

The **DOWNSMAN**

The *Quarterly* Newsletter of Friends of the SOUTH DOWNS

President Gus Christie
Patrons Her Majesty Queen Camilla, Lord Egremont

Issue 225 Winter 2025

Queen Camilla becomes Patron of Friends

Her Majesty Queen Camilla generously accepts role as Patron of Friends of the South Downs - Details in Chairman's Report

Conservation Projects

New projects and volunteering opportunities

South Downs For All

A Project Update

Local Nature Recovery Strategies

What Are They?

Guided Walks

A new style of group-led walks is coming for 2026



FROM THE CHAIRMAN

David Green

At this time of giving, can I start by sharing with you the wonderful news that the Queen has agreed to become a Patron of the Friends. What a huge honour this is for us.

As you may be aware, Queen Camilla has a close connection with Sussex. Her family split their time between a London house in South Kensington and a country house in Plumpton, The Laines, literally in the shadow of the South Downs. She was baptised at St Peters Church in Firle. At five, she went to Dumbrells, a co-ed school in Ditchling. Her mother volunteered at Chailey Heritage. From an early age, she has had a deep love of the countryside and a very real attachment to the South Downs. There could be no more fitting person to act as a patron for the Friends.

Besides that, any other news is inevitably rather parochial. I was though particularly pleased that the number of new 18 to 30 members has risen to just over 100. When last

I wrote, the figure, tantalisingly, stood at 99. This is a clear indication that younger generations do recognise the importance of the South Downs, the national parks and how integral they are to our wellbeing. More encouraging still is the fact that there is so much more we can yet do to communicate that message.

I am also heartened by the way David Taylor, one of our new trustees has used his considerable energies to start developing a whole menu of opportunities for members to volunteer of their time to help with the environmental challenges facing the National Park. There will be more about these in the New Year so ready yourselves. I am keen that as many of our members as possible will feel able to answer the call to arms and make a contribution, no matter how small.

Therefore, as we look back over the year that has almost passed, it has been a year of real progress, but the exciting thing is what is yet to come.

Let me then end by taking this opportunity to wish you and your families a wonderful Christmas and New Year and let's look forward together to a successful and productive 2026. If you are stuck for ideas for presents, why not give a year's subscription to the Friends and remember, if the donee is 18 to 30, it won't even cost you anything!

With very best wishes,

David Green
Chairman



NEW TRUSTEE

David Taylor

David has lived in West Sussex for 30 years since he left the RAF.

A retired airline pilot, he has strong memories of visiting the South Downs as a schoolboy and was lucky to fly over them routinely in his job.

David has a love of nature and spends much of his time walking the Downs, usually with his camera in hand. He is a keen birdwatcher and insect lover, rarely happier than when out in nature.

As a trustee with Friends of the South Downs, David plans to target his energies on ensuring that the Downs continue to remain a special place.

NEW FOR 2026

Turn to the back page of this magazine for full details on the first of the new **No-Fear Led Walks** for 2026.



Photo Elizabeth Newman.

Better Smartphone Photography: Online talk with David Taylor

Wednesday 18 February 2026

7:00pm via Zoom | FREE

A fan of photography but not sure how to get the most out your smartphone camera?

Join Friends of the South Downs Trustee and Sussex-based photographer David Taylor for an online training session focused on better smartphone photography. David will be focusing on iPhone cameras for certain specifics but most of the training is suitable for general smartphone use regardless of phone type.

Book via the QR code or FSD website.



AGM 2026 Notice of the Friends of the South Downs Annual General Meeting

Saturday 9 May 2026

10:30am

Glyndebourne, Lewes, BN8 5UB

The 102nd Annual General Meeting of the Friends will be held at 10:30 on Saturday 9 May 2026 at Glyndebourne, Lewes, BN8 5UB.

Members are invited to make nominations for the election or re-election of the Honorary Treasurer and Council Members. The Annual Report and the Accounts Summary will be available on our website or from the office. Nomination forms (and further details) will be available on our website or from the office and should arrive not less than forty-two days before the date of the AGM i.e. by 27 March 2026.

In addition all matters for inclusion in the AGM agenda must also be received in writing at the Friends' registered office not less than forty-two days before the AGM, i.e. by 27 March 2026.

Note: Written notice for business to be included in the AGM Agenda must be signed by not less than twenty Friends members (Articles of Association paragraph 17).

From The Editor

This quarter, Friends of the South Downs have agreed funding in support of several conservation projects across the Downs for over the next two years.

Working with other organisations to conserve, enhance and protect the landscape of the Downs is central to how we organise and support activities and projects. It is with this goal in mind that we have chosen several wildlife projects to support, which you will find updates about in this issue. With thanks to Sussex Wildlife Trust, the Western Sussex Rivers Trust and Trustee David for their support in publicising these projects, and for the vital work carried out to protect and support the health of wildlife and rivers in and around the South Downs National Park.

CONSERVATION PROJECTS

Photo © Sussex Wildlife Trust, David Bridger.

Ebernoe Wildlands Nature Reserve features one of the richest woodlands for wildlife in the South East. It is a matrix of dense woodland, sunny rides, open glades, and scrubby edges.

Barbastelle and Bechstein's bats, the rarest bats in Europe, make their homes in the dense woodland whilst amongst woodland glades you may spot Purple Emperor, White Admiral and Silver-washed Fritillary butterflies. If lucky, you may see, or hear, birds like Firecrest and Marsh Tit enjoying the kaleidoscope of scrubby habitats.

This is one of Sussex Wildlife Trust's (SWT) most important nature reserves. As such, it is often the subject of targeted nature reserve expansion as they seek to regenerate nature on a larger scale. Alongside Ebernoe Common lies Butcherlands, a rewilding area with management integrated with that of Ebernoe.

Key to the management of these reserves is grazing. Ebernoe Common

is an ancient wood-pasture, managed for centuries through a combination of traditional woodland management and grazing. What we may call rewilding at Butcherlands is really just a modern take on wood-pasture, so also driven by grazing. Grazing is thus the main factor to create a habitat mixture of incredible diversity, and thus more living space for a greater variety of species.

Getting the grazing right is vital to maintain this matrix. Too much and the dense woodland reduces, and the bats suffer. Too little and the open glades and rides will disappear as trees shade out the species that thrive in sunlight. So SWT put their cows ("Sussex Reds") onto the site for carefully planned periods. Just enough to get the balance right!

This works well, and SWT have amassed considerable experience in managing their cattle. One essential activity, however, is "lookering" – the checking of cattle every day. In an open field this is easy, but in

this patchy woodland it can take hours. This can compromise SWT's resources to deliver the necessary grazing regime. SWT endeavour to attach GPS collars to the cattle, emitting signals that can be picked up by a smartphone, allowing their position to be identified, and the wellbeing of all the cattle can be checked easily.

It may seem odd that the viability of a grazing project (and so the richness of wildlife on a nature reserve) comes down to a piece of



Where cattle calmly g

electronic kit hanging round a cow's neck. Yet this is the case. Friends of the South Downs have seen this as a key point at which our financial support can help. Funding for GPS collars enables SWT to manage their cattle more efficiently (and effectively) and so deliver a great diversity of wildlife at one of the most important nature sites in the South Downs.

And there is something romantic about seeing native Sussex Reds calmly grazing in the dappled shade of an open sunny woodland. It's good for Friends to be a part of this project.



Dr Tony Whitbread
Trustee
President of
Sussex Wildlife
Trust

Land of the Nightingales

Who hasn't rejoiced at the song of a Nightingale? My wife and I had the pleasure of participating in a nighttime Nightingale safari this year.

It was a memorable experience. Nightingales start arriving in the UK in mid-April and return to Africa in late summer, having had one or perhaps two broods. The males sing at night until they find a mate, thereafter they only sing at dawn and dusk. Studies of Nightingales show that they have a repertoire of over 200 songs, and a library in excess of 1000 syllables.

Nightingales are slightly larger than the robin, both of which are members of the chat family. They aren't exactly the most beautiful birds, having a mainly brown plumage with a reddish-brown rump and tail. A secretive bird, finding a Nightingale out in the open is a rare event. Their numbers are in decline, as is their range; they are only found in small areas of southern and eastern England. Much of their decline can be put down to loss or degradation of habitat, ideally scrub woodland.

Sussex Wildlife Trust's (SWT) Ebernoe Wildlands nature reserve is just to the north of Petworth and within the National Park, and features the ancient Ebernoe Common National Nature Reserve at its heart. The Butcherlands site is a relatively recent (2001) acquisition by SWT

as a nature restoration project and has one of the densest populations of Nightingales in the country. In particular, SWT are looking to enhance the Nightingale habitat on the Limekiln and Highbuildings areas of the site.

Much of the scrub is all of one age and in a process of natural succession to woodland, but by creating diversity in the age of the scrub over time, SWT can ensure good habitat for Nightingales. To achieve this SWT will cut Bramble, coppice Willow, and allow fresh scrub to grow.

Friends of the South Downs have approved a contribution to support the diversification of scrub habitat for Nightingale territories over the next few years. Through a gradual approach, and by carefully optimising the existing habitat SWT will support the current population and enable it to expand.

Make a note in your diary for next spring to pay a visit to the Butcherlands nature reserve at Ebernoe Common. Despite having seen and heard Nightingales many times over the years, I still go out with my camera (and ears) when nightingale season arrives. You may be underwhelmed at first sighting, but once they start singing, you'll understand why they are so revered.



David Taylor
Trustee

Photo © Sussex Wildlife Trust, Hugh Clark FRPS.

raze



Citizen Science leading the charge on river health

We are excited to be bringing you news of our support for the Citizen Science project carried out by the Western Sussex Rivers Trust (WSRT).

Rivers are at risk across National Parks, with sewage works inside the National Parks spilling sewage for twice as long as outside. Despite being in National Parks, the majority of rivers (57%) are failing thanks to agricultural pollution and poor investment from the water industry, according to a recent report by Campaign for National Parks. Here is a summary of our partnership with WSRT from Trustee David.

Who can't be aware that our rivers are in trouble? The pressures on UK rivers include pollution from agriculture and industry, wastewater, urban runoff, historic mine drainage, as well as the impacts of climate change, over-abstraction and invasive non-native species.

Friends of the South Downs were recently approached by the Western Sussex Rivers Trust (WSRT) for financial support to help with a Citizen Science

project they are running.

The WSRT works closely with partners across their catchment area to improve river health, enabling the wildlife that lives there to thrive, and ultimately ensuring that these precious habitats are there for generations to enjoy.

The rivers within their catchment area that fall within the South Downs National Park are:

- Arun
- Western Rother
- Ems
- Upper Lavant
- Western streams

CONSERVATION PROJECTS

PLANNING & CONSERVATION REPORT WINTER 2025

Things have been rather quiet for us on the planning front over the last three months, although we have continued to monitor both planning policies and applications that have implications for the special qualities of the South Downs.

Having participated fully in the consultation on the draft revised South Downs Local Plan earlier this year, we await the next stage of consultation next year.

We objected to the change of use of barns to a food-based event venue (including weddings) at Lords Wood Barns at River, near Lodsworth. We considered the proposed activities would be likely to adversely affect the tranquillity, including dark skies, and the character of the locality through increased noisy and evening activity and associated lighting.

I am delighted to report that we have a new District Officer (DO) for several parishes in western West Sussex. However, we still have vacancies for DOs for parishes in the north of Chichester district and in Winchester district. If anyone is interested in finding out more about being a DO, please send an email to enquiries@friendsofthesouthdowns.org.uk and I will get back to you.



Martin Small
Chair Planning & Conservation Committee

So, what is Citizen Science and how can we help?

Citizen science refers to public participation in scientific research, often involving volunteers in data collection and analysis to support scientific investigations. It's a collaborative approach where non-professional scientists contribute to research projects alongside professional scientists. This can range from observing wildlife and reporting sightings to analysing images and contributing to data monitoring programmes. FSD have approved a contribution of £10,000 over two years towards the salary of the Volunteer and Citizen Science Co-ordinator.

If any member should wish to get involved and sign up as a volunteer with the Western Sussex Rivers Trust, please contact us to find out more, either via email to enquiries@friendsofthesouthdowns.org.uk or by using the contact form on our website.

SOUTH DOWNS FOR ALL

Having completed the first year of workshops and field trips, the South Downs for All (Hampshire) project is now moving into its second phase of facilitating school visits to our region's three outstanding open-air museums: Butser Ancient Village, Gilbert White's House, and Weald and Downland.

These visits would normally be costly for our partner schools, most of which are based in the Portsmouth/Gosport area, where some children and their families experience economic hardships. South Downs for All, partly funded by the National Lottery Heritage Fund, and partly by Friends of the South Downs, not only pays for the children's entry to the museums, it also pays for their transport costs.

On 29th September, children from St Columba School in Fareham visited Butser Ancient Village. The children were fully engaged throughout, and were fascinated to learn about the different prehistoric and historic ages represented at the museum. With careful attention to detail, the museum has recreated buildings from the Neolithic, Bronze Age, Iron Age, Roman, and Saxon periods. More than that, museum staff explain to the children how people would have lived during these past eras, with demonstrations and activities that bring the past alive.

On the beautiful autumn day we visited, the landscape around the museum was at its best, with the fine curve of downland enhanced by woods beginning to show their autumn colours. Michael Blencowe, the project's natural history expert, was able to point out to the children birds of prey, soaring in the sky high above them, and give insights into the flora and fauna to be found around the museum.

It was a delight to talk to the children about their experience of visiting Butser and the real joy they

took in learning about those who lived so many centuries ago. Children are always impressed by the contrast between the almost modern lives and housing of the Romans, compared to all the other cultures represented. The recreated Roman villa even has a working underground heating system!

However, the volunteers who work at Butser point out, that although the Roman villa appears so much more sophisticated and advanced than all the other buildings represented at the museum, in actual fact, they find the Iron Age and Saxon buildings are coolest in summer, and warmest in winter, compared to the Roman villa: looks can be misleading!

In May, Butser hosts a Wicker Man festival, when a giant wooden figure is burnt, as, supposedly, the 'Ancient Britons' did all those centuries ago. It is a hugely



BUTSER ANCIENT VILLAGE

Photos Mr Lofby.



popular event and attracts many visitors. Like both Gilbert White's House, and Weald and Downland, Butser depends on the income from visitors, including school parties, to enable it to finance the upkeep of all its exceptional heritage buildings and heritage activities.

We are very much looking forward to welcoming our schools to our three partner museums, in the sure knowledge that such visits stimulate young minds and inspire further learning and exploration of our common heritage.



Chris Hare
Project Manager
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org.uk



EXPLORERS OF THE SOUTH DOWNS

We hear from the team at So Sussex who have delivered the Explorers of the South Downs project throughout Sussex in 2025, to continue supporting children and young people from disadvantaged areas to explore and connect with the South Downs National Park and surrounding areas.

The third year of funding of £10,000 from Friends of the South Downs helped to create opportunities for 920 children and young people to experience the beauty, heritage



and biodiversity of the South Downs through hands-on, outdoor learning days. A separate strand of the Explorers project is running in Hampshire. The 2025 programme will be complete soon and we will report on the equally exciting achievements there in a later edition.

The project, across March to October 2025, reached students aged 4 to 18. A carefully chosen selection of sites across the South Downs National Park and surrounding areas were used, each offering rich opportunities for outdoor learning, exploration, and creativity. These included Stanmer Park & One Garden, Kingley Vale, and Friston Forest to name a few. Each of the locations provided a different perspective on the diverse South Downs landscape, from ancient woodland and chalk grassland to coastline and downland hills.

Each activity day was tailored to the interests, abilities and needs of the participating group, including guided walks with focus on viewpoints, geography and ecology, mini beast hunts, pond dipping and beachcombing, or habitat creation and conservation activities. These activities encouraged creativity, environmental

awareness and teamwork, whilst time spent outdoors in nature and the landscape of the Downs fostered a sense of wellbeing.

The Explorers of the South Downs project continues to have a profound impact on participating pupils, schools, and communities.

Teachers and support staff consistently report that pupils return more confident, inspired, and enthusiastic about outdoor learning. For many, the experience is their first visit to the countryside or coast.

Feedback from schools, staff, and pupils was overwhelmingly positive. Teachers highlighted the accessibility and appropriateness of the chosen locations, as well as the value of the hands-on, inclusive approach.



Andrew Lovett
Treasurer

Delivered by
Schools Without Walls (So Sussex)
Supported by
Friends of the South Downs



CHRISTMAS CROSSWORD



The trip made me think about how important it is for children to be outside getting fresh air rain or shine, walk, feel discomfort but overcome it (like getting sweaty, tired or having to carry their bags). This is what really develops resilience! If it were up to me we would be getting children out walking on the Downs as much as possible as part of the school curriculum.

Teacher

Carden Primary School

Looking Ahead

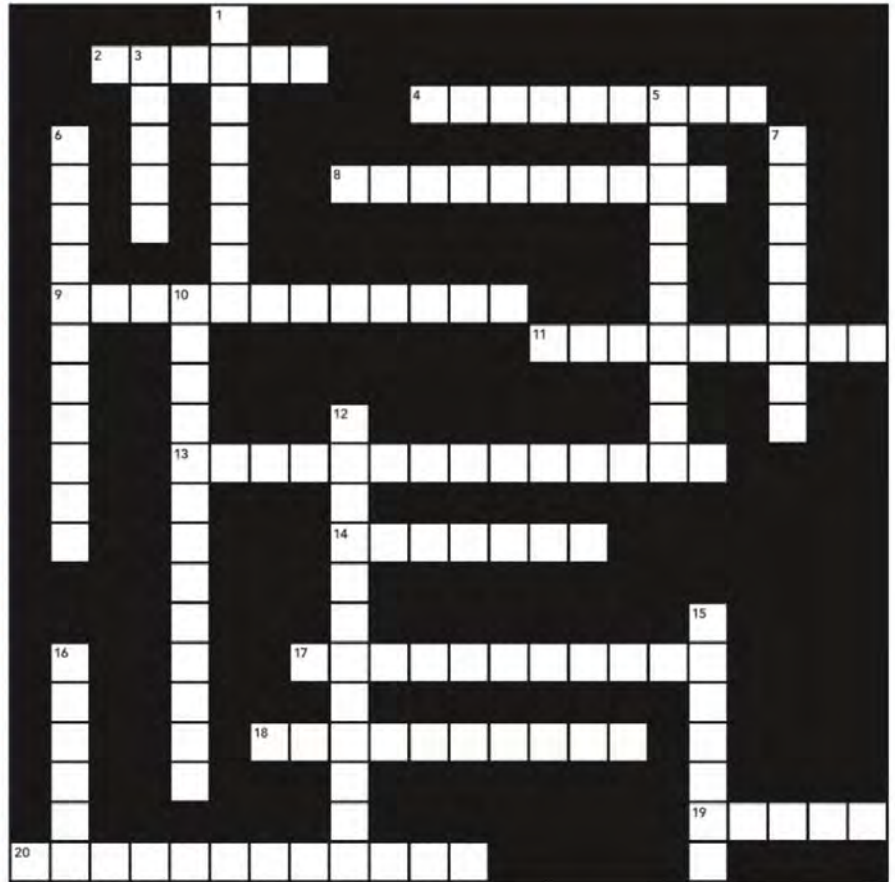
The Explorers of the South Downs project was once again a resounding success.

Interest from schools and colleges continues to grow, with a large waiting list for future funded opportunities.

We are particularly proud of the increased participation from SEN settings and secondary schools, ensuring that young people of all ages and abilities can experience and connect with the South Downs.

So Sussex and Schools Without Walls remain committed to breaking down barriers to outdoor learning and ensuring every child has the chance to explore, discover, and belong in nature.

Caroline Fleming
So Sussex



Across

- 2 Previously a maximum of nine miles (6)
- 4 North, South, East, West (9)
- 8 Sheep's coat for a base layer (6,4)
- 9 Gilbert and Sullivan hang out here (12)
- 11 Large backside near Ditchling Beacon (3,6)
- 13 Where would we be without this government agency? (8,6)
- 14 High flying singer (7)
- 17 Four-sailed landmarks (4,3,4)
- 18 Lumberjacks play a game here (7,3)
- 19 Used to be 1000kg in Hants (5)
- 20 Beware of snakes (7,5)

Down

- 1 Top quality timber place (8)
- 3 Cover up to avoid these suckers (5)
- 5 Handsome but sad flier at Malling Down (6,4)
- 6 Man-made soarers abound near Lewes (11)
- 7 Bobby or Jack near The Repair Shop (8)
- 10 15 of these in the UK (8,5)
- 12 Soggy jump jet (5,7)
- 15 Possibly a blister's best friend (7)
- 16 Bowl-shaped valley (6)

- Answers**
- 1 Goodwood
 - 2 Stroll
 - 3 Cardinals
 - 4 Merino wool
 - 5 Adonis Blue
 - 6 Paraglifters
 - 7 Charlton
 - 8 National Parks
 - 9 Marsh Harrier
 - 10 SkyLark
 - 11 Jack and Jill
 - 12 Birling Gap
 - 13 Exton
 - 14 Serpent Trail
 - 15 Plaster
 - 16 Coombe
 - 17 Ordinance Survey
 - 18 Big Bottom
 - 19 Glyndebourne
 - 20 Ticks

LOCAL NATU

Looking out from a viewpoint on the top of the South Downs, you'll see, stretched before you, the magnificent landscape of Sussex and Hampshire.

From the distant heaths of Ashdown to the heaths of the Rother Valley, the Hampshire Hangers, river valleys and chalk grassland on the Downs, you can read the counties' landform, geology, and ecology from there.

Yet, as with the rest of the world, wildlife is in serious decline. Globally the figures are stark – 73% reduction in mammal populations since 1970, for instance. And Britain is one of the most nature depleted countries in the world.

Of course there is good news too, but the general picture is clear. The need for nature recovery has never been greater.

This is the purpose of the recently published West Sussex, East Sussex and Brighton & Hove and Hampshire

Local Nature Recovery Strategies (LNRS), part of a national suite of 48 LNRS covering the whole of England. These are major pieces of work involving multiple organisations and consultation with those interested in nature recovery (about 2000 people in Sussex alone)

Nature conservation organisations in Sussex and Hampshire have always tried to deliver at a landscape scale. Yet they never had the capacity, nor computing power to achieve what the LNRS can produce today. They

RECOVERY

RE

are a description of the nature of the counties, a celebration of what we have and recognition of the problems it is facing.

The LNRS are large documents but the sort of thing you can “dip into”. Think of a favourite habitat or species, and you can probably find a section which describes it, outlines its problems and then gives measures to restore it.

Even more exciting is the interactive map. We have had plans and rough maps previously, but never before

have we been able to map Sussex and Hampshire wildlife, outline opportunity areas and articulate measures that we could take to achieve restoration.

These documents should be the key agenda for any incoming administration, whether the Mayors or new Unitary Authorities. The LNRS are the substance of the “30 by 30” campaign – an aim, agreed by government in 2020, to get at least 30% of our landscape managed for nature by 2030. Five years in, we still have a long way to go!

A public consultation on the Hampshire LNRS in the Spring of 2025 elicited nearly 400 responses. The LNRS for West Sussex and for

East Sussex and Brighton & Hove are now closed, but you can read the documents through the link below:

www.sussexnaturerecovery.co.uk



Tony Whitbread
Trustee



Martin Small
Planning & Conservation
Committee Chair

Photo James Ratchford.



STRATEGIES



An ash tree's bare branches curve, swirl and sag looking like an inked thumbprint on the winter sky. Arched twigs reach out like bony, beckoning fingers each tipped with a dirty black fingernail.

These black buds are unique to ash trees and in spring they'll burst into a spray of purple flowers like a freeze-framed firework explosion.

Ash trees have no shame. They love to stand naked. They are the last tree to put on their leafy green gown in the spring and the first to throw it to the ground in the autumn. In winter gales their grey, lean limbs flail and sway. Yet there's something eternally youthful about even the oldest ash.

They can elastically sashay through a storm with suppleness, lightness and flexibility.

Maybe this invincibility is why the ash was celebrated as the 'tree of life' and bestowed with magical properties that purported to heal lame children, defend us against snakes and cure anything from chronic wind to the bubonic plague. Whenever we needed a wood that would absorb a hard blow without splintering, we have turned to ash. For hammer handles, hockey sticks, oars, rackets, skis, cogs, cartwheels and car frames its tough timber provided us with resilience and strength. But now, finally, the ash tree is about to be dealt a blow that it cannot withstand.

In 1992 a fungal infection - Chalara fraxinea- which attacked ash trees was discovered in Poland. This botanical Ebola spread on westerly winds across Europe, its airborne fungal spores dusting and devastating ash trees everywhere. In 2012 an imported ash tree in a Cheshire nursery was Britain's first victim.

Now most Ash trees have succumbed to this plague.

We have yet to discover how our ash trees will react to this fungal assassin. There's a chance that the ancestry of England's

ash trees will offer some genetic resistance. But over the coming years we may witness an arboreal Armageddon similar to the one which wiped out our elms at the end of the last century. Is that the wind making the ash branches quiver or are these trees trembling in fear as they sense something approaching?



Michael Blencowe
The Sussex Naturalist

You can find details of Michael's upcoming events, wildlife sightings and adventures or book him for a wildlife survey of your garden or land at michaelblencowe.com



FSD GUIDED WALK

NO-FEAR WALK: CHANCTONBURY RING

Our Walks Leaders are offering a new style of walk for you to join in the New Year. These shorter, friendly walks have been designed for those who already enjoy walking but have not yet tried a group-led one.

The first of these walks will be in March 2026, with Walks Leader Mick guiding the group around Chanctonbury, a staple feature of the South Downs. We invite you to join us for this welcoming walk, with a relaxed atmosphere perfect for those who want to try out walking with a group. To book your place, scan the QR code on this page, email the office at socialmedia@friendsofthesouthdowns.org.uk or visit our website contact page.

Few places on the South Downs are as iconic as Chanctonbury Ring. Once an Iron Age fort and later a Roman temple, it's best known today for its distinctive crown of beech trees, planted in 1750 by Charles Goring of nearby Wiston House. The site is steeped in legend - some say it's one of England's most haunted spots - but

whatever the season, it offers some of the finest views in Sussex.

This 7-mile circular walk starts from Chanctonbury Ring car park (BN44 3DN) and climbs steadily up the Downs. Along the way, you'll glimpse Wiston House and Estate, home to the Goring family since the 1700s, before joining paths through the Steyning Downland Scheme. Here, community orchards, wildflower meadows and grazing cattle help conserve this precious chalk grassland.

A short detour takes you to the old Steyning Rifle Range, a remnant of military training from the 19th century, now a peaceful conservation site. As you climb higher, pause at one of the poetry benches to enjoy wide views across the Weald and southwards to the Channel and Isle of Wight.

The final stretch passes beneath the beech trees of Chanctonbury Ring itself - a perfect spot to rest, take in the panorama and perhaps spot red kites soaring overhead before descending gently back to the car park.

WALK DETAILS

Sunday 8th March 2026

10:00am

Start Point: Chanctonbury Ring Car Park, Chanctonbury Ring Road, Wiston BN44 3DN.

Distance: 7.0 miles (12.84km) circular route

GR: TQ145124

Sat Nav: BN44 3DN

What3Words: ///chum.that.editor



Main photo G Linturn.

Photo Chris Nayler.



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Office Opening Hours The Pulborough office is open 9.00am – 1.30pm Monday to Wednesday. Members are most welcome to leave a message on the answer phone outside these hours on 01798 875073.

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