First Anniversary! indfield Tile Local village talk, by the village Farewell to local landlord Parish Council newsletter The latest on Lindfield Arts Festival p.22

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David Tingley

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LINDFIELD LIFE CELEBRATES its first birthday this month! I hope that you have enjoyed reading it as much as we have enjoyed putting it together. Thank you to the many people who help us by contributing information and features. We love hearing from readers and I am particularly grateful to all those who send in ideas and tip offs! Please keep them coming. We have got some interesting features coming up over the next few months.

We've got a jam-packed issue for you again this month with something for everyone. Back by popular demand we have the first of a new series on cycling in Sussex. It's not only a great way to get fit but also a fantastic way to see more of this beautiful area in which we live and this month you can find out how you can raise some much needed funds for our local hospice. Landlord of The Witch Inn, Gerry Rvan, leaves Lindfield at the end of month after nearly 24 years of serving drinks to village residents and so we share his story in Village People. Children from Lindfield Primary School have been celebrating World Book Day and the winning entries from their 'Design a book cover' are featured, along with a report of the day. For those green fingered amongst us, Noreen Smith from the Horticultural Society shares her wealth of knowledge on successfully growing fuschias - she used to run a specialist fuchsia nursery, so knows her stuff!

Mike Scholes, who we featured in January, is leaving on the 4th April to start his North Pole Trek for St Dunstans. He has been out training with the Scouts and we hope to be able to bring you news of the trek on his return. It is not too late to support him (see p23).

Traditionally April kicks off with a day of fun and jokes – April Fools Day. Although no-one really knows when the tradition first began, it became popular in England in the 1700s and is still popular today, so watch out!

Emma Tingley, Editor

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Advertising: David Tingley <ads@lindfieldlife.co.uk>

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We'd love to hear from groups, organisations and individuals about what's happening locally. Include a photo if you can. Email your stories to editor@lindfieldlife.co.uk

Music to your ears

LOCAL GIRLS Alexia Clark, Anna Burke, Maddi Barnaby, Bella Little (all pictured) and Charlotte Smith, recently presented a cheque for £302 to the children at 'Finches', a specially adapted bungalow for children with complex health needs and physical disabilities in Burgess Hill. As part of Chailey Heritage Clinical Services and South Downs NHS Trust, the home was grateful to receive the money that was raised when the girls gave up their holidays to provide music and a short play to passers-by outside Cloughs Delicatessen.

Finches provides a home-from-home environment and positive experiences for the children who use the service. They enjoy going on outings and taking part in fun activities, whilst giving their families a break. They have recently re-decorated the home and are currently having a garden makeover, so they are hoping to use the money raised to buy some extras for the children to enjoy.

So thank you to all those who donated and stopped to enjoy the entertainment!



Street performers: Alexia Clark, Anna Burke, Maddi Barnaby, Bella Little

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New 'forest' school

2010 IS PROVING to be a busy and exciting year for The Acorns whose Nursery School, run by teacher Janet Irwin, meets in Denmans Lane and Westmeston Parish Hall.

After Easter, The Acorns will lead 'Forest School' Tuesdays at Stoneywish Nature Reserve in Spatham Lane for 2-5 year olds from 9am-2pm, with a choice of all day or $2\frac{1}{2}$ hour sessions. This special opportunity is open to all local children, not just those currently attending The Acorns. "We believe that Stoneywish Tuesdays will be a very exciting extension of The Acorns, providing even more opportunities for children to explore and learn through nature," says Janet. Find out more at our Open morning at Stoneywish on Sunday March 28th 10am to 12noon.

During the Summer holidays, The Acorns will be running three weeks of Holiday Fun! at Westmeston Parish Hall for children aged 2-8.

2010 also marks the 25th Anniversary of The Acorns Nursery School, which started in Lindfield in 1985. A lunch party to celebrate will be held on Sunday 27th June at Westmeston Parish Hall with an open invitation to past and present pupils to come along and make the day one to remember.

Please contact The Acorns for full details of all these events on 01444 455081 or look at the website www.theacornsnurseryschool.com.

Poppy Appeal Update



By Pauline Parkyns, Poppy Appeal Organiser

I AM VERY pleased to be able to tell you that the figure raised in Sussex was £1,052,585.29. As our village raised over £7,000, so we are a very big part of that. The national figure stands at £31,524,000.

The head of the Poppy Appeal at Maidstone, Nick Buckley, has reported that the national store of 40 million poppies was exhausted and that he had to draw on a further 2 million from next year's stock to meet the demand. This speaks volumes about the dedication of our volunteers and supporters and thanks go to everyone who contributed to this fantastic result.

To give some idea of the magnitude of this year's effort, at the rate of distributing one Poppy per second, it would take 16 months to distribute 42 million Poppies. We did it in 20 days. Amazing!





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Letter to the Editor

COMMUNICATION FORUM FOR LINDFIELD c/o Lindfield Parish Council, 6 Denmans Lane, Lindfield. West Sussex RH16 2LB

2nd March 2010

Dear Editor,

The Lindfield Communications Forum meets two or three times a year to consider matters relating to public relations and the sharing of information in the village. At it's meeting on 2nd March it asked me to write to "Lindfield Life", which is now a year old, to say how much it is appreciated. It really is an excellent publication and we would like to congratulate all the "team", about whom we learned in the February issue.

They also asked me to make a couple of points. First, they felt it would be nice if readers provide d a bit more feedback on items included. Maybe a few "letters to the editor" might produce some interesting exchanges as people spoke their minds about matters of interest in the village.

Second, a popular service provided to residents by the two Parish Councils is the "Lindfield Parish Directory and Year Book", containing a diary section, which goes into every home each year. Unfortunately this year's was a little late going out, but people always seem glad to receive it. However, it is expensive to produce, in both time and money, so last year it was agreed that its future should be thoroughly reviewed before a decision is made about a 2011 publication.

So this is the opportunity for people to have their say. It will be on the agenda of the two Parish Meetings – Lindfield Rural Parish at 8pm on Monday 12th April at the Millennium Village Centre, Scaynes Hill and at 8pm on Wednesday 21st April in the King Edwards Hall – Lindfield Parish.

Alternatively you can write to either Parish Council office or e-mail clerks@lindfieldparishcouncil.gov.uk or lindfieldrural. parishcouncil@virgin.net. Please let us have your views by 23rd April at the latest – that would be very helpful.

Cllr Rev Michael J. Davies

Secretary, Lindfield Communications Forum.

Reader request - Can anyone help?

WE ARE LOOKING for information about Lindfield's Vintage Wireless Museum having been contacted recently by a reader trying to find out what may have happened to her grandfather's old wartime listening equipment. It was used to listen in to Morse Code signals from the Germans at night. These were then transcribed and taken to Bletchley Park for decoding. It was donated to the museum and was displayed with a note and her grandfather's name, Frederick Durrant.

If you can help, please contact us: editor@lindfieldlife.co.uk or call 01444 884115.







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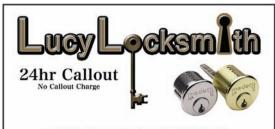
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April 2010

Goings on at Lindfield's Pond

By Richard Mason, Assistant Pond Warden

COMMUTERS BETWEEN HAYWARDS HEATH and Lindfield face another long period of delays and frustration. In a remarkable effort in joined up thinking Lindfield Urban District Council, Mid-Sussex District Council, the Duke of Chichester and the South African mining company Exploratiou have agreed to form a consortium of interest to examine the bedrock of Lindfield Pond.

Believed by most to have the most inauspicious of births, scientific interest was awakened when the pond was inadvertently partially drained during pavement reconstruction in early 2008. Pond watchers were horrified to see aquatic life in all forms of distress when water levels fell to the almost non-existent.

Whilst some watched events David Roles, a freelance consultant to Exploratiou, noticed an irregularity in the pond's formation, causing him to enter it and discover an artefact that seemed to indicate a symbolic association to the Knights Templer. A more thorough search found more objet d'art of the period.

By chance the company's CEO, Dr Philip Winser, was staying with friends in London and subsequently visited Lindfield. He confirmed Mr. Roles' opinion that relics found indicated an association to this now defunct brotherhood and arranged for a superficial survey of the pond and its immediate area.

At the time of the Knights Templer disbandment in 1314, Lindfield as a village was in its infancy. The Tiger Inn, now Church House had been built by Canons and had subsequently achieved notoriety as a smugglers' pub. Despite its connections with All Saints one of its first Landlords was Edward Michelbourne, a privateer who had connections with some others sailing under the Jolly Roger and traders more usually helping to profit from the importation of French Brandy than treasure. Following recent evidence it is thought that one of the cargos destined for safety in Scotland was unloaded close to the River Ouse junction



with the sea and carried by smaller vessels to Lindfield where it was hidden in the tunnels that are thought to exist to this day under the village. The expectation is that one of these tunnels connected with a holding area subsequently collapsed to form the bedrock of the pond.

To add further credence, a connection is known to exist between the Barbadian Pirate Major Stede Bonnet whose family owned large sugar estates on the island, and entrepreneurs based in Cavendish Square London, who were well versed in sugar plantations. One of the traders, John Winkworth, had interests in this village and much of the capital to fund the purchase of the infrastructure to refine sugar was provided by him. The source of his wealth remains a conundrum but is believed to have come from the disposal of jewellery.

A further discreet survey of the pond was carried out in February 2010 when workmen were repairing the walls that retain the pond close to the road. A spokesman confirmed that the evidence so far is that the pond holds a commercially viable secret. He went on to say that Dr. Winser is satisfied with Exploratiou's preliminary surveys and is proposing to invest a six-figure sum in excavation. Long delays in crossing the village by car can be expected, as temporary traffic lights may be a village feature for the next three months.



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World Book Day

IF YOU WERE in the vicinity of Lindfield Primary School on Thursday 4th March, you may have noticed some unusual characters arriving and leaving the area. Well, about 400 or so characters to be more precise! Children and staff arrived at school dressed as their favourite book character – anything from Enid Blyton's 'Moonface' to Lewis Carroll's 'Alice' - to celebrate World Book Day.

This worldwide celebration of books and reading is marked in over 100 countries around the globe. World Book Day is a partnership of publishers, booksellers and interested parties who work together to promote books and reading for the personal enrichment and enjoyment of all. One of the main aims of the day is to encourage children to explore the pleasures of books and reading.

So as well as having fun dressing up, the children of Lindfield Primary School participated in poetry workshops with poet Laura Dockrill and writing workshops with local author Deidre Huston. The younger children in Keystage One were set the task of designing

a cover for their favourite book (the winners are pictured below), whilst the Keystage Two children were asked to write a poem that is soon to be collated and published. The day finished with a 'Book Swap'.

Book Cover Competition Winners: Iona Durbin (Reception) Ben McDowell (Year 1)

Hattie Collins (Year 2)

Could you write a book review?

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A Footballer Called Flip

by Ian Whybrow Illustrated by Tony Ross

Callum Brooks (age 7)



This is a book about a boy called Jack who was really short. When he was little, Jack's Mum taught him to do a backward handspring. This is how he got his name Flip. One day Jack and his Dad went to see a football match at his school. Jack got upset when he wasn't picked for the team and people called him Shorty. His Dad said when he was his age he got upset because he was called mouse. His Mum said she got fed up with being told girls are big wet softies who aren't supposed to like football. They all made a plan to train really hard. Dad taught lack to kick the ball and score goals and his Mum taught him how to position.

At the next match Jack was picked for the team and played his first football match against Honnington School. Jack scored the winning goal by doing a back flip and kicked the ball into the goal. He then went on to play for England.

I like the book because I play football and would like to play for England too.

The Adventures of a Nose

by Viviane Schwarz and Joel Stewart

Nancy Foster (age 4)



This is a story all about a nose. He has to look everywhere for a place where he can fit in. He doesn't want to stick out.

The pictures are great because on every page you have to search for the face which is hidden and you have to look for where the nose, eyes and mouth are. It is really clever. In the end the nose is happy because he finds a place to fit. I love the pictures but some of them you need to look quite hard to find the face and I like the happy ending. I think my friends would like this book.



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April 2010 11

Summer music at Wakehurst

THE FIRST WAKEHURST Music Festival presents three outstanding nights of fantastic open-air concerts.

Wakehurst Place is Kew's 180-acre country garden estate located in West Sussex and is home to the Millennium Seed Bank, the largest plant conservation project in the world. This will be first time that Wakehurst Place has opened its gates to present three fabulous nights of openair picnic concerts, in the same style as the immensely popular Summer Swing at Kew. Wakehurst's celebrated ornamental gardens and stunning 16th century Elizabethan Mansion will form the perfect backdrop for the concerts, guaranteeing three nights of pure musical pleasure.

Various ticket options are available: patrons can enjoy a traditional picnic on the lawns, or opt for a reserved seat in the Gold Circle enclosure at the front of the arena, which benefits from excellent views of the stage and a dedicated picnic area. There is also a range of hospitality options from all-inclusive VIP hospitality in the Mansion, to pre-concert suppers in the Stables. A stylish Gazebo Village set on the velvety grass of Wakehurst's croquet lawn offers exclusive undercover picnicking. All three packages include reserved seating.

Picnics are welcome, however a range of quality food and drink will be available for purchase at each concert.

Proceeds from the event will contribute to Kew's global plant science and conservation programmes.

Thursday 17th June

Katherine Jenkins National Symphony Orchestra conducted by Steve Sidwell

At just 29 years old, Katherine has been hailed as the world's most successful classical crossover artist and now the first bona-fide British Diva recently announced that she is ready to go 'Supanova'. Expect



Katherine to raise the skies at Wakehurst as she effortlessly embraces the great arias of opera and contemporary classics, and a rousing finale with all the last-night greats including Rule Britannia and Jerusalem!



Friday 18th June

The Magic of Motown – direct from the USA. The Chicago Blues Brothers

This hit show recreates the contagious energy of Motown in a dazzling live concert tribute show honouring the Tamla legends that brought the world to its dancing feet. The Temptations, Diana Ross & The Supremes, the Four Tops, Stevie Wonder, Marvin Gaye, Lionel Richie and many more will get Wakehurst Place up and boogying to solid gold Motown hits.

The Chicago Blues Brothers get the party started with an all singing, all dancing action show packed evening with the very best blues and soul numbers - the pace is fast – and it's fun all the way!

Saturday 19th June

The Bootleg Beatles + The Fabbagirls

Wakehurst will rock to the sounds of The Sixties as the number one Beatles tribute band in the world take you through the sights and sounds of one of the most popular bands of all time. The Bootleg Beatles are stunningly accurate as they impersonate John, Paul, George and Ringo.

There are plenty of costume changes as they lead you through the history of The Fab Four from from Liverpool's Cavern Club through Sgt Pepper to The Apple Rooftop. This is an unmissable concert that will have you on your feet and singing along all evening.

Former Björn Again girls Zöe and Susie, with their band of four top musicians, are recognised as the best Abba tribute in the business. The name of the game? A fun sense of humour, fantastic faux-swedish vocals, coupled with stunning costumes and choreography.

To Book Credit card hotline: 0871 230 3446

or www.kew.org/wakehurstmusicfestival Booking fees apply for phone and internet.

Bookings for picnic tickets only can also be made in person at Wakehurst Place Visitor Centre or Clair Hall, Haywards Heath (no booking fee).

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home front

By Jacqui Smith, interior designer

Designs for Living

WHILST PLANNING INTERIORS will always pay dividends, with so many users and activities to accommodate particular consideration needs to go into the design of a living room to ensure that it serves all its purpose vet remains a distinctive and inviting reception room. Start by thinking about how the room is used, by whom and for what. Is it used for dining, working, the pursuit of a hobby or does it need to double as a home cinema? Typically, how many people does it need to seat comfortably? Look at the space itself, its main features and orientation. Fireplaces are invariably focal points but if you don't have one then the main focus of the room may be an amazing view or a stunning piece of art. More often than not the central role of our living rooms is that of relaxation and chilling out in the evening, so inevitably the television and its position comes into play. If you want to avoid the screen taking over, and with some of the larger plasmas around these days this is often part of my brief from clients, position the television so that it is not the first thing you see when you enter the room or at least not in the corner facing the door. That way the eye hits an inviting chair or a tempting view before it hits the grey rectangle. Arrange your furniture around your focal point bearing in mind the traffic flow through the space. Sitting in different parts of the room will help you appreciate the various vistas and practicality of your proposed arrangement. The view should work as you walk into the room and look just as pleasing as you sit on the sofa one side of the room or the chair on the other. Assess the quality and source of natural light in the room. Colours will behave differently in north and south facing rooms a north facing room will benefit from a warm tone whilst a south facing room will take a fresher cooler colour without feeling too chilly. Consider then your lighting requirements, layering light sources so you have general, preferably dimmable lighting for relaxing, task lighting for reading, work or hobbies and accent lighting to highlight a painting, the pilasters of a beautifully crafted bookcase or wash light down the front of some exquisitely handmade curtains. Ensuring that there is ample storage for the various activities is vital. A stunning interior can so easily be marred by piles of 'stuff' with no home, so free standing or built in storage is a must. An AV cabinet needs to house all the obvious boxes plus storage for DVDs, games and so forth and ideally afford you some growing room. Whilst we sort out our own sitting room furniture, our Wii handsets don't have a proper home vet and of this I am reminded on almost a daily basis when I see them scattered around the floor. Perhaps that's more a question of disciplining young boys than interior design choices?!

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Village people

By Emma Tingley

AT THE END of this month one of Lindfield's well-loved landlords will be pulling his last pint and moving on to pastures new. Gerry Ryan has been serving the drinks at The Witch Inn on Sunte Avenue for almost 24 years. Many of you will have paid it a visit at one time or another over the years; as a student in days gone by, as a food lover over more recent years, or as a family during the summer months when the garden becomes a playground for kids of all ages. Although he looks comfortable behind the bar, catching up with the regulars, Gerry's aspirations in life were not always to own and run his own pub. It was a career change that you could say he fell into by accident.

Gerry was born in Dublin in 1955. He was part of a large family with seven brothers and sisters. As an active youngster he was into two popular Irish games: hurling & Gaelic football, which he played until he was sixteen. Hurling is an outdoor team sport with ancient Gaelic origins, which is played with sticks called 'hurleys' and a ball. It is a fast moving game which sounds like a combination of hockey, rugby and football. Gaelic football shares a number of features with hurling, including the pitch size, H-shaped goals and number of players. Gerry then went on to play soccer, or football as we know it, for his local team, 'Rangers'. With an obvious talent for the game he played in sides that won the U16, U17 and U18 leagues and cup.

In 1973 Gerry began to play as an amateur for Bohemians, one of Dublin's League of Ireland football clubs. He turned semi-professional two years later and continued to play for Bohemians until 1977. As a semipro he juggled a full time job with intense training two nights a week. During his time with the club he scored 14 goals, which earned him the move to become a full-time professional footballer. In October 1977 he was signed by Derby County and so made the move to England. His time in Derby did not last long and Gerry was soon on the move again, this time further south. He joined Brighton and Hove Albion (BHA) for £100,000 - a small price by comparison with today's transfer fees. Playing in a variety of positions on the field Gerry spent nine years with the Seagulls. He played as centre forward, in midfield and as right back, the position he took up for the 1983 Cup Final match against Manchester United.

Gerry also played for Ireland in eighteen matches during his time as a professional footballer between 1978 and 1984. He scored at home in a friendly game against West Germany, which unfortunately wasn't enough to earn them victory. When asked what the highlights of his football career were, he didn't need much time to think. "Playing for Ireland, BHA's promotion from the 2nd to the 1st Division in 1979 and playing in an FA Cup Final at Wembley were great moments for me" recalls Gerry.



Pictured above: Gerry Ryan

Sadly Gerry's career came to an abrupt end in April 1985 when he broke his leg during a game against Crystal Palace. He couldn't play for over a year after his injury. When he did finally return to the game the following July, he soon realised that he could not continue and had to take early retirement from football. So at the age of thirty and without a footballer's pension (for which you have to play until 35 years of age to qualify) Gerry was faced with some difficult decisions. "I thought that running a pub was the last thing I would do" he laughs. But life had different ideas and his experiences of working in pubs in Dublin as a youngster would come in very handy. He had been living in Gander Hill since 1979, moving only a stone's throw away to Summerhill Close in 1982, so he already knew The Witch Inn. At this time it was empty and overgrown. The previous landlords had left over a year before and the pub had remained vacant. It was then owned by Phoenix Brewery who were sponsors of Brighton and Hove Albion and so, with a way in already, he negotiated a 20 year lease and set about re-opening the pub and clearing the garden. He later bought the freehold in 2000.

The Witch Inn dates back to the mid 18th century and was originally an 'inn' housing travellers and highwaymen on the main coach route between London and Brighton. Along with the changes it would have seen over the years, under Gerry's management it has undergone a number of facelifts over the last two and a half decades. Between 1995-2004 he targeted the 18-30s market, with what seemed like every 18 year old in the vicinity crowding in to the bar on a Friday and Saturday night. I can remember going there at that time and it was so packed you couldn't even see, let alone get to, the bar. It was at this time that Gerry's own children Darragh and Naoise were this age too, so he knew all their friends and could keep a watchful eye. "Crowds attract crowds but there came a time when having

to employ doormen also attracted those who fancied their chances against them. I'd had enough by then and my own children had moved on, so I had a change of tactics" said Gerry. Food was introduced and The Witch Inn began serving top quality local produce and the clientele changed to a more discerning customer. "Our aim has been to create exciting food using local suppliers we could trust, in a truly relaxed atmosphere. The dishes are constantly changing to reflect the seasons, enabling us to use ingredients when they are at their best" says Gerry.

The Witch Inn has also become well known as the place to go to watch great sporting moments. Because of Gerry's history and his passion for sport and sharing the enjoyment of it, the pub is the ideal place to watch a big match. His 'best times' of being a landlord have, unsurprisingly, all been around significant football events. "I loved it when it was mad busy during the World Cups and European Championships. There was always a great atmosphere" he recalls. The love of football doesn't just stop on the big screen either, The Witch is the centre for the Manchester City Mid Sussex Supporters Club, with Gerry as President. And football has also remained in the family with his son, Darragh, following in his father's footsteps, playing professional football for BHA as well as

several League of Ireland teams over the last 11 years.

As I sit at the bar, talking with Gerry in between serving



customers, it is obvious that he is well-respected and will be missed by many. Locals are greeted to a friendly welcome. The conversations about work, family and life in general flow across the bar and often Gerry doesn't even need to ask what they want to drink - he knows them so well. So why move on? Sadly about two years ago Gerry suffered a stroke that has left him with a left sided weakness. It is physically hard work running a pub at the best of times, but it becomes unviable when tasks he would previously have done himself, he has had to employ others to do. So he is off to enjoy the next chapter of life in Hove with the optimism that he has brought with him all the way. "I've always fancied living by the sea and I have good friends there. I've enjoyed my time here, but it's a new season to enjoy" he smiles. So Gerry, we wish you all the best and thank you for the happy times we have had at The Witch Inn over the last 24 years.



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Pedalling to lose pounds...or to gain them?

By John Barling, with input from Noel Willis

EVEN IF YOU'RE not an avid fan of Sports Relief you really have to admire actor and comedian David Walliams and his team of six TV celebrities who got on their bikes last month and rode as a relay team from John O'Groats to Land's End to raise money for the charity. Quite a feat when

you consider that they were not all seasoned cyclists but they did manage to complete the length of mainland Britain in around 82 hours and raised over £1 million pounds in donations from the British public.

Even more amazing are other ordinary people whose exploits on two wheels have dwarfed the famous End to End route, such as Doug Whitehead who wrote in the Daily Telegraph about his solo journey from Zeebrugge to Lahore, a distance of 6,000 miles in a little over 9 months, or Mark Beaumont who circumnavigated the globe, pedalling the 18,927 miles in 194 days and 17 hours, finding his way into the record books. To top that, Mark has also just completed the route from Anchorage to Tierra del Fuego!

For lesser mortals who can't take a year or two off work but who nevertheless aspire to shedding a few pounds and gaining a whole lot more for local worthwhile causes, why not get the bike out of winter storage and start training for the 18th annual Burgess Hill Bike Ride. Starting at 9am on Sunday, 6th June at Oakmeeds Community School, Station Road, Burgess Hill riders will be able to cycle over distances of either 10, 20 or 40 miles through the glorious Mid-Sussex countryside. The event is organised by the Burgess Hill Round Table and Lions clubs who hope to exceed last year's record entry of 836 riders. Half of the proceeds will go to St Peter & James Hospice and the balance will go to other local good causes. Entry is £10 for adults and £5 for children (aged 10-16) who must be accompanied by an adult. For full details either visit the official web-site at www.burgesshillbikeride.co.uk or email bike.ride@crayfield.net. Lindfield Life's cycling correspondent, who tells us he thoroughly enjoyed the 2009 ride, will definitely be there again this year as the Town Cryer issues the signal for the start. But if you can't or don't fancy taking part then why not still support our local Hospice by sponsoring a rider.

And if you want some suggestions for training why not check out the April 2009 launch edition of Lindfield Life on our website at www.lindfieldlife.co.uk or watch out for next month's tour on two wheels as we take you into the quiet Sussex byways and up on to the beautiful South Downs.



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Good 4 (you)

By Christian Bates

IF YOU ARE one of the millions who suffer low back pain then there are a few basic ways in which you can help yourself but my first piece of advice has to be to get professional osteopathic help. In my experience the sooner you have treatment after an injury the better, it makes a vast difference to how quick the recovery is. On the other hand if you have long term, chronic back pain then try getting help for that too. Don't just accept you have to live with it, take pain killers forever or that it is just your age. Osteopathic treatment can help a wide array of different back problems no matter how long you have had them. But apart from treatment I want to cover a few of the most common bits of advice I give my patients during and after treatment.

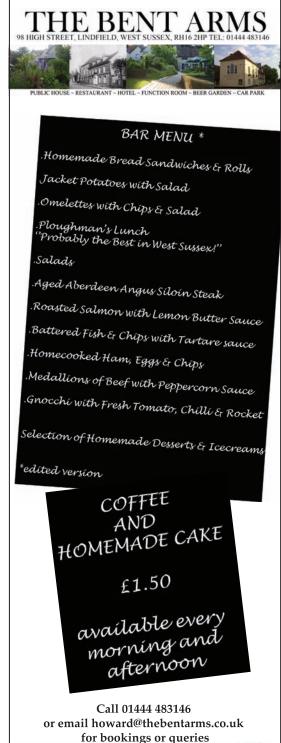
Firstly, posture is always involved, if gravity is there, then you will have some sort of strain as you sit or stand. So my biggest tip is to improve your posture. Most patients tend to be round shouldered and this puts strain on the neck and shoulders and increases muscle tension in the chest which further pulls the neck forward. Most patients know this but what is less known is that rounded shoulders flatten the curve in the LOW back and this predisposes to disc and sciatica type injuries. So you must observe the posture of your whole spine, not just the parts that hurt.

Next, movement is vital. I always recommend gentle exercise classes like Tai Chi, yoga and Pilates to maintain flexibility and improve abdominal wall function. These classes should also be used if you do "harder" excercise like sports or weights at the gym, they will provide a balance between strength and flexibility. They are also invaluable if you have a sedentary job, like sitting at a PC all day.

Drinking water also helps the spine. Our spinal discs, which provide a spring between our vertebrae, take water in over night whilst we sleep. If water is not available then they in effect dry out and don't provide the spring and protection we need, causing the joints to get closer together which can lead to wear and tear.

The foods you eat will also play a significant role in the health of your back. Most patients find this aspect one they have not paid much attention to. Firstly, food gives your body the building blocks with which it will repair itself; amino acids, vitamins and minerals. Secondly, certain foods may be aggravating your back pain as they are known to increase inflammation, refined sugar being a big culprit. It is also worth trying to reduce the nightshade family of foods just in case they are a problem, in particular tomatoes

For a holistic, self-help approach to a healthy spine you need to observe your posture, both standing and seated, your movement/exercise patterns, and what you eat and drink.



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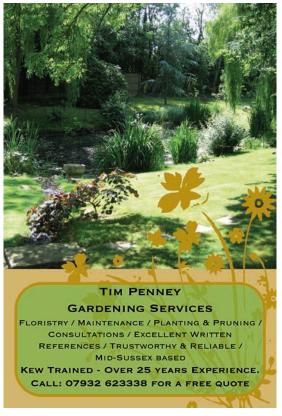


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Fuschias – Growing and showing

By Noreen Smith, Lindfield Horticultural Society

TO GROW A fuchsia successfully you must first start with a good rooted cutting. Take the top 4-5 pairs of leaves from a good strong growing plant, remove the bottom two pairs of leaves and dibble up to four or five cuttings round the edge of a 9cm pot or root them in individual cells in a seed sowing compost. Keep the compost wet and the plants in a warm situation out of direct sunlight.

> weeks the cuttings will have made good strong roots and can be potted individually into 9cm pots in a compost made from a mixture of peat and soil. When the plants have made 3 or 4 pairs of leaves pinch out the growing tips to encourage bushy growth. When each of the side shoots has made 3 or 4 pairs of leaves, again, pinch out every growing tip. If the plant is wanted for the show bench another pinch can be made after 2 or 3 more pairs of leaves have been made but bear in mind that each time you pinch

After about 5 or 6

out the growing tip you delay the plant's flowering for 6 to 8 weeks. So the last pinch must be made long before the plant is needed for the show bench. When the roots have filled the 9cm pot, transfer the plant to a larger, but not too large, pot using a good loam based compost. Any plant grows faster and stronger if it can sense the cell wall that its roots are aiming for so it is better for the plant to increase the pot size by no more than 2cm at each potting.

Fuchsias are very hungry and thirsty plants, good feeding and watering is essential for strong fuchsia growth. If the fuchsias are to be grown in pots plant them into a good loam based compost and feed well, preferably with an organic fertiliser such as Maxicrop. Water the plants well - a fuchsia can drink its own weight in water on a hot day - but do not allow them to stand in water, they must have good

drainage. If possible water a pot-grown fuchsia by immersing the pot in a bucket of water until all the air has bubbled out of the compost. Then take the pot out of the bucket and stand to one side until all the surplus water has drained away and put it back in its permanent position.

To prepare the ground for fuchsias to be grown outside first dig the soil well, to break up the soil and provide good drainage. Bone meal, fish blood and bone, Groworganic manure, or your own well-rotted compost can be incorporated into the soil at this stage.

When all danger of frost is over, usually late May/early June, fuchsias can be planted out into their permanent position and the hardy ones can stay there. Soak the plants after planting to get rid of any air pockets and keep them well watered, but not too wet, over the growing season. Remove dead flower heads and any damaged foliage over the season. Feed the plants regularly. Chicken pellets and Maxicrop are both very good fertilisers and do no harm to anything else.

Insect control outside is easy. Maxicrop, if you use it, stops the greenfly from reproducing. White fly can be controlled by spraying over the plants every 7-10 days with a weak solution of washing-up liquid, just about the strength vou would wash-up with. Caterpillars can be picked off by hand and the ladybirds will do the rest.

Fuchsias are usually fairly disease free. Good garden management will prevent most problems without needing any further treatment. The main problem for outdoor-grown fuchsias is fuchsia rust. The fuchsia of course is not a native species. Our European equivalent of fuchsias is willow herb. which gives fuchsias rust. Unfortunately I have no organic answer for fuchsia rust apart from inspecting the plants daily, removing any affected leaves and burning them. The first sign of fuchsia rust is dark red spots on the upper side of the leaf. If the leaf is removed at this stage mass infections can be avoided. Very few Garden Centre fungicides will cure fuchsia rust. If you want an effective spray you need a fungicide containing either Maneb or Thiram but both are chemicals. At the Sundries Centre this year we have a new product, a Plant Invigorator, an all-in-one pesticide, fungicide and plant invigorator without chemicals. It sounds very good but since I have not yet tried it (it has only come



out this year), I could not tell you whether or not it will control fuchsia rust.

So you have cared for your fuchsias over the summer and have got a great deal of pleasure out of them, frost is now threatened and you want to keep them again for next year. The hardy fuchsias are easy - just leave them in the ground! If wished give them a good mulch of peat or well rotted compost, to provide an extra layer of protection over the winter and feed the plant in the spring. Leave all the old growth on over the winter. When danger of frost is diminishing and the plants are growing strongly from the base, usually mid-April, cut back all the old growth to ground level. Our increasingly mild winters encourage the plants to shoot on the stems but this would eventually weaken the plants. Take the old growth off at ground level and each year the plants will grow bigger and stronger than before.

When frost is threatened tender fuchsias need to be protected. There are several methods of doing this. First of all lift the plants, shake off all the soil and remove all the leaves. Put the plant in a pot that looks to be too small for it.

If you have a heated greenhouse the plant can then be cut back to the second or third growth and kept at a temperature just high enough to keep out the frost, with just enough water to prevent it drying out. When the days start to lengthen slightly more water can be given and the

temperature increased to give a night-time temperature of about 45F. As the plants start to grow, pinch out the growing tips after every 2 or 3 pairs of leaves have been formed and pot on the plants to a slightly larger pot when the roots have filled the pot they were in. Weak feeding can begin at this stage. Overfeeding or feeding too early will result in weak straggly growth.

If you do not heat your greenhouse, or have no greenhouse, pot the plants, as above, remove the leaves but leave the stems and lay the plants on their side somewhere cool, dry and frost free. Inspect them regularly to make sure there is no fungus or damping-off disease. By early April the plants will be starting themselves into growth. Bring them out into the light, but under glass or plastic, cut them down as above and protect them from the frost overnight with something like newspaper, then proceed as above.

The lady who introduced me to fuchsia growing, more years ago than I care to remember, grew her fuchsia using the latter method and always won the first prize at her local show!

Fuchsias are fun, growing and showing is great fun, and is even more fun if you share it with like-minded enthusiasts.

If you are an LHS member and you have any questions I have not dealt with, give me a ring or come and talk to us at the Sundries Centre.



Looking to try something new?

NEXT MONTH Lindfield Arts Festival is giving you the opportunity to 'try something new' at one or more of their exciting workshops!

Here at Lindfield Life we have been given exclusive details

of many of the workshops you can book at the Festival on Saturday 15 May 2010. The Festival opens at 10.00 am with workshops running throughout the day at various venues along the festival trail.

Why not try the potters wheel for the morning? Or indulge in a food demonstration at The Kitchen People



Shop. Children can join up and have great fun learning how to illustrate a story with local illustrator Jill Latter or come along a share a Mr Men story and actually meet the official Mr Nosev and Little Miss Chatterbox!

"The graffiti workshops are proving popular already" says Claire Fuller, Festival Organiser "and many adults as well as teens are signing up for the Caribbean Steel Pan Workshops with World Music". A small sample of some of the fantastic workshops available for you to book are:-

Ghost Walk and Talk Street Dance Singing and Voice Acting with Yellowtale Theatre Drama Workshops Photography Walk and expedition talks Drumming Cooking Clay and pottery wheel Painting and drawing and many more!

Look out for the official Festival Workshop Leaflet coming through your door this month detailing all the workshops available and booking information. In the meantime if you would like find out more or would like to book your place now contact:

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North Pole training with the Scouts



training with the 1st Lindfield scout group. They hiked many miles through mud and water up to the top of Ditchling Beacon. The scouts were training for the 25 mile Overland Hike in March, when they will be carrying rucksacks, food and camping equipment. Mike was training to walk 60 miles in April over rugged ice in very cold temperatures to the North Pole and he will be pulling a 50 kg sledge with food, camping equipment and a hot air balloon.

Mike lost 85% of his sight in November 2007 due to Lebers Optic Neuropathy. As the pilot of the Sussex based Chad Ballooning, his life changed dramatically when he was no longer able to fly. He has been helped to find independence again by St Dunstan's, the charity that gives training and support to blind and partially sighted ex-service men and women.

Mike has a tough training programme. He currently runs about 50 miles a week and has recently completed seven half marathons in seven days! For the North Pole trek he will join a team of 5 led by David Hempleman-Adams. They will fly to Spitzbergen within the Arctic Circle and then to Barneo, from where they will trek to the North Pole. At the Pole, weather conditions permitting, Mike hopes to fly the hot air balloon. His trek is to raise money for St Dunstan's. He has a target of £50,000 and he has currently raised £9.823. He is paying for his trip himself and unless he finds personal sponsorship, he will have to add £18,000 to his mortgage.

If you would like to sponsor Mike or St Dunstan's, you can make a donation on his website (www.northpole2010.org). There is also still opportunity for corporate sponsorship of the trip - your company's name could be on the balloon flying over the North Pole!

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d Food

By Caroline Young

APRIL IS TRADITIONALLY the time we hope to hear the song of the cuckoo heralding the arrival of spring. Currently our seasons seem to be somewhat mixed up and April is always a month of uncertain weather. Late frosts can ruin a crop, including spring grass for cattle. Heed this old farmers' saying.

"When the cuckoo sings in an empty bough, keep your hay and sell your cow."

Fish is traditionally served during Easter so with possibly some family visiting and the children at home, this recipe is very simple and quick to make.

Haddock and Pasta au Gratin

Serves 4-6

Place 450g each of smoked (the undyed variety) and fresh haddock in a frypan. Pour over 450ml milk, cover and cook over low heat for 4-5 min until fish is just opaque. Lift the fish from the pan with a slotted spoon on to a plate. Remove any skin or bones and break into bite-sized pieces. Strain the milk into a saucepan, add 150ml dry white vermouth (or more milk), and make a white sauce with 50g plain flour, 25g butter, a little nutmeg and pepper. Cook 225g pasta (any shape) to packet directions and drain thoroughly. Tip the drained pasta into a shallow baking dish, add the fish and sauce and gently stir to combine. In a processor or blender buzz 3 slices of fresh bread with several heads of parsley to coarse crumbs. Melt a generous knob of butter, add the herbed crumbs, the finely grated rind of 1 unwaxed lemon and 2tbs grated Parmesan cheese and stir to combine. Spoon over the fish and pasta and bake for 15-20 min or until a rich golden

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I love recipes that can be served in more than one way and both of these cakes fit the bill. Serve them freshly baked with cream or ice cream and then later cold for tea. For the Jam Cake choose a top quality preserve with lots of your favourite whole fruit in it. The Chocolate and Banana Cake is cooked in the microwave and is extra good served warm with coffee ice cream!

Jam Cake

Preheat the oven 180°. Butter a 23cm round or square tin. Combine 225g plain flour, 100g caster sugar, 2tsp baking powder, 1tsp mixed spice or cinnamon and a pinch salt. Using a large bowl melt (in the microwave or over hot water) 75g butter. Whisk in 100ml milk and 1 large beaten egg. Add the dry ingredients and gently combine. Pour into the pan and level the top. Top with generous teaspoon-sized dollops of jam over the batter about 12. Combine 50g soft brown sugar, 50g granulated sugar and 150g plain flour. Using the finger-tips (or in a processor) rub in 75g butter to make coarse crumbs. Sprinkle over the cake batter. Bake for about 25 min or until the sides begin to pull away from the pan. Cool in the pan for 5 mins before cutting into wedges, if serving warm, or until cold. If serving warm, remember hot jam is HOT!!

Chocolate and Banana Cake

The timing is for an 800 watt microwave, adjust for other wattages. Slice 2 large very ripe, brown speckled bananas into a processor. Add 125g soft butter, 2 medium eggs, 4tbs milk and 125g soft brown sugar. Buzz until smooth. Sift 225g selfraising flour, ½tsp baking powder and 3tbs cocoa into a large bowl. Add the banana mixture and beat until smooth. Spoon into a 20cm straight-sided microwaveable dish and level the top. Cook on MED-HIGH for about 12 min or until the surface is still slightly moist but the cake underneath tests cooked (use a toothpick). Leave to cool for 5 min then turn out on to plate or rack. To serve warm, sift icing sugar generously over the top. To serve cold, beat together 50g soft butter, 2ths cocoa, 3ths milk and 150g sifted icing sugar. Swirl over the top of the cooled cake.



Did you know over-ripe bananas can be frozen for future use? Pop in the freezer (no need to wrap). To use, slightly thaw so that the skin peels away cleanly and use in recipes immediately.

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April 2010 2.9

Easter Worship in Lindfield 2010

All Saints

Palm Sunday (March 28th)

8.30 am All-age Worship11.15 am Holy Communion6.30 pm Evening Worship

Holy Week

Maundy Thursday (April 1st)

8.00 pm *A Performance of St. Mark's Gospel with Lance Pierson at All Saints

Good Friday (April 2nd)

9.30 am *Walk of Witness. Meet at the car-park at Hickmans Recreation Ground

10.15 am *Joint all-age service at All Saints
12 noon Mediation "Is it nothing to you?"
7.30 pm "The Crucifixion" by Sir John Stainer

Easter Sunday (April 4th)

6.15 am *Son-rise Communion Service at Ardingly College

(cars to be parked in the College car-park)

8.00 am Easter Communion9.30 am Easter All-age Worship11.15 am Easter Communion

6.30 pm *United Easter Praise at the United Reformed Church

United Reformed Church

Palm Sunday (March 28th)

9.30 am Family Worship

11.00 am Morning Worship with Holy Communion

6.30 pm Evening Worship

Holy Week

United Services and Walk of Witness (Maundy Thursday and Good Friday)

- see All Saints

Easter Sunday (April 4th)

6.15 am *Son-rise Communion Service at Ardingly College - see All Saints

9.30 am Family Communion for Easter

11.00 am Easter Morning Worship

6.30 pm *United Easter Praise at the United Reformed Church

Evangelical Free Church

Palm Sunday (March 28th)

10.30 am Family Worship6.30 pm Evening Worship

Holy Week

United Services and Walk of Witness (Maundy Thursday and Good Friday)

- see All Saints

Easter Sunday (April 4th)

*Son-rise Communion Service at Ardingly College - see All Saints

10.30 am All-age Worship for Easter

6.30 pm *United Easter Praise at the United Reformed Church



^{*}Services at which all three churches will unite to meet and worship together

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Good use for a garden!



a year now and during that time it has grown substantially.

John Higgins - now co-owner of the business with Phil Clarke - was looking, in early 2009, for a Marquee in which to hold his wife's birthday celebrations, and a friend suggested to John that he contact Phil Clarke. "Phil was looking for a new business partner at that time, and after a few discussions, I found that not only had I sorted out the marquee for my wife's birthday but was also now co-owner of Lindfield Marquees"!!

Together over the last year, Phil and John have built up a very successful and responsive Marquee Hire business, focussing on garden parties, wedding anniversary celebrations, birthday parties, discos etc and providing not just the marquees but also the chairs, tables, flooring, even the damask tablecloths.

"Most customers do their own catering" says John "but we can recommend excellent caterers, arrange hog roasts, barbeques or a disco if that's what the customer wants". "We've even provided a marquee to keep Classic Bentley Cars dry during a car show, and as a short term furniture store during a house renovation" says Phil.

Interestingly, both Phil and John are "retired" (whatever that means nowadays) - Phil, an ex Chief Superintendent with the Sussex Police, and John an ex MD from the Defence Industry and like many who retire before they reach 60, find that their "retirement" now gives them the opportunity to try something completely new from their previous careers. "The Marquee Business certainly helps to keep us fit" says Phil, "as we erect and dismantle the marquees mostly by ourselves. There is a substantial amount of physical work involved in putting the metal framework together, fixing all the waterproof coverings, not to mention moving all the tables

and maybe 100 chairs". John draws on his previous business experience when he says "Ultimately it has the same basics as any business -it's about being responsive to customers, giving good service, turning up when you say you will, being flexible, and providing good value for money". "We try to ensure a Marquee and all the furniture a customer wants, is in place at least 24 hours before the event" says Phil, "This gives the customer plenty of time to add their own decorations if they wish, and enables the caterer to work without interruption on the day of the event - which is always welcomed."

Phil and John clearly enjoy running Lindfield Marquees, "we get to meet some interesting customers, and we have had some great feedback - not to mention one or two bottles of ex event champagne from happy customers" says John.

Lindfield Marquees deliver and assemble a range of Marquees, within a 20 mile radius of Lindfield, and provide flooring, circular dining tables, upholstered chairs and table linen for events from 30 to 120 people.

Enquiries to John Higgins

Tel: 07715 491686

or Email: lindfieldmarquees@live.com

April 2010 29



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Welcoming customers for breakfast, morning coffee, lunch with daily specials, afternoon teas and evening dining. A fully licensed bar is available. A carvery is served on Sunday with a choice of four roasts. Al fresco-dining in the courtyard is provided on fine days.

Monday: closed Tues - Fri: 8am - 11pm Saturday: 10am - 11pm Sunday: 10am - 6pm The Gallery, 96 High Street, Lindfield RH16 2HP

Tel: 01444 484824



At work in the village

By Gabrielle Hall

IT'S ALWAYS A pleasure to meet people who enjoy putting something back into the community; their commitment to making life better for others is truly an inspiration. For this month's feature I visited one such lady, a local artist, Leesa Le May, at her home and studio near the common in Lindfield. As well as teaching art to both adults and children, Leesa is one half of the dynamic partnership responsible for the very first Lindfield Arts Festival this coming May.

Having grown up in a beautiful village called Bewdley, Leesa took her degree at Birmingham University and later moved down to Sussex where she ran the dance school at the Kind Edward Hall in Lindfield for eight years. She then took a teaching and refresher course before setting up the 'Lindfield Art Studio' three years ago.

Leesa has an amazing amount of energy and surely anyone who needs a lesson in multi tasking would do well to follow her example. As well being mum to a young family, Leesa manages her own career as a contemporary artist and runs a variety of classes from her studio situated in her colourful working garden. Children's classes are run on Saturdays and after school, and each Wednesday evening ladies gather for a more social event, with the odd glass of wine thrown in for good measure. "I like the studio to have a party feel" says Leesa. "In the summer I hang bunting around the garden and we all sit outside, it's great fun".

Groups usually cater for 8-10 people who can work with a variety of media. "The group usually takes a vote on what they like the best and we spend the first five weeks of the course with one media and the second five weeks with another". She continues "I encourage each student to work on one final piece that can be put on show and to create a sketchbook with all of their ideas".

Having the opportunity to work with a variety of materials means there is plenty of scope to develop. Leesa loves pencil drawing and using charcoal herself. She also uses acrylic and pastels in much of her own work and describes her favourite area as being print making. "My aim is to help each student learn a variety of techniques and to develop a range of ideas so the 'individual artist' shines through. It's a positive way to bring out creativity and to improve confidence. It's also a great way to relax and enjoy some 'me time' " she says. Leesa also provides private one to one tuition and help with GCSEs and scholarships, and says that one day she would love to be involved in the Gifted Pupil Programme run by primary schools.

Men are certainly not excluded and Leesa is currently arranging a special three week course just for them. Having run a few 'gift days' for men, where family members buy a



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day's workshop for say their husband or dad, she realised it could provide a welcome change from their normal routine, especially when that may involve a stressed out life in the city.

"The idea of organising an art festival for Lindfield has been a dream I have had for the last ten years" she says. "The only difficulty is that my work has had to go on hold for a while".

Certainly plans for the festival are going well and it has attracted great interest from a number of well known organisations in terms of sponsorship. "We have got a wealth of talent right here in Mid Sussex and it will be great to celebrate it in this way. With the exception of workshops, all the events are free, so it will be a great way for the whole community to come together."

So what is next I ask? "Certainly a holiday, then more time spent on my portfolio with a view to staging an exhibition of my own work some time soon".

So watch this space!

The Lindfield Arts Festival takes place from 14th-16th May 2010, visit www.lindfieldartsfestival.com. Full details of events taking place will be announced shortly. On the evening of Saturday 16th May there will be a variety of events including a salsa party, a barn dance, a rock event and a stage play. Tickets priced at £5 each or £10 for a family will be available at Heart & Soul in the High Street in Lindfield. All proceeds from these ticket sales will go to the festival charity The Chestnut Tree House Children's Hospice.

For more information about Leesa and her classes please telephone 07738 288730 or visit www.leesalemay.co.uk



Lindfield Parish Council Newsletter

Lindfield Parish Council Newsletter

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB Telephone: 01444 484115 Fax: 01444 484918 Email: clerks@lindfieldparishcouncil.gov.uk Web site: www.lindfieldparishcouncil.gov.uk

New Cycle Stands



The Parish Council has taken advantage of a WSCC scheme offering free cycle stands, which was a great opportunity for co-operation across the three tiers of local government. Our

application to WSCC for six stands was successful and we have asked Mid Sussex District Council to install four in the Denmans Lane car park, in the space next to the toilets (formerly the recycling area) and two in the Tollgate car park at the top of the slope from the High Street. We hope that these stands will be appreciated by cyclists and that they will be well used.

Newton Road

Work is under way on the housing development at the Newton Road site, following the temporary stop notice served by Mid Sussex District Council while the details of the traffic management plan were being negotiated. At the outset, the construction work caused considerable inconvenience and distress to residents of neighbouring roads as none of the access roads are suitable for construction traffic. After the temporary stop notice was served, Members of the Parish Council attended a meeting with representatives of Barratts and Steve Ashdown (the MSDC Officer who is overseeing the implementation of the planning permission) at which Barratts presented their reasons for their preferred route from the three possible options. As of 1 March MSDC agreed a construction route with Barratts that requires deliveries to enter and leave via the High Street, Brushes Lane, Dukes Road and Newton Road. Deliveries are likely to average 10 a day, by rigid back lorries. Low loaders and articulated lorries are not normally to be used but they are necessary in certain situations in the delivery of machines to the site. The first phase of the work was on the site entrance and to ensure that there is adequate room within the site for all contractors' parking and for loading and unloading deliveries, to ease the problems in the adjacent roads. Barratts have been granted an open licence by WSCC to undertake work to the highway to repair any damage caused during construction of their site. There may be instances where certain over runs, particularly at the junction of Newton Road and Dukes Road, may need to be reinforced during the construction process, with Barratts then repairing back to their original state upon completion.

Snow

Hopefully by the time you are reading this, the winter weather will be long gone. However there were lessons to be learnt from the experiences of last winter and the issues are being addressed at all levels. WSCC held a "Snow Summit" on 11 March to discuss the impact of the recent severe winter weather on West Sussex and



how the various agencies can do better together in the future. The Town and Parish Councils were not invited to this event because of space limitations but this Council has fed in comments

through our County Councillor and through the Sussex Association of Local Councils who were invited to attend. Unfortunately the copy date for this Newsletter was the day before the Summit so we are unable to report on it. However the event can be viewed on WSCC's website www.westsussex.gov.uk and there will be a published report recommending how the authorities and agencies working in West Sussex can better tackle any future snow. We are hoping that the outcome of this summit will give us clear direction as to the role of the Parish Council in emergency planning for severe weather conditions. This year, as the untreated pavements in the Village centre were clearly going to become more and more treacherous, a number of us went out on several occasions clearing the snow and spreading salt, including Will Blunden and Christine Irwin (pictured above). Thanks also to Pieter Hemsley, Sue Kolien, Mike Leach and Richard Powell, who all rose to the challenge. However we would like to be better prepared, so planning for severe weather will be on the agenda for the Annual Parish Meeting on 21 April, to give residents, schools, medical centre, churches and traders the opportunity to share their views which will help us plan for future years and give us information to feed back to the principal authorities. The issue of liability has put a lot of people off clearing snow from the pavements outside their homes and there does not seem to be definitive guidance on this, although the general advice seems to be that people should take all reasonable steps not to make the surface more dangerous or pile snow where it will cause problems for others.

Potholes

The severe weather this winter has taken its toll on the roads with potholes appearing everywhere. Potholes can be reported direct to West Sussex County Council by telephone: 01243 642105 or online at www.westsussex.gov.uk

Pond

A number of people were puzzled by the low level of water in the Pond back in February. The reason for this was that Mid Sussex District Council, the managers of the Pond, had arranged to have the numerous, large carp de-stocked. Other fish which cause fewer problems remain. The carp were removed to a more suitable location by personnel from a professional fishery who asked for the water to be drained as low as possible to ensure that all the fish could be caught. This operation was closely monitored and the water in the Pond soon returned to its normal level after the heavy rain which followed.

Easter Walk

Our Chairman, Will Blunden, is planning to lead another walk in the countryside surrounding the Village around Easter. Details will be on the Parish Council's notice board and website when the walk has been arranged.

Community Orchard to be developed at the Scrase Valley Nature Reserve

Scrase Valley Nature Reserve is an important site for wildlife, providing an important green gap between Lindfield and Haywards Heath. The 6 hectares (15 acres) of land is a mixture of woodland, scrub (low trees and woody plants), grasslands and most important of all, marshland. It has been designated a Local Nature Reserve with approval from English Nature.

A new development at the edge of the reserve near the entrance from Wilmington Way, is the creation of a Community Orchard. Mid Sussex District Council, with assistance from the volunteers who assist in the management of the reserve and some pupils from Oathall College, have been renovating the old orchard near Haylind Road that already has a number of mature apple and pear trees.

A public meeting was held at Oathall College on 15th March to launch the Community Orchard. Local residents can become involved with the project by planting additional apple & pear trees, managing the orchard and harvesting the fruit.

Further details can be obtained from:

Ursula Glass Tel: 01444 451861/ 07808661981 Email: orchardhh@yahoo.co.uk

Don't forget we have a new website!

The Council's new website is now live at www.lindfieldparishcouncil.gov.uk, complete with a Community Page. Carolyn Nurse is our new Community Editor and she can be contacted either directly through the web site (communityeditor@ lindfieldparishcouncil.gov.uk) or by more old-fashioned means through the Parish Office, if you have village news or events to contribute. We are aiming to maintain a directory of local organisations and businesses, which is still under construction. Please let us know if your details are incorrect. We hope that you will find our new website to be "user friendly" and that you will find what you are looking

Lindfield Parish Meeting Wednesday 21st April 2010

The Parish Meeting (which, it must be stressed, is NOT a meeting of the Parish Council) is a forum for local government electors to discuss parish affairs and to pass resolutions on them, although such resolutions are not binding on the Parish Council. As this Parish has a Parish Council, it is the Council's Chairman who must convene and, if present, chair the meeting. This year's Parish Meeting will be held on Wednesday 21 April at 8.00 pm in the King Edward Hall. The Agenda will be on the Parish Council's notice board in Denmans Lane nearer the time, as well as on our website (www.lindfieldparishcouncil.gov.uk). We will be including an item on planning for severe weather (see "Snow" article above).



Lindfield Parish Council Newsletter

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Email: clerks@lindfieldparishcouncil.gov.uk Web site: www.lindfieldparishcouncil.gov.uk

Police Surgeries

PC Geoff Bennett (Community Police Constable for Lindfield and four other parishes) and/or Police Community Support officers, Stuart Clough and Anika Arnold, continue to hold a surgery once a month in the Parish Office for residents to come along and raise any issues of concern. Their next surgery will be on Tuesday 27 April between 1 and 2.30pm.

Village Spring Clean – Saturday 17 April 2010

Since 1999 the Parish Council has undertaken an annual Spring Clean of the Village, an initiative started by the Tidy Britain Group. A number of volunteers meet in the King Edward Hall and are given tasks such as collecting litter from the areas in the village not covered by the normal street cleaning agencies. In addition, street furniture, such as the posts around the Pond and the Common, has been washed down and vegetation in the footpaths has been clipped back. Encouraged by the good turnout last year, the Parish Council will be holding this year's Spring Clean on the morning of Saturday 17 April from 9.30 a.m. until 1.00 p.m. and there will be free refreshments for all participants. Those who have taken part in the past will tell you that it is a very worthwhile exercise and we are always looking for new volunteers. Any children taking part must be supervised by an adult (parents or group leaders if they belong to youth organisations). Suggestions for areas in the village that might benefit from a little "TLC" are always appreciated. Bags for litter will be provided but you are asked to bring your own gloves and wheelbarrows can be very useful for bringing back sacks full of litter.

Lindfield Civic Service

The annual Civic Service will be held on Sunday 16 May at 11.15 am at All Saints Church. All are welcome. Coffee and biscuits will be available in the Tiger lounge after the Service.

Amenity Freighter

The Freighter will be in the Tollgate car park on Sundays 9th May & 11th July, between the hours of 10.00 am and 12.00 noon. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

Budget 2010/11

In the last Parish Council Newsletter, published in the January edition of "Lindfield Life", we spoke of the budget process and the dilemma currently facing so many Councils and indeed other public bodies and commercial organisations. At times of economic stringency there are always pressures on services. Less resources are available but there seem to be more demands on them. The last three months' weather has not helped!

However, Councillor Michael Davies (Chairman of the Finance and General Purposes Committee) is very happy to be able to report that the Parish Council, at its meeting on 14 January, agreed to maintain the "precept", (i.e. that part of the Council Tax which comes to pay for local services provided by the Council) at the current level for the coming financial year.

We have reviewed the likely expenses and we believe we can maintain the present services and also put aside sufficient funds to constitute a prudent level of reserves without increasing our funding requirement. We have agreed to start building a fund towards a new public toilet on the Common, although we are very aware that there are a lot of hoops to go through in order to achieve this, particularly as there are legal issues relating to use of the Common, but as this is likely to be expensive and the preliminary stages of getting the necessary permissions and plans drawn up will incur significant cost, we have put £20,000 in the budget to start us off.

Other items we have added to the budget this year, which will improve the environment of the Village include:

- purchase of equipment for snow clearing and some additional grit/salt bins
- removal of the basal growth on the lime trees which proved to be abundant last summer after the trees were pollarded
- a contribution towards grass cutting to a higher standard in the High Street
- a contribution towards repair and painting of the post and rail fencing round the Common and Pond and alongside the road by the Pond
- a fund to cover our share of the cost of re-pollarding the High Street trees

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Parish Council Meetings April To June 2010

Thursday	8 April	Environment and Amenities Committee	8.00 pm
Monday	12 April	Planning and Traffic Committee (Full)	8.00 pm
Wednesday	21 April	Parish Meeting - not a Council meeting	8.00 pm
Tuesday	4 May	Planning and Traffic Committee (Plans only)	8.00 pm
Thursday	13 May	Annual Meeting of Council	7.30 pm
Thursday	20 May	Finance and General Purposes Committee)	8.00 pm
Tuesday	25 May	Planning and Traffic Committee (Plans only)	8.00 pm
Thursday	10 June	Environment and Amenities Committee	8:00 pm
Tuesday	15 June	Planning and Traffic Committee (Full)	8.00 pm
Thursday	24 June	Full Council	7.30 pm

All meetings are held in the King Edward Hall, unless shown otherwise. Please check the noticeboard in Denmans Lane for any additional meetings that may be called. All meetings are open to the public and there is a period set aside at the beginning and end of each meeting for public questions/comments, except at "plans only" Planning and Traffic Committee meetings. At meetings of the Planning and Traffic Committee, up to two people for and two against each planning application are allowed to speak, for a maximum of two minutes each, at the invitation of the Chairman.

MEMBERS OF LINDFIELD PARISH COUNCIL:

Cllr. William Blunden (Chairman)

Cllr. Margaret Hersey

Cllr. Margaret Nicolle (Vice Chairman)

Cllr. Mike Leach

Cllr. Mike Allen

Cllr. Roger Pickett

Cllr. Michael Davies Cllr. Christopher Snowling

Cllr. Alan Gomme Cllr. Valerie Upton
Cllr. Stephen Henton Cllr. Steve Willcox

They can all be contacted, in the first instance, via the Parish Office or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

Parish Clerk: Mrs. Christine Irwin
Deputy Parish Clerk: Mr. Pieter Hemsley
Responsible Financial Officer: Mrs. Sue Kolien

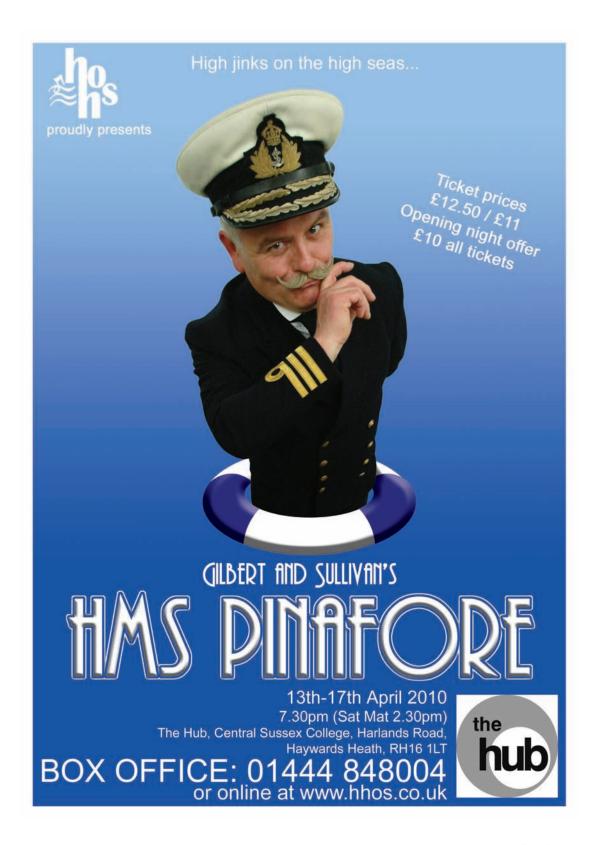
PARISH OFFICE

Lindfield Parish Council Office is open on Tuesdays 1.00 p.m. to 4.00 p.m., Thursdays and Fridays 10.00 a.m. to 1.00 p.m. – when members of the public are welcome to come along to look at planning applications for Lindfield, apply for bus passes and obtain railcard vouchers, or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB

Telephone: 01444 484115 Fax: 01444 484918 Email: clerks@lindfieldparishcouncil.gov.uk Web site: www.lindfieldparishcouncil.gov.uk.

April 2010







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Book before **8th AP** issue for next issue





What's on at King Edward Hall

- 1st Country Market (Sheila Hobbs 483396)
- 2nd Ruwach Christian Church Morning Service (Good Friday) (Ruth Hollis 459025)
- 3rd Lindfield Horticultural Society Spring Show (Mrs Alison Elliott 483039)
- 4th Ruwach Christian Church Morning Service (Easter Sunday) (Ruth Hollis 459025)
- 8th Country Market (Sheila Hobbs 483396)
- 11th Ruwach Christian Church Morning and Evening Services (Ruth Hollis 459025)
- 14th Lindfield Horticultural Society Guest Speaker (Mrs Alison Elliott 483039)
- 15th Country Market (Sheila Hobbs 483396)
- 17th Lindfield Parish Council Annual Spring Clean
- 17th Ruwach Christian Church Youth Service (Ruth Hollis 459025)
- 18th Ruwach Christian Church Morning and Evening Services (Ruth Hollis 459025)
- 21st Lindfield Preservation Society Annual General Meeting.(David MacMillan 453608)

Followed by a talk and tasting on "A Taste of Malt" with Bernard Jarvis. (Some circulars have incorrectly given this event as 15th April). (Further information from Andrew Fox 484987)

22nd Country Market (Sheila Hobbs 483396)

- 25th Ruwach Christian Church Morning and Evening Services (Ruth Hollis 459025)
- 28th Salsa Dancing with SalsaJulia (Julia Cooper 417781)
- 29th Country Market (Sheila Hobbs 483396)
- 29th King Edward Hall Film Show Evening (Gillian Alderman 483181)
- 30th Lindfield Crafts & Market (Beverley Smith 440274)

38

Please refer to the King Edward Hall notice board for additional information regarding the above events.

If you would like to hire the King Edward Hall please contact the Bookings Secretary for further information on telephone number 01444 483266 or by e-mail on bookings@kingedwardhall.org.uk

What's on elsewhere in Lindfield

Friday 2 April (Good Friday)

7.30 pm

Tiger Arts Presents 'Stainer's Crucifixion'

New Sussex Singers with soloists Andrew Sinclair & Duncan Rock.

Admission by ticket £10 including refreshments. Concessions £8 from All Saints Church Office 01444 482405

Saturday 3 April

2.00 - 4.45pm

Spring Show of Flowers and Produce

Spring will come to the King Edward Hall with hundreds of daffodils and other spring blooms! How many entries will there be for the special daffodil class 'Pink Silk'? For entries see Schedule or phone 483236. Open to the public 2.00pm to 4.45pm. Entry 50p, children free. Homemade afternoon teas. Don't forget the Spring Show also includes the annual photographic competition. This year there is special additional class – 'Sussex Snow Scenes of 2009/10' – sponsored by Sheila Hobbs, which will be open to all and will not count towards the Photographic Cup.

Wednesday 14 April

1pm

Tiger Arts Presents Sara Gourlay (mezzo soprano) & Tim Nail (Piano)

Programme includes works by Scarlatti, Handel, Mozart Schumann and Chopin. Light lunches in the Tiger Lounge from 12.15. Admission free. Collection to help cover expenses.

Wednesday 14 April

8pm

Borde Hill Garden - its history, development and future by Andy Stevens, Head Gardener.

An illustrated talk outlining the history of the Borde Hill Estate and the development of the garden and its botanical collection from the late 19th century to the present day. Andy took over as Head Gardener at Borde Hill in 2008, having previously worked at Leonardslee since 2000. Come and hear what's happening in your 'local' garden. All welcome. 8pm in the King Edward Hall. Entry 50p for members, £1 for non-members.

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Lindfield Arts Festival	B	.07738 288730
www.lindfieldartsfestival.com		

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JAS Pilateswww.jasmassage.com	9 07967 737807
Lindfield Chiropractic Centrewww.lindfieldchiro.co.uk	1901444 484582
Rosemary Conley Diet & Fitness www.rosemaryconley.com	301293 408730
Tony Dawson (Chiropractor)	2801444 440857
The Perrymount (Clinic)www.theperrymount.com	37 01444 410944

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Lindfield Autobarn	1501444 483803
www.lindfieldautobarn.co.uk	

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The Acorns Nursery School	8 01444 455081
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To find out about the full list of workshops visit:

www.lindfieldartsfestival.com

To book a workshop call Debbie Medlicott 01825 790397, medlicott@btinternet.com

15th May Festival opens 10am



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