



Welcome to the Herstmonceux area directory of clubs, services and businesses. Vitality Villages is a community organisation based at Herstmonceux Integrative Health Centre which focuses on the health and well-being of residents in Herstmonceux and the local communities. The aim is to promote health and well-being in order to create an environment where individuals, families and communities feel informed, empowered, healthier and happier.

The information in the directory has been shared with Herstmonceux Parish Council and is available on the parish web site www.herstmonceuxparish.org.uk
Vitality Villages Information contact Mrs Bea Simmons 01323 833535 or info@vitalityvillages.org.uk



The group was formally set up in October 2015 following an inaugural event held at Herstmonceux Village Hall in April 2015. This event was an opportunity for the representatives of local activity and community groups to promote, discuss and encourage parishioners to join in the fantastic range of activities in Herstmonceux - sports, dance, healthy eating, singing, activities for older residents, activities for young people, drama, lunch club, Bingo, yoga, Tai Chi and many more.

Over 100 people visited the very successful event and in October 2015, it was decided that Vitality Villages would be formed to promote activities in Herstmonceux Parish and in the Village Halls of the adjoining villages of Bodle Street Green, Boreham Street, Ninfield and Rushlake Green.

Vitality Villages objectives are:

AIM to create caring and healthy communities.

VISION to extend our vibrant community by connecting people and promoting community health.

How are you feeling today?

The aim of this brochure is to list the fantastic array of activities going on in the area, there is something for everyone. Activities you can join in if you would like to and where a warm welcome awaits.

There are details of what the Herstmonceux Integrative Health Centre has to offer, which is so much more than just fixing you when you are not well. They can help you to achieve your health goals and stay well.

It is becoming clearer and clearer that we all need to take a little more care and responsibility for our own health and

wellbeing... whether it is to lose that bit of weight, trying to become a little more active or whatever your health goal is.

We must not forget the importance of good mental health too. There are clear links between our mental and physical health and one can affect the other and vice versa. One of the biggest threats to people's mental health these days is loneliness. With so much going on locally you can use this brochure to find something that will suit your needs.

Indeed have a go at writing down how you would like to improve and maintain your physical and mental health. Many people find that by writing down what they want to change or improve can really help them start to achieve their goals.

Herstmonceux Integrative Health Centre

Herstmonceux Integrative Health Centre is a patient-centred practice, providing a calm relaxed environment for patients and staff. We are committed to sustainable living, sustainable working, providing safe and effective quality health care in an environment of equality and respect. We are passionate about healthcare striving to support our patients in achieving their health goals. We are integrated within the community, working with our partners to identify, support and respond to our patients' health care needs.

In September 2016, we were awarded 'Outstanding Status' from the Care Quality Commission, acknowledging the service we provide to patients and the community.

For information on our appointments, opening times and services that we provide please ring **01323 833535** or come into the health centre or go to our website www.hmxihc.co.uk

Independent Practitioners, Classes and Workshops held in the Great Space at Herstmonceux Health Centre

MONDAY	EVENT	CONTACT
Every 3 rd Monday of the month 10–12pm	Health and Vitality Coffee mornings, all welcome, Speaker, quiz, healthy cake	Bea Simmons 01323 833535
9.00–1.00pm	Osteopath	Ulysses De Diepold udediepold@gmail.com
3.00–6.00pm	Bowen Clinic	Nina De Pina Perou Sussexbowen@gmail.com 01323-833034 07902 955162
7.30–9.00pm	Yoga	Kate Arnold 07990 755415
TUESDAY	EVENT	CONTACT
9.00–6.00pm	Medicinal Herbalist	Julia Behrens Julia@herbal-consultant.com 07968-366783
2.00–5.00pm	Counsellor	Anita Webster 07774 939474
7.00–8.00pm	Meditation Workshop	Alarna Lloyd alarnalloyd@hotmail.com
WEDNESDAY	EVENT	CONTACT
9.00–1.00pm	Osteopath	Ulysses De Diepold udediepold@gmail.com
2.00–3.00pm	Tai Chi	Rob Bowley 01323 738111 07796 545669
2.30–5.00pm	Primary Care Acupuncture Service	Dr Carolyn Rubens 01323 833535
2.00–5.00pm	Age UK Podiatry Clinic	Nonie Harries 01273 476704 extension 101
7.00–8.30pm	Vitality Village Singers	Laura Heales 07905 745384 admin@lauraheales.co.uk

For more information please speak to Bea Simmons on 01323 833535

THURSDAY	EVENT	CONTACT
Ad hoc	Nutritionist	Tanya Borowski Tanya@nutritionalvalues.co.uk
Ad hoc	Medical Thermal Imaging Company	Rachel Andrews www.medscans.co.uk 0333 800 3003
2.30–5.00pm	Care for Carers	Mark Tolhurst www.cftc.org.uk 01323 738390
3.00–6.00pm (also once a Month on a Saturday)	Bowen Therapy Childrens Clinic	Nina De Pina Perou Sussexbowen@gmail.com 01323 833034 07902 955162
7.00–8.00pm	Meditation Workshop	Alarna Lloyd alarnalloyd@hotmail.com
FRIDAY	EVENT	CONTACT
9.00–5.00pm	Physiotherapist	Suzy Greenwood physioeastsussex@gmail.com 07939 580743
9.30–11.30am	Clinical Pilates	Nicky Davies nicky@fieldsphysiotherapy.com
1.30–2.30 pm	Yoga	Safia Bowley 07989 562838



HEALTHY WALKS FROM HERSTMONCEUX HEALTH CENTRE

In the autumn of 2016, the doctors from Herstmonceux Health Centre worked with the "Green Open Spaces for Health" team and the Rangers from the South Downs National Park and created health walks in Herstmonceux. The walks are now led by volunteer walk leaders and leave the Health Centre at 2pm on Thursdays, accompanied by a doctor for a walk and talk on health, vitality and the benefits of being out in nature. This is followed by a cup of tea, talks and workshop in the Great Space Meeting Room at the Health Centre on your return to the Health Centre. Please contact **Bea Simmons** on 01323 833535 for more information on the timetable, the duration and "do ability" of the walks.

HEALTH COACH AT HERSTMONCEUX HEALTH CENTRE

A new partnership project with the Health Centre, Wealden District Council and Freedom Leisure is starting a three-month trial at the Health Centre from the end of February.

It is a free service and the Health Coach could help you to:

Make a difference to your well-being
Set your own personal goals and vision
Support you along the way to positive lifestyle changes

More information at the Health Centre on 01323 833535 or ehsccg.hmxihc@nhs.net

VITALITY VILLAGE SINGERS

Vitality Village Singers is a small, friendly community choir where everyone is welcome and no auditions are needed. We sing for fun but also to learn and work towards local performances and have a great mix of male and female voices.

Singing is a fantastic way to feel more healthy and happy and to become involved in the community. We would love to have you with us so please free to come along on a Weds evening 7 – 8.30pm at the Herstmonceux Health Centre (cost £4) or contact **Laura** on: 07905 745384 admin@lauraheales.co.uk for more information."

PATIENT LINK - HERSTMONCEUX INTEGRATIVE HEALTH CENTRE'S PATIENT PARTICIPATION GROUP

Patient Groups were originally set up in 1972 by a GP and since then have grown rapidly, with experience showing that successful practices and effective Patient Groups go hand in hand. All practices are now required to form a Patient Group.

Patient Link, Herstmonceux Health Centre's Group, was re-launched in December 2016 and is now an active and established group of 11 people. New members are welcome (contact details below)

Patient Link works in partnership with the practice to:

- Contribute to the continuous improvement of services and quality of care
 - Foster improved communication between the practice and its patient
 - Help patients to take more responsibility for their health and improve their experience
 - Provide positive and practical support for the practice and help to implement change
 - Be called upon as a group to influence local provision of health and social care
- AND MUCH MORE!**

For more information about Patient Link, please check the Health Centre website www.hmxihc.co.uk or contact the Link Chairman, **Mrs Lynn Bowman** 01323 846158 or 07555 538276 or lynnrosbow@hotmail.com

WINDMILL HILL SURGERY

Windmill Hill Surgery, Victoria Road, Windmill Hill is an outreach surgery of the Collington Practice, Terminus Road, Bexhill.

For more information on opening times and to book appointments please check on www.collingtonsurgery.com or call 01323 834620

VILLAGE HALLS

HERSTMONCEUX VILLAGE HALL

Herstmonceux Village Hall was opened in January 2000, replacing the Memorial Hall dating from 1920.

The hall is situated on the A271, to the west of Herstmonceux Village. There are three halls of varying sizes and two kitchens which can be hired individually or in any combination for weddings, celebrations, exercise classes, groups and clubs, dancing, staff training, seminars. www.herstmonceuxparish.org.uk or hxvillagehall@btconnect.com or Booking



Clerk **Mr Rhys Clatworthy** on 01323 831854 - for more information about regular events or bookings

REID HALL, BOREHAM STREET

The Reid Hall is a large hall in a village setting on the A271 opposite to Boreham Mill Nursery. The hall is versatile, has a kitchen and is able to host a wide range of events from classes, dances, weddings, parties, meetings, concerts, Fairs etc. www.reidhallborehamstreet.co.uk or enquiries@reidhallborehamstreet.co.uk or Booking Clerk, **Ms Trish Tilling** on 07943 924976 – for more information about regular events or bookings.

BODLE STREET GREEN VILLAGE HALL

Bodle Street Green Village Hall is a modern hall, opened in 1998, comprising a main room and kitchen. It is located on The Causeway, Bodle Street Green and is a focus for local village activities such as the Gardening Club, WI, Film Society, drama. It can be hired by clubs, societies for a wide range of activities. www.bodlestreetvillagehall.org.uk or Booking Clerk, **Mrs Ros Billingham** on 01323 832062/07771 787800 for more information about regular events or bookings.

HELLINGLY VILLAGE HALL

Hellingly Village Hall is located at the junction of North Street and Church Road, is regularly used by a wide range of groups. The hall offers a main hall and kitchen and is used by the following organisations on a regular basis Hellingly Playgroup, Hellingly WI, Chinese Brush Painters, Ladies' Social Club, Photographic Society, Hellingly Sports Club, Magham Down Folk Dance Club, Brownies. deputyclerk@hellingly-pc.org.uk or

telephone 01323 844108 for more information about regular events or bookings.

NINFIELD VILLAGE HALL

Ninfield Memorial Hall is located in Bexhill Road on the A271 on the approach to the centre of the village. The hall offers a main hall, a small committee room and a kitchen. It is used by a wide section of the local community e.g. Pre-school, Mums and Toddlers Group, Cubs and Scouts, Horticultural Group, Flower Group, dancing, art and keep fit classes. Booking Clerk, Mr Adrian Dommersen 01424 892428 for more information about regular events or bookings.

DUNN VILLAGE HALL, RUSHLAKE GREEN

Dunn Village Hall is located in the heart of Rushlake Green and has been the focus of community activities since it was built in 1934 by the Dunn family. The facilities include both a large and a small hall and kitchen which are regularly used for plays, musicals, pantomimes, public meetings, craft events, WI Meetings, exercise sessions and dancing.

[www.rushlakegreenvillagehall.co.uk/index/Dunn Village Hall](http://www.rushlakegreenvillagehall.co.uk/index/Dunn%20Village%20Hall) or Bookings Mrs Denise Bailey 01435 831565 or Mrs Pauline Clifford 01435 408425 www.rushlakegreenvillage.co.uk for more information about events in Rushlake Green.

FEATURES

HERSTMONCEUX PARISH

Herstmonceux is a village and rural parish situated in the Wealden District of East Sussex. Most of the parish lies within the

Low Weald but the north eastern third is part of the High Weald of Outstanding Natural Beauty and the southern part extends into the Coastal Levels and includes part of Pevensey Levels. The parish includes Herstmonceux Castle, Cowbee, part of Windmill Hill and a number of smaller hamlets including Flowers Green, Foul Mile, Gingers Green, Stunts Green and Trolliloes. The 2011 Census records 2852 inhabitants.

Herstmonceux village was previously called Gardner Street and research continues to determine when and why the main population and the name moved from the castle and its adjoining significant church to Gardner Street.

The name Herstmonceux comes from the Anglo-Saxon word "hyrst" a wooded hill and the name of the Monceux family who were lords of the manor in the 12th Century.

HERSTMONCEUX PARISH COUNCIL

Herstmonceux Parish Council has 11 members who were elected in May 2015. The Council employs a Parish Clerk, Mrs Clare Harrison and a Responsible Financial Officer, Mr Simon Goacher.

Full Council Meetings are held on the third Monday in every month, Planning Committee Meetings are held on the second Tuesday in every month and Finance and General Purposes Meeting are held on the first Tuesday in every month. Parishioners may attend any of



these meetings which are all held in the small hall in Herstmonceux Village Hall. Regular newsletters are circulated in Herstmonceux Parish and monthly meetings with councillors are held on the last Saturday in the month from 10am – midday in Herstmonceux Village Information Centre.

www.herstmonceuxparish.org.uk and clerk@erstmonceuxparish.org.uk - for more information about the Parish Council and other meetings on the work of the Council e.g. Highways, Footpaths, Street Lighting, Allotments, Grounds, Building Development, Communications, Emergency Plan.

HERSTMONCEUX CHURCH OF ENGLAND PRIMARY SCHOOL

Herstmonceux Church of England Primary School is a non-selective school for boys and girls from 4 -11 years. The Ofsted Inspection of September 2012 rates the school good.

www.herstmonceux.e-sussex.sch.uk or office@erstmonceux.e-sussex.sch.uk or 01323 833148 for more information.



VILLAGE INFORMATION CENTRE

The Village Information Centre is situated in the centre of the village at 2-3 The Old Forge, Gardner Street, Herstmonceux.

The Centre, which is staffed by

volunteers, is open Monday to Friday 9.30am – 12.30pm and Saturday from 10am – 12 noon.

Free information and leaflets are available on local groups and activities, clubs, tourist sites, local accommodation, travel and benefits. There is a small meeting room available to rent and a photocopier and computer for public use. There is a monthly clinic for NHS hearing aids (servicing and batteries). www.herstmonceuxvic.org.uk or admin@erstmonceux.org.uk or 01323 833961 for more information.



TRUGS IN HERSTMONCEUX

Sussex trugs are baskets made from willow and sweet chestnut which were originally used in agriculture when harvesting produce and measuring grain. It is thought that the word trug is derived from an AngloSaxon word "trog" meaning a boat shaped vessel.

The traditional Sussex craft of trug making dates back in the Herstmonceux area for at least 200 years. Thomas Smith formed the first trug making company in Windmill Hill in 1829, the business then moved to Herstmonceux where it remained until 2003. It is now located in Magham Down.

Thomas Smith walked with a wheelbarrow of his trugs to London to the Great Exhibition in 1851 and was awarded a

gold medallion after Queen Victoria purchased some of his trugs. Later Queen Victoria awarded him her royal warrant.

Reuben Reed, an experienced trug maker started making trugs at the Truggery, Herstmonceux in 1899 and work continues at the site today.

Sussex Trugs in various sizes are still made in Herstmonceux at:

The Truggery, Coopers Croft,
Herstmonceux BN27 1QL

www.truggery.co.uk

01323 832314

info@truggery.co.uk

and in Magham Down at:

Thomas Smith's Trug Shop, Red Lion Hall,
Magham Down BN27 1PN

www.sussextrugs.com

01323 847540



THE STEAM HOUSE

About 1908 the Baron de Roemer installed his first electricity generating plant in Lime Park, Church Road. By 1911 an underground DC supply had been established to the Woolpack public house, shops and houses in the village together with some street lighting. A battery storage facility was also added. In 1913, electric cooking demonstrations were held in the village hall. The system was very advanced for its day and age. Electricity Generation continued up until 1932 when the Weald Supply Company took over.

It appears that the electricity generating industry grew so rapidly that few early examples survive. In 1995, English Heritage commissioned a Monument Protection Programme (MPP) in order to identify and preserve fast disappearing evidence of the development of this industry. By 1998, the MPP had concluded that there were no complete installations that represented private rural supply.

Finally, that there were no extant buildings. According to the Department of Culture Media and Sport, the Steam House may be the only surviving example of a small privately owned public supply system.

The 'Steam House' is in a dreadfully run down condition with leaking roofs and lacking gutters or downpipes. A Restoration Association was formed to restore the building. It was encased in corrugated iron some time after 1936, as a fire precaution but most of the original timbers survive beneath the cladding.

PRAISE THE LORD COTTAGE

Gardner Street once sported the very recognisable Praise the Lord cottage. Recognisable because of the amazing cotoneaster creeper which grew up the front of the cottage, which the owners had carefully and very skilfully clipped into the words 'PRAISE THE LORD'.

Jim Crouch, senior bought the house in Herstmonceux with this extraordinary creeper in about 1957. The previous owners had planted the cotoneaster and clipped it into the shape of Praise the Lord in protest at the building opposite being turned into a public house, the current Brewer's Arms. The family were extremely anti-alcohol and took great exception to a public house being opened opposite their cottage.

The shrub, which had actually died, was

removed within six months of the family moving in and the cottage was then re-named Cotoneaster Cottage after its one-time famous shrub.

Cotoneaster Cottage has been re-named Winslow House and in its time it has been a bakery and tea rooms, a hairdressers, an estate agent's, a home interiors and antique shop.

HERSTMONCEUX/VARENGEVILLE TWINNING ASSOCIATION

Herstmonceux has been twinned with Varengeville sur mer for over 25 years. It has always been a family based group but recently a link has been established between the schools in Herstmonceux and Varengeville; students from Queen's University at Herstmonceux Castle will visit France in 2017 and sewing groups are being set up in the two villages to broaden our connections.

Varengeville is a typical Normandy village with half-timbered houses linked by deep tree-lined roads, situated 8 kilometres west of Dieppe on the Normandy coast.

Over 30 families from the two villages meet annually, with each village hosting the twinning celebrations on alternate years. Events such as music as festivals, art exhibitions and the busy Varengeville Christmas Market are visited by twinning group members.

Le Parc Floral du Bois des Moutiers in Varengeville is an ornamental and botanic garden set out in the English style with a profusion of flowering plants. The gardens were designed by Gertrude Jekyll and the house, built in 1898, by Sir Edwin Lutyens. The church, L'église Saint-Valery is built on an attractive site overlooking the sea. One of the stained-glass windows in the south aisle of the church, depicts the Tree of

Jess by Georges Braque, who is buried in the churchyard.

The National Hydrangea Collection is located in Varengeville. For more information

www.hortensias-hydangea.com

Contact Alan McInnes

mcinnes.alan@yahoo.co.uk or

01323 833306 /07946604201 for

more information about the twinning.

PGL ACTIVITY CENTRE AT WINDMILL HILL

Windmill Hill Place is a residential PGL Activity Centre with a wide range of activities for young people of all ages. www.pgl.co.uk or 0333 321 2116 for more information.

BUSES

Herstmonceux, Windmill Hill, Boreham Street, are served by a Route 98 Stagecoach bus which connects Eastbourne and Hastings – www.stagecoachbus.com/timetables for more information about the route.

CUCKMERE BUSES

Cuckmere Buses was established in 1976 to provide for residents in rural areas, who do not have access to a car. Every Wednesday the Cuckmere Bus leaves The Brewers Arms at 10.14a.m. arriving in Eastbourne at 10.50a.m. The bus leaves Eastbourne (Terminus Road) at 1.30 pm and arrives at The Brewers Arms at 2.06 p.m. The cost return is £7.20 but free if you have a bus pass.



WHERE TO VISIT

WINDMILL AT WINDMILL HILL

There may have been a windmill at Windmill Hill since the 1600s, although the first map reference to a mill at Windmill Hill was in 1783.

The existing post mill was built in 1814 by the millwright, Samuel Medhurst, after the former mill was demolished. The post mill is one of the largest post mills in Britain and unique as it is fitted with a Hammond's Patent Sweep Governor.

In 1894, work by wind ceased and the sails were removed. A steam engine was installed in the roundhouse to provide power to grind the corn.

In 1913 the mill ceased to mill corn but was left as a landmark for ships in the channel. The mill stood derelict for many years until restoration started in 1994. The mill is now in full working condition and

started to grind grain again in 2016.

The mill is open on some Sundays between Easter and mid-October. Please check at www.windmillhillwindmill.org or Mrs Jenny Alder, Friend of the Windmill 01323 832329 for more information.

HERSTMONCEUX CASTLE

Herstmonceux Castle overlooks Pevensey Levels. It was built in the 1440s by Sir Roger Fiennes, whose ancestor Sir John had married Maud de Monceux, the heiress to the estate and its original manor house, in 1327. It was the first building of any size in England to be built of brick since Roman times and, when completed, was considered the largest private house in England. In spite of its enclosure, moat and crenellation, it is a mansion rather than a castle. By 1775 it was considered beyond repair and its interior was demolished with materials being used to add to nearby Herstmonceux Place. Restoration of the castle was begun in



1913 by Lieutenant-Colonel Claude Lowther and completed by Sir Paul Latham in 1933. It is now classified as a Grade I Listed Building and a Scheduled Monument.

The Royal Greenwich Observatory (RGO) moved from Greenwich to Herstmonceux Castle in 1948 and constructed six telescope domes (the Equatorial Group) and later a seventh larger dome for the Isaac Newton telescope. In 1990 the RGO re-located to Cambridge University, the Isaac Newton telescope having been moved to Roque de los Muchachos Observatory, La Palma, Canary Islands in 1978.

The castle and grounds were sold to a property development company but due to a combination of company failure and a local pressure group, The Friends of Herstmonceux Castle, the scheme fell through and the site was bought by Dr Alfred Bader, an immigrant to Canada, who gave it to his alma mater, Queens

University of Ontario. The university operates the castle as its Bader International Study Centre attracting up to 180 students from Canada, USA and the far east. The Friends of Herstmonceux Castle still exists as the local community link to the castle and the students.

Access to Herstmonceux Castle gardens and grounds is from Wartling Road, Wartling. The gardens and grounds are open daily March to October.

Please go to www.herstmonceux-castle.com for more information.

Operations Manager - Mrs Caroline Harber on 01323 834457 or c_harber@bisc.queensu.ac.uk for operations or group bookings.

Mr Carlos Goncalves 01323 834479 or conf@bisc.queensu.ac.uk for functions and events.

Friends of Herstmonceux Castle - Mr Alan McInnes 01323 833306/07946 604201 or mcinnes.alan@yahoo.co.uk



HERSTMONCEUX SCIENCE CENTRE

The Observatory Science Centre is located on the Wartling Road, Wartling. The Centre is operated by Science Projects Ltd: a company with charitable status dedicated to the promotion of science for everyone. As a charitable organisation, profit from Science Projects contract work is invested into the site at Herstmonceux to maintain the Grade II* Listed Building and expand the exhibitions.

The Centre is an interactive hands-on Science Centre which has been operating in the former home of The Royal Greenwich Observatory since 1995. Since opening, this unique attraction has gone from strength to strength and now offers Spectacular Science amongst the domes and telescopes of a world-famous observatory.

www.the-observatory.org or 01323 832731 for more information about events, opening times and bookings.

CHURCHES

HERSTMONCEUX

All Saints, Church Road, Herstmonceux
 – Reverend Richard Steven - 01323 833124
 Church Wardens Mr Gerald Stone - 01323 833976 or Mrs Pam Kendall - 01323 833079

Free Church, Chapel Row, Herstmonceux, East Sussex BN27 1RE

www.herstmonceuxfreechurch.org.uk or for information about services and activities - Mrs Helen and Mr John Ford - 01323 832266. Communities and families contact – Mrs Sylvia Catt – 01323 832104 or 07909 644762

Friends Meeting House, West End, Herstmonceux – Mrs J. Fairbrother 01323 844269 for more information.

WARTLING

St Mary Magdalene, Wartling - Reverend Richard Steven - 01323 833124. Church Warden – Mr David Harding - 01323 832150



BODLE STREET GREEN

St John the Evangelist - Reverend Marc Lloyd - 01435 830421



RUSHLAKE GREEN

St Mary the Virgin, Warbleton Hill, Warbleton - Reverend Marc Lloyd - 01435 830421



NINFIELD

St Mary the Virgin, Ninfield Church Wardens - 01424 892792 or 01424 218241



CATHOLIC CHURCHES

St Wilfreds, South Road, Hailsham - BN27 3JG - Father Rory - 01323 841504



St George's, 110 Eastbourne Road, Polegate BN27 5DF – Father Rory - 01323 841504



Listed in the table below are the clubs and societies that already exist in this area and new members are always welcome. A contact telephone number has been provided so that you can get in contact and start the ball rolling.

SPORTS CLUBS		
ORGANISATION	CONTACT	CONTACT DETAILS
Bowls Club	Mrs Sue Saunders (secretary)	01323 833403
Football Club	Mr Malcolm York (chairman)	01323 832023 malcolm.york2@btinternet.com
Herstmonceux Cricket Club	Mr Alan Smith (chairman)	01323 841060 07841 210582 alansmith968@gmail.com
Short Mats Bowls Club (September – April)	Mr Graham Keeley	01323 832566
Stoolball Club	Mr P Riggs	01323 765777

ACTIVITIES FOR YOUNG PEOPLE			
ORGANISATION	VENUE	CONTACT	CONTACT DETAILS
Herstmonceux Brownies	Wednesdays 17.30–19.00 Free Church Hall	Mrs Sue Stempson	07917 131973
Wartling Brownies	Reid Hall, Boreham Street Wednesdays 17.45–19.15	Mrs Karolyn Richardson	01323 841845 07815 054656
Herstmonceux Guides	Herstmonceux Free Church Hall Thursdays 18.30–20.00	Mrs S Page or Miss C Page	stevi.page@btopenworld.com 01323 833152 01323 833390
Beavers	Herstmonceux Free Church Hall Tuesdays 17.15–18.15	Mrs Karen Guest	www.facebook.com/herstmonceuxscouts info@herstmonceuxscouts.org.uk 01323 887345 01435 830787 07759 798275
Cubs	Tuesdays 18.30–20.00		www.facebook.com/herstmonceuxscouts info@herstmonceuxscouts.org.uk 01323 887345

Herstmonceux Scouts	Herstmonceux Free Church Hall Thursdays 18.30–20.30		www.facebook.com/herstmonceuxscouts info@herstmonceuxscouts.org.uk 01323 887345
Youth Club (11–16 years)	Fridays 19.30 – 21.00 Herstmonceux Free Church Hall	Mrs H Ford	01323 832266
Herstmonceux Pre-School	Monday – Friday (not Wednesdays) 08.30 – 15.30 Herstmonceux Village Hall – small hall	Mrs Karen Hathaway	www.herstmoneuxpreschool.co.uk 01323 832549 07703359107 www.herstmonceuxpreschool.co.uk
Herstmonceux Tiddlers & Toddlers Club	Wednesdays 09.30 – 11.30 Herstmonceux Village Hall – small hall	Mrs Laura Campbell Mrs Sylvia Catt	01323 832368 07817 157584 Lauracampbell92@gmail.com 01323 832104
Messy Church (Family church activities and tea)	Third Sunday in the month 15.30 – 17.30 includes tea Reid Hall, Boreham Street	Mrs Pam Kendall	01323 833079
Mega Explorers (Children's church activities)	15:20 to 16:15 on Tuesdays fortnightly Herstmonceux Primary School	Mrs P Kendall	01323 833079
Young HATS (Drama Group)		Mrs Sue Stewart	01323 833450

CLUBS AND SOCIETIES			
ORGANISATION	VENUE AND TIME	CONTACT	TELEPHONE
Age Concern	Hailsham, Hellingly and Herstmonceux, Charles Hunt Centre, Vicarage Field, Hailsham		01323 844398
Healthy Living Club	Methodist Church 82 High Street, Hailsham Tuesdays 10am–12 noon		01323 449195
Extend (over 60s exercise club)	Main hall, Herstmonceux Village Hall 7.00pm–8.30pm Mondays	Mrs Sue Wicks	01323 843984 sue.wicks1958@gmail.com
Friends of Herstmonceux Castle		Mr Alan McInnes	01323 833306 07946 604201

Friends of Herstmonceux School		Mrs Hannah Clarke	07918 103745
Herstmonceux Amateur Theatrical Society (HATS)		Mrs Sue Stewart	01323 833450
TLC Group Support for people going through difficult times, such as bereavement or redundancy	Second Thursday in the month at 2pm in the Meeting Room in Orchard View Park, Windmill Hill	Mr John King	01323 832997
Knit and Stitch Group	Mondays 14.30–16.00 Village Information Centre	Mrs Pam Kendall	01323 833079
Herstmonceux Local History Group		Mr Alan Brown	01323 831754
Herstmonceux Luncheon Club		Mrs Angela Webster	01323 833141
Ballroom and Latin Dancing	Tuesdays and Thursdays in the main hall, Herstmonceux Village Hall	Mrs Lisa and Mr Gareth Taplin	01323 847022
Bingo	Last Wednesday in the month in the small hall, Herstmonceux Village Hall	Mrs Theresa and Mr Bryan Naish	01323 833747
Herstmonceux Sequence Dance Club		Mr Frank Beeney	01323 832587
Herstmonceux Walking Club		Mrs Sue Standen	01323 832016
Herstmonceux Women's Institute		Mrs Sue Stewart	01323 833450
Merrie Harriers Bonfire Society		Mrs Mary Ann Gordon (secretary)	01323 833749
Merrie Harriers Ladies Social Group (WOCA)	Second Thursday in the month at 7.30pm at the Merrie Harriers	Mrs Mary Ann Gordon	01323 833749
Ray & Sheldon Club (over 60s)		Mrs Anne Kenward	01323 441244

Herstmonceux/Varengville Twinning Association		Mr Alan McInnes	01323 833306
Windmill Hill Horticultural Society		Mrs Marian Harding Mrs Penny Vasey	01323 832150 01323 833603
Windmill Hill Windmill Trust		Mrs Bee Frost	01323 833033
Viewcraft (for blind and partially sighted people)	Tuesdays 10am–12 in the main hall in Herstmonceux Village Hall	Mrs Jean Wilson	01323 505764
Herstmonceux Crop Group (craft)	third Sunday in the small hall in Herstmonceux Village Hall	Mrs Pat Musgrave	01323 833277

BUSINESSES		
ACCOUNTANCY SERVICES & FINANCIAL PLANNING		
CBS Corporate	Business Advice and Accountancy Services	Rushwyck House, Old Road, Herstmonceux, East Sussex BN27 1PU 01323 833699
Kevan Cornwall	Independent Financial Adviser	5a James Avenue, Herstmonceux, East Sussex BN27 2PA 08718 532115
James Pollard	Chartered Accountant Full range of financial services & advice	The Old Farm, Trolliloes, Cowbeech, East Sussex BN27 4QR 01323 831717
Wilson Phillips Andrew Phillips	Accountancy, Taxation, Book-keeping	Hughenden, West End, Herstmonceux, East Sussex BN27 4NL 01323 832619
Faveo Associates	Accounts, business support Mr Malcolm Bradshaw	info@mjbradshaw.com www.faveo-associates.com 01323 831668
ACUPUNCTURE		
The Acupuncture Clinic		Mrs Sue Miles smiles3878@aol.com West End, Herstmonceux 01323 832525

AGRICULTURAL		
R. Popovic & Son (contractor)	Hedge and grass-cutting, grass seeding, ploughing, muckspreading, baling, sileageing	01323 832002 07889 177434
Curtis and Shaw (Sussex) Ltd (supplies)		Cowbeech BN27 4JE www.curtisandshaw.co.uk 01323 833441
ALTERATIONS		
Carol's Alterations	Curtains, gowns and household sewing needs	01323 832455
ALTERNATIVE ENERGY SOLUTIONS		
Converteco Solar	No need for oil ever again to heat hot water or central heating systems - relies entirely on free natural energy transfer using thermodynamic technology that does not need to go on your roof. Also provide solar power solutions and low- energy lighting. Eastbourne Small Business Award Winner 2010 and 2011. Showroom at 24 Longstone Road, Eastbourne - behind Arndale Centre.	Neil Petrie www.convertecosolar.com 07976 815542
ARCHITECT		
Steven Seear RIBA Architect	From Planning and Building Regulation applications to construction.	Heathfield TN21 steven.seear@btinternet.com 01435 813272 07795 955934
The AED Practice Architects and Surveyors	We specialise in new- build and refurbishment projects in the educational, ecclesiastical and residential sectors	01323 832632
ARTS AND CRAFTS		
The Art of Leslie Rockey	Limited edition heritage maps, prints, fine bone china teapots, jugs, trinket boxes	35 Dacre Road, Herstmonceux, East Sussex BN27 4LP www.rockey.co.uk 01323 832270
Chris Murphy	Watercolourist and oil painter	01323 833953

Emma Holmes	Paper cut artist Please contact me through the website to see work for sale or to commission a piece.	www.songofsixpence.co.uk
Pathway Yarns & Crafts (Pollyanna's Crafts)	Including rubber stamping, card-making supplies, scrapbooking	The Gables, Windmill Hill www.pollyannascrafts.co.uk 01323 833277 07946 270948
Kevin Ryall	Works as a fine art painter in his studio in Wartling. Visitors welcome by appointment.	For commissions contact 01323 833180
Cold Fusion Glass Arts & Gifts @ TheMalthouse	We welcome you to take a class or just drop in to see how it's done. We offer courses, workshops and 'Have-a-Go' session in Stained Glass, Mosaic, Felting, Beading, Charm jewellery and more! Cold Fusion Glass Arts & Gifts @ TheMalthouse has flexible options to suit you and help you to learn in a peaceful atmosphere	www.ColdFusionGlass.co.uk 01323 819216
BANDS		
Warbleton Brass Band		secretary@warbletonbrassband.co.uk www.warbletonbrassband 01273 493469
BUILDING SERVICES		
AGB Design and Draughting Services	Planning applications, building requirements	3 Nursery Lane, Windmill Hill 01323 83175 07754 399007
Angears Quality Builders		01323 833684 07860 492843
Jon Funnell	Windows, doors, fascias, cladding, conservatories	4 Fiennes Road, Herstmonceux 01323 833106
Adrian Jenkins	Driveway & patio specialist, all small building works	01323 833686 07971 305485
Robins of Herstmonceux	Agricultural lime, chalk, building aggregates, crushed concrete, coal, top soil, garden materials	Sandbanks, Chilsham Lane, Herstmonceux 01323 833181 01323 832494
Richard Avis	Commercial & domestic property maintenance	01323 832337 07747 134683

Angel Construction		info@angel.construction www.angel.construction 07771830386
Dicker Construction Repointing		Mr Michael Bridger Michael1676bridger@yahoo.com 07875 044985
Cordless Ltd	Carpentry, joinery, bathrooms, kitchens, extensions	Mr D. Orpen orpen24@btinternet.com www.cordless.co.uk 01323 832942 07904 177543
Thompson and Co	Extensions, drives, repointing, alterations, patios	thompsonandco@talktalk.net 01323 832304 01435 865009 07704723216
CARE SERVICES		
Caremark	Personal home care service	vyji_gardiner@yahoo.co.uk 01323 849019
Hankham Lodge	Residential Care Home	Mr and Mrs Peter Sims info@HankhamLodge.com 01323 766555
CARS AND CAR SERVICING		
Geo Collins Honda	Honda main dealer, service and used cars	Herstmonceux Service Station, Herstmonceux BN27 4JU www.collinshonda.co.uk 01323 458015
Cooper Autos	Car servicing and repairs	The Old Stable Yard, Threeways, Benzells Lane, Cowbeech 01323 833752 07973 635523
G.F. Shaw Ltd	Fiat motor engineers Cowbeech	www.gfshaw.co.uk 01323 833321 01323 833090
Attwood Motor Services	Service and repairs MOTs, tyres, batteries Free estimates Pick-up service available	Mr William Billingham billinghamst.b@yahoo.com 01323 833893 07801 563009 Bodle Street Green
Auto Solutions		Mrs Amy Page 07967 614637
Burfield MOT and Service Centre		MS Annabel Wood office@burfieldmotcentre.co.uk www.burfieldmotcentre.co.uk 01323 440366
Windmill Hill Garage	New and used cars Sales and service	Mr Bernie and Mr Nick Rodemark 01323 8333011

CATERING		
The Merrie Harriers Catering Company	Canapé receptions wedding breakfasts, corporate entertaining Cowbeech	www.merrieharriers.co.uk 01323 833108
Tina Harffey	Catering services	01323 833873
Speedwell Event Catering and Equipment Hire	Tables, linen, chairs, cutlery, glasses, tableware, dance floor	www.speedwellcateringhire.co.uk 01323 833553
CAMPING & CARAVANS		
Big Sky Tipi Holidays	Glamping tipi campsite	info@bigskytipis.co.uk 01323 832325
Orchard View Park	Holiday caravans to let, Calor gas stockist	01323 832335
CATTERY		
Coopers Croft Cattery		New Road, Coopers Croft, Herstmonceux 01323 832762
CHIMNEY SWEEP		
Richard Avis		avischimneys@yahoo.co.uk 01323 832337
CHIOPODIST		
Chiropodist	Home visits by appointment	01323 833262
CLEANING SERVICES		
Loraine		01323 832149 07748 871303
COMPUTERS		
Computer Problems	Home and business computer and laptops	www.pcpal.co.uk 01323 803000
CONSERVATORIES		
Elliott Reid Conservatories Ltd		Mr Bob Reid The White House, Stunts Green, Herstmonceux 01323 833924
COTTAGES - SELF CATERING		
Beechcroft	Cowbeech	www.beechcroft.org 01435 830316
Tree Tops	Oaklea, Chilsham Lane, Stunts Green	01323 832951 07733 184133
Southleigh House holidays	Self-catering cottages on a small holding	www.southleighhouseholidays.co.uk www.facebook.com/ SouthleighHouseHolidays/?fref=ts

DOGS		
Tails on Trails	Dog walking Collect & walk your dog on private farm near Cowbeech & Rushlake Green, call to your home, etc fully insured, current CRB check	01323 832001 07909 800117
Dog sitting		Ms Shirley Winchester winchestersh Shirley@gmail.com
Hot Dogs Grooming Salon	Mr Andrew Welch	www.hot-dogsgrooming.co.uk 07910 949030 01323 846105
Home Alone Pet Services	Dog walking, cat feeding, small animal care	www.homealone-petservices.co.uk 07463 150015
E-CIGARETTES		
Valiant2Vape	E-cigarettes	Ms Natalie Scott 01323 831991
EDITING		
Catherine Hooper	Editor, proofreader, project manager and picture researcher A professional editor who trained at a large publishing house, I check and can help compile the text on everything from websites to brochures and from illustrated books to marketing materials. I am conversant with a wide range of programs and work across many subject areas.	01323 832137 catherine@hoopdesign.co.uk
ELECTRICAL		
Beale Electrical		01323 833594
James Harris Hire	Sound, Lighting and Vision equipment providers	07761 668894
MAS Systems Ltd	Electrical & mechanical security engineering contractors	The Oast, Stunts Green, Herstmonceux 01323 833860
SR Welfare Electrical Ltd	All aspects of electrical work undertaken	01323 832630 07904 330 146
ENGINEERING		
MayTime Engineering		01323 833200 Gardner Street, Herstmonceux

Louis Engineering Co Ltd	Architectural ironwork, handrails, balustrading	Mr David Martin The Old Dairy, Windmill Hill Place Farm BN27 4RZ 01323 833700 07813 063883
ESTATE AGENTS		
Stevens & Carter	Estate Agents & Valuers	1 The Old Forge, Gardner Street, Herstmonceux 01323 832888
ENTERTAINMENT		
Coco Photo Booths Ltd		Leo Ferenc 0800 0407921 info@cocophotoboosts.co.uk www.cocophotoboosts.co.uk
FALCONRY		
East Sussex Falconry		01323 485529 www.eastsussexfalconry.co.uk
FARM SHOPS AND PRODUCE		
Greenway Fruit Farm	Fruit and asparagus	Christopher McCarron Greenway Fruit Farm, Stunts Green, Herstmonceux 01323 833118
Rocks Farm Shop and Smallholding		Victoria Road, Windmill Hill open Tuesday to Sunday, 9am-5pm 01323 831863
Court Lodge Organics	Home produced yoghurts	Mr and Mrs David Harding marian@courtlodgeorganics.co.uk 01323 832150
FENCING		
MT Goodsell	All fencing work, timberwork undertaken, logs for sale	01323 832178 07776 232608
FISHERIES		
Brick Farm Lakes	Trout fishery Windmill Hill	www.brickfarmlakes.co.uk 01323 832615
Furnace Brook Farm and Coarse Fishery		Trolliloes, Cowbeech 01435 830835
FLORIST		
Bella- Fleur Floristry		Mrs Carol Barden Miller's Cote, Windmill Hill info@bellafleurfloristry.co.uk www.bellafleurfloristry.co.uk 01323 832455 07434 817828

Pat's Flowers	Weddings, funerals, floral tributes	patsflowershailsham@hotmail.co.uk 01323 848217 01323 441853
FOREST SCHOOL		
Forest School		forestschool@theobservatory
FURNISHINGS AND FURNITURE		
by DeZign	Interior design, curtains, soft furnishings	Ms Joanna Newton 01323 848673
Quality Furnishings of Sussex	Showroom open to the public Mon & Fri 2pm-6pm	Unit B1, Penlands Farm, Church Road www.qualityfurnishingsofsussex.co.uk 01323 833370
Furniture that Fits Sussex Ltd	Furniture	peterthompson24@icloud.com www.furniturethatfitsussex.co.uk 01323 832562
FUNERAL SERVICES		
Hailsham Funeral Service	Personal service	01323 440909
GARDEN DESIGN & SERVICES		
Country Style Gardens	Landscaping, garden makeovers	Mr Nathan Beacham The Truggery, Coopers Croft www.countrystylegardens.co.uk 01323 832378 07795 210303
R.K. Archer	Lawn mowing, hedge cutting, strimming and rotovating	22 Queens Road, Herstmonceux 01323 832161
M.G. Randle	Lawn and garden services	01323 832571 07801 082604
SRL Services	Hardwood logs for sale all year round. Free delivery to local areas. Also garden maintenance work undertaken, lawn mowing, paddock mowing, hedgecutting and weedspraying.	stephenlavender@btinternet.co.uk 01435 883003 07849 094493
Constant Gardens	Gardens, fences, patios	www.constantgardens.co.uk 07955 007411
The Lady Gardener	Garden Services	Becky Barney Constant Facebook.com/ladygardener01 07756 426506
Moonwood Gardening Services	Gardener – Ms Izzie Simes	moonwoodgardeningervices@yahoo.com

R P Taylor Ltd	Garden services	Ms Lisa Taylor www.popesfarm.co.uk popesfarm@hotmail.co.uk
Mr George Taylor	General gardening – hedges and lawns cut, weeding, borders prepared and planted	01323 833059
Bit of This, Bit of That	Mr Derek Willis Garden and property maintenance	bitotbitot@aol.com 01323 833304 07977 196304
Simply Gardens	Ms Sarah Bartholemew Lawns, hedges, trees, shrubs, flower beds, pots	01323 847338 07780 681878
Honeysett Groundcare	Fencing, landscaping, hedge cutting, mowing, weed control, turfing, mole and wasp control	honeysettgroundcare@yahoo.co.uk 01323 833057 07733 388968
Mr Trevor Hoad	Grass cutting	01323 845414
K.A.J. Services	Agricultural and garden machinery engineer Repairs and service of farm and garden machinery, chainsaws, strimmers, lawnmowers	Keith.jarvis152@btinternet.com 07884 347878
L.S. Landscape and Groundwork	Hard and soft landscaping, groundwork, driveway construction, pond construction/maintenance, turf/lawn maintenance, paving, fencing, design	Luke Scott lukescott60@gmail.com 01323 831790 07765 258313
GARDEN CENTRES & NURSERIES		
Boreham Mill Nursery	Patio/bedding plants, hanging baskets, palms, bamboos, tree ferns, pots	Norman Honeysett 01323 832103 07831 606821
Perfect Plants Ltd		Church Road, Herstmonceux BN27 1RL 01323 833479
Lime Cross Nursery	Conifers, trees, shrubs, climbers, perennials, Olive's cafe	www.limecross.co.uk 01323 833229
Merryweather's Herbs	Gardens & nursery, one-day courses May-September Open Thurs-Sun 2pm to 6pm, April to October & Bank Holidays Chilsham Lane, Herstmonceux	www.morethanjustagarden.co.uk 01323 831726

Flowers Green Plants	Bedding plants, herbs, perennials, alpines, vegetable plants, basket, pots	Church Road, Herstmonceux www.flowersgreen.co.uk 01323 833256
GIFTS		
Magpies and Crabs	Gift shop	etsy.com/uk/shop/magpieandcrabs
Popes Farm Shop	Ms Sophie Frost	popesfarm@hotmail.co.uk www.popesfarm.co.uk 01323 832346
Tina Harffey	Homemade craft items	Facebook.com/ Farmhousekitchencollection 01323 833873
Watts Words	Custom gifts	Mrs Vicky Watterson WattsWattsWords@hotmail.com Facebook.com/BespokeScrabbleFrames
GRAPHIC DESIGN		
Hoop Design	Graphic design agency that creates books, catalogues, logos, business cards, marketing materials and websites. In fact, we designed this very directory!	info@hoopdesign.co.uk 01323 832137 www.hoopdesign.co.uk
HAIR AND BEAUTY		
Bank on Beauty	Beauty salon	Gardner Street, Herstmonceux Mrs Anita Chewter anita.chewter@gmail.com 01323 831551
Caprice Hair Fashion	Gardner Street, Herstmonceux	01323 832117
M/S HairAffair	Mobile hairdresser	07704 348990
Love Lashes by Molly		Ms Molly Puncher The Briars, Gardner Street, Herstmonceux mollzpuncher@gmails.com 07528 878341
Natural Beauty by Zara		Ms Zara Ballard info@naturalbeatybyzar.co.uk 07530 481333
Reflections Hair Salon		Mrs Sian Thorpe Facebook.com/ReflectionsHx 01323 831555
Unisex Mobile Hairstylist	Manicure, pedicure, wig and hairpiece consultant	Lesley 01323 831778 07761 754977

HEALTH & FITNESS		
Lotte Berk Exercise Classes		Ms Fiona Vestentoft www.lotteberkdallington.co.uk 01435 830657 07739 631697 fvestentoft@yahoo.co.uk
Toria Pilar products		www.toriapilar.com 01323 832426
Sports massage	Ms E.J. Goodsell IIST, BAWLA Sports massage therapist & weightlifting instructor	07976 668879
Bowen Technique	Restoring balance to the body Poor sleep, stress, concentration, arthritis, headaches, respiratory complaints, sport injuries	Mrs Nina de Pina Perou Q0132013233034 07902 955162
Pilates Instructor	I specialise in Orthopaedic Pilates. REP's registered. One to one sessions are available by appointment within your own home or studio.	Nancy Procter 07881 941360 nancyprocterpilates@gmail.com
Kate Short	Qualified reflexologist	Conquerors, Cowbeech Hill t.short@homecall.co.uk 01323 832446
Psychotherapy	Psychotherapy & counselling, eating disorders & obesity, coaching	Mrs Marion Umney 01323 831776
Healingology	Kinesiologist Health Practitioner	Mrs Julia Polyblank www.healingology.co.uk info@healingology.co.uk 07817 116105
R.T Fitness	Personal Trainer	Robyn Taylor facebook.com/robyntaylorfitness 07753 250528
Take the Lead to Success	Stress Management Consultant and Behaviourist Coach	MS Martina Mercer-Hall Taking.the.lead.to.success@gmail.com www.take.the.lead.to.success.wordpress.com 07720 244541
Tai Chi	Local classes	lynnewood@aol.com www.chiinunity.co.uk 01323 833582 07752 012438

Alice Bettany	Medical Herbalist	07921 993497 Alice@sacredseeds.org.uk Sacredseeds.org.uk
Oliver Bettany	Counsellor, Eco-therapist and wordpress web developer	07846 692251 oliver.bettany@gmail.com Oliver.Bettany.info
HEATING & PLUMBING		
Heating and Plumbing Engineer	Bathrooms, under floor heating, central heating	Mr Robert Taylor rtaylorplumbing@aol.com 01323 833322 07899 724388
HOME DECOR		
Gemma Lawson	Home decor	
Glassy Glitter	Home décor	facebook.com/glassyglitter.uk glassyglitteruk@gmail.com
Decorating		Mr Christopher Reed chris.reed007@btinternet.com 01323 833179
HORSES		
E.J. Goodsell	Freelance groom (BHS-insured), riding & general stable work, clipping Equestrian riding and road safety trainer	roadsafetytrainer@gmail.com 07976 668879
Livery Yard	Livery, part/DIY, all year turnout, large stables	01323 832178
Equestrian Ruggies Laundry Services	Horse rug cleaning	07901 910539
Equine Bowen Technique		Ms Claire Etherington-Grey claireetherington@sky.com 01273 780322
HOUSE REMOVALS AND HOUSE CLEARANCE		
Rutherford and Son	Removals – house clearance – storage	Paul Rutherford www.rutherfordandson.co.uk 07511 636025
JEWELLERY		
Mingels Marvels	Individually designed necklaces and earrings	7 Highview Close, Windmill Hill www.mingelsmarvels.co.uk 07971 266506
KITCHENS		
Touchwood Bespoke Kitchens		1/2 The Square, Gardner Street, Herstmonceux www.touchwoodkitchen.co.uk 01323 832020

Pebblestone Kitchens	Fully fitted or supply only	01424 844522
LEISURE		
Herstmonceux Castle grounds and gardens	Tea room, nature trail, children's play area, visitor centre, conferences, functions and weddings; guided tours of the Castle subject to availability.	www.herstmonceux-castle.com 01323 834444
Observatory Science Centre and Discovery Park	Telescope domes and buildings of the former Royal Greenwich Observatory, adjacent to the Castle grounds; open to the public February/March and April to November, 10am to 5pm (check precise dates).	www.the-observatory.org 01323 832731
LOCKS		
Lee's Locks	Window locks, digital locks	lee@lees-locks.com 01323 800034 07921 068564
MUSIC		
Sam Hobden Records	Mail order only	Church Farm, Cowbeech 01323 832595
Sussex Music Arts and Skills	Music and arts	sam@sussexexams.com www.sussexexams.com 01323 339339
OSTEOPATHY		
East Sussex Massage and Osteopaths		Ms Sarah-Jane Prince eastsussexmassage@yahoo.co.uk
Osteopath		Clare Kersley Hailsham Leisure Centre Monday to Friday 08.00 to 20.00 Saturday 08.30 to 12.00. www.clarekersley-osteopath.co.uk 07954 327614 clarekersley@yahoo.co.uk
OIL SERVICES		
A.D. Oil Services	Oil heating specialist, - boilers, AGAs, Rayburns. Service and repairs. Oil tank installation. Boiler installation and commissioning.	A. Dyer andy@adoilervices.co.uk 07766 000383

Michael Lucioni	Oil boiler servicing and repairs AGA, Rayburn, new boilers and oil tanks	07817 933015 01797 224264
PEST SERVICES		
Marcus Fearn	Covers Sussex and East Surrey	http://www.pestscontrolsurrey.co.uk/ marcusfearn1218@yahoo.co.uk 07885 609 825
A. Scott Pest Control	Moles, rats, mice, squirrels, wasps, insects	Scott.andy@tiscali.co.uk www.scottpestcontrol.co.uk 01323 831790
PET CARE		
Pongo's Mobile Dog Wash	Bathing, clipping and trimming all breeds of dogs.	Miss G Filsell 21 James Avenue, Herstmonceux gemmafilsell@yahoo.co.uk 07772997254
Gem's Trendz	Pet accessories with a twist.	For the online shop visit www.gemstrendz.co.uk info@gemstrendz.co.uk 07960418171
Home Alone	Pet services business, dog walking, cat feeding and small animal care. I am fully insured and CRB checked.	www.homealone-petservices.co.uk 07463 150015
PHARMACY		
Warwick and Radcliffe Pharmacy		Hailsham Road, Herstmonceux, BN27 4JX Opening times Monday to Friday 8.45am-6.15pm, Saturdays 9am-1pm 01323 833163
PLUMBING & HEATING		
Paul Birch	Plumbing and heating	07770 821215
Stephen Woodley	Heating and Plumbing Gas, oil, LPG, solar panels, under floor heating, heat pumps	01323 442611
PHOTOGRAPHY		
Stuart Sutton	Wildlife	Little Orchard, Carter's Corner 01323 833704
Sally Wallis	Local events, children, animals, houses for sale et al	01323 833283
PUBLISHING		
Hoop Editions	Publishing imprint that takes books from conception to finished copies.	info@hoopdesign.co.uk 01323 832137 www.hoopdesign.co.uk

PLASTERING		
M. F. Plastering	All aspects of plastering	Mr Matt Field mfplastering@outlook.com 07512 312281
PROVISIONS		
General Store	(Mace) Post Office, newsagent, off-license, photocopying, fax Open: Monday to Saturday 5.30am to 7pm Sunday 5.30am to 2.0pm Gardner Street, Herstmonceux General Store	01323 832213 Post Office 01323 832905
The Village Store	Newspapers, off-license Open: Monday to Sat 8am to 7pm; Sunday 8.30am to 1pm	Gardner Street, Herstmonceux 01323 833273
Windmill Hill Store and Post Office	Open: Monday - Fri 7am to 8pm Saturday - 8am to 8pm Sunday 8am to 12noon Windmill Hill	01323 833278
REFRIGERATION SERVICES		
Simon Turner Refrigeration Services Ltd	Transport refrigeration & vehicle air conditioning specialists	Cowbeech www.simonturnerrefrigeration.co.uk 01323 833433 01323 833090
RESIDENTIAL HOME		
Dunsfold Residential Home	Specialises in cases of Alzheimer's disease	West End, Herstmonceux 01323 832021
RESTAURANTS & PUBS		
The Brewers Arms	Public House	Gardner Street, Herstmonceux 01323 832226
Eastern Promise	Indian cuisine, includes takeaway	London House, Gardner Street, Herstmonceux www.eastern-promise.biz 01323 832533 01323 833494
The Horseshoe Inn		Windmill Hill, Herstmonceux 01323 833265
The Merrie Harriers	Free house, restaurant, beer garden	Cowbeech 01323 833108
The Sundial Restaurant		Gardner Street, Herstmonceux www.sundialrestaurant.co.uk 01323 832217

The Woolpack Inn	Pub, function room	Hailsham Road, Herstmonceux Diane Wingfield www.woolpackherstmonceux.co.uk 01323 833270
The Lamb Inn	Lunch and supper – bed and breakfast	Wartling www.lambinwartling.co.uk 01323 832116
SATELLITES		
HDI Aerials and Satellite	All aspects of aerial and satellite work Telephone, broadband, WiFi	www.hdi-aerials.co.uk 01323 442557 07968 345409
SECRETARIES		
Sussex Secretaries	All secretarial work	Ms Corinne Gibbons Ms Marcia Wheeler www.sussexsecretaries.co.uk 07940 886123 07816 486410
SEWING		
The Sewing School	Classes, workshops, tuition	trailingthread@gmail.com www.thesewingschool.org.uk 01424 893912 07986 694114
SOLICITORS		
Barry and Co	Will writing service Lasting Power of Attorney	info@barryandco.org 01323 460395
Hart Reade Solicitors	Wills, Trusts, Probate, conveyancing, property, family	01323 841481
SURVEYING		
MCA Mike Chewter Associates	Building surveying, project management, architectural services	Tudor Lodge, West End 01323 833951 07930 117578
TAXIS		
Andy Hoad Private Hire	Taxi services based at Transformations Hair Salon	08452 178094 01323 833400
BTS Taxis (Barden Transport Services)	Includes wheelchair-adaptable taxi	Millers Cote, Windmill Hill 01323 832455
Brians Private Hire	Luxury Executive Travel hire	www.briansprivatehire.co.uk 07738 056305
Style Xecutive	Private Hire Taxi Service based in Windmill Hill	Mr Steve Harper www.sxph.co.uk 01323 833210

Hail-A-Cab	Local and long distance taxis	01323 849888 07702 536760
TEXT AND SERVICES		
Text and Graphics Service (TAGS)	Church Farm Cottage	01323 833215 07737 877444
TREE SURGEONS		
Michael Salvage	All aspects of tree surgery and felling, stump grinding, and fencing	01323 442121
Enviro Care	Tree surgery, stump removal, garden maintenance	01323 440001
TRUG BASKETS		
The Truggery		Cooper's Croft www.truggery.co.uk 01323 832314
Thomas Smith Trugs		Red Lion Hall, Magham Down www.sussextrugs.com 01323 871640
UPHOLSTERY		
Sussex Primrose Upholstery	Upholstery service	Unit3B Penlands Farm, Church Road, Herstmonceux Lynn Woolsey 01323 832032
WINDOW CLEANER		
Extreme Clean	Pure water window cleaning	David Richardson 2 Coopers Farm Cottages, Wartling 01323 832768 07530 429933
Evolution Window Cleaning Services	Residential and commercial	evolutioncleaning@hotmail.co.uk 01323 832472 07887 956007
CHARITIES		
CHARITY	CONTACT NAME	TELEPHONE
Christian Aid	Mrs Lesley Macey	01323 833410
St Wilfrid's Hospice		833377
The Stroke Association	Anthea Ardouin	01435 866257
Wealden Citizens Advice Hailsham CAB branch	Judy Primett, manager	849762

CAR PARKING

Wealden District Council operate a free car park in Herstmonceux village, behind the Woolpack Inn. Enter from West End.

EAST SUSSEX COUNTY COUNCIL

Council services
www.eastsussex.gov.uk
0345 608 0190

EAST SUSSEX ASSOCIATION OF THE BLIND AND PARTIALLY SIGHTED PEOPLE

Services for blind and partially sighted people.
www.eastsussexblind.org
info@eastsussexblind.org
01323 832252

EAST SUSSEX HEARING RESOURCE CENTRE

A charity (Registered Charity No 1101140) providing a free community service.

The key aims are to:

- improve the lives of deaf and hard of hearing people.
- improve the quality of life for deaf, hard of hearing and deafblind people.
- promote their independence and lead more active lives within their local communities.

Hearing aid batteries, service and information at 11am at Herstmonceux Village Information Centre on 4th Friday each month.

Free advice, demonstrations of equipment, information and support. Please contact 01323 722505 or www.eshrc.org.uk for more information.

HOSPITALS

ACCIDENT & EMERGENCY UNITS
Eastbourne District & General Hospital, King's Drive, Eastbourne BN21 2UD,

01323 417400

Conquest Hospital, The Ridge, Hastings
TN37 7RD, 01424 755255

Herstmonceux Integrative Health Centre, Hailsham Road, Herstmonceux BN27 4JX
01323833535 www.hmxihc.co.uk
Emergencies outside of surgery open hours: please ring the surgery number 01323 833535, your call will either be diverted to our out-of-hours service or there will be a message advising you what to do.

NHS emergency dental care (out-of-hours) is provided in Hailsham 01323 449170 More information www.esht.uk

MOBILE LIBRARY

East Sussex Mobile Library visits Herstmonceux. Information www.eastsussex.gov.uk/libraries/locations/

NEWSPAPER CORRESPONDENT

Please forward copy to Jenny Seale email j.seale@tesco.net or 01323 440567

PUBLIC AMENITIES

Toilets open for use by members of the public under the Community Toilet Scheme can be found at:
The Woolpack Inn, Hailsham Road, Herstmonceux – pub opening hours
The Brewers Arms, Gardner Street, Herstmonceux – pub opening hours
Village Information Centre, Gardner Street, Herstmonceux (Monday – Friday 10am – 12.30pm)

RECREATION

There is a recreation ground in Herstmonceux village, off Gardner Street. There are facilities for bowls, cricket, skateboarding and tennis and a children's

playground. There is a football pitch in Lime Park Recreation Area.

RECYCLING

There are recycling bins for paper, card and glass in the car park in Herstmonceux village, behind the Woolpack Inn and The Horseshoe public house in Windmill Hill. Extensive recycling facilities are at WDC, Swan Barn, Station Road, Hailsham.

South East Water
www.southeastwater.co.uk
Leakline 0333 000 3330
Southern Water
www.southernwater.co.uk
UK Power Networks
www.ukpowernetworks.co.uk
0800 31 63 105 Power cut information

BED AND BREAKFAST

Stoneacre Lodge, New Road, Herstmonceux
Tel: (01323) 833971
Email: lisajwaters65@gmail.com www.stoneacrelodge.co.uk Free WiFi
2 x Double/Twin £65-75.
Self-contained lodge with fully-fitted kitchen. Ideal for self-catering holidays but also available on bed and breakfast basis. Decking area outside. Kitchen with table and chairs overlooking garden and fields beyond. Credit cards accepted.

Sandhurst, Church Road, Herstmonceux
Tel/Fax: (01323) 833088 – Mob: 07808 144799 Email: june@herstmonceuxbandb.co.uk
Double £65; Family £85; 4 Beds (3 ensuite). Quiet countryside location close to castle. 8 miles from seaside and close to restaurants and shops. All rooms with tea/coffee-making facilities & TV. Central heating. Children welcome. Self-contained studio flat also available.

Batchelors, Cowbeech Hill
Tel: (01323) 832215 Email: brendaabarow@gmail.com
www.batchelors-bb.co.uk

From: Double £85 ensuite: Twin £80 with private bathroom both inclusive of breakfast.

16th Century cottage set in acre of delightful gardens. Quiet location. Central heating and tea/coffee-making facilities, hairdryers, TV and WiFi available in all rooms.

Boreham House, Boreham Street
Tel; 01323833719 Mob: 07809383482
Email: enquires@borehamhouse.com
www.borehamhouse.com
3 Superking / Double / Twin all ensuite
Boreham House is a five star luxury bed and breakfast sitting in over 2 acres of land. All the rooms are furnished to the highest standard and have wonderfully comfortable beds as well as tea/coffee facilities and wide-screen TV's. The Grade II listed Georgian House is close to a number of local country pubs and restaurants.
Prices on application.

Cleavers Lyng, Church Road, Herstmonceux
Tel: (01323) 833644
Email: cleaverslyng@btinternet.com / www.cleaverslyng.co.uk
Double £65-80; Single from £50.

All ensuite
16th Century country guest house set amidst landscaped gardens, with stunning views across unspoilt Sussex countryside. Communal lounge with WIFI connection, games and cards for loan.
Dogs welcome during off-peak times.
Credit cards accepted.

Conquerors, Cowbeech Hill
Tel/Fax: (01323) 832446
Email: kate.short@02.co.uk
www.conquerorsbandb.co.uk
Double/Twin £65; Family £75. (All ensuite and discounts offered for longer stays.)
Charming single-storey home with lovely gardens in a parkland setting. Quiet location and views. Tea/Coffee-making facilities in all bedrooms. Children welcome. Wheelchair access.
Residents lounge.

Courtlands Farm, Cowbeech Rd,
Rushlake Green
Tel: 01435 830360
Email: info@courtlandsfarm.co.uk
www.courtlandsfarm.co.uk
Double/Twin ensuite £80 (Two rooms)
Warm Irish hospitality in this Grade II-listed rural farmhouse with great views. Guest sitting room. Open fires in winter and pretty terrace in large garden to be enjoyed in the summer.

Experience Sussex, Wimbles Farm,
Foords Lane, Vines Cross, Horam
Tel: (01435) 810390 Email: wimbles@experiencesussex.co.uk Full Details on www.experiencesussex.co.uk
Double £85.00 per night Twin £90.00 per night plus a child's bed 1-12years £25.00 Or £10.00 if own cot provided.
Single £75.00 per night - all including breakfast
Wimbles is a family run B&B offering camping, Shepherd's Hut, fishing, guided walks, pottery breaks, cycling and cycle hire for the South Downs NP/Cuckoo Trail, with accommodation. The oast-house, overlooking the lake is within an area of outstanding natural beauty.

Butlers Farmhouse
Butlers Lane, Herstmonceux
East Sussex BN27 1QH
Tel. 01323 833770
butlersfarmhouse.co.uk

Halfway House, Wartling
Tel:01323833654
Email: sspochin@hotmail.com,
doug.pochin@btinternet.com
www.pochin.org.uk
Double £60; Single £40
16th Century cottage – now a family farmhouse. Farmhouse breakfast with home grown produce. All rooms ensuite with TV and tea/coffee making facilities. Children & pets welcome.

The Olde Forge Hotel, Magham Down
Tel/Fax: (01323) 842893
Email: enquiries@theoldeforgehotel.co.uk
www.theoldeforgehotel.co.uk
Double/Twin £90; Single £60 All ensuite.
This hotel used to be a forge and maintains the original open fires and timber beams. TV and tea/coffee-making facilities in all rooms. Restaurant with Licensed bar. Children and dogs welcome. Major credit cards accepted.

Old Farm, Trolliloes, Cowbeech
Tel: (01323) 831544
Email: sue.pollard@btconnect.com
Double/Twin (ensuite) £80. £75 two nights or more
Comfortable Sussex-style farmhouse in lovely setting with fabulous views. Short walk to village inn. Guest lounge.

Wartling Place Country House Bed & Breakfast
Wartling, East Sussex BN27 1RY
t. 01323 832590

e. accom@wartlingplace.co.uk
www.wartlingplace.co.uk
Award Winning Georgian Country House offering quality Bed & Breakfast accommodation in luxury en-suite rooms
Tariff: £135.00 to £160.00 per night incl. breakfast. Self-catered Cottage also available.

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Herstmonceux Integrative Health Centre
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Designed by hoopdesign.co.uk



Don't get distracted whilst cooking

Do you know someone who could be at risk of fire in their home?



East Sussex Fire and Rescue Service is committed to helping people stay safe in their homes.

One of the ways we do this is by carrying out our free Home Safety Visits by our specially trained advisors.

We can offer a wide range of advice around home safety, check smoke alarms, and discuss specialist equipment as appropriate.

Find out more by calling **0800 177 7069** or by going online at: www.esfrs.org/your-safety/home-safety-visits/



Are you missing out on local information about your area?

Join the other residents who have already subscribed to 'MyAlerts' the new weekly email update from Wealden District Council.

Providing you with details of your refuse and recycling collections, nearby planning applications and news and information about local events and Council services

Easily register at:
www.wealden.gov.uk/myalerts

The logo for 'My Alerts' from Wealden District Council, featuring a green circular arrow and the text 'Wealden My Alerts'.

“more choice & great service for less!”

premier membership at freedomleisure hailsham includes:

- gym
- studio
- swim
- sauna

join today!
monthly or annual payment options available

for more information and contact details visit
www.freedom-leisure.co.uk

A Matinee at the Pavilion for 2017

Dementia friendly relaxed film screenings featuring a selection of entertaining musical favourites.

Blue Hawaii
Friday 20th January

Seven Brides for Seven Brothers
Friday 24th February

Top Hat
Friday 24th March

Easter Parade
Friday 21st April

On the Town
Friday 26th May

High Society
Friday 23rd June

Tickets £3.00 per person (Carers Free of charge)

Hailsham Pavilion Theatre, George Street, Hailsham, BN27 1AE

Box Office Open Hrs 10am – 4pm Mon to Sat

Tel: 01323 841414 Email: info@hailshampavilion.co.uk

Online: www.pavilionhailsham.co.uk



JOIN THE UK'S LARGEST VOLUNTARY MOVEMENT

The modern Neighbourhood Watch is about making sure that no one has to feel afraid, vulnerable or isolated in the place where they live. It's about people looking out for each other; crossing barriers of age, race and background to create strong, cohesive communities that benefit everyone. Neighbourhood Watch acts as the eyes and ears of the community. As a result, it has been shown that Neighbourhood Watch areas are far less likely to be targeted by criminals.

“Crime cannot flourish in a community that cares.”

The website Contacts page gives full details, and the Links page will direct you to individual websites
<http://www.sussexnwfed.org.uk/LocalArea>



Paws on Watch is for responsible walkers in the Wealden District area who sign-up to join the scheme. Dog walkers provide their email address and post- code which is recorded on a database held by Sussex Police. Their role as members is three-fold:

- To be vigilant when out and about on their walks and to report anything suspicious to the police;
- To challenge other dog walkers (if they feel confident enough to do so) who do not pick up after their dog; and
- Asked to look out for certain things (informed by email from Sussex Police) when there is a spate of a particular crime in an area.

Paws on Watch also has a Twitter account so that people can follow the scheme if they wish:

@Paws_On_Watch

Further information can be found here:

http://www.wealden.gov.uk/Wealden/Residents/Community_and_Safety/Crime_and_Disorder/PHCS_Paws_On_Watch.aspx



Friends Against Scams is a National Trading Standards Scams Team initiative which aims to protect and prevent people from

becoming victims of scams by empowering communities to... 'Take a Stand Against Scams.'

Friends Against Scams is designed to inspire action, highlight the scale of the problem, change the perceptions of why people fall for scams and make

For further information, please visit www.friendsagainstscams.org.uk and either request a group session for your staff and/or members, or do the 20 minute online session. Remember: scams are fraud and fraud is a crime!

Sessions already planned can be found here and people are very welcome to attend

<https://www.friendsagainstscams.org.uk/session.php?xCmd=find>

To contact your local police report online

<https://sussex.police.uk/contact-us/report-online/>

or call us on 101. Always call 999 in an emergency.