

In Brief

Big clean-up of chewing gum

STORRINGTON will take the blue ribbon for community action next month with its 'Storrington Spring Clean' of the High Street, and adjoining shopping areas.

The Storrington Traders' Association has agreed, in the absence of any available council funding, to beg, borrow or bring their own steam cleaners to town on Sunday March 11.

They will clean the pavements and shop fronts until they gleam. Chewing-gum is a particular problem in shopping areas, and the clean-up crew will be making it their number one job to remove the increasingly ugly gum-pads from the paving slabs.

Storrington Round Table, Fire Brigade, In-My-Town, schools and other local volunteer groups will be providing additional manpower on the day.

But the main credit for this impressive community action must be given to members of the Storrington Traders' Breakfast Club, which meets regularly at The Moon Pub in Storrington High Street.

Without them the clean-up would not happen.

Midnight in Paris on screen

THE next film presentation from the Mary How Trust Film Society will be Midnight in Paris (12A), on Tuesday February 28 at West Chiltington Village Hall. Screenings at 3pm and 7.30pm.

Woody Allen is back on sparkling form as Midnight in Paris is a wry and charming romantic comedy that transports Owen Wilson's young Hollywood screenwriter back to the Bohemian Paris of the 1920s. The cast includes Kathy Bates, Adrien Brody, Marion Cotillard and Michael Sheen.

The next films will be: My Week With Marilyn; War Horse; Iron Lady; J Edgar.

Tickets cost £5 including membership. Available on the door, and from these outlets: The Mary How Trust clinic and its charity shop. Mary How Trust Ticket hotline: 01798 877641; Guy Leonard Estate Agents in Pulborough and Storrington; The Card Centre, Storrington; Nisa Local Stores, West Chiltington; West Chiltington Post Office.

The Mary How Trust Film Society promises a great night out at the movies with a fully carpeted auditorium, professional 35mm prints and Dolby sound.

An evening of Sussex flavours

A UNIQUE Sussex evening featuring Sussex folk music with the Copper family takes place this Saturday, February 11 at Pulborough Parish Church.

As well as music from this well known group, there will be Sussex beers, wines and food, along with Sussex crafts, old pictures and stories about the county.

Tickets for this very special event cost £10, to include a Sussex Ploughman's Supper.

They are available from Ann Kaiser (01798 872819; Rob Aylott (01798 872833 or estate agents Comyn and James in Lower Street, Pulborough.

Coffee event to help Trust

THE Aldingbourne Trust is inviting everyone in West Sussex to join them for coffee next Monday, February 13. The Trust will be hosting its own coffee morning at The Acorn Centre, opposite the Brinsbury College Campus, just north of Pulborough.

The Aldingbourne Trust supports adults with disabilities and is soon to launch a £4 million appeal in order to raise essential funds for developing its businesses so that adults with disabilities can be supported in living and employment for generations to come.

"The Aldingbourne Country Centre has an Open Farm, Cafe, Shop, Woodland Walk, Plant Nursery and lots more. Entry is free and as it is half term it will be a great chance of having a day out with the kids and supporting a charity," said Michelle McKinley-Bell, enterprise and development manager at the Trust.

For more information or if you cannot go along but would like to host your own fundraising event to support the centre, please contact Abigail Rowe on 07802 783604 or Email: abigailr@aldingbournetrust.co.uk

Drama group's next events

AS well as preparing for its next play, 'Separate Tables', West Chiltington Dramatic Society is holding a members' evening this Saturday, February 11, when there will be entertainment by member Mike Nicholson, a member who is a professional singer. Non members are welcome at this evening, when there will also be a fish and chip supper, a raffle and a bar. Contact Betsy on 019003 744832 for details and tickets, which are £8 for non-members and £4 for members.

Rehearsals are under way for the famous play by Terence Rattigan, directed by Julia and Doug Yule, from May 24-26.

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Kym hoping a touch of vintage class will help to jog memories

by Jeannie Knight jeannie.knight@sussexnewspapers.co.uk

A LYRICIST who works with elderly people is using her musical talents to help stimulate their memories and restore their confidence.

Kym Veale, 43, tours local care homes with her scheme 'The Vintage Radio Years' - a project which jogs the memory of the elderly through lyrics and music.

She helps patients with Alzheimers and dementia to remember their 'golden years' through her programme.

Over the years she has been amazed at the positive reaction from those she works with, which she says is down to the inspiration of the music from the 30s, 40s and

50s she plays. "I have seen lots of wonderful things happen," she said.

"When I finish each show everybody is smiling and their confidence has been restored. It draws people out of themselves. The biggest reward at the end of the day is knowing I have made a positive difference."

Kym started the project around ten years ago as a pilot scheme, after being inspired by a project by Horsham Arts Centre. She explained: "I just felt the music was such a powerful way of sparking off memories in the elderly and this has been proven time and time again."

In her show, she recites verses with hidden artists in each, this helps recall memory, followed by the presentation of a popular piece of music. Homes she attends include Hillside Lodge in Pulborough and The Royal Air Force Association in Storrington, (Sussexdown) as well as a number of others across the county. The songs hail from the 1930's, '40s and '50s eras, and include music by the greats such as Dame Gracie Fields, Dame Vera Lynn, Billy Cotton and Glenn Miller.

"They never seem to forget the songs," she said. "While I have been doing this I have seen our music legends run through the hearts of our people here, and witnessed the hope this has continued to bring to their lives."

She says homage to BBC's Henry Hall and other 1930's performers has become central to the mental health and well being of elderly pa-



Lyricist Kim Veale. Photo Derek Martin D12055369a.

memories and reconnects patients to the world around them.

The Vintage Radio Years sets the scene 'back in time' with Royal Air Force costume, an authentic wireless and a 1950's microphone. Following a small introduction, she starts the programme with a verse, one of four recited out to a group of elderly patients, referring to a hidden 'guest', a famous vocalist, bandleader or comedian from the 1930's and the titles of their famous songs, lyrics and catchphrases to help prompt their memories. This creates a platform for the first song to be presented and immediately refocuses the minds of her audiences.

"Over the last few years I have loved working with the elderly and my only aim has been to help them with this unique programme."

"But along my path I have heard whispers that many of our elderly feel they have been forgotten, hence my desire to bring back a family-themed show full of the wonderful array of variety from yesteryear, where all can share in the encouraging words of love and hope these songs gave them and often rely on."

She says she has witnessed patients that don't usually speak, or find it difficult to string a sentence together, or in some cases are physically challenged to move, react to the rhythm, melodies, and lyrics of the music, singing along as they would have done years ago.

Her research has shown that this

music has been retained in people's memories and that within a short time they can be transported back to a place in their mind.

But she believes even more can be done for the future. "We need a new generation of truly talented experienced musicians and songwriters within the creative arts with a heart and vision for 2012 to use their gifts for the greater good."

"I believe this music holds a key that could potentially help us understand and develop the foundation to help heal and rehabilitate mental health patients into the future," she added.

Please contact Kym for information regarding The Vintage Radio Years programme on 01903 871075 (www.vintageradioyears.co.uk).



Vera Lynn.



Henry Hall.

Advertisement for Rushfields Plant Centre. Text: 'Everything you need for your garden this spring in one place'. Includes images of flowers and seed potatoes. Contact: Rushfields Farm Shop, Henfield Road, Poynings, West Sussex BN45 7AY. Telephone: 01273 857445. Website: www.rushfields.com.

Advertisement for GreenThumb's Lawn Renovation Programme. Text: 'Is this your lawn? GreenThumb's Lawn Renovation Programme £399.00 inc VAT (based on 200m² of lawn)'. Includes images of a lawn before and after renovation. Contact: Henfield: 01273 491099. Freephone: 0800 0111 222. Website: www.greenthumb.co.uk.

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