

Lindfield *Life*

Inc. Scaynes Hill & Walstead

Local village talk,
by the village

May 2013 Issue #50

Free



Dramatic Club stages new play

page 5

Lindfield Primary School expansion

page 8

Simply Good Food

page 30



GIELGUD
ACADEMY
OF PERFORMING ARTS



ROYAL ACADEMY OF
DANCE
REGISTERED TEACHER



T : 01444 451977

The Old Cinema
59-61 the Broadway
Haywards Heath
West Sussex
RH16 3AS

www.gielgudacademy.co.uk

EDITORIAL

By David Tingley, Editor

Welcome to this month's issue. I love this time of year; our village coming together and celebrating community. **Lindfield Arts Festival** takes place this month (see p.6), the **Village Family Fun Run** on 19th May and **Lindfield Village Day** early in June (see p.17) – so there's lots to get up to speed with.

Elsewhere, in the world of education, there is much to talk about too. **Lindfield Primary School** is on the brink of building work which will change it to three form entry – ultimately having 90 pupils in each year. The work marks the biggest change since the infants and juniors merged in 2000. Read about the changes and see the plans on **page 8**.

At **Blackthorns School** we see what happens when a group of mums are inspired to work together and raise funds for resources at their children's school. Read about the boot camp training on **page 18**.

Heather Martin is thinking about getting outside and seeing some excellent examples of **gardens**, both locally and further afield. Does this whet your appetite? If so read her suggestions on **page 26**.

I recently received correspondence from a very happy reader who'd very much enjoyed **Caroline Young's** Rhubarb Crumble in last month's issue. Here she is mostly **cooking asparagus**, so get your apron on – see **page 30**.

Finally, I would like to thank **Alan Williams** for his article on **page 24**. Alan challenged himself at New Year to use the **local bus routes** more frequently and so decided to share what he'd learned with us all. He highlights the key routes which pass through Lindfield and encourages any readers with thoughts and experiences on local bus services to get in touch.

Send an email to editor@lindfieldlife.co.uk about this or anything else. You can also like us on Facebook or follow us on Twitter.

Issue #50 – May 2013 –
4,000 copies printed

Next magazine copydate:
8th May 2013

Next magazine published:
25th May 2013

Lindfield Life
Brooklands Barn, Rocky Lane,
Haywards Heath, RH16 4RR
Telephone 01444 884115
www.lindfieldlife.co.uk

Editor: David Tingley
Assistant: Claire Cooper
<editor@lindfieldlife.co.uk>
Advertising: David Tingley
<ads@lindfieldlife.co.uk>

Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there is no breach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.

Lindfield Life Published
by Kipper



 David Tingley
Warm sun covering
The Common

Cello Lessons

Experienced Private Teacher



Judith Rae

B.Ed Hons CT ABRSM

Member ISM and ESTA

CRB Checked

Accredited CelloBabies teacher

Haywards Heath 01444 458035
judith.rae@o2.co.uk

*Any age, adults welcome.
Morning lessons, after school or evenings
Exams or not, as you like it.*



Wendy McCallum,
Anna Taylor &
Helen Malik

All our therapists are
professionally qualified, fully
insured and offer free 15
minute consultations

20% discount*

To celebrate our 20th birthday,
enjoy 20% off our treatments
for appointments booked by 15/6/13
(*excluding Metabolic Balance®)

THE NATURAL THERAPY ROOMS
- LOCATED ABOVE ABBOTT'S PHARMACY,
83 HIGH STREET, LINDFIELD, RH16 2HN

Angel Readings
Aromatherapy
Baby Massage

Functional Nutrition
Metabolic Balance®

Reflexology
Reiki Healing
Theta Healing®



01444 456699

enquiries@thenaturaltherapyrooms.co.uk
www.thenaturaltherapyrooms.co.uk

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

New name, same great service for opticians

A familiar shop on Lindfield's High Street landscape has changed its name.

Green, Elliott & Crowe has been the local opticians in the village for nearly 17 years. Alison Crowe has now bought the other partners out of the business. With the change in ownership will come a name change to 'Lindfield Eyecare'. However customers will not notice any other differences Alison assures: "It is purely a name change at a time that seems most sensible," she tells us. Alison runs the business with her husband Michael. "We love being part of the village and we are here to stay. The business is continuing to grow which we are really pleased about, so we look forward to giving the same great customer care and most up to date selection of frames."

Local chiropractor wins national quality award

Sussex Chiropractic, based in Scaynes Hill, was awarded the 'Patient Partnership Quality Mark' recently by The College of Chiropractors.

Steve and Sue Minter (pictured) accepted the award at an awards reception in London from Hew Helps, Chair of the College's Lay Partnership Group.

Steve said: "Our clinic provides a patient-centred service and we are proud to say that the award recognises our ongoing commitment to meeting patients' expectations in terms of their treatment environment and care."



thesis
asset management

Straight-talking investment management

We like to keep the choice of core investment services simple but effective. It's how we meet your needs which makes all the difference.

If you would like to find out more about our approach, please call **Tony Gammon** or **Paul Morley** on 01273 728188 for an informal chat or email tony.gammon@thesis-plc.com

Brighton – Chichester – Crawley – Guildford – Lymington
www.thesis-plc.com

Thesis Asset Management plc is Authorised and Regulated by the Financial Conduct Authority.



LDC serve up 'Murder and Chips'

Following its hugely-successful production 'Chuckles and Chips' last year, Lindfield Dramatic Club (LDC) is breaking new ground for this year's spring production on Friday and Saturday, 24th & 25th May.

The club is staging a Murder Mystery Evening at the King Edward Hall, with a short play in three acts by Chris Martin, called 'Who Killed the Director?'. As last year, the evening will be divided by a fish and chip supper.

Appropriately, the play is set in a theatre where members of a local amateur dramatic society are rehearsing a murder play set in the 1930s.

Audience participation is part of the entertainment of course and so they will be divided into 12 tables of six people each – strictly limiting the attendance each evening to 72.

LDC Chairman Rex Cooper explained: "We assume that people will have organised themselves into their six-strong 'teams' when buying their tickets but individuals or couples can easily be linked up with others to make up a table. After all, we are talking about like-minded people here, many of whom know each other thanks to being regulars at our productions."

Tickets will be available from the Happy Feet shoe boutique in Denman's Lane, Lindfield from 1st May, costing £12.50. The performances begin at 8pm and the bar will be open at 7.30pm and again during the interval.



**SPB
Plumbing
&
Heating
Ltd**



**01444 483511
07798 636887**

74 High Street
Lindfield
spb.plumbing.heating@hotmail.co.uk

**Boiler & fire servicing and installation
Landlord's certificates
Bathroom design & installation
Solar panels
& all general plumbing**



**Over 20 years local service
Friendly & reliable
Fully qualified & insured**

Property Matters
Adrian Hoyle, Lindfield,

Please call us for a free quotation:
Phone: 01444 482274,
Mobile: 07768900331,
ahoye1@gmail.com



- Painting inside and out
- Bathrooms fitted and floors tiled
- Driveways and patios
- Fencing
- Green roofs
- Odd jobs

Stepping into Wonderland, Adventures in Art 10th - 12th May

For this year's Lindfield Arts Festival, our historic village will be transformed into a place of wonder. You are invited to slip out of reality and into your imagination for one magical weekend!

Many activities are free to attend, including a fabulous exhibition of arts and crafts at the United Reformed Church, the Family Story Trail, a 'Home is Where the Art Is' feature and musical entertainment ranging from choirs and young performers to Rok Skool legends. There is something for everyone.

For those interested in film and poetry there are talks and screenings for which entrance is free but tickets are required to reserve places and these can be collected from the Box Office.

Programmes are on sale now at £2 each and available at SWALK, Green Elliott & Crowe Opticians, Lindfield Dry Cleaners and Field & Forrest in Lindfield.

Tickets are available from SWALK on Lindfield High Street, as it acts as Festival Box Office, or online at www.lindfieldartsfestival.com



By Peter Hollinghurst www.hollinghurst.org.uk

Win a family ticket!

To celebrate the occasion, one reader can win a family pass to see 'Alice!' in the performance marquee on Saturday 11th May. This exciting new production, inspired by Lewis Carroll's classic story, brings together pupils from Lindfield Primary School and Great Walstead School with professional theatre-makers. Sponsored by Limepalm Productions and directed by Kim Wright from JK Theatre Arts, it promises to be magical family entertainment. To enter please email your details to enquiries@lindfieldartsfestival.com by midnight on 5th May 2013.



Design & Construction of Unique Garden Features.

- Drives • Patios • Fencing
- Walls • Ponds
- Water Features • Planting
- Lighting • Irrigation





Expectation Landscapes

01444 413966
07525 808906

See more: www.expectationlandscapes.co.uk



info@expectationlandscapes.co.uk

Free quotation with full spec and plans.

Fully insured

39 Hickmans Lane, Lindfield
West Sussex RH16 2BN





URC welcomes band

Lindfield United Reformed Church (URC) will once again play host to the Art Exhibition and many live performances at this year's Lindfield Arts Festival. The church will also be putting on a very special youth celebration service at 6.30pm on Sunday 12th May.

The band Shackleton will lead the worship at the event. As well as performing at venues across the UK Shackleton have performed locally at a number of the N:Vision youth services in Cuckfield.

The events guest speaker Bekah Legg is Editor of *Liberti* magazine - a dynamic Christian magazine for women.

The event will be free and promises to be a great evening and a brilliant close to a full weekend of activities in the church.

For more information check out the church website www.lindfieldurc.org.uk or contact youth pastor Josh Thomas on jthomas@lindfieldurc.org.uk

Vintage tea room 'FIKA' opens



The former Eves Tea Room on the High Street has been re-opened as 'Fika' by owner Paul Mccann. The shop, which has been vacant for many months, has been transformed into a "traditional tea room with a Scandinavian twist" according to Paul.

The name is Swedish and means to literally have a coffee break, usually with something sweet!

Paul, who previously ran The Gallery Café in Ardingly, has spent months on the complete refurbishment of the unit with all new appliances and finishes. Fika Village Tea Rooms opened earlier this month and is open Tuesday - Sunday.

Lindfield Motors

Lindfield Motors for your next car service.

- ✓ *Friendly welcome*
- ✓ *Top quality service*
- ✓ *Realistic prices*
- ✓ *All makes cared for*
- ✓ *Family owned for over 30 years*
- ✓ *MOT testing station*

Many people in the village have used us for years, why not join them?



Tel: 01444 482988 / 01444 483988

Lewes Road, Lindfield, RH16 2LG www.lindfield-motors.co.uk



The move to big school

LINDFIELD PRIMARY SCHOOL EXPANSION

By Claire Cooper

This month sees the start of a new chapter in the life of Lindfield Primary School as work begins on a £4million seven classroom extension.

The building work, which also includes an additional school hall and office space while maintaining all playgrounds, fields and woodland, will provide state of the art facilities for present and future pupils.

Originally built for infants (aged 5 to 7 years), the little school at Black Hill has evolved over the years to meet the needs of village children. The millennium year in 2000 saw the biggest change when the school merged with the juniors, formerly housed on Lindfield Common, and eight new classrooms were added to the site.

Now, as the village continues to grow, the school is set to reach another milestone as it prepares to become a 'three form entry' primary school.

Head teacher Bob White explained how the school's Governing Body worked with West Sussex County Council (WSSCC) to find a permanent solution to the ever-growing pupil numbers.

"There is a lot of building taking place within our catchment area and West Sussex County Council has a statutory duty to provide school places to meet the 'Basic Need' of children living in the village," said Bob.

"Two new housing developments have recently been completed and we are constantly seeing proposals to develop more land for housing.

"Last year we increased our intake by a further 15 children but we became increasingly aware that this was not just a temporary blip and that the need was ever-growing. The school governing body needed to plan for the future."

"Temporary classrooms are never a long term solution, so the governors decided to approach WSSCC to explore the option of expanding the school to become three form entry.

"We were delighted when the county not only fully supported our plans but agreed to provide the funding for an extra seven classrooms, an additional hall and office accommodation," said Bob.

The planning process began last year with the launch of a public consultation, which included an open afternoon when parents and residents could view the plans.

"The whole process has been open and transparent and we have regularly updated our website as the scheme has progressed," said Bob. "The support from the community and parish, district and county councils has been fantastic."

"Of course, there are some concerns about the prospect of us becoming a bigger school but we are talking about an extra 30 pupils each year over the next seven years, so the school will evolve gradually.

"The buildings have been designed so we are not losing any play space, and we are gaining a second school hall for sports, dance and other activities. Parents can rest assured that the ethos and the atmosphere of the school won't change."

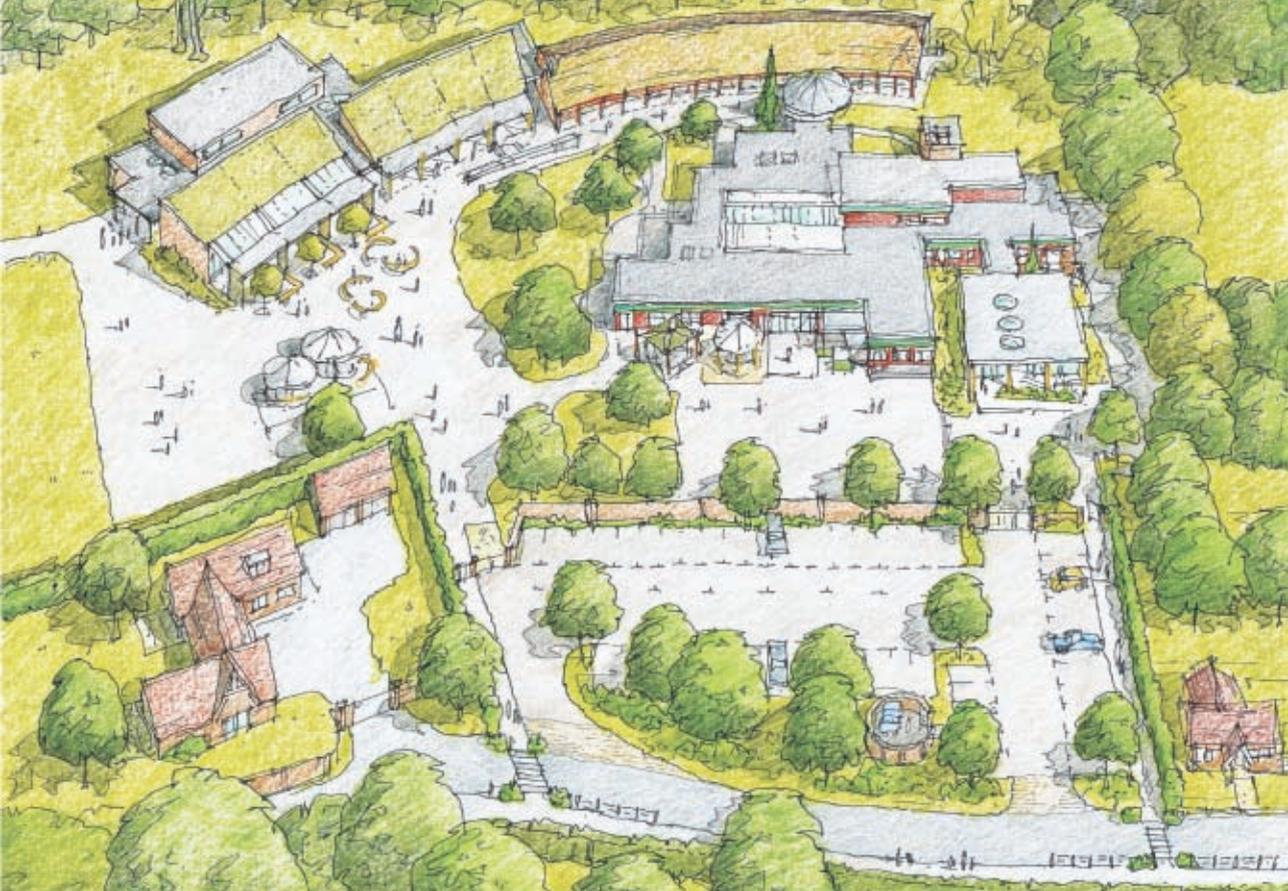
Traffic is a concern common to every school but the proposed design for Lindfield will take away the current 'turning circle' and keep cars off the school site. The former caretaker's bungalow, which has stood empty for some time, will be demolished and replaced with a new turning circle, dropping off point and staff and visitor parking. Trees will be planted, the Victorian wall preserved, and additional landscaping will make the area attractive as well as safe. The proposals also include an updated School Travel Plan to encourage more children to walk, scoot and cycle to school.

The provision of an additional school hall has been widely welcomed. "We have needed a new hall for such a long time," said Bob. "Our little hall was built for the former infant school and is well used, not just in school time but after hours with 18 clubs and groups using the hall each week.

"The new hall means we will have two large community spaces - a real 'win win' for the village."

Once final approval is granted, work on site is due to start this month, carried out by local contractors Sunninghill. The project is due to be completed ready for the start of the school year in September 2014.

"What excites me is that we have been able to be extremely creative in our design," said Bob. "We were faced with a problem, we had to find a solution and I believe we have come up with a proposal which far exceeds what we first thought possible - one which will benefit both children, their families and the wider community well into the future."



Templar Property Services Ltd.



General building, property maintenance & project management services. All aspects of building and maintenance undertaken including:

- Extensions/Alterations
- Brickwork/Pointing
- Plastering/Screeding/Rendering
- Kitchens
- Bathrooms
- Electrics
- Plumbing
- Decorating



Check out our website www.templars.co.uk for details on saving money through the templar labour only scheme



We are happy to arrange meetings with previous clients and viewings of their projects.



Or Call Martin Lewer
Office: **01825 790 690**
Mob: **07788 590526**

Templar achieve the best results from planning to finish

Lucy Locksmith

No Callout Charge

23hr Callout



BRIGHT FM & CHECKATRADE

“Top Trader of the Year”

Award Winner

Rapid Response • Police checked
Free Estimates • No VAT • OAP Discount
Locks Changed & Upgraded (To BS3621)
uPVC Specialist • Window locks • Garage locks
Lock outs, Break ins, all makes of locks.

**JUST MOVED? WHO ELSE HAS KEYS?
CHANGE LOCKS FOR PEACE OF MIND?**

Always
Checkatrade
Before you use them

07780 840462

STORE THIS NUMBER NOW, YOU MAY NEED IT!
www.lucylocksmith.co.uk lucy@lucylocksmith.co.uk

Elderly and Disabled Home Alterations

Are you a home owner who wants to stay in your home as you get older? Perhaps you have recently become less mobile? You should not have to alter your life and move but instead your home should alter to suit you. Equally, you may still want a modern, sleek or traditional look and do not want it compromised by unsightly additions. All is now possible!



A family run business based in Sussex, we can provide full refurbishment and decoration.

BATHROOMS:

Wet rooms
Install benches
Non-slip flooring
Paddle taps
Heat-controlled water

ACCESS:

Access ramps
Door widening
Rails/Grab rails
Non-slip paving
External lighting
Covered areas

ELECTRICAL:

Switch socket relocation
Smoke & Fire alarm
Emergency lighting

KITCHEN:

Lower level units/worktops
Non-slip flooring

ANNEX CONVERSIONS: Garage space converted for self-contained units

Adapt-a-Home

Please call Graham to discuss your needs on 07545 263895 or 01293 516824

georgerefurbs58@gmail.com

JPL Plumbing

Bathroom Specialists

t. 01444 416 200 m. 07734 407 850

e. jpl_plumbing@yahoo.co.uk

www.jpl-plumbing.com

Checkatrade.com
Where reputation matters

- Bathrooms
- Cloakrooms
- Power Showers
- Tiling
- Heating
- General Building
- Electrics
- Fully Insured



Foot Care Clinic at Vinings

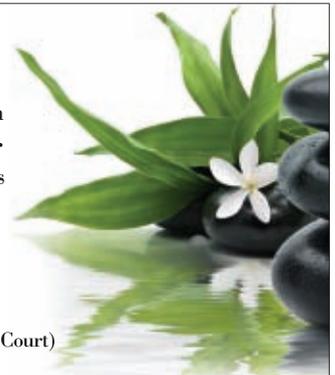
Professional and hygienic foot care service located in Haywards Heath town centre with comfortable surroundings and plenty of free parking.

I cover all aspects of foot care including nail trimming, hard skin & corns and I'm happy to do home visits by arrangement.

For an appointment please contact Caroline Burton MCFHP MAFHP
01825 791307 or 0755 2167439 Email: caroline@vinings.myzen.co.uk



Church Road, Haywards Heath, RH16 3UF (in front of Clover Court)
www.viningsnaturalhealthcentre.co.uk





THE CHEQUERS

◦ *Country Inn* ◦

“Fine dining, pub pricing”



Slaugham, Handcross, West Sussex RH17 6AQ
☎ : 01444 400400 ✉ : info@the-chequers.com 📱 : [chequers.slaugham](https://www.facebook.com/chequers.slaugham)

Baby Massage Week 13-18th May

A number of events are taking place across the UK during Baby Massage Week held this month.

The initiative, supported by the Guild of Sensory Development, promotes the philosophy and the benefits of baby massage for parents and babies alike.

Lindfield mum Julie Shepherd is a fully qualified baby massage teacher and works throughout this area as 'Bluebell Baby'. "It won't come as any surprise that baby massage is about touch! Touch is the very first sense that babies develop in the womb and it is the most significant tool they have to learn about the world," she explains. "Babies have 80 touch receptors per square millimeter of skin – four times the amount the average adult has. It is widely recognised that the amount of touch a baby receives has an influence on their physical, emotional and mental health throughout their lives."

Julie continues: "Baby massage can not only relieve the symptoms of teething, colic and congestion but it helps improve the immune system, skin conditions and the circulation of blood. Not to mention the special time together between parent and baby and the bonding that comes with that."

As part of the special week Julie is holding a free taster session at the King Edward Hall on Friday 19th May between 1-2pm. Email Julie@bluebellbaby.co.uk for more information.

New 'mobile babies' Yoga teacher

Nicki Hutchinson, a mother from Scaynes Hill, has recently qualified as a 'Birthlight Baby Yoga for Mobile Babies' teacher and is holding classes in nearby Ardingly.

The special sessions are for crawling babies and are a progression from Baby Yoga classes, which covers babies from four months until they are crawling. The classes, held at the Koorana Centre, offer yoga for mum/carer and their little ones.

"Yoga for babies is a fantastic way for babies to explore and interact," Nicki explains. "During early infancy children learn with their bodies before they learn with their minds. Both physical activities and sensory experiences help to develop neural pathways between the brain and the body that will help to develop posture, balance and even the ability to control eye movements for their entire lives."

The sessions use songs and rhymes alongside plenty of movement and stretching. They provide the opportunity for those bringing the child to exercise and have fun too. Baby yoga typically includes a balance of activity and relaxation. Plus it allows the babies to meet other babies too. Dads, grandparents and nannies are also welcome at the classes.

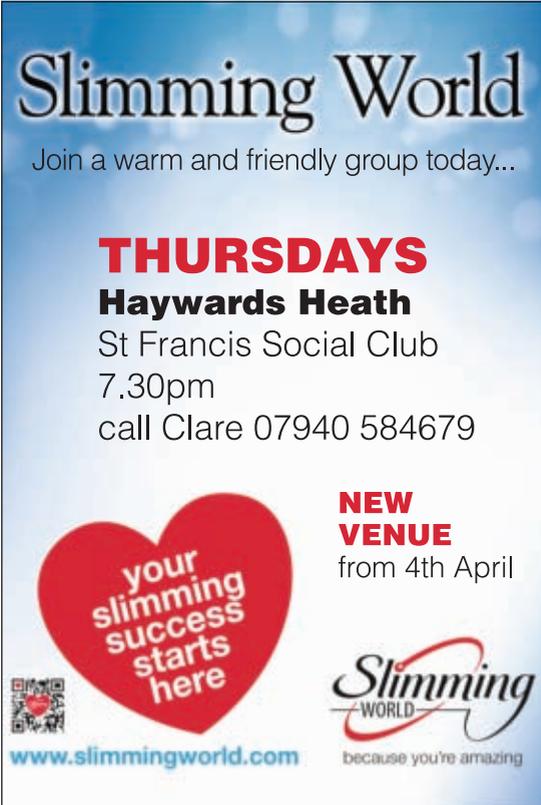


heather
martin
garden design

Heather offers fully bespoke consultation & advice on all styles and sizes of garden, from historic restoration to contemporary landscaping & planting design.

For more information call 07738 323082 or email heather@heathermartin.co.uk

heathermartin.co.uk



Slimming World

Join a warm and friendly group today...

THURSDAYS
Haywards Heath
St Francis Social Club
7.30pm
call Clare 07940 584679

NEW VENUE
from 4th April

your slimming success starts here



www.slimmingworld.com



because you're amazing

Small talk becomes a big idea for parents

The playground, the coffee shop and the kitchen table are all hotspots for parent conversation, but most of the time it amounts to social small talk and the hurried catch up of busy families with busy lives. There is the odd exception where an idea emerges – "Wouldn't it be great if..." Most of the time they are forgotten but five Lindfield parents followed up one such idea with a second conversation and a third. All local business owners, they have decided to pool their resources and collective talents and kick start their big idea.

And the idea is simple – by joining forces they can take the headache out of planning children's parties for parents.

Charley, Susie and Robin, whose Story Box has grown in popularity since it started at last year's Lindfield Arts Festival, have teamed up with Jade Logue (of SWALK) and Tabitha Bird (of Bird Food Catering).

Tabitha explained: "We're all living and working in and around Lindfield and that's important to us. All the food and products are sourced as locally as possible and with our different skills we have a lot to offer local families."

Administrated by Limepalm Productions, this consortium of local companies can provide everything you need for a unique children's party. Email the team at limepalmproductions@gmail.com



Local school hosts 'Youth Speaks' event

Oathall Community College was the venue for ten schools from Sussex and Surrey when they came together to contest Rotary's 'Youth Speaks' competition, in which schools have a chance to showcase their skills in public speaking before a large audience of VIPs, friends and seasoned adjudicators.

Organised by the Rotary Club of Cuckfield and Lindfield the teams expounded their views on their chosen subjects, which ranged from saving the apostrophe to what to eat for breakfast!

Guildford County School won the intermediate section, while the senior section was won by Ardingly College.

Further information about this and other competitions for young people, such as "Young Writer" and "Young Photographer", can be found on the website www.rotary1250.org or by contacting Bill Cormie on 01444 482780 or email cormie-b@black-hill.freereserve.co.uk





DEAN FERGUSON

YOUR LOCAL
ELECTRICIAN
(VAT FREE LABOUR)

PART 'P' REGISTERED

OVER 20 YEARS EXPERIENCE
ALL DOMESTIC ELECTRICAL WORK UNDERTAKEN
PERIODIC INSPECTION REPORTS
FREE ESTIMATES GIVEN

NO JOB TOO SMALL

Tel: 07754 000147
Email: deanfergusonelectrician@hotmail.co.uk

Weekly baby massage & baby yoga courses at the King Edward Hall, Lindfield

focused on parents and babies creating strong bonds and lasting friendships.

What parents think.....

"I've really enjoyed special time with my daughter, the massage had a calming effect on her when fractious - really aiding good sleep"

"Julie's manner, technique and the atmosphere she created was lovely"

"The coffee & homemade cake were truly amazing..."





massage & yoga

Julie Shepherd QIMT
01444 484532 07967 147374

Fully trained and accredited in baby massage and yoga.

Julie@bluebellbaby.co.uk
www.bluebellbaby.co.uk




Open meeting to discuss village report

On Wednesday 15th May, the Lindfield Neighbourhood Plan Steering Group will have an Open Meeting in the King Edward Hall from 8pm at which AiRs (Action in Rural Sussex) will be presenting their "State of the Parishes Report". This important study will provide the current statistical and environmental assessment of Lindfield & Lindfield Rural parishes from which the draft Neighbourhood Plan will be developed during the next few months. Members of the public are very welcome to attend this meeting.

Charity horse ride for BHF

Horse riders are invited to saddle up and join this year's Heart of Sussex Sponsored Ride on 8th September.

The course starts at St Helena Farm in Plumpton Green (by kind permission of St Helena Farm Partnership) and takes horse and rider through 10 miles of glorious countryside. There are jumps for those who want more of a challenge, and a new leading rein and dog walk course for those wanting to take things a little easier. The ride is being held in aid of the British Heart Foundation.

For more details, please send a 23cmx16cm SAE to: Mrs Debbie Medicott, Wild Boars, Monteswood Lane, Horsted Keynes, West Sussex RH17 7NS.

Hospice Sleep Walk – open to all ages

St Peter & St James Hospice is looking forward to hosting its annual 10k Sleep Walk around Haywards Heath and Lindfield, setting off from the Dolphin Leisure Centre at midnight on Saturday 13th July! Attracting supporters from right across the Mid Sussex area, walkers will turn out in their pyjamas raising vital funds for the Hospice.

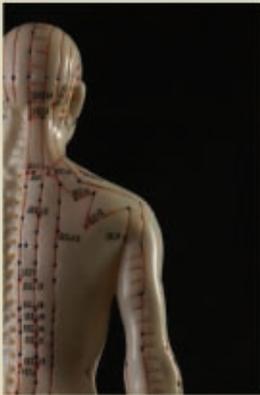
For the first time the event is open to all ages, welcoming generations of supporters to join in with the exciting and exhilarating event.

Another first for 2013 is the Hospice's online registration. Walkers complete their details and pay their registration fee by credit or debit card by visiting www.stpeter-stjames.org.uk/event/sleep-walk-2. Early bird entry is £12 per walker and is available until Friday 10th May. So don't delay, sign up today!

Supporters can also download and print an application form from the website or pick up a form from any of the Hospice shops. Marie Shipley, Events & Publicity Officer, says: "Last year's event was a great success, opening up the event to men to join in the fun, so this year we are encouraging the whole family to get involved! With the early bird entry the registration fee of £12 it's the same price as last year. It is going to be a fantastic night full of fun and laughter, and all for a great cause!"

Acupuncture - without needles!

Most people know that acupuncture is a treatment where hair fine needles are inserted into specific points in the body and it works on the whole person, not just the presenting symptoms. But did you know that a needle-less version is also available? In response to requests, Lesley now offers to treat without needles and instead a pulse from a TENS instrument stimulates the relevant points. This means that even those who are needle phobic are able to access this unique form of treatment.



Lesley has been treating with acupuncture for over two years and has a BSc (Hons) degree in acupuncture and is a full member of the British Acupuncture Council (BAC). She also has qualifications in massage and reflexology.

Incorporating Traditional Chinese Medicine with Five Element and Stems and Branches theory into her acupuncture treatments, Lesley has been

particularly recommended by others for her reassuring, calm manner and her professionalism – especially when dealing with nervous clients or those with special needs. Lesley has experience in using acupuncture to treat many conditions, but she has a special interest in pain management, panic/anxiety, fertility and facial revitalisation acupuncture. Appointments are available from 8am to 8pm Monday to Saturday at The Clinic at Borde 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.



Or visit www.reedacupuncture.co.uk for more information.

Lindfield shops support Jo

A former Lindfield mum will be swapping the South Downs for the Sri Lankan tea plantations in September as she takes part in a charity bike ride.

Riding a bike borrowed from a friend, Jo Walker will be tackling the 400 mile journey to raise money for research into difficult and traumatic pregnancies – a cause close to her heart.

Fifteen years ago Jo watched her tiny daughter struggle to survive after she was born weighing just 2lb. Now, hardly a day goes by without Jo thinking of other families going through a similar experience.

To secure her place on the expedition, Jo has pledged to raise £1,600 by the end of May and a further £1,600 by September.

"I'm incredibly grateful to everyone who has already sponsored me, from friends and family to local businesses including Villandry, Tuffnells, Keiron James and Cuthbert Dibble and Grubb," said Jo. "Every time I get a new donation or a message of support it means so much to me."

To sponsor Jo, visit the Just Giving website and enter Jo.walker4. For more information about the charity events email Jo at support.research@live.com

The draw of your life

GOLF TIP OF THE MONTH #18

By Simon Iliffe, HH Golf Pro

To hit a draw shot in golf the ball must start right of the target and spin from right to left to the target under control (R/H golfers).

Most amateurs struggle to hit a draw because they try to throw their whole right side over the ball on the downswing to get that right to left ball flight, which in fact only encourages a more over-the-top swing-path and creates more slice spin.

To hit that draw, firstly aim your feet, hips and shoulders right of the target (further right than where you want your ball to start).

Then set your clubface, aiming just right of the end target. Swing normally along the line of your feet, making sure to swing out through the ball.

Soon you'll be drawing the ball easily...

Highley Manor Hotel

EXCLUSIVE USE
Luxury at affordable prices



Weddings
Ceremonies
Conferences
Wakes
Private Parties
Mothers Day
Christmas Parties

Crawley Lane, Balcombe, West Sussex RH17 6LA Telephone 01444 811 711 Fax 01444 811113
Email highleymanor@btconnect.com www.highleymanorhotel.co.uk



Avon House Balcombe

01444 811282

Residential Care for Elderly

Not a hotel or an institution but a small friendly home for 16 discerning people
www.avonhousebalcombe.co.uk email: avon2office@gmail.com

DRAYTON Plumbing & Heating Ltd

Call Vic Drayton on 01444 458558 or 07703 255305



- Free estimates & advice
- Fully qualified & experienced engineers
- Energy conservation advice
- All work guaranteed & liability insured.
- Local services throughout Mid Sussex

draytonplumbing@btconnect.com www.draytonplumbing.co.uk



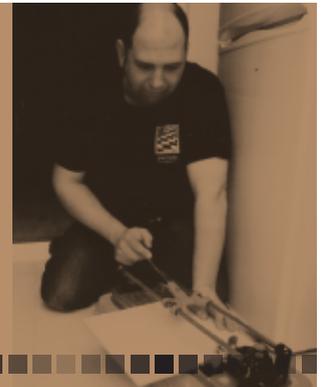
Natural Gas | Liquid Gas | Oil & Solid Fuel | Alternative energy systems | Service | Maintenance | Full installations

Meet John, your local tiler...

Hi, I'm John. I live in Lindfield. And I do tiling! Talk to me about any tiling work - bathrooms, kitchens, conservatories, hallways... in fact anything you want tiled! I'm happy to give free advice and estimates for the work. I have years of experience, so just ask and I'll show you references from other happy customers.

Call John on 07967 344460

Specialist in Natural Stone & Mosaics www.jpmtiling.co.uk



Buy a programme and support your Hall

Lindfield's Village Day is just around the corner and the final plans are now being made by the organising team.

The annual event, which is the primary fundraiser for the King Edward Hall (KEH), is held on Saturday 1st June this year, with the procession starting from Hickmans Lane Playing Fields at 12.45pm. All are encouraged to take part, either participating in the 'movies' theme or just turning up as part of the village. For more information email Sally or Sarah at procession@kingedwardhall.org.uk.

The Village Day Grand Competition is also back again this year - but even bigger! Entries must be in before Saturday 25th May. Forms are available from The Toll House on Lindfield High Street.

A full list of entry categories is shown on the KEH website (www.kingedwardhall.org.uk/village-day).

Look out for the Village Day Programme, which will be available to buy in local shops for just £1. As usual, volunteers will also be trying to get round all streets in the village selling them door-to-door to enable as many as possible to know what's in store this year.



Which will you run?



Sunday

19th May

Hickmans Lane Playing Fields, Lindfield

Start Times: 5k 10.30am, 10k 10.45am.

Check-in: 9.00-10.00am

Enter online at www.kingedwardhall.org.uk

or pick up a form: W. Blunden, Lindfield Parish, King Edward Hall
3 Pondcroft Road, Council Office, High Street
Lindfield, Clock Tower House, Lindfield

Lindfield Village Run organised by The King Edward Hall a registered charitable trust



Masters & Son

ESTD 1854

Supporting & Caring Funeral Services

Masters House
Lewes Road, Lindfield
West Sussex RH16 2LE

01444 482107
ianmasters@mastersandson.com
www.mastersandson.com



Blackthorns mums get in the mud

By Claire Cooper

A group of fearless Blackthorns mums are limbering up to face the ultimate fitness challenge and brave the 'Kamikaze' adventure run.

Motivated by their personal trainer Mike Martin and the prospect of raising thousands of pounds for the school, the Mums of Blackthorns (MOB) will be tackling the 4 mile assault course at Pippingford Park in Nutley on 19th May.

The team of 23, known as the 'Mud Mob', will be throwing themselves over 14 obstacles which will include mud, hills, bogs, rivers andmore mud!

To ensure that all the mums rise to the challenge, Mike has been building the team's mental and physical

strength and will be running alongside to ensure everyone crosses the finishing line.

Mum, and Mud Mob member, Lisa James explained how the group has gone from exercising together after dropping the children at school, to gearing up for the gruelling Kamikaze challenge.

"We've been going to Mike's boot camp in Lindfield for a while and a few of us thought we'd enter the Kamikaze as a focus for our training," she said. "It didn't start out as a fundraiser but, as more and more mums decided to join in, we decided to start asking for sponsorship."

As word spread throughout the playground, the Mud Mob grew. "It started with four of us but rapidly grew to be 23," said Lisa.

The Mud Mob now includes a mechanical engineer, an accountant, child minder, videographer, beaver leader, speech and language therapist, two school governors, a personal trainer, swimming coach and life coach – all with very excited families!

"At first the children thought we were nuts!" said Lisa. "But after seeing a video of the event they all want to join in!"

She added that the comradeship is keeping everyone motivated. "We have some mums who are already very fit and have run half marathons but others have never done anything like this.

"The course will challenge everyone in different ways - some are nervous of crossing the water, while others know they will struggle with the climbing – but, with encouragement from the team, we are all hopeful of crossing the line!"

All the money raised will go to the Friends of Blackthorns (FOBS), which is currently raising funds to buy new iPads.

"FOBS has recently raised £4,000 towards play equipment for the Key Stage 1 children," said Lisa. "FOBS next challenge is to raise a further £4,000 to buy iPads for Key Stage 2, so all our sponsorship will go towards that."

If you would like to support the Mud MOB any donations will be gratefully received. Donations can be made online via Mydonate (search for Blackthorns) using the FOBS donation page <https://mydonate.bt.com/events/mudmob/95694>



LINDFIELD PEST CONTROL

MOLES - RATS - WASPS etc

MICK LEWRY
01444 483137
MOBILE: 07816 630455
Email: m.lewry1@btinternet.com

Brighton your day

Route 270

Lindfield
to Brighton
Hourly
Monday-Saturday

Adult
return
bus fare
only
£6^{.60}

Family
Explorer
£12^{.50}

*Nothing more to
pay... all day!*

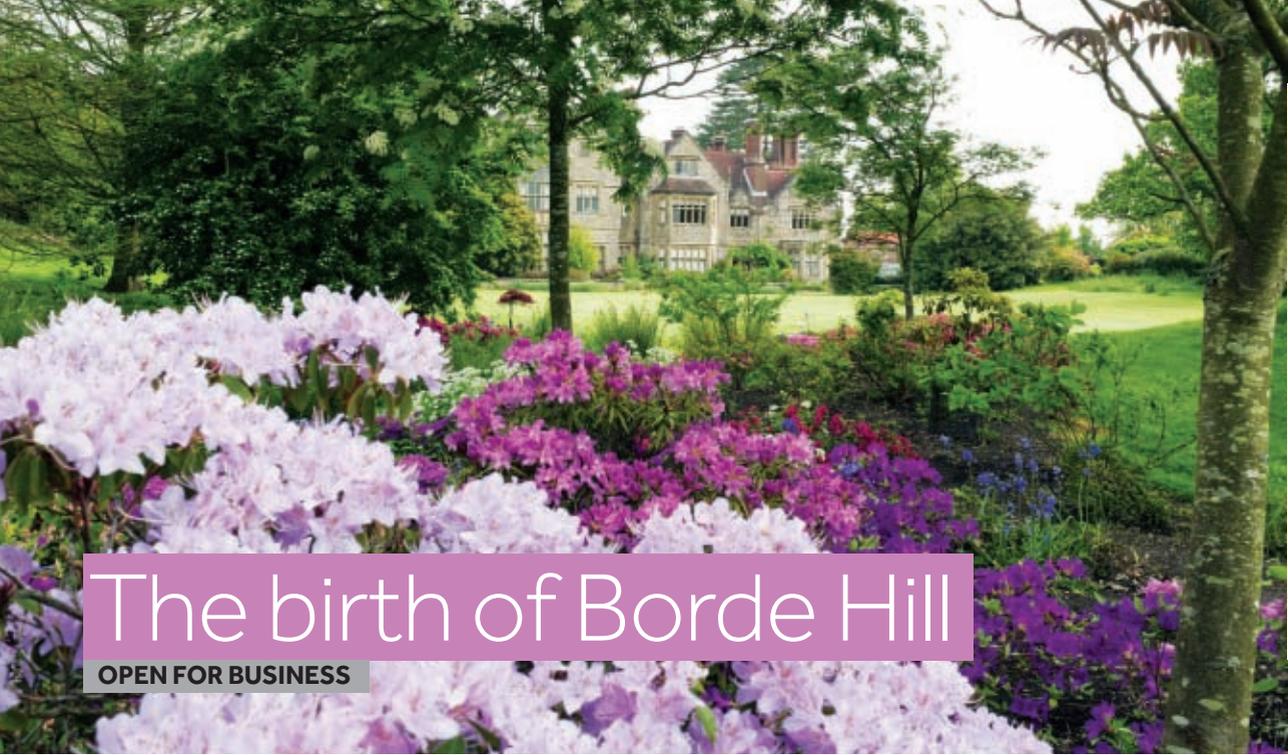
Child
return
only
£3^{.30}

A whole new
view of Brighton
awaits you

* Up to 2 Adults and 2 Children
or 1 Adult and 3 Children

metrobus.co.uk

METROBUS



The birth of Borde Hill

OPEN FOR BUSINESS



Borde Hill Garden and its founder

This year the award-winning Borde Hill Garden celebrates one and half centuries of gardening history. The vision of one man and his love affair with nature led to the establishment of one of the most beautiful gardens in Britain. Today plant enthusiasts can visit Borde Hill and still experience the passion and knowledge which led Colonel Stephenson R Clarke (SRC) and the Great Victorian Plant Hunters to collect flora and fauna from every corner of the globe.

To celebrate this sesquicentennial anniversary, Head Gardener Andy Stevens and his team have started this year planting a selection of shrubs and trees to reintroduce a number of the original varieties established by SRC which have since been lost to harsh weather. What's more, a unique exhibition sharing the life and explorations of the Colonel is being prepared.

Borde Hill House

The House was originally built in 1598 by Stephen Borde the grandson of Andrew Borde, one of Henry VIII's courtiers and a leading physician and the garden was planted with mainly medicinal species. The House contains a truly amazing Elizabethan decorative plaster ceiling in the main drawing room, complete with royal fleur de lys, among other treasures from the Elizabethan period. It is the West Wing of the existing House with sandstone walls and tiled roof.

Stephen Borde owned 29 other manor houses and property in 69 parishes.

Borde Hill House was extended considerably in 1720, 1840 and the 1890s. Each extension was added with great care to ensure the original character of the house remained unspoilt.

The Stephenson Clarke family purchased the house in 1892 and the family's fourth generation still lives there today. Visitors to Borde Hill Garden are able to explore the history and splendour of Borde Hill House themselves by pre-booking a group between May and June.





The Garden and Parkland in the 21st century

Borde Hill is Grade II* listed Garden and set in 200 acres of an area of Outstanding Natural Beauty, with spectacular vistas across the Ouse Valley Viaduct.

When in 1892 SRC bought Borde Hill House it had only 8 acres of land. Over the next fifty years SRC increased his land holding to a few thousand acres, creating the formal plantings in the Garden at Borde Hill, and planting extensively in selected woodlands around the estate where their microclimates were especially suitable for more tropical flora and fauna.

The Col was a great naturalist, with botanical interest and garden design playing equally important roles. He started planting the Garden from 1893 and in 1898 extended the South Lawn and created the Ha-Ha. He sponsored many expeditions by the great plant collectors to China, Burma, Tasmania and the Andes. From these expeditions many plants were gathered and placed in the best suited areas of the grounds at Borde Hill. Still today, collections of magnolias, camellias, rhododendrons and many unusual trees can be enjoyed. Some of these trees have grown to 'champion' size and Borde Hill contains 82 champions and about 8,000 trees and shrubs are listed in the Tree Registry.

Evolution of the Garden

Borde Hill Garden was planted in a series of intimate outdoor 'rooms' which include the Azalea Ring (1912), Garden of Allah (1922) and sub-tropical Dells. Later were added Jay Robin's Rose Garden, the Mediterranean and Italian Gardens. The Rose Garden, created in 1996, was designed by RHS Gold Medallist Robin Williams and planted with over 600 scented David Austin roses. The Rose Garden was featured on the front cover of Sussex Life magazine last year and remains a key attraction at Borde Hill. The Italian Garden was previously the family tennis court which was transformed into a rectangular pool with Italianesque themed plants established around the borders.

Present Day

Beyond the formal Garden are magical woodlands with giant rhododendrons and carpeted with bluebells - ideal for tranquil walks to enjoy the fauna and flora. There is also a new Adventure Playground for children and scenic lakes stocked with fish for the fishing club.

Borde Hill Garden continues to be a gem in the English countryside, and over the years has received numerous awards including the South East Tourism award in 1999 and the Historic Houses Association/Christies award in 2004.

Each year there is a series of events from gardening, musical, sculpture exhibition and watercolour and equestrian events, attracting people from across the country and beyond.

Between 1st May and 30th September visitors can view 'Unseen Forces'; an exhibition of kinetic sculptures and large organic forms by sculptor David Watkinson. Elsewhere in the unique Africa Glass House there is a watercolour exhibition by James Foot on 13-19th May. Then, at the end of this month, the British Eventing Horse Trials returns to Borde Hill on the 26/27th May bringing with it novice and intermediate riders to the scenic parkland.

Cafe Elvira and Jeremy's Restaurant which won the Good Food South East award and best Sussex young chef award are ideal for fine dining, and don't forget to visit the Green Tree Gallery for that special gift to complete the huge amount that Borde Hill has to offer.

BORDE HILL



'One of the country's truly great gardens' - Country Life



Relax in the award winning garden with magical woodland and outstanding vistas. Explore the garden 'rooms' and enjoy a family picnic or bbq. Kids can have fun in the playground. Events throughout the year.

Open 23 March to 3 November 2013

Borde Hill Lane, Haywards Heath,
West Sussex RH16 1XP 01444 450326

www.bordehill.co.uk




Be faithful to your intuitive sense

HOME FRONT

By Jacqui Smith, interior designer

I am often asked how I come up with designs or what the latest trends are. I have never been a slave to trends. Interior design to me is more about designing spaces for people to love and enjoy living in. Surely a home that works for you is so much more important than one that reflects the latest trends. I have always wondered whether my answer to this question has been inadequate. People expect me to impart some magic formula but, honestly, I design with the needs of the client first and foremost in my mind and when it comes to creativity, I go with my gut as to what I feel works best within the realms of the brief.

My London Design Week itinerary included a seminar at Chelsea Harbour. Part of the Conversations in Design series, the title of the seminar was New Directions in Interior Design with a panel comprising Tricia Guild, Robin Levien and Neisha Crosland. The session kicked off with the question, "Are trends important?" Whilst I would say that all three of these people are in themselves key influencers of trends in the industry, their down to earth and quite humble responses really struck a chord with me. The theme was very much, be aware of trends but plough your own furrow and work from your heart. Yes, I get that! They all agreed that themes are "globally in the air" and referred to examples of designers on opposite sides of the world coming up with spookily similar ideas. Source of inspiration was the focus of the next question. Tricia Guild felt that this was hard to pinpoint as creative people are always collecting. She cited a visit to Darjeeling where she was struck by the coolness of a soft jade green, the inspiration behind the pale jade colourway

"I have never been a slave to trends. To me interior design is more about designing spaces for people to love and enjoy."

in the new collections. The trip was a few years ago, so that seed of an idea was not translated into a scheme until recently. It "Just feels right for now", she explained. Expanding on this, Tricia Guild explained that designers need to "be faithful to their intuitive sense, be porous to influences but defend and fight for what you believe in". Neisha Crosland and Robin Levien agreed that creativity is a journey, a meandering process where you are never quite sure where you will end up. I have heard a number of designers talk on various subjects but this seminar really struck a chord with me.

Both my boys love watching property programmes, especially Grand Designs. I watched the two of them the other night confidently voicing their opinions on the schemes they see, explaining their rationale very clearly. At the ages of 8 and 11 they already trust their gut; they don't consciously follow a trend, they are just sure of what they feel works and what does not work. Watching them, and listening to Tricia Guild, made me even more determined to be faithful to my intuitive sense.

www.homesmiths.co.uk 01444 440880



Scouts get refurb

One of Lindfield's best loved buildings is getting a much needed facelift after serving the community for over a century.

The scout hut in Eastern Road has been at the heart of village life for 100 years and generations of families have passed through its doors.

Originally a World War II Canadian Army hut located at Paxhill, the hut was moved by villagers and has since been a base for the 1st Lindfield Scouts.

Repair work is now underway to ensure it can continue to serve the community as a scout headquarters well into the future.

The first phase of work, which cost around £8,000, has included painting the interior, installing new windows and a new wooden floor.

Emergency repairs have been made to the roof, which will need replacing in the near future and the scouts are already busy raising funds for this project.

The scouts are also hoping to update the toilets and kitchen.

Beaver leader Zoë Richardson explained why preserving the hut is so important. "Scouting in Lindfield is thriving," she said. "We are continuing to grow and are doing our best to find places for the many children on our waiting lists."

The latest recruits are a new colony of beavers, aged 6 to 8 years, and plans are being made to add a second cub pack to take the beavers onto the next level of scouting.

"The hall is not just a base for scouts," said Zoë. "It is regularly used by other organisations, including a dance group and exercise class, and is also available to hire for social events, so it's really important that it is properly maintained."

"Our aim is not just to improve the building but also to preserve its original appearance as there are only a few examples of these wartime huts left," she added.

The scouts will be busy fundraising throughout the spring and summer (look out for their traditional sweet stall on Village Day) and are hoping residents will turn out in force at the refreshment marquee as this year's London to Brighton Bike Ride passes through the village on 16th June. "Along with Village Day this is our biggest fund raising event, so we hope the sun shines and we get

lots of customers," said Zoë. Volunteers are needed to help set up the marquee early in the morning, bake cakes and make sandwiches, fire up the barbeque and serve the hungry cyclists and spectators.

The group would be delighted to hear from willing volunteers and from any organisations or businesses who can offer financial support.

For more information, visit the website at www.lindfieldscouts.org

FIELD + FORREST

DELI + CAFE

Call in to Field + Forrest for a morning coffee and croissant for breakfast.





Drop by in the afternoon for one of our speciality teas and a piece of cake or treat yourself to a cream tea.

Having a dinner party? Get your cheese and biscuits from us.



There is so much to find in Field + Forrest!

43 HIGH STREET LINDFIELD SUSSEX RH16 2HN

01444 483700

WWW.FIELDANDFORREST.COM

ENQUIRIES@FIELDANDFORREST.COM



The wheels on the bus

OUT AND ABOUT



By Alan Williams

One of my New Year Resolutions was to leave the car in the garage and use local buses much, much more. The weather has not encouraged me to start on my adventures but a short while ago, on a very cold morning, as I waited for the RAC to arrive to replace my flat battery a local bus went by, the windows just a little fogged up. The half dozen passengers inside were looking – I thought – just a little smug. Well, good for them – they had taken the right decision!

It reinforced my determination that, when the warmer weather comes (as come it must), I am going to use the local buses. I went to my computer, looked up the Metrobus site and was astonished at the network of routes that criss-cross the county. Combine that with the network of routes run by the Sussex Bus Company and Compass Travel, and suddenly I could see the point of buses.

There are three bus routes, yes three, running through Lindfield: Metrobus Routes 82 and 270 offering an hourly service; and Route 30 offering a more frequent service past Haywards Heath Station to the Princess Royal Hospital. Since October this service, along with a couple of dozen others, has been operated by Southdown PSV.



Route 82 runs from Crawley through Copthorne, Turners Hill, and Lindfield of course, to Haywards Heath (and back). It is a scheduled, six-day-a-week, hourly service taking an hour or just under to complete the journey.



Route 270 runs from the Royal Sussex Hospital in Brighton through Burgess Hill, Lindfield, Haywards Heath and on to East Grinstead (and back). The journey takes somewhat under two hours and is an hourly weekday service from just past 0800 to just past 1800, with a slightly reduced service on Saturdays.

The Route is an interesting one. It will take you to Clayton (the Jack and Jill windmills and the South Downs Park); it will also take you to Wych Cross and Ashdown Forest. On Saturdays, it will take you direct to Horsted Keynes station on the Bluebell Line (where, if you show your bus ticket, you will get a discount of £2.50 off the rail fare). The Bluebell line has, of course, very recently been extended into East Grinstead.



Route 30 runs on a circular route from the Princess Royal through Lindfield and Haywards Heath Station. The first bus in the morning from the Post Office is at 0545 and the last bus to the Post Office from the Station arrives at 1940. The service is, basically, every half hour, but is more frequent during rush hours.

All these services link with other routes. It is easy to get into Haywards Heath, which is itself a bus "hub". Metrobus and Compass Travel provide interesting websites, with not just timetables, tickets and prices but "places to go" pages. Fascinating! The Metrobus site is at www.metrobus.co.uk/places-to-go/. The Compass Travel site is at: www.compass-travel.co.uk/places_to_go.html. Their buses service many attractions and places of beauty. A selection can be found through the pages. I have made a note that I will be able to get from Lindfield to Tulleys Farm, changing at Turners Hill for route 84. I shall try out that route and see how the connections work.

Timetables are available online of course and hard copies are available on the buses themselves

It is said that the first time Lord Curzon (for whom public transport must clearly have been an unknown quantity) caught a bus in London, he required the conductor who came to collect the fare to take him to: "Curzon house!" It must sound as though I have never caught a local bus; I have in fact been quite a regular user of the Route 30 from Lindfield to Haywards Heath station, and back again, but it has always been hit and miss in the absence of a timetable. Now I have found the timetable on the internet I shall be a much more regular user.

Once that fine weather arrives, I shall also be catching Route 270 down to Brighton, where I shall take a walk along the front, perhaps chance my arm on the stalls on the pier, have a leisurely lunch, and catch either the bus or the train back again. Something to look forward to!

One cloud on the horizon is the reduction in funding and the effect on these services. West Sussex County Council has been reducing support for non-commercial routes. Most bus routes in West Sussex are operated on a commercial basis but some are subsidised by the Council to help them run. The savings are needed, the Council explains, because it needs to reduce spending by £79million overall.

I shall report on my experiences with local buses and how I get on with them, both the highs and the lows and I shall look forward to hearing from you what you think of the network, your successes and your failures. We've all heard the horror stories – buses that don't show up, buses that breakdown, and so on. We don't hear the success stories, of the buses that run on time through all weather. But has it happened to you? Do you have a story to tell? Write in and say!

Links to the operators:

Metrobus: www.metrobus.co.uk

SussexBus Company: www.thesussexbus.com

Compass Travel: www.compass-travel.co.uk

Southdown PSV:
www.southdownpsv.co.uk/ops/links.php

New Bistro in Cuckfield Opening on Thursday 16th May – NOW TAKING BOOKINGS –

Delicious light lunches and fabulous evening bistro
More space and foodie feasts in our covered courtyard
We look forward to giving you a warm welcome

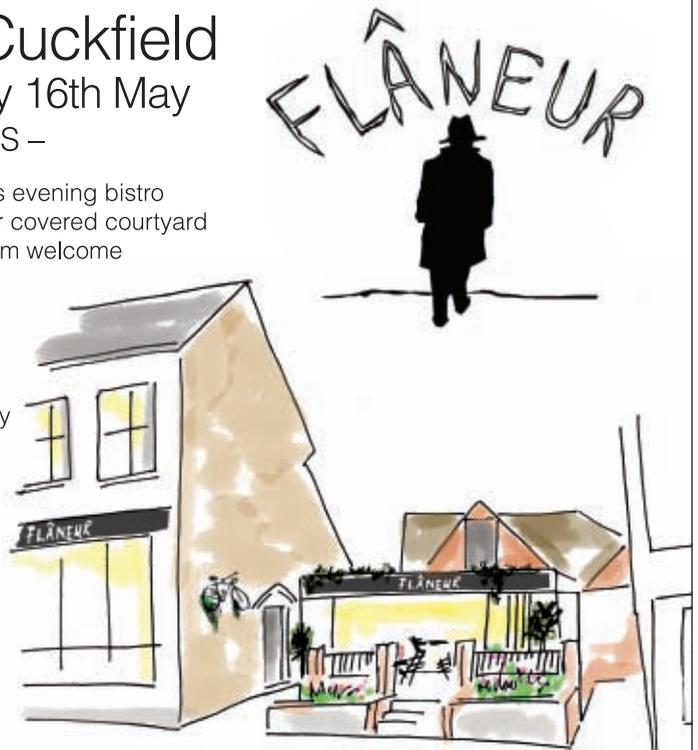
Lunch
12pm - 2pm Tuesday to Sunday

Evening Bistro
from 7pm Thursday, Friday, Saturday
last food orders 9.15pm

Bookings for private functions
available in our new 1st floor
dining room. Fully licensed.

Clockhouse, High Street, Cuckfield
www.flaneurcuckfield.co.uk
- for online bookings

Tel: 01444 454190





Gardens on show

GARDENER'S NOTES

By Heather Martin, garden designer

This month I thought I'd talk about a favourite pastime of mine, visiting gardens. If you have a garden of your own you'll find they're a great source of inspiration and if not, well, there's usually a generous helping of cake on offer alongside the chance to appreciate attractive gardens without the maintenance! There's no better way to find new plant varieties and landscaping solutions than to see them in situ and there's no doubt that a look over the garden wall can provide a stimulating glimpse into the lifestyle of others. You can discover ideas to recreate in your own garden at home too, from special features such as ponds or pools, lighting and sculpture, to furniture, arbours and obelisks.

have various gardens opened on their behalf between May and September.

If you enjoy a day out I'd also recommend joining your local horticultural society, which arranges visits to gardens throughout the year. The trips often take place by coach, meaning that they're accessible to those without their own transport, and it's lovely to visit with friendly locals who share a passion for plants, or simply for a jolly good day out! Visit their stall at Village Day for more details.

I can't leave the subject of garden visiting without mentioning the value of a trip to the Hampton Court Flower Show (9-14th July) and the Chelsea Flower Show, celebrating its centenary this year from 21st-25th May. Both of these showcase the most contemporary ideas garden design has to offer, in terms of plant combinations, garden layouts and modern landscaping materials. The shows also highlight issues we gardeners ought to be considering, such as the impact of using pesticides containing neonicotinoids (believed to be linked to the death of bees), reduction in the use of compost containing peat and the use of sustainable landscaping materials. The Chelsea Flower Show was described by Vita Sackville-West in 1953 as "the fairy-tale of gardening, come true" and so it remains today, with plants held back or forced into flower in time for show week and in excess of £200,000 spent on landscaping the largest of the show gardens with high-end materials, mature trees and planting (remarkably this represents excellent value for money for the sponsors in respect of the advertising coverage which sponsoring a garden gives them). As well as show gardens at the Hampton Court Flower Show, you can buy anything and everything you could want in your garden – from sculpture to planting labels, garden offices to perfect planters, with specialist nurseries selling that hard-to-find plant and, of course, you really can't leave without the obligatory glass of Pimms! Enjoy!

Tip of the month: Remember to check for nesting birds before pruning hedges and trees, delay pruning if necessary.

ngs gardens open
for charity

Many gardens open under the National Gardens Scheme (NGS). The entrance money is donated to nursing, caring and gardening charities, with more than £2.5million given away each year (the NGS is the biggest single donor to Macmillan Cancer Support and supports Marie Curie Cancer Care, Help the Hospices and the Carers Trust, among others). All the gardens open through the NGS are listed in their 'Yellow Book' - so named because of the colour of the publication - available from garden centres, or have a look on their website: www.ngs.org.uk Local gardens open under the scheme this year include Copyhold Hollow, near Borde Hill (19th & 20th May), Town Place at Freshfield, (various dates, June & July), Great Lywood Farmhouse (June & July, by appointment), Latchetts, at Freshfield Lane, Danehill (children enjoy this one, open various dates in June, July & August) and Old Scaynes Hill House on Clearwater Lane, Scaynes Hill. Do also watch out for garden trails arranged by other local charities, including St. Peter & St. James Hospice who will

Sussex Carpet Cleaners

Our local family run carpet cleaners based in Lindfield.

- Deep steam carpet cleaning
- Upholstery cleaning
- Stain removal
- Fast drying
- Fully insured
- Friendly professional service

Super Effective Deep Steam Cleaning Breathes New life into Your Carpets And Upholstery.

Testimonials available



Telephone: 01444 316 300
Website: www.carpetcleanersussex.co.uk

Fibromyalgia

NATURAL THERAPY

by Helen Malik

International Fibromyalgia Awareness Day takes place on 12th May but many people have never heard of the condition until they are, or someone they know is, diagnosed. Often people may experience chronic pain or fatigue for some time before a diagnosis is made.

Fibromyalgia Syndrome, also now known as Central Sensitivity Syndrome, has its name derived from the Latin "fibro" meaning fibrous tissue and the Greek words "myo" for muscle and "algia" for pain. It is characterised by widespread chronic pain and tenderness. Fatigue is also a common symptom reported in 90% of fibromyalgia sufferers and Irritable Bowel Syndrome and sleep disorders, such as insomnia, are also frequently reported.

Studies have found that you may be at a greater risk of developing the condition if you have a family member suffering from it, and those with rheumatic diseases including rheumatoid arthritis and lupus may also be more likely to develop fibromyalgia. Some studies have also suggested that people who have had difficult or stressful past experiences may also be at greater risk.

There is currently no laboratory test available to diagnose fibromyalgia, which predominantly affects women between the ages of 20 and 60 years, with some studies noting a peak at age 35 years. It does, however, also occur in children, men and those over 60.

Pain becomes chronic when alterations of the pain pathway lead to hypersensitivity. In this way pain, which is usually a short-term acute warning signal, becomes chronic and debilitating. Within the brain, the same pathways that process pain also process emotions. One study showed that anger and sadness amplified pain both in women with and without fibromyalgia.

Constant pain can, of course, lead to frustration, anxiety, worry and depression, particularly if the pain is chronic. However, there is also evidence for a reverse relationship, meaning that negative mood and emotion can lead to pain or exacerbate pain. Therefore Fibromyalgia sufferers might consider ways to improve mood, for example through meditation, relaxation techniques or cognitive behavioural therapy.

Chronic pain suggests that inflammation is present in the body and therefore a dietary program which supports the reduction of inflammation would be useful. Concentrating on natural, wholesome foods and removing processed foods from the diet would be a sensible first step.

In the American Journal of Lifestyle Medicine certain foods were identified as having an association with fatigue. These include junk foods, refined sugar, white flour, salt, preservatives, fried foods, caffeinated and alcoholic beverages. A change to the diet may therefore also be useful in controlling energy levels for fibromyalgia sufferers and anyone experiencing ongoing fatigue. In addition, eliminating stored toxins which disrupt cellular metabolism and energy may be a sensible strategy.

COPTHORNE PREPARATORY SCHOOL

Cophthorne Prep "recognises the uniqueness of individuals and supports every child so that each makes good progress". ¹⁵⁶



Registered Charity Number 270757

- Outstanding academic results ■ Co-educational 2½ - 13 years
- Flexi & Weekly Boarding ■ Early drop off & after school clubs
- Chess on Curriculum for years 3 & 4 ■ Parent & Toddler Group (Friday morning) ■ Nursery Education Grant available

For more information about our School please contact us on 01342 712311
office@cophthorneprep.co.uk www.cophthorneprep.co.uk
Effingham Lane, Cophthorne, West Sussex RH10 3HR

AJ Mullen

**Bricklayer,
General Builder,
Extensions & Patios**

Tel: 01444 414657 Mobile: 07941 308966

Email: Mullenb04@aol.com 27 Hickmans Lane, Lindfield, West Sussex, RH16 2BN

POTENTIAL
PERSONAL TRAINING



"Our success is built simply on our desire to help you be what you have always dreamed you could be, and reach your full potential!"

Lost 5 1/2 stone in 10 months!

What can Potential Personal Training do for you?

- ✓ Large Group, 1:1 and private group training available.
- ✓ Increased fitness, muscle tone, confidence and metabolism.
- ✓ Decreased body fat, weight, dress size and stress levels.
- ✓ Provide knowledge and support in both the nutrition and exercise components of your program.
- ✓ Training for all ages and abilities
- ✓ 100% results guaranteed or your money back!!



"I know that I can trust Potential Personal Training 100% to help me reach my target weight. I thank them so much, not only for helping me achieve a weight loss but for educating, supporting and believing in me."

Book your free consultation now, 01444 484129
www.potentialpersonaltraining.com/free-health-consultation

MEET • DEVELOP • LAUGH • IMPROVE • SUCCEED



Open Day
May 18th



TAVISTOCK &
SUMMERHILL SCHOOL

Tavistock and Summerhill School is a registered charity, number 800086

We put learning at the heart of all we do

An Independent, Co-Educational Nursery and Preparatory School

Tel: 01444 450256

www.tavistockandsummerhill.co.uk

Your LOCAL Satellite Tv & Aerial Specialist

www.norsat.co.uk

est 1992

- Digital TV/ FM /DAB Aerials
- Digital Tv Aerials - Upgrades - Repairs - Service
- Extra Tv / FM / Sat / Telephone Points
- Discreet Dish Installations
- Realign - Repair - Service
- Plasma / LCD / LED Installations
- Multipoint Systems
- Domestic & Commercial Systems
- Sky, Sky + , Sky + HD / New systems & upgrades
- Freesat Systems - Standard and High Definition
- Freeview Aerials / Receivers/ Recording systems
- Foreign Satellite for French, German, Spanish, Italian & More

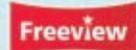
Proud members of

Checkatrade.com
Where reputation matters

sky | Your local Sky expert



freesat



10% OFF

any aerial work
with this
advert

NORSAT

t: 01444 318089



A Level Maths Tuition

Local Maths tutor with 10 years experience and current CRB enhanced disclosure.

Offers Mechanics and Core maths tuition in your own home.

**Contact
Gerry Larner
on 412716**

flo paul 
podiatry

Professional and sympathetic treatment for all foot problems

Degree qualified podiatrist (chiroprapist)

Newly refurbished foot clinic

Painful feet?

Embarrassing feet?

Difficult to reach feet?



Your feet in our hands

70b High Street, Lindfield, West Sussex, RH16 2HL

T 01444 454944

E enquiries@feetbyflo.co.uk W www.feetbyflo.co.uk



Asparagus harvest

SIMPLY GOOD FOOD

Asparagus with Bacon and Penne

Serves 2

The cooking time for this stir-fry is short but take a little extra time to prepare the ingredients. Cut the asparagus into short lengths on the diagonal – not essential but stylish. You could use any shape of pasta but penne echoes the shape of the vegetable. Do use fresh Parmesan cheese – chop it finely in the processor or shave the piece with a swivel potato peeler.

First make the dressing: put 2tbs olive oil, 2tsp white wine vinegar and 1tsp wholegrain mustard into a small bowl. Whisk to combine, then add seasoning to taste.

Cut 115g smoked back bacon into narrow strips. Cut 225g trimmed asparagus diagonally into 5cm/2in lengths.

Cook 150g pasta to packet directions.

Put 2tsp olive oil into a wok with 1 small peeled and chopped onion. Cook, stirring, over low heat until just beginning to colour. Slightly increase the heat, add the bacon and cook until it begins to crisp.

Drain off any excess fat, add the asparagus and cook, stirring, until just tender when pierced with a knife. Add 100g halved cherry tomatoes (optional) and cook a minute longer.

Thoroughly drain the pasta and add to the wok with the dressing. Gently combine, adding more seasoning if needed.

Serve immediately or at room temperature, topped with grated or shaved Parmesan cheese.



dwell
architecture + design

Dwell are local Chartered Architects specialising in residential alterations, conservation and bespoke homes with a focus on sustainable design.

Call us to discuss your project, or visit our website to find out more

01444 831800
www.dwellarchitecture.com

RIBA 
Chartered Practice

By Caroline Young

Very soon we will be able to enjoy one of the first signs that summer cannot be far away – English asparagus will appear in the shops. Please don't buy those sad green stalks that have been flown thousands of miles to be in our shops. Imported asparagus is flabby and flavourless compared with our own harvest. Eat seasonal and wait for one of the most delicious vegetables grown in this country.

To prepare just snap off the woody base of the spears. Traditionally asparagus is cooked standing upright with only the base of the stems in boiling water, then served just with melted butter or Hollandaise Sauce (see right). I prefer to lightly spray the trimmed spears with olive or toasted sesame oil and grill until just tender and lightly browned. Serve immediately. Spoil yourself with one (or both) of my recipes...

Hollandaise Sauce

Made in the microwave

Cut 100g butter into small pieces and put into a medium-sized bowl. Heat for ½-1 min (HIGH) until just melted.

Stirring will help it to melt, the butter should not get too hot or the sauce will separate.

Add 2tbs white wine vinegar, 2 medium-sized egg yolks and a little seasoning. Whisk well.

Cook on MEDIUM, whisking every 15 seconds, until the sauce just thickens enough to coat the back of the spoon (take care not to overcook or it will separate).

Serve immediately.

Asparagus with Goats Cheese Polenta Serves 2

Trim at least 225g young asparagus (or more depending on how hungry or greedy you are!) and cut into 5cm/2in pieces, keeping the tips separate from the stems.

Put 600ml vegetable stock, the juice of 1 large unwaxed lemon (finely grate the rind first and put to one side) and 25g butter into a pan and bring to the boil. Add 100g instant polenta in a steady stream, stirring constantly. Still stirring, cook over medium heat for 2 min or until it begins to come away from the sides of the pan (check packet instructions). Cut 100g firm goats' cheese into small dice and stir in, together with seasoning to taste. Remove from the heat, cover and keep warm.

Melt 25g butter in a wok and add the finely grated lemon rind, 1-2 crushed garlic cloves and the asparagus stems. Cook, stirring, for 3 min. Add the asparagus tips and continue to cook for 1-2 min or until the asparagus is just tender when pierced with the tip of a knife. Season to taste.

Spoon the creamy polenta on to warm plates and pile the asparagus with the buttery pan juices on top. Serve immediately.



HAYWARDS HEATH GOLF CLUB



Golf for Everyone

Benefits of membership at Haywards Heath Golf Club:

- Golf at a Club that caters for players of all abilities.
- A course that is always maintained in the best possible condition.
- Six bay covered driving range and short game practice facilities.
- First class PGA Professional Advice for tuition and equipment.
- A bar and catering service that is open from early to late.
- An extensive and varied calendar of social events, dinners and parties.
- Full use of the Clubhouse and a great place to invite friends.
- Exclusive rooms that can be hired for private meetings and functions.



Memberships at Haywards Heath Golf Club

Young Persons & Adult full players from	£435
Country for those living beyond 15 miles	£650
Associate for afternoon players	£650
Junior & Academy for beginners from	£225
Social for entertainment	£150
Luncheon Club for diners	£24
Green Fees from	£20

For more information please contact:
Graham or Kathy
01444 414457
info@haywardsheathgolfclub.co.uk
www.haywardsheathgolfclub.co.uk



ELECTRICAL
WWW.CW-ELECTRICAL.COM

**FREE QUOTES
& FREE SAFETY
CHECKS**

Free Safety Checks
Free Quotes
Circuit Testing and Certification
Kitchen and Bathroom Re-Wiring & Alterations
Extra Lights & Sockets
Fuse Board Upgrades
Complete Re-wires
Telephone Systems

TV Points
Full Entertainment Set-up
Under floor Heating
Security Systems
Extensions
Storage heaters
Immersion Heaters
Fault Finding
Outside Power and Lighting

t: 01444 462034
m: 07807 355 632
e: chris.walter@cw-electrical.com

NICEIC Registered
Qualified to the latest 17th Edition



Jakki Todd

The Lindfield Beautician

Jakki is an Aesthetician with over 30 years experience offering Beauty Treatments, Electrolysis & IPL Permanent Hair Reduction in a private home with parking facilities.

- Facials
- Waxing
- Electrolysis
- Aromatherapy
- St Tropez Tanning
- Red Vein Removal
- Manicures and Pedicures
- IPL Permanent Hair Reduction

Gift Vouchers Available

For full Treatment List & Prices
visit www.jakki.net
Email: info@jakki.net
Tel: 01444 487474

APPOINTMENTS ONLY

beauty therapy and electrolysis

Summer activities at Ardingly Activity Centre

Ardingly Reservoir

- * Sailing * Windsurfing * Kayaking
- * Great idea for groups & parties
- * Sit on Top kayaks and Stand up Paddleboards for hire
- * Adult courses available
- * No previous experience required
- * All equipment supplied



Have a Go Day

Try sailing • windsurfing
• kayaking

Stand Up Paddleboard,
Sit on Top Kayak

8th June, 13th July,
31st August

NEW CAFE NOW OPEN

01444 892549
www.ardinglyactivitycentre.co.uk



RECYCLED TOY WORKSHOP

May HOLIDAY CLUB

This Half Term come and join us at the Studio for a fun, creative workshop recycling your old toys into something new, funky and arty! Booking NOW as places are popular.

TUESDAY 4th MAY
 WEDNESDAY 5th MAY
 THURSDAY 6th MAY

AGE FIVE AND ABOVE
 10am-3pm

Just bring a packed lunch and loads of imagination!

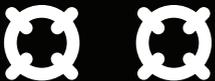


To register or for further information call Leesa now on 07738288730

art@lindfieldartstudio.co.uk

www.lindfieldartstudio.co.uk/whats-new

We CAN clean your oven!



oven

CLEANERS SUSSEX CO. UK

we bring your oven back to new

We clean single/double ovens, ranges, Aga's, microwaves, hobs & extractors.

Non-caustic cleaning method means no dangerous chemicals in your home.

Fully insured and highly reputable.

Call Alex on 07768 256747 or visit www.ovencleanerssussex.co.uk

n.whittaker
 landscaping & paving

Tel (01444) 450300
 contact@nwhittaker.co.uk
 80, Savill Road, Lindfield RH16 2NN



ALL TYPES OF

BRICK DRIVEWAYS,
 PATIOS, PATHS, GARDEN WALLS,
 LANDSCAPING ETC.

Approved By Trading Standards
 (Established 1979)
www.nwhittakerpaving.co.uk

Volunteers give time to Compton House

By Claire Cooper

Every Wednesday morning a group of green-fingered villagers get together to enjoy a morning of gardening, breaking for coffee and cake and even a spot of hymn singing!

The gardeners are all volunteers at Compton House Nursing Home and are responsible for the upkeep of the gardens.

"We have a wonderful time out in the fresh air and find the work really rewarding," said volunteer Jill Foster. "When we are working in the front garden people often stop to chat, and we all look forward to the mid morning coffee and cake! It's lovely to hear the singing during the morning service and sometimes we even get to choose a hymn!"

The team of gardeners are among the many volunteers at Compton House who play an important role in the smooth running of the home and its many activities.

Over the years Jill has increased her volunteering to include reception duties, such as answering the telephone and door and showing visitors round. "It's lovely to welcome people here and to meet the relatives and friends of the residents," she said.

"Compton House is a real focus of village life – everyone seems to know someone who lives here or has lived here."

Manager Jennie Herring is always pleased to hear

from people interested in volunteering and assisting staff with a wide range of duties – from serving tea to driving the minibus and assisting with outings.

"We are extremely appreciative of all the hard work of our dedicated band of volunteers and would love to hear from people who would like to join them!" she said. "We'd welcome people with ideas for new activities we can run for residents, particularly those with musical talent!"

She added that volunteers don't have to commit to several hours a week. "Some volunteers just spend an hour every other week – others like to come more often. Fridays are busy days, so extra volunteers are always needed."

Some volunteers, like Shirley Taylor, find themselves gradually increasing the hours spent at Compton House.

Shirley started by looking after the geraniums in the conservatory but has added reception duties, serving lunch and washing up to her roles. She is also the artist responsible for the three large paintings of the three Lindfield churches (which jointly setup the care home in 1992) which adorn one of the hallways – a regular talking point with visitors.

"I've been volunteering for so many years that I now feel like part of the furniture," said Shirley. "I love it so much that I've already reserved myself a place!"

If you can spare some time volunteering, then Jennie would love to hear from you. Give her a call on 482662 or email jennie@lcchome.co.uk.

Chiropractic

helps you enjoy life without

PAIN

We offer a different

vision of health

to help you get well

naturally

and stay healthy

naturally

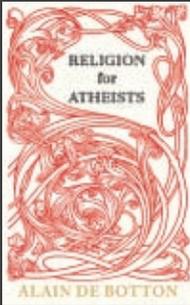
Dr Jennifer Layton,
Doctor of Chiropractic,
has over 20 years
experience and is
accepted by all major
health insurers including
BUPA and PPP.

Situated above Abbots
Pharmacy at
83 High Street, Lindfield,
Sussex RH16 2HN
www.lindfieldchiro.co.uk

01444 484582

Religion for Atheists by Alain de Botton

BOOK REVIEW



By Cavan Wood

So have we outgrown religion? For the last few hundred years some have suggested this and the new atheism of Richard Dawkins and Christopher Hitchens has intensified this feeling.

Events like 9/11 and the tsunami of 2004 left many feeling that religion was in the first case evil and in the latter unable to help us cope with a great disaster.

De Botton begins with an assumption – that religion is not based in the supernatural. However, rather than say that, because he believes this to be the case he is not going to say that religion is therefore irrelevant. He admires rituals, wisdom, education, art and many other aspects that were created by religion. He appreciates that the idea of original sin might be more useful in helping us deal with the world of human behaviour than unrealistic and overly optimistic views from humanism. He can see that in the communities that faiths build for themselves, there is a strength that the secular world cannot hope to develop. Yet he then tries to do precisely that by suggesting a form of religion for non-religious people, which celebrates key human virtues.

De Botton is a writer who has done a service by correcting the polemics of new atheism and affirming that the religious urge is not of itself a bad thing, indeed that it has helped human progress in many areas. However, his rejection of the supernatural is an act of faith and not fully explained. In my opinion religion or relationship with God is something that cannot be reduced to a set of human experiences and that might be helpful to a modern humanist.

For me religion is ultimately about the mysterious – such as we find on Good Friday and Easter Sunday – which cannot be reduced in the way De Botton thinks it can. A book to make you think and one to argue with perhaps!

THE CLEANING SERVICE
BELLE CASA
Beautiful Homes

We know how hard it can be to find a dependable and honest cleaner, which is where we can help.

We can offer you professional cleaning and ironing for a fully inclusive rate of only £10.75 per hour (minimum of 2 hours per week).

All of our cleaners are specially selected, and insured, and you will receive the same cleaner each week.

So, if you'd like to take the pressure off keeping up with your household chores, then call us today on:

01444 420042
(answerphone available outside office hours) or visit our website:
www.bellecasa.co.uk

24 hour EMERGENCY Locksmith

LEE'S LOCKS

NO CALL OUT CHARGE!
All locks fitted to insurance BS3621

Mortice Locks • Supplied & Fitted
Fully Guaranteed • O.A.P. Discounts
Insurance Work • UPVC Specialist
Digital Locks • Window Locks
Garage Door • UPVC/Patio
Police Checked • No VAT!!!

**LOCKED OUT? DOOR JAMMED?
LOST KEYS? NEED EXTRA SECURITY?**

Store this number in your phone NOW! You may need it

Tel: 01444 484119
Mob: 07921 068564
Email: lee@lees-locks.com
22A Pelham Rd, Lindfield

FREE PHONE **0800 44 88 147**

Checkatrade
Always Before you use them

Microsoft
CERTIFIED
IT Professional

Enterprise Desktop Support Technician on Windows® 7

A+
CERTIFIED

Tom Seymour BSc

IT SUPPORT

Providing IT support for small businesses and Home users, with over 10 years experience in IT.

Call out fee from £25 including first hour

- Purchasing Advice, Installation and Disposal
- Broadband (ADSL & FTTC)
- Anti-Virus, Security and Maintenance plans.
- Quotes and Remote support , available on Request.
- Training in your own Home



01444 473606 - 07843 116783
Help@TomSeymour.co.uk
<http://www.TomSeymour.co.uk/>

Checkatrade.com
Where reputation matters

Network+
CERTIFIED

norto5[®] kidz

Childcare Settings

Birth to 5 years

8:00am - 6:00pm

Call us today
0845 004 5226
www.norto5kidz.com

Lindfield	Cuckfield	Burgess Hill
Hickmans Lane	Whitemans Green	Janes Lane



Mid Sussex Decorators

Painting, Decorating
Interior & Exterior

Guttering, Soffits, Facia Boards;
installed, repaired, cleaned

Leaf/moss guard for guttering
supplied and fitted

*Family Business. Established over 20 years.
Fully Insured.*

01273 841964
01444 831147
07535 760954



Too tired to swim after school?

Try Saturdays!

at Ardingly College

Come to one of the most popular children's swimming lessons in the area. Held on Saturday mornings at Ardingly College. We welcome **toddlers, beginners, improvers** and **advanced** swimmers.

Places Available Now!

Fully qualified ASA teachers, CRB checked
EST. OVER 20 YRS AT ARDINGLY COLLEGE

BOOK TODAY!

For more information or to book
call Jackie on 01825 791782

www.ardinglytrainingcentre.co.uk



Pupils dance with the professionals

Local Sussex-based pupils from the Gielgud Academy of Performing Arts had the chance of a lifetime when they appeared with the Vienna Festival Ballet Company in March at Clair Hall in Haywards Heath. Sixteen lucky young dancers were selected to appear in the legendary ballets Coppelia and The Sleeping Beauty.

Amelia Gabbard, age 12, from Lindfield was bowled over by how high the female ballerinas could lift their legs. "It was amazing, they were balancing on pointe and holding their leg up near their ear. I've been practising that move ever since at home and I've decided that I absolutely must get to be a professional ballet dancer when I'm older. I am determined to do it."



Maths and English

ALL AGES ALL ABILITIES ALL ACHIEVERS

MagiKats works on parallel threads:

THE WORKSHOPS:

- *build understanding of topics needed at school
- *help with problem areas
- *tackle more advanced material
- *teach in small groups

THE HOMEWORK:

- *is set according to the individual's needs
- *strengthens core skills
- *fills gaps and builds strong foundations
- *builds confidence

**CLASSES AT THE KING EDWARD HALL,
LINDFIELD**

**CALL 01273 473757 or visit
www.magikats.co.uk**

Investing for Income Abroad

MONEY MATTERS

By Tony Gammon, Investment Manager

In the past, and certainly when I started in the investment world 30 years ago, it was almost impossible to obtain any income on shares that were based overseas.

It was recognised that one of the advantages of buying UK shares is the fact that we have a long tradition of investment paying a useful flow of dividends and this has always been one of the attractions to foreign investors of being shareholders in the UK. Even now it is possible to get yields of over 4.5% on top quality UK equities such as Royal Dutch Shell, GlaxoSmithKline and AstraZeneca.

However, times have changed in overseas markets and it is now possible to buy unit trusts that offer attractive income rates when investing in Asia, Europe and America. Even Japan, which has long had a history of companies reinvesting in themselves rather than paying out dividends, is now beginning to embrace the dividend culture.

The advantage of this move is that investors who do require a useful income return, such as those in retirement who previously were restricted on yield grounds to investing in the UK, now have the opportunity to diversify their portfolio into different areas that can offer attractive growth prospects as well as a reasonable income return. As an example, a specialist Far Eastern Income Fund has risen by over 10% in value during the six months to 31st March, whilst also providing an income return in excess of 4% per annum.

Although there is always an added level of risk if investing abroad, as exchange rates can both help and hinder performance, in general the fact that these funds specialise in dividend-paying shares quite often means the holdings they target can in some circumstances be categorised as more defensive than lower yielding growth orientated companies and so these types of unit trusts can be seen as an ideal first foray into overseas investment.

As ever with investing in the Stock Market, you should make sure that you are able to cope with the risk involved with equity investment, but at least an income requirement is no longer a bar to investing in overseas Stock Markets.

Please note that this is not an investment recommendation and is provided for information. You should be aware that the value of investments can go down as well as up. If you are in any doubt, you are advised to contact a Financial Adviser.

What's on in May

AT KING EDWARD HALL

AND ELSEWHERE

- 2nd **West Sussex County Council Election**
Polling Station
Country Market – 10.00am to 11.15am
- 4th **Coffee Morning and Plant Sale**
In the Jubilee Room. 10am – 12noon
Lindfield Horticultural Society. Entry £1
- 7th **Lindfield Preservation Society** - presents an illustrated talk on "Bhutan – Dragon Kingdom" by David Lang. 2.30pm. All welcome, entry free.
- 8th **Lindfield Horticultural Society** –
Talk by Monica Lucas – Autumn Planting. Monica has worked in the horticultural industry since coming out of the Army in 1965. She worked for the GLC Parks Dept for six years and for a nursery in Somerset before starting her own nursery, which she ran for 20 years. 8pm in the King Edward Hall. Entry £1 members, £2 non-members. All welcome. www.lindfieldhorts.org.uk
- 11th **Lindfield Arts Festival 2013**
/12th www.lindfieldartsfestival.com
- 16th **Country Market** – 10.00am to 11.15am
Film Show - "Life of Pi"
Certificate PG. 7.45pm
£6.00. Tickets on sale at Tufnells 30 April 2013



- 17th **Heber Opera** performing Verdi – La Treviata
- 19th **Sale of Teak Garden Furniture**
- 22nd **An evening of Salsa Dancing**
- 23rd **Country Market** – 10.00am to 11.15am
- 24th **Lindfield Dramatic Club** –
/25th **'Who killed the Director?'**
with Fish and Chip Supper (Tickets £12.50, enquiries Rex Cooper 01444 831512)
- 30th **Country Market** – 10.00am to 11.15am

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

- 3rd **Illustrated Talk Sussex Mineral & Lapidary Society.**
'Recent discoveries at Parys Mountain'
by Tom Cotterell 7.30 for 8pm
Redwood Centre, Clair Hall www.smls.org.uk.
- 8th **Tiger Arts Lunchtime Concerts**
at All Saints Church
Janina Bryne (Flute) & Rosemary Cole (Piano)
- 11th **Birchanger Gardens in Balcombe**
Open Gardens for Macmillan. Enjoy afternoon tea in beautiful surroundings. £4 (kids free)
- 13th **Illustrated Talk on JS Bach music**
7.30pm All Saints Church, Danehill
This fascinating subject will be illustrated by live performances of his music led by two of our best known musical directors, Nick Milner-Gulland from Lewes (formerly at Cumnor House School) and Martin Sonneveld from East Grinstead. Tickets £10. Proceeds to St Peter & St James Hospice. More info: 01825 790282
- 18th **The Annual Plant and Cake Sale** 10-12noon
Compton House Christian Care Home
Admission is free

Which will you run?



Lindfield | 20
Village Run | 13

The image shows a promotional graphic for a 10K run. It features a yellow background with a black diamond shape in the center. Inside the diamond, the letters 'SK' are on the left and '10K' is on the right, both in a stylized, dotted font. Below the diamond, the text 'Lindfield | 20 Village Run | 13' is written in a smaller font.

- 19th **Lindfield Village Run and Family Fun Run**
Hickmans Lane Playing Fields
Nikki Smith 01444 483941 kingedwardhall.org.uk
- Haywards Heath Spring Festival**
Muster Green, Haywards Heath
- 25th **Evensong with Kathy Williams**
All Saints Church
- Sussex Chorus - A Spring Celebration**
Haydyn: 'The Creation' Brighton Festival Concert
7.30pm St Bartholomews Church, Brighton
Tickets £15 www.sussexchorus.org
- 27th **Rotary Bank Holiday Car Boot Sale**
Oakmeeds College, Station Road, Burgess Hill
£10 per car.
Can pre-book pitch on 01273 844314.
Setup by 8am More info email ben@edross.co.uk

Our advertisers

CALL THEM!

Services

Thesis Asset Management	4
SPB Plumbing & Heating.....	5
Property Matters	5
Expectation Landscapes.....	6
Lindfield Motors	7
Templar Property Services.....	9
Lucy Locksmith.....	9
Adapt-a-Home	10
JPL Plumbing (bathrooms).....	10
Heather Martin (garden design).....	12
Dean Ferguson (electrician)	13
Avon House Balcombe	16
Drayon Plumbing & Heating Ltd.....	16
JPM Tiling	16
Masters & Son (funeral directors)	17
Lindfield Pest Control.....	18
Sussex Carpet Cleaners	27
AJ Mullen (builder)	28
Norsat (TV/satellite).....	29
Dwell Architecture	30
CW Electrical	32
Oven Cleaners Sussex.....	33
N Whittaker (driveways)	33
Belle Casa (cleaners).....	35
Lee's Locks.....	35
Tom Seymour (computer support).....	36
Mid Sussex Decorators.....	36
KPS (planting/landscaping)	40

Retail

Field & Forrest (deli/cafe)	23
-----------------------------------	----

Out & About

The Chequers Slaugham	11
Highley Manor Hotel.....	15
Metrobus	19
Borde Hill Garden	20
Flaneur Cuckfield (bistro)	25
Haywards Heath Golf Club	31
Ardingly Activity Centre	32

Education/Childcare

Gielgud Academy.....	2
Judith Rae (cello lessons)	3
Copthorne Prep School.....	27
Tavistock & Summerhill School.....	28
Gerry Lerner (maths tutor).....	29
Lindfield Art Studio	33
Norto 5 Kidz.....	36
Ardingly Training Centre (swimming)...	36
Magikats (tuition)	37

Health/Lifestyle

The Natural Therapy Rooms	3
Vinings Natural Health Centre	10
Slimming World.....	12
Bluebell Baby (massage & yoga).....	13
Reed Acupuncture	14
Potential Personal Training.....	28
Flo Paul Podiatry	29
Jakki Todd (beautician)	32
Lindfield Chiropractic Centre.....	34

Lindfield Life

**Advertise alongside genuine local
community news just for Lindfield**

Call David on 01444 884115 or email ads@lindfieldlife.co.uk to book your space.



“FROM **SIMPLE** BEGINNINGS”



SPECIALISTS IN ALL ASPECTS OF

**TREE CARE • FENCING
GARDEN MAINTENANCE • HEDGE CUTTING • PLANTING
SOFT LANDSCAPING • STUMP GRINDING**

Free Estimates • ANY SIZE JOB • Fully Insured • Arboricultural Association Approved • ISO9001 / 14001



Give your Garden a BOOST!

Try Our Landscaping Products Certified by the Soil Association

Peat Free Soil Improver • Top Soil • Woodland Mulch
Ornamental Premium Bark • Mushroom Compost



35 YEARS OF ESTABLISHED BUSINESS, RUN BY THE FAMILY

CALL US ON 01444 831 307

EMAIL OFFICE@KPS.UK.COM • WEBSITE WWW.KPS.UK.COM