



Coldean

Community & Church Magazine

Summer 2019

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St Mary Magdalen Church Activities for July to October

- 06 July 2019 Summer Fair at St. Mary Magdalen - 12 noon - 3.00 p.m.
- 14 July 2019 Charity Barbeque at St. Mary Magdalen - 12.30 p.m.
- 22 July 2019 St Mary Magdalen - Patronal Festival - 7.30 p.m.
- 28 July 2019 Children's Holiday Club at St. M.M. 29 July - 2 Aug 2019
- 11 Aug 2019 Messy Church & Family Fun Day at St. M.M. 10.00 - 18.00
- 15 Sept 2019 Quiz Evening St. M.M. 7.30 p.m.
- 06 Oct 2019 Harvest Lunch at St. M.M 12.30 p.m.
- 13 Oct 2019 Quiz Evening St. MM. 7.30 p.m.

A Message from Rev Betsy

Dear Friends and Neighbours,

We are about to enter one of our busiest times of the year. Not just with everything going on at the church (and there is plenty happening) but with school holidays, family outings, gardening, decorating and all of those things that we tend not to do in wet, cold weather. But in this rushing around do we always remember to make space for ourselves... Let me tell you a story.

A group of people booked to go on a camera safari. Of course as these were paying guests some porters were hired to carry a group's possessions on a trip through the jungle. The pace quickly increased until the head porter called a halt: when asked why they had stopped he replied, 'We've come so far, so fast we need to take a break and allow our souls to catch up with our bodies!'

How often do we feel like this? From June through to August are the months when many take a break. Jesus and his disciples often took time to withdraw from the crowds: 'because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' (Mark 6: 31, 32).

Jesus saw how tired and stressed his disciples were and wanted to give them a break from their busy lives. He loved them and cared about their wellbeing. He longs to do the same with us, so we can restore the balance of work, rest and play in our lives. Going on holiday or taking time off gives us an opportunity of letting go the burdens of everyday life and renewing our rest in him. This enables us to entrust Jesus with our issues and concerns, as we take time aside declare a holy day or holiday!

The story is told of the aged Apostle John playing with doves. A passing hunter expressed surprise at what a man as pious as John was doing. John pointed to the bow in the hunter's hand and asked him why he carried it with a loosened string. The hunter replied, 'it loses its strength unless it is given the chance to unbend'. John replied, 'why are you surprised that a servant of Christ should not relax to keep himself stronger for his work?'

Friends, please make sure that you give yourself some well deserved 'me' time this summer, take a break, seek out old friends or come along to our Summer fair and other events and make new ones! By unbending we make ourselves stronger, more resilient, and better able to do all that God has planned for us.

I pray that you all have a happy, restful and peaceful summer and I also hope to see you at some of the events going on.

Love and prayers,

Revd Betsy

Christmas Dinner at St Mary Magdalen's

Christmas seems so long ago, especially as we are now looking forward to the summer but it needs to be said that as usual the Coldean community came out in force to help those who would have been on their own at Christmas by donating their time and food. We would like to thank everyone, especially:

Nikki and Steve Head, Sue and Steve Stapleton, Father Robert Easton, Coldean Community, Sue Docherty, David Gray-Hammond, Jay Eaton, Kelly Marie Morse, ASDA, Elliot and Sue Hollingdale.

Big thank you's must also go out to the supporters who did not wish to be named, without whose help the day would not have been the success that it was.

We had over twenty-five people come for a wonderful meal prepared by very dedicated helpers who worked for two days.

Not only did everyone sit down to a lovely two course meal there was also a raffle, where as it was Christmas day everyone won a prize.

If you are interested in helping out or donating for this year's Christmas dinner, or you know someone who will be on their own this Christmas then contact St Mary Magdalen's church for more details.

Jennie Goatley

For those with teenagers around their house this summer...

Have you ever thought how much they have in common with cats?

- 1 Neither teenagers nor cats turn their heads when you call them by name.
- 2 No matter what you do for them, it is not enough. Indeed, all human efforts are barely adequate to compensate for the privilege of waiting on them hand and foot.
- 3 You rarely see a cat walking outside of the house with an adult human being, and it can be safely said that no teenager wants to be seen in public with his or her parents.
- 4 Cats and teenagers can lie on the living-room sofa for hours on end without moving, barely breathing.
- 5 Both cats and teenagers eat some very odd things – at very odd hours.
- 6 Cats are obsessed with themselves and their appearance. Teenagers....!
- 7 Cats have nine lives. Teenagers act as if they do.

Cucumber Straightener

George Stephenson who invented the miner's Safety Lamp in 1815 and a year earlier built his first steam engine to run on rails, was a very competitive gardener.



Frustrated by the crooked growth of his cucumbers, made a glass cylinder in his steam engine factory into which he inserted his cucumbers. In this way he was able to grow a perfect cucumber!

Avenue Cooking Depot

In December 1940 the Ministry of Food sent a letter to the Brighton Mayor and Town Clerk asking all local authorities to set up communal feeding centres and emergency kitchens, to provide hot meals for civilians in a time of severe emergency.

It was proposed to produce during the first 24 hours, and again during the second 24 hours, 2,000 gallons of iron ration stew, and 10,000 meat and jam pies, and to distribute these to the places where the public have collected. The scheme was referred to as the Brighton Civil Defence Meals Service, with Headquarters at No. 5 Basement, Circus Street, Brighton, with reserve Headquarters at the White House, Patcham.

A small Emergency Central Kitchen had been built and fitted out at the White House, Patcham.

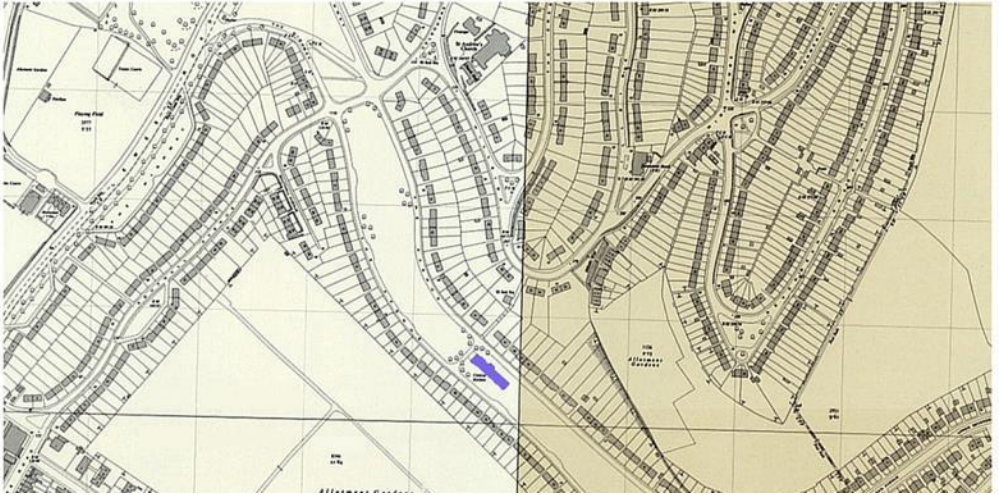
A similar kitchen was proposed for the Chalet, in Preston Park, which is a sports pavilion well isolated from buildings. When fitted out it would be possible to provide 300 gallons at a single boiling.

In due course three sites were selected as Emergency Kitchens each able to provide over 1,000 meals a day.

Private Kitchens were also brought into the scheme and arrangements made to supply them with fuel and raw materials. Twenty-two of the larger Bakehouses in Brighton, all of which were independent of gas and electricity had been brought into the Scheme and would, in an emergency, devote their whole production to baking meat and jam pies, except that the baking of bread would be given precedence.

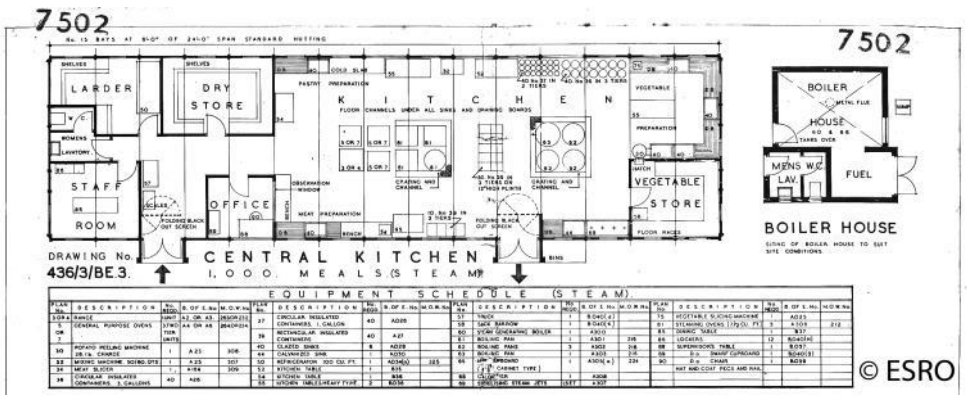
By May 1941 three civic restaurants had been opened at St. Wilfrid's Hall, Moulsecomb Hall and the Boys' Club which could provide 300 meals daily. They opened in June or July 1941 and provided either a Cash and Carry or a Cafeteria service.

A "Cooking Depot" was an establishment where meals were prepared, either for day-to-day communal feeding or for emergency feeding; including the service of British (locally called "Brighton Civic") Restaurants, meals in schools, industrial canteens, and other approved services.



Site of Cooking Depot on the Avenue Green, Moulsecomb

On the 19th February, 1942, consented for the erection of a temporary Cooking Depot on a site on The Avenue Green at Moulsecomb was given by the housing committee. A plan for this cooking Depot was submitted on 19 February 1942 and a plan for a second depot in Valley Drive was submitted on the 25 February 1942.



Plan for Cooking Depot on the Avenue Green, Moulsecomb

The Moulsecomb Cooking Depot opened on 21 September 1942, and the total day-to-day demand on the Meals Service by that date was estimated at 3,600 per day (excluding the Civil Defence Services).

This demand exceeded the day-to-day capacity of the Moulsecoomb Depot by 600 meals per day, and although the Depot could produce 3,000 meals daily, it was considered wise to allow a margin of 500 meals a day for extended demand.

It so happened that the estimated demand of school feeding centres by September 21st was 2,500 meals per day, and as the diets and rations provided for schoolchildren differ from others, it was convenient to earmark the whole of the output of the Moulsecoomb Depot for schools feeding, until required for more urgent purposes.

The Education Committee took over the Moulsecoomb Cooking Depot on the 25th December, 1943 as it was being used entirely for providing meals for Brighton Schools. The depot in Valley Drive was used to provide the meals for the Civic Restaurants in Brighton.



The Cooking Depot in Loder Road above, was similar to the other cooking depots built in Brighton in the 1940s.

In August 1943 plans were drawn up to build another Cooking Depot in Loder Road. Once this was in operation there were three Cooking Depots in Brighton producing meals for Brighton Civic Restaurant and School Feeding Centres.

The new Central Kitchen in Loder Road was officially opened on the 10 January 1945 by the Mayor and Mayoress of Brighton Councillor and Mrs. Nicholls.



This kitchen could provide up to 2,000 meals a day for Brighton School Children.





Cooking Depot in Loder Road

During 1948, new Canteens were opened at Moulsecoomb, Carden, and Brighton, Hove and Sussex Grammar Schools with a capacity of 600, 500 and 350 meals daily respectively.

The number of meals prepared at the three cooking centres and at some Brighton Schools were as follows.

	1948	1947
Loder Road Central Kitchen	449,412	428,435
Moulsecoomb Central Kitchen	355,496	367,935
Valley Drive Central Kitchen	310,765	244,656
Hodshrove Road	71,825	-
Moulsecoomb Infants' School	97,503	136,262
Patcham School	131,542	34,309
Whitehawk Junior School	109,614	115,879
Whitehawk Infants School	41,064	9,745
Total for All Brighton Schools & 3 Cooking Depots	1,857,777	1,566,746

The Cooking Depot in Valley Drive closed on the 31 May 1950. During this year new canteens opened at Hertford Road School, St. John's School and Woodingdean School, with a capacity of 250, 300 and 250 meals daily respectively.

The Avenue Central Kitchen produced 326,544 meals in 1950, while the Central Kitchen in Loder Road produced 396,432 meals in the same year.

One new canteen was opened at the Bevendean County Primary School on 21 May 1951 with a capacity of 275 meals a day.

The total number of school meals served in 1954 was 1,559,323 and in 1955 the number was 1,606,439 meals.

The Central Kitchen in the Avenue at Moulsecoomb was closed on the 18 June 1955 with the building being demolished some time later.

Holiday to Pembrokeshire

In late March this year we stayed for a week in a holiday cottage on a farm in Pembrokeshire, where we last stayed in March 2011. Having stayed in this cottage on many occasions prior to 2011 we had got to know the family very well. The first time we visited Brian's daughter Louise was 5.

To make the journey easier, we decided to stay at a small hotel overnight especially as we could not start until after 11 a.m. on the Friday morning. We continued the journey on Saturday morning and arrived at the farm in Wiston about 2 p.m. to be met by Brian the farmer, who welcomed us back. We spent a while catching up with each other and he told us that his daughter now in her early 20's had recently become engaged to a local man whose farm is adjacent to his.

Brian came in the evening to tell us more news about the farm and lambing. His mother, although now in her eighties, was staying with them because she could not bear to miss lambing time and also provided a third pair of hands. She often did the night shift in the barn and then got Brian up if a sheep was having difficulty lambing.

On Sunday we visited Tenby and the Tudor Merchants House. The house has been restored but was basically as it had been in Tudor times.

The weather was sunny and we then walked along the seafront and then to the harbour where we watched the lifeboat being recovered after a training run.

There is a small fisherman's chapel at the harbour, but unfortunately it was not open. It is St Julian's Chapel which is part of the Caldey Local Ministry Area Diocese of St David's in the Church in Wales.



Tudor Merchants House at Tenby



St Julian Chapel on the quay side at Tenby

Later we visited Saundersfoot and walked through one of the pedestrian tunnels originally built to allow coal carrying trains to travel along the coast from the mines near Amroth to Saundersfoot where the coal was loaded onto boats to be

taken to other ports to be sold.

On Monday we went to Bosherton where we walked around two fishing lakes which are joined by walkways over the water. In the summer the ponds are full of waterlilies and there are often herons in the water. The walk took about 1½ hours after which we travelled a couple of miles to Stackpole Quay for lunch, and then we walked along the coast path and over the hill to Barafundle Bay.

Tuesday saw us visit Colby Gardens near Amroth; the blossom on the azalea and other trees was very colourful.



We walked through the gardens then up a hill before descending to Amroth where we lunched in a beach café which was quite busy.

After a walk along the seafront we climbed the hill back to Colby and drove to Stepside to look at the remains of Kilgetty Iron works, now a heritage site and Grove Colliery where coal was mined to be used in the Kilgetty Iron works, this involved another climb to reach the site of the mine pumping engine and mine shaft.

Grove Colliery at Stepside



Marloes Beach viewed from the Pembrokeshire Coast Path

On Wednesday we travelled to Martins Haven and walked along the coast path towards Marloes Beach spotting a Buzzard and many other birds on the way. When the tide is out there is a large expanse of sand visible.



On the way we passed a very unusual sign on a kissing gate.

On Friday morning Brian gave us a farm tour to show us his sheep. We started in the barn and saw lambs born in the last 24 hours, then we walked round the fields to see the sheep and older lambs. Originally he reared pedigree Blue Face Leicester's, together with Welsh Mules and

Beulah Speckled Face Sheep now he has added another breed pedigree, the Dutch Spotted from Holland. It will take him several years to build up a flock of this breed of which there are very few in this country at the moment.

The picture on the front of the magazine shows Marjorie with two Dutch Spotted lambs born this spring.

After the tour of the farm we visited Picton Castle just a few minutes away, which was somewhere new to us. The gardens contained azaleas and rhododendrons in bloom.

However the most memorable part of the visit was a display of owls flying free, returning to their handlers who held scraps of meat in a gloved hand.



Saturday saw us travel home with an overnight stop near Salisbury to make the journey easier.

We have decided that we will go back in the autumn.

Family Support Work in Coldean

During my last eight months of employment, my caseload has steadily grown and is now up to 8 families. I have been providing intensive support to these families along with regular food deliveries from our food bank and supporting financially with winter fuel allowances. I have several families experiencing mental health issues and struggling to manage family life around these, one family with substance use issues, one experiencing domestic violence and most of them experiencing some degree of financial difficulty.

One of the biggest issues I have found whilst supporting families is that the benefits system currently is very difficult to navigate for people who are finding it hard to make ends meet. Additionally, the mental health provision in the area, whilst being particularly good in comparison with the rest of the country, is not completely fit for purpose and does not provide the level of care required by individuals.

Whilst working with a young person experiencing housing difficulties it became apparent how difficult it is to support families in finding homes with the local authority.

Cuts to public services have made it difficult for families to get help in ways that are meaningful to them and their needs. This gives rise to not for profit organisations such as FSW and food banks in supporting people to meet their own basic needs.

Stacey

To become a Saint is a 20 million to one chance

Some simple facts about 6 saints.

St Valentine

Was a kind hearted Roman priest who aided young Christians being persecuted by Claudius II. He was imprisoned and while in prison he converted 46 members of the guard's family to Christianity. Upon Claudius II discovering this, he had him sentenced to death. St Valentine is the patron saint of love, young people and happy marriage! His feast day is February 14th.

St Bernadette

Born January 7th, 1844 in Lourdes France. As a young child while out gathering wood for the fire, the Blessed Mother appeared to her 17 times. Bernadette was urged to pray for sinners and to build a chapel on the site where she stood. When she dug into the mud a spring developed. Many healings have happened ever since at this site in Lourdes. Bernadette became a nun in her later life, but sadly passed away at the age of 35 years. St Bernadette is the patron saint of illness, poverty and shepherds! Her feast day is April 16th.

St Francis of Assisi

He was a very privileged young man from a wealthy background. He served as a soldier, but was captured in battle and made a prisoner of war for a year. He heard God's call and went on to be one of the most venerated Catholic saints. He was the first recorded person to create the nativity scene and was also the first man ever to be recorded to receive Stigmata, the wounds of Christ. St Francis of Assisi is the patron saint of animals, merchants and ecology. His Feast day is October 4th.

St Patrick

One of the world most popular saints.

As a young teen he was enslaved by pagans and druids and at the age of 20 years old he escaped. He returned to his family and started to study for the priesthood. For 40 plus years he went around Ireland preaching the good news of Jesus, converting many on the way. He died aged 74 at Saul the first church built in Ireland, he built the church. St Patrick is the patron saint of Ireland. His feast day is March 17th.

St Katherine Drexel

Was born in Philadelphia in 1858. She took an avid interest in the well-being of black and native Americans. She began by donating her money, but soon realised more was needed to be done. She founded the Sisters of the Blessed Sacrament for Black and Native Americans. And dedicated her life as well as raising some 20 million dollars to her cause. She opened the first mission school for native Indians and many mission schools for blacks in southern America states. She founded Xavier University in New Orleans. St Katherine Drexel is patron saint of racial justice and philanthropists. Her feast day is March 3rd.

St Thomas

St Thomas was one of Jesus's original apostles. He was a dedicated follower of Christ, but earned the title 'doubting Thomas', as he was unwilling to believe other apostles had seen the risen Lord. On Christ's second apparition, Thomas saw the wounds in Jesus's hands and side and proclaimed, 'My Lord and My God'. As the apostles dispersed to preach the good news of Jesus, Thomas set out and reached India. St Thomas is the patron saint of architects. His feast day is July 3rd.

Marc

My Journey through Christianity

From as far back as when I was 7 years old my journey started when I returned to my birth place of Waldron East Sussex with my mother after losing my father who had a fatal accident. It was where my Gran and Grandad lived, it was Gran who took me under her wing often

taking me up to the parish church All Saints where she cleaned, she would let me play about on the piano and look in the belfry and other unusual places while she worked.

During the time we lived in Waldron Gran got me a place in the choir and also saw that I attended Sunday School regularly later she had me attend Confirmation classes whereby at the age of 11 years I was Confirmed, so it was her who put me on the road to Christianity.

From that time the seed had been sown and although I have gone off the road sometimes it seems something has brought me back. I believe that we are looked over and there is a greater power which never lets you go and even if you don't attend church one only has to look at nature, the universe and to see the people who do good in the world to realise that there is a God nothing happens by pure chance.

Being part of a Church Community helps you to grow spiritually and in character by being part of it also you learn more of that love and care which God showed through his Son and gives you an inner strength to go and witness.

My favourite Bible story is the Prodigal Son because of how although we turn away from God he always accepts us back and forgives so that we can move on and gradually our faith is strengthened for we are ever learning ,

My favourite prayer is the Lord's Prayer as it covers everything to live our daily life acknowledging God the Father being all powerful and that he will help you when in need that his Kingdom is above all.

Sometimes in life something affects you either when you are feeling good about a view in nature and you know within yourself that it is created by a power you cannot describe or you give a cry for help and when answered it seems your cry was heard.

I have no doubt God answers prayer not for a selfish reason but when you are low and looking for help or a situation in the world or for someone you are concerned about, it is also good to acknowledge Father God before you start your day and give thanks for your blessings.

To have faith in God gives a reason for your life knowing he is always with you that he cares and loves all his children and knowing that we are promised through his Son Jesus Christ the Saviour, Eternal Life.

God has helped me on a number of occasions when I was lost and didn't know what to do next and he sent help and all was well, the answer is not always what you expect because he has Angels which come to your aid.

Being a part of the family of God the church, has been a place where you are shown love and understanding a place of belonging for all who come and feeling accepted, also reaching out into the community is very important all this I have experienced at St Mary Magdalen's.

Of course our journey through this life is not complete until we come face to face with God the Father of us all and we never know who we will see when he arrives.

Reg Neville

Wildfire - May Camp at Plumpton Race Course

This year's May Camp was held at Plumpton Racecourse from Friday 24 to Monday 27 May with some 560 young people and their leaders.

Most people arrived on Friday afternoon or early evening and once people had set up their tents they were provided with a hog roast so that they did not need to do any cooking that evening.

The welcome and worship meeting started at 8.30 p.m. after which the café was open for business. The café space had various games the young people could play with an opportunity to buy food and drinks. Groups came from West Sussex, Rudgewick, Midhurst and Chichester; Mid-Sussex Horsham, Crawley and Scaynes Hill; East Sussex Newhaven, Seaford, and Whitehawk to name but a few of the groups.

The name Wildfire comes from the exciting message of Jesus which spread like wildfire two thousand years ago when a small group of believers couldn't keep it to themselves. During the main camp meetings we looked at what caused the early church to spring up so quickly. The aim was to get the young people to catch the same fire that those early disciples did, and fall more in love with both Jesus and the

church.

Saturday started with breakfast at 7.30 a.m. followed by an early morning Eucharist in the chapel tent. A Eucharist was held at 8.00 a.m. every morning. This was followed by a leaders meeting to prepare for the events to take place that day. Morning worship and teaching took place in the main marquee at 9.45 a.m., with a guest speaker, followed by group time and then seminars on a variety of topics.



Worship in the Main Marquee on Saturday morning

On Saturday afternoon the young people had a choice of workshops and activities including archery, graffiti spray painting tee shirts or creating picture using templates in front of a canvas. Some impressive pictures were created in this way. A very large inflatable was set up for the young people to play on, it was like an assault course of obstacles to go around or climb over. Other activities on Saturday included Creative Lego, Tag rugby, Zorb football also known as bubble football, Axe throwing and capture the flag.

The Archdeacon of Brighton, Fr Martin Lloyd-Williams visited the camp in the afternoon and visited some of the groups camping.

After the evening meal there was an evening worship again with a guest speaker, followed by various entertainments in the main marquee, where a film was shown, and other entertainments in the café.

The day ended with late night worship in the chapel at 10.40 p.m.

Sunday followed a similar pattern, although the morning service was a Eucharistic service. The afternoon activities included a 5 a side football tournament which was won by the young people from Whitehawk. Another of the afternoon activities was carpentry which led to a number of cut fingers, which kept the first aider busy. The Bishop of Lewes visited the camp on Sunday evening and stayed for evening worship. After this a disco was held in the café which was enjoyed by the young people. There was a little rain on Sunday evening but this did not dampen people's spirits.

Monday started with an early morning Eucharist and then the final camp leaders meeting followed by morning worship at 9.45 a.m. Fortunately the morning was fine and the grass dried out quickly enabling people to take their tents down in the dry. By lunch time a large number of people had left the site and this left the site team to get on with clearing the site ready for the marquees to be taken down on the Tuesday.

I spent my weekend manning the information point which involved registering the groups when they arrived, dealing with queries and pointing people in the right direction.

The atmosphere of the weekend was very good; and everyone seemed to have a good time. The whole event was spiritually uplifting.

John

Charity Lunch for Christian Aid

We held a lunch on 12 May to raise funds for Christian Aid which was the first lunch prepared using the new cooker in the church hall. The event raised £238 to help Christian Aid with their work.

Here is one story of some inspirational mums in Sierra Leone, exploring how the lack of healthcare provision has affected their lives, and those of their families and communities. One of those mums was

Tenneh Bawoh, who shared with Christian Aid the story of her first labour that sadly ended in the tragic death of her baby. Thankfully, when Tenneh was pregnant a second time, things had changed for the better. Christian Aid saw that Tenneh, and many mums like her, were in desperate need of healthcare. And that's how Nurse Judith came to save lives. Tenneh told us: 'During my second labour, I was scared. But nurse Judith was with me, assuring me of everything. When I delivered, I felt so good.' Your donations this Christian Aid Week can now go even further, supporting communities like Tenneh's to build health clinics that will serve their communities now and in the future. Tenneh told us, 'We'll dance for three days when we have the new health centre.'

The church has to say a big thank you to the people of Coldean who donated so generously to the church's cooker fund so that we could replace the old one very quickly. This has enabled us to continue to have lunches raising funds for good causes.

John

Second Defibrillator for Coldean Community

After some fund raising and a lot of great donations from Coldean residents and both universities, we now have another community defibrillator installed in Coldean village. The first defibrillator was placed in the carpark entrance to New Larchwood residents Care Home in Waldron Avenue and the second defibrillator is installed at 39 Park Road, Coldean.

A big thank you to Jerry and Sue Doherty for allowing us to install the second defibrillator on the side of their home. The new defibrillator will be in a locked case and you will need to contact the Ambulance service on 999 to gain access.

They will then give you the code when you tell them your location. They will always direct you to the nearest available defibrillator. Having a defibrillator in your community can really make a difference to help in saving a life. So once again a big thank you to all that have donated to the 2 defibrillators in Coldean Village.

Marc Boase

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