

The Parish Magazine

Reaching out to the community

MAY 2024



ST. GEORGE'S, BREDE



ST. MARY'S, UDIMORE



The Benefice of Brede with Udimore: Beckley & Peas marsh

Benefice Clergy

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ST. GEORGE'S CHURCH, BREDE

<https://www.stgeorgesbrede.org.uk/>

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THE PARISH CHURCHES OF ST. GEORGE, BREDE and ST. MARY, UDIMORE

Worship in our Parish Churches centres on the Holy Eucharist at which members meet together to offer themselves to God, and draw strength for their daily lives.

Our churches are open for prayer during the day.

WEEKDAY HOLY COMMUNION AT BREDE

Wednesday 10.30am

SUNDAY SERVICES

BREDE

Sung Eucharist at 9.30am on 1st, 2nd, 3rd and 4th Sunday

UDIMORE

Holy Eucharist at 11:15: - 1st, 3rd & 4th Sunday

Family Service at 11:15 - 2nd Sunday

PLEASE NOTE THERE WILL BE A BENEFICE SERVICE ON THE 5TH SUNDAY OF THE MONTH AT 10:00AM.

THIS SERVICE WILL ALTERNATE BETWEEN
THE FOUR CHURCHES IN THE BENEFICE.

DETAILS OF THE BENEFICE SERVICE WILL BE GIVEN IN
THE 'PARISH SERVICES' PAGE AT THE BEGINNING OF THE MAGAZINE.

For those who are sick, housebound or aged, it is a privilege to bring the Blessed Sacrament to their home at any time – day or night.

Those seeking Baptism, First Communion or Confirmation for themselves or their children, Marriage, the Laying on of Hands, Anointing in times of sickness, or Funerals should contact the Rector directly

BREDE AND UDIMORE PARISH CONTACTS

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The Rectors Pen - May 2024



Mary's Month of May

Two young boys went to stay overnight with their grandparents. As they prepared for bed, they bid their grandmother good-night & knelt to say their prayers (Grandma insisted!) in front of the picture

of Mary & Jesus which hung on the wall in the spare bedroom. In their prayers the boys asked God to protect their family & then one of them asked Mary, the Mother of Jesus, very loudly, to help bring him a bicycle for his birthday later that year. His brother immediately told him to quieten down, "I'm sure Our Lord's Mother isn't deaf!" he complained. "I know", replied the older boy, "but Grandma certainly is!"

In the first chapter of St Luke's Gospel, the Blessed Virgin Mary pays a visit to her cousin Elizabeth who, despite her advanced years, is also expecting a child. Upon her arrival, Elizabeth describes Mary as being 'blessed'. Mary is blessed because she believed in the Lord's promise to send a Saviour & because she responded willingly when asked to play the central role in what was to follow. Elizabeth praises the Lord for the wonders he is doing 'in' & 'through' her cousin's humanity & through Mary's faithful response to his call. This episode reminds us that our prayer can also be one of praise for what God has done through Mary. In honouring Mary as the 'Mother of our Saviour', we acknowledge our common bond with her humanity & we draw strength from her example of faithful obedience but, more importantly, we also give thanks to God for the Christ that she is helping to bring forth. Mary is a sister in our humanity, a companion in our faith & mother of the one who came to save us all.

As such, she is not only someone who should inspire & encourage us but she is a constant reminder to us all that we all need to bear Christ to a waiting world, to bring him forth in our own hearts & lives. Elizabeth honoured Mary because she recognised what God was doing in & through her. Perhaps we could do the same as we acknowledge the presence & potential of Christ in everyone we encounter. We might also consider making a pilgrimage to one of the various sites & places associated with Mary. This year, the benefice pilgrimage to the National Shrine of Our Lady of Walsingham will be from the 27th – 30th of September. If you would like to join this year's pilgrimage group, please do not hesitate to contact me.

Later this month I'll be paying my first visit to Worth Abbey, where I will be undertaking a three-day silent retreat. Worth Abbey is dedicated to Our Lady, Help of Christians, which is celebrated on May 24th. The feast day was first instituted by Pope Pius VII in 1815 in thanksgiving for the defeat of Napoleon at the Battle of Waterloo. It will be an opportunity for me to experience something new, different & I hope, a chance to rest & pray. I look forward to telling you all about it in a later edition of this magazine. I leave you with one of the earliest hymns & prayers to Mary, **Sub Tuum Praesidium**, which dates to the 4th century, and which speaks powerful of Mary's maternal charity, who ceaselessly prays to her Son for all Christians who still wander this world in the midst of dangers & difficulties, until they are led to the happiness of their eternal home.

We fly to thy protection,

O Holy Mother of God;

Do not despise our petitions

in our necessities,

but deliver us always, from all dangers,

O Glorious and Blessed Virgin.

With every blessing for a happy & holy month of May!

Father Owen

Parish Services for May

St George's Brede

Sun 5th : 9.30am Holy Communion
 Wed 8th: 11.00am Eucharist
 Sun 12th: 9.30am Holy Communion
 Wed 15th: 11.00am Eucharist
 Sun 19th: 9.30am Holy Communion
 Wed 22nd: 11.00am Eucharist
 Sun 26th: 9.30pm Holy Communion
 Wed 29th: 11.00am Eucharist

St. Mary's Udimore

Sun 5th: 11.15am Parish Eucharist
 Sun 12th: 11.15am Parish Eucharist
 Sun 19th: 11.15am Parish Eucharist
 Sun 26th: 11.15am Parish Eucharist

Table of Readings for May

Sunday 5th - 6th Sunday of Easter

First Reading: Acts 10:44-48
 Psalm: 98 - 1
 Second Reading: John 5:1-6
 Gospel: John 15:9-17

Sunday 12th - 7th Sunday of Easter

First Reading: Acts 1:15-17, 21-26
 Psalm: 1-1
 Second Reading: John 5. 9-13
 Gospel: John 17:6-19

Sunday 19th - Pentecost Sunday

First Reading: Acts 2:1-21
 Psalm: 104:24-34, 35b
 Second Reading: Romans 8:22-27
 Gospel: John 15:26-27; 16:4b-15

Sunday 26th - Trinity Sunday

First Reading: Isaiah 6:1-8
 Psalm: 29
 Second Reading: Romans 8:12-17
 Gospel: John 3:1-17



Little Giants at Brede: We had an excellent Easter party organized by Little Giants this year. We had 61 people in total. We had two different types of scavenger hunts, one that was riddle based for older children & a simpler one for really young children.

We had crafts, which the children hung on our Easter tree & lots of games, toys, story time, music & a piñata. Most importantly, we had a very special guest from Brian Firman, Brian Bunny', who passed out eggs to the children who solved the hunt!

Some of the Mums who organize Little Giants with Brian Bunny. Missing from photo: Hannah Jee and Lesley Curtis. "



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Jim's Jottings....

Valuing Adults with Autistic Development Syndrome – Part 1.

We are all different. We all rejoice in being ourselves. We all vary in personality, life experiences, the skills we have and the genes like red hair or the blue eyes we have inherited. We can change if we want to – but it's always our choice. What if we can't?

ASD stands for Autistic **Development Syndrome** (the last word is the posh word for a symptom). As well as children, we are now finding more & more adults as being somewhere on the scale that's called the Autistic Development Syndrome. It's not a mental illness, nor does it mean you have a learning difficulty. It is cruel to label them as weird, crazy or simply "one of those." Many people on the scale are or were geniuses, like Alan Turing.

So what's it like to be on the spectrum as it's called? Take a moment to look back on your life as a teenager. Do you remember the times when you found it difficult to find & make friends? When you did, you found they seemed to have their own words or terms for things or talk in riddles. It was difficult for you to chat with them. So it possibly made you wonder if the best thing for you was to be on your own. Your behaviour also seemed to be different to theirs. Perhaps you found it difficult just to have people around you or feel part of a group. You became extremely anxious around other people. The others may have called you a "swot" because you always had your head in a book. But this is where you felt happier. At University or College you spent a lot of time on your studies, but couldn't cope with other things that were part of student life. You also might have had a particular interest which grew into being an obsession, which seemed to take over a large part of your life?

Now, just think of experiencing those feelings as you are now, but in a intense form every day. That's something of what it is like to be an adult on the autistic spectrum. If you think you are, then you'll find in this country, there seems little help. As with diagnosing children today, it will take you years to get a diagnosis on the NHS. So it's left to us to understand & then accept them as having the same value as anyone else, including us. Adults with ADS are also people. They are affected in different ways. Autism is something you're born with. You can't grow out of it, neither can you be "cured". But just like you & I, people with ADS have their own personal way of understanding the world which is different. People have Autism in varying degrees – it's a sliding scale. That's why it's called a development syndrome. This marks how far you are on the Autistic scale. Think of a thermometer. Some people with autism will register at 10 degrees, others at 20, 30 degrees or higher, depending on how severe their symptoms are.

If you watch the fictional police series "Astrid" on Channel 4 or All 4, you'll know of Astrid who works for the Paris police force as an Archivist. She's at the high end of the Autistic Spectrum. Watch how her hands work away to express how she's trying to cope with the world around her. This also helps her explain things in a highly factual way, whilst showing little or no emotion at all. Outside her work, Astrid's interest is in solving very complicated wooden puzzles or playing the same piece of music over & over again, just so that she can analyse it. Preferring to be on her own, she does interact with Raphaele, a police inspector. But in exchange for helping Raphaele solve a particular crime by offering very minute facts she's seen, she accepts Raphaele's help in showing her how to live in what those on the Autistic Spectrum call a neurotypical world, which is what those with Autism see us living in. But as you & I do, Astrid sees things that others don't.

Next month: *How do we help those who are on the Autistic Scale?.....Fr. Jim*



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BREDE VILLAGE NEWS

Brede Design with Flowers

We now meet on the **4th Thursday of the month**, (directly after Little Giants) in **St George's Church Brede**. If anyone needs to meet in the afternoon or evening please let me know. Last month the ladies ably did a water design, This month is a "**Design in a kitchen gadget.**" This can be quite fun & the whole session is fun & laughter. It always is with flower arranging , it also is a very friendly group. Please do not worry if you have never put a flower even in a vase it is amazing how quickly you can pick up this wonder form of art. Please contact me if you would like to know more



Rhiannon Oliver

Anyone wishing to join please contact

Rhiannon Oliver 01424 882037 r.oliver641@btinternet.com



Brede Friendly Circle - Last month due to various reasons only 4 of us went to the Waterside cafe at the Fish Farm at Hawkhurst . We had a good chat & put the world to rights. We hope our friend Eileen gets well soon as she has been very poorly. We also had our Christmas menus, it caused amusement & consternation that we are choosing so early in the year. This month we are meeting on **Wednesday 15th May** at **Silcocks Nr Tenterden** for coffee, it is further than we usually go but it should be interesting. *Rhiannon Oliver - Acting Chair*

Please contact either **Carol 01424 883262** or **Rhiannon 01424 882037** if there is a problem or if you would like to join our friendly group.

Brede Luncheon Club - The first day of Spring had just passed & Easter was on the horizon when the Lunch Club met in March at the Red Lion. At this well attended Lunch, members enjoyed Gary's seasonal meal of lamb & leek pie, a medley of vegetables, a creamy rice pudding & rhubarb compote dessert. A big 'Thank you' to Gary & the catering team for their efficient & excellent service. Next Lunch Club date:



Tuesday 28th May at 12.30 pm at the Red Lion.

For Information - Frances Parnham—Secretary & Membership: T. 01424 882007

CLASSIFIED ADS

The Parish Magazine
Reaching out to the community

Standard Quarter Page Advert
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For details please contact

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UDIMORE - St. Mary's Hall - Classes & Activities

ADULT BALLET: Thursday 11.00 -12.00am

Aisha Jamieson 0788 435 5818

PILATES: Monday - Thursday 9.15 - 11.15am (*Term time*)

Susan Taber: 07858 518504 susantaber66@yahoo.co.uk

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UDIMORE - St. Mary's Hall - Hire

Planning an event - Looking for a venue?

Our Hall nestling next to the Church and set amidst orchards, is bright & modern with central heating, a large car park, a well fitted kitchen & disabled facilities.

Monday – Friday **£12.00 per hour (Events 1 to 6 hours duration)**

Events on Friday may have to finish by 14.00pm if there is a weekend wedding

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Fri & Sat 08.00 - 23.30 (max 15.5 hrs) £350.00

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For all further details and booking, please contact:

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Brede WI - Brede WI April is Brede WI's Birthday month and this year we are celebrating our 97th Birthday!

The business part of the meeting covered past and forthcoming events. The group of members who attended the ESFWI's Annual Meeting in Eastbourne reported that they'd had an interesting & enjoyable day. The two guest speakers were excellent; Patrick Grant-

familiar to many as a judge on BBC TV's 'The Great Sewing Bee' - & Emma Holland-Lindsay, NFWI's Head of Public Affairs.

A visit to Hole Park for a Bluebell Walk & lunch, has been arranged for early May & our Spring Lunch will be at the Brickwall Hotel in mid May. The NFWI's Annual Meeting this year, takes place in June at the Royal Albert Hall, in London. The Resolution that has received the most votes nationally for debate is: 'Dental Health Matters'. WI members are asked to discuss the Resolution at their own meeting & cast a final vote, allowing their delegate to vote on their behalf at the AGM. We at Brede unanimously supported the Resolution.

Two of our members celebrate their birthday in April & they were each given a pretty pot plant and card, with our good wishes!

Like at all good birthday celebrations we had lovely party food that our members had provided & a special Birthday Cake, baked & decorated by Beryl Jenkins. But before the tea & to get us into true celebratory mood, we divided into teams ready for Joy Wild's fun Quiz, which covered a variety of topics & proved quite a challenge. There were no prizes for the winners (boo!) but they did get a loud cheer & clap! Our Birthday tea was delicious & the drink very welcome after all that concentration & wracking our brains for the answers to the questions! And...judging by the happy, smiling faces of our members as they left the hall, it seems that a good time was had by all!

Diana Good won The ACWW Competition, a pretty cup and saucer, .

The ACWW Competition, 'An Item of Criminality'".

Diary date: Our next Meeting on Wednesday 8th May at 2.00pm in Brede Village Hall , we look forward to welcoming Julia Quenzler Court Artist.

Frances Parnham

For information on Brede WI please contact Beryl Jenkins T: 01424 883475

theWI
INSPIRING WOMEN



Open Garden

5th May, 2.30pm - 4.30pm

2 Bellhusrt Cottages, Chitcombe Rd. TN31 6EU

Entry is £2.00 Cream Teas £3.00 Plant stall

Entry is the other side of No3 along the red brick wall.

All money will go to Family Support Work. We look forward to seeing you, please support us!



UDIMORE VILLAGE NEWS

Service and Installation of a Permanent Memorial in Udimore for

Royal Engineer Bomb Disposal Team

Billingham Farm TN31 6BD, Monday 6th May at 11.00am
(assemble 10.30am)

This special event is being arranged by a retired member of Army Bomb Disposal Team, Peter Wheeler, who will conduct a short service & install a Permanent Memorial to - **Lt. Cunningham and Sgt. Mack** the two Royal Engineer Bomb Disposal team members who lost their lives in 1944.

They had been trying to defuse three bombs which had been unloaded in **Backdoor Field at Billingham Farm** whilst returning from a London raid in 1940; but had lain undisturbed until the Ministry of Agriculture wanted to return the land to production in 1944. Two bombs were successfully defused but the third was booby trapped and the men died in the explosion, Their graves are at Catsfield; but there is no Memorial where they died, here in Udimore.

Relations & others connected to this sad history (some from Overseas as Lt. Cunningham came from the USA) have been invited to this Memorial Service at Billingham. They will then hold a Re-union at **Rye Waterworks Micro Brewery TN31 7UL**.

People from in and around Udimore who would be interested in attending this low-key Service are very welcome to come and join in and show support. There will be guided parking.

For more information contact: hackingnan@btinternet.com



BREDE Village Hall - Hire

Brede Village Hall

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- **All hiring sessions terminate at 11.00pm**

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Penny Williams: villagehall.brede@gmail.co.

Chairman: Rod Came

Email chair@bredevillagehall.org.uk

Bookings can also be made online

<http://www.brede-pc.org.uk>

Go into village hall screen and make provisional booking, this is then automatically emailed to me for verification, you can always go back onto the site later to see if you provisional booking in grey has changed to green which means it is then booked. An Invoice will be then sent to you for payment for your booking. Please supply a postal address.

BREDE Village Hall - Classes & Activities

ADULT BALLET: Thursday 11.00 – 12.30pm

Aisha: studiojamie@icloud.com

BREDE LUNCHEON CLUB: 4th Tuesday , The Red Lion, Brede, 12.30pm

Frances: 01424 882007

CRAFTERS: Last Wednesday of the month 2.00pm

FARMERS MARKET: Friday 10.00 – 12.00pm

JAZZ DANCE & STRETCH: Thursday 9.45 – 10.45am

Aysha: studiojamie@icloud.com

LITTLE GIANTS BABY & TODDLER GROUP: Thursday 9.30am

(Term Time) St. George's Brede.

MOTHERS' UNION - 1st Wednesday, St George's Rectory, 2.00pm

Mrs. Rhiannon Oliver 01424 882037

NATIONAL TRUST Rye & Dist. Ass.: 3rd Thursday of the month 2.00pm

Louise Hull: 07791383323

PAINTING FOR PLEASURE: 1st, 2nd, 3rd Tuesday 9.30 – 12.30pm (in the months that have 5 Tuesdays there will be an extra class)

Ann Cootes 01424 882524

PILATES: Every Thursday 6.30 – 7.30pm

Geraldine: 07811141873

SHORT MAT BOWLS: Every Friday 7.00pm – 9.00pm

Sue McGavin 01424 883566 / Lynne Bramley 01424 882252

VOCALITY: Every 1st, 2nd & 4th Thursday, 2.00 - 3.30pm *(Term Time)*

Nadia: 01424 8882948 nadia.florence@btinternet.com

WI: 2nd Wednesday of the month 2.00 – 4.00pm

Beryl: 01424 883475

YOGA: Tuesday 7.30 – 8.30pm

Jodie: jpcreaser38@gmail.com

YOGA: Wednesday 9.30 – 10.30am

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All classes in term time stop over half term & school holidays

For information: Penny Williams 07541 263 991 - Or Just Turn Up!

UDIMORE VILLAGE NEWS



A FARM WALK INTO THE BREDE VALLEY

followed by

AFTERNOON TEA

Saturday 18TH May, 2.00pm

Udimore Hall TN31 6BB

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Children £4.00

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Friends of St. Mary's Church , Udimore
Charity No. 292990



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Cake stall, plant stall, raffle

St michael's hospice

Race the Rother - Sunday 12th May, 12.00pm - Are you a keen stand-up paddle boarder? Or do you have a sense of adventure & love splashing about in beautiful countryside rivers? Join St Michael's Hospice for Race the Rother, a stand-up paddle board event in Bodiam for all the keen SUPers, with a choice of a 3km or 5km paddle. Will you paddle to victory this spring and be the champion of the river Rother? Don't worry if you're new to stand-up paddle boarding, or simply don't fancy a race, as you can take part in the family session after the main race has taken place. The event takes place from **The Hub, Bodiam, TN32 5RA**. **To find out how to get involved, visit stmichaelshospice.com or call 01424 456396.**

Our Future Hospice - St Michael's Hospice's Board of Trustees has announced its intention to build a brand-new hospice to provide enhanced end-of-life care & support to the community of Hastings & Rother. This decision comes after careful consideration of the increasing need for hospice services & the challenges of operating from the current aging facility, which wasn't designed for modern palliative care. At this very early stage, the Hospice are exploring the possibility of developing the current site, as well as considering other locations.

Susan Munroe, Chair of Trustees, says "Our duty is to the community we serve & we believe that our community deserves their care to be provided in the best possible environment. We are very excited at the prospect of creating a new facility that the whole community can take pride in; a welcoming and comfortable place for people when they need it."

To learn more about this news, please visit stmichaelshospice.com/newsroom. If you have any comments or questions, email info@stmichaelshospice.com.

Hospices to Holland - Haven't thought of a New Year's Resolution yet? Or maybe you have & are searching for the perfect challenge? Well look no further! Embark on a challenge of a lifetime in **June 2024** & take part in a cycling adventure from East Sussex to Amsterdam, in support of St Michael's Hospice! St Michael's Hospice & St Wilfrid's Hospice (Eastbourne) are teaming up on this exciting ride along the picturesque south coast before crossing the channel to embark on an unforgettable cycling experience through four different countries. As they make their way through France, Belgium, & Holland, there will be the opportunity to explore & appreciate the diverse European countryside. Expect to pedal past stunning beaches, picturesque waterways & idyllic tree-lined canals adorned with charming windmills. To reserve your spot, please visit the Hospices to Holland website www.hospicestoholland.co.uk or speak to the Fundraising team at fundraising@stmichaelshospice.com or by calling 01424 456396

Rye & District Association



All are welcome to our events. Walks start 10am and are 5 to 6 miles, £3 only. Talks start 2pm at Brede Village Hall, entry including refreshments, £5 or £10 for non-members. Do come along, we are a friendly group

Walk: Tuesday 7th May: Enjoy a walk around the Scotney Estate and beyond, returning to The Chequers Lamberhurst for a nourishing lunch.

Spring Lunch: Saturday 11th May: Brickwall Hotel, Sedlescombe -

The Brickwall Hotel is a charming 16th century Tudor mansion overlooking the pretty award winning village green. This is a wonderful opportunity for us all to get together & enjoy good food & conversation in a really attractive setting. **If you wish to join contact Membership Sec. Dee Williams, 07760-115413, or Louise Hull, 07791-38**



Talk: Thursday 16th May Gilly Halcrow: 'The Shetland Bus WWII'. The



story of the brave Norwegian sailors who kept links open between occupied Norway & Britain during WWII, taking SOE agents in & escaping refugees out, in the face of sub-Arctic storms & the Nazi war machine. Gilly Halcrow is an accomplished speaker whose father, Colonel Ernest van Maurik, was an SOE veteran.

Outing: Firle Place & Lewes, Tuesday 4th June 2024

A trip not to be missed! We visit Firle Place in the morning & Lewes in the afternoon. Firle Place has been the home of the Gage family for over 500 years. It's a house with a rich history & extraordinary collection of old master paintings, porcelain & furniture. It sits in the heart of the South Downs National Park. The afternoon offers the opportunity to explore the county town of Lewes, with its antique shops, cafés & medieval streets. **Cost including Firle entry & guided tour, £49.50 pp.**



If you wish to join our association, or just come along, contact Membership Secretary Dee Williams, 07760-115413, or Louise Hull, 07791-383323.

John Wright

AROUND THE BENEFICE

FLOWER FESTIVAL 2024

10am - 5pm St. Peter & St. Paul Parish Church, Peasmarsh, TN31 6XE

FRIDAY 24th - MONDAY 27th May

Let's Go Shopping



There will be delicious refreshments available in the Stable Tea Room and a wonderful selection of shrubs and plants for sale on the Plant Stall. Children will find plenty to keep them busy including the 'Church Mouse Trail'. Other events on Sunday include the East Surrey Morris Dancers entertaining us at 11.15am and a Floral Evensong Service at 5pm to end the day.

Do come & join us.

For more information, to volunteer to help or to share in the fun of creating a flower arrangement of your own please contact Deirdre on 07826 723 409.



Hail Bounteous May, that dost inspire
Mirth and youth and warm desire
Woods and groves are of thy dressing
Hill and dale both boast thy blessing ...
....John Milton- Song on a May Morning

Spring is such an uplifting time of year with the whole garden bursting into life & the woods around ripe for foraging.

If you are new to foraging – wild garlic is a good place to start. It's easy to recognise as you can often smell it before you see it & the delicate white flowers are beautiful. It loves a damp soil, in woodlands & by streams & rivers. There are so many ways you can use it : make pesto, add it to soups & salads or mash it through some butter to make a flavoured butter for fish or meat.

Asparagus with Wild Garlic & Lemon Chopped Eggs

Serves 4

20 Asparagus spears

1 tbsp olive oil

2 eggs, hard boiled and chopped

1 tsp finely chopped shallots,

1 tbsp chopped fresh wild garlic bunch of wild garlic flowers

Dressing

Juice & zest of 1 lemon, 1tsp Dijon Mustard, 80ml extra virgin olive oil

Toss the asparagus in the olive oil and season with sea salt and freshly ground black pepper. Heat a griddle pan until very hot, then cook the asparagus for 3 minutes on either side.

For the dressing whisk together the lemon juice and zest, shallot, wild garlic and mustard. Season with salt and pepper, then whisk in the olive oil in a slow stream.

Toss the grilled asparagus with 1 tbsp of the dressing then divide among four plates. Gently stir the rest of the dressing onto the chopped eggs and spoon onto the dressing. Scatter with wild garlic flowers and serve.



Easy Fruit Sorbet for your fresh spring menu! - Blend & freeze soft fruits.



Whether using blueberries, strawberries, or peaches, you'll need to add a little sugar to bring out the fruit's flavour. Make a simple syrup with water & sugar to incorporate sweetness. This can be stored & used for everything. Once blended, you can eat it immediately or keep it in the freezer. For something a little creamier, try adding some coconut cream

MAY..... is a good month for listening to the orchestra of birdsong that reverberates round the countryside, with **International Dawn Chorus day taking place on the 5th May.** Heralding a morning the common chiffchaff can usually be heard singing from the treetops with it's uplifting, repetitive, onomatopoeic "chiff - chaff" song that has earned it it's name. Often confused with the Willow Warbler, this dainty bird sings persistently through to July and is easily identified by it's distinctive song., which no other warblers have. It's charm lies in it's unassuming plumage, with olive brown above and pale yellow below . It usually has a pale eye stripe and dark legs, though not always. Chiffchaffs nest close to the ground in dense vegetation, with five to six eggs laid in May or June and two broods may be raised each year.



MAYwith spring awakening, we too look afresh at our gardens, and there is always a fresh idea or new plant to set in place. This year a glorious little treasure has come to light - **"Grandad's Garden Treasures"** Jim and Tim, two gorgeous grandads have set themselves up in what was the Three Legs Brewery between Udimore and Broad Oak . So if you are looking for inspiration pop along there. You won't be disappointed!

MAY..... Day Celebrations for the Bank Holiday Weekend! - Everyone loves a long (hopefully sunny) weekend. Although summer doesn't officially start until June, May Day marks the beginning of what will hopefully be a glorious summer – fingers crossed! There wasn't an official May Day bank holiday until 1978. However, even as far back as Roman times the festival of Flora, goddess of fruit & flowers, was celebrated, which marked the beginning of summer. It was held annually from April 28th to May 3rd. Traditionally, people have celebrated May Day with lots of different, sometimes slightly quirky customs & there are some great traditions in England!



The Green Man - Also known as Jack-in-the-Green this involves a conical framework that is decorated with foliage and flowers being worn by a person as part of the May Day procession. A Green Man is still part of some festivals today including one of the biggest May Day festivals in the UK – the Rochester Sweep Festival. This festival celebrates the traditional holiday that chimney sweeps used to enjoy on May Day. It was a day they could put away their tools and have fun. Hastings has a long tradition of celebrating the Green Man too.