



Coldean

Community & Church Magazine

Summer 2020



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Dependable Love

Like the Stag stands strong and bold,

against Winters challenging wind and cold,

so God's love gives inner strength,

when temptation or anxiety comes our way,

for He is our Rock that protects us night and day.

Reg Neville



The Vicarage Log: May 14th in the year 2020

Greetings from the Vicarage to you all!

This is you vicar speaking, yes, I am still here, as crazy as ever and missing you all dreadfully.

Things have changed so much over the past few weeks, one day rolls into the next, one moment we were planning and looking forward to our Easter worship and now we are hurtling towards the feast of the Ascension.

We were not surprised when we were told that we were to offer communion in one kind only, just the bread, as we were instructed to do so when we were struck as a nation by Swine flu about 12 years ago. However we were all shocked when we were told that our churches and places of worship were to shut until further notice and we were placed in lockdown, no time to prepare, no time to say stay safe and we will see you soon. The building was closed, to begin with clergy were able to go into church and pray and we even had a live service from St Andrews Church, with just Fr Martin, Levison and myself in church. This was Mothering Sunday and then shortly afterward we were told that even we could not go into to church because we may encourage others to turn up.

Life, in a few short weeks had become unrecognizable, supermarkets could not cope with the panic buying, rations were introduced in most stores, and those who were frail, housebound or vulnerable we left behind in the stampede.

Worship changed, now live from the vicarage we offer a chance to come together in a virtual place of worship and the priest receives on behalf of you all.

Visiting others was not to happen and even if we wanted to too, we could not even visit family who lived in another house, even if that house was in the same street. Extreme perhaps but all calculated to keep us safe. And through it all we were never alone, God and church are not bound to a building, church is more than bricks and

mortar or in our case, flint, Church is us the living body of Christ and God is with us all of the time, Christ is here and we are strengthened and guided by his Holy Spirit.

It has had an amazing effect, more people are tuning in to Sunday Worship, Daily Prayer, more people are asking for prayers to be shared and offered by all. People of the Christian faith, of different faith and of no faith, atheist and agnostic came together to serve their Neighbours.

And that is how St Mary Magdalen Church came to serve the people as a Food Hub! And a remarkably busy one, providing all that was needed to at least have a hot meal, a sandwich, or a bag of groceries and yes even a toilet roll could be provided. Those who could not physically lend themselves as volunteers have donated food and money to help support this work; others spend hours upon hours in planning and fundraising, liaising with healthcare professionals, social workers and families worried about loved ones.

People have phoned to say that the food and groceries have been invaluable, but also knowing that they can look out of their window and wave to the person dropping it off offers a link to the outside community and gives a sense of security.

The Ruby; Anant and Manish; lent us their kitchens to help us to provide food and have been so supportive of us. We thank them from the bottom of our hearts for giving us the chance to begin this initiative.

Sue and Erica are also key people in the preparation of food, delicious food, I have to say! And spending a lot of time in the church kitchen!

Dawn and Terri have and are working hard to pack donated food ready to be delivered and craft packs to help keep children occupied.

We have drivers who are delivering the food to people's homes and people packing hot meals in the hall.

Sue, Victoria and Anna have been busy with not only planning but also delivering and packing; please excuse me for not naming everyone because there are too many for my brain to remember and I always live in fear of forgetting someone, so my thanks go to all who have helped from donations to delivery!

We still need goods, jam, honey; biscuits would be nice for a treat. Tinned meat pies, Gluten free and dairy free products, sweets as a treat, fruit and veg. Eggs and flour all still needed, washing powder, shampoo, if you use it you can be sure others need it as well.

And you may have seen or heard of my Facebook plea? Our church needs financial support; we still must pay our bills, we have no income from the hall, no collection money. If you feel that you could make a one-off donation or pledge £5 a month for the next year it would help us to keep our heads above water. Please contact our Treasurer and Parish Churchwarden John Phillips who can help you to make your pledge or donation, email him on:

jrp44bevendean@gmail.com

Or give him a ring if you do not have access to a computer.

Every little helps and will ensure that the building is always here to help the community.

When this unsettling time is over, we will still need a Grocery Food Hub and if anyone can think of a property, we could use please do contact either me or the Coldean Residents Association. Poverty will still be with us and if we can go some way as a community to ease the load for those in need then we should.

Wow, the Holy Spirit has been busy in this place and I pray that we continue to be led and guided by God, not just today but always.

Every Blessing and Good wish to you all.

This is the Vicar signing off for today ☺

Love and prayers,

Revd Betsy

Community Effort in Coldean

A great Community Effort is happening in Coldean. The Church, the Residents Association, and many others have come together to provide hot food, 3 x weekly, sandwiches and cold foods 2 x weekly, (using this to tide people over between hot food deliveries). The funding was put together by Crowd Funding and donations, including a grant of £500 from the Police Property Act, having been sponsored by the Police Constable at Varley Halls. We have all pulled together and are able to deliver to local people thanks to all the volunteers who have come forward.

Hot food is now being delivered to us by professional chefs working out of the Ruby. They are being organised by a local catering business, with funding from various sources, to provide meals for homeless and frontline NHS workers; and supplying us is part of the deal for them to use the Ruby Pub, thanks to the local proprietors of The Ruby. This means that from the Church, being used as a Community Hub, hot food, care packages, activity packs for children are all going out several times a week.

It really is an amazing team that has come together in these very unusual times. However we are beginning to suffer shortages in various items, so I'm appealing for donations, ideas, personal care items, child formula, nappies, baby wipes, women's sanitary products, men's toiletries, good quality craft items suitable for children, unused Christmas gifts such as soaps, shower gels, etc.. Food Pantry items, cleaning products, toilet rolls etc etc, anything that would be useful for a household.

We are now benefiting from Food share, and deliveries from Brighton Food Trust. BUT please if you wish to make donations we would be very very grateful as it is enabling us to help local families and isolated people in our village.

Likewise if you know of any person who may benefit from Community Care, please, with their permission, make a referral through Rev Betsy or Sue Harris in complete confidence. We are aware that many may slip through as much of the work of

advertising is done online, and many do not have access to computers or smart phones etc.

We can organise pick up if needed or if you wish you can leave goods in Rev Betsy's Porch at The Vicarage, Selham Drive.

Sue Harris

Chair, Coldean Residents Association

Sue Harris

Chair, Coldean Residents Association

Thoughts on the Current Lockdown Situation

After receiving an email from John Philips looking for people to write articles about our experiences in lock down, I decided to write this article for the summer church magazine.

Last April I had a similar experience of what is happening now, but in a totally different context. Even though I could go out and life in the outside world was what we now call normal! I had quite a lot of time in doors due to a broken wrist, that I managed to acquire while doing my usual job as a plasterer. Being a plaster and breaking my trowel wrist, and being right handed was not the best thing that could happen to me. So, even though life outside carried on I found my usually busy self, wondering around the house looking for things to do while the wife and kids had left for school and work. I had never broken a bone before this accident, and now I know how hard it is to pull up your pants, brush your teeth and shower with one hand. I can't imagine what I would have been like if I had broken both wrists!

Now I was only fully capable of turning the TV on, I began to spend the next 5 weeks trolling through the channels and what joy some channels are. How and why some are even made is beyond my way of thinking. Thank God for BBC & Sky Arts! If you ever get the chance to watch a program called The Joy of Painting with a painter

called Bob Ross, please do so. It's sometimes shown on BBC4 at 7pm or it's on YouTube.

Since the covid-19 virus and lock down, I have once again had more time to spend indoors. This time though, the outside world is somewhat a lot different to normal. My wrist is now healed, well almost and I am lucky enough to still be working at the moment, (painting an empty church, so thankfully social distancing isn't a problem). After spending time when I get home from work with the family, I have rediscovered a TV program that helped me get through the broken wrist days last year. From an early teenage life many years ago, I had a distant memory of a program I thought I had watched, but couldn't fully remember to a point, maybe it was once a dream. Turns out the program was episode 3 of series four called 'The Boy Who Talked to Animals,' taken from the TV show 'Tales of the Unexpected.'

Tales of the Unexpected was a series of short stories created at first by my favourite and one of the greatest all times authors, especially children's books, Roald Dahl. It ran from 1979 to 1988 and had 112 episodes in nine series. Roald Dahl wrote all of series one, 8 episodes of series two and only 1 episode for series three. In all of the first three series episode, Roald introduce the program by telling a related short story while sitting in a very large comfy green chair by a fireplace. You might remember the theme music composed by Ron Grainer, which had a visual effect of a lone lady dancing quite provocatively. Even though a relatively low budget program, it attracted some of the worlds leading actors and actresses, including Joan Collins, John Mills, Brian Blessed, Sondra Locke and Michael Gambon to name a few. The stories usually had some sort of twisted comical ending, but some were also rather charming. The 'Verger' starring Richard Briers is a favourite of mine as of course 'The Boy Who Talked to Animals.' A few stories are actually taken from true

tales, one which was quite a shock when it finished, this episode was called 'Genesis & Catastrophe.' If you get the chance to watch or you might even remember seeing it 40 years ago, it was first shown May 17th, 1980 and was episode 3 of series four. Believe me when I say the end will shock you!

While writing this article, I realised the irony that at the present moment the world has become a bit like 'Tales of the unexpected!' I just hope and pray the outcome is more like 'The Verger' episode, and not like that of 'Genesis & Catastrophe!'

Marc Boase

St Wilfrid's Church



St Wilfrid's Iron Church in Elm Grove

The roads around Elm Grove were laid out in the 1850s with residential development occurring in two stages: during the 1860s, and then in the 1880s.

Tightly packed terraced housing was provided on the northern and southern slopes of the hill between the 1860s and 1900, and the area became very densely populated.

To begin with Anglican services were held in a series of rented rooms and halls in the area. As the congregation grew a temporary church built of tin was constructed on the site of the present church, at the junction of Elm Grove and Whippingham Road.

The iron church was inaugurated on 25 August 1901. A year earlier, the area had been designated a district within the Parish of Brighton. The building plans are dated 20 June 1901 and the service registers begin in 1901.

The church was dedicated in 1902 by the Bishop of Chichester Ernest Wilberforce.

By 1915 St Wilfrid's was listed as a chapel of ease to the parish church of St Peter.

The district of St Wilfrid was created from the parish of Brighton St Luke by an Order in Council of 21 April 1922. This brought an extra 2,000 people within its parish boundaries, and a permanent church was required.

In the Brighton and Hove Herald in October 1932 the church was described as "The Cabbage Patch Church" or the "The Tin Kettle Church" quaint names given to St. Wilfrid's church, Elm Grove, at a bazaar opened in the Mission Room to raise funds for a new church.

The Dean of Chichester opened the Bazaar and made the following observations.

"Both names were relevant for the people of St. Wilfrid, as they had a tin church in what was once a policeman's cabbage patch."

"The plot of land was bought 30 years ago with money from the Diocesan Bishops Fund."

The Dean of Chichester was the Vicar of Brighton at the time and let the land for the magnificent sum of 30 shillings a year or so to a policeman, who made a very fine market garden out of it.

The Dean continued, “When the trams came up Elm Grove and the people of Brighton found that they could get up the hill for a penny they began to live up there. This was when the present tin church was put up and planning a permanent church has taken too long.”

“This place is the scandal of the Diocese, because there are 10,000 people here, and this is all they have to worship in. There is no other place with such spiritual destitution throughout the length and breadth of the County.”

Until 1922, St. Wilfrid’s was under the care of such devoted priests-in-charge as the Rev. C. H. Martin, now Rector of Blendworth, Hants; The Rev. T. J. James, now Prebendary of Heathfield and Vicar of Anne’s, Brighton; and the Rev. P. H. Pemberton, who became the first Vicar when the district became an independent parish in 1922.



The former St Wilfrid’s Church in 2010

On Mr Pemberton’s preferment to the Vicarage of All Souls’, Hastings, he was succeeded by the present Vicar (the Rev. W. A. E. Westall) whose energetic and self-sacrificing labours explain much

of the “liveness” which characterises the Church life of the parish today”.

By 1932, £15,000 had been raised by the parishioners and from other sources, and services were held in the nearby parish hall (built in 1927) while the new church was built after the demolition of the tin church.

The new church – built by Messrs’ G. Lynn and Sons from the design of Mr. H. S. Goodhart-Rendel, F.R.I.B.A. – will be a memorial to Bishop Winfred Burrows (Bishop of Chichester from 1919 to 1929).

St Wilfrid’s was consecrated on 25 November 1933 by George Bell, (Bishop of Chichester from June 1929 to October 1958).

This was the first of the churches to be built under the auspices of the Bishop’s Call to Sussex.

In 1940 St. Wilfrid’s Church in Elm Grove had the honour of being selected by the Bishop of Chichester (Dr. G. K. A. Bell) for the gift of a magnificent modern wall painting by the famous artist, Hans Feibusch.

Mr Feibusch, who was of German birth, became a naturalised Englishman in the 1930s was anxious to offer some gift to the country where he had found freedom; he got into touch with Sir



The interior of St Wilfrids Church

Kenneth Clark, director of the National Gallery, and undertook to present a wall painting to a modern church.

Sir Kenneth consulted the Bishop of Chichester, who naturally thought of St Wilfrid's, Brighton, as one of the finest examples of modern church building. So, for the best part of two months, Mr Feibusch came to Brighton and spent all his time giving the church a wall painting worthy of its architectural beauty and of modern art.



The mural of "The Magi", painted on the wall of St. Wilfrid's Church in Elm Grove in the 1940s

On 28 June 1971 the Rev. Derek Harold Cordell who was the Vicar of Coldean from 1963 to 1969 was appointed as the vicar of St. Wilfrid's. Father Derek had recently returned from Bucharest where he was Anglican Chaplain to the British Communities in Romania, Bulgaria and Yugoslavia.

Structural problems and the discovery of asbestos in the ceiling put pressure on a dwindling congregation and in 1980 the church was made redundant. When the Church Commissioners announced

their intention to demolish the building, St Wilfrid's Church was granted Grade II listed status by English Heritage on 14 January 1981 and a public inquiry was held.

The threat of demolition was lifted, and the building was stripped internally and converted into 24 flats for elderly people. This meant dividing the interior; though outside only skylights in the aisle roofs reveal the change. Inside, the space under the tower has been left open and so has the north aisle.

John Phillips

Sue Harris on the effects of Polio in Brighton in 1956

I wrote the following in March for My Mum's Birthday, (Eileen Jones).

It was her 94th and now due to the Pandemic, the last time I actually hugged and kissed her was the week before, how life can change in a blink of time.

Happy 94th Birthday to my Mum today. A slightly different sort of visit, due to the Corona Virus precautions the Retirement Home are putting in place. Had to wash my hands and use gel sanitiser and keep a reasonable distance, unable to give her a hug or kiss.

She has enough insight and understanding to understand the situation, so we blew kisses lol...

It brought back some memories, about Coldean, so we visited Memory Lane, relating to the 1956 Polio epidemic. My parents were in Charge of the Childrens home at Nanson Road, and sadly my Brother caught it, and was whizzed off to Hospital, and the Home and all its occupants were put into quarantine/lockdown for some weeks. My parents were unable to visit my brother, which was very upsetting to all, and very very scary for him, without the support and love of Mum and Dad,

The children not able to attend school were allowed to play in the garden, but only in school hours, then they had to go inside. My Mother asked for some ideas from the Childrens Department as to how to manage their energy levels, and was given the ok to take them out, up to the Highfields at midnight, with each child given a

Torch. She told the kids once we're up there, you can make as much noise as you like, run around and kick up hell, go have fun! I don't care what you do!! They thought it was a wonderful adventure apparently.

My Mum sat and supervised and prayed in the open air for my Brother, in the fields that she walked over during WW2 when in the Womens Land Army, she had never imagined in a million years that some years later she would be sat there praying for the life of her child and others.

Prayers were answered, he recovered without any effects, lucky boy! Other children in Coldean didn't. So she said, yep, Coldean has had quarantine situations before, she said the Medical Officer of Health for Brighton, Dr. Parker, was amazing and he did so much to limit the effects of that terrible disease.

She said please God, that we get through this too.

Sue Harris

Footnote: On the 1st October 1955 the Brighton and Hove Herald reported an outbreak of polio in Brighton.

The outbreak had been brought under control by the end of November 1955.

By February 1956 the Medical Officer of Health in Brighton had drawn up plans to inoculate all the young children in the town as soon as there was enough vaccine available.

Lockdown!

At the moment we do not seem to know which day is which!!!

The pace of life has changed and become more relaxed, but we miss spending time with our grandchildren who we usually look after one day a week. We have seen them but only at a distance and they have not been able to climb over us like they usually do.

The last time John did any scanning at the Keep was the 19th March, because the Keep closed to staff and visitors from 23 March and is likely to remain closed for a while yet.

This has left us with time on our hands which John initially spent trying to sort out his church records; however, he did not go out of the house much or take any exercise which led to a problem with his ankles and legs swelling.

He rang the doctor's surgery and spoke to a receptionist who said the doctor would ring back later that morning. He diagnosed the problem and sent a prescription to the local chemist which someone picked up for us. This did the trick.

I had more difficulty contacting the dentist, as I had almost finished a special toothpaste I have to apply to protect one of my back teeth. After a number of calls to the surgery over two days I eventually got a reply and was able to collect the toothpaste from one of their surgeries.

When it became clear that we could exercise out of the house once a day, we have been for a walk, most days, of one or two miles around the roads on the estate or up onto Bevendean Downs which is five minutes away. This solved the problem of John's swollen legs and ankles; clearly too much sitting down especially in front of the computer was bad for him.

I decided that we needed to give the house a spring clean the way my grandmother would have done, cleaning the edges of the rooms and the walls and letting the middle take care of itself. I usually do things the other way round! Downstairs is finished and the hall stairs and landing and John has done the bathroom. He has also assisted, when necessary, to move



Home-made bread

furniture or kneel down on the floor which is something I have been told to avoid due to the artificial knee I have in one leg.

Fortunately I have been able to continue with a shopping delivery each week for my main shop and have been able to buy things that the Supermarket hasn't got from small local shops. Flour for making bread has been difficult to obtain. However a small butcher shop in Lewes Road has started to sell flour, yeast and some vegetables as well as meat and he will deliver locally. Also Park Farm shop at Falmer will take online orders and deliver to some local areas of Brighton, although I like to go to the shop and select for myself.

I have started making bread again every few days and more cakes than I did before lockdown. This is the second loaf I made using a mixture of Brown and White flour. It was delicious and was eaten quickly.



The cinnamon buns on the left were made using a recipe from our daughter-in-law in Estonia. When she makes them they disappear very quickly with four hungry boys in the house.

I will have a go at making Chelsea buns in due course

but have made one of my ginger cakes this week.

We both realise that when we come out of the current lockdown life is going to be very different for a while, and hopefully there will be time to continue more home cooking and less time will be spent chasing our tails.

The recipe for the buns is given later in the magazine.

Marjorie Phillips

History of Soup Kitchens

With the need to support people in Coldean with hot meals I thought that a look at feeding poor people in previous centuries would be appropriate.

Affordable and nutritious, soup is the food powerhouse which has been relied on through history to provide sustenance in troubled times. Soup became a saviour.

150 years ago the Methodists Catherine and William Booth were shocked at the grinding poverty they saw around them in the east end slums of London.

This was the birth of what became known as the Salvation Army with their slogan soup, soap and salvation.

Their church in Poplar was one of the first to have a soup kitchen which now doubles as a café.

The Salvation Army has had soup almost from the start when they were taking the gospel onto the streets of East London in 1865.

In those days almost a million people were living in abject poverty, people would not even have the capacity to cook their own food.

You could not preach to someone if they had no food and were starving. They had mobile units with hot soup, in containers the size of dustbins, to feed the people living in the slums.

We need to go back to 1795 to find out why it was soup they chose to nourish the poor. In 1794 there was a terrible harvest and so the authorities desperately needed a way of feeding the poor.

Sir Benjamin Thompson, Count Rumford, FRS undertook to investigate the science of nutrition and his results had a huge impact on the feeding of the poor. He was an American-born British physicist and inventor whose challenges to established physical theory were part of the 19th-century revolution in thermodynamics.

His initial soup recipe had pearl barley, dried peas, potatoes, with salt and vinegar. Rumford saw it as a way of transferring fuel from food into the human blood stream in the most efficient and economical way.

Thanks to Rumford, soup kitchens became an answer to starvation.

Today the Salvation Army not only feed the poor, but they have 18 units which support rescue teams at major incidents.



1930s Salvation Army Soup Kitchen

There is always a big cheer when the Salvation Army wagon turns up on the ground. For hundreds of years the soup kitchen has played a vital role lifting the spirits with the warming and simple pleasure of soup.

John Phillips

A Prayer for The Front-Liners

Heavenly Father, thank You for the front-liners caring for, protecting, and serving our communities, our families, and us.

Thank You for these servant leaders, called to this work, trained for such a time as this, daily risking their own health and safety for others.

Please protect them from harm. Give them courage and strength. Draw close, Lord, and let them feel Your presence throughout the long hours they are working.

Father, please provide everything they need, both for the people they are serving and for their loved ones.

Surround them with people who will help and support them and their families, even as they selflessly care for others.

You said we would face troubles in this world, but also that You had overcome it. Please work together with our front-liners, Lord, to ultimately bring about the best outcome possible.

In Jesus' Name,

Amen.

Reg Neville



Today there are more ways of keeping in touch than ever before, now that most of us have mobile phones, computers and tablets.

The grandchildren like it when we skype rather than just talking on the telephone. In that way they can see who is speaking and show us things they have made.

The other day Dylan, who is just 5, wrote me an email. He now wants his own computer.

John Phillips

Cinnamon Buns

Ingredients

- 100g/3½oz unsalted butter
- 200ml/7fl oz milk
- 1 tsp salt
- 250g/9oz plain flour, plus extra for dusting
- 250g/9oz strong white flour
- 1½ tsp fast-action yeast
- 1 tsp ground cardamom (optional)
- 4 tablespoons caster sugar
- 2 free-range eggs
- olive oil, for greasing

For the filling and topping

- 75g/2½oz unsalted butter, softened
- 100g/3½oz caster sugar
- 2 tablespoons cinnamon

Method

1. In a small saucepan heat the butter, milk and salt until the butter is melted. Allow the mixture to cool until it is lukewarm.
2. In a large bowl, stir together the flours, yeast, cardamom and sugar until combined. Make a well in the centre and add beaten eggs. Pour in the lukewarm milk mixture and stir everything together to form a dough. Knead for 5 to 7 minutes.
Put dough into a large, greased bowl and set aside in a warm place to prove for an hour, or until doubled in size.
3. Meanwhile, for the filling and topping, mix the softened butter in a bowl with half the sugar and 1½ tablespoon of cinnamon. Use a fork to mix the sugar and spice into the butter until it is

completely combined. Mix the remaining sugar and cinnamon in a separate bowl and set aside.

4. When the dough has risen, turn out onto a floured work surface and gently roll out into a 36x24cm rectangle. Spread the cinnamon-sugar-butter evenly over the dough with a palette knife.
5. With the longest edge closest to you, roll the dough up into a cylinder. Cut into even slices.
6. Line a baking tray with parchment and place slices close together on the tray. Set aside to prove again for 30-45 minutes, or until risen.
7. Pre-heat the oven to 200C/180C Fan/Gas 6.
8. Dust the tops of the buns liberally with cinnamon sugar. Bake for 12 minutes until the buns are dark golden-brown.

Marjorie Phillips with thanks to Ann our daughter-in-law.

Isolation Activity

This has been for everyone a difficult time and finding things to occupy oneself needs some thought, Sheila and I have been watching TV films, documentaries, and reading. Having a garden means we were able to sit out in the mornings and enjoy the sunshine and fresh air. I have been doing puzzles, creating songs and doing painting with water colours. Regarding food supplies we have been fortunate having deliveries regularly from a local store.

There is no doubt that the Covid-19 has brought people together with mobile apps, phone and has encouraged much kindness.

To everyone we wish you all safety and we will meet each other soon.

Sheila and Reg Neville

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