



SUMMER NEWSLETTER 2016



WELCOME

This edition of our Newsletter features healthy living and the great outdoors. Our Farm Shop & Café were launched in order to bring to our customers nourishing, healthy food, full of taste and sourced from as locally as possible. We hope you will enjoy reading about our suppliers.

Our new Therapy Rooms, which are located in a newly refurbished building adjoining Cowdray Hall in Easebourne, opened in March and a variety of therapists are helping many people towards a healthier life. The Golf Club is a great place to exercise and stay fit whilst taking in some of the most outstanding views in the south of England. We give an update on the improvements happening both on the course and in the Clubhouse.

We hope you will be interested to read about the advantages of using a sustainable fuel source for heating in the article on Cowdray's forestry. We also feature a new business with which we are enjoying a shared philosophy and some enjoyable events – the Country Brocante. Enjoy the read!

Lord and Lady Cowdray



IMPROVEMENTS A FOOT AT COWDRAY GOLF

*Outstanding manicured greens, with spectacular
views to the South Downs*

Having been the golf professional at Cowdray for three years, Tim Allen became Director of Golf on 1st January this year. He is delighted that membership is at a healthy level with new members joining in 2016 and society and golf days proving strong. One of his first initiatives on taking up his new appointment was to organise an open evening attended by 130 members when he and Cowdray's Chief Executive, Jonathan Russell, shared their plans for the club.

Course Manager, Jonathan Smith, is overseeing a programme of enhancements to the course which is well underway. Uneven tees are being levelled out and improved, while work to upgrade the driving range will ensure that a higher standard facility is available at the club. The driving range is also open to non-members. Particular attention is being given to all the garden areas to make the most of the course's outstanding location and spectacular views.

Accommodation at the Lodge will be the subject of a complete refurbishment overseen by Marina Cowdray and improvements are also planned for the Clubhouse. Under the expert management of the team at Cowdray Events, the bar and dining facilities are offering exciting menus and new food options; sourcing from the Farm Shop emphasises Cowdray's commitment to quality and taste.



Tim is delighted to have re-introduced the Marathon Match between Goodwood and Cowdray which was last played over ten years ago. The first fixture in April was a resounding success with over 100 members taking part on both courses. In October, the members who played Cowdray in April will play at Goodwood and vice versa.

In early September, the club will be hosting the Locan Cup which is a golfing date for the Transport & Highways Agency held at a different venue each year. Sir Charles Locan was a tarmac tycoon who partnered with the 1st Viscount Cowdray, in bringing in what was then an innovative new material, Tarmac, from the USA in 1929. The event will see over 100 golfers playing a practice round on Sunday 4th September and being entertained to dinner on Sunday evening before the actual tournament on Monday.

New Assistant PGA Professional, Matthew Watson, is actively promoting the sport to a younger audience, a taster session for 120 youngsters at Easebourne Primary School in April being a huge success. There are weekly coaching sessions for teenagers at Midhurst Rother College - with a spin-off in interest from parents - and a family day in the spring attracted interest from a large number of potential young and adult beginners.

Tim is excited and enthusiastic about the re-emergence of Cowdray as one of the foremost clubs in the south of England and has his sights set on hosting a major pro-am event at Cowdray in 2017.

*Clockwise from top left:
Putting on the 18th Green
Director of Golf, Tim Allen
Assistant PGA Professional, Matthew Watson
Opposite left: Putting on one of the beautifully manicured greens*

FORESTRY AND ITS PART IN THE BIOMASS REVOLUTION

Cowdray's new Forest Manager Richard Everett on the growing market for sustainably produced wood products

Richard Everett joined Cowdray last autumn. Before joining us, he had several years working for the Forestry Commission after gaining a Forestry degree from the National School of Forestry at Newton Rigg in Cumbria. Working in the New Forest, he was part of a large team and to quote Richard, "a cog in a large wheel". He is now thoroughly enjoying a very different life, living on the Estate with his young family, and working in much more specialised areas.

One of those areas is the production of coppiced chestnut which, for a hardwood species, is supremely high yielding and fast-growing. At three years old straight lengths can be



Above: Stacked chestnut drying out

Below left: Forest Manager, Richard Everett and his dog, Fern

cut for walking sticks. Allowing it to grow on enables the production of strong stakes and the longer lengths needed for post and rail fencing.

Chestnut is a dense wood with a high calorific value which, when reduced to wood chippings, becomes an important fuel for Biomass boilers. Biomass boilers are a relatively new technology in the UK using cheaper sustainable fuel which can be used in individual domestic properties, or for heating multiple properties via a district heat main from a large central boiler. In 2015, 900 cubic metres of air dried Estate chestnut was chipped and delivered and 1,000 tonnes of chestnut is currently stacked in the wood, drying out ready for sale. A further 20% of Biomass fuel from the Estate actually comes from slab wood, a by-product from the Cowdray sawmill; in either case it is a readily available and sustainable source of fuel. Biomass boilers are best installed in new heating systems where there is sufficient room for the boiler and the space needed to store the chippings.

Cowdray has been accredited onto the Biomass Suppliers list which is a measure of sustainable production and enables the Estate to supply product to people receiving renewable heat incentive payments. Richard says: "Chestnut coppice forms 16% of our woodland cover and is the ideal sustainable crop – you cut it and it re-grows! Its rotational open habitat supports a wide range of creatures and that, for us, is also an important consideration."

Cowdray Woods produce approximately 15,000 tonnes of wood a year, most of which is harvested from conifer plantations. This timber has many end uses including construction, joinery, fencing, wood fuel and shavings for animal bedding. The Estate also produces some high quality oak timber used in construction and joinery. Adapting to trends isn't easy when a product takes years to come on stream, but chestnut production for the Biomass boiler seems to be a perfect match.



COWDRAY - A FOODIE PARADISE

New General Manager takes to the helm, and is delighted to support local suppliers



The award-winning Cowdray Farm Shop & Café is the hub of the Cowdray Estate and clearly demonstrates Cowdray's holistic ethos. New General Manager, Rupert Titchmarsh, has embraced its reputation for healthy, delicious food produced on the Estate and from further afield, and looks forward to sourcing even more local foods from dedicated growers and producers.

Nothing could be more local than the production of our eggs. Manuel looks after our chickens which contentedly scratch around outdoors - just yards from the shop, and produce the eggs which are sold in store. Cakes, pastries, pies, quiches and raised pies are all home-made in the Café's kitchens; birthday or other 'occasion' cakes can be made to order.

In the award-winning butchery, the majority of our lamb and beef is reared on Cowdray land. Our Head Butcher, Steve Page, is able to talk with the farmer about how the animals are raised, which has a real impact on the end result. Rupert says: "Such is its reputation that we could use as much beef as Cowdray Home Farms can produce - and more. Beyond our own Estate-reared meat we work with local farmers Scott's of Storrington who raise free range pigs. Their pork is home-cured and smoked by us to make into delicious bacon and sausages for the Café's Full English Breakfast. We also sell really tasty locally raised chicken with that great 'old-fashioned' flavour."

The venison available over the butcher's counter is supplied by the Estate's Deer Manager, Jason Griffin. The meat has won a Great Taste Award confirming the quality of this sustainable wild food source. Jason explains: "If left at unsustainable numbers, the local Fallow and Roe deer are detrimental to many of the enterprises across the Estate. Fallow roam in large groups and spend the summers raiding fields of cereals on both Cowdray Home Farms' and our tenants' farmland, retreating back towards the Downs in the autumn. Forestry can be badly hit by Roe deer which nibble shoots on young saplings and damage them with their antlers to mark their territory – a major problem on an Estate where 60,000 young trees have been planted in the past year. "We are able to supply the shop with meat from animals which live a wild and natural lifestyle and are completely disease free. The deer are culled by qualified hunters, gralloched in the field and inspected for food health safety before being delivered direct to the Cowdray butchers and other outlets. Venison is a wonderful meat, low in calories and cholesterol and with almost twice as much iron as beef or lamb. The forequarters are more likely to be used for burgers or the very popular Cowdray venison sausages. All joints can be prepared to order."

General Manager Rupert continues: "We stock a large range of locally produced fruit and vegetables and I would like to see an even greater seasonal offering. There's nothing better than English asparagus in season," he says, "and ours is grown



*Opposite left to right:
Fresh produce in the Farm Shop
General Manager, Rupert Titchmarsh*



*Above clockwise from left:
Head Butcher, Steve Page
Fresh bread in the shop
Cowdray Estate's Deer Manager, Jason Griffin
Fresh eggs in the Farm Shop
Homemade cakes available in the shop and café*



by Cowdray tenant Pete Davey. Our watercress comes from chalkstream waterbeds just over the Hampshire border and is delivered twice weekly. Our potatoes are grown locally by James Renwick of Buddington Farm. I'm always on the lookout for small local growers who can supply us with high quality produce on a regular basis. It's the consistency of supply which is important."

The cheese counter is known for the superb quality of cheese on offer and different items are available for tasting as "Cheese of the Month". Bread baked near Chichester, milk, cream and butter from no further than Sussex, Surrey and Hampshire; marmalades, jams and chutneys are custom-made for Cowdray Farm Shop by Ouse Valley in East Sussex whose marmalade recently won an award; Larinka Honey comes from nearby Liphook, Paynes Honey from Hassocks, whilst Peglers Honey is supplied by Dave Pegler who works for Cowdray Parks and Gardens department. Dave keeps bees on a small mixed orchard at his home near Chichester. Not only does he leave them plenty of honey over the winter so that they never need to be fed sugar syrup, he neither heats nor processes his honey in any way.

On the drinks shelves you'll find beers from Langham Brewery, a very successful micro-brewery based at Cowdray's business units at Lodsworth, and from Ballards Brewery in Petersfield, cider from Gospel Green and sparkling wines from nearby

Upperton, Wiston and Nyetimber. Chilgrove Gin is a new gin made near Chichester and Blackdown Artisan Spirits are based at Lurgashall.

Confectionery is sourced with an eye to its sugar content and Montezuma Chocolate, Mummy Makes Fudge, Miss Maple and Fit Bites are all delectable treats. Supplies could not get more local than Noble & Stace chocolates which are produced in the village. Lord Cowdray's daughter Emily, a raw-food chef, came up with the idea of mini 'haystacks' made from coconut, which are another firm favourite.

For a man who started out as a butcher in Borough Market in London's East End, had his own delicatessen for five years and went on to become a food wholesaler with a particular interest in cheese, being General Manager of the Cowdray Farm Shop & Café is the dream job for Rupert Titchmarsh and there is no doubt that Lord and Lady Cowdray's aim for the business to stock healthy and delicious locally produced food is in a safe pair of hands.

The Farm Shop is open Monday to Saturday 9am-6pm and Sunday 9am-5pm. The Café is open daily from 9am-5pm.



COWDRAY

THERAPY ROOMS

*Cowdray's new Therapy Rooms
are opened*

March saw the completion of Cowdray's latest refurbishment project. Having outgrown the treatment rooms at Cowdray Hall, and in order to cope with increasing demand, an adjacent building has been carefully converted into a complementary space to accommodate a much wider range of visiting therapists. The new Cowdray Therapy Rooms have been renovated to an extremely high standard and are impressively equipped.

Several of the therapists were already well-established at Cowdray Hall but have now moved to the new suites. They are joined by a number of new specialists so that a much broader range of treatments is now available. Therapists include Osteopaths Ed Cossart, Julie French and Elaine Seymour, Physiotherapist Pip Frankland and Reflexologist Jackie Cox. Sandrine Cranswick is a Mindfulness expert, Dr Liz Saunders specialises in Cognitive Behaviour Therapy, Renate Gallei offers FDM Therapy, Visceral Manipulation and Craniosacral Therapy and Kim Lovelace is a specialist in Shiatsu.



Acupuncturist Denise Hamilton-Cousins is one of our established therapists. Her involvement in the therapy began over 35 years ago as a patient and for the past 16 years as a practitioner. Acupuncture is a branch of Chinese medicine which has been practised for over 2,000 years and which spread through Asia and parts of India before worldwide acceptance in Europe, the USA, South America and Australia. Denise has witnessed its powerful effect in treating a broad range of conditions and its great importance in re-creating a balance both in her own and her patients' lives and health.

Denise works with the whole range of age groups from children to the elderly and has used acupuncture to help treat men and women suffering from musculoskeletal injury and pain, headaches and migraine, depression, stress, chronic fatigue, gynaecological issues and infertility, auto-immune diseases including polymyalgia and rheumatoid arthritis and digestive problems such as IBS and colitis.



Registered Nutritional Therapist Nicola Russell can help people suffering from chronic conditions and also those looking to enhance their general health and wellbeing. She says: "Nutrients and other food components influence the function of the body, protect against disease and restore health. In some individuals, diet can be a serious risk factor for a number of diseases."

Nicola considers each individual to be unique and recommends a personalised nutrition and lifestyle programme rather than a 'one size fits all' approach. She first assesses the underlying causes of symptoms and looks at how different systems in the body may be contributing to a health issue. Thereafter she offers a practical approach to dealing with conditions such as weight loss and weight management, digestive disorders, diabetes and blood sugar control, high cholesterol, fatigue, depression, female hormonal imbalance and stress management.

Cowdray's new Therapy Rooms complement Cowdray Hall's varied and life-enhancing courses. Therapists interested in joining the current list are invited to get in touch.

Email therapy-rooms@cowdray.co.uk



*Left: The waiting area at the Therapy Rooms
Above left to right:
Acupuncturist, Denise Hamilton-Cousins
Registered Nutritional Therapist, Nicola Russell*



COWDRAY

PROPERTY

The Country Brocante Store – a new business for Midhurst

Opened in April in one of the oldest and most atmospheric buildings in West Street, The Country Brocante Store has become the latest addition to the impressive number of innovative, independently owned businesses in Midhurst. The concept is the brainchild of Lucy Haywood who started a career in design before becoming a stylist. Sourcing vintage props for weddings and other functions brought her into contact with many specialist artisan businesses so she opened a small shop and invited a range of cottage industry designers to take space with her. Country Homes & Interiors magazine spotted Lucy's potential and offered a liaison.

A monthly Brocante Fair in Wisborough Green was the next step and this led to larger events at Cowdray Hall, Petworth Park, Cowdray's Capron House and at Cowdray House. Following this June's event at Cowdray House, Lucy is already planning her first two day Fair which will take place on Friday 25th and Saturday 26th November in the grounds of Cowdray House. The expanded programme will include entertainment by a pianist and singer, an art gallery, display of shepherd's huts, food options and a large variety of exhibitors – many of whom will be presenting a delectable range of goods with Christmas in mind.

Lucy says that a permanent shop window was always in her game plan but waited until she had a big enough following to make an appearance on the high street. She has carefully selected eight traders to join her in West Street.



Above: Lucy Haywood at her shop

Below: A selection of beautiful items on sale

The new shop appeals to those who love the classic English country 'look' - soft, comfortable, yet stylish. There is a mouth-watering range of hand-printed textiles, linens, cushions and antique bedlinen. Items of French furniture sit happily alongside painted and distressed vintage pieces. Hand blocked stationery, English made wallpaper from Cow Parsley at Home, Gill Fox millinery, items from Cabbages & Roses, beautiful flowers and stems from an artisan florist and every kind of home accessory attract the eye as customers browse around and spot unique one-off items for their home or for perfect gifts. Lucy has indeed hand-picked a wonderful representation of the highest quality cottage industry for a marvellous shopping experience.





COWDRAY

WELLBEING

Cowdray's first Weekend of Wellbeing

An audience of some 100 people attended each day of the weekend programme of motivational talks held in Cowdray House's Buck Hall on Saturday 14th and Sunday 15th May.

Mindfulness was addressed in individual guest speaker presentations by biographer and former Master of Wellington College, Sir Anthony Seldon; writer, journalist and mental health campaigner, Rachel Kelly and writer, performer, comedienne and, more recently, mental health spokesperson, Ruby Wax. Rachel Kelly and Ruby Wax each highlighted how mindfulness has helped them tackle their own personal experiences of living with depression.

The guest speaker line-up also included the pioneer of the sound healing and

ancestral healing movements, Jill Purce; activist, pacifist and editor of Resurgence & Ecologist magazine, Satish Kumar; biologist and author, Rupert Sheldrake and naturopathic doctor, aesthetician and leading authority on holistic health, Dr. Nigma Talib. Writer and campaigner Horatio Morpurgo introduced each guest speaker and fielded question-and-answer sessions.



Mental Health spokesperson Ruby Wax

Surrounded by the 16,500 acre Cowdray Estate and the South Downs National Park, the gardens of Cowdray House and the warm weather wonderfully complimented the tone of the whole weekend. Pilates, yoga and meditation classes were held outside by instructors who regularly hold classes at nearby

Cowdray Hall. Singer-songwriter Catty Pearson sang four of her reflective songs, bringing a chilled folky vibe to her pre-lunch performance on Saturday.

Lord and Lady Cowdray were integral to the conception and development of Cowdray's first Weekend of Wellbeing and have championed holistic wellbeing on the Cowdray Estate for many years, very much steered by their own advocacy of such lifestyle choices. "The initial feedback received from guest speakers and audience members was enthusiastic, with all agreeing that wellbeing and mindfulness need to be increasingly addressed in today's fast-paced and stressful world," said Cowdray's Chief Executive Officer, Jonathan Russell. "Once we have distilled all the reaction to the first Weekend of Wellbeing, we will look to building on its success next year."

A FINAL NOTE

We hope you have enjoyed our summer 2016 newsletter. The articles demonstrate the huge variety and diversity of the Estate's enterprises from primary production in our Woods, to retailing in the Farm Shop, through to leisure, health and hospitality. It is this mix that makes Cowdray such a fascinating and interesting place to work.

However, whilst diverse, we remain committed to our core value of long term sustainable management throughout our businesses for future generations. We remain the custodians of this beautiful part of West Sussex which we hope is enjoyed by all who visit us.

Jonathan Russell
Chief Executive, Cowdray



Photographer Ben Wright

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