

Local village talk, by the village

May 2014 Issue #62

Free

Geocaching... What?

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Guess the village ironwork quiz

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Village Day 31st May

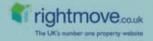
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FDITORIAL

By David Tingley, Editor

Here in Lindfield we know a thing or two about running village events, and this month is where it starts!

The Lindfield Village Run is first up – and I hope you like the brilliant cover photo courtesy of Garry Sharp and his fantastic 'drone' carrying a superb camera. Many villagers will turn out on Hickmans Lane Playing Fields on Bank Holiday Monday 26th May, even if they aren't running 5k or 10k. It's great to encourage others by cheering at the side!

Then, on 31st May, we hold our annual **Lindfield Village Day**. This year's event promises a carnival procession down the High Street as we give a nod to World Cup taking place in Rio later in the year. So expect bright colours, loud music and – above all – lots of fun as the opening to this year's event held on the Common. See page 6 for more information on both these events.

We've never done it before but I am extremely grateful to last month's cover photo contributor Peter Desmond for creating an ironwork quiz on page 28. He kept spotting numerous examples and wondered whether residents would like to test their own village knowledge on these pages. Great idea, thanks Peter!

Also, by way of new contributors, **Shelagh Robinson** brings us up to speed with the global phenomenon that is **'geo-caching'** on **page 16**. I think I'm fairly safe in calling it a treasure hunt using GPS technology – but many people love it, and it's alive and well right here in West Sussex.

Elsewhere in the magazine there is great news of the two Lindfield schools working together in their fundraising efforts for Sport Relief last month – see page 21. All Saints Church launches a campaign to buy new bells in support of HM The Queen on page 39. And Claire Cooper talks to former Lindfield school pupil Louise Richardson as she strives to become the World Powerlifting Champion – read her story on page 22.

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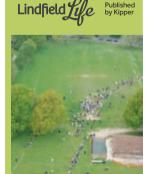
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© Garry Sharp The 2013 Run at Hickmans Lane Playing Fields captured from above





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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

Spring Shopping Day on the High Street

Lindfield traders are working together once again to put on a special Spring Shopping Day this month.

The event, taking place on Saturday 3rd May, will mark the happy occasion when the High Street is reopened again following the water mains work disruption. At the time of going to print, South East Water has confirmed that the road is due to reopen after Easter as planned.

Several businesses on the High Street are offering special offers and promotions, including Doodie Stark, SWALK, Leaping Hare Boutique, The Toll House Store & Cafe, La Touche, Field & Forrest, Tufnells Boutique, Tufnells Home and Flo Paul Podiatry.

They will be hoping to generate a buzz on the street with live music and free prize raffles in some shops.

The fun starts once the shops open, so head down there to get involved.









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People witnessing illegal or antisocial off-road driving on paths in the countryside are being called on to report it to the police using the new 101 phone number.

Sussex Pathwatch is a special service set up to help protect the safety of everyone using rights of way, fields and woodland to prevent the damage that illegal off-roading can cause. Anyone can report an offence by calling 101 or emailing contact.centre@sussex.pnn. police.uk in Sussex.

Angela Ward, ranger for the South Downs National Park, said: "Most people driving off-road do so legally and with consideration for other people. Unfortunately there are a small minority driving illegally. They put everyone's safety at risk, give legal drivers a bad name and cause damage to the countryside.

"That's why we're working with the Police and local authorities on this scheme. If illegal off-roading isn't reported then the police can't take any action."

Find out more about Sussex Pathwatch at www.pathwatch.info or follow on Twitter @SussexPathwatch

More Chuckles and Chips

Winning formulas are something to be welcomed in any walk of life – which is why Lindfield Dramatic Club is happy to reprise its successful 'Chuckles and Chips' evening for its spring production this year.

One-act comedies will be staged either side of a fish and chip supper on the evenings of Friday 23rd and Saturday 24th May at 8pm, with the bar open from 7.30pm.

First up will be one of the hugely successful 'Deckchairs' series by Jean McConnell. Directed by Ron Skinner, it's the story of a middle-aged woman on her first cruise, whose instant friendship with another female passenger proves to be something of a mixed blessing.

The after-supper play is set back on dry land – a delightful comedy by Michael Fosbrook about a confused old lady who thinks she has been robbed. Rex Cooper directs.

Chuckles and Chips is on at the King Edward Hall and tickets (£12.50) will be available, from the beginning of May, at the Happy Feet shoe boutique in Denman's Lane, Lindfield.

Chiropractor in Lindfield

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Jenny first established her practice in Brisbane, Australia in 1988, after graduating from Sydney University.

Subsequently Jenny taught chiropractic at Macquarie University for five years.

She has worked with Australian Olympic Athletes and members of the Australian Rugby Team.

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.

She has been serving the people of Lindfield since 2007.

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What links a World Record attempt, a pet show, a decorated tote bag, three stalks of rhubarb, a tug of war and a carnival procession? Yes, it's time for Lindfield Village Day 2014. A fun day out for all the family, the event takes place on Lindfield Common on Saturday 31st May, starting at 12.45pm with the procession down the High Street and finishing at around 4.30pm with the Grand Raffle Draw.

Set to raise at least £7,000 for the charity which runs and maintains the King Edward Hall (KEH), the Day will play host to over 100 stalls on the Common, selling everything from clothes to cakes, tomato plants to toys, plus a range of activities including the famed minirailway, the fun fair and lots of games and activities for the young and young at heart.

This year the Grand Competition Tent makes its third appearance at Village Day, with the opportunity to enter various horticultural, craft and cookery items including the above-mentioned bag, rhubarb and homemade wine and beer! There are opportunities for both adults and children - find out more at www.kingedwardhall.org.uk but make sure you complete and submit your entry form by 24th May.

People who would prefer to put their pets on show can come to the KEH tent on Village Day and enter their pet so he or she can take centre stage in the arena in the middle of the Common.

For those with a bit of muscle, or simply sheer grit, there's the Tug of War competition in the afternoon,

again in the arena, where Lindfield pubs and clubs will battle it out to become 2014 Lindfield Tug of War Champions! For the flexible, there's the limbo competition. See whether we can break the world record of 21cm, or maybe try for the longest limbo dance. Alternatively try the Zumba session, which judging by last year will get everyone joining in.

Culture lovers will enjoy Royal Opera House singers Dervla and Elliot Goldie, who will delight the crowds during the afternoon with a selection of opera tunes, following their successful Village Day debut in 2011.

Earlier in the day, the traditional procession through the High Street this year is set to be anything but! The Brighton School of Samba will be leading the parade, which has a carnival theme to reflect the World Cup being held in Brazil later in the summer. Throw on some fancy dress or come as you are - individuals, families and local groups are all invited to join the procession, which will gather at Hickmans Lane Playing Fields for judging at 12.15pm.

Look out for the Village Day programme, on sale in the village shortly, with all the details of the Day's events. At just £1, with all proceeds going to the King Edward Hall, it's money well spent and will guide you through a fantastic day out. Entry to Village Day is free, so invite your family, bring your friends and come and enjoy your village.

See www.kingedwardhall.org.uk for more information.

Limber up for the Village Run

Whether you want to jog the 5k or are a serious runner aiming for the 10k, join the Lindfield Village Run which takes place on the morning of Bank Holiday Monday 26th May. At £3 per entry for the 5k and £7 per entry for the 10k, it's a cross-country route which takes in the beautiful countryside around the village. This year there's a new category for groups - whether from churches, pubs or local clubs - so why not get together and do either the shorter or longer run as a group? Both runs start from Hickmans Lane Playing Fields. Enter online or find out more at www.kingedwardhall.org.uk







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Last month 113 Zumba fanatics took part in a 6 hour Zumbathon and shimmied on one of the hottest days of the year so far to raise funds for the Lindfield Arts Festival.

Local Zumba fitness instructor and co festival director Esther Featherstone led the six hour event at Clair Hall in Haywards Heath, which saw lots of fancy dress outfits being adorned...all for a good cause.

The next fundraising event will be a quiz night held at the Bent Arms on Tuesday 20th May at 8pm. "The last one was a huge success, so please come along and support it," said Esther.

Exciting festival news... JK Theatre Arts, the company behind last year's school's production 'Alice!', is back on board with the Lindfield Arts Festival team and is offering local children in Key Stage 2 the chance to take part in a collaborative drama workshop during the summer holidays.

The workshop will work creatively with the children to

encourage the use of imagination and curiosity around the theme of 'The Future'. The children need to express an interest in acting and theatre and be available during the workshop week of Tuesday 26th – Friday 29th August from 10am-3pm. The workshop will take place at Lindfield Primary School, where the production piece for the festival will be created.

There will be a contributory participation fee of £25 for all those who take part in the summer workshop. All places will be on a first come first served basis, so be sure to book early to avoid disappointment. To book your child on the festival workshop or for further information please email drama@lindfieldartsfestival.com.

Early bird tickets for the Toploader concert on Saturday 13th September sold out in just two weeks, but don't worry tickets, costing £18, are available from the festival website: www.lindfieldartsfestival.com. You can also sign up to become a LAFF (Lindfield Arts Festival Friend) for just £20 and get discounts on events over the weekend.

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Station hoarding artwork ideas

Pupils from Blackthorns School are among the local young artists who have been creating artwork to display across the hoarding that will surround the redevelopment of the Haywards Heath Station area.

The artwork creation and installation is being managed by Creative Reach, a local arts based organisation, along with Brighton based artist and illustrator Carlos Garde-Martin.

Carlos has been visiting local schools to get a mix of designs and ideas for the final installation.

His workshops have been exploring the Sussex dialect, as well as looking at the games and slang from the town's past and incorporating that with the Haywards Heath of today.

Carlos said: "Young people have a different perspective of the world and it is a great source of inspiration. Seeing their designs as part of a finished coherent piece will be an amazing thing, not just for them but for Haywards Heath as a whole."

Marianne Brand, headteacher of Blackthorns School, added: "The children thoroughly enjoyed working with a real artist on such a wonderful community-based project. We were very pleased to involve children from Year 1 up to Year 6 and they benefitted hugely from



spending time working together. Many of our parents are commuters and we hope that seeing this wonderful art work on the hoardings will brighten their commutes for the duration of the development project."

The hoarding artwork is part of the £35m plan to redevelop the area around Haywards Heath station.





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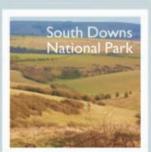
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Lindfield in top 30!

We all agree that Lindfield is a lovely place to live in, but now the whole country knows it too!

Property experts from the Times newspaper (25th March 2014) have listed the village as the 24th best place to live in the British countryside.

The report highlights the pretty medieval High Street, charming period houses and good selection of shops. It also notes that cricket has been played on the Common since 1747!

Lindfield is the only village in Sussex to appear on the list of 30 villages, which is topped by Maldon in Essex.



Neighbourhood plan meeting

The Lindfield & Lindfield Rural Neighbourhood Plan Steering Group will be meeting at 8pm on Thursday 8th May in the Jubilee Room of the King Edward Hall in Lindfield. It is the intention at this meeting to continue the review of comments that were received as a result of the public consultation of our draft plan that closed last December, to receive a report on the seminar that was held by Mid Sussex District Council in March and to consider the latest advice and guidance on the National Planning Policy Framework and Neighbourhood Planning. Members of the public are very welcome to attend the meeting and there will be opportunities for them to take part in the debates.





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Lindfield's hot air balloon champion

Hot air balloon pilot Debbie Day is on cloud nine after winning two major awards, just a year after gaining her licence.

Debbie, who lives in Noahs Ark Lane, has been named hot air balloon Pilot of the Year and also picked up the winner's trophy in the annual Counties Championship.

"Winning pilot of the year was a total surprise," said Debbie. "And I'm extremely proud to win the Counties Championship, particularly as there were only two women pilots in the competition."

The Counties Challenge involved flying in as many different counties as possible over a year, although, as a late entry, Debbie had only six months to complete her flights.

"Flying in different counties takes you out of your comfort zone experiencing different landscapes, wind patterns, unexpected temperature inversions and choosing unfamiliar landing sites," said Debbie. It also involves patience and awareness of what is below, ahead and above.

"Luckily during my training I had flown over the Swiss Alps, so I had already experienced high altitude and challenging terrain."

Deciding when and where to fly meant hours studying maps and weather conditions. "Our lounge was constantly covered in maps," said Debbie, who also had to rely on the goodwill of landowners to provide landing sites. "No landowners objected and one even stored our equipment in his barn while we fetched the car!"

The flights also provided some memorable moments. "On one flight a Spitfire flew around us on its way to an airshow – that was amazing! On another occasion we landed on a leylandii hedge!"

Eventually Debbie managed to fly in seven different counties in just six months, beating 13 other pilots to claim first prize and a magnificent trophy.

It's a remarkable achievement for the hairdresser and mum of two, who only became interested in the sport four years ago after meeting partner Mike Scholes.

Mike ran a highly successful hot air balloon company but was forced to give up his record-breaking ballooning adventures after he was diagnosed with a hereditary visual impairment.

"I met Mike at the Haywards Heath Harriers and we hit it off straight away," said Debbie.



"At the time, Mike was training for an expedition to the North Pole and I was training for a marathon, so we started spending our evenings in the gym together."

It was six months after meeting that Mike invited Debbie for her first hot air balloon flight.

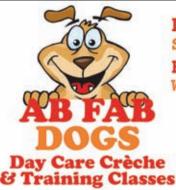
"We took off from Lindfield Common with friends in Mike's 'baby balloon' Chad. It was just amazing – I was absolutely hooked! From then on I just wanted to fly all the time!"

It was Mike who first suggested Debbie should train to become a pilot. "I didn't think I was smart enough. Studying was alien to me," said Debbie, "but I had the advantage of having Mike and other people to help me so I decided to have a go." Training took three years and included exams in balloon systems, human performance, navigation, meteorology and air law.

And with Mike still busy training for marathons, the pair have devised a way of combining both their hobbies. "We compromise by taking a balloon flight and, after landing, running back to fetch the car before packing up and going home!"

Debbie and Mike are passionate about their sport and are always on the lookout for like-minded people to join their crew. "It would be lovely to have new people join us to help with our flights," said Debbie. "We need help with driving, unpacking and inflating the balloon, navigating from the ground and packing away. And, of course, there'll be free flights as a thank you!"

Anyone interested can email Debbie and Mike on fatherabraham@dsl.pipex.com.



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The King Edward Hall (KEH) held a ceremony at its AGM in March to officially name the largest hall after Brian Newcombe, who was involved in the Hall's voluntary management committee for over 55 years until his death in April last year.

Simon Cartwright, one of the trustees of the registered charity which looks after the 100 year old building, commented: "Under Brian's leadership the KEH has gone from strength to strength. He was much loved by all who knew him." Brian's family are pictured above.

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by Shelagh Robinson

Imagine a secret world where hidden treasures are waiting to be found wherever you go. Where every trip can be fun and lead to new discoveries. This secret treasure hunt is real and is called Geocaching. There are over two million 'geocaches' worldwide and 28 of them are less than a mile from Lindfield pond. To find them you register for free on the geocaching website (www.geocaching.com) and then download the location coordinates of 'caches' you want to find onto a smart phone (of course there's a free app that makes it all very simple). Every cache has a logbook, which you sign to prove you have found it. You then log your find on the cache's page on the website.

Apart from the enjoyment of finding the hidden caches, one of the great things about geocaching is that it gets you out and about discovering interesting and beautiful places. It is also a simple and easy way to get more active, as many of the caches are hidden along country footpaths, and this is one exercise session that the whole family, young or old, can take part in together. You decide when to go and how much to do. For parents it's a fantastic way to get the kids out for a walk. Most of the larger sized geocaches even contain small items to swap (think party bag items). The caches are hidden by other 'geocachers', often as a way to show other people favourite walks, viewpoints or places of interest. There will sometimes be additional information about the location included in the cache description, e.g. a memorial to a windsurfer

located less than 2 miles from Lindfield, or the history of a local church.

We discovered Geocaching back in spring 2011 and couldn't believe how many of these caches were only a short walk from home. Our geocaching adventures have taken us to many parts of Sussex we never knew existed and taught us and our children a lot about the area. Apart from the excitement of finding our first cache, finding one in Paris brought home that this is a truly global phenomenon. We have since gone on to discover other hidden places in Greece and Turkey, off the beaten path, that geocaching has taken us to. We have also introduced the grandparents to Geocaching and they have found more than we have!

As part of my MSc at Brighton University, I am planning to carry out a geocaching study for my dissertation to see how much impact introducing people to geocaching has on the amount people walk. An ongoing study in Texas has recently found that those people who take part in geocaching at least once a week are more likely to reach national physical activity recommendations. I need as many adult volunteers as possible to take part. All you need to do is complete a short physical activity questionnaire before and after the 5 week study, register on the geocaching website and carry out as much geocaching as you want to during those 5 weeks. Information and support will be available to help you get going on your geocaching adventure. If you would be interested in taking part in the study please email: S.Robinson12@uni.brighton.ac.uk

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Demolition of Dukes Barn Court

Demolition work has started on Dukes Barn Court – a block of 14 residential flats at the top of Newton Road.

Planning Permission was granted by MSDC, back in November 2013, to Affinity Sutton Homes to undertake the demolition of the existing building and replace it with two new buildings which will contain seven houses and four flats. The new site will include access, car parking, bin store and landscaping to the surrounding area.

At the time of going to print, no comment was made by Affinity Sutton as to the timescale of the new development. Details can be obtained from MSDC's planning website under the reference: 13/02660/FUL

Singers concert makes good profit

The Ashdown Singers would like to express their thanks to all who came to the concert in March. As a result of the retiring collection the excellent sum of £458 to St Peter & St James Hospice for their Wellbeing Centre appeal.

Make your ice cream dream come true!

The Toll House Store & Café, on the High Street, has teamed up with Brighton-based Italian ice-cream maker Boho Gelato in a children's competition to create a fabulous new ice cream flavour.

The winning creation will be made and sold exclusively at the shop as the Lindfield special flavour and the winner will receive their own supply of the flavour and afternoon tea for them and three friends. Entry in the store by providing a description of the ice-cream including, ingredients, flavours and a picture of the finished product. Hand in your entry by 28th May and the winning entry will be announced on Village Day (Saturday 31st May).

Strictly Gardening

Strictly Gardening, Haywards Heath's own community gardening Show, is certainly growing in reputation, with The Telegraph's Helen Yemm and our new High Sheriff of West Sussex, Jonathan Lucas, both taking part this year. The event, which takes place in The Orchards Shopping Centre on Saturday 10th May 10am to 4pm, will provide the very best of advice, ideas and inspiration for gardeners – both greenfingered and just green – as well as lots of stalls and entertainment. The very popular celebrity panel will also be there to answer questions, chaired by Jean Griffin of BBC Radio Sussex, and it's anything goes as far as the questions are concerned – the more intriquing the better!

Meanwhile, the whole community will be involved with the schools' painting competition, 'Over the Rainbow', a Scarecrow Procession and Award and a quite beautiful sculptured bird table prize for the best Mosaic from our Care and Nursing Homes. And, with the help of a WSCC grant, all these homes have been given the plants to create their own Sensory Garden.

Hosting the Show, Orchards Manager Nicola Bird is very excited: "The best thing about Strictly is that it involves the whole of our community," she says. "Also, as I'm getting married this year, it's pretty fantastic for me, as we move into our own home, that I'll be getting all the gardening help I'm going to need!"

Is your baby calm?

Lindfield local, Anna Ashley, is bringing 'BabyCalm' classes and workshops to the village. Anna has two young children and, like many mums, found the transition to motherhood challenging, exhausting and overwhelming, whilst still the most amazing experience. "I wish I'd had the support of BabyCalm classes to give me space to talk, discuss and consider my new role as a



mother". Through classes and workshops Anna will bring support, access to modern research and calming strategies to new mums in the area. Classes are suitable for babies from two to twelve weeks old and take place over four weeks. Anna also offers three hour Baby Sleep workshops, BabyCalm workshops and BabyCalm Antenatal workshops.

Anna will also be bringing ToddlerCalm classes and workshops to the village in July.

To find out more visit www.babycalm.co.uk/teachers/ anna-ashley or find her on Facebook.

For a chance to win a ticket to your choice of BabyCalm, Baby Sleep or Antenatal workshop simply email your name, address and phone number to competition@lindfieldlife.co.uk before 8th May.



Deft work with buckets, sponges and hoses resulted in Lindfield Scouts raising more than £600 toward refurbishing their dilapidated headquarters.

The charity carwash at South Downs Nurseries in Hassocks was one of series of fundraising events.

Formed in 1912, Lindfield has one of the oldest Scout groups in the country and one of the oldest Scout huts that began life as home to the Canadian army during World War Two. The building is now in desperate need of renovation, a project that will cost more than £50,000.

"A huge thank you to all who came along and helped out", said Sharon Coulbeck. "To Robin Springer and the

Explorers, to all the Leaders, to all the Scouts, Cubs and Beavers who washed cars and shook buckets, to all the parents and family and friends who brought their cars to be washed, helped on the stall and gave goodies generously so we could make up our lovely prize hampers and to everyone else who helped in many ways."

The garden centre's manager, Mark Hillyard, said it was a delight to welcome the Scouts and donated a four-tier greenhouse as first prize for their raffle.

"Everyone should be very proud of our young people," added Sharon. "As usual they did 1st Lindfield proud."





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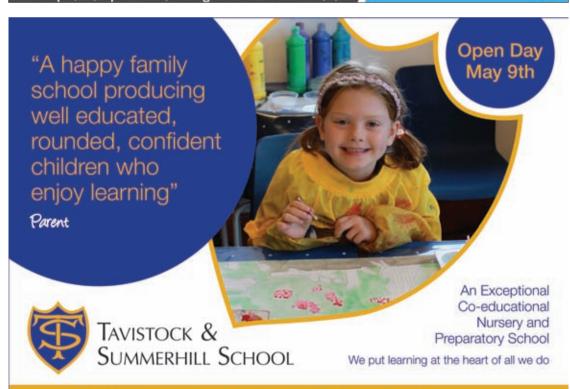
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Children from Blackthorns Community Primary School and Lindfield Primary School joined together to run a mile for Sport Relief around their shared school field.

The runners donned Sport Relief accessories and ran together to raise almost £600 for the charity. "There was a wonderful effort from all of our young people," said Blackthorns head teacher Marianne Brand.

"It was wonderful to be able to bring the communities of both schools together, with staff and children running the mile. Parents also joined us for the event to watch their children's fundraising efforts," she added.

"Many thanks to Mr Tom Jordan and Mr James Smyth, who worked together to make this event possible."

Blackthorns pupils also took part in a Great Blackthorns Sport Relief Bake-Off and the entries were sold in a cake sale after school.



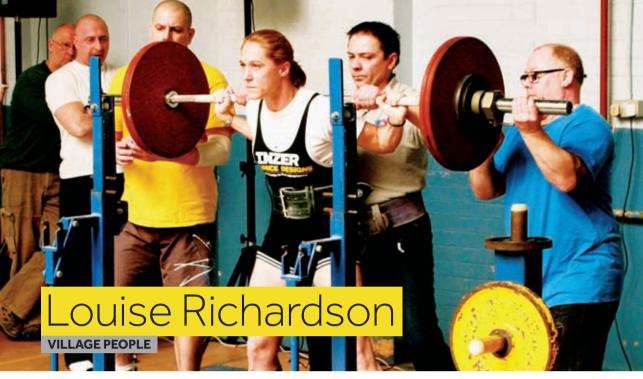
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By Claire Cooper

Many residents will remember Louise Richardson as the little girl whose family ran the village 'Post Office and Paraphernalia' for many years.

So it may come as a surprise to learn that the little girl has grown up to become a champion powerlifter, and next month will fly to South Africa to represent Great Britain in the World Championships.

It's been an amazing journey for Louise who only took up the sport two years ago in an effort to lose weight but, after being spotted by her trainers, she quickly progressed to become British Powerlifting Champion.

Louise, who also has type 1 diabetes, recalled how it all started with a chance remark from her diabetic consultant.

"In November 2011 I went for my regular diabetes check up with my diabetic consultant," she said. "After telling me everything was fine he added: 'Every time I see you you've put on more weight.' It was the kick up the backside I needed as I knew my weight had been slowly creeping up. I'd turned into quite a chunky little monkey," she laughed!

"But I'm tall and I'd been able to hide my weight under very baggy clothes." $\label{eq:continuous}$

Following a recommendation from a friend, Louise joined the Max-Strength gym in Hove near to where she lives. "Despite being a sporty child, I didn't enjoy cardio workouts but this was a strength and conditioning gym which sounded perfect."

Louise stuck rigidly to her exercise programme and was delighted when the weight dropped off. "I went from a size 18 to a size 8 and I started getting much stronger," she said.

Six months later, Louise was working out regularly and steadily increasing the weights she was lifting. "The guys in the gym noticed just how strong I was getting and that

I was regularly lifting between 60/70kg for reps.

"One day I turned up to training and was surprised to find they had entered me into a powerlifting competition."

Louise's surprise turned to delight when she won!
Louise's trainer explained how Louise progressed
to competition level. "After a few months of doing
weight loss conditioning classes with us, we started
to introduce some elements of strength training into
Louise's training. Straight away it was very noticeable
that Louise had great potential. She also had this great
drive to do well which is very important in any sport."

Louise explained how powerlifting differs from the familiar weightlifting events seen in the Olympics. "There are two Olympic lifts – the clean and jerk and the snatch," she said. "Powerlifting includes three different types of lift - the squat, bench press and dead lift."

Spurred on by her success, Louise increased her training and in November 2012 entered the Great Britain Powerlifting Federation (South East) competition – and won! "That was a real shock to me!" she recalled.

Louise went on to win a further round of the competition in April 2013 and qualified to compete in the British Championships in October last year. "Not only did I win and become British Champion, I also broke the British record for dead lift – 168kg," she said.

Louise has also entered Strongman Competitions and has been placed in every competition, winning first place at last year's Bigger, Faster, Strong competition in East Grinstead in July 2013.

As British Champion, Louise was an obvious choice for the British powerlifting team to compete in the World Championships in Johannesburg in June.

"I'm training like my life depends on it," said Louise, who will be competing in the under 72kg category. "I'm aiming





to Deadlift around 175kg by the time I leave for South Africa and I'm constantly striving to increase the weights. I don't expect to win but I hope I can do fairly well."

Louise, whose diabetes is controlled with five daily insulin injections, currently trains six times a week for around 1.5 /2 hours each session and sticks to a healthy low carb diet. "Friends are often surprised to see that my diet is quite high in fat but they are 'good fats'," says Louise. "I'm also allowed one 'cheat meal' a week each which which normally includes some Ben and Jerry's ice cream!"

"After a few months of doing weight loss conditioning classes we started to introduce some elements of strength training into Louise's training.
Straight away it was very noticeable that Louise had a great potential."

Perhaps more surprising is Louise's slender figure.
"One of the comments I most often hear is 'you don't look like a powerlifter'! I'm certainly toned and a lot more defined, however, weight training does not make women

look butch - we're just not built like that!"

Louise added that her she is currently lifting 150 kg (squat), 70kg (bench) and 168kg (deadlift).

Despite her success, Louise is continually surprised to have reached such a high level in such a short space of time. "If someone had said to me two years ago that I would be competing in a world championships I would have laughed my head off!" she says.

"I think I have always been a bit competitive by nature, however, I find the whole 'lifting' concept highly addictive, always wanting to improve myself and beat my own personal bests."

It's certainly not what Louise imagined she would be doing when she was growing up in the village and attending Lindfield Infants and Primary Schools. "I think I once won the 100 metres sprint but that was the peak of my sporting success at school!" said Louise, who regularly returns to the village to visit mum Paula who now lives in The Welkin.

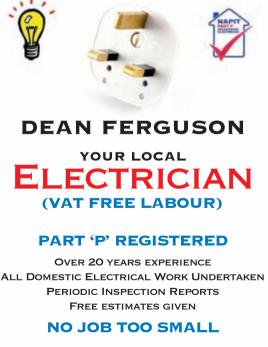
"One of the best things about my success is when people tell me I have inspired them. I find that very flattering and very humbling."

Travelling and competing in the World Championships is costing Louise around £2,000 and she is hoping to attract sponsors to help with the cost. "My employers, Voyager School Travel, have offered to pay my air fare, which is brilliant, but it would be great to get some help with accommodation and other costs," said Louise. "I'm happy to endorse any businesses or products on my blog and facebook page."

Supporters can find out more about Louise and follow her progress on her blog (www.max-strength.co.uk/strength-training-and-powerlifting).

You can also follow Louise on Facebook at Louise Richardson Powerlifter.





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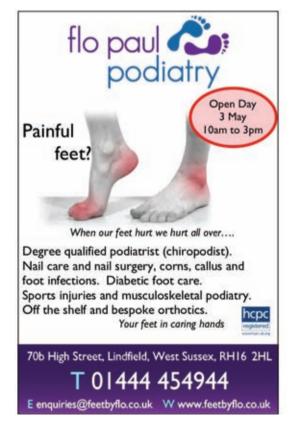
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May 2014

Some useful ideas for when cooking for just one person

- My two essentials the freezer and the microwave.
 Make full use of both of them cooking ahead and freezing, actually cooking in the microwave, not just reheating. It saves energy, time and washing up.
- When heating a dish, slip the dinner plate underneath and it will be warm ready for use.
- Don't waste space in the freezer using half-filled plastic boxes. Everything, including liquids, can be packed in sturdy freezer bags, sealed and flattened and then popped in the freezer. Takes up much less room. Open one corner (to allow steam to escape) and reheat in the microwave.
- I cook virtually everything in the microwave. Cook pasta, rice and all grains in 225g (dry weight) batches, cool then pack in portion sizes as above. Thaw and reheat in the bags.
- Don't waste anything. Make soup with leftover vegetables. Freeze slices of bread in twos so you always have fresh bread for sandwiches (thaw, stlll in the bag, in the microwave on 30% power for 1-2 mins. Grate hard cheeses and make breadcrumbs from stale bread, both can be used straight from the freezer.
- When cooking a basic recipe such as a casserole or meat sauce (in the microwave of course), freeze in portion sizes. To serve, thaw a portion and tip into a heatproof dish. Add different toppings – such as buttered breadcrumbs or thinly sliced potatoes, mashed potatoes or other root vegetables, grated cheese. Reheat in the microwave then, if wished, slip under a preheated grill to brown the top.



By Caroline Young

I greatly appreciate the messages you send to me about my recipes in our village magazine and am very happy you enjoy the articles. One recent comment reminded me that there are many of our neighbours living on their own (me included) and please could they have some recipes for just one person. I am happy to oblige! Let me know if you would like more.

Lunch in a Bun for One

Cut a thin slice off the top of a large soft roll and scoop out the centre (make breadcrumbs!). Add some chopped ham, flaked tuna or crisply cooked bacon. Break an egg in a teacup and slide into the roll. Add seasoning, prick the yolk and top with grated cheese. Lightly butter the underside of the roll and place on top. Stand on a plate. Cook on MED-HIGH for about $1\frac{1}{2}$ min or until egg is just set. Cool slightly before eating.

Apple Crunch for One

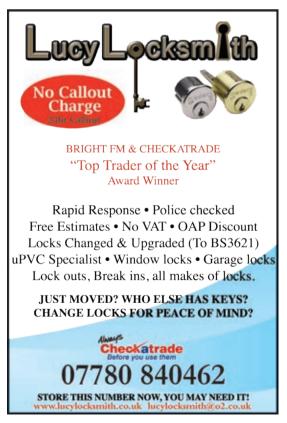
Roughly crush 2-3 crunchy biscuits such as gingernuts or shortbread (in a plastic bag using a heavy can of fruit) and toss with 1tbs demerara sugar. Arrange 1 peeled, cored and sliced eating apple in a small dish with some sultanas, a pinch of cinnamon and 1tbs demerara sugar. Cover and cook for 1 min. Top with the biscuit crumbs and cook, uncovered, for $\frac{1}{2}$ -1min or until bubbling hot.

Glazed Chicken with Apple Gravy for One

There is lots of sauce, so serve with mashed potato or rice.

Peel, core and slice 1 small eating apple and arrange in a buttered shallow baking dish. Top with a part-boned chicken breast (skin on). Combine 1tsp wholegrain mustard with 1tsp honey and spread over the chicken. Add 75ml chicken stock.

Cook on MED-HIGH for about 6 min or until chicken is cooked through. Slip the dish under a hot grill until the skin of the chicken is crisp and golden brown. Lift the chicken on to a hot dinner plate. Tip the apple and juices into a blender or processor and buzz until smooth. Serve with the chicken.





The 'any old iron' Quiz













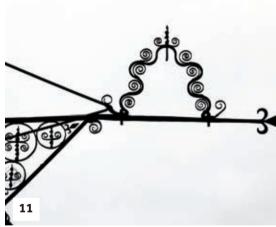
For those readers of a certain age, they may be able to recognise the distant voice of Chris Evans (The Big Breakfast) when he shouted 'don't phone, it's just for fun'! Well that's as it is for this month's ironwork quiz supplied to us by enthusiastic photographer and Lindfield resident Peter Desmond.

Look down the list of thumbnails below and see if you and your family can pinpoint the location of the various metal objects shown. There's no prize other than pride. Answers, for confirmation and/or gloating, are given on page 42.















30



The First Phone Call from Heaven by Mitch Albom

BOOK REVIEW

By Cavan Wood

Mitch Albom has made his name for writing about spiritual ideas and personalities in an informed and lively way. His novel The Five People You Meet in Heaven was breakthtaking and his autobiographical memoir Tuesday With Morrie and Have a Little Faith's explanation of how faith could transform people were all in their way very powerful.

So where could he go? Well, he has managed to reach a new height in the extraordinary premise of this novel. What if the relatives of the dead were able to get phone calls that proved there was heaven? In a small town in the USA, this is what happens. Albom manages to combine this with insights from the life of Alexander Graham Bell, a subplot which actually helps shape the wider story. It is surely one of history's little ironies that Graham Bell married a woman whose deafness meant she was never to use the invention that her husband had invented. There is a twist in this story which makes you think about the surveillance we are subject to in modern life. Albom touches parts of your psyche other writers do not: your soul.

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Lindfield postcard on sale

Lindfield artist Leesa Le May has just created a new card and postcard for the village.

"It came after I had lots of enquiries for cards following the completion of a private comission which I sent out to Australia to a former Lindfield resident," Leesa commented, "Paul Boland inspired me with his request for a colourful, contemporary and quirky view of the Lindfield he remembered. So. afterwards, I decided to create something new for the card market but also that people may want to put in a small frame."

Leesa has lived in Lindfield for nearly 20



years, was the co-founder of Lindfield Arts Festival and has exhibited her work in The Toll House in the past.

The card and postcard are available now exclusively from SWALK on the High Street. Becca Belfield, owner, told us: "These cards are beautiful and represent the contemporary, vibrant and creative village that Lindfield is. We are so pleased to stock them."





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Lindfield-resident financial expert James Powell talks us round a few key points in this forthcoming mini-series on money...

5 questions you should now be asking about... Pensions

By James Powell, MD, RiverPeak Wealth Last month pensions got more interesting (or less boring).

- 1. How? For the first time ever, as of next April, you'll be able to get full access to your pension funds when you reach retirement (which can be any time from age 55 onwards). Previously, you had to draw most of the money as a regular income or buy an annuity.
- 2. So what? The new regulations mean you have more flexibility, which means you'll have more control over what you do with your money in retirement. If you want to, you'll be able to take the whole of your pension fund as a cash lump sum, partly tax free.
- **3.** The changes sound good. Is there a catch? No, not really. The Pensions Minister said after the budget that people would be free to use their pensions to buy a Lamborghini if they wanted to, so you should perhaps be careful when you're crossing the High Street.

Obviously though, the main reason for saving into a pension fund is to provide an income in retirement, so in that respect nothing much has changed. You've now got more control over how and when you take your income.

- 4. Are all pensions affected? If you have a personal pension or a 'Defined Contribution' work pension scheme, you'll be able to benefit from the new regulations. At the moment, 'Defined Benefit' or 'Final Salary' pensions are not affected.
- 5. What do I do now? If you don't already know, start by finding out what pensions you have. Many of us have worked for a few different companies over the years, so you may have a few different pension funds. Check what they're invested in and see if you're still happy with that investment. You might be surprised; they could be worth more than you think. If the investments in the fund no longer match your needs, look to change them. Many pension schemes will allow you to do this for free, although it's always recommended you take advice first.

It's also worth noting that the costs of pensions have generally come down over the years, so make sure you're not paying more than you need to.

If you're having trouble tracking down your funds, you could try the Pension Tracing Service. It's free and straightforward to use. You can fill in your details online at www.gov.uk/find-lost-pension





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Perfect Choice Funeral Plans







By Jacqui Smith, interior designer

No week is ever the same in this job and therein, for me, rests the appeal. Add to that the self-employment element and you have an occupation that, despite careful financial forecasting and resource planning, is relatively tricky to accurately predict and rather excitingly new ventures can quite literally pop up at any time. Having completed a few projects towards the end of March, including a cottage refurbishment in the village, we had some down time planned over the Easter holidays. I say had, since of course it never really works that way does it? We have all of our projects photographed by the excellent Hassocks-based Claire Goldsmith. Claire and I have known each other for many years now and when we are on site, with me fussing around positions of cushions, angles of chairs and whether a cup and saucer is facing the right way, the dynamic between us really seems to work.

Claire has often suggested that I work with her on her own photography projects as stylist. This kind of work is right up my street, so when the phone call came last week for five days work in London styling for the photography of some high end student accommodation blocks and 3 days sourcing, I quickly wrote off my plans for a less frenetic Easter break and found myself saying YES PLEASE! This kind of work is also right up Katy's street and both of us, very used to show home sourcing, found the student studio brief wholly refreshing. Yes, the basic rules are the same, working to a budget and colour scheme, but we really had fun with finding the more quirky, dare I say cooler accessories. Unlike a show home these rooms are cleared of their usual resident's belongings for a day, dressed and styled for the shoot and then cleared out again; a pop up show home of sorts.

So, back to the variety of our work. At the end of March, towards the finish of his time with us, I asked our intern whether life at HomeSmiths was what he thought it would be and whether the whole experience had put him off interior design for good! James, a lovely local chap who had trodden the Blackthorns, Oathall and Haywards Heath College path, had approached us last year for some work experience prior to applying for university courses. James took up the post of intern to give him a taste of what interior design really involves and working through the first three months of 2014 he was exposed to a variety of projects and saw first-hand how challenging, and at times extremely stressful, this job can be.

Undeterred though, James applied to Southampton and we are all very happy to say that he has been offered a place. When we took James on we were very happy to employ someone local and reading through his CV we could see that he had a range of skills that would not only suit him to the design world but that we could draw on during his time with us. One such skill was his ability to ride a motorbike. I know, not the obvious requirement for an interior design career but having our very own HomeSmiths courier did come in extremely useful when we needed urgently to get a roll of wallpaper from The Platt down to site in Littlehampton to repaper a damaged wall in time for a show home launch. As James zoomed off with a roll of Thibaut paper in his backpack, I would imagine that it occurred to him that no week is ever the same in this iob!

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Handling the chip shot



By James Verrall, Head Golf Professional

Chipping is an art form that many golfers seek to perfect. To help improve your chipping technique and better your scores, try taking on some of this advice.

Many different golfers use different clubs for this shot. My advice is to use a 9 iron as this will help loft the ball on to the green and then let it run up to the flag.

The shot is very much like a putt, as you use your shoulders and not your wrists to move the club. See in the picture how my left arm is very straight and there is no wrist break. If you use your wrists you could catch the ball clean and it will run across the green.

To gain maximum feel and control around the greens, you must hold the club lower down the grip and have your stance nearer together. Position the ball in the back of the stance to hit down on the back of the ball.

It is now crucial to lean more weight on to the left leg; this will help with the angle at which the club approaches the ball. The weight on the left leg should remain constant through the shot ... don't transfer weight onto the right leg! Your hands should also be ahead of the ball which will make it fly flatter and give a better strike.

It is likely that you will be slightly tense when playing this shot, so try not to grip the club too hard. This could cause you to hit the top of the ball. Let the club do the work and have a nice smooth backswing and then slightly accelerate to the ball. Try to make your follow-through slightly longer than your backswing, as this will make sure you are accelerating through the shot. Keep your lower body as still as possible to achieve maximum results.

Follow these simple tips to help you succeed around the greens. If you require any more help contact me at: hhpro@foremostgolf.com

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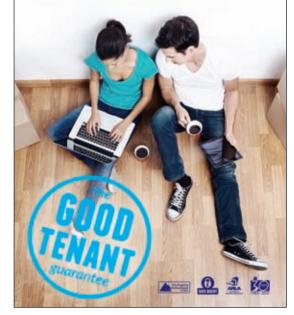
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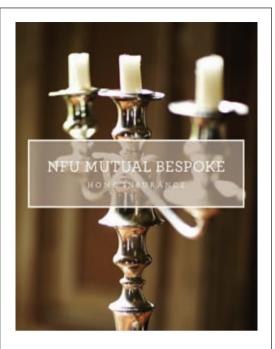
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FACIAL ACUPUNCTURE

Channel 4's recent series 'How Not To Get Old' presented what they claimed to be 'the ultimate consumer guide on how to keep looking younger for longer'.

For those not familiar with the show, one presenter (Anna Richardson) sampled cosmetic/medical treatments and the other (Louise Redknapp) tried several 'natural' remedies, then each rated their personal results. Of all her experiences, the only one Louise Redknapp said she will continue with regularly is facial acupuncture.





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Queen Elizabeth II is a remarkable lady for a number of reasons: She's patron of over 600 charities. She has given out over 90,000 Christmas puddings as gifts to her staff during her reign. Plus, of course, she is one of only two British Monarchs to have celebrated a

two British Monarchs to have celebrated a Diamond Jubilee.

However, when she reaches 10th September next year our Queen will be recorded as the longest serving sovereign in 1,000 years of the British Monarchy.

The Vicar of All Saints Church, James Clarke, has come up with a great way to mark this amazing acheivement right here in Lindfield; to restore and renew the bells which have been a familiar sound in the village for more than 400 years.

In fact residents will be treading in the footsteps of a former generation as Lindfield residents funded some of the existing bells, which were commissioned for Queen Victoria's Golden Jubilee back in 1887.

There are currently nine bells in the tower at All Saints, the earliest dated 1575. Eight of the bells are hung for ringing and one is used as the clock bell.

Tower bell captain Richard Hutchings said: "The existing bells are actually too big for the tower and long overdue for real care and attention. This project is all about getting new bells that are suitable for the church and the village."

As part of the project, all of the bells will be taken out of the tower and the 1887 bells will be melted down and recast at the Whitechapel Bell Foundry in East London.

The original ring of five will be hung in the base of the spire and provided with chiming apparatus, while the new ring of eight bells will fit below them in the tower, all on one level. "This will enable the ropes to fall vertically," said Richard, "eliminating the friction that makes the current bells very hard work to ring."

The new bells - to be known as the Queen Elizabeth II bells - will be similar to those that were rung on the barge during the River Thames Pageant to celebrate the Queen's Diamond Jubilee in 2012.

The scheme is one element of the larger ASPIRE project to refurbish and refresh the church, with the cost of the bells being £200,000. The congregation has already committed £50,000 and now Vicar James Clarke is inviting the village community to raise the remainder.

James explains: "The church bells ring to celebrate marriages and Christmas, to welcome in each New Year and to mark royal anniversaries and some funerals. They are a real part of village life here in Lindfield. The last time the bell ringers were able to do a commemorative peal

(lasting around three hours) was for the Queen's Golden Jubilee - but the bells have not been in a fit state for ringing for that length of time since 2002."

The church launches the fundraising scheme this month with a view to securing the funds by December. Upon installation, likely to be during 2015, a souvenir booklet will be created with the history of the bells in Lindfield and including a listing of the names of all those who have contributed to the Queen Elizabeth II bells. Donors of more than £20,000 will also have the opportunity of having their name cast in each of the eight new bells.

To make a donation to the bells project, please send a cheque to the church office made payable to 'All Saints Church ASPIRE' - marked clearly for the ASPIRE Bells Project. More information can be read on the website - www.allsaintslindfield.org - or by calling 01444 482405.

Queen portrait © Royal Household/John Swannell





The Rainbow Pottery Lindfield

By Caroline Young

Last September I wrote about the Rainbow Pottery Lindfield hoping to find out more about it from Lindfield residents. We now know we have more than one collector in our midst plus we have heard, thanks to the internet, from owners further afield.

Mrs Mary Manning, an enthusiastic collector, has very kindly supplied me with the following fascinating information. The earliest mention she could find dates from 1924/25 when the Rainbow Pottery had a stand at the British Empire Exhibition at Wembley. The stand, No. M436, was in the Palace of Industry along with the big potteries of Wedgwood and others. This surely must have been very expensive, so how did this little business behind a chemist in sleepy Lindfield High Street get there? We would love to know.

The pottery was owned by Mr J N Carter and run by two girls who cycled daily from Haywards Heath. Mr Carter was quite a business man, as he later ran the laundry. This had originally been founded in 1901 by the Dowager Countess of Tankerville as a place of work for unmarried mothers. It was later run, until 1972, by the Salvation Army. The telephone number for both the pottery and laundry was Lindfield 4.

The Rainbow Pottery sold many other things beside decorative pottery, dealing both in trade and wholesale items, mainly tableware. You could buy a china sugar dredger, in assorted designs and with a heavily chromium plated top, for just 12/6d a dozen! Jug vases, described as 'original and quaint', were 16-18 shillings a dozen.

The previous archivist of Lindfield, the late Gwyn Mansfield, discovered that Rainbow Pottery bought stoneware from Denby called Danesby Ware. It was made from 1929-1938. There were jugs and vases, printed with The Lindfield Rainbow Pottery on the base. If anyone has seen any of this electric blue Danesbury Ware, Mary would love to know.

They also may have bought pottery from Barker Bros. in Longton, Stoke-on-Trent. An example of this ware is the Fantasy pattern in blue and yellow, very much the colours of the 20s and 30s. A bowl of this pattern is in the National Trust Collection at Dunham Massey, Cheshire.

Besides these rather ordinary but pretty tea wares, some beautiful lustre bowls and vases have been found with the Rainbow Pottery Lindfield mark. Were these made for the Wembley Exhibition?

Mary very much doubts that any pottery was actually made in our village, despite being on top of very good clay. It is thought the Pottery closed during the Second World War. Now photographs of all known pieces are in the Lindfield village archives.

If you could tell us anything more we would love to hear from you, email: youngcarolinem@tiscali.co.uk. If you would like to know more about porcelains and ceramics have a look at www.hhcq.orq.uk/wordpress





Local rock band Nothing to Lose proved they have everything to gain after lifting the trophy at this year's Battle of the Bands.

The band, comprising of Reuben Harman-Mitchell, Dan Lyons, Aidan Henderson and Lucy Brooks, all from Lindfield, and Tim Osborn from Haywards Heath, were the winners of the 17 to 21 year age group at the annual competition held at the Martlets Hall in Burgess Hill.

It was a surprise victory for the band members, who only got together two years ago. "There were four bands in the final and the competition was really strong," said Reuben. "We were so pleased to go straight from the auditions to the final and never expected to win."

As well as the trophy, the prize includes a chance to perform in three high profile local events at Clair Hall, The Martlets Hall and the Haunt in Brighton.

The band also won a photoshoot and will have a track on the battle of the Bands CD. The event was organised by Robert Eggleston from Snowdrop Music and sponsored by Freedom Leisure.

The secret of the band's success could be down to several long-standing friendships which began in Lindfield. "Dan and I were at nursery together and Lucy

and I met at Lindfield Primary School and have been friends ever since," explained Reuben.

"We met Aidan at Oathall and formed Nothing to Lose in Year 10," he added.

With a line up of four - Lucy on vocals, Reuben on lead guitar, Dan on rhythm guitar and Aidan on drums - the band played its first gigs at the Albemarle Centre in 2012 and later recorded its first soundtracks.

The line up went from four to five when bass player Tim joined the band after meeting Reuben, Lucy and Aidan at Central Sussex College, where they are currently studying for A Levels.

Last month the group played on a bill of five acts at the Argyle Arms in Brighton - a well known local venue for new live music. "Afterwards the landlady invited us back to do a whole evening on our own - that was a pretty unexpected surprise!" said Reuben.

Influenced by Green Day, the band members describe their style as 'good hard rock'. Songs are composed and lyrics written together, with everyone chipping in.

The band is now looking for more opportunities to perform locally before members plan for the future after leaving college.

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May 2014

What's on in May

AT KING EDWARD HALL

1st	Country Market – 10-11.15am (Sheila Hobbs 01444 483396)
3rd	Lindfield Horticultural Society Coffee Morning and Plant Sale – Jubilee Room 10am–12pm Entrance £1 (www.lindfieldhorts.org.uk)
7th	Mid-Sussex Death & Living Now Café (Joanna Warrington 07769 674347)
8th	Country Market – 10-11.15am (Sheila Hobbs 01444 483396)
14th	Lindfield Horticultural Society Floral Art Demonstration 8pm – Come and watch Robert Tunks' speedy fingers work their magic. The arrangements will be raffled at the end of the evening. Members £1, non-members £2 (www.lindfieldhorts.org.uk)
15th	Country Market – 10-11.15am (Sheila Hobbs 01444 483396)
22nd	Polling Station in respect of the European Parliament Election
22nd	Country Market – 10-11.15am (Sheila Hobbs 01444 483396)
23rd/ 24th	Lindfield Dramatic Club "Chuckles & Chips" Tickets £12.50 (Rex Cooper 01444 831512)
29th	Country Market – 10–11.15am (Sheila Hobbs 01444 483396)
29th	Film Show Evening "The Railway Man"

The 'any old iron' Quiz (page 28) – locations

7.45pm (Tickets from Tufnells)

31st Lindfield Village Day

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11.	The Tiger
.01	West Wing, Old Place
.6	Old Place
.8	The Clock House, Spring Lane
۲.	Lindfield sign at North end of village
.9	Firs Cottage/155 High Street
٦.	Froyls/125 High Street
4.	113 High Street
.δ	The Manor House
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1.7	LUE FILLES VESTORI QUE

AND ELSEWHERE

2nd

	7.30 for 8pm – Illustrated talk, free entry
4th	St Catherine's Hospice Open Gardens 2014 – Birchanger, High Street, Balcombe, Haywards Heath, RH17 6JY 2–6pm. Fee: £4, children free (Marian Erritt, 01444 413391)
6th	NHS Retirement Fellowship AGM Franklands Village Hall 10.15am
10th	ROC – Lindfield URC Lounge 3-4.30pm. Over 55s
10th	Cuckfield Vintage Emporium – Queen's Hall 11am–4pm. Entrance £1 (07773 360631)
10th	Macmillan Charity Garden Opening – Birchanger High Street, Balcombe, Haywards Heath, RH17 6JY 2–6pm (open all weekend)
13th	Mid-Sussex Ramblers – Hickman's Lane car park 10.30am. Circular ramble (7 miles). No dogs, bring picnic lunch. (07843 566602)
14th	The Mid-Sussex Franco-British Society – Function Suite, Clair Hall 8-10 pm.
16th	Haywards Heath Lions Club Grand Charity Quiz – The United Services Club, Wivelsfield Road, Haywards Heath 7 for 7.30pm. Teams of up to 6. £10 including a fish & chip supper (01444 483480 / www.haywardsheathlionsclub.org.uk)
17th	Northlands Wood Community Primary School Wild West Fayre 12-3pm. Refreshments, sweets and a cake stall. Fancy dress competition.
18th	Oathall Farm Open Day 11am-3pm. Plant sales, calf clipping, face painting, jazz quartet, BBQ, sheep shearing, tea and cakes. Free entry
18th	St Catherine's Hospice Open Gardens 2014 – Colwood House, Cuckfield Lane, Warninglid RH17 5SP 2–5pm. Entrance £5, children free, dogs on leads (Mrs Brenan 01444 461831)
18th	The Greater Haywards Heath Bike Ride – 4 bike routes around Mid Sussex (www.hhbikeride.co.uk
24th	ROC - Lindfield URC Lounge 3-4.30pm, Over 55s

26th Lindfield Village Run – start from Hickmans Lane Playing Fields (www.kingedwardhall.org.uk)
 21st. Mid-Sussex Decorative and Fine Arts Society Lecture – Clair Hall, Haywards Heath 10.15 for 10.45am. 'Sculpture and the Landscape: a Journey Round Sculpture Parks in Britain'
 31st Lindfield Village Day – procession down High Street, then events and stalls on the Common

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