

Lindfield Life

A woman with long brown hair, wearing a dark blue top and a floral skirt, is walking a golden retriever on a leash across a grassy field. The scene is set during sunset, with a warm orange glow over the landscape. In the background, there are trees and a few other people walking in the distance.

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

Sept 2012 Issue #42

Free

Heart machine comes to village

page 7

Emma's 'allotment dinner'

page 14

Neighbourhood plan unveiled

page 29

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By David Tingley, Editor

I can hardly bare to say it but, for those of us with kids at school, the summer holidays is now drawing to a close. For others, the period when the office appears to running a skeleton staff is nearly at an end. The days of the eternal out-of-office reply is up. And after all the Olympic madness (more of that next month by the way) normal life can now resume! You know the drill. Get a cuppa and thumb through these pages for a while. Then, when you really must get on with something else, just leave Lindfield Life on the coffee table to be picked up throughout this month of September.

Page 7 holds some great news of a **defibrillator** for the village, courtesy of our generous friends at **Masters & Son**. Read more about this unit and the **Sussex Heart Charity** in this story.

Following a successful **reader competition** last month, I'm pleased to announce the two winners of tickets to Wakehurst's open air cinema shows. **Lara Barnes** and **Elizabeth Allen** both win a pair of tickets. But it doesn't stop there! See **page 9** for details of two great musical concerts coming up, and how to get your chance at free tickets.

Elsewhere in this bumper edition we celebrate the **great outdoors** as Emma experiences an **'allotment dinner'** on **page 14**. **Lindfield Traders** highlight a promo day they are holding on **29th September** on **page 20**. Make sure you head down to the High Street!

There is lots about **planning** with news of a new development being proposed just off Gravelly Lane - see **page 28** for **Lindfield Preservation Society's** views. Also the **Rural Parish Council** help explain what the Neighbourhood Plan is on **page 34**.

And finally, if you, like me, are dreading the **lunch box** chore starting again soon **Helen Malik** has suggestions and some fascinating information on **page 32**.

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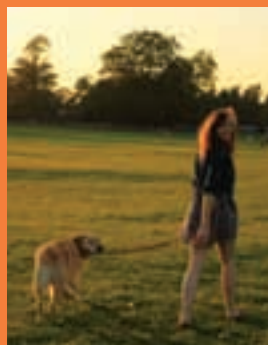
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Lindfield Life Published
by Kipper



Christye McKinley
An evening walk across
Lindfield Common



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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

Great taste, great coffee

A unique blend produced by World Coffees has been awarded a coveted 3 Star Gold award by the prestigious Great Taste Awards 2012. The winning entry, named Blend No 43, was judged by a panel of 350 of the nation's most discerning food experts over 45 days.

World Coffees, a family run business based in Lindfield, roasts a range of premium Arabica coffee beans from around the world to supply discerning wholesale and retail customers.

To be awarded 3 Star Gold status by the Great Taste Awards is a significant achievement for any food or drink producer. The scheme, run by the Guild of Fine Food, has been described as the epicurean equivalent of the Booker Prize and in 2012 a total of 8,807 different food and drink products were entered.

World Coffees' owner and managing director Jackie McGahan commented:

"World Coffees has won Great Taste awards in the past but this is the first time we have achieved the top accolade of 3 Star Gold status for a blend we created ourselves. This is a fantastic acknowledgement of our coffee roasting skills and expertise and confirms what our many satisfied customers already know – that our coffee is among the very best in a highly competitive industry."



Photo: RBC Kew

Do you remember?

October sees the 25th anniversary of the Great Storm which caused havoc across the county in 1987. We'd like to hear your memories of the night the Sussex landscape changed forever and how villagers in Lindfield pulled together to begin the clean up in the aftermath of the worst storm in decades.

You can share your memories and photographs by emailing us at editor@lindfieldlife.co.uk

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The first 'Hopfest'

Sussex brewery Dark Star will be hosting the very first 'Hopfest' in September, a three-day festival to celebrate hops and brewing

From 28th-30th September beer tastings, music and a hop exhibition will be on offer at the Partridge Green brewery, not to mention the 'Home & Away Tour' where ticket holders can take a journey to go behind the scenes at three major Sussex and Surrey breweries.

Tours and free tastings will run over the three days at the Dark Star Brewery, from Friday to Sunday, where head brewer Mark Tranter will talk through each beer and give a unique insight into future planned brews.

Commenting, James Cuthbertson from Dark Star said: "We're all really looking forward to the Hopfest weekend. It's a chance for us to open the doors and let people see what happens in the brewery, with experts on hand to explain the brewing process and talk people through the beers."

The Dark Star shop will be open all weekend, where visitors and fans can purchase their favourite beers and t-shirts.

For more information visit their website at www.darkstarbrewing.co.uk/hopfest or follow on Facebook and Twitter: @darkstarhopfest.

The festival will be free but tickets for the Home & Away Brewery Tour are £10 each and must be booked in advance.

Zumba record attempt this month

Zumba enthusiasts have been busy signing up to join teacher Esther Featherstone in her world record attempt.

Esther is hoping to break the world record for the longest zumba class – 36.5 hours.

Esther, who is being sponsored by Cullen Scholefield, will start her world record bid at 10am on Saturday 15th September at Clair Hall in Haywards Heath. She will teach continuous classes throughout the night, finishing at 1.15am on Monday. Her aim is not only to become a world record holder, but to raise £20,000 for St Peter and St James Hospice.

Zumba enthusiasts can join her for as little as one hour but many have already committed to 7 or 8 hours and three have bravely signed up for the full 36.5.

There are still plenty of opportunities for zumba enthusiasts to join the world record attempt and, surprisingly, the quieter times are during the day from 1.15pm-7.35pm on Saturday and 8.45am-6.20pm on Sunday. It seems Lindfield has plenty of 'night owls' happy to zumba through the early hours!

Those less energetic can still play a part by helping to witness the event.

"The world record rules are extremely strict and we will be timed and checked by stewards throughout the event," said Esther.

To find out how you can support the event visit www.zumbalive.co.uk. You can also pick up registration forms at any of Esther's classes or from King Edward Hall. Donate at: uk.virginmoneygiving.com/team/zumba30



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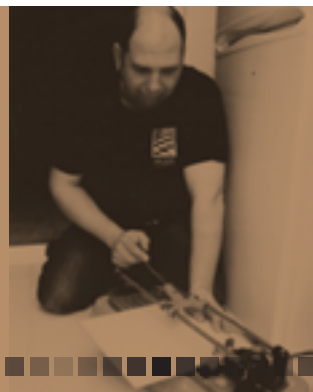
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Lindfield gets own defibrillator

By Claire Cooper

A portable life saving resuscitation machine will give heart attack victims in Lindfield a better chance of survival.

The machine, an Automated External Defibrillator which delivers a shock to the heart, will be located outside Selby's Pharmacy in the High Street and can be borrowed by residents faced with an emergency.

It's been funded by Masters and Son, whose staff were amongst the first to be trained to use the machine.

"I'd heard about the work of the Sussex Heart Charity in training people to use these portable machines and thought it would be fantastic to have one here in the village," said Sue Masters. "We are currently awaiting delivery of the latest model and the machine should be in place in a few weeks."

Although the machine can be used by anyone, training is available free of charge to villagers.

Run by Douglas Coombs, Director of Training at the Sussex Heart Charity, the course teaches people to recognise the symptoms of heart failure, carry out chest compressions and use the machine to deliver a shock to the chest to restore the normal heart beat.

"It is vital to start chest compressions immediately as every second counts," said Douglas who spent 25 years as a paramedic. "For every minute there is no compression the chances of success go down by 20%. There is no substitute for good effective chest compressions." He added that calling an ambulance should also be the priority.

The machines are incredibly simple to operate and users are guided through the steps by a recorded message – rather like a Sat Nav.

Most importantly the machine will only deliver a shock if it detects an abnormality in the heart rhythm, so it's impossible to shock a healthy heart. "The whole point of chest compressions and use of the machine is to prolong life until the paramedics arrive and the person can be taken to hospital," said Douglas. "These machines have been hugely successful. We trained people to use the 8 machines at the Amex stadium and within two weeks one was used to successfully resuscitate a heart attack victim."

Machines have also been installed at Gatwick Airport and many other locations in Sussex.

Villagers who have been trained to use the machine include Will Blunden and Christine Irwin from the Parish Council, Tracey Osgerby, Ian Masters and Craig Radmall from Masters and Son and Liz Thomas and Nicola Whatford-West from Glyn Thomas & Son the butchers.

Further Emergency Life Support and Automated Defibrillator Training courses are being planned and anyone interested in attending should contact Sue Masters on 482107 or email suemasters@mastersandson.com






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Win concert tickets

TWO READER COMPETITIONS

Music@Ardingly

Ardingly College is proud to present a concert series for its 2012/13 season and you could win a pair of tickets to a concert of your choice. Apart from one, all take part in the stunning College Chapel.

The concerts are: **VOCES8** (pictured above) Tuesday 18 September, **Guildhall Jazz Band** Thursday 18 October (in The Under), **English Song Recital: Mark Stone (baritone) Sholto Kynoch (piano)** Tuesday 19 March, **The Sixteen: Choral Pilgrimage** Friday 7 June, **Arts Festival Concert with members of the London Philharmonic Orchestra, VOCES8 and the Combined Choirs of Ardingly College** Wednesday 26 June.

To find out more about the series visit www.musicatardingly.com or phone 01444 893230.

Lindfield Life is offering you the opportunity to go to one of these concerts for FREE! If you would like to be in the prize draw either e-mail your name and address to info@ardingly.com or complete the coupon below and drop it into SWALK on Lindfield High Street. All entries need to be received by 7th September when the prize draw will take place.

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The Stevie Wonder Experience

This month we're offering readers the opportunity to win a pair of tickets to a fantastic live stage show at Martlets Hall, Burgess Hill on Thursday 4th October.

The Stevie Wonder Experience, the UK's most authentic Stevie Wonder tribute show, features a sensational 10-piece live band – replicating the line-up and sound of Stevie Wonder's own live shows – with the incredible Zion Wilson (as featured on the BBC's Last Choir Standing) as Stevie Wonder.

The show takes you on a musical journey through four decades of Stevie Wonder's greatest hits – from classic songs of the 1970s to the present day. You can sing along to all your favourites, including Superstition, I Just Called To Say I Love You, I Wish, Signed Sealed Delivered, Sir Duke and many more.

Don't miss this rare opportunity to see such an incredible live stage show locally! As a taster, you can watch a video of the band at their website www.steviewonderexperience.co.uk

To enter the competition, simply complete this famous Stevie Wonder song title – "Isn't She..."? Is the answer a) Beautiful b) Fabulous c) Lovely.

Email your answers to competition@lindfieldlife.co.uk. Closing date is 8th September.

If you're not lucky enough to win tickets, they're available from Martlets Hall box office on 01444 242888, or online from www.stevietickets.com



New arts initiative locally



There's nothing quite like a community event for bringing like-minded people together! Robin Belfield and Susannah Leppard met when volunteering on the committee for the Lindfield Arts Festival. Both are arts professionals and both live in the village with their young families. Between them they have notched up over 25 years experience in the professional arts industry from the National Theatre to London's West End.

They both share a passion for creating work for children and young people and have joined forces to form a new initiative, Limepalm Productions, developing creative entertainment and opportunities for little ones here in the Lindfield area.

For more details about all their forthcoming activities visit www.limepalmproductions.co.uk

Last call for Walk Ten Marie Curie fundraiser

There's still time to sign up for the Walk Ten event at Midhurst, held to raise money for Marie Curie Cancer Care

The walk, starting at 6pm on 2nd September, is part of a series of unique 10k summer evening walks and celebrations taking place at beautiful venues across the UK, sponsored by home emergency insurer HomeServe.

Following the walk there will be fireworks, Jazz and Wine theme and a picnic at the Spread Eagle Hotel in Midhurst.

Registration is £10 per person in advance (children go free) and £20 to register on the night. Everyone is encouraged to raise as much as they can to help Marie Curie Nurses provide more free care to people with terminal illnesses in their own homes and in the charity's hospices.

Sarah Coxhill, Marie Curie Cancer Care's Events Manager for West Sussex, said: "There's been a really enthusiastic response to Walk Ten and there's still time for anyone who hasn't registered to sign up. The funds raised by participants will help Marie Curie Nurses to provide more care to local people with terminal illnesses and we'd encourage everyone taking part to raise as much as they can."

To register for your nearest Walk Ten, or for more information, go to www.mariecurie.org.uk/walkten or call 08700 340 040.

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Learning the easy way

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Curriculums, teaching methods and exam papers are constantly evolving but the emphasis on maths and English always remains the highest priority.

For many parents, keeping up with these changes can be challenging and when a child struggles with homework it's hard to know what to do to help.

Extra tuition can make all the difference and for parents who have watched their children's results improve and confidence grow, it's money well spent.

Teacher, Julie Sleightholme, runs the Magikats programme at the King Edward Hall in Lindfield, offering maths and English tuition to students from Year 1 to GCSE.

Julie joined Magikats after spending 18 years as a primary school teacher, including seven years as a special needs co-ordinator. But Julie's heart was always in the classroom. "I found I'd had enough of paperwork and meetings - teaching was far more rewarding," she said.

However, Julie liked the idea of being her own boss, so began to look around for something which would combine her teaching, management and special needs experience.

"My husband is also a teacher so we both began to investigate what was available. We were really impressed with the materials provided by Magikats and how they support the National Curriculum."

Julie was delighted to find that local franchises were available. "So after doing my research I took the plunge and 'bought' Haywards Heath!"

"Suddenly I had 10 students, so my first classes were held in the Methodist Church Hall in Haywards Heath," she said. A further influx of students meant Julie soon had to look for even bigger premises - a search ending at the King Edward Hall. "It was perfect as many of my pupils were from Lindfield School and Oathall."

That was four years ago and Julie now runs classes after school on Tuesdays and Wednesdays, teaching in

small groups, assisted by local 'A' Level students.

She also offers revision sessions for SATS and GCSEs.

"Sometimes, a child can fail to grasp something at primary school which can hold them back throughout the rest of their schooling," said Julie. "Times tables are a classic example. With Magikats they can catch up at their own pace."

"It's really rewarding to see children improve, whether it's catching up when they've fallen behind or aiming for a high grade in their GCSEs. It's lovely when a child turns up at class and tells me they've moved up a set or have achieved the results they wanted."

It's clear the children enjoy their sessions, particularly as resources include games and 'hands-on' equipment. Pupils are rewarded with stickers which add up to prizes and there's also a 'student of the month' award. "It's not long before they start to feel the benefits and things start to fall into place, and they enjoy coming here," said Julie. "One of my first pupils is still with me."

For the scheme to work it's essential that parents get involved. "It's a partnership between me, the students and the family," said Julie. "I visit each child in their home before they start lessons as I find this relaxed atmosphere helps them to feel more confident when they arrive at class. I also ask the child to do some work for me," she added. For English students this includes a reading and spelling assessment.

With teaching techniques changing over the years, Julie is aware that parents may approach maths in a different way to their children. "I'm happy to work with parents to explain how maths is taught, but all I ask of them is to ensure their child does their homework (five short pieces each week, 5-10mins each) and to time and mark it," she said. "Of course answer papers are always provided!"

To find out more about Magikats contact Julie on 01273 473757. Or see www.magikats.co.uk.

Poetry Corner

By Annika Ahmed, age 8,
Lindfield Primary School

Lindfield life, Lindfield life,
Indoor, outdoor, Lindfield life.
Nice little village, made in 1355
Do you know about Lindfield life?
First were the Vikings big and strong
In came the Tudors their reign so long
Easing in after, the Stuarts came along
Last but not least came the Victorians
with their farmyard pong!
Ducks in the pond have been there forever
Lovely flowers blooming all day
In spring cuddly, cute lambs bounce around and play
Fine is the grass we stand on day by day
Every year we win the best kept village competition!

Kids book reviews wanted

We love to feature content written by our younger residents of Lindfield. Short reviews of books children have read is a great way to contribute to the magazine. Send your entries in via email to editor@lindfieldlife.co.uk or by post to our address on page 3.



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The magic of 'alfresco' dining

ALLOTMENT DINNERS

By Emma Tingley

I'm not exaggerating when I say that it really has to be one of the most memorable evenings I've had in a long time. Even now when I close my eyes and breathe in deeply, I can recapture the atmosphere and aromas of the night. Some things have an amazing ability to inspire you and my evening with James Gaydon and his friend Charlotte Petts down on her allotment turned out to be one of those moments. I'm not sure how James would describe himself but to me he's a modern hunter-gatherer. He seems more at home outdoors than in and has an incredible knowledge and passion for creating food from foraging. And Charlotte, a professional gardener, welcomed me on to her allotment as if welcoming me into her home. For this evening, I traded the usual comforts of my sofa for a log seat and an open fire, with a hearty meal in fantastic company under the stars – an allotment dinner.

The evening really begins before we've arrived at the allotment just outside of Lewes. Our first stop en route to the allotment is to a local game store on a farm to collect the meat for our supper. As we drive down the narrow lanes of Barcombe, James begins pointing out plants that I must have seen hundreds of times but never given a second thought to. Meadowsweet, a tall plant with small white flowers, can be used to make wine and has medicinal properties. As nature's aspirin it has anti-inflammatory properties and is an excellent digestive remedy. To the Druids it was one of their three most sacred herbs and it gets a mention in Chaucer's 'Knight's Tale' as one of fifty ingredients that made a drink called 'Save'.

I have to admit that I've never been on an allotment before but Charlotte's is just a short stroll from the road. Already at work digging new potatoes, she pauses to welcome us to her plot. I've always liked the idea of having an allotment but close up I can see how much hard work is involved! The vegetable beds, the rabbit-proof fencing, the constant battle with other pests, let alone all that nature throws at it. It's not been an easy year for her allotment, the slugs have been busy and many of her usual crops haven't fared as well this year. But she's still proud of her patch!

Getting to work straight away James begins chopping wood for the fire. As the guest I get to sit on a log stool and am offered a welcome drink – nettle beer or elderflower champagne – both homemade, of course, from ingredients sourced from foraging expeditions. Naturally I have to try both! With the wood chopped and ready, it's time to light the fire using traditional fire sticks. When struck together the steels produce sparks of up to 3000°C which, when landing on the tinder (a bit of cotton wool or tissue), spark the fire into life. James is obviously an expert and it takes just one strike for the fire to catch.

Tonight's menu is a three-course feast. With the fire going well, the



first job is to prepare the starter – wood pigeon. James gives me a quick lesson in how to pluck and prepare a pigeon. Identifiable as a wood pigeon by the white collar around its neck, this one is as fresh as it comes. Tonight it is pan-fried over the open fire and served on a bed of baby salad leaves. Just before handing them round, Charlotte disappears into the shed and returns with a bottle of balsamic vinegar to finish it off. I've never had pigeon before but it is amazing. A succulent dark meat, more steak-like than I could have imagined. Delicious!

For the main course it's a rabbit stew, made with celery, carrots and herbs served with new potatoes. With an estimated 40 million wild rabbits in the UK, they are an excellent source of protein, low in fat and cholesterol and a great alternative to chicken or turkey. Within a year a female rabbit can be responsible for the production of up to 1000 others, so it's easy to see where the phrase 'breeding like rabbits' comes from. A well-known pest for farmers, rabbits cause an estimated £100 million of damage to crops each year in the UK.

So as the stew is cooking over the fire and the potatoes are boiling, there's time to relax over a drink. Charlotte is a mine of information on plants and growing seasons and I discover that she hosts a weekly radio show for a community station in Brighton. Her enthusiasm for the outdoors is admirable. If she's not at work as a gardener, she's tending her allotment or hosting her gardening show! It just seems so obvious to her that we grow food to eat it and I realise how much I take for granted the food that I buy and eat. I've always been a supporter of shopping locally, but I really do feel that I've caught a new enthusiasm from her and appreciation of what goes into producing the food we eat. It makes me think about the food we waste too. Other than the meat, all the produce we're eating tonight has travelled all of two metres from the ground to pot to plate. And the meat hasn't come from much more than 3 miles away. It doesn't get much better than that!

By the time the main course is ready, the night is drawing in. It's not the balmy summer evening we'd all been hoping for but somehow it seems more appropriate to be wrapped in a blanket, sitting close to the fire for warmth. I'm not the most adventurous of diners so would not have chosen rabbit stew but, I have to admit, it's delicious. For dessert we're treated to Charlotte's delicious stewed rhubarb, served with custard (practically the only thing on the menu from a shop!).

It was such a privilege to be a part of one of James and Charlotte's allotment dinners. By the time the fire was dying down, we'd had a superb evening of food and friendship. By torchlight we finished the evening by leaving no trace of our presence, other than the message I left on the inside of the shed door along with the compliments of previous allotment dinner guests.



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Lesley incorporates Traditional Chinese Medicine with Five Element and Stems and Branches in her acupuncture treatment and has been particularly recommended by others for her reassuring, calm manner and her professionalism - especially when dealing with nervous or special needs clients.



Lesley has experience in using acupuncture to treat many problems, but she has a special interest in pain management, panic/anxiety, fertility and facial revitalisation acupuncture.

Appointments are available from 8am to 5pm Monday to Saturday at The Clinic at Bode Hill and home visits can be arranged. For new patients a free 15 min phone consultation is offered. Please call 07808 248772 or email lesley@reedacupuncture.co.uk.

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A photograph of three people standing in a grassy park area with trees in the background. On the left is a woman with red hair wearing a blue jacket. In the center is a man with glasses wearing a dark blue shirt. On the right is a woman with white hair wearing a light blue jacket over a white top. An orange banner with the text 'Healthy Walks in Lindfield' is overlaid on the bottom left of the photo.

Healthy Walks in Lindfield

By Claire Cooper

Lindfield's hidden gems are being discovered by a group of health walkers who are enjoying getting fitter, making new friends and exploring the footpaths and countryside which surround the village.

The Healthy Walks programme, part of a national initiative to encourage people to get fitter, was launched in the village in 2005. The scheme was an instant success and now dozens of walkers are regularly enjoying stepping out with fellow villagers. Some are so keen that they have trained to become walk leaders.

One of the first to join Healthy Walks was Vera Heath, now a walk leader. "I've lived in the village for 47 years and I'm still discovering new places thanks to Healthy Walks," she said. "When I joined I never dreamt I would have the confidence to lead a walk but it grows on you."

Vera has been leading walks for five years and runs a Level 1 walk every Monday leaving from Lindfield Common.

"Level 1 is a half hour stroll which is ideal for people who are complete beginners, recovering from illness or coming out of hospital," said Vera. "All the walking is on paths or solid footways and, most importantly, there are no hills!"

Once walkers have mastered Level 1 they are ready to tackle Level 2 – walking up to 3.5 miles at a modest pace with some off road paths.

As walkers move on to Levels 3, 4 and 5 the routes become more challenging, encountering stiles and hills along the way. Around 10 or 12 villagers are now joining level 5 walks which can take up to 3 hours.

Many walkers are keen to progress through the levels but others prefer to stay with the group where they have made friends. "We have walkers who are on Levels 3 and 4 but still turn up for Level 1 walks for the social side and to catch up with friends," said Vera.

Level 5 walk leader Jim Burlong joined the group after retiring. "I saw the advert for the walks and rolled up to try a Level 1 route – six months later I was leading them!" he said. "It's a very good social activity – you can't help but meet and get chatting to new people. Two of my fellow walkers have become really close friends. There's no regime about it – the atmosphere is friendly and there's generally about four ladies to every guy!"

Both Jim and Vera attend leader meetings where experiences are shared, new routes are put together and maps are produced. All the routes are tested before becoming an official Healthy Walk.

Mid Sussex District Council Park Ranger Katie

Chatfield co-ordinates the Healthy Walks Scheme and trains the walk leaders.

"Once trained leaders can do as much or as little as they want" she said.

"Walking is the perfect activity for health as almost anyone can do it. Walkers progress at their own level as they get fitter – some are now walking five days a week. Walking in a group also gives people the confidence to go out and explore new areas by themselves".

She added that Healthy Walks are taking place all over the district, offering walkers the chance to explore towns and villages and meet the residents.

For more information about Healthy Walks in Mid Sussex visit www.midsussex.gov.uk/healthywalks or telephone 01444 477561.



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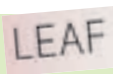
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Using Mint and Parsley

SIMPLY GOOD FOOD

Blackberry Bake

Measure 250g self raising flour, 50g instant polenta and 175g caster sugar into a food processor. Add 175g diced chilled butter and buzz to coarse crumbs (or rub in with the fingers). Add 100g ground almonds, finely grated rind 1 unwaxed lemon and 1 beaten egg. Buzz or stir just to form a soft dough. Shape into a ball, wrap in clingfilm and chill for 30 min.

Preheat the oven to 180°C. Line the base of a 17.5cm square tin with non-stick baking paper. Press half the dough into the base of the tin. Gently combine 450g blackberries with 4tbs finely chopped mint, 1tbs polenta

and 2tbs caster sugar. Spoon evenly into the tin and crumble remaining dough over the top.

Bake for 50 min or until crisp and golden brown. Allow to cool before cutting into squares and removing from the tin.

Cucumber and Mint Salad

Very thinly slice 1 cucumber (peeled if wished). Toss with 2tbs white wine vinegar, 2tbs olive oil, 3tbs finely chopped mint, salt and pepper. Chill for about 1 hour before using. Will keep, covered, in the fridge 2-3 days.

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By Caroline Young

Due to our varied summer weather many vegetables and herbs are still in plentiful supply in our gardens and allotments. My recipes this month make use of two very common herbs, mint and parsley. In Greek mythology mint is the symbol of hospitality named after a nymph called Mentha who, having angered Persephone, wife of Pluto, was turned into an aromatic herb! In days gone by wreaths of parsley were worn to ward off drunkenness, though how efficient this was is not recorded. Curly-leafed parsley has more flavour than the flat-leafed Italian variety.

Parsley and Walnut Pesto

The delicious green sauce from Italy does not have to be made just with basil and pinenuts. Be adventurous and try out other combinations of herbs and nuts. I often add a handful of sunflower seeds for extra crunch.

Exact quantities are not important. Place a generous bunch of curly-leafed parsley including some stems (contain a lot of flavour) into a processor, add some chopped chives, a handful of broken walnuts and about 3tbs grated Parmesan or Pecorino cheese. Buzz just to coarse "crumbs". With the motor running add olive oil

to form a thick paste. I like to make a coarse textured mixture, not as smooth as the bottled variety. Season to taste, the cheese may be salty, spoon into a jar and add a thin layer of oil over the top. This preserves the gorgeous colour. Cover tightly and refrigerate. Will keep 2-3 weeks.

Add to pasta, rice, savoury sauces, or salad dressings. Mix with grated Cheddar cheese for a scrumptious sandwich filling!



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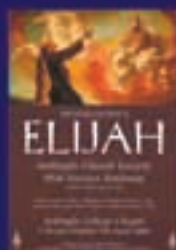
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www.lindfieldartstudio.co.uk/whats-new



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Colour therapy

HOME FRONT

By Jacqui Smith, interior designer

You know that I've-got-a-parcel feeling? Yes that. Well, fabric rolls, wallpaper and light fittings arrive with us sufficiently frequently now for me not to be trilling "Ooo here's the UPS man" each time we see the brown van, but every now and then we have a delivery that provokes a childlike excitement in me. Last week an accessories order arrived on our doorstep. Squeal! Why so excited? Well, this order was the result of a recent trip to a supplier and a nose at their new ranges for 2013. It was a classic kid in a sweet shop moment – Katy and I with our eyes out on stalks as we were shown range after range of vases, floral arrangements, candles, platters, frames – and the colours! It was complete show home heaven.

This trip got me thinking about colour in the home and how clever colour combinations really can take an interior from looking ok to worthy of a glossy magazine. Fashions come and go, some trends end up being classics, others fade but you should be driven by what you love to look at rather than what's hip. If you like a colour but feel it might have had its day, then team it with a more unusual partner and not only do you have a scheme using your favourite shade but you also have something a bit different, something that reflects you and your personality and to me that's what interior design is all about. Take a colour like duck egg blue. You will have found varying interpretations of this shade on the high street for some years now, ranging from palest green to almost powder blue. It's still out there and yes, it probably is looking a bit tired when teamed with the

taupes and chocolates so many of the high street stores have sold it with. But work it with a French navy or a putty grey and you have a completely different look. Or how about featuring some mustard tones in the scheme? Not everyone's bag perhaps, and it depends on your shade of duck egg, but these two can work together beautifully. My current favourite accent colour is orange...but perhaps I should call it paprika like so many of the fabric companies are. Orange and brown graced my childhood dining room; Sanderson Morris print paper with coordinating curtains and even a matching organ stool cover from the leftover curtain fabric; we had it all going on! But orange and aubergine?.....mmm.....now that takes orange into a rich and sophisticated palate. Or orange with off whites and greens? Featured above is one of the shots I took at our recent supplier visit. I love the contrast in shape and form and the way the "paprika" stems work with the fresh green and lift the whole arrangement; just gorgeous. I'm not suggesting that you commit to an entire wall of orange or recover your suite in paprika velvet, but perhaps the odd cushion, glass lamp base or splash of colour in a relatively safe flower arrangement could be enough to give a room some oomph?

So orange will be making an appearance in our next show home. Orange, but not with the brown of our dining room scheme and er... some cloth-kits flares I had.... but that's another story!

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Developers make new threat to Gravelye Lane area

By Andrew Fox & Gil Kennedy,
Lindfield Preservation Society

Property developer Wates held a public exhibition in Lindfield on 13-14 July, at which they revealed their intention to build c. 235 houses on the land between Gravelye Lane and Scamps Hill. A housing estate of this size would dwarf the high-density developments already being bolted onto the village at Newton Road and Lyoth Lane. Combined with these, the new scheme would swell the village population by c. 1,000, an increase of 20%. This would put 600 more cars onto our roads (figures based on West Sussex County Council census data).

Residents will be aware of the infrastructure problems Lindfield has endured, before a single house went up at Newton Road: oversubscribed schools and medical facilities, a road system subject to congestion and "rat running" at peak times, water and sewage systems under strain. This proposal can only make a bad situation considerably worse.

Even if the village infrastructure were in order, the new scheme would see yet more green fields disappear under swathes of high-density housing. The countryside has, in our view, an intrinsic value. Once it is gone, it

is gone for good. There should at the very least be a convincing demonstration of an overriding local need before this is allowed to happen. The desire of landowners and developers to turn an easy profit is not a sufficiently convincing reason.

It is worth noting that Wates have earlier lobbied Mid Sussex District Council for more than 500 houses on this site. The current proposal can be seen as the not very thin edge of the wedge. When Wates apply for planning permission, we will urge all concerned residents to make their objections clear to the district council. Enough is enough.

Wakehurst outdoor cinema winner

Congratulations to Lara Barnes and Elizabeth Allen who have both won a pair of tickets to the open air cinema events at Wakehurst Place in the competition in last months magazine. Two films will be screened on 14th/15th of this month.

More event and ticket information can be found online at www.kew.org/movies

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Neighbourhood Plan events this month

The Joint Working Party that has been formed by Lindfield Parish Council & Lindfield Rural Parish Council to progress our Neighbourhood Plan will be holding two Exhibitions & Workshops during September, in order to provide an opportunity for members of our communities to share their own views on how our villages should be developed over the next 20 years with councillors in person.

These events will be held on Saturday 15th September at the King Edward Hall in Lindfield and on Saturday 22nd September at the Millennium Centre in Scaynes Hill. Both events will be open from 10am to 4pm.

There will be displays relating to the area to be covered by our Neighbourhood Plan, and opportunities to participate in workshops covering all the elements that need to be included in the Neighbourhood Plan in order that it can become a real vision for our communities.

Additional copies of the Neighbourhood Plan Questionnaire can be obtained from both councils' offices, where residents can also discuss the Neighbourhood Plan with the Parish Clerks and Councillors during normal opening hours.



The baby boomer business that keeps on booming

West Sussex-based premium children's eco-boutique, Harmony at Home, has shown that succeeding in a challenging economic climate is possible – by launching a new shop on Lindfield's very own High Street.

Headed up by Frankie Gray, Sussex entrepreneur and founder of Harmony at Home Ltd, after it first opened its doors in August 2011 in Ardingly.

On the opening of her second boutique Frankie comments: "Lindfield is a place that has always been dear to my heart so when the opportunity to open a boutique on the High Street presented itself I couldn't resist." Harmony at Home has opened at 68 High Street.

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Real art, right here

OPEN FOR BUSINESS

The name Leesa Le May will be familiar to many in the village. Leesa has lived in Lindfield for over 20 years and confirmed her name when, in 2010, she and Clare Fuller created (and put on) the first ever Lindfield Arts Festival.

Leesa opened Lindfield Art Studio six years ago but the preparations started much earlier. Leesa is an artist in her own right. At an exhibition earlier this year Leesa sold over half of the pieces on display by the end of the three day show. She studied Fine Art and Printmaking at Birmingham University and has a PGCE from Brighton in teaching. Before starting her own studio she even sampled a few local art courses in the area. "I just wanted to see what worked and what didn't, and how the teaching style varied," she said.

"For me," Leesa continued, "the Studio is a place to come and be creative whatever your age. A safe-haven for art, right here in the middle of our village." Students come with varied levels of ability; some with a life-long love of painting, others confessing they "can't draw" but just want to have a go and do something new.

Lindfield Art Studio isn't short of opportunities either in the coming 2012/13 season; For adults, a new skill can be learned with friends over a glass of wine in the evening. For kids, Leesa runs after-school clubs most days and special workshops on weekends and in the holidays.

For children there are:

Special Saturdays at the studio: Once a month workshop with a guest artist. This month kicks off with Tom Goulden (a well-renowned graffiti artist) on 22nd September.

Holiday Clubs: Now with extended hours (10am-3pm), running throughout half term breaks and holidays due to popular demand. Currently booking for October half term.



"The Studio is a place to come and be creative whatever your age."

Leesa LeMay

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If this kind of thing sounds like your cup of tea, why not talk to Leesa? Whether it's a graffiti workshop for an enthusiastic child or perhaps some well-deserved time out for yourself - there really is plenty to do at Lindfield Art Studio. Call Leesa on 07738 288 730, or check the website - www.lindfieldartstudio.co.uk - for all the up-to-date information on current courses.

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Healthy lunchboxes

NATURAL THERAPY

By Helen Malik

As children reach the age to start school they are growing quickly and becoming more active. Children have a requirement for energy in relation to their body size which is much higher than that of an adult and it is important to ensure that their daily diet is providing sufficient nutrients for energy and growth.

The most recent National Diet and Nutrition Survey published by the Department of Health showed some sobering findings – 92% of children consume more saturated fat than is recommended, 86% too much sugar and 72% too much salt. Carbonated soft drinks were the most popular drink in young people aged 4–18 and over 50% of girls aged 11–18 had intakes of magnesium and iron below the Lower Reference Nutrient Intake (the lowest recommended amount). Furthermore, a survey in 2011 showed that 33.4% of Year 6 children in the UK are obese or overweight.

Calorie-wise, a boy aged 7–10 needs around 1,970 calories per day, whilst a girl of the same age needs 1,740. At the same age, children need around 28.3g of protein per day. To put this into perspective, a large egg has around 6g of protein, 30g of cheddar cheese has around 7g of protein, and 100g of chicken breast (uncooked weight) has around 30g of protein.

Whilst some children will opt to have school lunches, your child may prefer to take a packed lunch and although the process of making lunch each day can feel rather onerous at times, as with all meals a little planning can really help. Furthermore, a balanced packed lunch can ensure that your child doesn't get an after lunch energy dip.

Foods which are high in sugars, including refined products like white bread, increase the level of glucose (sugar) in the blood very rapidly. Protein, however, is converted to glucose very slowly, which results in more stable blood sugar levels and steadier energy levels. So whilst a jam sandwich on white bread might seem filling for a child, their blood sugar and energy levels will be much better maintained by substituting a few oatcakes with slices of cheese and some salad instead.

Rather than opting for the traditional sandwich, why not try hummus or cream cheese with oatcakes and a mix of carrot, pepper, celery and cucumber sticks, or a wholemeal pitta filled with chopped egg/tuna/chicken and salad. Alongside this you could add some fruit but be aware that whilst fruit is high in nutrients, some fruits (including bananas, grapes and dried fruits) are also very high in sugar content, so it's advisable to pick those which have lower sugar (apples, blackberries, watermelon, strawberries, blueberries, raspberries are all good choices). Fruit juice is also very high in sugar, as are fizzy drinks and pre-mixed squashes, so really water is the best option. Rather than buying expensive bottled water each day, invest in a good quality refillable bottle and use filtered water.

And, occasionally, for a special treat a homemade low/no sugar raspberry or blueberry muffin is preferable to cake or biscuits.

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Playing in the wind

GOLF TIP OF THE MONTH #10

By Simon Iliffe

Whether you're playing into the wind or in a crosswind, playing in breezy conditions will always find out the flaws in your game.

This is because the wind will increase your golf ball's spin-rate and too much spin will cause a ballooning effect with loss of distance and control.

Play at least 2 or 3 clubs more than normal and make a shallow, sweeping swing trying to pick the ball as cleanly from the turf as possible.

Any downward striking action will only increase spin.

Playing more club than needed will encourage a slower swing speed and with less loft on the longer club, decrease the spin-rate, therefore keeping the ball flying straighter and lower.

Always refrain from hitting hard into the wind. Take more club and play smoothly for the best results.

When Lucy carried on golfing...

By Lucy Cooper

I'd putted, pitched and driven - but in this lesson Simon introduced me to a new set of clubs - the 'wood'.

These are the long clubs with the rounded end and even though nowadays they are made of much lighter, modern material they are still referred to as woods.

This club took me a long time to get used to! For a start, it is much longer than the ones I had used before, so I had to stand further back from the ball to hit it, which felt awkward! A wood is normally used for the first shot of a game, as the player is looking to hit the ball as far as possible. Simon showed me that to gain as much power as possible I had to swing the club back really far behind me while trying to keep both arms as straight as possible, then bring the club down using the power in my arms and the twist in my body to drive the ball forward and (hopefully) up in the air and down the green. It was really tricky but I was starting to see how each of the clubs I've been trying out would fit into an actual game. This lesson I managed to hit two trees and the wall of the driving range, but I think I'm getting there!

Record year and new President for Rotary

By David Wilson

In the best year ever, over £27,000 was raised for charity by the Rotary Club of Cuckfield & Lindfield. The annual Darts Marathon raised over £17,000, a Golf Day £2,500, a Multimedia Quiz and a Silent Film night £2,000 each and another £3,500 was raised from Street Collections, Xmas Shopping Evenings and stalls at other local events.

The money has been donated to more than 15 causes. St Peter & St James Hospice and Chestnut Tree House Children's Hospice both received over £5000. Others received between £500 and £1,000, including Age UK, Streetmate, Somalia Famine Relief, Shelter Box, Lindfield Arts Festival, Dictionaries For Life and Youth Speaks.

As well as raising money, Rotarians have given practical help by marshalling in the annual Hike for Hospices, as well as on the St Peter & St James Sleepwalk. Coconut Shies were run at several events in local villages.

The Club does a lot of work for youth. Each year it organises Youth Speak, a public speaking competition

for local schools. This year Oathall School won not only the Club competition but also the District and Region heats. They then went on to win the National competition held in Wrexham.

Members have been listeners in the Assisted Reading Project for local schools. Kids Out Day at Washbrook Farm was organised for disabled children from Court Meadow School and a young deserving person is sponsored each year on the week-long Rotary Youth Leadership Award scheme.

President Alan Bray took over leadership of the Club in July and already his team is planning an equally active time over the coming 12 months. As well as fundraising and helping in the community, Rotary is renowned for its active social life.

Rotary plays a key role in the local community. If you want to make your contribution, whilst having fun, then contact Barry Reed on 01825 790402 lizbarr@charlotteoone.plus.com. www.rotarysussex.org

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Lindfield Rural Parish Council Newsletter

September 2012

Millennium Village Centre, Lewes Road, Scaynes Hill, West Sussex RH17 7PG
Tel: 01444 831499 email: lindfieldrural.parishcouncil@virgin.net www.lindfieldrural-pc.org.uk

WE NEED OUR NEIGHBOURHOOD PLAN

I am sure it has not escaped your notice that there is a substantial amount of house building either in train or in prospect in the Mid Sussex area, and Haywards Heath and district are no exception. Apart from the next phase of the Bolnore area development, a "Housing Plan" of nearly 100 homes has recently been approved on land south of Rocky Lane.

In Lindfield we have recently had built 120 homes north east of the village and 65 dwellings are in the process of construction to the south (or is that an extension of Haywards Heath!). Wates, the property developer, has now proposed the building of 235 homes in an adjacent location and recently held a public exhibition in the King Edward Hall, Lindfield to demonstrate to us all how important this development would be to the community. It will only generate a few extra cars upon our roads so we are told, and the extra residents will generate a stimulus and vibrancy to Lindfield!

And what about our infrastructure? Recently our hosepipe ban was lifted in an area that suffers from "serious water stress" but we were saved from the ignominy of standpipes and water bowzers (as in some areas in 1976) by the intervention of mother nature. SE Water are on the case, however, as they are promising that a substantial number of dwellings will be on water meters soon, which will save at least 10% of water. Additionally, they will make every effort to encourage us to save water! Other infrastructure elements are additionally at peril, such as our health provision and children's education, but that will all be "managed" when the time comes!

The Government had realised the merits of local democracy and consulting the community on planning for the future by introducing the Localism Bill. Flowing from that it was proposed that "NEIGHBOURHOOD PLANS" would be published after extensive consultation with RESIDENTS.

It is for the COMMUNITY to decide how our towns and villages should develop in all aspects over the next 20 years.

Coming to a Letter Box near you - 'the V.I.P.'

Dropping through your letter box in the near future will be a Very Important piece of Paper (VIP). As part of the Government's Localism legislation, local communities are to be given a say in how their neighbourhood is developed over the next 20 years or so (Neighbourhood Plan). The 'V.I.P.' is a Questionnaire asking for your views. Watch out for it. Don't throw it away in the recycling. It is Very Important.

What's it all about?

The local Neighbourhood Plan (NP) is an opportunity for both the residents and workers of the area served by both the Lindfield and the Lindfield Rural Parish Councils to influence how that area develops over the next twenty years, especially with regard to housing and community amenities, and is part of the Coalition Government's Localism Bill.

A Joint Working Party (JWP) has been set up, formed of councillors from each parish, to start developing the Neighbourhood Plan. To assist the JWP in their task, it is vital that the community is allowed to comment on the various proposals as well as be able to put forward their own for consideration. It has therefore been decided to issue a questionnaire to the residents of both parishes, as well as make that questionnaire available to those who work but do not live in the parishes, so that everyone has the opportunity to participate. The questionnaire is due to be released at the end of August 2012, with a deadline for completion and return by 30 September 2012. This should enable the analysis of input to be undertaken and a draft Plan produced by the end of the year, ready for submission to Mid Sussex District Council (MSDC) in early 2013.

In order that our community is allowed to develop as we wish, it is vital that everyone participates and makes their views known. Look out for your copy and also consider allowing other members of your family, including teenagers and younger children, who will be

Your Parish Councillors:

John Dumbleton (Chair)
Ray Jones (Vice Chair)
Brian Bunt
Chris Hersey
Margaret Hersey
Keith Martin

Tel: 482633
Tel: 453868
Tel: 484661
Tel: 482270
Tel: 482270
Tel: 831431

Steve Minter
Andy Spooner
Christopher Snowling

Parish Clerk: Di Morgan
Assistant: Irene Nicholas

Tel: 831786
Tel: 831602
Tel: 482172

Tel: 831499
Tel: 831499

Lindfield Rural Parish Council Office is open to the Public on Tuesdays 12.30 to 13.30 and Thursdays 10.00 to 11.00

affected the most since the plan is for 20 years, the opportunity to participate by obtaining additional copies as required. Everyone needs to be involved.

There will be an Open Day between 10am and 4pm on 15th September 2012 in the King Edward Hall in Lindfield and on 22nd September 2012 in the Millennium Village Centre in Scaynes Hill, hosted by the Parish Councils, where proposals can be discussed, questions answered, advice given about the overall process and views exchanged. Members of both councils will be present at both sessions and so these will be open to all residents, regardless of parish.

Once the draft plan has been seen by MSDC, it will be vetted by an independent inspector to ensure that it is legally sound and does not contradict any general national guidelines. The finalised plan will then go to a referendum for the Parish residents to vote on (hopefully sometime during early 2013). It is therefore vital that you make your views and comments known so that the Plan can properly represent local opinion.

It is important to note that our NP must conform with policies within the overall District Plan. However, as long as we satisfy that requirement, once it has been passed by you in the referendum, Mid Sussex District Council are obliged to adopt our Neighbourhood Plan as part of the statutory planning framework. The results of this work should result in a robust neighbourhood plan, which will be considered as a material consideration in any future decisions involving planning applications, infrastructure and economic/housing developments within the two parishes. It is important to understand that neither Parish Council wishes to raise expectations but the views and statements in the questionnaire will help to develop the content of the plan and therefore the future of our neighbourhood.

When released, additional copies of the questionnaire can be obtained from either parish office or downloaded from the Parish Council web sites:
www.lindfieldrural-pc.org.uk or
www.lindfieldparishcouncil.gov.uk

Sheila Hobbs retires from the Parish Council after 30 years service



It was a well-publicised secret but a bouquet of flowers was presented to Sheila together with a present of a bench suitably inscribed from the Parish Council. Neil Kerslake was able to say some kind words in recognition of Sheila's substantial contribution to the community over those years.

We wish Sheila well in her retirement from the Parish Council.

Questions about investments

MONEY MATTERS

By Tracey Payne B.A (Hons) MCSI, Investment Manager
If you have existing investments it's a good idea to review these to make sure they're working as hard as possible.

Q Do I regularly review my investments?

A You should receive statements for existing investments which quote performance figures. These should be provided annually at the very least and their arrival can act as a convenient prompt for you to review the holdings. All too often statements arrive and are filed without further thought, whereas a simple review at this time could stop you wondering whether you really should be making changes. This is not something to be frightened of!

Q Am I sure my investments are performing well?

A Normally any performances quoted should be compared against an index and from this you can see if your holding has done better or worse than the average return. What this does not tell you is whether you could have got a better return from a different type of investment or whether the holding is suitable for you.

Q Are my investments tax efficient?

A By making use of your annual ISA allowances you can instantly improve your returns by reducing the amount of tax paid. Remember, your spouse or partner also has an allowance and so do your children.

Q Have I minimised investment risk?

A Minimising risk is at the core of good investment management and one of the easiest ways to do this is by avoiding putting all of your eggs in one basket. If you select funds for investment yourself this is something that it can be difficult to keep track of, as it's not always clear what a fund really invests in and the underlying investments will change regularly.

Did you know?

Most Discretionary Fund Managers should review any existing investments you may have for free. If you had invested £10,000 in the best and the worst performing UK Income funds over the last five years the difference in the total returns would be around £13,412 versus £6,783. Source: Morningstar direct.

Important note: Past performance is not necessarily a guide to future performance. Investments may go down as well as up and you may get back less than the amount you invested. This is also based on our interpretation of tax legislation which is subject to change. If in doubt, always seek professional advice.

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AND ELSEWHERE

- 4th Mid Sussex Wine Society wine tasting evening, 8pm
- 5th Tango El Mundo
(Mr Hertz Hagai 0777 884 6060 or www.tangoelmundo.com)
- 6th Country Market – 10.00am to 11.15am
(Sheila Hobbs 01444 483396)
- 8th Lindfield Horticultural Society – Annual Autumn Show (Mrs Alison Elliott 01444 483039)
- 12th Lindfield Preservation Society – Illustrated talk on Brighton's Royal Pavilion by Jackie Marsh-Hobbs. 8pm. Meeting and Membership information from John Chapman 484470
- 13th Country Market – 10.00am to 11.15am
- 15th Lindfield Parish Council – Exhibition/Workshop (enquiries – Parish Council Office 01444 484115)
- 15th Tango El Mundo
- 20th Country Market – 10.00am to 11.15am
- 26th An evening of Salsa Dancing
(Julia Cooper 01444 417781)
- 27th Country Market – 10.00am to 11.15am
- 28th Lindfield Crafts and Market
(Beverley Smith 01444440274)

- 1st Model Railway Exhibition at Haywards Heath URC South Road, 10am to 5pm
Adults £3 Conc £2. Refreshments available.
- 2nd Sussex Prairies Unusual Plant and Art Fair, Moorlands Farm, W heatsheaf Road, Henfield, 11am to 5pm. Nurseries, artists and crafts people will be coming together in the Sussex Prairie garden. For more information call 01273 495902 or email moorlandsfarm@btinternet.com
- 9th Open Garden and Cream Teas at Great Ote Hall, Wivelsfield, 2pm to 5.30pm
Enjoy afternoon tea in the grounds of this impressive timber-framed house which for centuries has been the home of the Godman family. Admission to the gardens: £2. Proceeds to St Peter & St James Hospice and Wivelsfield Church www.greatotehall.co.uk
Followed by Songs of Praise at 6pm
- 11th Mid Sussex Older people's Council event : Changes to Local Health Services: How they affect you, at Hurstpierpoint Village Centre Trinity Road, 1.30pm – 3.45pm. For more information contact email anita@msopc.org.uk or leave a message on 01444 242760.
- 13th Mid Sussex Association National Trust lecture - Sussex Piers - disappointed bridges or places of delight by Dr. Sally White. At Clair Hall, 2.30pm.
- 14th Open Air Cinema at Wakehurst Place
The Kings Speech, 7.45pm www.kew.org/movies
- 15th Open Air Cinema at Wakehurst Place
Mamma Mia, 7.30pm www.kew.org/movies
- 18th Cats Protection Car Boot Sale, National Cat Centre, Chelwood Gate, 10am to 2pm. £10 per car. For more information contact 01825 741330.
- 19th Flower Arranging Demonstration by Sue Flight in aid of Motor Neurone Disease Association, Wivelsfield Village Hall, 2.30pm.
Tickets £10 including a cream tea, are available from Carol Riele 01444 482387
- 25th Mid Sussex County Local Committee Campaign to reduce speed limits meeting 7pm, Warden Park School, Cuckfield
- 28th Macmillan 'World's Biggest Coffee Morning' event hosted by Alan and Margaret Gomme at 17 Finches Park Road from 10am to 12 noon.
Alan's model railway "Horsted" based on Horsted Keynes station on the Bluebell Railway will be operating. All proceeds to Macmillan Cancer Support.

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 Honorary Bookings Secretary for further information on telephone number 01444 483266 or by e-mail on bookings@kingedwardhall.org.uk

Make Lindfield safer

A new campaign has been setup to try to reduce the speed limit in Lindfield to 20mph. The campaign, which has the support of local traders, needs residents to support it too.

Email your views to cdb.s.gatwick.diamond@westsussex.gov.uk for the attention of Elaine Hendren quoting "20mph limit Lindfield High Road, ref: 602689".

The next meeting of the group is at 7pm on Tuesday 25th September at Warden Park School, Cuckfield.

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