



in the know...

EXHIBITIONS... COMPETITIONS... DIARY DATES

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DIARY DATES

MONDAY-FRIDAY, AUGUST 1-5

**Instrument Days,
Howarth Instruments, 17-19
Buckingham Road, Worthing**

An opportunity to see oboes being made and try out a variety of instruments at the only woodwind manufacturers in the UK. www.howarth.uk.com.

**MONDAY-MONDAY,
AUGUST 1-15, 11AM-5PM
Love Is All Around Exhibition,
Petworth House and Park**

This beautiful exhibition celebrating weddings features textiles, mementoes, gifts and photographs. Details from www.nationaltrust.org.uk.

**WEDNESDAY, AUGUST 3,
12.30-4PM Print room open,
Uppark House and Garden,
South Harting, Petersfield**

Visit the print room at Uppark House, which is open only once a month during the property season. More details at www.nationaltrust.org.co.uk.

**WEDNESDAY-SUNDAY, AUGUST
3-14, 11AM-3.30PM
Blue Tulips quilt exhibition,
Standen, West Hoathly Road,
East Grinstead**

Local quilting group Blue Tulips exhibit their contemporary quilting designs. Call 01342 323029 for details.

**SATURDAY AND SUNDAY,
AUGUST 6 AND 7, 11AM-5PM
Hotham Park Country Fair,
Hotham Park, Upper Bognor
Road, Bognor Regis**

Two days of family fun and craft stalls in a stunning park with live music, miniature railway, boating lake, and food and drink.

**FRIDAY, AUGUST 19,
10AM-4PM
Seaford Food Festival,
Downs Leisure Centre, Sutton
Road, Seaford**

Local businesses display and sell their food alongside exhibitions, stalls and live music.

**SATURDAY AUGUST 20, 8-10PM
Wadhurst Summer Music
Festival, St Peter & St Paul,
Church Street, Wadhurst**

An eclectic programme of jazz, featuring pianist Alastair Lawrence with friends from Norway and Belgium. Entry £10.



Photo by Simon Dack

This psychedelic beach hut has been making waves in Hove. The brightly coloured 1960s circles were

painted on the seafront hut belonging to Jeff Allenn by friends as a joke while he was away.

After a few days in the spotlight, the hut has now been restored to the regulation colour.



The weight is over. Brighton-based hypnotherapist Dr Sharie Coombes has developed a new weight-loss programme to help people lose weight easily and painlessly. Sharie, who has recently lost six stone and dropped four dress sizes, uses hypnosis as part of her programme.

The four-session programme is currently on special offer at £250, including a hypnotic gastric band. For details, call 01273 252559 or visit www.breakthroughdays.co.uk.



Homeware store Trading Boundaries is celebrating its 15th birthday this month.

Based on an 11-acre site in a listed Georgian former coaching inn, the store has furniture from Asia and Europe, a new beautician's salon and The Elephant Cafe, which hosts live music evenings ranging from Glyndebourne opera singers to jive and swing bands. Trading Boundaries, Sheffield Green, near Fletching, East Sussex.

Call **01825 790200** or visit www.tradingboundaries.com.



The gardens at Borde Hill near Haywards Heath are getting creepy this summer, with a 2m-wide wolf spider, a chameleon, pictured, and a crocodile lurking in the undergrowth.

But don't worry – they're made of steel and copper and they're part of a display by East Sussex-based blacksmiths Anvil Ironworks of contemporary and traditional works until September 11.

For more details on the exhibition and Borde Hill opening times, visit www.bordehill.co.uk.