

Local village talk, by the village

December 2013 Issue #57

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The Gift FM back for Christmas

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EDITORIAL

By David Tingley, Editor

Christmas really is just around the corner now and there's plenty to get us started in this magazine.

The Gift FM - the three village churches' Christmas radio station - is back again this year broadcasting from 15th December. Read about the project, which first took place in 2011, on page 8. There is also a full listing of all the church services and events of the season from page 21. In other church news, the village welcomed Mervyn Weeks as the new pastor of Lindfield Evangelical Free Church last month. We mention it on page 9, but we hope to catch up with him more in the months to come.

Caroline Young gives us the lowdown on the traditions of Christmas pudding and cake. I won't spoil the surprise of her researched piece on page 18, suffice it to say I am personally grateful that the recipes have evolved over the last couple of centuries!

Blackthorns Primary School is holding a Christmas Fair this month - see page 17. Plus we also catch up with Lindfield Primary School's building progress and celebrate the 40th anniversary of Tavistock & Summerhill School on page 16.

On page 28 we say hello to Annika Burton in our Village People feature as she found a business idea in the midst of great personal adversity. Conversely, we say goodbye to Simon lliffe (on page 36) who has contributed our regular golf tips over the last two years. We thank him and wish him all the best in his new post just up the road in Kent.

Elsewhere we present the newsletters of both the Rural Parish Council (on page 38) and the Lindfield Preservation Society (on page 32), where you can catch up on what they are both up to, for and on our behalf, in our beautiful village.

From me and mine, we wish you and yours a truly **Happy Christmas** this year.

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Lindfield Life

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David Tingley
A crisp winter morning
across the Common





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NEWS

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

Kids' great cake sale



A group of children living in Fieldway organised a fundraising sale for Cancer Research last month.

Haydie Newnham, Nathan Newnham, Harry Manning, Jay Manning, Tom Grey and Eleanor Grey would like to thank everyone who came to the stall and helped raise £160 for the charity.

The sale was set up in one of the gardens and they sold ginger biscuits, butterfly cakes and chocolate brownies amongst other delicious treats.



Paula completes Sri Lanka ride

By Paula Watson

I've recently completed my cycle ride in Sri Lanka and have raised £2,500 so far for the Genises Research Trust and am still collecting.

I would like to thank the various businesses and individuals of Lindfield and the surrounding areas for their support in various different ways as follows: Lindfield Life for highlighting the event, Andie and the Stand Up team, similarly Howard at the Bent Arms and Mike O'Brian - Quizmaster Fantastique. Bliss, Doodie Stark, Tuffnells, Ockendon Manor, Tracey Batrum, Jackie Austin and Ian Sanderson for their raffle and auction prize donations.

Thanks to go to the Lindfield Rotary Club, the University of Brighton and the Heath pub for displaying collection tins and everyone who gave support and cash!

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The guy finally gets it

By Lindfield Bonfire Society

Finally, after a year on remand, Guy Fawkes was trundled round the Village by Lindfield Bonfire Society in the Grand Torchlight Procession, accompanied by Chailey, Burgess Hill and Edenbridge Bonfire Societies, Lindfield Scouts and Burgess Hill Marching Youth Band, before meeting his traditional fate.

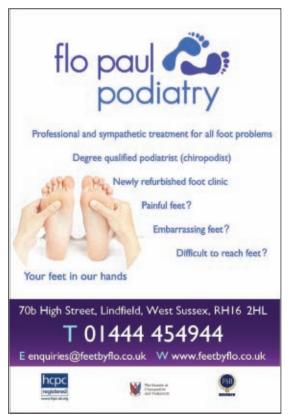
Thousands of people attended to watch the Guy's demise on the Bonfire and this was followed by a spectacular firework display. We would like to thank Sussex Police, Mid Sussex District Council, SERCO, The Red Cross, Haywards Heath Fire Service, Mid-Sussex Scouts, Fletching Bonfire Society and, of course, the Lindfield Bonfire Boys, Girls and Firing Team.

Due to a number of legislative changes introduced since 2011 we have had to change the way we hold our event. As The Common was again waterlogged we implemented our new 'wet weather' plan, hence the greater fencing of the firing site to make the display as safe as possible for those in attendance. The traditional 'Good Night' set piece was a victim of this but the Society has a number of solutions to work around this and we are determined that it will be reinstated for next year! The additional lighting around the Pond area is also required by the authorities.

Finally, the additional salvo of fireworks after the display was the result of a failure of a rack of shells to ignite during the display, which was picked up in the post event mortar inspection. For safety reasons these shells were fired as soon as it was safe to do so.

We are grateful that so many people have taken the time to give us feedback on our night and we will be listening to this, fund raising and working to make next year's event better still.







December 2013 5

The Toll House relaunched

The Toll House Store & Café has relaunched with a new feel and focus under the new management of local residents and friends, Charlotte Kell, Claire Fuller and Mary Collins. Combining their expertise, the trio has refreshed Lindfield's much-loved destination, introducing some new shopping and dining features whilst retaining those that customers love. They have welcomed back a number of former Toll House traders and introduced several new companies and products to offer customers a fabulous shopping and dining experience.

Mary commented: "We are delighted to be trading on the High Street for the first time and to be able to offer customers a wide range of products and a wonderful menu in such a fabulous environment. All three of us are passionate about great food and contemporary and vintage finds, and we believe we have created a space that is beautiful, informal and very welcoming where customers can find an eclectic mix of products and enjoy some delicious food in a relaxed environment.

"We are really looking forward to the festive season and hope customers think of us when Christmas shopping this year – we offer a wealth of gift ideas that complement other High Street shops' offerings."

Claire, Charlotte and Mary have pitched the charming shop as a traditional emporium offering contemporary, retro and vintage homeware, pottery, soft furnishings (including an exciting new range of lampshades),



furniture, children's toys & nursery products, vintage jewellery, women's wear, handbags, gifts and much more.

The café has a new look and redesigned menu, with fresh and exciting offerings available for breakfast, brunch, lunch and afternoon tea. All cakes are homemade and all ingredients locally sourced wherever possible. The café also stocks food items for sale, including delicious home-made marshmallows, locally made jams and chutneys with a twist and its own house blend from World Coffees.

With new opening times – 9am to 5.30pm – the café offers a great alternative to mums on the morning school run, after-school tea or just a lovely break while shopping.

Charlotte, Claire and Mary are also planning a number of courses to be run from The Toll House next year, together with an exciting programme of events, entertainments and themed evenings. A Dickens'-themed event is planned for early in 2014, together with a raft of other events, so watch this space.



Local truffles in great demand

Lindfield business owner Tabitha Bird has recently secured a contract to supply truffles to the High Street gift shop SWALK.

Tabitha started Bird Food in 2011 and she now produces quality local treats, as well as catering for a range of events including dinner parties, weddings and food for children's parties. "I have always had a passion for local, organic and therefore low carbon footprint suppliers, so this comes through every part of the business," Tabitha told us.

The handmade Baileys Brownie Chocolate Truffles are available from SWALK priced at £2.50 for a pack of three.

Late Night Shopping events

A number of Lindfield shops are holding two late night shopping events in the run up to Christmas this year. After last month's gift ideas in this magazine, the following High Street businesses are going to open until 8.30pm on Thursday 12th and Thursday 19th December: Field and Forrest, Tufnells, SWALK, Doodie Stark, Kitchen People, Denziloe, Abbotts, Harmony at Home, The Leaping Hare & The Toll House.

Beauty salon opens this month

La Touché beauty salon will open its doors for the first time in Lindfield on Monday 2nd December. Owner Touchell Thaddeus had previously run the salon from premises in Haywards Heath. La Touché will open in the former 'Leaf' shop on the corner of Denmans Lane.

The new salon provides a friendly and informal environment, where you can enjoy a number of different skin & body treatments tailor-made specifically for you.

"Myself and the team are really looking forward meeting new and existing clients in Lindfield," Touchell commented.

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This Christmas Lindfield will have its very own radio station The Gift FM. From 6am on December 15th through to midday on Christmas Day, the Gift will broadcast on 87.9fm from studios at Lindfield United Reformed Church on the High Street.

Tune in for a festive mix of modern and classic Christmas music. The Gift is a joint venture between the three village churches and will feature live carol concerts, music performances from local artists and church services broadcast from the URC and All Saints Parish Church.

You will be able to listen on 87.9FM in Lindfield, Haywards Heath, Burgess Hill, Cuckfield and the surrounding area. Online the station is available across the UK by visiting www.thegiftfm.com

Behind the scenes the Gift trains young people from local youth groups and schools who will have the opportunity to feature as presenters or newsreaders for the hourly 'news of great joy' bulletins featuring exclusively good news! You will also hear performances from local schools, choirs and musicians and a number of celebrity guests and festive interviews. There are plenty of opportunities to get OnAir yourself and interact with the station by phone, text, email, social media and the website.

You won't hear any adverts just lots of Lindfield voices, local news, village events and community information. The station offers local traders, charities and events a fantastic free opportunity to share everything our village has to offer during the festive period. For listeners the Gift is a great place to find out about the life of the village, get last minute gift ideas or just relax and listen to the midnight service from the parish church while wearing your pyjamas.

The project first ran during Christmas 2011 and proved to be popular not just with listeners but also a life changing experience for many of the young people involved. This Christmas sees a welcome return with the station promising to be bigger, better and more Christmassy than ever! In 2013 the station has linked up with even more schools, churches and community groups and plans a range of live events to enjoy in the village or on the radio that will make this a Christmas to remember.

We hope that during the busy festive period tuning to the Gift on 87.9FM will keep you informed, entertained and feeling festive as we enjoy the sounds and unwrap the meaning of Christmas together. For more information visit www.thegiftfm.com, email studio@thegiftfm.com or follow @thegiftfm on twitter.

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The induction of pastor Mervyn Weeks



By Trevor Baxter

New pastor Mervyn Weeks and his wife Alison were received into membership at Lindfield Evangelical Free Church. Chaloner Road last month.

The church has had an interregnum of about five years since the previous pastor, Trevor Lewis, left to take up a pastorate in High Wycombe.

Mervyn, who previously worked for the Brighton and Hove City Mission, had frequently visited the church as a guest preacher and also in connection with the Brighton Basics Bank, an outreach amongst disadvantaged run by the City Mission. The church, having valued his ministry on those occasions, decided to invite him to preach with a view to taking up the pastorate and was unanimous in issuing a call to Mervyn who himself had experienced the call of God to the pastoral ministry.



Scaynes Hill in tune

By Helen Hicks

There's a lot of singing going on in Scaynes Hill! Scaynes Hill Community Choir and St Augustine's Primary School Choir are using their voices to entertain and support local organisations. The Cuckfield and Lindfield Rotary Club were so impressed by the choir's performance that they made a generous donation to the school.

There is a chance to hear the Community Choir sing at the carol service at St Augustine's Church on 15th December at 6pm.

On 5th December between 5-7pm, children from the school along with parents, staff and friends will entertain weary commuters at Haywards Heath station with Christmas carols and songs. The event is organised by the Friends of St Augustine's School to raise money for the new school library. If you're a weary commuter give them a wave and drop some loose change!

If you're interested in joining Scaynes Hill Community Choir (you don't have to live in Scaynes Hill), contact Lisa Barnett 01444 831827 or revlisa@btinternet.com

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Jenny has done postgraduate studies in paediatrics and acupuncture and is passionate about chiropractic and the help it can give to people of all ages.

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Santa's coming to Victoria Park!

It's time to get fit for Christmas, dress up as Santa and get the festive season off to a fantastic start by taking part in a 3 mile sponsored run/jog or 1 mile sponsored walk round Victoria Park, Haywards Heath, on Sunday 8th December.

The event is being held to raise money for The British Heart Foundation and all entrants will receive a free Santa Suit. There will also be a prize for the best decorated Santa.

Over the past four years, hundreds of Santas have helped to paint Victoria Park red and have found it so much fun that The British Heart Foundation, in conjunction with Freedom Leisure and the pupils of Ardingly School, have decided to do it all again. The Mayor of Haywards Heath, John Sabin, will be getting the Santas off to a flying start and Mid Downs Hospital Radio will be providing music for the event. Many local businesses and schools will be entering into the Christmas spirit with their own teams.

Entrants are asked to raise a minimum sponsorship of £25. Santas must all register prior to the event online at www.bhf.org/santainthepark2013

Neighbourhood Plan comments

A reminder to readers that the consultation period for Lindfield & Lindfield Rural Parishes' Neighbourhood Plan Pre-Submission document is open for your comments until Friday 13th December. The published documents and maps utilise the results obtained from the various community exhibitions, focus group investigations and surveys. Action in rural Sussex (AirS) and their planning consultants (rCOH Ltd) have produced what is essentially a draft of the proposed Neighbourhood Plan.

The contents of the plan were agreed by both Parish Councils in October and there is still time for the community to have their say. The Pre-Submission Plan was released on Friday 1st November 2013 for a 6 week public consultation period and you are invited to scrutinise it and supply your comments. These will be considered by the Councils and, where appropriate, the plan will be amended accordingly before the final version is passed to Mid Sussex District Council (MSDC) for checking by an independent inspector to ensure that it meets the Government guidelines. The plan will then undergo another 6 week public consultation, arranged by MSDC, before being put to a referendum vote, then if passed it will be adopted as the development plan for the two parishes up until 2031.

You can view a copy of the Pre-Submission plan at either of the Parish Offices during normal opening hours or it can be viewed on Lindfield Parish Council's website at: www.lindfieldparishcouncil.gov.uk

Teenager to help Borneo



By Morgan Harrsion-Holland

Every year on the island of Borneo some of the oldest rainforest on the planet is destroyed by multinational companies in order for them to make profits at the expense of the environment.

On this same island there are communities of people living in poverty, unable to afford their basic needs and unable to get a basic education.

My name is Morgan Harrsion-Holland, I'm sixteen and live in Lindfield. In the summer of 2014 I am aiming to go to Borneo with the charity Camps International to work with a team of other dedicated young people to help improve the lives of the people living in these poor communities by building school houses, wells, farm plots and other helpful facilities. We will also be doing conservation of the rainforest by replanting trees in deforested areas and looking after orang-utans that have lost their homes. To be able to do this I need to raise a total of £3960. So far I have raised just over half of my target doing odd-jobs for people in the local area to raise the money and have received a few generous donations. If you have anything you need doing (e.g. lawn mowing, gardening, car washing and any other odd-jobs) I would be very happy to do them and you can get in touch with me by email: morganborneo2014@gmail.com

Life is a song; let's sing it together!

Mid Sussex Older People's Council invite you to their annual Christmas event.

It's a musical afternoon with seasonal refreshments being held on Friday 6th December between 1.30 – 4.30pm at the United Reformed Church Hall, 55 South Road in Haywards Heath.

Sing along with the Mr Blew Duo and enjoy listening to, and joining in with, carols sung by the Ardingly College Choir. Enjoy a natter and make new friends over a cuppa and a mince pie.

If you need any more information or would like to come along but are not sure how you will get there, please ring the Mid Sussex Older People's Council answerphone on 01444 242760 and leave a message or email anita@msopc.org.uk



Art exhibition attracts over 700

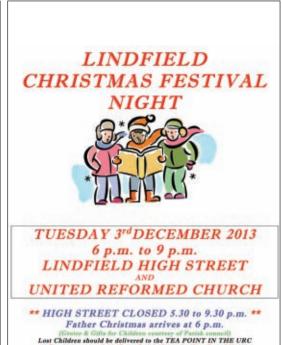
By Carole-Lynn Duffy

full potential.

The Weald of Sussex Art Club membership is made up of professional, semi-professsional and amateur artists from all over Sussex, including a few Lindfield residents. If you didn't catch the exhibition, then you missed seeing an eclectic mixture of styles and mediums. These ranged from scenic views, portraits, animals to semi-abstracts usina such mediums as watercolours, oils, acrylics, pastels, all ensuring a colourful and vibrant exhibition.

Of course with the gloomy forecasts of not just weather but economic recession and the threat of energy bills doubling this year, many people would feel that buying a picture is the last thing on their minds but more than 700 visitors to the exhibition over a four day period said the art they saw on display at the Martlets Hall in Burgess Hill had "brightened their day".

Sheila Hooper's 'Blue Dawn' (above) won the 'visitors' favourite picture' vote.



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Christmas lights raise funds for charities

As Christmas lights are switched on all over the county, one Lindfield family will once again be providing a spectacular display to delight villagers and raise cash for charity.

The Furnell family have been lighting up their house in Dukes Road for the past ten years and have collected hundreds of pounds for charity, including Chestnut Tree House, St Peter and St James Hospice and, more recently, Lindfield Bonfire Society.

Last year, after raising £150, the family of four were rewarded with honorary membership of the Bonfire Society. "We walked into the meeting with pockets full of cash collected from our lights display and left as honorary members," said Dad lan. "It was lovely to walk in the bonfire procession this year and to watch the firework display from the special members' area."

The Christmas lights tradition began when lan decided to surprise his children, James and Sarah, by building a giant reindeer and sleigh to light up the roof of the house. Since then the display has grown each year to include stars, Christmas trees, presents, snowflakes and even Santas hanging from the gutter.

This year the lights will be on show throughout December and will remain lit until twelfth night. "We hope our display will not only raise funds for next year's bonfire but also encourage more people to join the society which desperately needs more members."





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December 2013 1 5

Tavistock and Summerhill School celebrates 40 years

Tavistock and Summerhill School celebrates its 40th anniversary this academic year. The school was formed in 1973 following the merger of two schools – Tavistock Hall, from Heathfield, and Summerhill Court, which had existed on the school's current site in Summerhill Lane since 1939.

In fact the school's history and connections go back even further than this. Belvedere School in Bolnore Road, Haywards Heath, was founded in 1888 and run by the Gregory brothers. In 1939 Belvedere School moved to Summerhill Lane and was renamed Summerhill Court. Meanwhile, Tavistock Hall had originally been in Tavistock, Devon, and then moved to Heathfield.

The school's current four houses, of which current pupils belong to one, reflect the names from the school's past – the houses are Belvedere, Court, Gregory and Field.

Both Tavistock Hall and Summerhill Court were originally boys' boarding schools, however Tavistock and Summerhill School became a co-educational day school during the 1980s. Over the past two years the school has seen renewed interest and growth, and also



has a thriving nursery which operates from the old Walled Garden in the grounds of the school.

The school is planning to recognise the 40th anniversary during the 2013/14 academic year and would be delighted to hear from former pupils and staff with their memories and news. In particular, the school is in the process of establishing an Alumni Foundation and would be delighted to receive offers of assistance and information. Please contact: info@tavistockandsummerhill.co.uk



Lindfield Primary School's expansion is continuing apace, with the steel frame structures now in place for both new buildings. The teaching block and admin areas now have block and beam floors in place and the lower section brickwork is in place.

The £4m project is being completed by the contractor Sunninghill and is due to be completed by June next year. Chris Blain, construction manager, says it's all going very well: "Although the Teaching Block steel frame was slightly delayed we see no reason why this time cannot be made up over the rest of the project. It's a great project to work on and everyone at the school and local residents are very positive about it – which makes a big difference to the guys on site." Chris, who lives in Scaynes Hill, is also enjoying his shortest commute to site in his career!

Over the next two months the external walls, windows and roof will be completed on the admin building, making it watertight. The teaching block and new school hall will be watertight during February.

A rhyme for Christmas time

Blackthorns PTA (Friends of Blackthorns) proudly announces this year's Christmas Fair:

So, what are you doing on Saturday 14th of December? It's Blackthorn's School Fair - now that's a date to remember! There will be the tombola, come try your luck, Have your face painted or hook a duck. Make a little something for your Christmas tree, There'll be so much to do and entrance is free. Father Christmas in his grotto you really must visit, He's bringing presents for everyone; best not to miss it! Your angels can go shopping and buy a pressie for mum, dad could have socks, ooh and something for gran?! Pretty homemade presents to give to those you hold dear Scrumptious cakes from the cake stall with oodles of cheer. Enjoy lunch, so good you'll be coming back for more, Yummy soup, deluxe burgers, tasty toasties galore. Guess number of sweets in the jar; 50p for a try, Some carol singing cherubs, mulled wine and mince pies, From 11 till 1.30pm at Blackthorn's School. Do come along it will be very cool! There'll be so much to do at our school's Christmas Fair, So put the date in your diary and we'll see you there!



on sale (available from the school office or SWALK on Lindfield High St) 50p a ticket. First prize (iPad 2), second prize (£100 cash), third prize (£50 cash), runner up prizes of Christmas hampers. The raffle will be drawn on Friday 20th December 2013 at 2.30pm. Be in it to win it! All proceeds are for Blackthorns PTA (charity reg no: 296156).

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The origins of Christmas pudding SIMPLY GOOD FOOD

If you are not a fan of those foods made with dried and candied fruits, fragrant spices and marzipan, please do not read any further because I am talking about our traditional Christmas treats – Christmas Pudding and Christmas Cake. Stir-Up Sunday is traditionally the day they should be made, five weeks before the Day. You may have just missed this but there is still time to catch up, get the whole family stirring the rich mixtures and all making a wish (which must be kept secret).

Both the pudding and the cake started off as a very basic plain porridge, often containing meat, that was eaten on Christmas Eve after a period of fasting. Solid and comforting, it was meant to fill an empty stomach. In the 16th century the oatmeal was replaced by butter, eggs and flour but Oliver Cromwell banned the eating of this rich mixture in the 17th century as it was thought

to be a pagan celebration to mark the end of the winter solstice. What a killjoy! However, as more kitchens came to have ovens, which replaced cooking in a pot over an open fire, the rich fruity mixture was baked and so became a cake.

The pudding version continued, with the mixture wrapped in a cloth and boiled for many hours.

Traditionally it was supposed to have at least thirteen ingredients to represent Christ and his disciples, and the fragrant spices represented the Three Kings and their gifts to the baby. When coins were made of silver they were stirred into the mixture before boiling. Whoever found one in their portion would receive great wealth, happiness and good health in the coming year. Perhaps it would be wiser now to slip a well washed coin on to the edge of each portion as it is served! The flaming of the







pudding represents the passion of Christ.

The Victorians, headed by Prince Albert, are credited with the introduction of the richly iced cake and the flaming pudding as we know them today, so we really are eating a slice of our history when we enjoy our Christmas cake and pudding.

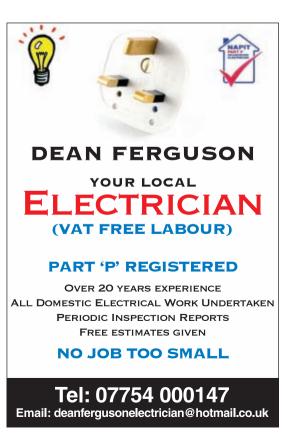
If you have some pudding left over for another day, try grilling thick slices and serving them topped with brandy butter or ice cream. Or crumble cold pudding, moisten it with a little alcohol of your choice and fold into softened vanilla ice cream. Pop back into the freezer to firm up. Well wrapped the cake will stay fresh for several weeks but if you freeze it the marzipan and royal icing tends to part company with the cake.

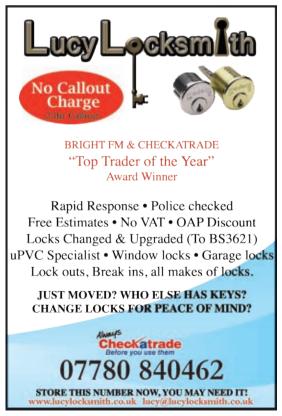
A quick-to-make gift for a special friend...

My Almond and Ginger Truffles

Using the processor, buzz 8 trifle sponges with 100g ground almonds to crumbs. Add 4tbs apricot jam, 3tbs rum, 3tbs syrup from a jar of stem ginger and buzz to combine. Finely chop 2-3 knobs of stem ginger and add, briefly pulsating just to combine. Shape into walnutsized balls and place on a baking sheet. Slip into the fridge to firm up then either roll in sifted icing sugar, cocoa powder or coat with melted chocolate. Can be stored, well wrapped, in the fridgefor 2-3 weeks.

Have a very delicious Christmas.





December 2013 1 9

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The course will run over six Tuesdays in the new year (January 7th - February 11th 2014, 7.45pm - 9.45pm) at Fika, village tea rooms, 64 High Street, Lindfield.

Read and investigate short stories, work on technique and get lots of writing practice. The course will cover writing short stories for pleasure and for competition entry. and how to get paid for your short fiction. Develop skills for all writing projects, including the novel inside you!

In the final week Clare Christian, The Book Guru, will give professional advice on editing, publishing and selling.

Fika staff will be on hand for those who need refreshment and fuel for their creativity!

The cost is £95 for six weeks. Contact details below.



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A prodigal Christmas?

The accounts of Jesus' life, as recorded in the Bible, show he told lots of parables – earthly stories with a heavenly meaning. One of Jesus' best known parables is the so-called 'Prodigal Son', in which the younger of two sons asked his father for his share of the inheritance and headed off to a far-off country. He soon spent everything he had and is often called 'prodigal' because he was so wasteful. It's nice to celebrate Christmas with good food and thoughtful presents but, like the prodigal son, we too can easily get carried away with spending. Last year in the UK we spent an eye-watering £29 billion on Christmas!

In Jesus' parable the father welcomed his son home, even though he had been reckless with his money. It was actually the Father, representing God, who was prodigal – reckless with his love for a wayward child by welcoming him back into the Father's home.

God is often seen as a harsh headmaster who longs to catch us out, or a placid pushover who doesn't really care what we do. The true message of Christmas is of an extravagantly loving Father who offers us the ultimate gift of forgiveness and acceptance through his Son, Jesus Christ.

'Prodigal' or not, you are most welcome to any of our services this Christmas.

James Clarke, Vicar of Lindfield Sue Waller, Secretary, United Reformed Church Mervyn Weeks, Pastor, Evangelical Free Church



www.allsaintslindfield.org (01444 482405)

Sunday 15th December 8am Holy Communion

(Book of Common Prayer)

9.30am Morning Worship

11.15am Holy Communion

4.30pm Service of Lessons and Carols6.30pm Service of Lessons and Carols (*)

Tuesday 17th December 10.15am Carols & Cakes

(Carols in the Tiger Lounge for all who prefer a daytime gathering)

Sunday 22nd December 8am Holy Communion

(Book of Common Prayer)

10.30am While Shepherds Watched (*)

A carol service for all the family

– bring your friends!

6.30pm A Cornerstone Christmas

Informal, contemporary, relaxed

Tuesday 24th December 2.30pm Christingle Service

4pm Christingle Service 5.30pm Christingle Service (*) 11.15pm Midnight Communion (*)

Wednesday 25th December 8am Christmas Communion

(Book of Common Prayer)

9.30am All Age Christmas Service

(not Communion)

11am Christmas Communion

Sunday 29th December 10.30am Morning Worship

6.30pm Cornerstone Unplugged

Christmas Collections at All Saints

Each year the collections at our Christmas Services go towards a children's charity or mission, either at home or abroad. This year they will go towards the diocese of Chichester Family Support Work and Caminul Felix, our mission project in Romania.



United Reformed Church

www.lindfieldurc.org.uk (01444 455047)

Sunday 15th December 9.30am Family Worship (*)

11.15am Morning Worship 4pm Family Praise Party (*)

Thursday 19th December 7.30pm Christmas Concert (*)

Sunday 22nd December 9.30am Family Worship (*)

11.15am Morning Worship

6.30pm Carols by Candlelight (*)

Tuesday 24th December 4pm Crib Service

Wednesday 25th December 10am Christmas Family Service (*)

Sunday 29th December 10.30am Morning Worship

Evangelical Free Church

www.lefc.co.uk (01444 413882)

Sunday 22nd December 10.30am Morning Service

4.30pm Carols by Candlelight

followed by a tea

Wednesday 25th December 10.30am All Age Service



(*) Services to be broadcast on





the **Hope**the **Story**the **Meaning**the **Gift** fm 87.9

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By Claire Cooper

When Anikka Burton was diagnosed with an aggressive form of breast cancer in 2011 at the age of 33, she was overwhelmed by the support from her family friends and colleagues.

She was also inundated with bunches of flowers, which accompanied the good wishes and messages of support. "It was really touching knowing that so many people were rooting for me - it gave me a much needed boost on the days I was struggling but I ended up putting them in jugs, pint glasses, saucepans and anything else that would hold water!"

Anikka was also sent tempting foodie gifts, including luxury cheeses, chocolates, wines and cupcakes, but ended up giving many of them away as she couldn't eat any during her treatments.

Chatting to other patients, Anikka realised just how hard it was to find advice on choosing suitable and practical gifts for people undergoing chemotherapy. She decided it was time to change all that and, as a result, created www.notanotherbunchofflowers.com

The online shop offers affordable and practical gift ideas specially chosen for people battling cancer and undergoing chemotherapy. The business is run by Anikka from her home in Lindfield and a percentage of the profits go to cancer charities.

"Many people want to show their support for a friend, family member or colleague with an illness by sending something to show they care," said Anikka. "But rather than saying it with flowers like so many others or risking sending them something that they're not able to use, why not sent a practical and thoughtful package full of useful and pampering bits and bobs?

"I really appreciated the more practical gifts as I didn't want to be dashing around buying things like eye masks and pyjamas appropriate for surgery. I also loved anything natural and pampering as it was the only way I could spoil myself during treatment."

Anikka's personal battle with cancer began two years ago. With a family history of breast cancer, it was something she had always feared. "I lost my mum to the disease when I was young and, since then, all the women on my mother's side of the family were also diagnosed," she said.

She considered having a preventative mastectomy but was told to wait until after she had a family and stopped breastfeeding. Three years later, before she'd had a chance to start her family, Anikka was told she had an aggressive form of breast cancer.

"My world fell apart – I felt I had been handed a slow, painful, undignified death sentence," Anikka recalled. "My future, previously roughly mapped out, became a big black question mark and I was scared of the treatment."

Anikka also felt terribly guilty. "My husband, family and friends were all going to be affected."

Anikka went on to have what she describes as 'the full works' - chemotherapy, targeted therapy, radiotherapy, hormonal therapy and five operations, including a double mastectomy and permanent implants.

"Five months of chemotherapy was hard but not as bad as I imagined and I managed to hold on to some of my hair by using the Paxman cold cap (a large helmetstyle hat that literally freezes your head to slow down the chemicals from reaching your hair follicles)," she said.

"My main side effects were weight gain, queasiness, extreme tiredness, headaches, menopausal symptoms, joint pain and I lost all of my body hair, including eyelashes and eyebrows,"

During treatment Anikka wrote a blog to help others www.chemoforbeginners.com

She also started to develop her business idea and began to research suitable gifts for cancer patients and other people recovering from surgery.

"I have handpicked some thoughtful and useful gifts that I would have loved to have received during my treatment," she explained. "The gifts are pampering yet practical and toiletries are based on natural ingredients with no parabens or sulphates (as these are thought to cause cancer and aid the cancer to spread) and the edible goodies are dairy-free (as it is recommended to avoid dairy foods with certain illnesses).

"I also wanted to sell something that would be welcome in hospitals, given that many Trusts no longer allow flowers on hygiene grounds.

"With each gift suggestion, I have explained which patients each gift is particularly suitable for and why I

have personally selected it."

Anikka will be donating a proportion of all profits to selected charities and hopes to raise much more for charity in the future. "I desperately want to do 'my bit' to help stamp out cancer in the future. It is a devastating disease - both emotionally and physically," she said.

Anikka's battle is far from over and she faces years of taking the drug Tamoxifen, which can have serious side effects." I've been lucky and seem to tolerate it well, although I do suffer from joint pains and deteriorated eyesight," she says.

"Unfortunately you never get the "all clear" with breast cancer and I am battling with a few lingering side effects of the aggressive treatment, but I am very happy to have just celebrated my second year in the land of 'NED' (No Evidence of Disease). Long may that continue!"

To find out more about Anikka, readers can follow her blog or visit her Facebook page. "I welcome any feedback and will do my best to answer any questions," she says.

"I really hope I can use my business to help make some money for some of the charities that were a great support for me - particularly Breast Cancer Care. They provide one-on-one support, a free helpline, a private forum, information seminars and a platform to meet other women going through the same thing. They really helped me feel less scared and less alone."







December 2013 29



By Jacqui Smith, interior designer

A kitchen designer I know through Twitter contacted me last month to ask whether we would be happy to have his niece in the office for the day. In her second year of A Level studies and hoping to pursue a career in interior design, Emily was keen to get a taste for what a typical day looks like and hear about the challenges as well as the golden moments. I can go from days of "I LOVE this job" to moments of acutely feeling the pain of being stuck between a supplier who has badly let us down and a client to whom we want to give the best possible service. Fortunately the balance swings to the positive but suppliers do have the potential to turn a good day sour.

So many of our clients will tell us of the joy and relief they feel at delegating the supplier angst to us, meant in the best possible way of course! That's an important part of our job though; we are the buffer between client and supplier, ensuring that our customers get exactly what they asked for without the hassle of organising it. Clients will benefit from the fact that we have an established relationship with these companies; we know how they operate and can navigate issues and challenges should they arise. We are there to glide swanlike through a project, editing out the aggravation, presenting our clients with the finished article, free of the hassle.

We are blessed to work with some incredible companies with whom we have excellent relationships but every now and then a bombshell will be dropped in our laps. Emily asked me about my worst supplier experience, so I shared with her our most extreme example of supplier woe. You may already know that our first Barratt's show home was at The Limes. Huge pressure to impress them of course, all suppliers teed up to deliver on day X, calls made, assurances of delivery given, all good; although it was not. Our key furniture supplier had confirmed delivery for noon on day X. Noon arrived, no delivery. We returned to HQ; I prepared lunch whilst David called said supplier. I shall never forget the moment when I walked into the office and witnessed David's face drain of all colour with the words. "What do you mean, you have not made the furniture yet?" Adrenalin seared through my body as I realised

the implications of having NO FURNITURE for our first Barratt's show home, a show home they were launching within a matter of days. We spent the next 30 minutes numb before regrouping, both of us trying to stay as positive as possible. At the time I could not imagine a worse situation to be in. When we eventually got hold of the supplier, they explained that they were on the point of ceasing trading so had to lie to us about delivery (!!) but could possibly send us some showroom pieces. It was Friday; we were still short of key items such as a dining table. Close friend Rob, keen to help, found us a table which we had shipped from the shop floor of John Lewis in Kingston. Wonderful Mum took the boys whilst David and I got on the road to collect what we needed from various sources, all of whom I could have kissed for helping us out. We got there in the end. Barratt got their show home on time and three years later we are still working with them. Emily seemed unfazed, appreciating that the job is not about floating around Chelsea Harbour sourcing gorgeous fabrics but very much about organising and managing projects and dealing with everything that they throw at you so that our clients do not have to.

Last year, by way of a thank you to our column readers, HomeSmiths ran the 'Dress My Tree' competition and Katy dressed the winner's Christmas tree. This was such a lovely experience for both the winner and Katy, that we would like to offer the same competition to this year's readers. Using your own decorations, Katy will come round and dress your Christmas tree for you. All you need to do is send us a Christmas card with the words "dress my tree" with your name, address and contact details and you will be entered into a free draw. Closing date is Monday 2nd December and the winner will be notified by 3rd December. Prize must be taken before 21st December 2013.

Entries to be posted to: HomeSmiths Ltd, The Platt, Lindfield, West Sussex, RH16 2SY. (Full terms and conditions available from HomeSmiths).

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Royal Pavilion Ice Rink

The South East's most beautiful winter ice rink is now open for skaters of all ages at the Royal Pavilion's Eastern lawns in Brighton.

With the former Royal pleasure palace as backdrop, the 800 square metre rink has space for 250 skaters per session, with a beginners' area with penguin skate aids and skate sizes from 'just walking' to adult, offering seasonal fun and a unique and special festive experience.

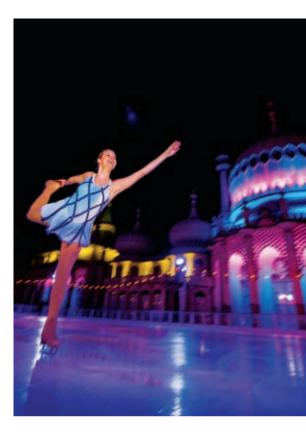
And whether you're a skater or not, everyone is welcome to enjoy delicious food and drink by day and night at the stunning rinkside Bar & Kitchen, created by top local caterers Hardings, which offers heart-warming snacks, delicious lunches and dinners, a great bar selection, with mulled wine and hot chocolate with marshmallows always available.

For adults the rink is a romantic destination for couples to enjoy skating followed by dinner and a bottle of wine, whilst groups of friends can enjoy their winter get-togethers in the lively rinkside Bar & Kitchen overlooking the ice.

For families, visiting the Royal Pavilion Ice Rink for a day out is an experience not to be missed during the festive season, whether it be for Sunday lunch with Father Christmas or an early evening skate and supper.

The rink is open until January 19 and tickets cost from £10 for adults and £7 for children under 12. The one-hour skate times run from 10am to 10.15pm daily.

www.ticketmaster.co.uk/royal-pavilion-ice-rink





December 2013 31





Planning and Housing Developments
By John Jesson

Gravelye Lane

The year started with a planning application by Wates for 230 houses on the green fields above Gravelye Lane, a site which the Society had campaigned successfully for over 30 years to retain as open countryside for the benefit of our village. We had seen off Wates before but this time, in spite of widespread and energetic opposition, including support from our Member of Parliament and CPRE, the District Planning Committee signalled approval on 21st May. On 31st October formal consent was given.

Mid Sussex District Council Plan

It is a matter of considerable concern to the Society that the process of getting a Mid Sussex District Plan formally approved is being delayed, as its absence means open season for developers. This is confirmed by proposals for developments nearby at Penland Farm and to the west of Roundwood Lane, as well as the Mayfield new town scheme. CPRE have written to the Planning Inspectorate with their concerns.

Lindfield and Lindfield Rural Neighbourhood Plan

The government's concepts of Localism and the creation of Neighbourhood Plans by local people to meet their needs are appealing but what about the reality? The Society cautiously agreed to be engaged in and influence this process and participated in focus groups on housing and landscape. The completed Draft Plan has been submitted for consultation. In view of the Wates decision, a total of 50 more new dwellings is proposed up to 2031, spread on windfall sites throughout the two Parishes. It remains to be seen whether this will be approved as compliant with National Planning Policy Framework.

Other Planning Matters

The routine inspection of Planning Applications in Lindfield and Lindfield Rural Parishes continues, along with contributions to Parish Council Planning Meetings.

The 'Old Pond' between The Limes and Fastern Road Nature Reserve

It now appears that earlier information appears to have been incorrect and Mid Sussex District Council now has no intention of restoring the Old Pond as originally reported. Their latest advice states that a method statement for the restoration of the pond was agreed back in July 2012 and works were undertaken. Apparently MSDC did subsequently raise issue with Barratts that the work did not go as far as was anticipated, even though they had complied with the method statement. More extensive works were going to be required involving heavier equipment and likely to raise ecological matters and unspecified issues. Given the site constraints, MSDC now consider it expedient not to pursue the matter.



Wrought Iron Bus Stops and Litter Bins Richard Bradshaw, our village blacksmith, has completed modifications and renovation of the bus stop poles and there has been no reaction from village or Parish Council to the Preservation Society's offer to fund new litter bins by recycling the old 'half-round' wrought iron units.

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The Tricks 'n' Laughs Show

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FUNE FAMILY



Perfect by Rachel Joyce

BOOK REVIEW

By Cavan Wood

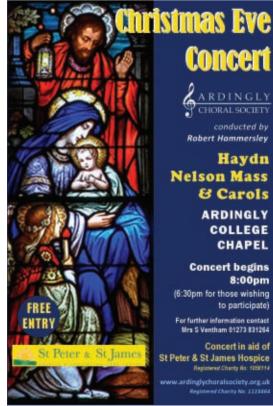
A second novel presents a problem: does the novelist stick to a winning formula or should they try something new? Rachel Joyce scored a hit with "The Unlikely Pilgrimage of Harold Fry" and, with this book, has taken the more adventurous route. Set in 1972 and in the present day, the story hinges on a fact - that in that year two seconds were added to account for the imbalance in time. This small amount of time is enough for an accident to happen which has repercussions which changes several lives. Joyce is excellent at characterisation, being able to show us the minds of two teenage boys as well as a middle class and a working class woman. There is humour and social satire here; the world of the classridden 70s is explored with a deft hand. Above all, there is a twist towards the end of the novel which I had to reread a couple of times, as it left me surprised at first and then breathless at the skill of plotting such a shock. This confirms Joyce as a major popular novelist who shows great humanity for her characters, which she communicates to us so that even the seemingly unsympathetic we find appealing.



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How far from the ball?

GOLF TIP OF THE MONTH #24

By Simon Iliffe, HH Golf Pro

It is no wonder golfers find it difficult to know how far to stand from the ball. The clubs in your set can vary by up to a foot in length, forcing you to stand further or nearer to the ball.

The easiest way to know if you're at the correct distance from the ball is: once you've taken your stance as normal, the butt of the club should be about a fist's width from the inside of your left thigh (r/h golfer).

There is scope for comfort, so it doesn't need to be exact.

Standing too far from the ball will encourage a more stooped posture with an upright swing plane.

Standing too near to the ball can cause an upright posture and a swing plane that is too flat.

Make sure you're the correct distance from the ball each time to maximise your success of consistent ball striking.

It's goodbye from me

This month will be my last tip to the locals of Lindfield.

I have accepted a new position as Head Professional at West Kent Golf Club in Downe Village (nr Orpington), where I am looking forward to furthering my coaching techniques and facing the new challenges ahead.

For the last two and a half years I have thoroughly enjoyed my time as Head Professional at Haywards Heath, looking after the members and visitors of the club and helping Lucy (Cooper) to her first few swings of a golf club and seeing her progress to a standard where she can get out and enjoy playing on the course. I know even Claire is getting closer to being bitten by the bug!

I would like to thank the readers for your emails of support and hope you have found some of the tips a little help along the way. If you are ever in the West Kent area feel free to pop in and say "Hi".

I have very much enjoyed sharing my experiences with you and I leave you in the trusted hands of James Verrall, the new Head Professional at Haywards Heath, and his team.



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Acupuncture - an holistic way to health

The use of acupuncture as a treatment has been documented over several thousand years. The core belief is that the

balance of energy within the body relates to an individual's health and acupuncture can influence this flow. Lesley Reed has been treating people with acupuncture for a variety of symptoms over the last two years. She has a BSc (Hons) degree in acupuncture and is a full member of the British Acupuncture Council (BAcC), abiding by their strict code of practice and hygiene. She also has additional 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.

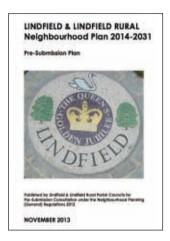
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Lindfield Rural Parish Council Newsletter

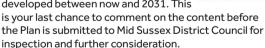
December 2013

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



Neighbourhood Plan - the next stage

The six week public consultation period for the draft Neighbourhood Plan, covering the parishes of Lindfield and Lindfield Rural, is nearing its end (13th December 2013). The Plan is intended to determine how the two Parishes are developed between now and 2031. This



If you have not already done so, please let us have your views, they are very important to us.

Copies of the draft Plan are available for viewing at either the Lindfield or Lindfield Rural Parish offices, the Haywards Heath Library and the Mid Sussex District Council Planning Office during normal opening hours. Additionally, a copy can be viewed on the Lindfield Parish website at www.lindfieldparishcouncil.gov.uk

Details of how to submit your comments are contained within the draft Plan document.



Scaynes Hill children's play area

Some years back, three new items of play equipment were installed in the children's play area suitable for ages 5+: a climbing frame, see-saw and roundabout. These were received by the school children (and older!) with much enthusiasm. However, it was quickly identified that it would be ideal for another item to be purchased for the use of pre-school children, Lindfield Rural Parish Council earmarked some funds to go towards this new item. Since then, Cllr. Brian Bunt has been working hard to secure additional funding from Mid Sussex District Council to enable this to be realised and very recently the installation was completed. Rubber matting has been laid to help protect any injuries through falling. This matting follows the contour of the ground and is designed to allow the grass to grow through, thereby preserving the appearance of the area. The new climbing frame is already being enjoyed by the under-fives, as well as a few slightly over!

Your Parish Councillors

 John Dumbleton (Chair)
 Tel: 482633
 Steve Minter
 Tel: 831786

 Ray Jones (Vice Chair)
 Tel: 453868
 Andy Spooner
 Tel: 831602

 Brian Bunt
 Tel: 484661
 Christopher Snowling
 Tel: 482172

 Chris Hersey
 Tel: 482270
 Parish Clerk: Di Morgan
 Tel: 831499

 Keith Martin
 Tel: 831431
 Assistant: Irene Nicholas
 Tel: 831499

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

Updated Winter Management Plan

An updated version of the Winter Management Plan is now available on our website. Salt/grit bins are filled annually by West Sussex County Council and this is provided on the understanding that it is kept for use on public pavements. WSCC will not undertake to refill the bins this year and Haywards Heath Town Council will assist with the transfer of spare salt/grit to our bins. Residents are therefore requested to be economical with the supplies provided so stocks are not diminished. Recommended rate for spreading is 20 grams of salt/grit per square meter (a tablespoon full).

Grit bins maintained by Lindfield Rural Parish Council can be found in:

Westlands Road/Coombers Lane, Lindfield William Allen Lane/Croxton Lane, Lindfield The Platt, Lindfield The Hollow/The Rise, Lindfield Rustlings Close, Lindfield *new for 2013 Lewes Road (A272)/Orchard Close, Scaynes Hill Hillcrest Lane, Scaynes Hill Church Road, Scaynes Hill Vicarage Lane, Scaynes Hill

FREE microchipping for dogs

Dogs Trust has just started a huge chipping campaign to run with the new government announcement that from the 6th April 2016 all dogs will have to be microchipped. Dogs Trust have new roaming chipping teams who will be offering FREE microchipping across the UK.

The event set up in Mid Sussex will be on 28th November at Adastra Park, Hassocks, 10am - 2pm. For further information please visit www.chipmydog.org.uk

Operation Crackdown

This scheme, originally set up 7 years ago, has been updated to provide a service like Neighbourhood Watch for the roads. It enables residents to report anti-social driving, including speeding and abandoned vehicles, to the police by phone on 01243 64 22 22 or online www.operationcrackdown.org



Lindfield Rural Parish Councillors, Clerk, RFO & Assistant Clerk would like to wish everyone:

A Very Happy Christmas and Prosperous New Year!









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What's on in December

AT KING EDWARD HALL

2nd Autumn Club Meeting – Social Afternoon (Sally Dew 01444 414456)

4th Hickory & Lindfield Montessory Nursery – Nativity Play (Jackie Pickett 01444 473311)

5th **Country Market** – 10-11am (Sheila Hobbs 01444 483396)

5th The Barefoot Players – 7.30pm

The Barefoot Players present East of the Sun and West of the Moon, an original play based on an adaptation of the classic folk tale
Tickets: £8.50 / £6.50 (concessions)
Available at the door or by calling or emailing our box office: boxoffice@barefootplayers.co.uk or 07505 777613

7th Christmas Garland Workshop (Lynne Pearson 01444 452511)

7th Finders Keepers Dress Agency – Preloved Mobile Clothes Sale (Sian 01444 412764 or Sue 01444 451420)

12th Country Market - 10-11am

17th **Lindfield Nursery School** - Nativity Play (Terisa Tuffin 07584 066070)

19th Country Market - 10-11am

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

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

Rain doesn't stop art show

By Nickola Smith

Well it certainly poured down on the morning of Saturday 19th October and we were gloomy at the prospects for our U3A (University of the Third Age) One Day Art Exhibition in the King Edward Hall. However, our spirits rose as folk seemed undeterred and kept on arriving throughout the day. As well as raising money for the local Hospice, thirty seven of our visitors went away with a painting! It was a great encouragement to us 'wrinklies' to persevere and we are so grateful to those who supported us. Thank you.

AND ELSEWHERE

1st Nov - 18th Dec Cards for Good Causes Haywards Heath Library

10am-4pm (closed Sundays)
Christmas Cards, calendars, wrapping paper and gifts for sale from approximately 30 charities

3rd Lindfield Christmas Festival Night

6-9pm – Lindfield High Street and United Reformed Church ** High street closed 5.30 - 9.30pm ** Father Christmas arrives at 6pm

6th Life is a Song - a musical afternoon with seasonal refreshments organised by Mid Sussex Older People's Council
1.30-4.30pm Haywards Heath
United Reformed Church Hall, South Road

6th Northlands Wood CP School Christmas Fayre 5-7pm, Beech Hill, Haywards Heath

8th Santa in the Park - fun run Victoria Park, Haywards Heath www.bhf.org/santainthepark2013

8th That'll be the Day Christmas Show 7.30pm – The Triangle, Burgess Hill www.itsmagic.org.uk

11th Tiger Arts Lunchtime Concert

All Saints Church 1pm Russell Gilbert (violin), leader of the Royal Philharmonic Orchestra

12th Late Night Shopping Event

A number of High Street shops open until 8.30pm

13th Last day to comment on the Draft Proposal of the Lindfield Neighbourhood Plan www.lindfieldparishcouncil.gov.uk

14th Blackthorns School Christmas Fair 11am-1.30pm at the school

15th Christmas Carol Service 6pm St Augustine's Church, Scaynes Hill

19th Late Night Shopping Event
A number of High Street shops open until 8.30pm

24th Christmas Eve concert

Ardingly Choral Society
Ardingly College Chapel 8pm
(6.30pm for those wishing to participate)
More info: 01273 831264
Concert in aid of St Peter & St James Hospice

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Retail

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West Sussex Clocks	.25
Leaping Hare Boutique	.40

Out & About

The Chequers Slaugham	7
Mr Clive Travel (coach tours)	25
Cuckfield Vintage Emporium	25
The Tricks & Laughs Show	34
Ardingly Choral Society	35
Highley Manor Hotel	37
Metrobus	41

Education/Childcare

Tavistock & Summerhill School	2
Lindfield Art Studio	2
Norto5 Kidz (nursery care)	3
Copthorne Prep School	10
Magikats (educational tutoring)	12
Ardingly Training Centre (swimming)	20
Gielgud Academy	27
Tudor House Montessori (nursery)	33

Health/Lifestyle

Limes Treatment Room	3
Potential Personal Training	4
Flo Paul Podiatry	5
Lindfield Chiropractic Centre	9
Emma Olliff Nutritional Therapy	14
Jakki Todd (beautician)	15
Jan O'Boyle (yoga)	20
Julia Biggs (acupuncture)	29
Reed Acupuncture	37
All Ears Hearing Centre	40
Crofton's Foot Clinia	10

Talk to your local audience on our pages

Go to www.lindfieldlife.co.uk for more information



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