

Lindfield *Life*

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Local village talk,
by the village

February 2015 Issue #71

Free



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EDITORIAL

By David Tingley, Editor

Welcome to the February issue of the magazine.

This year is an important year for the **Lindfield Country Market** as they celebrate their 50th Anniversary. Read more about what started as the WI market and now features over 25 regular producers contributing to the weekly market. See **page 6**.

I'm grateful to **Lindfield Parish Council** and also to **Mark Revill's Jamie Corke**, who have both provided some interesting pages about the village we live in. See **page 38** and **page 9** respectively.

On **page 5** we learn of what **Blackthorns School** get up to in the name of learning plus, on **page 19**, pupils of Lindfield-based dance school **Gielgud Academy** make the most of a field trip to the West End.

Claire Cooper talks to Lindfield resident **Terisa Tuffin** in our **Village People** feature and finds out what inspires and challenges her. Read the interview on **page 12**.

In a similar vein, I had the pleasure of talking to Lindfield florist **Khee Joon Kenneway** recently about her departure from the small shop next to The White Horse. You can see results on **page 28**.

Here at Lindfield Life we love to tell stories of others in the community. If you know someone with a story to tell we are always interested in hearing about them. I was at a party recently where I realised just how varied and colourful our friends and neighbours are. It is in this sense that we enjoy highlighting in our monthly pages so that we can share it with the wider village. Email in any suggestions to editor@lindfieldlife.co.uk.

Lastly we have two bits of fun for you!

One is the chance to **win five tickets to the ever-popular Thorpe Park** on **page 35**. Check the terms and get involved in the giveaway!

Finally, if it's raining outside and you fancy a challenge, check how well you know Lindfield in our **'just for fun' quiz** on **page 22**. Enjoy!

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📷 Neal Wharton
View across the pond
at sunset



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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

Poppy appeal thanks

by Pauline Parkyns, Poppy Appeal Organiser (Lindfield)

My sincere thanks go to the whole village for a staggering result of £9,646. One thousand pounds more than this time last year. Thanks also to my loyal collectors who turn out in all weathers. More will be needed for next year if this momentum is to be maintained. Thanks also to our village clubs and organisations who support us every year without fail. Anyone who attended our Remembrance Service at All Saints Church could not help but be moved by the numbers of children and young people involved in our service. The Scouts were an invaluable help to us, not only during the service but helping with teas in the King Edward Hall later. Also, every year our schools are present in great numbers to move us with their lovely poems, many written by the children themselves. I would like to thank all these young people for their support each year, and the schools and parents who support them. They are our future, and I do feel that Remembrance in Lindfield is in safe hands.



Help tracing a relative - Ken Ames

By Alan & Barbara Wright

Can you help us to locate a relative (cousin) by the name of Ken Ames? Ken lived in Lindfield for a number of years, latest contact was in 2011. Ken was a member of the Lindfield Lawn Bowls Club and married to Thelma who we believe passed away several years ago. Any information that you can provide for us would be very much appreciated.

Please make contact via the magazine editor@lindfieldlife.co.uk


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Alien Day

Blackthorns Community Primary School began 2015 in an intergalactic way to launch the learning skills project, Solar School.

On the first day of term the children came to school dressed as aliens and there were some amazing costumes on display. The day began with a visit from a Solar School Governor, played by Blackthorns Parent Governor and Solar School creator Andy Bartlett. During the assembly the children were introduced to some 20 Solar School characters, played by the school staff.

Solar School is part of the ACRO learning skills project and the 20 characters represent different learning skills, such as Algo Rhythm for 'problem solving', Konnecta for 'communication', Harmony for 'working with others' and Steady Freddie for 'determination'. All of the characters and skills sit within the different families of Attitudes, Creativity, Relationships and Organisation (ACRO) and help the children to develop the learning skills for life.

The children spent the day exploring ACRO and the Solar School characters and these will now be included in the children's different learning across the school. The day finished with the whole school coming together to share their learning. These characters are now displayed around the school and will be helping the children to develop many different skills.



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Lindfield Country Market is 50!

Lindfield's oldest market celebrates its 50th anniversary this year.

The Lindfield Country Market is held in King Edward Hall (KEH) every week and remains a popular place to buy gifts/produce and meet friends too.

The market started in 1965 as the local WI market trading from the garage of Ryecroft, the house next door to Lindfield United Reformed Church. Over the years it moved from there to KEH; first in the corridor next to the main hall, then moving into what is now the Newcombe Hall when the Jubilee Room was built after 1977.

The weekly market is not stallholders but one market

separated into product areas. The team of over 25 local small producers ensure that there is a good selection of cards, crafts, jumpers, cakes, pies, preserves and bulbs and plants for the garden. Sheila Hobbs, chairman, commented: "In February we begin to stock lots of goodies for your garden. Our plants sales are very popular and become very busy in the run up to the spring."

Entry to the market is free and it's open between 10-11am. This month the dates are: 5th, 12th, 19th and 26th February. Teas and coffees can also be enjoyed at the event.



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Schools investigate Academy status

The University of Brighton has launched a new Academies Trust to support and sponsor schools in the Sussex area wishing to convert to academy status.

The university's plan has been approved by the Department for Education and the new Trust is already discussing the possibility with both Lindfield Primary School and Blackthorns Community Primary School.

As part of the consultation process, parents, carers, staff and members of local communities have been asked for their views on proposals agreed by the schools' governing bodies. This process has taken place and the two governing bodies are, at the time of going to print, yet to publish a decision to pass a resolution.

Although it is the same Trust the two schools are reaching decisions independently and no part of the proposal involves the schools merging in any way.

In the proposal documents circulated the date for conversion is stated as 1st April 2015. However, this date is subject to change depending on the schools internal consultation process.



Rivers and Robots playing in Lindfield

An indie worship band from Manchester is playing a gig at All Saints Church this month. Rivers and Robots, which started as a solo project in 2010 and formed a band in 2012, describe its set list as a mixture of indie, folk and electronic songs.

The Christian group is Jonathan Ogden (vocals, keyboards, samples/loops), David Hailes (guitar, ukelele, vocals), Nathan Stirling (bass, guitar, percussion, vocals) and Kelani Koyejo (drums, vocals). Their music can be previewed at www.riversandrobots.com

The gig is taking place on Saturday 28th February, starting at 7.30pm (doors open 6.45pm). Tickets cost £5 each and can be bought from the church office at The Tiger (allsaints@lindfield.info).

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Looking forward to the Spring

MARKET UPDATE

By Jamie Corke, estate agent

It seemed like only last week that we were approaching the end of the traditional school summer holidays and being asked about our thoughts for the autumn market. Here we are already heading into February; the evenings are getting gradually lighter and the New Year's resolutions are a distant memory!

Very buoyant activity levels during 2014 restored a level of confidence in the property market and, after the slump of a few years ago, there seemed to be a genuine buzz to the market again.

What does this mean for the forthcoming spring market? A number of factors bode well for an active spring market; interest rates (at the time of writing) are maintained at an historic low and it's recently been reported that lenders again are competing for mortgage business with a number of longer term competitive fixed rate products available to those with smaller deposits. Also, the announcement towards the end of last year regarding the reform in stamp duty will have a positive impact. The new proportionally tiered levels will effectively do away with the previous 'barriers' of £250,000 and £500,000. For example, someone buying a property at £300,000 will see a reduction of £4,000 in their stamp duty liability, whilst someone purchasing a property at £550,000 will see a reduction of £4,500.

The popularity of Lindfield is as strong as ever with schooling, ever-increasing social events, a thriving High

Street and proximity to Haywards Heath's mainline station adding to its desirability. Early signs are that the traditional local property market will come to the fore this year, with many deciding that it's the right time to look for their next move, be it either upsizing or downsizing – one thing's certain – Lindfield is where people want to live!

We're delighted to announce that from the end of January we'll be advertising all of our properties on a brand new property website: www.onthemarket.com. If you're thinking of selling and would like to know the current value of your home, or even the impact that the stamp duty changes will have on your sale or purchase price, please don't hesitate to pop into our office or call us on 01444 484564.

We started the New Year by bringing a property in Old School Court to the market. This character three bedroom Victorian conversion is situated in a select development close to the High Street, provides well proportioned accommodation and benefits from a garage and off road parking. The asking price is £425,000.

Market
Update
with Mark Revill & Co



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Make sure you practise right

TEERING OFF

By James Verrall, Head Golf Professional

When you set your valuable time aside to practise your golf, it is important that you get the very most from it. This month we will look at the best ways to practise to achieve maximum results.

Quality is always more important than quantity. Try not to hit any more than 100 balls during one practice. You will find that you will begin to tire and this will affect your swing.

Always have a target!! If you do not choose something to aim for how do you know if it was a good shot? Try changing the target for different clubs, just like you would be doing on the course.

Start your practise with some half wedge shots. This gives your body a chance to warm up, no different to warming your body up for a gym session. Then work your way through the bag starting with your shortest club full swing (wedge) and working up to the longest one with full swing (driver). Again, like any good gym session, you need to warm down; finish your practise with half a dozen half wedge shots.

Try to avoid hitting your practice balls too quickly; it is important that you give yourself some time to reflect after each shot. Position your basket of balls far enough away so you need to leave your mat after each shot. A basket of 50 golf balls should take you 25 minutes. If you have finished after 10 then you probably have not got much from your practise.

Be realistic with your practise; remember that this is the time you can make mistakes. Don't give up on something your coach has said just because it has not worked for the first five or six shots.

For those of you who think practise is boring, then try using your imagination. Think about your favourite hole on the golf course and imagine you are hitting balls from different locations on the hole.

Hope to see you on the practice range soon ...
www.haywardsheathgolfclub.co.uk



Terisa Tuffin

VILLAGE PEOPLE

When young mum Terisa Tuffin visited Lindfield Nursery School she knew she had found the perfect place for her little boy. But little did she know that several years later she'd be the one welcoming the newcomers as the nursery's new owner. Terisa, who has run the nursery for the past six years, tells us why she loves living in the village, being part of the community and why she feels Lindfield is the perfect place to bring up a family.

By Claire Cooper

Brought up in Burgess Hill, Terisa always dreamt of settling in Lindfield but that desire grew stronger after experiencing living in London and becoming a mum.

"I've always loved Lindfield," said Terisa who, after leaving school, trained as a veterinary nurse working at Mackie and Green in Haywards Heath. "I moved to London to continue my career as a vet nurse and experience living in a big city but when I became a mum I knew I had to get back to Sussex."

Terisa was delighted to find a house to rent on the High Street and immediately began to immerse herself in village life, swapping her work as a vet nurse for childcare.

"They say you should never work with children or animals but I've ended up doing both!" she laughed. Terisa enrolled her son Gabriel into Lindfield Nursery based at the King Edward Hall and in 2006 joined the staff as a nursery practitioner.

Two years later the opportunity arose for Terisa to take over. She jumped at the chance!

"Taking over such a well-established nursery was daunting," said Terisa. "I felt a huge sense of responsibility."

"But I've always had a passion for working with children and my staff are fabulous."

The nursery has always been based in the King Edward

Hall and, while the running of the group has changed over the years, the building has retained its familiar feel. "We were recently looking at some old photos of the nursery from the 70s and not a lot has changed," said Terisa. "Even the curtains are the same!"

"It brings back lots of memories for our parents who came here as children and for one of our members of staff who came here too!"

"Working in the King Edward Hall feels like we're in the very heart of the community and it's lovely to see all the other groups and activities coming and going during the week," said Terisa.

They include the weekly Country Market, where the nursery children are regular visitors. "The ladies who run the markets give the children such a lovely welcome."

Although teaching at the nursery has evolved to embrace new technology, ("the children are better at working the iPad than I am," says Terisa) the traditional nursery activities are still among the most popular. The children love playing with water, sand, building dens and story time.

"We also teach traditional games like hopscotch."

One of the most noticeable changes introduced by Terisa is the uniform; distinctive purple sweatshirts complete with logo. She has also had the outdoor area 'astro-turfed' so it can be used all year round.

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Peter James book competition winners

Back in October's magazine we were able to hold a competition to give away five copies of Peter James' new book *A Twist of the Knife*. The book features a fictional murder which takes place on the green at Haywards Heath Golf Club. The following five lucky winners each received a signed hardback copy of the novel: Peter Peart, Elaine Sansom, Katie Anthony, Diana Anderson and Jackie Walker.

The nursery also sponsors a child in Haiti through Compassion UK, funded by donations from parents. "The children really enjoy getting updates on Julio and photos of him and his family," said Terisa. "It would be lovely to sponsor another child later this year."

"We're lucky in Lindfield that there are so many opportunities and activities for our children – and I think it results in happier families too!"

Keen to get involved in village life after moving to the village, Terisa joined All Saints Church and soon found herself involved with the mother and toddler group. "I was introduced to so many new people and soon felt part of the community," she says. For the past six years she has been leader of the 5 to 7 year olds group at the Good News Club. "It's lovely as I get to catch up with many of the children who were once at the nursery."

"The church is a big part of my life and I enjoy hosting a prayer and bible study group at my home each week." Terisa is delighted to see her 14 year old daughter Tarlie following in her footsteps, helping out with the Good News club as part of her Duke of Edinburgh award course.

And when her son joined The Boys' Brigade, it wasn't long before Terisa was recruited as a leader. "I've been volunteering with The Boys' Brigade for around a year

and a half," she explained. "I help run the junior brigade, which means getting involved with a wide range of activities from games and sports to camping with other groups from all over the country." She added that membership of The Boys' Brigade has trebled in recent years.

"I'm passionate about providing opportunities for children to be more active, and to give them a sense of belonging and feeling part of the village community; and The Boys' Brigade ticks all those boxes!"

"We're lucky in Lindfield that there are so many opportunities and activities for our children, and I think it results in happier families too!"

Terisa is also a member of the King Edward Hall committee and a keen supporter of all village events; from the fun run to village day and the bonfire. "The nursery children always take part in the procession as a walking group and this time we had a stall at the Christmas shopping night for the very first time."

Looking to the future, Terisa is keen to develop her knowledge of early years and childcare and last year enrolled on a degree course based at Chichester University. "It's a five year course in Early Childhood Studies which should benefit both me and the nursery," said Terisa. "It's hard going back to studying and writing essays after such a long time but I'm really enjoying it."

"I'd also love to open a second nursery in the village one day, but I consider myself very lucky to be living and working in such a lovely place and being part of such a lovely community."



Coro Nuovo: Hallelujah!

By Gwen Fermer

Holy Trinity Church, Cuckfield, is the venue for Coro Nuovo's next concert, entitled 'Hallelujah!', on Sunday 8th March 2015 at 2.30pm. This concert will be an afternoon of traditional classical music; some well-known opera pieces, some folk, some show-time classics. We are delighted to welcome Calum Jones, a young tenor from Brighton, who shows great promise as a future performer.

The Coro Nuovo choir is fast gaining a reputation locally as a choir that delivers an exciting programme of high quality music. Our aim is to perform those pieces larger choirs don't tackle.

Lindfield seems awash with musical talent, including four performers who are part of Coro Nuovo's soprano section. Lorna Collins who has been a Royal Philharmonic young artist and studied with ENO under Mary King and later with Jose Cura. Rachel Rogers is frequently invited to sing as a soloist and has recently performed Tosca with the New London Opera. Lena Touqan studied at the Royal Northern with Honor Sheppard and later with Nelly Miriciou. Susannah Moore has been a soloist with Haywards Heath Operatic Society and Heber Opera.

Tickets for Hallelujah! at Cuckfield are available from Carousel Music in Haywards Heath (01444 882649).

www.coronuovo.org.uk

Ensemble Reza cello recital

Come and join Pavlos Carvalho, cellist and music director from Ensemble Reza, and enjoy some of the greatest romantic music written for cello and piano.

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Tickets cost £13 for adults and £5 for children and students under the age of 18, and are available online at www.ensemblereza.com or from SWALK, Carousel Music in Haywards Heath and Pepperbox in Cuckfield.

Set up in 2013, and including professional musicians from Sussex, Ensemble Reza represent some of this country's leading orchestras including the London Philharmonic, the Orchestra of the Royal Opera House and the Royal Philharmonic Orchestra.

The combination of highly talented musicians, who are close friends, performing together results in performances which have become the unique sound of Ensemble Reza.

The group was awarded charitable status last October and runs a free lunchtime concert series at Haywards Heath Methodist Church every second Tuesday of the month from 1pm (with refreshments from 12.30).

Other concerts this Spring include March 21st, when the group will be performing at St Wilfred's Church as part of the Haywards Heath Music Society series of concerts. For more information and tickets visit www.ensemblereza.com.



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Dr Jennifer Layton BSc GradDipChiro
Jenny first established her practice in Brisbane, Australia in 1988, after graduating from Sydney University.

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Dr Lindsey Wynne MSc Chiropractic graduated in the UK in 2004 as a chiropractor. She has a strong interest in canoeing and worked with the British Kayak Team. She has done further study in chiropractic care during pregnancy and early years.

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HOME FRONT

By Jacqui Smith, interior designer

People will often assume that we live in a perfectly decorated house, forever tempted by new fabric and wallpaper books and whimsically changing our sitting room scheme in line with the latest collection. Well, this never happens. First and foremost we are not frivolous and when I might have the time to ponder over our own decor, the busman's holiday rule kicks in and even choosing a paint colour can seem too much like 'work'. Yes I do, of course, come across fabrics and papers which I would love to use myself but the point is that I rarely get around to doing it. When we do work at home invariably something has forced our hand and then we find ourselves in the middle of it and having to make decisions. (Do as I say not as I do!). With clients I will pour hours into perfecting schemes but never afford myself the same time.

The first floor of our house has for the past year been much like one of those slider puzzles where you have to move a tile to create space for another to move and in doing so create the picture you want. 2014 was to be the year of 'the knock through' which, for Piers, was the year when we would turn two small rooms into one for him. This was not so straightforward since the rooms in question were at opposite ends of the house; our bedroom sat between one small room and our ensuite, on the other side of which was the second small room. We started by moving our ensuite to the adjacent small room, sealing up the old door, living for a day or two with a rather disconcerting 'sealed room' before knocking into our old ensuite from the other small room to create Piers' bedroom. That was all completed early summer followed on by our new ensuite, leaving us with a half finished bedroom. I was happy with this; we are always

extra busy in the autumn so it just did not feel like a priority. Piers, on the other hand, was most concerned to see the exposed floorboards where the fitted wardrobe once was and the gaps around the architrave into the new bathroom but it was warm, functional and worked well enough for us. Then our hand was forced. Our plasterer had a window in December where he could fit us in. Up to our eyes with pre-Christmas deadlines with clients – yes, why not? Let's pile on the pressure and create chaos at home! So we set about moving the contents of our bedroom out onto the landing and decamping to the spare room ready for the messy work. The plasterer then failed to turn up. Yes, it happens to us too. Two false starts later he completed the work and within the week we had a smooth bedroom. It seemed a bit daft of course to move back in at this stage but with decorators working on our clients' projects we would have to DIY to complete this one. So David spent the evenings of the middle week of December with roller and brush in hand. Tantalisingly close to the finish line, I called our carpet contractor to see if they had any time at all the week before Christmas to finish our room. Amazingly they did, so by 20th December we had an all but finished bedroom. The final flourish in the shape of some gorgeous wallpaper from GP&J Baker came in the New Year. Now this Edo paper was one of those things which I had seen, fallen in love with and wanted for my own home. It took centre stage at Decorex last year, an archive design first launched in 1915 to commemorate the successful ascent of Mount Fuji by the son of George Percival Baker. The paper brings the whole room together – I love it and I now have a bedroom I feel I could proudly show a client!

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Gielgud pupils get a White Christmas

Despite the lack of snow this year, the pupils of the Gielgud Academy (GAPA) managed to get showered with special treats this Christmas with a visit to see White Christmas in the West End.

The children, from the Performing Arts School in Haywards Heath, were given special treatment backstage as cast members gave them a pre-show behind the scenes tour.

Florence Gaskell, age 13, from Lindfield said: "It was so exciting to actually stand on the stage of the Dominion Theatre and look out into the auditorium before the audience were let in. It was absolutely huge and I'll never forget it. I want to perform on that stage one day."

The children were also taken up and down the backstage corridors, in the costume rooms and the scenery docks. GAPA Principal Suzanne Gielgud explained: "As well as running the school we also run Gielgud Management, which is a theatrical agency. One of our clients, Matthew Cheney, is in the cast of White Christmas and so this gave us the exclusive opportunity to be invited backstage by the Production Company."

After the tour, all 70 of the GAPA party watched a performance of White Christmas, the West End musical version of the classic 1954 film starring Bing



Crosby and the hit song of the same name.

The show featured traditional song and dance numbers and starred Aled Jones and Holby City star and former Strictly Come Dancing winner Tom Chambers. During the grand finale, theatrical snow fell from the ceiling and sprinkled over the audience members, enchanting children and adults alike, ensuring that they did get a White Christmas after all!

photo by Suzanne Gielgud

Ceramics Discovery Day

Haywards Heath Ceramics Group recently hosted its fifth Discovery Day. Mr Anton Gabszewicz, well known as an international specialist and lecturer in European Ceramics, paid his third visit to the Group giving members a full day of talks on 18th Century English Porcelain.

Talks ranged from the history of 18th Century Porcelain, to an in-depth look at the Worcester Factory of the period.

The afternoon session included helping the Group to identify the differences between hard and soft paste porcelains, the examples of which Anton had found in the mud banks of the River Thames!

Anton also appraised a number of objects brought in by members including Chinese examples of Famille verte prior to 1723, and Famille rose after 1730, an example of Derby (approximately 1811) and an extraordinary Staffordshire Tea Pot in the shape of an Elephant which Anton had never seen before!

Meetings of Haywards Heath Ceramics Group are held on the 2nd Thursday of each month at Clair Hall.

For more details visit: www.hhcg.org.uk



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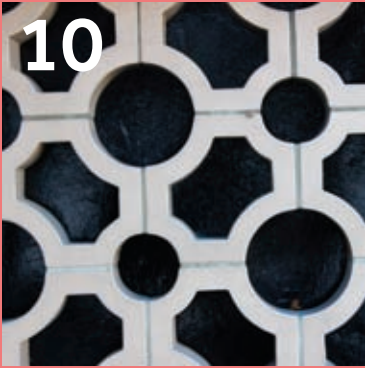
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Do you know Lindfield?
Lindfield Quiz

We went out with a camera and captured some sights that will be familiar to many readers. But how many locations can you name? It's just for fun, the answers are on page 43 or you can see the reveal photos at <http://bit.ly/1sUQPCq>



Road Wardens scheme needs volunteers

By Brenda Johnson

The scheme was founded many years ago by members of the three churches in Lindfield. The aim was to visit new residents and offer them a pack of local information. It is a simple but effective way to welcome people and helps to foster the community spirit that we enjoy and often, by making an initial contact in this way, a newcomer may feel encouraged to join in or explore what is on offer locally, thereby making new friends.

The scheme relies on volunteers who monitor the road where they live and watch for movement by word of mouth or 'For Sale' signs. In some areas it is only practical if several volunteers in a road look after a section of houses near to them. At present there are over 50 wardens but there are always roads without someone on the Road Wardens list leaving gaps.

The roads that are in need of coverage are: Appledore Gardens, Pelham Road, Noahs Ark Lane, part of William Allen Lane, The Hollow, Gravelye Lane, Rustlings Close, part of Fieldway and part of Brookway, Backwoods Close and West Common.

If you feel you could help in this 'good neighbours' scheme, please do get in touch with me – Brenda Johnson – on 01444 455375.



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Running tips

OUT & ABOUT

By Alex Keogh, chartered physiotherapist

Did you know physiotherapy can help to shave off minutes from your running time, as well as prevent and treat injuries whilst training? Your running style is like your finger print, it is unique to you and we should all constantly try to improve our technique. Whether you're a sub-three hour marathon runner pushing for a new personal best, a Sunday jogger or just attempting your first run round the block, we can help.

With the New Year comes new year resolutions for some and for others it brings closer big running events, in particular Brighton and London marathons. Below are a few physiotherapy principles that I believe can shave minutes off your time and help keep you safe when running.

1. **Love your feet.** 40% of physios say people training for the marathon are wearing the wrong shoes. Make sure you go to a recognised running store to buy trainers. You should be able to use a treadmill or run outside to ensure trainers provide the right support for your gait before buying them.
2. **Adequate recovery period.** You never overtrain, you always under recover. Recovery is the process that repairs the structural damage that occurs naturally when muscles are pushed. Cells in the muscle fibres degenerate and are replaced by new muscle cells that have a greater ability to cope with lactate and resistant fatigue, so don't forget to allow your body to recover and get stronger as a result.
3. **Cross train.** A good support regime, such as Pilates and strength training, will improve muscular balance and help strengthen problematic areas such as hamstrings and glutes, as well as increasing flexibility and preventing tight legs.

4. **Sports massage.** A sports massage is good for general maintenance of the body and can speed up the recovery period by reducing tension and inflammation after harder training sessions. In addition, a quick and energetic massage technique can be used before an event to enhance the warm-up.

Tips to prevent injury

1. Well planned training program – a specific and personalised program not only takes pressure off the athlete trying to decide what to do, it helps achieve goals and objectives, sets rest days and allows specific areas of training to be worked on.
2. Rest is as important to training development as training itself.
3. A good Support regime – running is only part of the puzzle. Doing support exercises such as Pilates, strength training, relaxation and stretching, such as yoga or a stretching class, will help keep injuries down.
4. Nutrition – is necessary for peak performance and post-performance repair.
5. Hydration – water is an important nutrient for life because it helps regulate our temperature, lubricate our joints and transport nutrients throughout the body.

Finally, don't ignore telltale signs that you may be carrying an injury; it will only make the problem worse. Below I have listed the three main telltale signs:

1. Pain – Is a good indicator that you may be carrying an injury. Time to seek advice from a physiotherapist.
2. Slow recovery - Areas of your body taking longer than usual to recover from sessions.
3. Poor performance during training or competition.

Resident proud to have cast Walliams film



Many of us will have enjoyed settling down with our families on Boxing Day to enjoy the BBC's adaptation of David Walliams' *The Boy in the Dress*.

But one Lindfield resident was especially keen to see how the production turned out.

Casting director John Cannon was one of the team responsible for finding actors for the film – from budding young thespians keen to make their mark, to some of Britain's leading comic actors.

John, who has been part of the team for all previous Walliams productions, began casting back in April. "That's when we received the first draft of the script," he said. "Jennifer Saunders and Meera Syal were cast straight away and Tim McInnerny and Harish Patel, who has been in all three Walliams films, came through soon afterwards."

He added that Kate Moss and Gary Linekar were approached by Walliams himself.

"Our biggest challenge was casting all the children" said John. "We visited lots of youth clubs and drama classes, watched hundreds of tapes and auditioned dozens of young people.

"I was really pleased with the final choice, and particularly excited for Temi Orelaja who played Lisa, as it was her first ever job.

"Watching a production for the first time can be difficult as the script has often changed considerably since you first saw it," John explained. "It's always more relaxing to watch it a second time!

"But I thought the final version was lovely – it's always a joy to see how a production has turned out, particularly when there are young people involved."

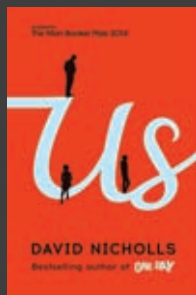


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Us by David Nicholls

BOOK REVIEW

By Cavan Wood

Merging comedy and drama effectively is a deft art. Nicholls has been able to show this in his previous novels: 'Starter for Ten' and the high concept novel; 'One Day', showing a couple by seeing their stories every 15th July. Here, too, there is an idea which sets the story. Douglas has failed to realise his wife's discontent in their marriage. He knows that things are not as they should be, so he comes up with a plan which he thinks will bind his wife and son into the ideal family he thought he was living in. Do the Grand Tour of Europe – and the tourist experience will somehow cement the bonds of their relationships. Now when any of us think that any time is special – summer holiday or Christmas or New Year – then thinks that of itself will give the desired outcome. Actually, what Nicholls shows is that travel cannot broaden the mind but it can rip us apart. The fact that we can see the limitations of Douglas' personality and yet still find him a beguiling, entertaining character.

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The lady behind the flowers

LINDFIELD STORIES

Many in the village go past the pond on a regular basis but, since Christmas, there has been a change on the landscape. Sadly, Lindfield has lost one of its flower shops. David Tingley went to meet the popular florist Khee Joon Kenneway to find out her story...

Khee Joon's story is one that begins in Singapore. One of eight children she was brought up in the little known area of Geylang, where she stayed until she met George, now her husband, while he was working there in the late 60s.

So Khee Joon (known as K J) had her first taste of Britain when they married and she came over in 1971. They owned a house in Aldershot, near Guildford, convenient for where George worked at the time. For the duration of the 80s the pair and 2 sons moved away to Singapore, living in the town of Clementi, when George's work as a marine engineer lecturer took them there. Then, in 1989, they moved back to UK with their three children. This time, with a job move for George, a colleague recommended looking around the Haywards Heath area for easy commuting. They took the advice and K J began her love affair with Lindfield!

Was moving from a country with tropical temperatures all year round to England's rather more fragile UK weather system a difficult choice? "Not for me," Khee Joon said. As we sit in her conservatory with the rain pouring down the glass, she simply says: "If it's raining, I try not to go out! England has always been good for me. I have felt so welcome here since the beginning and have formed many amazing friendships with Brits and others in a similar situation to me."

Within three days of moving to Lindfield she managed to get herself a job at Flowercraft on Lewes Road. K J had worked as a florist in Clementi and this seemed a good fit for her skills. She developed a great relationship

with the then-owners and founders Eileen & Mike Giles and, at the same time, she studied floristry at Plumpton College in order to learn and adjust to European styles of floral arrangements. After five years K J moved to work at Plantscene on Sussex Road in Haywards Heath, which she clearly enjoyed: "I learnt so much there about business and professionalism. It really opened my eyes."

In May 2000 Khee Joon saw an opportunity that she couldn't resist as the owners of Lindfield shop, Country Charm, opposite the pond, decided to sell up. "By this time I knew I could run my own business and knew the pitfalls to avoid, so I went for it!" This was the birth of Floral Studio. It was never K J's intention to create a business with lots of staff; she always wanted it to be her business with customers who knew her.

"I really enjoyed being my own boss, especially at first, as I could chat to the customers as long as I liked!" K J clearly loves to meet and catch up with people and she considers this really important in a local florist. The generally held sales view that 'people buy from people' would seem to back this up. She found that she soon began to know what flowers her regulars liked and this relationship-building is what has created the excellent customer base she enjoys to this day.

Being a local shopkeeper is a very public occupation and when she started Floral Studio her daughter was at Oathall Community College. K J recalls Rachel-Kim's pride when her friends' mums said to her that they'd met her mother when they bought flowers in the village. Her eldest, Gordon, was at a bar in London when he met a



stranger and got talking to her. It turned out she lived in Lindfield and his mother was doing the flowers for this girl's wedding!

In December, after 15 years, Khee Joon made the difficult decision to move the business out of the small premises following a series of discussions regarding the lease with the landlords. But she clearly misses Lindfield terribly. Made worse by the fact that she and George moved out of Lindfield two years ago to North Chailey – where she now operates the business from. "I'm going to see how it goes," K J says. "It's not the same without a shop front but I still see plenty of people on my deliveries in and around Lindfield."

George retired last year and the couple would like to find more time to see their far-flung children. Gordon is in Australia, Dylan in London and Rachel-Kim is now based in Singapore. "But I'm always on FaceTime or WhatsApp to either my children or family back home; so I don't miss them too much." One thing she is looking forward to is the ability to accept lunch invitations from friends! Something that running a shop full time makes impossible. "That and not always having to be in a hurry," K J adds, quickly!

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Microwave meals

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Chicken & potato casserole (serves 4)

1. In a small bowl melt 25g butter 30 sec.
2. Cut 350g slender leeks into 2.5cm slices. Put into an ovenproof casserole and sprinkle over 1tsp of the butter. Cover and cook for 4 min or until soft.
3. Cut 500g boned and skinned chicken (thighs are perfect) into fingers and add to the leeks. Cover and cook for 5 min, stirring once.
4. Whisk 125g tub low-fat cheese with garlic and herbs and 1tsp cornflour into 150ml hot chicken stock until smooth. Add 50ml dry white vermouth or dry cider and stir into the casserole.
5. Thinly slice 450g peeled potatoes and arrange over the chicken. Stir 2tsp dried herbs into the remaining butter and drizzle over the potatoes.
6. Cover and cook on MEDIUM/50% for 20-25 min until the chicken is cooked and the potatoes tender.
7. Uncover and grill until the top is golden brown.

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By Caroline Young

Do you really cook in your microwave from scratch using raw ingredients, not just reheating pre-cooked food or that cold cup of coffee? With the cost of domestic fuel hitting the headlines, now is the time to rethink how we use this useful appliance in your kitchen.

So... rethink how you cook simple dishes, reread the book that came with your microwave and start saving money heating that big oven or using the hob. Make full use of the different power levels – think of them as turning the gas jet or oven temperature up or down. Make a start with these delicious dishes and I promise you, you will not be disappointed.

Cooking is on full power/HIGH unless otherwise stated and timings are for an 800 watt oven. Check your instruction book for other wattages; if in doubt always cook for less time, check the result and adjust accordingly.

Root vegetable bake (serves 2)

To serve 4, double the ingredients and cook for 15 min. Test result and cook further if needed.

1. Put a good knob of butter into a small bowl and m/w 20 sec until melted. Stir in a handful of fresh breadcrumbs and mix lightly.
2. Put a crushed garlic clove, 75ml whipping cream and 50ml vegetable stock into a jug and m/w 1 min. Season with pepper.
3. Thinly slice 175g each of small parsnips, carrots and sweet potato. Layer in a shallow dish and pour the seasoned cream over the top.
4. Cover and cook on MED/HIGH/75% for about 10 min or until soft throughout.
5. Sprinkle the breadcrumbs on top and grill until golden brown.

Bolognese sauce (serves 4)

May be frozen and/or reheated (on MED/HIGH). Serve with pasta, rice or as a filling for jacket potatoes.

1. Put 1tsp oil into a large casserole and stir in 1 large finely chopped onion, 1 crushed garlic clove, 4 chopped streaky bacon rashers and 2 finely chopped carrots. Cover and cook for 5 min, stirring once.
2. Stir in 450g lean minced beef, breaking it up with a fork. Cover and cook for 5min, stirring once.
3. Stir in 150ml beef stock, 2-3tbs tomato puree and 1tsp dried herbs. Cover and cook for 10 min, then reduce power to MED/50% and cook 5-10 min, stirring once or twice, until the sauce is cooked.



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NEXT CONCERTS

21st Feb 2015: Janet Canetty-Clarke
Northern Lights: Greig and Sibelius

Well-known local conductor, pianist and lecturer Janet Canetty-Clarke will present another of her popular illustrated talks in Haywards Heath Methodist Church at 7.45 pm. She will discuss how the Scandinavian environment influenced the lives and music of these two composers.



Tickets £12, conc's £11, member's discount £3
Family rate: 2 adults half price with under-18 (£3)

14th Mar 2015: Young Musicians' Showcase



Come and hear some of the best young musical talent in the district, starting at 2.30 pm in St Wilfrid's Church.

Tickets £3 adults, £1.50 children

For further information, telephone 01444-456227, or visit:
www.haywardsheathmusicsociety.org.uk



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A Lasting Power of Attorney enables the right person to help make decisions for someone you love who is close to losing mental capacity.

I can talk this option through with you.



For a free initial chat about your own situation
speak to Sean Collins on 07710 113450
or email sean@meridianwills.net

Meridian Wills & Trusts Ltd



Win tickets to Thorpe Park

Explosive, electric and eccentric, Brainiac Show Live! returns to THORPE PARK Resort for a nine-day thrill spectacular over half term from Saturday 14th February.

Strap on your safety goggles and join Brainiac Live's mischievous band of scientists for the ultimate entertainment show with a science spin. From freezing household objects with liquid nitrogen to exploding bins, rocket propelled chairs, giant airzooka and testing how to make a really big BANG, who knew science could be this fun.

Guests can catch one of four 45 minute shows that will take place each day between 14th-22nd February as well as enjoying the Park's thrilling family friendly rides (*selected rides available).

For more information visit www.thorpepark.com

For your chance to win five tickets to THORPE PARK Resort this half term simply email your name and address to competition@lindfieldlife.co.uk before 8th February.

For prize draw terms and conditions please see <http://bit.ly/1zrakfF>

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Can you help these bunnies?

While thousands were enjoying the fireworks on 5th November last year, one Lindfield family had plenty of excitement of their own. Their doe rabbit had 10 babies that night - which made for a crowded house over Christmas!

Sue Preston has decided to keep five of the bunnies, taking their total number of rabbits to eight. "Whilst we would love to keep another three, space is at a premium. Having heard that advertising some baby rabbits sold on the internet can lead to them being used as live bait, we have removed our adverts off various websites," Sue told Lindfield Life.

She thought she had lined up homes for the animals before Christmas but they had all fallen through when contacted last month. Sue has also tried all the animal rescue centres around this area but they are all full at the moment.

Sue, who isn't a breeder but purely a rabbit owner, is desperate to match up these bunnies to owners who will love them. "We have three females, all healthy, lovely and lively."

If you think you can give one of them a loving, safe home, then please call Sue on 01444 484217.





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Lindfield Parish Council Newsletter

Feb 2015

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



Christmas festival night

Lindfield Parish Council would like to thank all those involved in making the Christmas Festival Night on 2nd December a successful and enjoyable family evening (despite the rain!).

In particular, our thanks go to: the members of the United Reformed Church for making this vital indoor venue available and providing entertainment and refreshments; the people who helped to get ready for Father Christmas; Mid Downs Radio for festive music and announcements; and Sue and Ian Masters for chauffeuring Father Christmas to his grotto. The event could not go ahead without the co-operation of the Police, Event Medic Services and Wilbar Associates, who manned the road closure for the first time. We are very

grateful to them and to Siamax who loaned us a set of two way radios; to Mid Sussex District Council for road closure barriers and Haywards Heath Town Council staff for putting up the advance warning signs.

As always we are indebted to the people who kindly allow us to plug in the High Street Christmas lights at their properties. Thanks also to Goddenwick Farm for donating a Christmas tree and to Glyn Thomas and Son for letting us put it on their roof.

Finally, thank you to all members of the public who supported the event. We hope that our local shops benefited from the evening and that people who had stalls on behalf of local charities were successful in raising money for their causes.

Do you want to make a difference?

A team of people with vision, enthusiasm and the skills to turn their ideas into reality can accomplish so much for their community. If you would like to become involved in shaping the future, why not think about standing for election to the Parish Council? The dates for nominations for the election on 7th May will be displayed on the Parish Council notice board in Denmans Lane at the appropriate time. If you would like to know more about being a local councillor, please contact the Parish Office or speak to one of our Councillors.

Members of Lindfield Parish Council:

They can all be contacted, in the first instance, via the Parish

**Cllr. William
Blunden
(Chairman)**

**Cllr. Valerie
Upton
(Vice Chairman)**

**Cllr. Mike
Allen**

**Cllr. Michael
Amor**

**Cllr. Jane
Chatfield**

**Cllr. Alan
Gomme**

Lindfield Parish Council Office is open on Tuesdays 1pm to 4pm, Thursdays and Fridays 10am to 1pm – when members of the public are welcome to come along to look at planning applications for Lindfield, buy concessionary railcard vouchers, or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

.....

Parish Clerk: Mrs. Christine Irwin	Deputy Parish Clerk: Iain McLean	Responsible Financial Officer: Mrs. Sue Kolien
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Neighbourhood Plan

by Alan Gomme, Chair, Lindfield & Lindfield Rural Parish Neighbourhood Plan

The formal submission of the Plan under Regulation 15 of the Neighbourhood Planning (General) Regulations 2012 was made by delivering it to the Neighbourhood Planning Officer at Mid Sussex District Council on the 12th December 2014.

This submission included the proposed Neighbourhood Plan, along with the Proposals Maps, Consultation Statement and Basic Conditions Statement.

In addition we had to supply a number of background evidence papers, which support the appropriate policies in the Plan. These included: Local Green Spaces in Lindfield Parish, Local Green Spaces in Lindfield Rural Parish and Areas of Townscape Character – Lindfield Buildings overview.

We also had to provide supporting papers in respect of the Consultation Statement and these included: Community Engagement Plan, Consultation activities and Consultation feedback.

These documents were submitted on behalf of both Lindfield Parish Council, who approved them for submission at its Extraordinary meeting on 4th December 2014, and Lindfield Rural Parish Council, who approved them for submission at its meeting on 1st December 2014.

We have now done all that we can do to progress

the plan, and Mid Sussex District Council now have to satisfy themselves that these documents meet the requirements of the regulations. Once that has been done, we will then be able to publish the documents on our websites.

However, it will be MSDC who will formally publish these documents under the next step, for a 6 week public consultation period. Details of the consultation period dates and how the various documents can be studied will be publicised by MSDC and should appear on their website and in the Mid Sussex Times. Once we know these details, we and the Rural Parish Council will also put them on our websites, together with links to the various documents.

Street lights

The upgrade of West Sussex County Council's street lights in the village has been taking place. As stated in previous newsletters, the Parish Council is making a contribution in order to have better consistency in the village centre, particularly the Conservation Area, with the heritage style lights. You may have noticed that the contractors are actually installing standard columns but, in the roads for which heritage style lighting has been agreed, these are to be modified in due course with the addition of embellishments to the columns, swan neck brackets and heritage style lanterns.

Responsible financial officer / assistant clerk

The Parish Council will shortly be seeking to appoint a new member of the office staff in the combined role of Responsible Financial Officer and Assistant Clerk. At the time of writing, the details have not yet been confirmed but the post will be advertised on our website and noticeboard in Denmans Lane in due course.

Office, or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

.....

Cllr. Stephen Henton	Cllr. Margaret Hersey	Cllr. Simon Hodgson	Cllr. Roger Pickett	Cllr. Ron Plass	Cllr. Christopher Snowling
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Lindfield Diaries

The Lindfield Parish Directory and Year Book (better known as the green Lindfield Diary) is still greatly appreciated by many of our residents and the Parish Council is very grateful to the owners of the businesses that support us by advertising in the diary, which helps towards the printing costs. Having said that, the number of adverts has dropped considerably over the last few years. We can understand this, as budgets are tight and there are so many publications around carrying advertising, but the diary is a bit different in that people keep it handy for reference all year round because it contains so much local information, which must make a once-a-year investment in an advert rather good value. Adverts come in five sizes, so there should be one to suit most budgets. There must be many small home-based businesses in the village that we do not even know about and so we cannot write personally to invite them to advertise. Do give it some thought and let us know if you would like to be added to our list so that we can contact you when we start preparing next year's edition.

Sadly, a few members of our stalwart team of volunteers are no longer able to deliver diaries and we would particularly like to thank them, along with the continuing members of this team, for their efforts on our behalf. You are all very much appreciated.

That brings us to the next plea – we have some gaps! If you feel you could help by delivering diaries once a year please let us know.

Police Community Support Officer

PCSO Erica Baxter can be contacted about neighbourhood concerns such as graffiti, rowdy behaviour and burglary on 101 voicemail extension 27123, by twitter: @hheath_police or by email: erica.baxter@sussex.pnn.police.uk. Crime should be reported on 101 in a non emergency incident or 999 if appropriate.

Mobile civic amenity collections

The refuse freighters will be in the Tollgate car park on Sunday 8th March, between the hours of 10am and 12noon, for the collection of household and garden waste. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.

Parish Council meetings

February–March 2015

Tuesday	3rd February	Planning and Traffic Committee (plans only)	8pm
Thursday	5th February	Environment and Amenities Committee	8pm
Tuesday	24th February	Planning and Traffic Committee (plans only)	8pm
Thursday	5th March	Finance and General Purposes Committee	8pm
Thursday	12th March	Full Council	7.30pm
Tuesday	17th March	Planning and Traffic Committee (full)	8pm

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

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What's on in February

AT KING EDWARD HALL

- 2nd **Autumn Club Meeting** – social afternoon with tea, chat and entertainment (Mrs Carole Sharp 01444 459305)
- 5th **Lindfield Country Market** – 10–11am (Sheila Hobbs 01444 483396)
- 5th **FitSteps with Fran** (Cherub Dance Company) – regular weekly Thursday lunchtime fitness classes 1–2pm (Fran Pittingale 07712 414967)
- 7th **Lindfield Horticultural Society** – coffee morning and plant sale, 10am to 12 noon (Mrs Alison Elliott 01444 483039)
- 11th **Lindfield Horticultural Society** – 8pm. Talk by Sarah Carlisle: 'Contemporary Planting in an Amenity Environment'. With a background in horticulture and garden design, Sarah Carlisle is the nursery manager at Brighton & Hove City Council's Stanmer Nursery. She also works as its in-house soft landscaping designer and consults on potential projects, currently working on a bid to develop the Stanmer Estate & revamp the nursery site. Members £1, visitors £2. All welcome (www.lindfieldhorts.org.uk, Mrs Alison Elliott 01444 483039)
- 12th **Lindfield Country Market** – 10–11am (Sheila Hobbs 01444 483396)
- 17th **Lindfield Preservation Society** – An illustrated talk (Meeting and Membership information from John Chapman 484470)
- 19th **Lindfield Country Market** – 10–11am (Sheila Hobbs 01444 483396)
- 19th **Film Show: 'The 100 Foot Journey' PG**
Doors open 7.30pm
(Tickets from Tufnells or Jennie Powell 01444 483431)
- 24th **Lindfield Flower Club** – 2.30pm
Angela Merryfield will demonstrate and her talk is called "FLOWERS AND MUSIC"
(Norma Smith 01444 414562)
- 26th **Lindfield Country Market** – 10–11am (Sheila Hobbs 01444 483396)
- 28th **Lindfield Folk Dance Club** – Barn Dance (Mike Fairweather 01444 482741)

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

AND ELSEWHERE

- 3rd **NHS Retirement Fellowship** – Franklands Village Hall 10.15am. 'Return to the Persian Odyssey' by Christopher Rudd
- 14th **ROC on Saturday** – Lindfield URC Lounge 3–4.30pm. Over 55s fortnightly event
- 18th **Mid-Sussex Decorative and Fine Arts Society Lecture** – Clair Hall, Haywards Heath 10.15 for 10.45am. 'The Medieval Art of Love and Life' by Patricia Wright (www.mid-sussexdfas.org.uk)
- 24th **Mid Sussex Local History Group Meeting** – Franklands Village Hall 10am. Lecture on 'The Iron Industry in the Weald'. New members welcome; we meet on 4th Tuesday of each month
- 28th **ROC on Saturday** – Lindfield URC Lounge 3–4.30pm. Over 55s fortnightly event
- 28th **Rivers & Robots gig** – All Saints Church 7.30pm (doors open 6.45pm). Tickets £5 available from Church Office.
- 28th **Ensemble Reza cello recital** – Great Walstead School 7pm. Pavlos Carvalho, cellist and music director from Ensemble Reza, playing some of the greatest romantic music written for cello and piano including cello sonatas by Frank and Rachmaninov. Tickets £13 for adults and £5 for under 18s. Available at www.ensemblereza.com or from Carousel Music, SWALK and Pepperbox

Bric-a-Brac wanted

Lindfield Bonfire Society would like any donations of good quality bric-a-brac for this year's fundraising events. Donations can be left at 18 Beckworth Lane Lindfield RH16 2EH, or call Sarah on 01444 487470 if collection is required.

Lindfield Quiz: answers from page 22

Answers: 1) Finches Gardens, 2) The Post Office, 3) 105 High Street – Lime Cottage, 4) Denmans Lane – Happy Feet chimney, 5) Humphreys Bakery, 6) Greyfriars – Graveley Lane, 7) The Manor House – High St, 8) Malling Priory – High St, 9) Glyn Thomas & Sons, 10) The Bent Arms, 11) 'Will & Kate' swans sculpture – Barncroft Drive, 12) Denziloe/Tufnells – High St

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