì - Miserere mei Deus
and music by Byrd, Purcell, Stanford and Duruflé

Available to view from
6pm Tuesday 30th March 2021

This recorded concert will be accessible via
www.chantryquire.org.uk

Qui gemit ad Deum et salvetur

Contra Altus Tenor Bassus

Illam Deo merito dicitur fieri

A video version of Chantry Quire's Passiontide Meditation, presented in previous years at Boxgrove Priory in aid of Aldingbourne Trust (www.aldingbournetrust.org). Enjoy beautiful music and readings appropriate for Holy Week. The concert is free, but donations to Aldingbourne would be very welcome. Watch the video from 6pm on 30th March via www.chantryquire.org.uk and at any time thereafter.

We are grateful to Rathbones, Louise McMurchie, Comyn & James, the Evershed family and many other friends of the choir for sponsoring this production.

Chantry Quire is a registered charity no.1189447

Rathbones
Look forward

LouiseMcMurchie
media compliance

Comyn
& James
Team and Country Homes

The West Sussex Postcode Districts Most Popular with Property Buyers

By Jennifer Hancock, Director at Property Acquisitions

It is no secret that the supply of good quality homes for sale is limited across the UK, as many homeowners thinking about selling feel they should be waiting until Spring. It may be worth reconsidering this mindset because properties in West Sussex are highly sought after - and various data specialists have confirmed they have been throughout the whole of this pandemic.

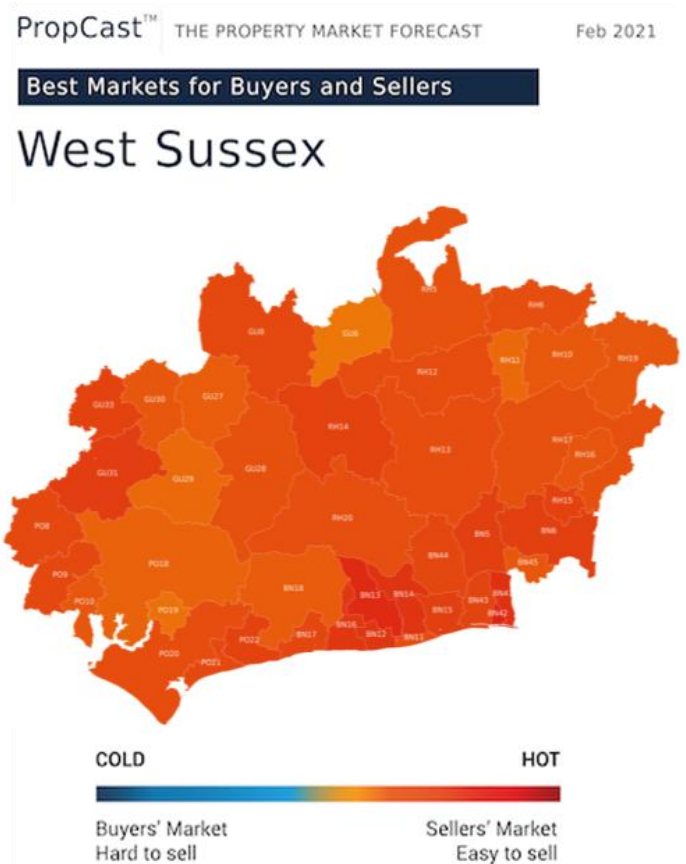
The latest analysis is by UK house selling weather forecast, PropCast, who have revealed which West Sussex postcode districts home buyers have fallen in love with the most since the property market reopened following 'lockdown one.' The study examined the percentage of homes for sale that were under offer or subject to contract in July 2020 compared to now, to see where buyer demand is the highest and lowest.

The results for West Sussex are seriously impressive and should bring hope to local homeowners that now could actually be a great time to be selling – whether on the open market, or quietly.

Despite still being in another national lockdown, February's data confirms buyer demand is strong across the whole county. In July 2020 when the initial national lockdown started to ease, this was true for only 82% of postcode districts. Buyer demand has also risen for all postcode districts between then and now, so whether from London or the local area, buyers are climbing over each other to make serious offers on houses in rural, town and coastal locations.

In terms of where Property Acquisitions source and purchase homes for clients, the popular coastal villages of Itchenor, Bosham and West Wittering are in high demand, as is Chichester itself, along with some of my favourite rural villages such as West Dean, Funtington, Compton, West Marden, Lavant, Chilgrove, Singleton and Lodsworth. The pretty market towns of Petworth, Midhurst, Pulborough and Arundel are also at the top of the list for buyers.

For example, as seen in some of PropCast's data below, in the postcode district of PO20 (which includes Itchenor, Selsey and West Wittering), 63% of homes for sale are under offer or subject to contract (STC) currently – a rise of 85% since July last year.



/continued ...

How postcode districts popular with our clients have performed since July 2020 ...

Postcode District	% of homes for sale that are under offer or STC - July 2020	% of homes for sale that are under offer or STC - February 2021	% Difference
GU31	37%	70%	89%
GU28	32%	61%	91%
PO20	34%	63%	85%
PO18	35%	52%	49%
RH20	44%	62%	41%
BN18	36%	56%	56%
GU29	28%	49%	75%

So what are my clients looking for now?

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. Whether a Grade II listed farmhouse, a rustic barn conversion, a waterfront holiday home or a three storey townhouse, they have been making offers left right and centre during the pandemic, with almost all of these deals happening off-market, within days.

Why is buyer demand so high?

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. The relaxed, rural setting that provides a variety of lifestyle-enhancing options. West Sussex offers a refreshing breath of fresh air, outstanding views, village shops, nestled alongside homely and warm country pubs. Considering West Sussex's vibrant rolling countryside hills, its peaceful and tranquilsailing harbours, with rural villages offering local shops, fetes, and friendly market towns; it is of course the case properties here are highly sought after. Given how quickly my clients are snapping up properties through all three national lockdowns, it is very clear to see that lifestyle options like these are now just as important as bricks and mortar.

For more information about buying a home in and around Chichester, contact me on +44 7776452128 or visit www.propertyacquisitions.co.uk.



SIGNS OF THE TIMES?

*At an eye clinic
If you don't see what you're looking for,
you've come to the right place.*

*On a plumber's truck
We repair what your husband fixed.*

Boules, anyone?



After consultation with the Parish a bouledrome 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 bouledrome 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 bouledrome, please contact the Parish Clerk: clerk@boxgroveparishcouncil.gov.uk



I felt that my body had got totally out of shape, so my doctor suggested I should join a fitness club and start doing some exercise. I decided on an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour, but by the time I got my leotard on, the class was over.

DEMENTIA SUPPORT



From the 1st of December to the 8th, Dementia Support took part in The Big Give Christmas Challenge to help raise money to support those living with Dementia and to fund our vital services. We are incredibly proud to announce that **our final total was £42,538** for the week and we would like to deeply thank every single person who donated. Thank you!

Not only did we raise such an incredible total, but we also exceeded our original target by a phenomenal amount. We were aiming to raise £25,000 with the match funding, but after only 48 hours we had surpassed it. This couldn't have been achieved without everybody's generosity, but also anybody who shared our message. We received donations stretching from right across the area, from Emsworth to Petworth, Petersfield to Bognor Regis.

The money raised is so important to us because it enables us to help those living with dementia and their carers. Rosemary cares for her husband, David, and was increasingly struggling to cope with David's dementia and lockdown until she called our Wayfinding Service. Rosemary was kind enough to take the time to sit with us to talk about her experience. She said "It was hell, absolute hell. Until we started to come here, and to be able to talk to somebody it makes a great deal of difference." Our Wayfinders offer advice and free support about dementia to anybody, whether they have a formal diagnosis yet or not. Since lockdown began, they have been called by people from internationally which has been a new experience for them.

We are incredibly proud of the services we offer and have continued to offer throughout lockdown as we have worked hard to adapt them to meet with restrictions. Our unique Wayfinding service is currently offering support over the phone and online, we have a free befriending service who ring people for a chat about anything in an effort to combat the isolation and loneliness that has been so prevalent recently. When restrictions started to lift, we also welcomed back some of our customers to Sage House to resume Daybreaks, but unfortunately this is temporarily halted again. If you, or anybody you know could benefit our services, please call us on 01243 888691, or visit our website for more information.

The money you helped us raise is already making the journey of dementia so much easier for our customers and their loved ones and that, at the end of the day, was what we always strive to do. We couldn't continue to offer the services we do without your help, so again, thank you.



Sage House, City Fields Way, Tangmere, Chichester, PO20 2FP
Tel: 01243 888691 ~ Email: info@dementia-support.org.uk
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MARCH 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 next video released covers a technique called the 'Calming Hand'. The idea behind the 'Calming Hand' is to have this as a tool to use in terms of anxiety or panic sensations, as it can prompt you to focus on your breathing pattern and on relaxing your muscles and your mind.

Each finger of the hand represents a step for you to follow to help achieve a calm state. This is about recognising how you are feeling and what is happening in your mind and body, but it is also about recognising that you can take control of your breathing, you can slow your breathing down and calm your mind.

1. Sit comfortably
2. SIGH OUT
3. Continue to breathe normally
4. Place one hand on your chest and one on your abdomen
5. Think of your shoulders being relaxed
6. Take a normal breath in and feel your tummy rise
7. Breathe out and feel your abdomen sink down
8. The hand on your chest should barely move
9. Breathe in through your nose and out through your mouth
10. Try to make your out breath slightly longer
11. Think breathe in for ONE and out for TWO
12. As you breathe out think of the word "... REST ..."



For further techniques view the series at stwh.co.uk/breathewell or request a dvd/cd by emailing livingwellservice@stwh.co.uk or by calling 01243 775403.



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. 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. This month is the last chance to land one of our exclusive London Marathon places!



/continued ...

Go higher on 4th 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 take place with the GoSkydive Team in Salisbury on **Sunday 4th July 2021**. Register online at stwh.co.uk/leap4love



Abseil the Spinnaker Tower

Join #TeamWilf and scale a local landmark! Challenge yourself this summer for St Wilfrid's Hospice and take on an incredible 100 metre descent down the iconic Spinnaker Tower on **Sunday 18th July**.

Whether you want to get your adrenaline pumping, conquer your fears or enjoy unmissable panoramic views of the south coast and beyond, this is the challenge for you.



St Wilfrid's Moonlight Walk returns!

This year the official Moonlight Walk Week will be 5th - 11th September, with a socially distanced and safe evening event taking place on Saturday 11th 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 5th - 10th September
- the return of the evening event through Chichester via a 5 or 10-mile route which includes the specially lit Bishops Palace Gardens. This will be a capped participation and staggered start event so we strongly recommend booking in advance when tickets go live.

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/moonlightwalk to be told when early bird tickets go live!



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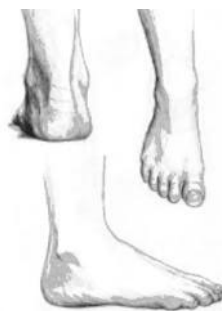


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