



Photograph: Olga Forster

South Downs Living

48 Keymer Road, Hassocks
West Sussex BN6 8AR
Telephone: 01273 842550
Facsimile: 01273 842246
www.southdownsliving.com

South Downs Living is
published monthly by
Roger Booth Studio Limited

Publisher: Roger Booth

Editor: Connie Booth

Email: editor@southdownsliving.com

Advertising: Roger Booth

Email: sales@southdownsliving.com

Production and Design: Olga Forster

Email: olga@southdownsliving.com

Artwork/Repro:

Roger Booth Studio Limited

Contributors:

Margaret Ankers, Andy Brookes,
Les Campbell, Chris Clennett,
Claire Eford, Angelika Hajdecka,
Dr Louise Hallam, Alison Halliwell,
Rachel Lovell, Sue Maltby, Jean Martyr,
Graham Quantrill, Sophie Smith,
Annabelle Southall, Jane Standing

Printed by:

Newman Thomson Ltd, Burgess Hill

We print 12,000 copies of
South Downs Living and deliver
7,700 each month
to every home and business
in BN6 and BN45.

The remainder are distributed via ...
Tesco Superstore, Burgess Hill
Martlets Shopping Centre, Burgess Hill
Ditchling Museum, Ditchling
Garden Pride, Ditchling
Rushfields Plant Centre, Poynings
Budgens, Hassocks
Hassocks Station, Hassocks
The Coop, Hurstpierpoint
Concepts in Art, Hurstpierpoint

Whilst every reasonable care is taken with
all materials submitted to *South Downs
Living* the publisher cannot accept
responsibility for loss or damage to such
material. Opinions expressed in articles are
strictly those of the authors.

This publication is copyright and may not
be reproduced in any form either in part or
whole without written permission from the
publishers. While every care is taken,
prices and details are subject to change and
the publisher can take no responsibility for
omissions or errors. No responsibility is
taken for unsolicited submissions or the
return of submitted items.

Roger Booth
Studio Ltd is a
member of
the Periodical
Publishers Association



Contents

4-6 letters / news / events

What's On – Hassocks, Hurst, Ditchling & Plumpton;
How about a Christmas Festival – Rachel Lovell would like
a Christmas Festival in Hassocks; *Marathon for dementia* –
Liz Payne will run in this year's Flora London Marathon

6-11 home & garden

Therapeutic effects of gardening – Chris Clennett gives more
garden advice; *Embroidery around your home* – Sue Maltby
explains how embroidery can become a work of art

12 community

A circular walk from Albourne – Les Campbell takes us on
another of his lovely walks

15-16 pets corner

Fleas... let the battle commence! – Margaret Anker gives
some very sound advice on this all-year-round problem

16-17 cover story

The Friends of Villa Adastra – the history of this wonderful
home for the elderly

17 book review

Chocolat – another review by Hassocks Book Club

18-20 kids zone

List of *Local Groups*; *Kids' March Calendar*; *Jack & Jill
Playgroup*; *Squirrels Pre-School celebrates Chinese New Year*

20-21 young voice

Cracking liquid paraffin – parents were invited to
Downlands School to be taught by their children

22-23 food & drink

Spring is the time for renewal – Jane Standing writes
on what to give up this season to improve our health

24-26 health & beauty

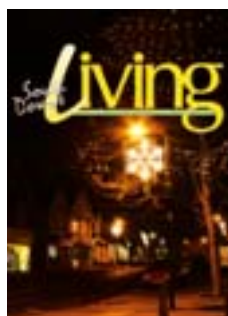
Hope in a jar... can beauty creams work? – find out by
reading this very informative article by Dr Louise Hallam,
an expert in this field

28 travel

The Winter Wonderland hidden in the mountains –
Angelika Hajdecka talks about her town in Poland

29 relax! / vacancies / classifieds**30 classifieds****Our recent covers:**

December 2005



January 2006



February 2006



Editor's Comment

Thank you for all your letters
praising the article on the Jack
and Jill windmills in February's
edition. We have published two
on our letters page. Please keep
writing to us – we do like to
publish interesting letters.

It is always nice to hear
about local people raising
money for worthy charities.
Liz Payne will be running in
this year's London Marathon to
raise money for the Alzheimer's
Society. If you would like to
sponsor Liz, please read the
article on page 5.

Villa Adastra was given to
the Salvation Army in 1928 for
the purpose of caring for local
elderly folk. Jean Martyr writes
about this lovely home and
some of its residents.

Young children love to go
to local groups and there are
so many in our area. We have
listed a few on pages 18 and
20. If we have missed your
group, please let us know.

I especially like the article
on why Downlands pupils
invited parents into school to
be taught a science and maths
lesson. I'm sure the parents
learnt a thing or two.

Can you write for our
'home' section? We are always
interested in new ideas.

STOP PRESS: Traffic wardens
seem to be enforcing all
existing parking restrictions
in Mid-Sussex, so be careful
where you park!

We need more distributors of
our magazine in the BN6 and
BN45 area. Please give us a
ring if you are interested.

Deadline for April is 7th March.
As always, thank you to all our
advertisers.

Connie Booth