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#### FDITORIAL

#### **By David Tingley, Editor**

Welcome to an undeniably iam-packed issue of Lindfield Life, I'm very pleased to say that, as more businesses wish to be seen on our pages, we also have plenty of great content to balance up our all-important ratio. Do please mention Lindfield Life when you contact our advertisers – it's important for them (and us) to know that their advertising works.

Claire Cooper, my fantastic editorial assistant, met up with Lindfield's Liz Hinze and has written up her story for your interest on page 24.

On page 26 Lindfield Rural Parish Council presents its latest news, including its annual accounts. Thank you to LRPC members for their continued support of the magazine.

There is all sorts of talk of art in the air this month. Of course, it's the Lindfield Arts Festival on Saturday 17th September - some highlights are shown on page 37. But we also have exciting news of an Oathall school student - John Moore - having his work selected for a London exhibition on page 32. Closer to home, a number of Lindfield artists have been displaying their work in a charity exhibition in Haywards Heath - see page 33.

As we celebrate some great news for local brewery 360 Degree Brewing Company on page 47, don't forget to throw your virtual hat in to the ring for the chance to win a 24 can case of free beer.

As ever, we have plenty of news stories from the village too. We congratulate Blackthorns pupil Ella Bartholomew on winning a national competition to design a new badge - page 4. Lindfield resident Jane Plumb and her family walk 20 miles to celebrate 20 years since the start of her charity Group Strep B Support - page 6. And, on page 21, the Lindfield butcher Glyn Thomas & Son has been nominated for an award - see the details of how to vote for the local business.

Enjoy the read, and, if you took a Lindfield Life with you on holiday, don't forget to let us have photographic evidence before 8th September!

Issue #90 - September 2016 -4,600 copies printed

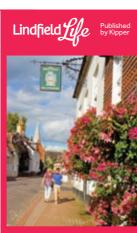
Next magazine copydate: 8th September 2016

Next magazine published: 25th September 2016

#### Lindfield Life

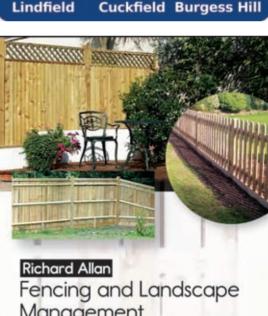
The Barn, Hurstwood Grange, Haywards Heath RH17 7QX Telephone 01444 884115 www.lindfieldlife.co.uk Editor: David Tingley Assistant: Claire Cooper <editor@lindfieldlife.co.uk> Advertising: Emily Billson <ads@lindfieldlife.co.uk>

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David Tingley Floral bloom outside The Bent Arms





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September 2016



We 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

### Pupil wins badge comp



Talented young artist Ella Bartholomew has put Lindfield firmly on the map after winning a national competition to design a Walk to School Badge.

Ella, aged 5, a pupil at Blackthorns Community Primary Academy, included Lindfield common and pond in the design for the badge which will be worn by children across the country as a reward for walking, cycling or scooting to school.

Children from schools nationwide were invited to enter the '2016 Living Streets Badge Design Competition' with badge designs which reflected their own journey to school. Ella's badge was selected from many other entries from Blackthorns pupils to represent the school in the competition.

Flla's design obviously also impressed the judges of the competition, as it was selected to go into production and will be awarded to children nationwide for walking, cycling or scooting to school during December 2016.

Marianne Brand, Principal of Blackthorns Community Primary Academy in Lindfield, said: "We are all absolutely delighted for Ella. She is the first child in West Sussex ever to win this. competition. Her design included recognisable features of our beautiful village of Lindfield, including the pond and the common. We are all very proud of Ella and excited that children the length and breadth of the country will be wearing a little bit of Sussex on their school uniforms."



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### **FIKA becomes Somers**

The High Street tea shop formerly known as FIKA became Somers last month.

Mother and daughter team Madi and Lesley Somerville bought the business in May this year and have been running the shop since then.

"We've really enjoyed our first months trading in Lindfield," Madi said, "but now we feel it's time to ring the changes and put our own stamp on the business."

Somers had its official opening with a launch party welcoming more than 40 customers, family and neighbours in July.

They have also decided to open on Sundays between 8.30am and 3pm due to customer feedback and demand. The shop will be closed on Mondays to give the pair one day off!

# Bonfire urgently seek accountant

The Lindfield Bonfire Society is a small private limited company, with an annual turnover of £20,000. The Society has only two objectives, firstly to organise and operate the 5th November festivities and secondly to donate its surpluses in any one year to local children's charities.

LBS are looking for a professional person, Chartered, Certified of AAT, who would be prepared to act in a voluntary capacity, to make up the Society's Annual Accounts from incomplete records and produce the necessary abbreviated accounts required for filing under the Companies Act.

The Society has a Treasurer and a full Committee so there would be no requirement to attend committee meetings, other than the AGM, held in April.

If you could help would you please contact Mark Tampion-Lacey, Honorary Secretary, by email on lindfieldbonfiresoc@gmail.com or call 01444 487470.





Torn ligaments and weak ankles didn't stop a Lindfield family from completing a sponsored walk to raise funds for the charity they set up 20 years ago.

The Plumb family, mum and dad Jane and Robert and children Oliver and Camilla, travelled to The Wrekin in Shropshire to complete a 20 mile walk to celebrate the anniversary of the Group B Strep Support charity.

The route was organised by Chris Cheshire, whose younger son, Adam, developed group B Strep meningitis just hours after he was born. Adam survived the infection but, now five years old, he has been left profoundly disabled – hearing and visually impaired, autistic, asthmatic and developmentally delayed.

The charity, Group B Strep Support (GBSS), was set up to prevent avoidable group B Strep infection in newborn babies following baby Theo Plumb's death from group B Strep infection. It campaigns for greater awareness and better prevention of this devastating infection, and wants every pregnant woman to be given accurate information about and offered testing for group B Strep.

A delighted but footsore Jane said: "I had torn ligaments from a rounders' injury which were taking longer to heal than expected, Camilla's weak ankle was causing problems and Robert, now in his seventh decade, is definitely less lithe than he was, so the walk was a physical challenge for us. It was also a mental challenge for Oliver as he had to listen to us mithering!

"But we all managed it. We were so lucky with the

weather - it was beautiful, and the scenery around The Wrekin in Shropshire was stunning. The last couple of miles were hard, but we all finished - still walking, and still talking to each other, so that's quite an achievement!"

Jane added that the walkers have raised just under £1,800 (including gift aid), just short of their £2,000 target (£100 for each year of the charity).

The charity has not only helped raise awareness of Group B Strep Infections, ensuring it is on the agenda of medical professionals, MPs and civil servants, but ensured that something positive has come from Theo's tragically short life. "It seems astonishing that it was 20 years ago that Theo blessed our lives for such a short time," said Jane. "There has been a lot of progress over the years, but the UK still isn't doing enough. And that means babies are STILL getting preventable group B Strep infections."

She added that in the UK, on average every day a baby develops GBS infection, every week a baby dies from GBS infection and every a fortnight a survivor is left with long-term physical or mental disability as a result of their GBS infection.

The Plumb family's JustGiving page is still open for donations towards their £2,000 target. If you can help, visit: https://www.justgiving.com/fundraising/PlumbsWalkingForAdam.

For more information about group B Strep and the charity, please visit www.qbss.org.uk





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When Toby Carrington (pictured) made the decision to move from Brighton to Cuckfield with his wife Alison there were no rural specific letting agents available.

This thought stayed with him for many years and resulted in him starting Village Letts, a new letting agency specialising purely in the letting of residential and commercial property in villages, hamlets and market towns. Village Letts allows those looking to rent a property in one of the many villages, hamlets or market towns in Sussex see what they have to offer in terms of the schools,



bus and train links, local pubs, dog walks and so on via a comprehensive website.

"The information we wanted when we moved was down to ourselves to find out." Toby explained, "We were lucky as my wife Alison grew up in the neighboring village of Balcombe, but, for those who don't know the areas, finding out more about the villages they are interested in can take up a lot of precious time. We hope to reduce that by supplying as much information on the villages as we can." Toby has been in the sales and letting industry for 30 years and lectures in Housing Law and Regulations to both landlords and agents all over England and Wales. Toby's expertise has led to some high profile appointments. He was interviewed by Kate Falkner, one of the country's leading independent property experts, on repairing obligations in letting. And he trained the two deputy mayors under Boris Johnson, the course that all landlords and agents have to take if they want to work with the London local authorities. He is currently part of a team training landlords and agents in Wales for the National Assembly under the Rent Smart Wales Scheme, so he certainly knows the business of letting inside and out. "I understand what it is like to be a landlord," Toby continued. "I am one myself. I also know the importance

of getting it right which is why we not only credit check every tenant but we insure all of our rents throughout the term of the tenancy for free."

Toby has had the idea of starting a rural specific letting agency for some time, but since he launched the company in May he tells us they have gone from strength to strength adding new villages as they go.

"It's been really amazing how the business has taken off, as well as being very interesting and good fun doing the research for the website. You find yourself driving through a village or hamlet and suddenly you're saying to yourself 'I could live here', and I think that's how it starts for a lot of people when they realise they want that village lifestyle."

Village Letts is obviously into the village scene and looks to promote activities and businesses on their site. Toby explained: "We love the idea of villages telling us about what's on, the history and encourage their involvement. We will happily publish their photos and write ups. We have listed a number of villages so far, including Lindfield, and are expanding on it on a daily basis. We also want businesses to send in information about themselves and they'll get listed for free, but obviously we are also looking for landlords. I hope that any landlords reading this will understand what we are trying to achieve, like what we are doing and want to use us."

If you are looking to rent out your property or are looking for a property to rent, then you can contact Toby

on 01444 677776 or by email info@villageletts.com

If you are just interested in looking at the different villages listed so far and what they have to offer, then check out their website www.villageletts.com

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## TV gardener to do talk

The holidays may be almost over for another year but the fun at Borde Hill Garden lingers on well into the autumn

On 15th September Gardener's Question Time regular Matthew Biggs will host a talk entitled 'In the Footsteps of the Plant Hunters', about the extraordinary adventures of the great Victorian plant hunters who worked for



nurseries and private collectors, including Colonel Stephenson Robert Clarke, the current owner's areat-grandfather.

September is also the last chance for visitors to enjoy this year's acclaimed sculpture trail, which has transformed the historic garden into an outdoor gallery.

# Celebrate 100 years since church bought The Tiger

#### By Sarah Hagger

'A vision for the future' is an expression we often hear. Fortunately for us this is something the parishioners of All Saints Lindfield had 100 years ago.

In the summer of 1916, the battle of the Somme had begun and life must have been very bleak, but when the pub next door to the church came up for sale they decided to buy it to use for church meetings, the princely sum of £700 being raised by public donation. They put their trust in God that there was a future after the war, and we can thank God for his provision. It is fitting that we should celebrate this foresight and the beautiful building - The Tiger - that we have inherited and is so greatly used today! So on 1st October we are planning some activities to mark this event. An afternoon cream tea, evening barn dance, display of some historic artefacts from the old Parvise museum and a display of photographic memories of the people of All Saints.

If you have any photos to share or you would like more information about the events, please contact The Tiger Church Office by email (allsaints@lindfield.info) or call 01444 482405. We hope to see you Saturday 1st October!





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In order to bring the authenticity, knowledge and wisdom of Ayurveda to the centre, we are incredibly excited to announce that notable Ayurveda specialist Dr Shijoe Mathew has joined the centre this month. Mathew is an Ayurvedic Doctor and has been the chief clinician for the past 4 years at the world renowned Ananda Spa in the Himalayas, treating highly prestigious and celebrity clientele. He has resigned from his post at Ananda to reside at The Alternative Healthcare. His vast knowledge and experience in treating such disorders as arthritis, fibromyalgia, depression, stress, anxiety, eczema, asthma, IBS, colitis and many more will be a huge asset to the centre. Mathew's decision to leave Ananda to bring Ayurveda to the UK and help enlighten as many people as possible to the healing science is testament to his passionate belief in the system. His diary

has now opened, with his impressive credentials, wisdom on the subject and logical manner in treating and explaining disease and disorders, space may be limited. Please call the centre on 01444 474447 to make your appointment.

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# Art Exhibition celebrates winners

The Adventurers Art Club has been holding its annual exhibition in the King Edward Hall since it started in 1953.

Every year visitors are asked to vote for their favourite painting and the winning artist is awarded the Frank James Cup.

At this year's event, visitors chose Sandra Patching's painting (pictured top right) of a Winters Morning as their favourite painting.

Sandra will have her name engraved on the cup and hold it for a year.

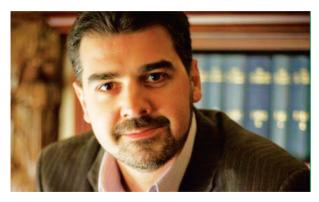
Members also voted for their favourite painting which this year was 'Quayside' painted by Chris Batt (pictured right) who was presented with a certificate.





## Classical concert features local professionals





Internationally acclaimed husband and wife team Robert Davies and Elin Manahan Thomad will be bringing some favourite tunes and classical songs to Lindfield next month.

Elin is renowned as a soprano, having released an album with Universal in 2007, and sung at the Paralympics Opening Ceremony in London 2012 to a global audience of a billion viewers. She can also be heard presenting every Sunday evening on BBC Radio Three. Robert has appeared at Glyndebourne and Royal Opera House Covent Garden and has toured Europe and America extensively in many operatic roles.

The pair moved to Haywards Heath four years ago and joined the church at All Saints Lindfield, where they'll be giving their concert in aid of the church organ. The programme will feature operatic hits like the Toreador's aria and Die Fledermaus's Laughing song, as well as fun duets and nostalgic tunes from Novello and the great musicals.

Robert and Elin hope to attract a big crowd and have said that anyone is welcome to sing along!

The Gala Concert will be held at All Saints Church on Saturday 29th October, starting at 7.30pm. More information available from the church office on 01444 482405.



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#### **Bv Hugh Bourne**

Someone once asked me 'What gets you out of bed in the morning?'. I think they were expecting an answer concerning motivation, drive and vision, but instinctively I replied: "My children!"

Picture the scene, it's a bright Saturday morning in Lindfield, you've already been awake for several hours as your mind struggles to escape the hypnotic beats of a CBeebies theme tune. It's 9am and the kids are ready to go! As you leave the house, mum breathes a sigh of relief. As you get closer, you're strangely revived as the smell of crisp bacon and freshly brewed coffee drifts out of something resembling an old stable, but it looks like the oasis you've been searching for. This is Dads & Tots.

Back in April we started this new group at All Saints Church. We've been delighted over the years to welcome mostly mums and their children to our midweek groups. Perhaps you've been along to Rainbow, Noah's Ark, Twins Club or Coffee Plus? But what about Dads? We wanted to create a space where dads (or any male carer) could come along and find a safe area to play with their kids and perhaps meet some others in similar situations along the way.

A typical Dads & Tots session kicks off at 9am with free play, indoors and outdoors, and a hot drink for dad. A little later there's some small snacks for the kids and a bacon roll for dad. Once we've finished with food, we open an adjacent room with crafts, play dough and other activities to explore. We're all done by 10.30am so plenty of time to enjoy the rest of the day.

Listen to what some dads think of it: "Fab activities for the tots. Fab bacon sarnies for the dads." - David & Alice. "It's great to meet some other dads and give mum a bit of a break." - Stuart & Matty.

Dads and Tots is a group for dads (or male carers) and their pre-school children. It meets in the All Saints Church stable building (just next to the car park) and continues to meet in 2016 on the following Saturdays between 9-10.30am: 24th September, 22nd October and 26th November.

Hope to see you there! PS: It's free!



# What's the market doing?

#### PROPERTY PAGE

#### By Mathew Gurr, Move Revolution

Welcome to our second market report following on from our June issue. Thank you for all of the positive feedback so far. I, like many of you who attended the hugely successful Village Day in the same month, thought it was great to see so much involvement within the community, and thankfully the weather played its part too.

So what has changed since our last market report? Well, quite a lot as it happens! I don't think many within the industry would have predicted the Leave vote from the European Referendum. The one thing I can say is that things are never as bad as predicted and always seem to get better guicker than you would think. The housing market is always resilient. I have been talking to experts and using my own experiences to try and forecast what will happen but it is extremely unlikely you will see the price drops between 10% and 20%. After all, at the peak of the financial crisis eight years ago they fell nationally 10% but we didn't see that locally. My view is that there hasn't been an economic shock (a political shock. ves) and that we are more likely to see a softening in prices if people take a wait and see approach. However, what usually happens is that there is a sudden return of demand that wipes out any dips in the prices very guickly. Therefore, I suggest that you may see anything from a 0% drop to 5% which will be short lived. What is abundantly clear, is that the days of putting a home on to the property portals and waiting for the phone to ring are long gone. It is all about the quality of marketing professional photography and advertising homes on websites such as Rightmove and Zoopla and, importantly, a hunger to deliver excellent service to clients.

We are seeing a great response from residents within the village to our different approach to marketing. We have completed on an excellent three bedroom home in Brookway that previously had been on the market with another agent Add to that two stunning country apartments just a short drive to



"Quite a lot has happened since our last property report in June: who would have predicted an EU Leave vote?"

Hammingden Lane, our launch of 11 new build homes close to the hospital and the continuation of the one bedroom apartments at the White House near the station, there is plenty of opportunity to talk to homeowners about their moving plans.

If you require any further information, an informal chat or a property valuation, please call me on 01444 657657 or email mathew.qurr@moverevolution.com





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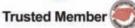
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# Delilah is the 'mane' attraction

Delilah, a miniature pony, brought big smiles to the faces of residents at Walstead Place care home in Lindfield last month when she paid a 'neeeighbourly'

Part of the patting assisted therapy mini equine team. Delilah was happy to meet residents both in the lounge and, for those not able to get out of bed. in their rooms

Jacquie Ferguson, Home Manager of Walstead Place said: "Everyone was more than delighted to meet Delilah and give her a stroke and pat. The expressions on the residents' faces and their reaction to meeting Delilah was amazing to see. Also Delilah's response to our residents was so moving as she seemed to sense their needs and was so gentle and loving.

"Seeing animals brings pleasure to everyone. especially when they are as calm and gentle as this little pony. She was so well behaved, even toilet trained! All of us at Walstead Place are eagerly looking forward to her next visit."

Pictures shows resident John Marquet receiving Delilah in his room.



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Customers of Glyn Thomas & Son butchers in Lindfield have given new owner John Cottenham their seal of approval – voting with their feet and their smart phones!

Just three months after taking over the High Street shop, John has been delighted to find that he is in the running to become 'Sussex Butcher of the Year 2017' – thanks to nominations from customers.

"We've had a wonderful welcome," said John who, following interviews over the phone and face to face, is one of 10 finalists in the contest, part of the annual

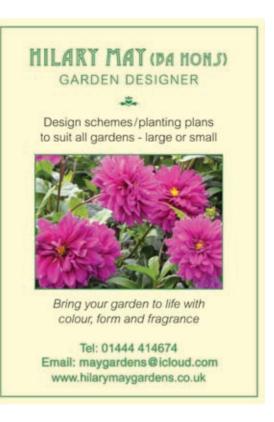
Sussex Food and Drink Awards.

"The judges are looking for businesses which strive to find locally sourced products, which is exactly what we aim to do." he said.

"We pride ourselves on working with food producers who are as passionate about their products as we are."

Customers have until 24th September to vote for John and his staff Josh Whittington and Nicola Whatford. To cast your vote, visit www.sussexfoodawards.biz





## Row launches book

Lindfield resident and Nepal earthquake survivor Row Smith launches a book to explain what it's like to suffer from Post Traumatic Stress Disorder (PTSD).

Row, who featured on ITV's Lorraine show to tell her story earlier in the year, decided to write the book in 2015, and any profits from the sales will go to help the Nepalese people to rebuild their lives after the disaster.

The book can be pre-ordered at www. mystorystarter.com/Nepal. There are three versions available - £10 ebook, £20 paperback and £25 hardback.



Row commented: "Not only will all proceeds from the book go to helping the Nepalese people rebuild their lives but it will also promote the country and raise awareness about what a wonderful place it still is."

The book will be available to buy from Row in person at a charity fundraising event in Burgess Hill on 9th September. The event will be hosted by well-known mediums Sue Smith and Marlene Woolgar. More details from 01444 242888.

# Are you having problems sending emails?

Are you having problems getting on to the internet or sending emails? Then a local volunteer-run service may be able to help.

From simple advice to specific training on a one to one basis, the volunteers can help on most aspects of computers and software. Bring your computer, smartphone or tablet with you (if possible).

If you have a particular problem, let the volunteers look. If they can't fix it they can advise on the best course of action.

Don't worry if you are completely new to computing, the volunteers will take you through the steps you need to take to online.

The Walk-In Help Desk is set up at the Spire Café, St John's Church, Burgess Hill every Thursday between 11am and 1pm. There is no charge - though you might like to buy a drink while you are there.

The group of volunteers have been 'checked out' by corporate supporter Affinity Sutton as having the technical expertise and personal qualities to provide this service. The help desk has been given free use of space and wifi in the Spire Café by St John's Church and is also supported by Mid Sussex Older People's Council.



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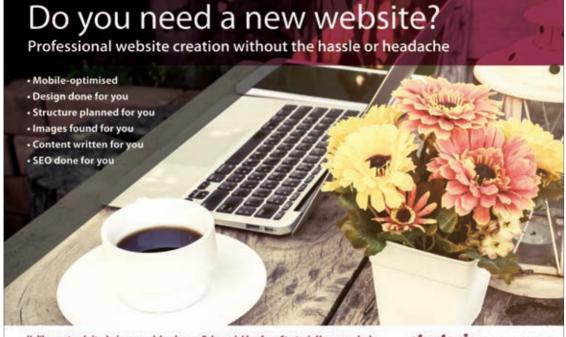
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September 2016





When someone tells you they have been leading a double life you might assume they have something to hide.

But for Lindfield resident Liz Hinze nothing could be further from the truth! Liz is more than happy to reveal how she has successfully combined life as a language teacher in Sussex with performing all over the world as part of an internationally renowned choir.

"Looking back I sometimes wonder how I managed," Liz recalled. "There were days when I would get back from supply teaching, teach a private lesson and then rush to the train to get to a three hour rehearsal in London. It was quite a marathon! On concert days I would often attend a tutti rehearsal in London, return to Lindfield for 2-3 hours and then return to London for the actual concert!"

#### By Claire Cooper

Music has been an important part of Liz's life since she was a child singing solos at her local church and school and becoming known as the 'little girl with the big voice!' She also excelled at piano and spent four years studying at Trinity College of Music in London as a junior exhibitionist. "We lived in North Harrow so I was able to commute there." Liz recalled.

When the family left London and moved to Leicester, Liz was devastated. "I felt I'd been 'ripped out' of my beloved Harrow Girls' Grammar School," she says, but she went on to enjoy happier times at Leicester University where she gained a BA Hons Degree in German and French followed by a PGCE.

"As part of my degree course I had to spend a year as an assistant teacher teaching English in Germany," Liz recalled. "It was 1961 - the year the Berlin wall went up."

It proved to be a very traumatic time. "I had wanted to go to Munich, but found myself in this strange place 'Hof/Saale' near the border with East Germany," said Liz. "My father was going potty – I was only 19, travelling alone and out in the wilds of Upper Franconia."

Many of the students Liz taught were older than she was. "In German schools anyone who failed their exams stayed on until they passed," Liz explained. "I remember the headmaster sitting with his feet on the desk eating apples and giving orders. One day he told me I had to teach an evening class as well as doing my usual daytime work. I felt I couldn't say no."

Liz was horrified when nearly 50 German adults turned up to the first class. "But I stuck at it for a whole year - I obviously had the makings of a teacher!" Liz said.

Liz moved to Lindfield with husband Peter and two small children nearly 40 years ago, teaching German and French at St Paul's School from 1978 to 1980 and moving to Oakmeeds in Burgess Hill from 1980 to 1983 as Head of German. "Hoved Oakmeeds. It was a super school," she said.

In late 1983 Liz was appointed Head of Languages at Chailey Comprehensive, but eventually left to become a part-time teacher working in schools in Billingshurst, Haywards Heath and Brighton.

"I finally moved to a school in Angmering where there were some children who were deaf and had life limiting illnesses, which was really interesting."

But the demands of moving schools had taken its toll and Liz became ill with pleurisy and was off work for five weeks. "Before then I'd never had a day off work," said Liz. who was advised by her doctor to retire.

"I was only 55 and not ready to completely retire, so I started my own business, Lindfield Languages, giving private tuition and doing a lot of supply work at Warden Park School in Cuckfield."

She also took the opportunity to expand her own language skills, enrolling at Haywards Heath College to study A Level Spanish. "I was a pretty naughty student – always eating sweets under the desk, hoping not to get caught by the very strict Spanish teacher," Liz laughed. "I kept failing vocabulary tests and having to take them again!" Occasionally the lessons would clash with Liz's other commitments. "But luckily I had an arrangement with one of my fellow students who lived in the village and kindly let me have the homework!"

After two years Liz was awarded an A Grade. Inspired by her success Liz went on to study for a Diploma in Spanish through the Open University.

Meanwhile, Liz's singing career was also beginning to take off. "I didn't start having formal singing lessons until I was an adult," said Liz, who was taught by a family friend who was a qualified singing teacher.

Before moving to Lindfield, Liz sang in Surrey with the Wallington, Carshalton and Beddington Music Society and later teamed up with a tenor whose wife played the piano. "We formed a trio and travelled all over the county performing Schumann duets."

When Liz moved to Lindfield the first thing she did was search for a good accompanist. "I was delighted find Fiona Fawssett from Cuckfield who is the most wonderful pianist," said Liz.

Accompanied by Fiona, Liz began performing her 'Russian Collection' for local music societies and was also invited to become a soloist with the Sussex Musicians, a semi-professional group based in Brighton.

She applied to become a lecturer for the WI and was soon entertaining groups all over Sussex with illustrated talks of 'Songs Through the Ages', and also taught singing for several years. "I remember one young pupil who desperately wanted get into choir school," said Liz. "He had his heart set on singing 'Doe a Deer' from the Sound of Music for his audition. I persuaded him to choose a folk song and he was soon awarded a place at Christchurch Cathedral School in Oxford."

In 1995 Liz auditioned for the prestigious Philharmonia Chorus in London. "I thought to myself, if you're going to be in a choir it's going to be a damn good one," she said. "I'm very proud to say I passed with flying colours!"

Liz spent many years travelling from her home in Lindfield to London twice a week for evening rehearsals. "It was a very happy time for me," she said. "There were around 150 singers in the chorus, and I started as an alto, later moving to second soprano."

She was also delighted to be chosen to sing in the 'semi-chorus'. The standard was so high that extra auditions were sometimes necessary just to sing in a particular concert.

Over the years Liz performed at the Royal Festival Hall, the Royal Albert Hall, the Barbican, Cadogan Hall, Kings College Chapel in Cambridge, St David's Hall in Cardiff and many other venues. She also enjoyed the opportunity to travel and performed in the USA, Paris, Strasbourg, Montepulciano, Bologna, Cologne, Freiburg, Hamburg, Istanbul and the Edinburgh International Festival

Special memories include joining the Coventry Cathedral boys' choir for a performance of Benjamin Britten's War Requiem in Peenemünde in the former East Germany at the V2 Rocket Site and singing in Salisbury Cathedral where the conductor was former Prime Minister Sir Edward Heath. "It was his 80th birthday, and I remember him beating slower and slower," Liz recalled. "It was hilarious, particularly when the concert manager, who was standing behind me, whispered 'Go and wind him up!' We were trying so hard to sing and not giggle."

She also sang with Luciano Pavarotti at Watford Colosseum for a recording of Verdi's 'Hymn of Nations.' "I remember him turning round telling us we were wonderful, thanking us and adding: 'Now I will sing for you."

But perhaps the highlight of Liz's time with the chorus came in 2000 when she travelled with The Philharmonia to perform Haydn's The Creation in the Vatican Audience Chamber in Rome.

"The concert was held to celebrate the 80th Birthday of Pope John Paul II," said Liz. "We only performed the first and second movements as the Pope was quite ill with Parkinson's. I remember retiring to a bar afterwards with several very gorgeous American bishops!"

In 2001 Liz launched a series of monthly lunchtime concerts at the King Edward Hall (as previous concerts at All Saints Church had stopped) taking her own piano along! The concerts continued for four years until the All Saints' events resumed.

Liz has now given up performing professionally but still enjoys getting together with Fiona for singing sessions. And she's still pretty busy running two U3A Spanish groups and giving private language tuition if asked.

She's also an active member of the village Horticultural Society, has taken up painting with the U3A Thursday art group exhibiting work locally, is the Village Correspondent for the Mid Sussex Times and enjoys being a grandmother to two little girls who live in Oxford.



## Lindfield Rural Parish Council Newsletter

September 2016

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

## SID comes to Gravelye Lane

West Sussex County Council Highways kindly assisted the Parish Council in placing a Speed Activated Sign (SID) at Gravelye Lane, Lindfield. The temporary use of the sign has provided useful data, which the Parish Council will be able to use in supporting the installation of a more permanent speed calming measure. Gravleye Lane has a 30mph speed limit. The data collected shows that over the two-week period there was an average 52.75% violation of the speed limit.

Worryingly that means that more than half of motorists did not adhere to the speed limit. A staggering total of 21,647 vehicles used the route during the period 15th June to 30th June. The lowest speed recorded was 22mph and the highest recorded speeds were 68 mph and 72mph. The vehicles travelling at higher speeds were primarily cars and vans, with trucks adhering more closely to the speed limit. Residents travelling along this route should be mindful that there is a speed limit on this particular road and that it is there for the safety of everyone.

More than half of motorists did not adhere to the speed limit

## **Bus Services**

Timetables for bus services in the parish may be found at www.thesussexbus.com

Please note that travel information can also be found at www.westsussex.gov.uk/roads-and-travel/travel-and-public-transport. Click on bus and coach travel for timetables.

## Lindfield Rural Parish Council Allotments

The Council are pleased to inform that the waiting list for allotments is now open and that applications are welcome from both within and outside the parish. Please contact Cllr. John Dumbleton (482633) or the Parish Office (831499) if you are interested.

The Council is planning to provide allotments at Scaynes Hill and it is hoped these will be ready by the new year. It is expected that a number of plot holders will move from the Gravelye Lane allotments to Scaynes Hill, so spaces will be available at both allotment sites. Applications for plots are open to all.

#### Your Parish Councillors

John Dumbleton (Chair)	Tel: 482633	Keith Martin	Tel: 831431
Ray Jones (Vice Chair)	Tel: 453868	Steve Minter	Tel: 831786
Brian Bunt	Tel: 484661	Andy Spooner	Tel: 831602
Richard Cox	Tel: 484070	Parish Clerk: Vera Grainger	Tel: 831499
Chris Hersey	Tel: 482270	Assistant: Irene Nicholas	Tel: 831499
Margaret Hersey	Tel: 482270	Finance Officer: Sarah Anderson	Tel: 831499

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

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#### SUMMARY OF ANNUAL ACCOUNTS YEAR ENDED 31 MARCH 2016

INCOME 8	& EXPENDITURE ACCOUNT 2016	<b>2015</b>
INCOME Precept & LA Grant Rental Income Other Income	51,513 41,797 1,239	50,803 47,128 3,880
EXPENDITURE	94,549	101,811
General Administration Legal & Professional Site Running Costs Capital Expenditure	42,037 4,247 23,835	37,708 4,605 28,627
Other Expenditure	696	1,755
	70,815	72,695
Excess of Income over Expenditure	23,734	29,116
	BALANCE SHEET 2016 £	<b>2015</b> €
CURRENT ASSETS Debtors Balance at Bank & Cash in Hand	1,438 224,543	2,557 199,379
CURRENT LIABILITIES	225,981	201,936
Creditors	(3,169)	(2,858)
Net Assets	222,812	199,078
CAPITAL & RESERVES General Reserves Earmarked Funds Retained Reserves for Year	70,370 128,708 23,734	41,254 128,708 29,116
	222,812	199,078







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well as more familiar works, his programme will include a piano version of "Petrushka".

#### Forthcoming Season:

22nd Oct 2016 Joanne Appleby (soprano) and Andrew Rees (tenor)

19th Nov 2016 "Shakespeare in Song"

21st Feb 2017\* Ensemble Reza (starts 7.00pm)

11th Mar 2017 Young Musicians' Showcase 18th Mar 2017 Riyad Nicolas (piano)

8th Apr 2017 Laura van der Heijden (cello)

and Tom Poster (piano)

Concerts will be held in St Wilfrid's Church or \*Methodist Church, Haywards Heath, at 7.45 pm Tickets: £12, conc'ns £11, member's discount £3 Family rate: 2 adults half price with under-18 (£3) For further information, telephone 01444-456227, or visit: www.haywardsheathmusicsociety.org.uk





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30



#### By Jacqui Smith, interior designer

As the healthcare side of our business grows we have started to position ourselves on the radar of some of the larger care groups, which is great. The procurement process of these larger groups entails a tender submission then, if successful, a panel interview, usually involving 6-8 stakeholders. The final stage then requires a fee proposal, by which point the shortlist is typically 2-3 companies. It's a lengthy process and can necessitate a large amount of work but, if successful, the prize at the end is most definitely worth it.

No business would be arrogant enough to assume that they would win every pitch of course, and we are certainly no exception. We see pitches as good experience and useful benchmarking exercises.

In June we were approached by a large West Country care group with regard to a new build scheme, asking us if we would like to be considered as interior designers for the project to which our reply was an excited yes. The project would involve working on the new build scheme and then, if the relationship was successful, working through a refurbishment plan for the rest of their sizeable property portfolio.

We submitted our expression of interest together with client testimonials and were subsequently asked to meet with them to present our portfolio to a panel of six of their team. Not feeling that we could rely on the train timetable we booked ourselves on an extra early train. Of course on that day the trains did arrive on time so we arrived at our destination two hours ahead of our meeting. That's fine we thought; we would find ourselves a lovely cafe close by and enjoy a calming cup of camomile. Well, the client's HQ was on an industrial estate with a refreshment choice of a dirty white burger van or a Harvester. Presentation nerves had started to kick in as David tucked into his early lunch of ham, egg and chips, and I sipped some water and made use of the socket to charge my phone.

The presentation went really well, and we left buzzing and hopeful of getting to the final shortlist. Days later we were told that we were down to the last two and would we please submit a fee proposal which we did well before their deadline of the end of the following week.

At the beginning of the next week I was in London for the healthcare council and regional directors meetings with the Society of International Design. After a long but productive day, a few of us decided that a cool, crisp glass of rose was called for. As we settled into our wine one of the other designers leapt up from her seat and started jumping around on the spot fist pumping. "What, what, what is it?" we all asked, feeding off her excitement. The designer, who is someone I like and respect enormously, explained that she had been waiting to hear on a massive contract that she really wanted and having got down to the last two, had been told that she had won it. At this point a whole host of emotions seared through my body as I felt the kidney punch of losing it, the discomfort at hearing about it in that way yet an overriding need to behave with grace and professionalism...of course.

Dying inside, I gave her a big hug and admitted, with the biggest smile I could muster, that we were 'the other company'. In fairness the whole moment could have been much more awkward than it was. Yes, there was an element of wincing from the other designers there but in a competitive world these things are going to happen.

Whilst I felt a little bruised by it all for a day or so, I could not have lost to a better designer who has been in the healthcare design world twice as long as us. And as for the time we put into the process, it was an excellent benchmarking exercise of our offering, portfolio and presentation.

www.homesmiths.co.uk 01444 440880

#### Art student's work chosen

Congratulations to Oathall Community College GCSE Art student and Head Boy John Moore whose artwork was selected to be exhibited at The Mall Galleries in London recently.

John's piece was a portrait of fellow student Jack Davidian-Judd. The likeness was created by the meticulous weaving of threads back and forth across a grid of nails to reproduce the image.

This is the fourteenth year of the National Students' Art Exhibition held under the patronage of the Royal Society of British Artists. The exhibition is truly inspirational, featuring the best young artists in the country alongside work from some of the finest professional artists.

James Horton MA RBA (President) said: "The work chosen is carefully selected to represent the very best of what is being produced in schools across the nation. With one aim in mind, which is to send the strongest message possible to all our young artists that our society needs creative people, who will enrich the fabric of our culture and who will be taken seriously by professional bodies such as ours, and who will also become the next generation of respected professionals."





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Lindfield artists will once again be showcasing their work at the Art for Headway exhibition.

The event, which opened in the Orchards Shopping Centre shopping centre in Haywards Heath earlier this month, brings together some of the area's most talented artists, who have each given a donation, together with commission from sales of their work to raise much needed funds for the Newick based charity.

Among the artists is Lindfield's Maureen Welfare, a keen supporter of Headway and organiser of the exhibition. "I've been supporting Headway, the day centre for clients with acquired head injuries, since it started about 30 years ago and have raised £40,000 during that time." she said.

"The 'Art for Headway' exhibitions have been very successful, judging by the money we have raised, so I was delighted when Nicola Bird, Manager at the Orchards, offered me the opportunity to hold our 5th fundraising exhibition in one of the empty shops."

She added that the well-known artists returning to take part this year are Jo Hodder, Brian Hastings Clough, Yvonne Wemyss, Chris Batt, Dorothy Taylor and Maryline Heywood, along with newcomer Lorraine Kelly, who paints on wood.

"We are all very excited about this opportunity to be able to help Headway with much needed funds," added Maureen.

Headway offers rehabilitation and support services for people with acquired brain injuries, their families and carers. A brain injury can result from many different causes including stroke, accident, tumour, sporting injury or assault. The charity provides a full range of day services offering tailored rehabilitation programmes, as well as a variety of advice and support services.

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#### LETTERS

## Luxford Road trees turn two-tone green

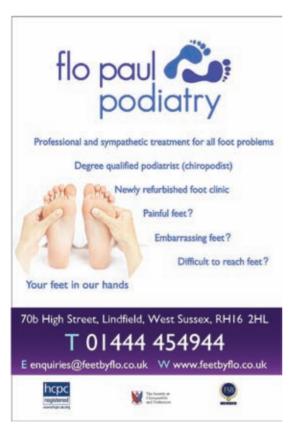
#### **Bv Wendv Dumbleton**

As a resident of Lindfield I had cause to walk up Luxford Road last month and observed the beautiful trees lining the pavement (pictured right). I noticed that they need some arboreal attention! They are variegated trees but some branches are reverting to plain green. I believe that if they are not pruned soon (probably whilst dormant) they will turn completely green and the effect will be lost. The problem needs to be checked whilst they are in leaf however.

Response from Jane Donald, volunteer Tree Warden Wendy, my opinion is that these variegated leaf maple trees will eventually revert to their natural colour, and removing branches that have already done this will make the trees a very ugly shape. West Sussex County Council tree officers are responsible for trees on verges and will rarely sanction this.

As a footnote: I'd like to appeal to any residents who have a young tree on their verge or in their own garden. These trees need water in this warmer weather. Please give them a good soaking!



















# LET OFF STEAM!

Lindfield Arts Festival presents a fun packed weekend of family entertainment.
On Saturday, the traffic-free High Street becomes the centre stage for displays, and live perfomances.

THE STAND UP



a procession through
Haywards Heath to celebrate
the anniversary of the arrival
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- Short films. Talks by award-winning authors and Burlesque in the evening.
- Rokskool from 10am. The Weald ukelele band at midday and InChoir from 2pm.
  Mid Sussex Sinfonia from 7pm.
  Family events throughout the day include: baby ballet, Swoove Mini and Popsteps, balloon twisting, children's art & craft, creative writing classes and storytelling.

- African Drummers at 1pm.

FOR MORE EVENTS, EXACT TIMES & BOOKINGS\* - REGISTER ONLINE

\*Limited Places www.lindfieldartsfestival.com/events

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tation Approach today

# Haywards Heath station remembered

Later this month Haywards Heath will be celebrating the 175th anniversary of the opening on the railway station in the town.

In 1841 the cost of a 1st class single ticket from London Bridge to Brighton was 10 shillings (around £50 approximately) and there were around 82 households in the immediate area. Today Haywards Heath has a population of more than 33,000 having developed hugely due to its proximity to the railway.

The fun takes place on Sunday 18th September with The Bluebell Railway's Stepney engine paying a visit to Haywards Heath railway station - plus you can get a rare chance to ride the Haywards Heath to Ardingly route, normally closed to mainline traffic.

There will be a Victorian-themed grand procession moving from the station up to Victoria Park with many local groups and organisations taking part - including Lindfield Arts Festival. The park will be set up with a fun fair, stalls and entertainment for all the family.

For more information on the day see the following website: www.hh175th.co.uk



#### By Lynn Tulip

The 17th September is fast approaching and Lindfield Arts Festival can proudly state that there is an incredible amount of Lindfield talent to showcase this year. Amongst the workshops, exhibitions and performances you can spot our locals experts, and professionals sharing their art, craft and talent with you.

There will be evidence that the art of violin restoration is alive and well with Lindfield's Peter Voigt, who's living proof that many a good tune is played on an old fiddle. Cavan Wood will enlighten the audiences with his views on why we read Jane Austen in the 21st century and examine the life and poetry of John Donne, whose metaphysical poetry celebrated both God and sex. On the literary side, Hereward Kaye's poetry will be read and other local authors are offering workshops, storytelling and talks about their books. There's still time to win a set of books by the children's authors visiting the Arts Festival this year! Check the website for details.

Lindfield's very own BBC2 stars of Britain's Most Spectacular Backyard Builds show off their Sunday Morning Breakfast Machine in the King Edward Hall. Esther Featherstone is back showing off her SWOOVE at the beginning of the day, alongside an impressive show of classic cars which will include a beautiful red Morgan and an English white Austin Healey Sprite owned by Geoff Heath and Tom Tulip respectively. There will be another competition on Festival Day, the Best in Show and People's Choice, so come along and cast your vote.

Well-known photographer, James Winspear has an exhibition in the URC; and the URC is hosting more local talent with Rok Skool's bands and singers, including SisterSister, La Luna, The Larynx as well as Lorna Collins. Lucy Ellie and the Hophead Band (top) will be making a welcome return to the Stand Up. Most of the workshops are around the URC, with plenty of family friendly fun.

The third competition will be for the best graffiti tag completed in one of the workshops. Prizegiving is later in the afternoon.

Mid Downs Radio are kindly lending a hand and using the new High Street PA system to keep all the visitors up-to-date about what's happening, when and where. You can also pick up programmes from the Information Point near the Stand Up Inn. Robin Belfield, RSC Director, may have left the village but he has written a play called the Branch Line which will be performed in the High Street by Lindfield Dramatic Club. This ties in nicely with the Arts Festival team joining the procession on Sunday 18th September from Haywards Heath Station to Victoria Park. You'll see performers accompanying the truck with the graffiti installation, along with colourful handmade lanterns.

The day starts at 10am with the High Sheriff of West Sussex being greeted by stilt walkers and opening the Festival. From then on, be amazed, thrilled and marvel at the circus troupe, dancers, buskers; watch concerts and performances, attend workshops or classes and enjoy

the refreshments in the King Edward Hall, provided by Lindfield Bonfire Society after you have admired the arts and crafts. There will be so much to do.

Tickets for Mid
Sussex Sinfonia concert,
Burlesque and African
Drumming workshop still
on sale in SWALK. All other
reservations for places at
workshops and shows need
to be made online.

Lindfield Arts Festival Team are very grateful to their sponsors, supporters

their sponsors, supporters and Friends of the Festival, as well as the performers and contributors from all over Sussex, who kindly offer their services and share their talents free of charge. The Festival is run by volunteers who tirelessly give their time and energy to put together a terrific varied programme to attract and entertain visitors from all over the Mid Sussex area. A big thank you to one and all.

Check out www.lindfieldartsfestival.com and email enquiries@lindfieldartsfestival.com for more information.



September 2016 37



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## Elisa wins Jessops photo award

A local photographer whose images have appeared on the front cover of Lindfield Life magazine has received national acclaim!

Elisa Boulding, from Lindfield, was selected as the fifth winner of the Jessops 'Share Your Summer' competition – and her work was showcased in high streets all over the country!

Competition organisers Jessops launched the competition to find seven of the very best summer snaps to showcase in the windows of its 52 nationwide stores.

Elisa's striking shot, which was chosen from thousands of entries from photographers all over the country, captures one of her nieces amongst a beautiful vision of poppies. Elisa said: "It's such an honour to be picked as a Share Your Summer winner, particularly knowing that such a great number of people entered the competition with their best-loved photographs.

"I think that the extent of people viewing my work really hit home when I visited my local Jessops store in Horsham in person."

Elisa's passion for photography began around four years ago when her first niece was born. "Ever since then my enthusiasm has grown, particularly with a growing interest in portraits of newborns, children and family," she said. "I hope my photo will inspire more people to take photos of their loved ones."



Elisa's summer snap went on display in Jessops Horsham – as well as 51 more stores – for a week in July. Elisa was also invited to display her work in the Olympus-sponsored Project Space Gallery in Bermondsey, London earlier this month.

#### Probus Club enjoys busy summer

#### **Bv Richard Mason**

Cuckfield and Lindfield Probus Club celebrated a rather hesitant start to the summer season weather-wise by departing from its normal luncheon venue to take lunch at the Ravenswood Hotel, Horsted Keynes, there to both enjoy the company of partners, the ambience of the venue and even the occasional visit of the sun.

Drawing its membership from business men and the professions who have recently retired, the Club encourages a number of activities that are open to partners that includes this year a visit to the Bluebell Railway in late July, inclusive of a picnic at Kingscote railway station, and a week or so later a communal cream tea experience at Heaven Farm.

However, the club's 'Jewel in the Crown' is the annual week away that in 2017 is to take us to the Midlands, there to visit the award winning Black Country Museum, a selection of National Trust properties and a train trip on the Severn Valley Railway.

Exceptionally, Cuckfield and Lindfield Probus Club is currently able to consider an application for membership. Meeting at Lindfield Golf Club it exists to provide a lunchtime meeting point for those who enjoy good company, good food and an active and voluntary social programme.

Full details of how to join can be obtained by contacting Richard Mason on 01444 453672.

# Expand your knowledge of France and the French language

Lindfield residents may be surprised and interested to know that at its heart in Haywards Heath there is the opportunity to enjoy hearing and speaking French at informal meetings of the Mid-Sussex Franco-British Society. These meetings are held once a month between September and June on a Wednesday evening in the Function Suite at Clair Hall.

The Mid Sussex Franco-British Society was started in 1971 by a local group of English teachers of French who sought the opportunity to expand their knowledge of France and the French language by organising informal gatherings where the main language of the evening was French. This tradition continues to this day.

Meetings are designed to be informal and welcoming at all levels of French as the main object of the evenings is to provide the opportunity for participants to practise the language and to learn more of France and its culture and so enhance their enjoyment of France and other French-speaking countries.

The first meeting of the new season will be held on Wednesday 21st September, starting at 8pm in the Function Suite of Clair Hall in Haywards Heath.

For more details contact the Secretary, Mrs Barbara Stevens, a Lindfield resident, on 01444 452385 or email dandbstevens@btopenworld.com

September 2016 3 C

# Is 2016 time for a change?



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ingfisher House, Hurstwood Grange, Hurstwood Lane Haywards Heath, West Sussex RH17 70X

## Greenside Bunkers

TFEING OFF



#### By James Verrall, Head Golf Professional

A wayward shot into the green can usually lead to your ball nestling in a greenside bunker. For some this can cause great panic with the worry of not getting the ball out. Well, let's change all that with a few simple tips.

First we are going to start with a bunker rule so we do not incur a two shot penalty. The club must not touch the sand before we swing back; this means we need to hover the club just above the sand before swinging back.

With our club hovering we need to create a solid base, so stand a little wider than usual and bend the knees slightly more. Make sure the ball is positioned ahead of middle and lean more weight slightly on to the front leg.

On the downswing we must hit the sand otherwise the ball will come out hot and fly way past our target. So keep the knees bent at impact and have confidence and turn through with the back foot twisting on to the toes.

Don't be tempted to lean back and try to scoop the ball into the air as this will only lead to hitting too much sand before the ball.

Remember, it is greenside bunkers we are applying this to and not fairway bunkers!!

Have you seen our great offer this month earlier in the magazine? It's a chance for two people to learn golf together with me at Haywards Heath Golf Club with our brand new Buddy Academy. Check it out and call me on 01444 414866 if you are interested.



The Gielaud Academy (GAPA) celebrated its 5th birthday in style, with an end of year presentation at the Hub. Haywards Heath.

Joining the celebrations were GAPA patrons former prima ballerina Dame Beryl Grey, Scottish Ballet's Artistic Director Christopher Hampson and former Royal Ballet Ballerina Alfreda Thorogood, Guildford School of Acting's Head of Dance Phyllida Crowley Smith, who is GAPA's MT advisor, also attended.

The patrons and the parents were treated to a presentation of dance, drama and musical theatre extracts from the Trinity, LAMDA, RAD and ISTD classwork and examination syllabi that they have been working hard at all year. In addition, the winners of the recent GAPA Creates 2016! choreography competition performed their pieces. Additional highlights of the presentation included a contemporary dance to David Bowie's Life On Mars, an extract from Swan Lake Act 2 and a new Gershwin jazz ballet to the live music and vocals performed by the GAPA jazz band.

After the GAPA presentation came the annual prize-giving ceremony, where pupils were rewarded for determination, musicality, progress, potential, performance and perseverance amongst others. The

David Wall Boys Ballet Scholarship was awarded to Bailey Johnson, the Head Girl shield was handed to Isabel Summers and the Gielaudian awards were then presented to those who have graduated from GAPA into leading vocational colleges of further education.

This year's Gielaudians included the outgoing Head Girl Aimee Thomas (Laine Theatre Arts), Jasmine Cook (Brit School), Jasmine Barraclough (Legat) and Charlotte Walker (London Studio Centre).

Principal Suzanne Gielgud proudly announced that previous Gielaudians have been offered a further year's training at Central School of Ballet (Gabrielle Van Asselt), Rambert School (Carina Howard), Bird College (Matt Hill and Lindfield's James Furnell), Urdana (Matt Wells, from Lindfield, and Reagan Muir) and London Studio Centre (Phil Bashford). She then congratulated Jasper Ryan Cater for being their first Gielgudian to secure a place at the Central School of Speech and Drama.

After the presentation Dame Beryl Grey congratulated the children and Lindfield's Suzanne Gielaud on the school's performance, growth and its continual rise in standards.



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# Had enough of being overweight?

How many diets have you tried and failed, feeling totally frustrated and not knowing what to do next?

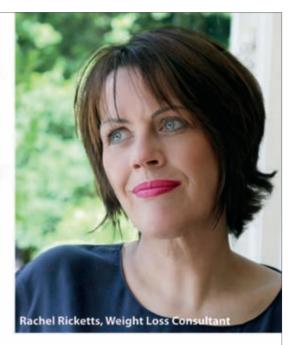
Having had a weight problem for 35 years, Rachel was desperate to find a way of being able to lose weight once and for all. 'I had just about resigned myself to the fact that I would be overweight for the rest of my life, when I came across the principles of the

Metabolic Weight Loss Programme. I followed these and to my amazement, I lost 3 stone in just over 3 months and then went on to successfully maintain my weight'.

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Rachel became passionate about wanting to help as many people as possible with their weight problems, which led her to become a qualified weight loss consultant.

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popular aspects of the Metabolic Weight Loss Programme is there's nothing faddish about it. There are no meal replacements, diet shakes or diet pills. Clients frequently say just how easy it is to follow, they don't feel hungry and are not battling with cravings.

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guiding you through the programme with personalised support and lots of empathy. Email support is available in between consultations.

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September 2016 4.3



#### Apple Syrup Tart

Serves 6

Place a baking tray in the oven and heat to 180° (helps to brown and crisp the pastry on the base of the tart). Line a 20cm pieplate with shortcrust pastry.

Measure 225g golden syrup into a pan and warm until runny. Stir in 45g fresh breadcrumbs plus the finely grated rind and juice of 1 lemon. Leave to stand for 10 min. Peel, core and coarsely grate 1 large Bramley apple and stir into the breadcrumb mixture. Pour the mixture into the pastry shell and place on the hot baking sheet. Bake for 30-35 min or until just firm and golden brown. Serve warm.

#### Spiced Apple Pie with Nutty Topping

Serves 6

Preheat oven and baking tray. Combine 50g caster sugar, 1tbs cornflour and 1tsp cinnamon in a small bowl. Soak a handful of raisins in hot water for a few minutes to soften then drain. Peel and core 675g Bramley apples and layer in a 23cm unbaked pastry shell with the raisins, sprinkling the sugar mixture between each layer. Rub 75g butter into 100g plain flour to coarse crumbs then stir in 50g soft brown sugar and 3tbs chopped toasted hazelnuts. Spoon evenly over the fruit, pressing down lightly. Bake for 40-45 min or until apples are soft and the top golden brown. Best served at room temperature, lightly dusted with icing sugar.





#### By Caroline Young

Apples have featured in our national diet ever since the famous example of Adam offering one to Eve. There are recipes for apples in the very earliest cookery books.

Of all the delicates that Britons try
To please the palate and delight the eye
Of all the sev'ral kinds of sumptuous fare,
There is none that apple pie can compare.
William King – The Art of Cookery, 1708

All these recipes are delicious served with cream, icecream or custard.

#### Spicy Fruit Crisp

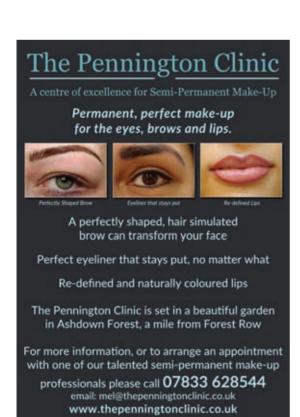
#### Serves 4-6

Preheat the oven 180°. Crush six gingersnap biscuits to coarse crumbs. Add 4tbs soft brown sugar, 2tbs plain flour and 50g firm butter. Rub to coarse crumbs. Peel, core and dice 900g Granny Smith apples into a large bowl and toss with 75g chopped dates, 50ml molasses, treacle, maple syrup or golden syrup, a good pinch of cinnamon and a small pinch each of ginger, nutmeg and cloves. Spoon into a shallow baking dish and top with the crumb mixture. Bake for 30-40 min or until apples are tender and the top golden brown

#### **Apple Crunch**

#### Serves 4

Bring 300ml dry cider (or apple juice) to the boil, remove from the heat and stir in 75g quartered dried apricots, 50g soft brown sugar and 50g raisins. Cover and leave to stand for 20 min. Preheat the oven 180°. Peel, core and slice 450g Bramley apples and add to the apricots. Spoon into a shallow baking dish. Measure 50g plain flour and 115g porridge oats (not the instant variety) into a bowl and toss to combine. Add 50g melted butter and stir until crumbly. Sprinkle over the fruit. Bake 40-45 min until bubbling hot and crisp.



# Yoga Classes

Wednesday Mornings 10.00 -11.30am Beginners welcome St Wilfrid's Centenary Hall, Haywards Heath

For further information contact Jan O'Boyle 01444 471220 jan\_oboyle@hotmail.co.uk

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September 2016 45

## Local brewer wins silver

360 Degree Brewing Company, based just outside Lindfield, won an award for the third year running at the SIBA South East Region Independent Beer Competition 2016.

The beers were reviewed by 90 judges, and more than 120 cans and bottles were entered into the competition held at the beginning of the summer. Project Gemini won silver in the Small Pack/Can category.

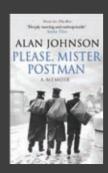
"To have the judges award us the second best can of pale ale in London and the South East, when up against so many new and established London-based breweries, gives us the confidence to know that we are making some of the best beers in the area," said John Shepherd, co-owner.

"Our ethos is to brew beer that people want to drink, rather than beer we (the brewers) want to drink, and it is their feedback that drives our product development," said Head Brewer and co-owner Mark Grady.

To celebrate the win, and revised branding on their canned products, 360 Degree Brewing Co is giving one lucky reader of Lindfield Life the chance to get their hands on a 24-can case of beer. Simply email your name and address to competition@lindfieldlife.co.uk before 8th September to enter. One reader will be drawn at random.







### Please Mr Postman by Alan Johnson

#### **BOOK REVIEW**

#### **By Cavan Wood**

The second part of the autobiography of former cabinet minister Alan Johnson takes his story from the end of the 1960s to the end of the 1980s. Yet what marks this book, as his previous (This Boy), is the fact that others are really the heroes, not him.

His sister coping with an alcoholic husband, the postmen supporting each other and family. Alan Johnson is showing his own political development through his story but not in a way that is preachy. He is generous about others who have different values from him, being able to see that they are not of necessity venial. He, above all, shows us his own faults with a clarity which helps us to realise that we have here a rare thing: someone not just seeking to justify themselves via their own life story!

Alan does give an excellent description of a type of working class life that is fast disappearing. He realises that his attitudes to others, especially to women and his family, have not always been what they should be.

This is the way autobiography should be – written with humility, humour and insight.

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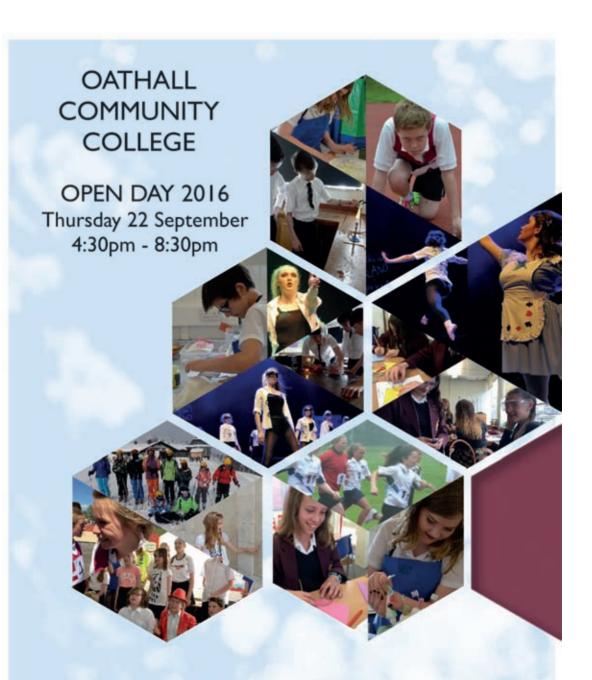


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September 2016 47



We are delighted to invite you to our Open Day. A chance to see the College in action, tour the facilities and hear about what Oathall has to offer. All welcome.



Appledore Gardens, Lindfield, Haywards Heath, RH16 2AQ 01444 414001 - office@oathall.org - www.oathall.org



### More photos needed

At Lindfield Life we love to receive photos of the village, sent in by readers. We are always in need of more great Lindfield stock photographs for use on the covers throughout the year.

Cover photos can be as creative as you like but should be taken in portrait orientation. Email your best to us, in the highest resolution, to photos@lindfieldlife.co.uk please.

Do also send in any of your Lindfield Life holiday snaps to the same address - where you've taken your copy with you and snapped it for us. We hope to show some next month.

## Sudoku #2

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# What's on in September

#### AT KING EDWARD HALL

- 1st Lindfield Country Market 10-11.15am (Sheila Hobbs 01444 483396)
- 6th Lindfield Afternoon WI Group meeting 2.15pm New members are very welcome (Contact: la16wi@gmail.com)
- 7th Lindfield Preservation Society 8pm
  An illustrated talk on 'The Women's Land Army a
  Sussex Connection' by lan Everest. lan's mother
  was one of the 80,000 Land Girls during WW2 and
  the talk includes some of her personal memories
  and a potted history of the role of women on
  farms during the two World Wars.
  All welcome, entry free (John Chapman 484470)
- 10th Horticultural Society Annual Autumn Show 2pm Lindfield Horticultural Society Autumn Show of flowers and produce. Come along and enjoy the scent and colour of the harvest grown by Lindfield's own gardening community. There will be coffee and cake on offer as well as a sale of plants and raffle. We look forward to seeing you there! Entry £1, children free, 2-4.45pm (01444 456509 www.lindfieldhorts.org.uk)
- 15th Lindfield Country Market 10-11.15am
- 17th Lindfield Arts Festival all day
  Arts and Crafts, Refreshments and stalls including
  the recently televised Breakfast Making Machine
  created by local inventors Merv Huggett and Pete
  Browne (www.lindfieldartsfestival.com)
- 22nd Lindfield Country Market 10-11.15am
- 22nd Film Show Evening (film TBC) 7.30pm (Jennie Powell 01444 483431)
- 24th Lindfield Prom Concert 7.30pm By The Adur Concert Band, fundraising on behalf on St Peter & St James' Hospice (Jo Stevens 01444 235311)
- 27th Lindfield Flower Club 2.30pm
- 29th Lindfield Country Market 10-11.15am

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

- 6th NHS Retirement Fellowship Mid Sussex Branch
  10.15am, Franklands Village Hall
  'Send a Cow' by Rosemary Grindle
- 7th Mid Sussex Ramblers Pub Social 7.30pm The Sloop Inn. Scavnes Hill (Phil 01273 83593)
- 14th Tiger Arts Lunchtime Concert 1pm
  Lindfield United Reformed Church
  Ali Steynor (piano) light lunces from 12.15pm
  Ali Steynor, pianist, viola player and singer
  based in Lindfield. She teaches piano, upper
  strings and music theory, and gained her LRSM
  in instrumental teaching in 2014. Ali is a keen
  composer, and recently co-authored the first in a
  new series of tutor books for beginner flautists,
  called 'Get Set! Flute!'. Ali trained with Bromley
  Youth Music Trust, then Durham University.
  Playing viola in orchestras and quartets.
- 17th Lindfield Arts Festival all day
  Arts and Crafts, Refreshments and stalls including
  the recently televised Breakfast Making Machine
  created by local inventors Merv Huggett and Pete
  Browne (www.lindfieldartsfestival.com)
- 17th Mid Sussex Ramblers, Ardingly Circular 10.30am Meet in car park behind Hapstead Hall RH17 6TB Walk east to Horsted Keynes Station and Highbrook – 4.8mi/7.7km Leisurely (William 07801 711401 on the day)
- 17th Hurstpierpoint Open Studios 10am-5pm
  -25th Artists open houses over two weekends
  (www.hurstpierpointopenstudios.co.uk)
- 18th 175th Anniversary of HH Railway celebrations
  Various events at HH Station and Victoria Park
- 21st Mid Sussex Decorative & Fine Arts Society
  Clair Hall, 10.15am. Lecture by Jane Gardiner
- 21st **The Mid Sussex Franco-British Society** 8pm Clair Hall (Barbara Stevens 01444 452385)
- 22nd Mid Sussex Ass. National Trust 2.30pm The Strange History of Buckingham Palace talk Clair Hall, Haywards Heath

#### Man helps distressed lady

One Lindfield resident would like to thank a man in his 20s who helped her in her hour of need last month.

On Wednesday 10th August the lady in question was stopped at the side of Gravelye Lane with a flat tyre. The man quickly offered to help and had the spare wheel on in no time. "I am so grateful; it just restores your faith in society," she commented.

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