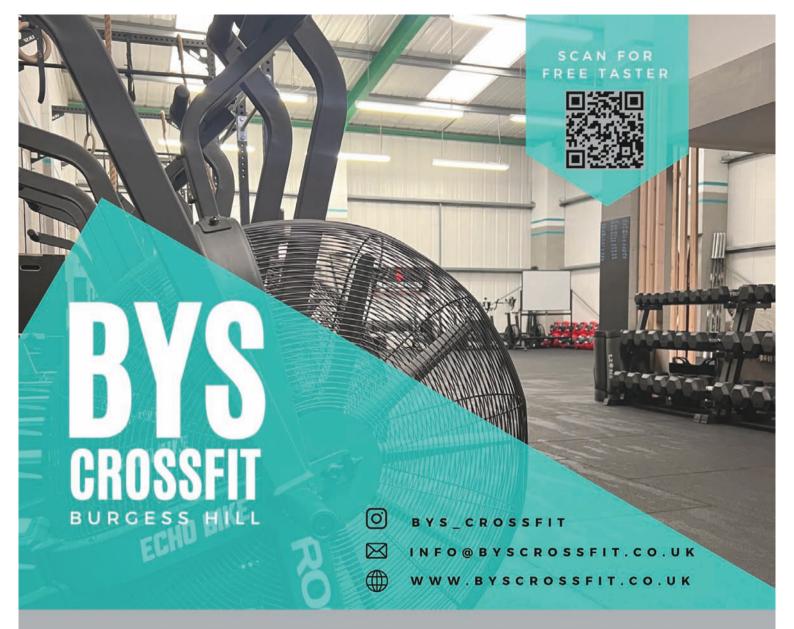


About Town

Issued by Burgess Hill Town Council Seasons greetings to all our residents

Inside:

Your Winter photos
Christmas opening hours
Upcoming events



CROSSFIT IS AN ALL IN ONE FITNESS PROGRAMME THAT BRINGS
EVERYTHING TOGETHER FROM MOBILITY TO HIGH INTENSITY TRAINING, WITH
A VARIETY OF FUNCTIONAL MOVEMENTS - CARDIO, GYMNASTICS, POWER
LIFTING AND OLYMPIC LIFTING.

Message from the Mayor

This year, it has been encouraging to see that many residents are attending Council meetings – asking questions and participating. We are all aware of the struggles faced by businesses in our town, and deeply regret this. One thing that



can be celebrated, however, is the community spirit shown by so many groups and individuals.

My chosen charity this year is **Burgess Hill Creative Community**, based in the Kiln; a
wonderful group of volunteers who are hosting
Christmas Crafts at this year's Christmas Lights
Switch On, as well as their own crafters markets
in the near future. There are so many brilliant
events for the residents of Burgess Hill to enjoy,
from **It's Christmas!** to the final **Wowzer Wednesday** of the year, which will see an ice
rink brought into the town centre for a day, in
the lead up to Christmas. There is even more to
look forward to in 2024!

Also encouraging is the increasing support offered by the Pantry, in reaching out to more of our residents in need. You can also help those in need this year, by donating to the Christmas Hamper Project.

Confucius: 'There are four words of which the Master barred the use; he would have no 'shall's, no 'must's, no 'certainly's and no 'I's'.

Burgess Hill Town Mayor, Janice Henwood

Season's Greetings to all of our Burgess Hill residents!

There's plenty of joy to look forward to, with the team at the Town Council organising a wealth of festive events and projects. The ever-popular 'It's Christmas in Burgess Hill!' returns on 25 November, with fun for all the family. There will also be a special festive market on Saturday 2 December. If that isn't enough festive spirit for you, the Help Point also has plenty of local goodies for your present shopping — see page 12 for details.

Thank you to everyone who submitted a photo this issue. It's always wonderful to see Burgess Hill through the eyes of our residents, and with a special wintery twist this issue. Our cover image from Terina Bryant depicts the historic St John's Church, with an illuminated covering of snow. Check out page 16 for the full selection.

Read on and enjoy!

Emily Bryant, About Town Editor

Cover image: Thank you to Terina Bryant for submitting this issue's cover image.







Editorial and Advertising

The next issue will be published in March 2024, the advertising and copy deadlines will be in January, exact date tbc. Please get in contact in advance of the deadline to reserve space.

Contact Details:

Advertising – advertising@burgesshill.gov.uk Editorial – abouttown@burgesshill.gov.uk **About Town** is published by Burgess Hill Town Council.

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Contents...

Messages	Page 3
Keep in touch	Page 4
Events	Pages 5-7
Help Point	Pages 9-12
Local News	Pages 13-15
Community	Pages 16-22

Keep in Touch

Find our latest news and updates on our social media:



@Burgess Hill Town Council



@BurgessHillTownCouncil



@BurgessHillTC

Receive a digital copy of **About Town** – sign up through our website: **www.burgesshill.gov.uk/ about-town-mailing-list**

Sign up to our Events Mailing List through our website to receive email notifications of ALL Town Council Events! We have plenty of exciting events coming up so make sure you are in the know – sign up here:

www.burgesshill.gov.uk/events-mailing-list



Christmas Hampers

This December, Burgess Hill Town Council are working together with local organizations and churches to provide and distribute Christmas hampers to those in need. We are asking the residents of Burgess Hill to help us provide these families with food this Christmas. You can drop your food items to the Help Point at 96 Church Walk, or The King's Church on the Victoria Industrial Estate.



Food items that are being requested are: sugar, tea bags/ instant coffee, tinned vegetables (carrots, peas, sweetcorn), pasta sauces, tinned meat, tinned fruit, tinned tomatoes, tinned custard, angel delight, jelly packets, tinned rice pudding, biscuits, jam, UHT milk, cereal, chocolate selection box, tinned fish, baked beans, tinned soup, pasta and mince pies.

The organizations working on the project are: Burgess Hill Community Foodbank, Burgess Hill Town Council, Burgess Hill Youth and The King's Church Mid Sussex. Organizations contributing financially to the scheme are the Foodbank, Burgess Hill District Lions and Clarions Futures. We are very grateful for their support of the project in 2023

We are especially encouraging residents to drop off items during the Christmas Lights Switch On event, on Saturday 25 November. The Help Point will be open for everyone to drop off their donations throughout the day.









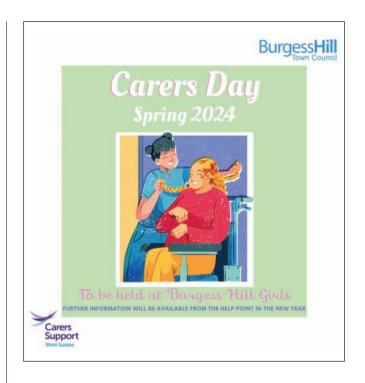
Save the Date – Health Screening Event

The Town Council are working on an event to be held on Saturday 2 March 2024, at Cyprus Hall. From 10am – 2pm, Burgess Hill residents will be provided the opportunity to have a Diabetes screening and their blood pressure tested. This would be ideal for those that are not currently being treated for any of these conditions.

Mid Sussex Wellbeing team and The Triangle Leisure Centre will be in attendance to provide support and guidance. Burgess Hill District Lions will be providing refreshments too!

Tests will be bookable in advance, but we hope to provide a drop-in facility on the day. Further information will be available in the New Year at the Town Council Help Point, and on our social media channels. If you have any questions, please call the Community Team on 01444 247726.







Holocaust Memorial Day Service

On Monday 29 January, Burgess Hill Town Council will be holding a remembrance service for Holocaust Memorial Day.

The theme of the day for 2024 is 'Fragility of Freedom', which reflects the restrictions and removals of freedom ahead of historical genocides. With 2024 marking the 30th anniversary of the Rwandan genocide, the theme reflects the slow erosion of people's liberties, before the horrors of genocide take place; as well as the bravery of those who risk their own freedom to help others.

To mark the occasion, a memorial service will be held with a range of readings, reflecting the theme of the day — including Lesley Urbach.

2024 is the 85th anniversary of the arrival of the Kindertransport in Burgess Hill, on which Lesley's mother was taken to safety during the Holocaust.

Orders of Service and full information on the event location and timings will be available in the lead up to the day.





WOWZER WEDNESDAY



WEDNESDAY 20 DECEMBER 10:30AM - 4:30PM

Join us in Church Walk for our synthetic ice rink!



Burgess Hill Town Council Help Point

Christmas and New Year Opening Hours

Friday 22 December	9am-12.30pm
Saturday 23 December	Closed
Sunday 24 December	Closed
Monday 25 December	Closed
Tuesday 26 December	Closed
Wednesday 27 December	Closed
Thursday 28 December	Closed
Friday 29 December	Closed
Saturday 30 December	Closed
Sunday 31December	Closed
Monday 1 January	Closed
Tuesday 2 January	Open

During the Christmas period, Help Point surgeries will be limited. You are advised to check with the Help Point before attending on **01444 247726**.



Help Point Surgeries

Unless otherwise stated Surgeries are by appointment only, 9am - 5pm. Book through the given contact number.

Tuesday

Mid Sussex Wellbeing: 10am - 3pm 01444 477191 (Bi-weekly)

NHS Audiology: 0800 622 6282

Workability: 01243 546035

Friday

NHS Audiology: 0800 622 6282

Daily Monday - Friday

Housing & Council Tax Benefit: Paperwork drop-off service 01444 477264







Emergency Numbers

Mid Sussex District Council (out of hours)	01444 458166	
Clarion Housing Group	0300 500 8000	
West Sussex County Council Highways Department	01243 642105	
West Sussex County Council		
Contact Centre	01243 777100	
Social Care (Adults)	01243 642121	
Social Care (Children)	01403 229900	
Citizens Advice	0808 278 7969	
Princess Royal Hospital	01444 441881	
Dental Emergencies (NHS Dentists) 111		



Tourist Information

We have been busy working away finding new events, places and days out across the whole of Sussex, to help keep your nearest and dearest entertained in the run up to Christmas!

Explore local hiking routes that criss-cross the absolutely stunning views from the South Downs National Park. Go back in time and see the rich and storied history of Sussex at one of the many museums we have. Take in a show at the Brighton Dome, the Hawth or one of the many independent theatres within the County.

We've been working hard to showcase the incredible selection of events and attractions occurring throughout Sussex this winter and beyond, updating our website and in-house offering.

To find out more, contact the Help Point Team on **01444 247726**, email **helppoint@burgesshill.gov.uk** or pop in to 96 Church Walk, Burgess Hill, RH15 9AS.



Expert advice on paying for care



Long-term care in your own home or in a residential care home is expensive, but with expert advice from independent financial specialists, Carewise can help you to make informed decisions on choosing and paying for the right care.

The Carewise care fees specialists are regulated by the Financial Conduct Authority and members of the Society of Later Life Advisers, so you can have peace of mind when discussing your finances.

Carewise could also help to protect your finances for the future. Contact Carewise to find out how you could benefit.









Help Point Shop

With the newly remodelled Help Point Shop being in its second year and Christmas fast approaching, we are excited to showcase yet again, a wide range of unique gifts from local small businesses.

From locally produced gin or craft beer, through to handmade artist's cards or a fun gift for your children, the Help Point Shop has you covered!

Additionally, we have some wonderful food items on sale, including honey from Sussex Bee Farm, jams & preserves from Perfect Preserves and craft beers from local brewery Silver Rocket Brewing.

The Help Point Shop is open as follows:

- Monday, Wednesday and Thursday, 9am-5pm
- Tuesday, 10am-5pm
- Friday, 9am-4.30pm

If you are interested in having your own pitch within the shop, please contact **Gemma Wallis**, call **01444 247726**, email **gemma@burgesshill.gov.uk** or pop in to 96 Church Walk.





Are you looking for a room to hire?

Burgess Hill Town Council's Council Chamber and Small Meeting Room are available for hire, 5 days a week (Mon-Fri), here at 96 Church Walk.

We boast:

- Central Location
- Parking Available Close-by
- Wheelchair Accessible
- Catering Options on Request



If you are interested in hiring one of our rooms, please contact
Sarah on 01444 247726,
email council@burgesshill.gov.uk
or pop in to 96 Church Walk.

OCAL NEWS

New Grit Bins

Following requests from residents, the Town Council is pleased to announce the provision of twelve new grit bins throughout Burgess Hill to help with icy conditions throughout winter.

The grit bins have been placed in the following locations: South Lodge Close, Leylands Road, Church Walk (by the post office), Cleveland Gardens, St Andrew's Church, Forge Way, Cornford Close, Howard Avenue, Silverdale Road, Noel Green, Wisden Avenue and Barons Court.

These grit bins will be filled once a year,

ahead of the cold winter weather. Residents are encouraged to help themselves to grit salt when needed.





Festive Rubbish and Recycling Collection

Recycling and rubbish collection will be altered over the festive period. To check your collection times, visit:

> http://www.midsussex.gov.uk/ waste-recycling



Brightening up the boxes

Holly Sellors a member of the Burgess Hill Artists painted her design on a Virgin Media box on the corner of St John's Road and Church Close. Holly's design illustrates St John's Church with three Martlet birds.

A Martlet is a mythical heraldic bird which is thought to represent the Swift or House Martin.



Martlets have been traditionally associated with Sussex for centuries and appear on the Sussex County crest.

The Town Council entered an agreement with Virgin Media for local artists to paint some of the media cabinets around the town. Any local artists wishing to get involved with this initiative please contact Liz at the Town Council, liz@burgesshill.gov.uk.

Other Virgin Media boxes around the town have had a makeover, details can be found on the Town Council's website www.burgesshill.gov.uk/virgin-media-boxes.



Supporting Young Carers

Burgess Hill Town Council are committed to supporting young carers in the local community, and assist Burgess Hill Youth (BHY) in their work to support carers aged 6-11.

In 2023, the young carers enjoyed a trip to the Panto at Burgess Hill Academy thanks to Burgess Hill District Lions and Burgess Hill Rotary. We assisted with BHY's 4 fun days at Fairfield Community Centre, including a lantern making session, which the young carers carried in the Summer Fayre Parade and The Mustard Seed Café provided the children with lunch. During the summer we visited Westall House for a science themed afternoon, with a minibus provided by Burgess Hill Girls. Currently, we are offering young





carers and their families free visits to see Father Christmas, thanks to The Budding Foundation.

If you would like further information or to register a young carer visit www.burgesshill.gov.uk/town-community/young-carers/ or contact Kayleigh@burgesshill.gov.uk

What is a Young Carer?

A young carer is someone who cares for another member of their household, who needs help because of their illness, frailty, disability (including SEND), a mental health problem or addiction. This includes traditional care activities, or there just being a significant impact on the children within the home.



Christmas Past in Burgess Hill

Thank you for all of your submissions of your festive memories of Burgess Hill.

To submit a photo for the next Spring issue, email abouttown@burgesshill.gov.uk.











Burgess Hill & District Rotary – Celebrating 75 Years

Burgess Hill & District Rotary is a club open to all genders and ages, which provides support through service projects or fundraising to both the local community and overseas.

Our members also enjoy meeting together socially and are involved with many local activities, including the Santa collections around the residential streets of Burgess Hill. Please look out for us and track our dates and progress on Facebook.

This November, we celebrate 75 years of Rotary in Burgess Hill. Our existing club, which has run continuously since 1948, continues to support many projects.

We have recently sponsored 15 fruit trees in the new community orchard. You may also have visited one of our car boot sales at the Burgess Hill Academy. We hold three per year and our next one is planned for Easter Monday 1 April.

Since 2022, we have been running a platinum jubilee project to purchase and supply 70 Water Survival Boxes to mark Queen Elizabeth's 70 years on the throne. The water survival boxes can supply a family with 100 litres of safe drinking water a day for 5 years. We have made a significant headway through fundraising efforts including individual donations, quizzes and a charity golf day. If you would like to contribute, please contact us as detailed below.

On 23 September we held an emergency collection to support the recent disasters in

Morocco and Libya. Thank you to everybody who donated towards that project.

Throughout the year, our members are involved in supporting our varied programme of events, including running Rotary Youth Debate, Rotary Young Musician and Rotary Young Technology competitions, for our local schools to celebrate the successes of our local youth.

As we move forward into the next 25 years of Rotary, and towards celebrating 100 years of Rotary in Burgess Hill in 2048, we need your help to ensure that we can continue to provide these opportunities. If you are interested in getting involved by volunteering some time or by joining us please contact us at www.therotaryclub.co.uk

James Gartrell, President



Burgess Hill Regeneration

For the latest news plus a helpful 'Frequently Asked Questions' section please visit:

www.burgesshill.net



Dementia Day Care Enterprise Exceeds Expectations

Tapestry Day Club provides stimulating, highquality day care in private family homes gives carers well-deserved time out

Tapestry Day Club is celebrating smashing its target of providing 10,000 hours of respite care over the past two years – by more than 3,000 hours. It has now supported more than 100 families since launching in 2019.

This not-for-profit enterprise offers innovative day care for older people living with early-stage dementia and in social isolation across Surrey and West

Sussex. Hosts welcome guests into their family home, offering transport, refreshments, a two-course, home-cooked lunch and optional activities within small groups of up to six guests.

Equally and possibly more important is the hours of "me time" the club provides to the carers of guests. Each time a guest attends a Tapestry Day Club, a carer will have a break of up to six hours.

Co-founder Clare Jones said: "That's why we started tracking just how many hours of respite care our amazing hosts facilitate. When Tapestry Day Club relaunched after the Covid lockdowns, we provided 558 hours of respite care in the three-month period from July to September 2021. The data shows a steady, positive trajectory every quarter since then. However, in our most recent quarter, we surpassed ourselves – providing a staggering 2,730 hours of respite care."

This measure of success has been initiated by the many messages the club regularly receives.

Louise, daughter of a guest, said: "Tapestry has been a godsend for us. Mum loves it and can't wait to go off with her host. She comes home so happy, and anything that has been

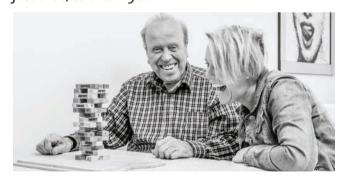
bothering her seems to disappear."

Brenda, daughter of a guest, said: "Thank you for being the most wonderful lifeline for us."

I have a few hours to myself. Not involving John all the time is relaxing. I use the time to go to an exercise class at the moment, without worrying about returning home or being contacted."

Wife of guest John said: "It means

Husband of Anne said: "I like to go out for lunch with friends, but actually it is nice to have a rest at home and do very little, too. I enjoy being at home alone. Having these few hours gives me time to do just that, so thank you."



Please get in touch by email on support@tapestrydayclub.co.uk
or call 01403 791020

St John's Church Organ Appeal

St John's Church has been at the heart of Burgess Hill for 160 years – it was dedicated in 1863. At its heart is its pipe organ, one of increasingly few left in this country, first played as far back as 1889!

Its music has accompanied weddings, christenings and funerals for the community, as well as regular Sunday services. Unlike many churches, where the organ

has been replaced or disposed of, the people of St John's have kept the organ in use.

But with all machinery, there comes a time when



you need to do a complete overhaul – and that time is now.

Since June, the organ has been taken apart, and is in the process of being repaired, cleaned, adjusted and made fit so that the organ will be there for the generations to come.

We've already raised over £50,000 of the target £80,000. We are asking for the Burgess Hill community for help — any donation (which can be gift-aided) will be

very gratefully received.

Visit stjohnschurchbh.org.uk to see the pictures as we progress.

01444 472700 info@tisshawssolicitors.co.uk tisshawssolicitors.co.uk

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Burgess Hill Choral Society Christmas Concert

At our Christmas concert, Burgess Hill Choral Society will perform Vaughan Williams' moving Fantasia on Christmas Carols and Rutter's beautiful Magnificat. We shall be accompanied by South Downs Sinfonia who will also perform Hely-Hutchinson's popular Carol Symphony. In addition, there will be carols for choir and audience. What better way to usher in the spirit of Christmas?

Vaughan Williams' love of Christmas is reflected in his wonderful Fantasia on Christmas Carols which consists of arrangements of four traditional carols.

Rutter's Magnificat is composed of seven movements each of which has its own mood, from great joy to quiet reflection and the work

Burgess Hill Help Point, www.ticketsource.co.uk/burgesshillchoral

Burgess Hill Choral Society

Magnificat
Rutter

Fantasia on Christmas Carols
Vaughan Williams
Carol Symphony
Hely-Hutchinson

St Andrew's Church
Burgess Hill

Tickets: £15.00 in advance, £16.00 on the door, Students and under 18s £5.00
From: Burgess Hill Help Point, www.ticketsource.co.uk/burgesshillchoral 07522 493966

contains what many have described as Rutter's best melodic writing.

Hely-Hutchinson's Carol Symphony is composed of six well-known carols set to rich orchestration.

The concert takes place on Saturday 2nd December at 7.30pm at St Andrew's Church, Burgess Hill, RH15 OLG. Tickets (£15 in advance, £16 on the door, £5 students and under-18s) are available at: www.ticketsource.co.uk/burgesshillchoral, from Burgess Hill Help Point, on the door, by phone 07522 493966, or visit our website at www.burgesshillchoral.org.











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Thirty 30 – A Good Read

Thirty 30 is a collection of writings and photographs by Burgess Hill u3a's Creative Writing and Photography groups. The book

is a celebration of the groups' work and is published as part of BH u3a's 30th anniversary celebrations.

The stories and poems vary extensively, some funny; some serious; a scary ghost story; a murder; intrigue; romance and naturism.



They are all in these stories but in the best possible taste! It's a book that can be read from cover to cover or dipped into at will. That makes it perfect for airport lounges, train journeys, beaches, gardens, flights or just as a delightfully good read.

The original intention was to have thirty writings and thirty photos. However the range of talent within the two groups meant that thirty was not enough. Consequently there are more of each — an added bonus.

The book is available from Amazon at £5.99 (+p&p), search 'Thirty 30 u3a'. Alternatively, you can purchase the book at any of the u3a's meetings. The next dates will be 18 January (Information and Renewals), and 5 February (Grace Darling), at Cyprus Hall – doors opening at 9.45am for 10.30am start.

All profits from the book will go to BH u3a.

Scouts Christmas Post Returns

The popular annual fundraising Scouts Christmas Post service will return once more this Christmas. For a donation of 60p per card, the Scouts will deliver your cards to any RH15 postcodes, with all funds raised to the 7th and 8th Burgess Hill Scouts.

Starting from 19 November, the post boxes will be in the Town Council Help Point (96 Church Walk), Waitrose, Tesco, St Edwards Church, St Andrews Church, Co-op stores,

and Jupps Fish and Chips. Last collection will be midday 19 December, with delivery commencing 20 December.

The Scouts are grateful for the ongoing support of this vital fundraiser, and wish you a Merry Christmas!





Christmas Meat Hampers 2023

Come and support your local butcher this Christmas

Simply ring us on: 01444 400622/400396, pop in the shop or go online and order www.handcrossbutchers.co.uk



To keep the price the same as 2022, we are inviting you into the shop to collect, as we have limited deliveries left on 21st, 22nd and 23rd

16lb Fresh Turkey, 3lb Topside of Beef, 3lb Gammon Joint, 3lb Pork Joint, 1lb Pork Sausage Meat, 1lb Back Bacon, 12 Pigs in Blankets (sausages wrapped in bacon), Packet of Sage and Onion stuffing & 6 Mince Pies

Don't delay -contact us today!