# GRAFFHAM PARISH NEWS

Issue 359 January 2021 FREE

Dear All.

I hope you are all able to have an enjoyable and joyous festival period. I know it's been a very tough year for everyone, but the huge positive to come from 2020 is the immense love, compassion and collaboration. I have thoroughly enjoyed hearing from you all, receiving your wonderful photos and stories about Graffham life. I feel honoured to be part of this caring and generous community and wish all of you a happy and better year for 2021.

Please do keep sending me your stories and pictures. I know they bring joy to everyone who reads the magazine.

Warm wishes

Rozie Apps, editor

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THE CHURCH OF ENGLAND

**Parish of St Giles Graffham with St Peter Woolavington**
**St Giles Church Wardens:**
Matthew Pitteway 07557 439695
**Priest in charge**:
Reverend Vivien Turner
**01798 867199**
**reverendvivien@gmail.com**
**Church website: stgilesgraffham.org**

# Thank you and Rejoice, Graffham

A message from Graffham PCC

What a truly astonishing response by the Graffham community to St Giles' 2020 Virtual Christmas Fair!

At the end of a year when the pandemic had pained the parish's finances more than at any time in living memory, the village rallied round the cause in record-breaking fashion.

The net result was just shy of £7,000 – more than anyone can remember being raised by previous regular Christmas Fairs.

Added to the increased level of donations made in the second half of the year, since we introduced the capability to give to St Giles online or by phone, this is expected to nudge finances out of the red for 2020, although accounts have yet to be finalised and audited.

With a deficit of some £10,000 projected during the first lockdown in the summer, when St Giles had to have its doors closed completely, that is an amazing achievement. A huge vote of thanks is due to so many people!

Hats off especially to the team that made the deconstructed Christmas Fair such a success and gave us all a bit of fun during the dark days of lockdown v2 and Tier 2, led by Phil Jones, Ginny Barrett, Caroline Evans, Joanna Morris and Michael Blunt.

And also to all those who so generously provided auction lots and

raffle prizes, who baked and preserved for the mobile home produce stall, to our gifted artists and crafters who opened their studios – Richard Davidson, Joanna Morris (again!), Sue Hill and Lucie Haworth – to Jeeva and Vasu and their village shop helpers, and to all those who braved the wintry elements to man the static or roving stalls, and everyone else who contributed in one way or another.

A round of applause too to the many who generously bid in the auction, invested in raffle tickets or bought cakes, pickles, paintings, pottery, cards or wreaths.

And special appreciation to all who have supported St Giles through donations at other times, on a one-off or, particularly, a regular basis.

But, while through your generosity and by cutting planned expenditure, we look like ending 2020 with our books at least balanced for the year, the future remains challenging for our village's beautiful and historic church and parish.

Wouldn't it be wonderful to head into 2021 by building on what we have achieved together in recent months.

Donating on a regular basis will help us become properly secure,

©Izzy Barrett

able to budget for maintaining and improving the church building and to support those in need more appropriately.

If everyone in the village who is not already giving regularly to St Giles was able to pledge just a few pounds a month, then the future of our historic and beautiful church and parish would be so much more secure, along with everything they contribute to our village, including producing and distributing this magazine for free. See www.stgilesgraffham.org/giving/ for easy ways you can help.

For now though, the emphasis is on thanksgiving for an amazing community our church is privileged to support through the challenges and celebrations of life. Please know that, as you are here for us, we are ready to serve you.

Thanks for all your support.

Here's wishing us all a brighter 2021.

Jeeva, Reverend Vivien and Phil Jones, drawing the raffle winners

We’ve really wanted to give top priority to thanking everyone for the amazing support our parish has received in 2020, so placed this first in this month’s magazine. I’d like to add a few words though at the beginning of a New Year, which we hope will mark a gradual improvement in our opportunity to come together and enjoy one another once more. We wait and see, maintaining our vigilance until it is safe to do so once more.

I often write before events that have taken place by the time my words are printed. I know I smiled from ear to ear yesterday watching ‘The Village of Graffham Tell the Story of Christmas’ on our Church Facebook page and website. ‘Gracious me, what a lovely thing! just one of many kind comments our video received. I know our Christmas tree shone outdoors for the first time, hung with festive balls each representing a family’s prayers, and wonderful decorations by our Graffham School children. Thank you! I don’t yet know though, if our Graffham Nativity took place on a fine winter’s evening or Christmas Day Eucharist in sunshine or in rain. Or whether the Quiet Christmas service provided the reflection and peace we hoped for, or Christmas Eve the joy of a first Eucharist giving thanks for promised hope received. I do know that our worship took place with all the love we could bring to it, with our heartfelt blessing on families, this special community and all nations for Christmas and the New Year, echoed now as you read. May we be ready for all that this new year brings to us.

Last season’s fruit is eaten, and the full fed beast shall kick the empty pail. For last year’s words belong to last year’s language and next year’s words await another voice. T. . Eliot from ‘Little Gidding’

God bless you as we travel onward together, listening for what it will say.

Keep safe everybody.

With love from Reverend Vivien

# The Father of Alternative Medicine

Just over 400 years ago, in 1616, a legend was born; a rebel who partnered up with Mother Nature to revolutionise British medicine. The herbal hero, the botanical bad boy, the father of alternative medicine, ladies and gentleman I give you, Nicholas Culpeper.

Culpeper did his growing up over in East Sussex in Isfield just north of Lewes. The country lanes around Lewes and the starry Sussex skies were his classroom and the hedges and the heavens taught him botany, astronomy and astrology. And he learnt about love too. In 1634 Culpeper and his Sussex sweetheart planned a secret Lewes wedding and a speedy elopement to the Netherlands. But tragedy struck when his love-struck lady's carriage was struck by a lightning bolt en route to Lewes. She died instantly.

There's no cure for a broken heart and Culpeper left Sussex and started a new life in London. He threw himself into his work as a

Ivy berries above and Wild privet below

lowly apothecary's assistant cataloguing medicinal herbs on Threadneedle Street. At this time medicine was only practiced by elite physicians. They would charge exorbitant prices for their secret remedies and would not even demean themselves to talk to patients; instead requesting a sample of urine to make their diagnosis. Culpeper believed medical treatment should be available to all, not just the privileged.

Setting up his own practice in a poorer part of London, Culpeper started treating forty patients a day with herbal cures derived from English plants. Then he dropped his botanical bombshell. Culpeper published an incredible book which instructed people how to pick their own remedies, free of charge, from the hedges and meadows. The book was *The English Physitian* (1652, later enlarged as *The Complete Herbal*). His book promoted and preserved folk remedies at a time when physicians and priests were discrediting village healers and preventing them from passing along their traditional knowledge. The medical establishment was enraged and accused Culpeper of practicing witchcraft. But his book endured. It's been in continuous print longer than any other non-religious English language book, running rings 'round Tolkien and Rowling and their tales of hocus-pocus.

No doubt Culpeper's herbal remedies could have come in useful for some of you over the festive period; wild privet (for headaches), blackthorn (for indigestion), rosemary (for flatulence) and the juice of ivy berries 'snuffed up into the nose' (for hangovers). I wonder if there's a cure for Covid-19 somewhere in his book? So, start 2021 by raising your Nutribullets and ginseng teas to the healing properties of Mother Nature and to four centuries of Nicholas Culpeper. Let's hope the world can be healed this year.

Michael Blencowe
Senior Learning & Engagement Officer
Sussex Wildlife Trust
michaelblencowe@sussexwt.org.uk

# 2021 Census

Households across Graffham will soon be asked to take part in Census 2021.

The census is a once-in-a-decade survey that gives us the most accurate estimate of all the people and households in England and Wales. It has been carried out every decade since 1801, with the exception of 1941.

It will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets.

"A successful census will ensure everyone from local government to charities can put services and funding in the places where they are most needed," Iain Bell, deputy national statistician at the Office for National Statistics, said.

"This could mean things like doctors' surgeries, schools and new transport routes. That's why it is so important everyone takes part and we have made it easier for people to do so online on any device with additional help and paper questionnaires for those who need them."

John Heaton, the Census Engagement Manager for the South and West of West Sussex, who lives locally, added: "All these services, and other aspects of life in your beautiful rural community, are really important now and going forward and it is vital that we get an accurate picture of all of the residents here so that the right resources can be put in place to meet their needs."

Census day will be on March 21st, but households across the country will receive letters with online codes allowing them to take part from early March.

The census will include questions about your sex, age, work, health, education, household size and ethnicity. And, for the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

First results will be available within 12 months, although personal records will be locked away for 100 years, kept safe for future generations.

Any local organisations which work with those in the community who may need additional help can contact John through john.heaton37@field.census.gov.uk or for more information, visit: https://census.gov.uk

This Christmas we may have been unable to come together as normal, however we were still able to come together in a virtual sense to read the Christmas story.

Graffham villagers (plus one or two special guests) each filmed themselves reading a verse from St Luke's or St Matthew's Gospel and it was all beautifully put together by Charlotte Jones of CJ Graphics.

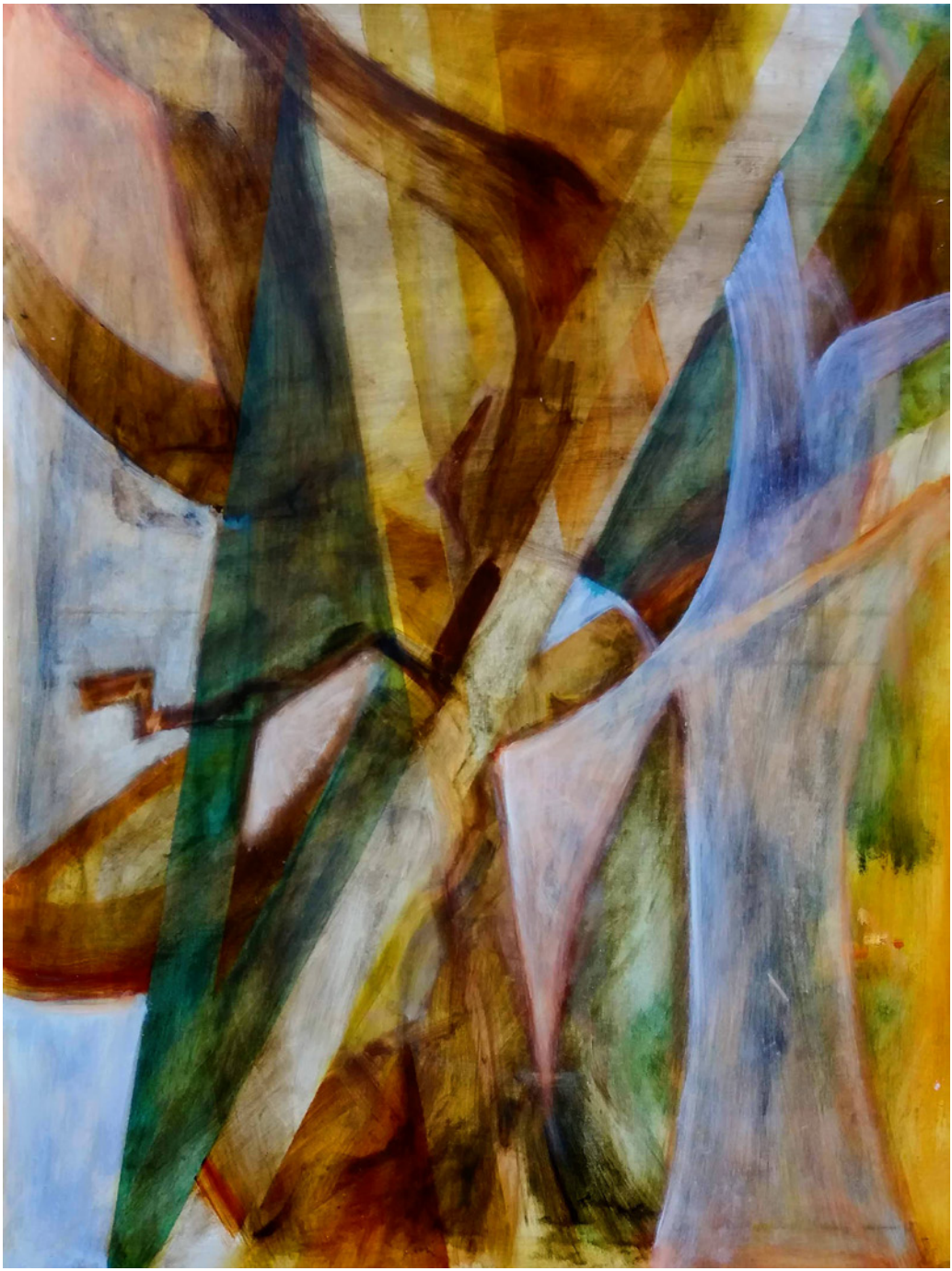
Over one hundred people took part. If you would like to see the resulting video please go to the St Giles website or perhaps ask Tom and Ollie at the Three Moles who, for a small donation to St Giles, might just print you off a DVD – and if you ask very nicely they might also add the VE Day celebration video too.

# Graffham Virtual Art Festival

Due to lockdown, the 2020 Graffham Art Festival will not be taking place in its usual capacity. Instead, we'd like to share the art with you through the pages of the magazine.
Please do get in touch with Rozie (email address inside cover) if you'd like to include your art in these pages.

Stopham Bridge in oils
Painted by Jacky Gregory

A painting by Clive McBain



Oil on canvas: Shafts of light by Emma Jamison
Emma's paintings are being exhibited at Kevis House Gallery in Petworth

A painting by Clive McBain

# Konik Horse Photography by Colin Barker

The Konik is an ancient primitive horse breed originating from Poland, the Polish word for horse being Kon, related to the Tarpan and Hucul Pony. These images were created as part of an exciting commission before lockdown for Lexus cars. I was commissioned by an advertising agency to join a 'road trip' around the wilds of Scotland for their client Lexus as the photographer for the journey, with the brief to include capturing images of the beautiful Koniks along the route.

This required us to stop off at the RSPB Nature reserve in the Loch of Strathbeg, a remote designated area of wetland where the Koniks have been introduced, their natural grazing of the reed beds providing a habitat for local wildlife, including the fish eating osprey. The small herd including a stallion, is pretty much left to fend for themselves even in heavy snow, the strong stocky breed being much tougher than domesticated horses as they thrive on the tussocky rushes that are so abundant in the area.

On the day, the crew arrived with the herd before dawn, and we were lucky to have a clear morning. The scene that met us could have been primeval, and by 4am the soft dawn light was picking out a group of slender horses against the layered horizon of a flat, coastal wetland. Koniks bear the 'grullo' markings of the prehistoric wild horse: sand-coloured coats with darker points (muzzle, eyes, mane, tail and fetlocks), a distinctive dorsal strip and a trace of zebra on their rear legs. The dense pale winter coats of over ten centimetres thick had all but gone, revealing their darker summer dun.

The Konik herd is semi-feral, so naturally quite evasive to begin with. However with my back turned towards them after a short wait, the leader had to come across to investigate, allowing for me to gently sidle alongside for a 'chat'. Working alone, the air full of birdsong with the crew watching through binoculars from a hide, it became quite stirring for me just how much I could communicate with the herd that were by now gathered around me, tenderly using the soft tones of my voice to gain their confidence.

However, it was by altering my breathing that I was able to get them to move as a herd for my required images. Quick and heavy breathing is a natural alarm to the horse, “beware danger”, and they would become disturbed thereby encouraging them to run away from the camera as a herd. Then all gently returning to sniff, snort and check out me out again, some softly prodding me with their hooves as I lay prone on the grass with one cheekily stealing my cap.

Eventually after some four hours, I started walking back to the hide to join the others, realising that my sturdy leather boots were now coming apart from being continually immersed in salt water and my feet totally sodden. Finally arriving back at the hide flushed and emotionally moved by the whole experience.

# Regular Activities in The Empire Hall

| | | |
|---|---|---|
| **Mondays** | 9.15 – 10.05 | PRIMAL BOOT CAMP<br>Ben Banbury<br>07817 877420 |
| **Tuesdays** | 8.45 – 12.00 | POST OFFICE |
| **Wednesdays** | 18.30 – 19.20 | PRIMAL BOOT CAMP<br>Ben Banbury<br>07817 877420 |
| **Thursdays** | 10.45 – 11.45 | EASE INTO EXERCISE<br>Susie Bush<br>07870 219956 |
| | 13.45 – 16.30 | POST OFFICE |
| | 19.00 | BADMINTON |
| **Fridays** | 9.15 - 10.00 | PILATES with Nicola Capes<br>07990 517858<br>or 01730812297 |

(IF COVID RESTRICTIONS ALLOW)

Osteopath: Mondays and Thursdays, daytime and early evening. Booking required, ring Anna Shawcross 01798 867523 for an appointment.

Great Feet (Chiropodist's Visit): 5th January 9.00 – 11.00 Treatment Room. GHSA members only. Booking required, Vikki Wood (07825 185880)

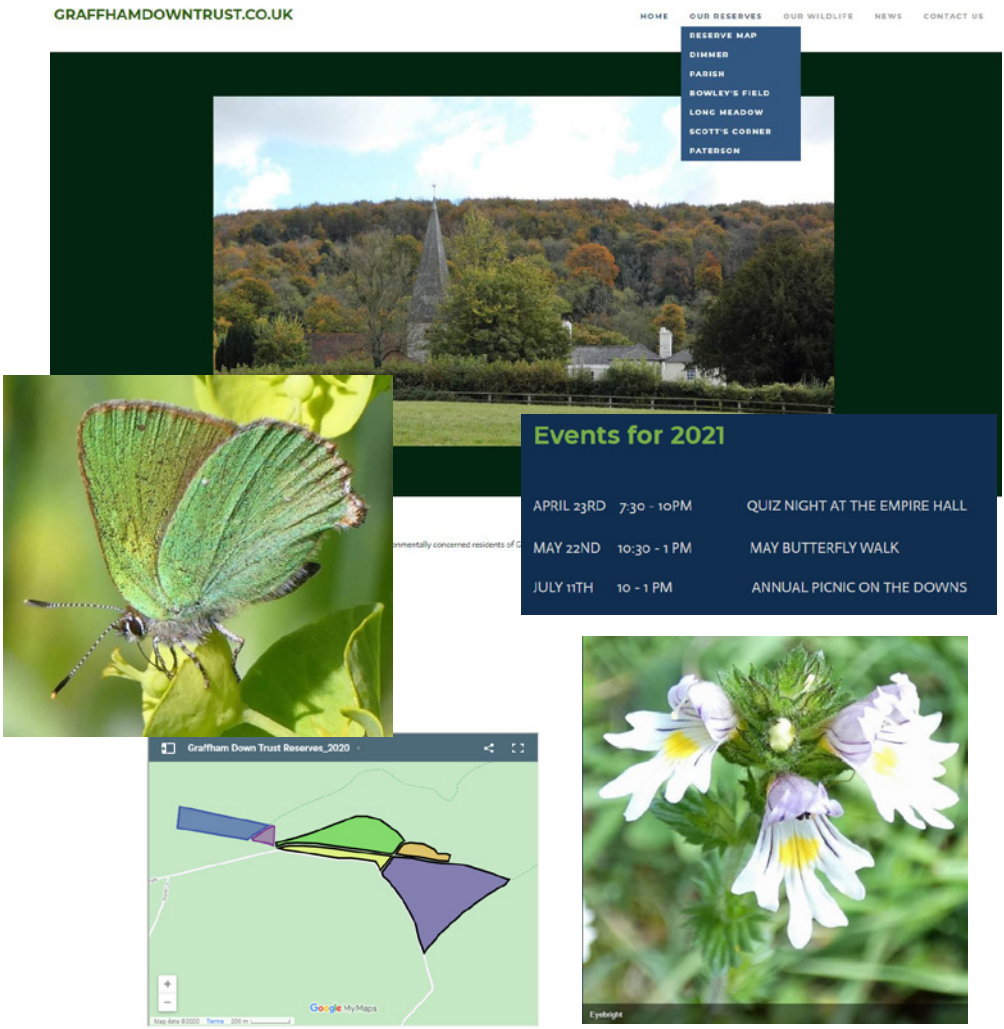
Any changes will be posted on the Empire Hall Noticeboard.

The Empire Hall will be available to hire for Children's Parties, Wedding Receptions, Private Functions and Classes as restrictions allow.

| | |
|---|---|
| Website | www.empirehall.org.uk |
| Email | empirehall@gmail.com |
| Phone | Booking Secretary Eira Ashby 867297 |

## Graffham Down Trust Website Gets a Make-Over

Have a look at our new and improved Graffham Down Trust Website at: **GraffhamDownTrust.co.uk**



The Lavington Park Federation

**Graffham CE Infant and Duncton CE Junior School**

If you or any local family you know have a child that is due to start school in September 2021, don't forget that the deadline for submitting applications for school places is January 15th 2021. Applications must be submitted online.

Find out more about our school – including a 'virtual tour' - on our website, at www.graffhamanddunctonw-sussex.sch.uk

**AND : please do take a look at and "like" our Facebook page, set up by the 'Friends of Graffham and Duncton'**
**https://www.facebook.com/pg/friendsofgraffhamandduncton**

# Top tips for a healthy 2021 from Southdowns Chiropractic

Keeping healthy is easily said, but less easy to do! At Southdowns Chiropractic we are always on hand to help with those aches and pains, but here are some top tips to keep you doing more of what you love in 2021!

**Move more!**
No matter how immobile and stiff you feel, there's always some novel movements you can play around with! Whether it's a tai-chi class, learning a musical instrument, or a brisk walk that you wouldn't normally do, stimulating your nervous system in learning new movements is excellent for both your balance and your body! It's even better if you can find someone else to do it with.
Doing regular exercises promotes good blood circulation and sleeping habits.

**Eat well!**
Devouring more minerals and vitamins from natural local sources can greatly benefit your gut function, digestion, and energy levels giving you the best opportunity to function efficiently. Choosing a vegetable as a healthy snack will help prevent you reaching for the refined carb-rich foods. Think more veggie, less stodgy.

**Rest more!**
Establish good habits of wellbeing through rest periods, self reflection and contentment. This will allows our body to heal and recharge ready for the next adventure. This can help improve the quality of your sleep by developing coping strategies for life's stressful periods.

We wish you the happiest and healthiest of New Year. From all of us at Southdowns Chiropractic

# Have your say on policing in Sussex

Sussex Police & Crime Commissioner (PCC) Katy Bourne wants you to have your say on policing priorities to ensure your concerns are reflected in her revised Police and Crime Plan.

Mrs Bourne has launched two surveys that will supplement her #TalkSussex programme of virtual public consultations and meetings so that even more residents can have their say in the setting of next year's policing budget.

PCC Bourne has been working closely with Sussex Police to plan for a range of potential post-Covid funding scenarios and how they might impact on existing plans.

The pandemic has meant hardship and heartache for many people and put public services under increased pressure, including our police. Mrs Bourne wants to hear what is important to residents to help inform her Police and Crime Plan and spending plans for the next four years. Have your say today by completing the short survey.

The PCC is also reaching out to younger residents with her 'policing challenge game', giving them the opportunity to tell her what policing priorities matter most to them by challenging them, in a fun game, to assign 'priority tokens' to the eight major strands of Sussex Police's work in the community.

She says: "I want to ensure that all local communities are represented in my next Police & Crime Plan. In the past, we know that the majority of responses to our online polls are from residents aged 55 and over so I really want to hear from younger people as well. All views will be reflected in my decision-making and will help shape the future of Sussex Police. Make sure to have your say today."

All data will be collated on 10th January and will also be used to inform PCC Bourne's Police & Crime Plan for 2021/22.

You can access the survey and policing challenge game here: www.sussex-pcc.gov.uk/about/transparency/what-we-spend-how-we-spend-it/police-funding/latest-precept-information-202122/precept-survey-202122

# Volunteer to help find the vaccine for COVID-19

Join the national effort and sign up for the NHS COVID-19 vaccine research registry. Be part of the fightback against the virus by volunteering to be contacted by researchers to take part in COVID-19 vaccine research.

There are a number of vaccines being identified, but only large-scale studies can give researchers the information needed about how effective they are.

The National Institute for Health Research (NIHR) is working with the NHS and aims to recruit as many people as possible onto the registry, which will allow people to be put in touch with the vaccine studies in the coming months.

Researchers are looking for people from all backgrounds, ages and parts of the UK – including both people with or without existing health conditions – to take part in vaccine studies, to make sure that any vaccines developed will work for everyone.

The service is available to anyone aged 18 or over, living in the UK. There is no obligation to join in any study, if you are contacted. But by taking part, you could help researchers find vaccines to protect us all more quickly - which in turn could help the NHS and save lives.

Sign up today:
www.nhs.uk/conditions/coronavirus-covid-19/research/coronavirus-vaccine-research

A New Year 'tweet' from Sonia Williams

Sonia has not sent Christmas cards this year though would like to thank all her friends in the village for their kindness and support especially in recent months.

## 2021

### January

| | |
|---|---|
| Fri 15 | Graffham Parish Council meeting. 7pm, Empire Hall. |

### March

| | |
|---|---|
| Fri 12 | Graffham Parish Council meeting. 7pm, Empire Hall. |

### May

| | |
|---|---|
| Mon 10 | Annual Meeting of the Parish Council. Informal drinks 6.30pm, Meeting 7pm. |
| Fri 14 | Annual Meeting of Graffham Parish Council. 7pm. |

Royal Philharmonic Concert Orchestra
The stage is set for the event of 2021.
PARK PROMS
Staging the unmissable
Join us this summer on 27 & 28 August 2021 in the magnificent grounds of Broadlands, Hampshire for an unmissable experience featuring world-class artists and spectacular events.
Book your tickets today at ParkProms.com
wave 105.2 FM
HAMPSHIRE LIFE
HAMPSHIRE FARE

# Be Tree-mendous

Join the South Downs National Park Tree-mendous campaign by helping to plant nearly 1,000 trees in Graffham Down Trust Reserves in January.

If you are interested in helping please can you email: jimkirke@hotmail.com and I will keep you posted on exact days and times the activities will take place dependent on arrival of trees, guards, stakes and weather etc. I will also be posting details as they become clear on the Graffham Down Trust and Graffham Notice-board Facebook pages.

You will need to wear strong footwear and gardening gloves and dependent on the amount of volunteer 4 x 4 drivers I can find, you may need to walk up. Covid secure practices will be in place and your help in achieving these is, as always, appreciated.

With best wishes for a safe and sustaining Christmas.

After several years as Clerk to the Parish Council, Tracy Rowe has decided to retire from the role. The Parish Council would like to thank Tracy for her outstanding service and wishes her well. She has agreed to stay on until the end of February 2021 to help the new clerk, who has yet to be appointed, during a hand-over period.

Forthcoming Meetings – all dates and venue are subject to Covid-19 regulations.

**Forthcoming Meetings – all dates and venue are subject to Covid-19 regulations.**

| | |
|---|---|
| Friday 15 January 2021 | 7pm, Empire Hall |
| Friday 12 March 2021 | 7pm, Empire Hall |
| Monday 10 May 2021 | Annual Meeting of the Parish, Informal drinks 6.30pm, followed by Meeting 7pm. Empire Hall. |
| Friday 14 May 2021 | Annual Meeting of Graffham Parish Council. 7pm. |

Agendas, along with draft and approved minutes, are available on www.graffham-pc.uk and on the notice board outside the Empire Hall.

Other information including contact details for all councillors, dates of forthcoming meetings and procedural documents can be found on www.graffham-pc.uk

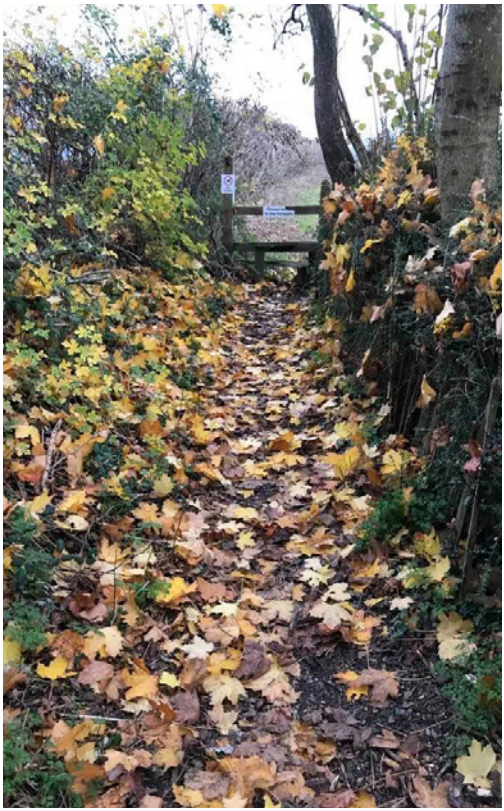
Tracy Rowe
Clerk
graffhampc@gmx.co.uk
01798 867020

# Graffham Nature Watch

For those who don't know, we now have a wonderful Facebook page to share photos of beautiful sights around Graffham. Here are a few recent finds from the community.

Left above: ©Paul Stickley. Left below: ©Elaine Moore.
Above: ©Mark Jerred-Nixon.

Above: ©Ginny Barrett – Below: Rachel Sargent-Pryer



Above left: ©Sally Blunt. Above right: ©Anne Rowney.
Below: *Chlorociboria aeruginascens* ©Ginny Barrett.

# Petworth Area Churches Together

Week of Prayer for Christian Unity – Sunday 17th January 2021 3pm at Sutton Parish Church RH20 1PS. The theme is 'Abide in my love….you shall bear much fruit' from John 15 – once again a great opportunity to go deeper in your relationship with Jesus and with those in the community around you.

This year we won't be having the normal lunchtime sessions so please do join us on the 17th as we encourage one another and see some people we might not have connected with for a while.

'You didn't choose me, but I've chosen and commissioned you to go into the world to bear fruit. And your fruit will last, because whatever you ask of my Father, for my sake, he will give it to you. So this is my parting command; Love one another deeply!' John 15:16-17.

The website for PACT has a link to all of our churches where you can find details of how to get in touch with the clergy and access their online meetings.

www.petworthareachurchestogether.com

West Sussex recycles

## Make Memories Not Waste

Christmas is a wonderful time of year. The decorations are beautiful, shops are full of fabulous delights, and town centres have streetlights and Christmas trees, giving a magical air to the season.

This year will be a bit different. We may not be able to see everyone because of socialising restrictions, leading to using packing and delivery services a lot more to get presents to them. With lockdown ending at the beginning of December, our time for browsing the shops is restricted. The temptation can be to panic buy or buy everything online. These factors can have a negative impact not only on our finances, but also on the environment. Delivery vehicles, packaging, waste created by panic buying presents which are unwanted, don't last, or involve even more packaging, cause multiple problems and are not necessary.

One of the worst items for packaging and is very tempting to buy is the toiletries multipack – boxes of shower gel, lotion and the dreaded plastic net sponge which cannot be recycled. These are invariably packaged in a moulded plastic frame, may have ties holding items in place, all inside another box. If someone prefers a certain brand, why not buy individual pieces and put in a nice bag with a homemade decoration to personalise? This way you can buy the pieces they really like and will use – often with a pack there will be one item that they won't use. And ditch the plastic net sponge – they will be on the planet in the next millennium!

If you look back on your childhood, the presents you remember getting are few and far between, but the food, the people, the funny stories, they are the things you remember. I only remember one present I was given – a tiny tears doll. My mother made me gorgeous, matching outfits for it, using scraps of fabric she had been collecting, most of it from old clothes. I loved them all, and now my mother is gone I wish I still had some of those little outfits.

Of all the presents my parents struggled to buy the things I most

remember are the things that were made for me from scraps and cost very little.

A trend creeping in which can add pressure to finances and increase stress levels at Christmas is the Christmas Eve box. I understand how they help keep little ones occupied and hopefully therefore less manic, but it is more expense, more packaging, more road miles. Many people are struggling financially at this time so it would be nice not to have to worry about paying out even more.

So instead, on Christmas Eve try having a couple of hours with your children making Christmas decorations from waste? The West Sussex Recycling website has many ideas for creating decorations using items that are considered waste. Included are hanging decorations from padded envelopes and bottle tops, or even a wreath from toilet rolls. Doing family activities like this will use up waste rather than creating it. It also saves money, road miles and will go a long way towards preserving your sanity!

Most importantly, it will be remembered as a time the family sat down at Christmas and did something together which was creative and fun. These decorations will come out every year and will remind you of that time. That's why we call it Make Memories Not Waste!

Visit @WSRecycles on Twitter, Facebook and Instagram to see ideas for creating presents.
www.westsussex.gov.uk/land-waste-and-housing/waste-and-recycling/recycling-and-waste-prevention-in-west-sussex/waste-and-recycling-campaigns/make-memories-not-waste-campaign/make-memories-not-waste

Chichester District foodbank Petworth

Petworth Area Churches Together

www.chichester.foodbank.org.uk

## Feeding local people in crisis

Your donations enable us to provide three days of emergency food to local people in crisis. Working with local care professionals to identify those in need, we are able to provide short term relief and support as well as signposting people to organisations able to help solve the longer term problem.

Please help us to feed the hungry by buying some of the following non-perishable food items:

- Tomatoes - (Tinned)
- Tinned custard
- Sugar
- Orange juice (carton)
- Milk (UHT or powdered)
- Fruit - (Tinned)
- Breakfast Cereal
- Meat - (Tinned)
- Vegetables - (Tinned)
- Tuna / Fish - (Tinned)
- Pasta Sauce (Jar)
- Noodles (Dried)
- Tea Bags
- Rice Pudding - (Tinned)
- Chocolate
- Biscuits

Please donate to this food bank by putting any of the listed items in the box at the village shop. All items available From Vasu and Jeeva but all donations welcome! Any queries please ring Ann Brown on 01798 867561

# Other Churches

## Catholic Church

The Catholic Church of the Sacred Heart, Angel Street, Petworth, and St Anthony and St George, Duncton and The Divine Motherhood & St. Francis of Assisi Midhurst.
Parish Priest: Fr Peter Newsam **01798 342 169 email**: pp.petworth@yahoo.co.uk

**Sunday**

8.00 Mass at Duncton / 9.30 Mass at Midhurst / 11.00 Mass at Petworth

**Weekday Masses:**

| | |
|---|---|
| Monday | No Mass |
| Tuesday | 9.30am Mass at Petworth |
| Wednesday | 9.30am Mass at Midhurst |
| Thursday | 9.30am Mass at Petworth |
| | 12.00noon Mass at Midhurst Convent |
| Friday | 6.30pm Petworth |
| Saturday | 9.30am Midhurst |
| **Confessions**: | Petworth: Fridays 6.00pm |
| Midhurst: | Saturdays 10.00am |

*Occasionally there will be changes but when these occur notices are displayed at the relevant Churches*

## Midhurst Methodist Church

Minister: Rev David Muskett **01428 642921**
Sundays 10.00am Morning Worship
Body and Soul worship and lunch 12:30pm 1st and 3rd Wednesdays of the month (except in August)
Toddler and Carer group 10am Thursdays during term times

## Society of Friends (Quakers)

2nd & 4th Sundays 10.30am St Ann's, Midhurst
Anna Luttman-Johnson **01798 343333**

## Petworth United Reformed Church

Rev. Anne Lewitt, Minister
Secretary: Mrs Maureen Purser **01798 343 102**
Morning Service: Sundays 10.30am

## Petworth Area Churches Together

Friday Coffee Mornings At Petworth United Reformed between 10am and 11am – you will be made very welcome. Further information on PACT from Maureen Purser on 01798 343 102 or their website:
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| | mob. | 07984 606 214 |
| Murray West (local beekeeper) | eves. | 01798 867 048 |
| Citizens Advice Bureau | | 0344 848 7969 |
| Chichester District Council Enquiries | | 01243 785 166 |
| District Councillor Alan Sutton asutton@chichester.gov.uk | | 01798 342452 |
| Dog WardenOffice | | 01243 534 734 |
| Emergency Office | | 01243 785 339 |
| Empire Lunch Club Sarah Lydiard-Wilson | | 01798 867 567 |
| Foresters Arms | | 01798 867 386 |
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| Bellringing Point of Contact Reverend Vivien | | 01798 867199 |
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| Graffham Bowls Club | | |
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| | Secretary: Liz Pegram | 01798 867770 |
| Graffham Cricket Club | Bill Barrett | 01798 867 113 |
| Graffham Down Trust | Chairman: Jim Kirke | 01798 867 026 |
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| | Richard Davidson | 01798 867 232 |
| Graffham Garden Group | Martin Buckley | 01798 867 234 |
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| | Treasurer: Steve Dover | 07770 499223 |
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| | Andrew.griffith.mp@parliament.uk | |
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| | Treasurer: Diane Bellis | 01798 867 444 |
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| Clerk Tracy Rowe | graffhampc@gmx.co.uk | 01798 867 020 |
| Graffham Parish News | | |
| Editor: Rozie Apps | editor.graffhamparishnews@gmail.com | 01798 867 065 |
| Graffham Parochial Church Council (PCC) | | |
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| Church Wardens | Matthew Pitteway | 07557 539 695 |
| PCC Secretary | Diane Bellis | 01798 867 444 |
| Treasurer | graffhampcctreasurer@gmail.com Yvonne Butterick | 07808 781 510 |
| Lavington Park Federation | | |
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