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FDITORIAL

By David Tingley, Editor

It's November and that means two big events to remember the past, but very different in their nature.

Firstly there is a change to the normal Remembrance Day event, as there will be no parade down the High Street this year. See page 13 for all the information on that. It's so important to remember the scale of loss over the years from this village.

Then there is **Lindfield Bonfire Night**. Always a popular event in the village. The practical information is listed on page 5 – make sure you know the timings!

We also welcome **Paulus Smith**, chairman of **Lindfield Bonfire Society**, to our Village People spot on **page 30**. His Lindfield story goes all the way back to his beginning, so we're grateful to him for taking the time to share it with us on our pages.

Then, following Paulus article, I have given two pages to the Bonfire Society to print its Standing Order form. Setting up an annual Standing Order is the best way to support LBS. Remember that the street collections on the night DON'T go to the Society (they're for local charities), so when you donate in the bucket that isn't paying for the display you're about to see. I urge you, if you enjoy Bonfire Night – like so many of us – to please set up a Standing Order and help support this amazing group of volunteers who entertain us so well year on year.

On page 22 we feature the ladies of The Toll House in Joe Wayte's Behind the Counter feature. Page 16 sees the Cricket Club end of season round up courtesy of John Keane. And Emily Wysock-Wright talks health goals on page 28.

If you like winning stuff, there's an opportunity for Beats headphones on page 9, and a family ticket to Holiday on Ice on page 43.

Enjoy this issue with a cuppa, and we'll make up another one in time for Christmas!

Issue #106 – November 2017 – 4,600 copies printed

Next magazine copydate: 14th November 2017

Next magazine published: 28th November 2017

Lindfield Life

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Henderson McEwan Bonfire Night procession on Hickmans Lane







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

Operation Chocolate in force

On Saturday 4th November Lindfield United Reformed Church (LURC) will be on a mission: 'Operation Chocolate'. Over the last decade members of the church have been serving hot chocolate free to all at the Lindfield Bonfire Celebrations and will again later this month.

On that night, the people of Lindfield are full of anticipation and excitement with people who have come to enjoy the torchlit procession around the village, street stalls and, of course, the highlight of the evening, the bonfire and grand firework display.

With the pubic toilets locked, there was a need for alternative facilities. This need was met by LURC opening its doors and facilities for the public on the busiest night of the year. However, the church didn't stop there and added a warm drink on what can sometimes be a long, cold wait.

This has proved popular, with 1,000 hot chocolates being served at last year's event.

Planning starts in September for the team. October sees the start of the operation to obtain supplies, securing the team and organising chocolate distribution



on the night. The age of the team members ranges from eight to 80 years as there are plenty of ways to contribute. It is a very well-oiled machine as many of the key people have been involved the whole time. Long time resident of Lindfield Zoe McQuillin organises the kitchen team and says: "I enjoy the camaraderie we have in the kitchen, and love working with the team."

The church makes no charge for the hot drinks but has a collection bucket where donations can be made to the Bonfire Society's selected charities.







Do you have headaches or migraine? Neck pain? Back pain?

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Remember, Remember the 4th of November

This year's Lindfield Bonfire will be held on Saturday 4th November – in keeping with the tradition of not celebrating Guy Fawkes night on Sundays.

Organised by Lindfield Bonfire Society, the event starts with a guy building competition in the afternoon. The evening celebrations begin with a fancy dress competition, followed by a torchlight procession around the village and on to the Common, the reading of the Bonfire Prayer and the lighting of the bonfire. The event ends with a firework display.

Money raised from the street collection on the night will go to local children's charities: Chestnut Tree House, Court Meadow Riding for the Disabled, Cleft Lip & Palate Association. Kangaroos and Orchard House.

Programme of Events

2pm – Guy Building Competition – Lindfield Common 6.30pm – Fancy Dress Competition – King Edward Hall 7.30pm – Torchlight Procession

8.15pm – Lighting of the Bonfire

8.30pm - Firework Display

The fancy dress competition is free to enter and open to all. The classes are: Children up to six years, 7-11 years, 12-15 years, adults, groups.

The Torchlight Procession leaves the King Edward Hall and heads to Black Hill. The Witch and Hickmans



Lane, where the procession will stop and re-torch before proceeding down the High Street and on to the Common.

The High Street and Black Hill will be closed for the entire evening. If you live locally please walk to the event. Limited parking for disabled visitors is available at the top of the Common.

A few tips for a safe evening

Do not bring sparklers, fireworks or bangers into the village or on to the Common.

Dropped torches are dangerous. Do not pick them up. Leave pets at home.

Drones are not allowed.

For more information visit: www.lindfieldbonfiresocietv.co.uk

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Can Cloughs win?

Popular Lindfield Delicatessen Cloughs has entered into the 2018 Farm Shop & Deli Awards and needs your help to win!

The Awards, organised by William Reed publisher and event organiser, recognise excellence within the specialist retail market and focus on independent speciality retailers which sell regional fresh/farm produce or have a delicatessen counter.

Cloughs has entered Delicatessen of the Year, one of 12 categories.

Regional Winners will go through to the final with a chance to become 'Farm Shop & Deli Awards Retailer of the Year'

Owner Mark Clough said: "Cloughs is an independent, family run business and has been successfully trading since 1934. It is not only the history of our business which we feel sets us apart from comparable delicatessens but also the fact that we continue to have the passion to offer something unique to our customers.

"We feel we are worthy winners because of our exceptional approach to customer service, which we feel encourages community togetherness which is key in today's world."

Nigel Barden, chair of judges and BBC Radio 2 Gastronome said: "The artisan food and drink market is particularly competitive and it's crucial that we recognise those who are championing the sector by leading from the front."

Vote for Cloughs online at the website: www.farmshopanddelishow.co.uk/fsda17entrants. Voting closes on 31st October.



Winning charity combination

Great Walstead School recently hosted a second fundraising event organised by Haywards Heath based charity Time 4 Children and local business Tiny Tekkers.

Following on from the successful event held in March, the day saw children and their families enjoying a variety of sporting TO THE PROPERTY OF THE PROPERT

activities, all put on by the Tiny Tekkers team.

There was a Lego Mindstorms game, a tombola with prizes donated by local businesses, and a cake and refreshment stall offering some tasty delights, including a raspberry and lemon cake donated by Tory's Café in the Park.

The event raised almost £500 which will go directly to Time 4 Children and enable the charity to continue supporting local children who need a listening ear and emotional support.

Victoria Keen, volunteer practitioner for Time 4 Children, and Jordan Badger, owner of Tiny Tekkers, who worked together to organise the fundraising event, would like to say thank you to everyone who came along on the day, the volunteers who gave up their time to help and to the local businesses which donated prizes for the tombola.





Lindfield hosted it's very own Bake Off earlier this month, as cooks competed to become Star Baker, raising cakes and cash for charity!

Organised by Masters and Son, the Bake Off was the icing on the cake at the Macmillan Coffee Morning, an annual event held to raise funds and awareness of the cancer charity.

The cakes came in a range of flavours, shapes and sizes, from traditional chocolate to lemon drizzle, presenting a difficult task for the judges.

But, after much deliberation, Tracy Osgerby was crowned Star Baker for her delicious banana and carrot

cake. A chocolate and orange cake, made in the shape of a Macmillan tea cup, made by Gary, Nikki and Kahlen Mansfield was highly commended.

After the judging, visitors enjoyed tucking into the cakes with their tea and coffee and, by the end of the morning the event had raised more than £600 for Macmillan

The total was boosted by a raffle with prizes donated by local businesses including Tufnells, Flowercraft and Arden Grange, and a silent auction for a spectacular celebration cake donated by Becky from the Garden Chef.

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Christmas is fast approaching, so this month Olly Peck and Alex Page from Burgess Hill Physiotherapy are taking a look at neck pain and consider how it might be affected by the tech that is likely to find its way under our trees, and discover what can be done about it.

How common is neck pain?

Neck pain is a common complaint affecting one in five UK adults. Although there are many factors that can cause it, it is apparent our modern lifestyles play an increasingly prominent role in its development.

It is not coincidence that as smart phones and tablets have become commonplace, over the past five years neck pain has moved to sixth place on the World Health Organisation's Global Burden of Disease.

Why do I experience neck pain?

The stresses of modern day living mean we spend much more of our time sitting with slouched, head down postures. As a population we are less active than we should be, and very few achieve the minimum amount of exercise recommended by the Department of Health.

We are increasingly seeing people suffering with neck pain who you would least expect to see, such as younger adults and children. This is partly due to increasing use of screen based technology and reduced levels of physical activity.

Why does it keep coming back?

Research suggests people who spend a large proportion of their day at a screen are twice as likely to experience neck pain. While most neck pain will only last a few weeks, over half of people affected will continue to experience pain a year after it started. Repeated flareups are an indication that the underlying factors that contribute to a person's pain have not been addressed.

Should I be concerned?

Neck pain is common and rarely a cause for concern. Symptoms requiring urgent medical attention include numbness between the legs, loss of bladder or bowel control, and incoordination or weakness in the arms or legs. In the absence these signs, arm symptoms or weakness, MRI scans are rarely needed as they are unlikely to change your diagnosis or influence how pain is treated.

There is a commonly held belief that issues such as neck pain are due to the misalignment of joints, that can be 'corrected' with treatments such as manipulations. We know that this is in fact not true, and high quality MRI studies have shown that these treatments do not alter the position of a joint.

What can I do about it?

Hands-on treatments used by physiotherapists are effective at relieving pain and help facilitate a return to normal activity. However, to reduce the risk of recurrent pain it is essential to address the factors that led to the pain in the first place.

To effectively manage neck pain it is important people are guided how to help themselves, have their concerns addressed and advised exercises that relate to the way in which that person uses their body in day to day life. This means treatment is tailored to their needs, and is what we strive to achieve at Burgess Hill Physiotherapy.

One of the most successful public health campaigns to date has been the simple notion of brushing our teeth twice daily to prevent cavities. By taking regular breaks away from the screen, modifying the way we sit, and undertaking simple postural exercises through the day, it is possible to reduce the risk of neck pain.

For effective management, there is truth in the old adage that prevention is better than a cure. Rather than trying to address symptoms once they have started, we should all look to take simple steps on a daily basis that reduce our risk of neck pain, but are not too time intensive to fit in.

Therefore, rather than waiting for a New Year's resolution, maybe now is the time you should take action. To find out how Burgess Hill Physiotherapy can help you, call us today on 01444 616919 or book online via our website www.burgesshillphysio.co.uk. Our clinic is open from early until late six days a week, with a choice of male and female clinicians.

"It is such a relief to understand why I had neck pain, know what I could do about it, and to have expert treatment with Burgess Hill Physio that got it better." Paul, Lindfield

Burgess Hill Physiotherapy is giving away...

We're giving away a set of Beats X wireless headphones worth £129.99 to one lucky customer! To be in with a chance of winning, book and attend an

appointment between the 15th November and 21st December. For every attended appointment, you will receive one entry into the Christmas Prize Draw.

November 2017



New name, same great butcher

Glyn Thomas & Sons has just changed its name to Cottenham's of Lindfield. The signage and awning will be changing shortly. The business was bought by John Cottenham last summer from the Thomas family.

John comments: "We are the same local high quality, traditional butcher in the heart of our beautiful village. We source our meat only from trusted local farmers who raise their animals with care and responsibility, and we shoot our own venison in the forests and fields of the Sussex Downs, so you can have absolute confidence in the provenance of everything we sell.

"Come and see us in our High Street shop — we're always on hand with help and advice."

What new crossing?

Some residents of Lindfield may have been confused to see signs appear around the village last month indicating a new pedestrian crossing to be installed. Well, so were we at Lindfield Life HQ!

We asked around and got this comment from Lindfield Parish Council:

'Lindfield Parish Council was not aware that the development had been approved. In November 2016 the Parish Council opposed the proposed revised highways works to Lindfield High Street. We understand that the planning application to which the work relates is the land to the east of Gravelve Lane Inow Heathwood Park1 which dates back to 2013. We have been in contact with West Sussex Highways, and our West Sussex County Council Councillor, Andrew Lea, We have reiterated that the Parish Council opposes the works. The Parish Council is concerned that the works will potentially remove parking spaces for the King Edward Hall. Additionally, we would like any proposed traffic works within the Parish to be implemented as part of a cohesive plan following our Traffic Study. In summary, the Council wishes to see a holistic rather than piecemeal approach, having under gone full Parish consultation.'

The work- listed as an 'uncontrolled crossing point' by the pond - is due to have already started by the time this magazine is published.





Oakgates Christmas tree farm in Scaynes Hill is celebrating 40 years of selling trees to the public.

The plantation was established in 1970 but it was seven years later that the first 6ft trees were sold. The family farm dates back to 1946 when it was solely a soft fruit farm supplying Brighton and Covent Garden wholesale markets. In the 1970s Derek Main developed a farm gate 'pick your own' business for soft fruit, sending less to the market and more to the public.

At this time he started to take an interest in Christmas tree growing. English soft fruit production in this area has been declining over many years, leaving Oakgates as one of the few fruit gardens left. Although much smaller these days, the family farm still grows blackcurrants, redcurrants and loganberries, with the remaining area of the farm now a Christmas tree plantation.

The trees are planted in March as three year old saplings, only one foot high, into a small slit trench next to the stump of a previously harvested tree. As the stump decays it gives nutrients to the new sapling. It takes another six year's growth, with twice yearly pruning to maintain shape, before it becomes a six foot tree.

John Main commented: "Many of our tree customers have been coming to us every Christmas for decades. Family traditions have been founded and friends meet up to find their special tree. A number of families now have their next generation coming to us for their Christmas tree."

Oakgates Farm, on Clearwater Lane, is open for viewing and selecting Christmas trees from 1st November.



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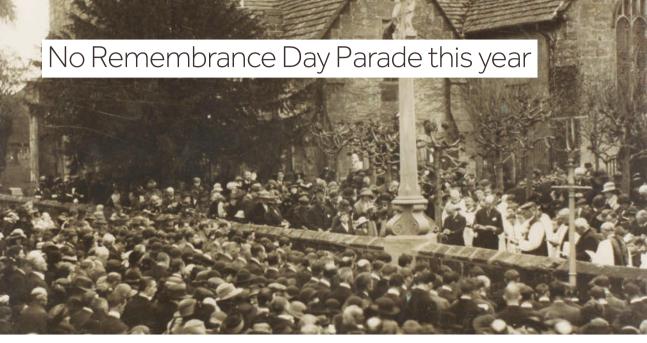
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The Royal British Legion (RBL) Lindfield branch Churches Ecumenical service will take place on Sunday 12th November at 2.45pm at All Saints Church.

Lindfield Branch Royal British Legion has modified the protocol for Remembrance Sunday service this year. The road closure will not be taking place. Every event needs to be judged individually on its merits when performing a risk assessment. Dr Andrew Harding states: "Safety has always been our first priority. This has caused considerable anxiety and we have explored many avenues, but feel this is the right decision in the current circumstances. We thank those who have been involved in our deliberations for their support, time, considerations and good wishes."

The parade and ceremony will take place inside the churchyard on the 'church side of the wall'. Because of limited space on the church path, the congregation should be seated by 2.45pm inside the church. There will be a dignified wreath laying by the various groups at 2.50pm, organised by Chris Snowling as always. A piper will be in attendance.

After the service, as there is no road closure, there will be NO procession to King Edward Hall. However

Canon James Clarke, the RBL Chaplain, has kindly offered the hospitality of the Tiger lounge and Tiger Hall for refreshments. "We have gladly accepted this offer and are very grateful to him and the All Saints team. By no means the least important part of the day!," Andrew Harding continued.

The War Memorial at All Saints was erected in 1922 (see above), and since 1924 there has been an annual parade by the branch (with the exception of WWII years).

One of the factors behind this year's decision was that the branch was unable to secure the support of Sussex Police to supervise the road closures, as their limited resources would not allow them to do so. The branch wasn't prepared to accept any potential risk to attendees at the event without the support of either police, council or private security firms – the latter of which would cost hundreds of pounds to hire.

Andrew Harding comments: "Next year we hope to restore the outside parade as 2018 will mark the centenary of the Armistice. This year we ask for your understanding and continued support in this very important event, when the boys and men of Lindfield are remembered. They are not forgotten."

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By Jacqui Smith, interior designer

Every so often I am moved to tears by a television programme. Rather embarrassingly one such occasion was back in 2001 watching Walking with Dinosaurs where the female Tyrannosaurus abandons its baby. but then I was heavily pregnant at the time. No, what recently had me covered in goose bumps was Channel 4's Old People's Home for 4 Year Olds. This two part documentary follows the story of forward thinking Bristol Care Home, St Monica Trust, and their experience of inviting ten preschoolers from the local nursery into the retirement home to work and play with, initially, ten residents. The experiment, conducted over six weeks. monitored the impact these shared experiences would have on the health and wellbeing (physical and mental) of the residents. During the six weeks the residents were asked how they were feeling and their fitness levels were tested. The results were heart-warmingly positive.

Not all the residents were initially convinced of the benefit of this intergenerational experiment, notably 88 year old Hamish, a retired insurance manager who openly shares his scepticism in week one. "I'm curious to find out what the children are going to learn from older people," he stated. "One wonders what on earth the adults are going to be doing with these children. But it really isn't possible for me to be actively engaged." Pointing to his prosthetic leg he explains: "I'm not really able to get down on my hands and knees and play games with them. One can't run about and play football." Yet by the end of the experiment Hamish was on the floor with the children playing Sleeping Lions. Wonderful.

What I found most striking and refreshing about the programme was how it highlighted the loneliness of old age and how mental health is as important a consideration as physical. Through the initial assessments a third of the residents showed some sign of depression, with almost all of them stating that their lives were boring. The transformational effects that younger children can have on mental health is best illustrated through the experiences of a lovely 77 year old Dutch lady called Zena. Once an avid mountain walker, Zena began to withdraw after her husband

was diagnosed with dementia. Assessed as the most depressed member of the group, Zena was completely uplifted by the children. In her words: "To find a child's hand in yours is one of the most moving things that can happen to you."

Part way through the experiment, 89 year old retired geologist David joined in.

Unable to walk any distance, he was introduced to four year old Eva for a stroll. This adorable little girl encouraged him to walk further and as they walked he was able to share with her so much about the environment. More significantly David would have so many tales to tell of his arctic adventures.

Studies show that children become more confident and articulate from spending time with older adults. And how much these preschoolers can learn from people like David. Everyone benefits.

The concept of connecting generations in this way is not new. In the United States and Japan there are many examples where retirement care is being combined with nursery care through shared activities such as dance and art. One of the experts involved in the Bristol experiment, consultant geriatrician at University Hospital Birmingham Dr Zoe Wyrko, is keen that the UK encourages more of these kinds of experiments. She explains how common intergenerationality is in the US and how older people say they feel better when there are younger people around.

The programme stayed with me for days and made me reflect on how we care for the younger and the older generations. One of the many reviews of the documentary mirrored exactly how I felt at the time that it was 'heart-breaking and soul-soaring all at once'. Increasingly our healthcare clients are looking at how they can encourage intergenerational activities. One such client in Oxford is keen to create environments that support a wide variety of activities for their residents as well as visiting children. As designers, the need to create spaces in care homes that appeal to all age groups with flexible function is becoming ever more important.

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Under 11s memorable Cricket season

By John Keane

This has very much been a season for the Lindfield Under 11s to remember for many different reasons.

The team successfully went unbeaten throughout the season, meeting every challenge they came up against with great determination and sportsmanship.

They won the North and Mid Sussex Junior league South, which led to them progressing to the final against the North Division winners Horsham.

In a very tense match only last ball drama prevented the team winning outright, which led to it being decided the trophy would be shared.

The team also competed in the Sussex Junior festival week and again went unbeaten throughout the week, only missing out on a place in the final by one wicket, which was a fantastic effort.

As coaches Paul and I could not be more proud of the squad in everything they have done and achieved this season. They have been an absolute pleasure to work with, taking on board everything we have asked of them. It has been fantastic to see them all develop and progress over the season. They have come up against some tests and challenges over the season and dealt with each one of them with dignity and great sportsmanship, the odd frown but generally a smile.

They really do play as a team and support one another both at training and in matches, which has led to their success. This was very evident in a one run victory at Ansty where ten cricketers were very calm and relaxed, the same can't be said about supporters and coaches!

At the end of season awards the trophies could very easily have gone to any one of the 17 players in the squad who have all given and achieved so much. The player of the year trophy went to Edward Hartley and the Manager's trophy to Luke Rogerson.

The success has vey much been a squad effort and whilst it is great to see them winning trophies, it has been equally pleasing to see the enjoyment they have

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playing cricket and the team spirit they have built up over the last three years.

A big thank you must also go to the parents and grandparents for their support in transporting the squad around and providing match day teas. It is very much appreciated.

The challenge now will be to improve on this season, one which we know they are very much up to.









November 2017



Following the popular concert last year, Vocal Fusion Acapella and Kaleidoscope Singers will be making a welcome return to All Saints Church, on Saturday 25th November, with an exciting new repertoire and more opportunity for the audience to get involved.

Vocal Fusion Acapella, a male voice chorus, will sing a selection of 20th century songs, including Blackbird and In my Life (Lennon and McCartney), Tonight Tonight (Bernstein and Sondheim), Ebb Tide and I Can't Give You Anything But Love.

Kaleidoscope Singers is a mixed voice chamber choir that will sing a range of pieces, including Canticum

Novum (Antognini), Northern Lights (Gjeilo), Songbirds (Quartell), I got Rhythm and Blue Moon.

Organised to support the All Saints Church Bell and Clock Fund, the concert will also include two opportunities for the audience to participate in a medley of songs from key 20th century movies.

Refreshments will be available in The Tiger from 3pm onwards, and the concert will start at 4pm and will finish at around 5.15pm.

Tickets, which cost £8 and include refreshments, are available from the Church Office or on the day at The Tiger.

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Bible reading relay completed

Parishioners from St Augustine's Church in Scaynes Hill have been brushing up on their Bible reading while taking part in an unusual relay.

The Bible became the baton, as the team of readers staged a week long Bible Reading Relay.

During the week 56 parishioners, including some children, took part reading from around 8.30am to 8.30pm each day. With some sitting and others standing, the readers made their way through the entire Bible, crossing the finishing line just in time for the 10am Sunday service!

Rev Lisa Barnett, Vicar at St Augustine's, said the event was a great success despite being slow off the blocks! "At the beginning some reading slots were proving difficult to fill, but as the week went on people were enjoying it so much that they didn't want their slots to be taken away! We all had a brilliant time!

"We did have some concerns about whether we'd get through all the allocated reading for each day, and how fast we'd have to read to get through it all, but we needn't have worried.

"We finished each day on time, sticking to the schedule without having to read too fast.

"We also put up a washing line around the church to show which book of the Bible we were on, and keep track of our progress."

Lisa explained the reasoning behind the week long Bible Reading Relay. "Some people were puzzled and wondered why so many people were giving up their time to be part of the reading, with nothing to show for it." she said.

"But it made us reflect on the fact that, as Christians, the Bible is important to us and we believe that God speaks to us through it, so spending time reading it is definitely not wasted time!"

The event also included a display of special Bibles, including one that was 160 years old, and a tiny WWI Gospel, that was given out to all those who enlisted.

"We also had lots of displays around the Church about the history of the Bible and welcomed many visitors during the week, including children from St Augustine's School, who joined in with reading the book of Jeremiah," said Lisa.

"On Sunday morning, we managed to finish the final book of the Bible, the book of Revelation, just in time for the start of our 10am service, and then we all let off party poppers to celebrate!"

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November 2017 1 Q

Jean started Tree Festival

Fifteen years ago Holy Trinity Church in Cuckfield was putting the finishing touches to its first ever Christmas Tree Festival. The Reverend Jean Sedgley, now retired, led and inspired a team of five other local residents to put the idea into action.

Jean, who now lives in Lindfield, had heard of a similar festival in Hertfordshire and was intrigued. An opportunity to try the experiment here in Sussex presented itself, but Church authorities were not sure it would work. They awarded the team a grant of £200 which would not need to be repaid if the venture went wrong. The team went from strength to strength and the grant was never needed. Jean commented: "At the beginning it felt like a very brave thing to do."

This year's festival is raising money for the church and for Chailey Heritage Foundation which is currently engaged in creating a new therapy space at its site on the A272. Jean is looking forward to being a visitor at this year's event and said: "I find it incredible that fifteen years on, tree decorators continue to create such inspiring trees."

The festival will be in Holy Trinity Church, Cuckfield on Friday 8th December between 11.30am and 7.30pm, Saturday 9th December between 11.30am and 6.30pm



and Sunday 10th December between 11.30am and 5pm, closing with an informal carol service at 6pm. The church will be filled with approximately 75 full size decorated trees. Local musicians will perform throughout the weekend and a timetable for this can be found online at www.cuckfieldctf.org.uk nearer the time. A dedicated team of volunteers will provide refreshments in The Old School for most of the time the church is open.





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By Joe Wayte

As I walked through the door to meet our next guests I was transported to an entirely different world. I felt almost as if I'd eaten a slice of the cake from Alice in Wonderland and become a giant in a magical emporium. The mad hatters inviting me to tea were this month's interviewees, Mary Collins and Charlotte Kell, owners of what is 'possibly the smallest department store in Sussex'. The Toll House Store & Café.

On arrival for this interview, The Toll House was seconds from opening to the public, my introduction to the store included interrupting the setting-up of a private event in the café – a baby shower - for which, upon my entrance, Charlotte joked: 'Ladies, here's your stripper!' I nervously laughed, backed away, found a table whereby I could return to safety behind the refuge of my laptop screen and waited with a cup of coffee while both Charlotte and Mary put their finishing touches on the store's opening routine.

As they sat down, the warmth in personality and energy flowing from both women was enough to replace the heating and get you excited for the day. 'How did you both meet?', was my opening question to the pair. Grabbing Charlotte's hand, Mary quickly joked: "We're lovers...!" Charlotte hastily cut in: "People will actually believe you if you keep saying that!" The pair actually first locked eyes when Mary was planning a celebration for her mother's 90th birthday four years ago and Charlotte lent her a selection of vintage china for the event.

Charlotte started her career working around the world in the travel industry as a trainer. While in this role she met her husband and they had their first son.

Ted. Upon the arrival of their second son, Charlie, the family re-located to Lindfield and Charlotte decided not to return to full-time work. "I've always had a passion for vintage homewares, odds and sods, and painting furniture," she told me, "and when I heard that The Toll House was to reopen around 2010, a friend and I approached them and asked if we could have some space as part of the venture to sell our wares." At this point the shop was a vintage clothes shop, and Charlotte's second son Charlie had started nursery, which granted her some extra time.

Mary was, and is, also a high flyer in the corporate world having spent most of her career in public relations and communications. Her current client list includes Graham Norton, BAFTA and composer Michael Price. After 25 years in London, and starting her own freelance PR business, Mary decided to move to Lindfield. "I bought a pretty much derelict cottage on Black Hill and once it was finished it seemed silly to be living in London and only seeing the cottage at weekends. So I swapped," she said.

When the opportunity to take over the lease arose four years ago, and having bonded over their love of antiques – as well as, more recently, their dogs (Mary has a cockapoo called Cromarty and Charlotte owns Hugo, a labradoodle) – they decided to take the plunge with a third friend, Claire Fuller, who has subsequently left the partnership but continues to work in the café.

Both Mary and Charlotte are big supporters of the local community: "We like to get involved. Local charities and schools often ask us for a raffle prize and we always like to say yes," Charlotte mentioned. The coffee in the



café is roasted by Backyard Coffee in Ditching; all the cakes are baked by women in the village; the clothes are a satellite of Edit Boutique in Cuckfield and soon to sell alongside the other stallholders is Sheffield Park's Trading Boundaries.

"You can only have a business like this if you have the passion for it," Mary advised. "It is a lot of hard work, long hours and lots of headaches but it is also a wonderful community thing that really connects us to the village. While some of the items for sale are ours, all of the various other spaces are run by local people offering a range of products. It offers a pretty much risk-free opportunity to open up their own 'shop' on a successful High Street under the safety of our roof."

On top of their shared love of vintage and dogs, Mary and Charlotte are also keen gin drinkers. "Our business meetings most often consist of dinner at my house," Charlotte said. "And once we've opened a bottle of gin, eaten, and caught up on The Bake Off, there's often no time left to discuss the shop!" Mary added.

During the last four years they've both learnt a lot about what it takes to run a successful business and I was keen to hear their advice: "You have to embrace the village – if what you're providing isn't something customers want there really isn't any point," Charlotte replied. "Plus, as social media gets bigger and bigger, you really do have to make sure you keep up and use the popular platforms to your advantage."

"Charlotte is a 'big picture' thinker, and I look more into the detail," Mary added, "which is what makes us such a good team. However, because both of us are very creative we ask for help with things like accounts and bookkeeping. We don't think about how best to cut up a cake to get the most money out of every bake – we just plate a big slice!"

With Christmas on its way, the women have turned their attention to how they're going to transform the store ready for when seasonal shopping gets into full swing – and as the conversation commenced and they started bouncing ideas off each other, I decided to have

a quick look around at the other rooms.

When it came time to leave Charlotte rolled her sleeves up in the kitchen and Mary walked me to the door. As we stood outside she said: "A few years ago I did some research and found out that my 16th great grandfather was actually born in Lindfield. And so, when All Saints Church restored the spire, I signed a shingle in his name. It's like coming home."

The Toll House is open Monday to Saturday, 9am to 5pm – why not pop in and see what treasures you can find?



November 2017







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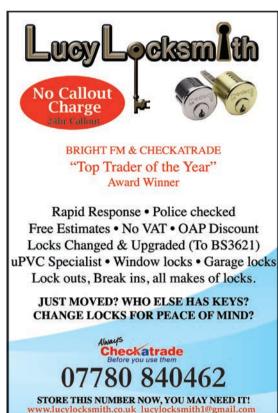
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November 2017

New planters now full of colour!

LINDFIELD IN BLOOM

Bv Heather Martin

Thanks to a generous donation of plants from South Downs Nursery, the Lindfield in Bloom volunteers have been out and about adding some seasonal colour to the new planters by the parish notice boards in Denmans Lane.

The planters are being maintained by volunteers and as such if anyone notices anything untoward before we do, please let us know and we'll do our best to sort it out as quickly as possible.

If you would like to join our team of volunteers or make a donation please email heather (a) heathermartin.co.uk or phone 07738 323082 - all welcome and you can be involved as much or as little as you like, from helping with fundraising to identifying suitable projects or doing a spot of gardening in the community. We'll be at the Lindfield Christmas village night fundraising for the year ahead and look forward to chatting with you then.

Before that, why not pop along to Lindfield Horticultural Society's AGM on 14th November at 7.30pm, following which Jim Stockwell, Chairman of the Sussex Gardens Trust, will be giving a talk



Hilary May helping to plant the new shrubs and winter bedding

about the the fantastic charity work of the Trust in protecting, conserving and promoting the evolution of local garden heritage and explaining how we can help protect our horticultural heritage for future generations to enjoy. It's on at the King Edward Hall, entry is free and all are welcome.



Doreen celebrates 30 years at Walstead Place

Caring Homes Senior Care Assistant Doreen Knight has spent a lifetime caring for others at Walstead Place and recently celebrated 30 years in the role.

Doreen, who is described by Home Manager Jacquie Ferguson as 'the epitome of what a carer in 2017 should be', first started working at Walstead Place in 1987. At that time her children were school age so she began on night duty, gradually moving on to day duty and helping out in a variety of departments throughout the home.

Jacquie said: "I would say that Doreen is the epitome of what a carer in 2017 should be - conscientious, kind, committed to her residents and the job in hand.

"Doreen is a pleasure to have on my team, I wish I could clone her and make a blueprint to share amongst all carers! She continues to work tirelessly and has no plans to retire yet, so I look forward to working with her for some years yet."

Doreen was recognised for her outstanding work in the field of older person's care winning the Care Home Worker Award 2016 from West Sussex Partners in Care. She is also the current National Care Awards Carer of the Year and was given special recognition for her achievements at the Caring Homes Group Recognition Awards 2017.

Doreen combines her care role with activities at Walstead Place, working alongside the other activities co-ordinators, and has a passion for dementia care and developing dementia activities. She also acts as a

mentor to junior colleagues, having trained as a 'buddy', passing on her knowledge and expertise to the benefit of the residents at Walstead Place





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Are you tired?

HEALTH GOALS

By Emily Wysock-Wright, nutritional therapist Do you wake up tired? Are you spinning so many plates that you can't imagine ever feeling relaxed? Is dedicating some time to yourself the last thing on your never-ending 'to do' list?

Would you like to know about what to eat to feel bursting with energy, calm and relaxed on a daily basis? I want to share with you some simple things you can try to overhaul your diet and relationship with food (no caffeine needed!).

One of the first things you need to know is that, if you're always stressed, your stomach could be to blame. Maybe you've felt 'sick to your stomach' when you're stressed out with work, family or relationship issues? Exhausting, isn't it?

Get all-day energy with this easy green frittata recipe. B vitamins play a role in converting your food into energy, so getting your recommended daily amount is an easy way to ensure you feel energised.

Vitamin B, also known as thiamin (and found in peas, fresh and dried fruit, eggs, wholegrain breads, liver and some fortified breakfast cereals), is especially useful at breaking down and releasing energy in food and keeping the nervous system healthy.

Try this quick and easy recipe to get your daily vitamin B hit. Eat it for breakfast, lunch or dinner for a high-powered energy boost.

Ingredients: 1 tbsp olive oil, a packet of asparagus (cooked and chopped into small pieces), 100g frozen peas (cooked), 50g feta cheese (crumbled), 1 tbsp fresh mint and three large eggs (beaten).

Method: Step 1 – Put the olive oil in a shallow frying pan over a medium heat. Step 2 – Add the asparagus and peas and season. Step 3 – Mix the feta and mint in the egg mix and pour over the vegetables in the pan. Cook slowly until the bottom is cooked and started to set on top. Step 4 – Finish cooking under a pre-heated grill until set and fluffy. Either eat straight away or leave to cool and slice into wedges for a perfectly filling and energising lunch.

The 21-day Digestive Rescue Plan (£29) provides you with the tools you need to change your diet – and body – today. It includes 21 days of super easy and delicious meals and snacks, as well as expert insight into your body and how to eat for health, energy and vitality.

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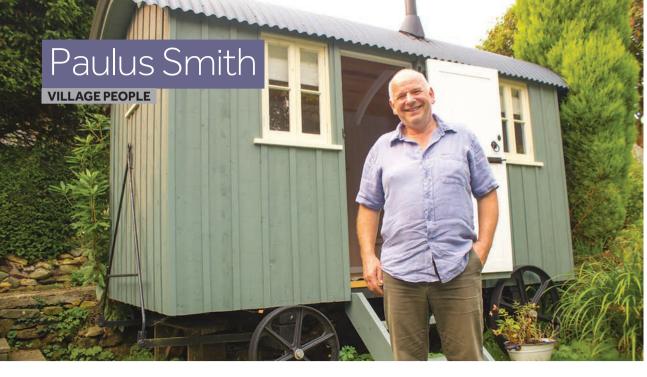
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November 2017



With Guy Fawkes Night fast approaching it seemed appropriate that we put the Lindfield Bonfire Society Chairman in the hot seat for our Village People feature this month!

Paulus Smith has been passionate about Lindfield Bonfire since attending his first event aged just four years old. More than 50 years on, Paulus can proudly claim an almost perfect attendance record. There was just one year when he was faced with an almost impossible choice - flaming torch or shining cornet...

Paulus tell us of his love for Lindfield, how, as a skilled carpenter, he has made his mark on many of the village's most historic and beautiful properties, and why Lindfield Bonfire remains one of the highlights of his year.

By Claire Cooper

Paulus was born in Meadow Lane in a house designed by his father and built by his grandfather.

"Growing up in the village meant there were always two big exciting events to look forward to – the Lindfield Fair and Bonfire Night," Paulus recalled. "Bonfire night is one of my earliest memories as a youngster. I was probably around four years old when I first went and I've been every single year since – except just once when I was 14."

Paulus played the cornet in the Haywards Heath Town Band which had a booking on 5th November. "I tried to get out of it but was promised that, if I chose the concert. I could play solo cornet."

That swung it. "I missed the bonfire but played solo cornet on the night and continued for many years afterwards."

But every other year has seen Paulus at the heart of the celebrations, and among the revellers in the torchlight procession. "The procession was always such a big thing for me and my friends," he said. "I remember all the torches arriving on a handcart from Pondcroft Road, joining the scrum to grab one, and triumphantly emerging torch in hand!

"Of course these days, we have to be more sensible about safety and torches can only be carried by members of the Bonfire Society."

Paulus formally joined the Lindfield Bonfire Society committee ten years ago taking on the role of vice-chairman. "But the following year the chairman stood down, so I suddenly found myself in the hot seat as chairman!" he said.

Paulus describes his role as 'very much back stage'.
"I chair the meetings and keep the members in order!
I'm the name on the letters and the one who takes the
flak if things go wrong! The hard work is done by the
committee and our members. I'm always so impressed
how everyone knows exactly what their role is on the
night and how everything runs like clockwork – most of

"From those who plan and organise the fundraising events, the member who builds the guy, the team which designs and stages the firework display, to those who turn out the following morning to help clean up the common - it's a privilege to be part of such a fantastic and committed group of people."

Paulus is pleased that membership has steadily grown in recent years. "Over the past few years we have attracted lots of new members who have brought with them a range of skills which have really helped the society to flourish.

"We now have a more extensive programme of fundraising events throughout the year and, as a result, our finances are in much better shape." He added that former Lindfield resident Major Jimmy Barnes left the society a donation in his will which has also made a huge difference.

the time!

"Many people who attend Lindfield Bonfire aren't aware that all the money raised on the night goes to local charities and that actual bonfire celebrations are funded by donations and events held throughout the year."

The best way to support the Bonfire is to become a member. "It costs just £10 a year. You get a newsletter several time a year, and the honour of being able to carry a flaming torch in the procession on the night!" (to sign up just fill in the form on the following page).

Paulus is not only passionate about preserving the village Bonfire tradition, he is also responsible for helping preserve some of Lindfield's most beautiful and historic buildings.

His joinery skills and eye for historic design and detail are sought after by owners of listed buildings looking to sympathetically restore and renovate their properties. It's a far cry from his first job in a photography studio!

"After attending Lindfield Primary and Oathall Schools I went to work for a photographer in London," said Paulus. "I was there for eight years but never liked commuting. One day we were on location in Ashdown Forest taking photographs to illustrate a book cover. After the shoot we called in at a lovely country pub. I suddenly realised that I didn't want to go back to London to develop the film!"

It was time to return to set up business in Lindfield. "I'd always been good at carpentry, so decided to set up Doors Galore," Paulus recalled. "It was at the time when council houses were being sold off, and the first thing the owners wanted to do was to mark their new purchase by changing the front door! I must have fitted

A year or so later Paulus set up a new business – Artisan – specialising in period and Victorian joinery. "I started getting some really interesting projects including working on many historic and listed buildings," said Paulus. "It was a really exciting time."

hundreds of doors over the next few years."

Before long Paulus needed bigger premises and put his skills to good use converting a large derelict farm building on the outskirts of the village into a stunning workshop. He later created a family home in the adjoining farm buildings, also creating several craft workshops which he let to other businesses including glass maker, architect and antique furniture restorers.

Paulus and his wife Jane went on to buy the historic former brewery next to the Stand Up in the High Street which he converted into a three bedroom house. "I'm incredibly proud of that conversion," said Paulus. "It was a really tricky building to design." The building work also presented a few challenges.

"We weren't able to drive any heavy vehicles up to the property as the Stand Up cellars are directly underneath the drive, so everything had to be taken by hand!" he said

The project also involved removing the old horse gin, and relocating it in the garden of the Red Lion pub where it has become a popular and quirky feature.

Paulus has worked on several local manor houses and many properties in the village including Old Place, with projects ranging from restoring period features to creating a replica Edwardian greenhouse.



"I love working in Lindfield. There are so many fascinating old buildings." he said.

More recently Paulus has specialised in designing and building shepherd's huts – and was one of the first to spot the potential and versatility of these quirky historic shelters.

"I'd always wanted to make one but wasn't sure how to source the iron wheels," he said. "I went to an antiques fair and bought a set of wheels to replicate. I made two huts and sold them straight away! His big break came when he exhibited a hut at the South of England Show at Ardingly. "After that, the business took off!"

Paulus also displayed a shepherd's hut in the Coronation Meadow at Wakehurst last summer attracting more attention.

"My huts have gone to customers as far as the Scottish Highlands, down to the West Country and even the Dordogne in France. The biggest was 22 ft long and came complete with kitchen, double bed, shower room and composting loo!" Paulus added that some of the original huts were only 5ft by 7ft. "But people want much larger ones these days. Most are between 12 and 16 ft but I'm always meticulous about keeping the proportions correct.

"I've made studios for artists and authors, a teenager's bedroom, or just somewhere to sit and relax," said Paulus. "One customer advertises hers on 'airbnb'! It seems everyone can find a reason to have one!"

His latest project is a barn conversion in France which will become a holiday home for Paulus and Jane.

Paulus has recently returned from working on the property to help prepare for the Bonfire celebrations which this year will take place on Saturday 4th November. "It's a tradition that Bonfire night is never held on a Sunday," said Paulus. "We have great plans for this year's event, including a spectacular firework display. The procession is looking good and we'd love to see lots of new faces in the fancy dress competition."

Paulus is happy to continue as chairman for the foreseeable future. "For me it's about keeping alive the tradition – something that I grew up with as a child," he said. "It's about ensuring that Lindfield Bonfire remains a good, safe family event which continues to provide many happy memories for children growing up in the village today."



LINDFIELD BONFIRE SOCIETY

Membership Form

Please complete both Membership and Standing Order forms if you wish to become a member of Lindfield Bonfire Society

Membership Type (please tick)



Adult (single) £10	Adult (joint) £15	Child (single) £5	Family (2 adults & named Children) £20	Life Membership (single) £100		
Name			Membersh *delete as red			
1)			Adult / Child	(under 18) *		
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Declaration: The information I have provided is correct to the best of my knowledge and myself and others named on this form agree to abide by the society rules.						
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LINDFIELD BONFIRE SOCIETY

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SO 2016-02 w



Bluebell Railway walk in November

This month will see a human train take to the Bluebell Railway track as supporters go 'full steam ahead' on their annual sponsored walk!

The Bluebell Railway's fifth 'Track Trek' sponsored walk event takes place on 18th November.

The event will see around 200 people walking along parts of the railway line between each of the stations.

This year's Track Trek covers the entire line from East Grinstead to Sheffield Park giving walkers a unique opportunity to see the whole 11 mile railway from a different perspective. It is not every day that you can walk along the track without any steam trains running!

Over the years the event has raised money for a number of projects including the extension to East Grinstead and the restoration of some of the Railway's historic steam locomotives.

The unique opportunity to walk the entire length of the line has come about due to the Railway being closed. for two weeks to allow major engineering works to take place to the track and railway infrastructure before the Railway welcomes Father Christmas for the Santa

Special trains during December.

This means walkers will also witness the work involved in maintaining the railway.

Staff from the Railway's Infrastructure Department will be on hand to answer questions about the work taking place.

The money raised from this year's Trek will go towards the Railway's Tr(ack) Action Appeal, which aims to raise £250.000 to renew various sections of the Railway's track.

Organisers of the Track Trek hope the event will raise £15,000 to fund the purchase and laying of one 60 foot length of new track.

Walkers will set off from East Grinstead between 9am and 10am

A complimentary bus will be available for those wishing to park at Sheffield Park Station. Refreshments will be on sale at each of the stations during the trek.

For more information on the Bluebell Railway's Track Trek visit the website at www.tinyurl.com/track-trek

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November 2017



By Stephen Norris

We often hear about the 'housing crisis' for our young people in the UK. In Lindfield it is very hard for young people to climb on to the housing ladder. But this is not just a UK problem. Imagine that you were abandoned at birth in the maternity hospital, or that you were born to a mother who didn't know who your father was and was a drug addict to boot. Plus you were born in a country without the Social Services safety net that we have here. A pretty hard start to life, most people would agree. So to be part of a group that goes each year to build a house in just three weeks to provide a home for someone who has grown up from such a harrowing beginning sounds remarkable - and it is!

Each year groups of volunteers from All Saints Church travel to Romania to help build a house for an organisation called Caminul Felix (Romanian for 'happy home'). Caminul Felix was born out of the chaos left in the state orphanages after Ceausescu was overthrown - you may recall the images of babies left abandoned in cots, rocking from side to side.

Over the years, over 100 different volunteers from All Saints have helped to build houses. Their ages ranging from teenagers all the way up to over 80 years old. The most common reaction when people are considering volunteering is that they believe they have no or little DIY skills. This year one volunteer admitted that he couldn't even wire a plug (which in any case is a skill no longer needed!). However, everyone can contribute to the house building. Everyone can bang a nail in; carry a piece of timber; help put thousands of tiles on a roof or measure a piece of insulation. Thankfully for the intended home owners, local professionals supervise all the work and undertake all the technical installations - electrics and plumbing etc.

Not only is the work tremendously rewarding, the camaraderie amongst the groups (normally three separate weekly groups) is great and the feeling of achievement is huge when the third week's work is finished and a new house stands completed. 'Did we really build that?' is the usual question when we put down our tools.

If you would like to know more please contact the All Saints church office on 01444 482405 or email: allsaints@lindfield.info. To learn more about the incredible story of Caminul Felix please go to: www.caminulfelix.ro









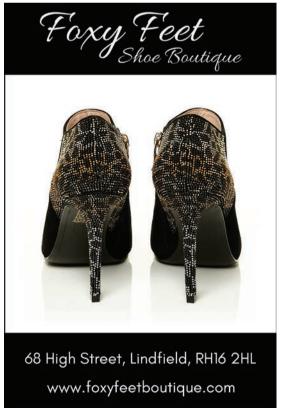
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November 2017 37

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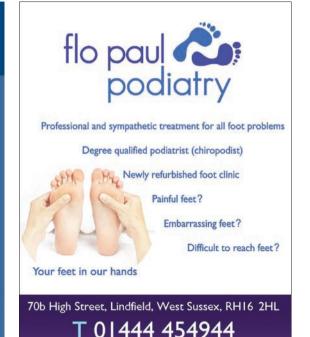
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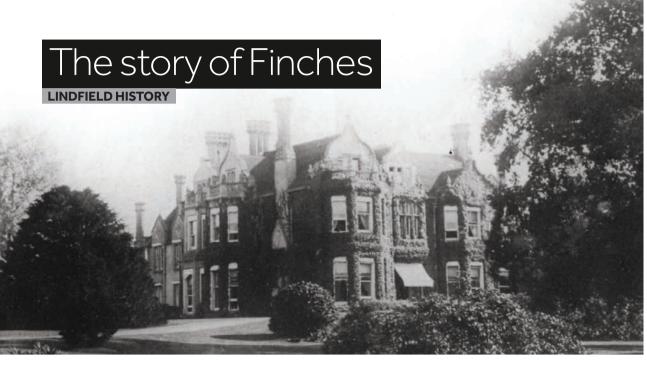
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By Richard Bryant, Lindfield History Project Group
The name Finches as in Finches Park Road, Finches
Gardens and Finches Lane does not derive from a
Victorian country mansion, like The Welkin as featured in
last month's article. It is much older in origin dating back
to a farm that existed in medieval times, with perhaps the
land being farmed a thousand years ago.

Finches Farm has appeared in the historic record since the 16th century when it was occupied by the Fairhall family, and its land ran southwards from Finches Lane. In 1583 Richard Fairhall was described as one of the 'chiefest men' of Lindfield. The farm must have been of sufficient importance as in 1723 it was one of the four properties in Lindfield parish shown by name on Budgen's Sussex map. Described in 1829 as a 'Messuage, barns and lands called Finches, Tilts and Cocks containing 32 acres' it was held by Jane Knight. A Mr Riddle subsequently farmed the land, as a tenant of Edward Duke, and is recorded as operating a brickyard in the area of Kiln Wood and Town Wood; both woods still remain.

Around 1870 the farm was bought by James Proctor, a retired silk manufacturer from Manchester. He demolished the farmhouse and buildings that stood on the west side of Finches Lane, approximately where Arthur Bliss House is today. In their place he built a country mansion of brick and stone. An impression of the grandness and architectural style can be seen in the imposing range of estate office, coach house and stables he built further up Finches Lane; now attractive residences. To complete the estate, lodges were placed at the southern and northern end of Finches Lane, again both survive (see then/now photos here). The lower section of Finches Gardens follows the line of the drive.

Following his death in 1884 the estate was sold for £17,000 to Walter Savill. Finches became the main family home for Walter, his wife Matilda and their ten children. By the time of his death in 1911, most of their children

had grown up and moved away, leaving the house to be lived in by his widow and their unmarried daughter Maud. They maintained it as their main residence until the beginning of WWII when it was requisitioned by the Army for officer accommodation.

Mrs Matilda Savill died in 1941. At the end of the war the house was returned to Maud Savill and in 1946 the entire estate was put up for sale. Sale particulars described the house as containing 12 principal bedrooms, seven staff bedrooms, five bathrooms, four reception rooms and domestic offices, plus garages and stabling set in 45 acres of gardens and



Maud Savill

parkland. Also in the sale were the two lodges and four modern semi detached cottages, built for estate workers in Sunte Avenue.

The house with its grounds were acquired and converted into the County Hotel, opening in November 1947. It provided accommodation for 80 guests with a 'Tudor Lounge and Buttery' and 'Georgian Restaurant'. Dinner dances were held on Saturday nights, which proved popular with guests and local residents alike.

As Lindfield started a major period of expansion in the decades following WWII there was considerable demand for building land. Between 1955 and 1961 parcels of Finches land were sold for building. This resulted in the first sections of Savill Road, Finches Park Road and the adjoining section of Hickmans Lane being built.

The hotel closed and was demolished in the early 1960s, with all remaining land being sold and built upon as we see today.



Finches Lodge then

Today it is the Savills who are most closely associated with Finches. Who were they and what was their impact on Lindfield?

Walter Savill aged 15 ioined Wallis Gann & Co. a firm of London shipbrokers. as a junior clerk in 1851. Seven years later together with a fellow employee. Robert Shaw, he left Wallis Gann and as partners set up their own shipping business. Shaw Savill & Co. Initially using chartered ships they specialised in carrying cargo. emigrants and Government mail to New Zealand. Through great courage, persistence, hard work and



William Savi

shrewdness the business prospered, owning 15 ships in 1865. It merged in 1882 with Albion, a competitor on the New Zealand route, to form Shaw Savill & Albion Co Ltd. In that year one of their ships carried the first refrigerated cargo of New Zealand lamb to Britain. Following this merger, Walter Savill established a fleet of sailing vessels under the Shaw Savill flag; one of these ships, a four mast steel barque, he named 'Lindfield'.

Despite having lived in Lindfield for 27 years, Walter Savill took no active part in local affairs. He died aged 76 at Finches in May 1911, leaving over £1.5m, a vast fortune in those days. Early on the morning of the funeral, his oak coffin was conveyed to the parish church in an ivyclad farm wagon drawn by three horses. After the service 'the body rested in the church until the afternoon' to allow 'persons in all positions of life' to pay their respects before being taken to Walstead for burial.

In contrast, his daughter Maud Savill, who lived in Lindfield until her death in 1962 aged 96, was an active participant and major benefactor in the village. She was at the forefront of supporting and giving to very many charitable good causes. For example, during the Great War Maud gave generously to the Red Cross Hospital in the King Edward Hall and funded the building of the miniature rifle range in Alma Lane. Throughout her life Maud Savill was a prominent member of the All Saints' congregation.



Finches Lodge, now

Particularly noteworthy was her preservation of buildings that to this day enhance the High Street. Firstly, in 1917 she purchased dilapidated Barnlands with its two shops and restored it as two dwellings. Similarly in 1930, she purchased the 'department store' latterly run by Mr & Mrs Funnell converting it to housing and restored the adjoining cottage, today Truffle House, Caldicote and Limes Cottage. Priory Cottage followed in 1935, Maud Savill removed the shop extension that reached the pavement and restored it to solely residential purposes. Three years later she bought and renovated the Sewell Memorial Hall and St John's Lodge, living in the latter during the war years before moving to St Lawrence on Blackhill.

After WWII, land in Hickmans Lane was given to the District Council for the building of the 12 semi-detached 'St John's Cottages' for men who served in WWII and their families. It is Maud Savill that residents have to thank for also providing land to the District Council that subsequently became the Hickmans Lane Recreation Ground.

Whilst Finches has long disappeared, Maud Savill's work to preserve and improve High Street properties, together with her kindness in facilitating a much enjoyed sports field and playground, are a commendable legacy.



Back of the estate office, coach house and stables today

Glow Wild winter lantern festival at Wakehurst

The ever popular Glow Wild winter lantern festival sees the nocturnal landscape of Wakehurst Place come alive with thousands of glowing paper lanterns, lighting up the botanic gardens and the Elizabethan mansion, as it returns later this month.

Now in its fourth year Glow Wild is still full of surprises. As you wind your way along the trail you will be greeted by a sea of gently floating lanterns on the Mansion Pond, each containing a thought or wish written by local schoolchildren, who were asked to reflect on the passing year.

Weaving along the path you will discover a river of fire - a continuous stream of lights cascading downwards towards Black Pond – filling the water with glittering light.

A galaxy of stars will hang from the large oaks in the Pinetum and The Walled Garden will be decorated with hurricane lanterns and filled with the scent of burning frankincense.

Shadowy silhouettes will adorn the Elizabethan mansion ensuring it not only looks magical but also still retains its historical beauty.

Children will love becoming part of a living trail by



carrying their own lanterns. They will also adore the animal shaped lanterns that depict the creatures that make Wakehurst their home.

Afterwards, toasting marshmallows over giant fire bowls and enjoying hot chocolate and mulled wine is what everyone loves to do. And, you can enjoy all this while marvelling at the UK's tallest living Christmas tree - adorned with lights. These will be turned on at 4.15pm on Thursday 30th November and will then be on from 3.15pm daily during the Glow Wild lantern festival.

Glow Wild is open on Thursdays, Fridays, Saturdays and Sundays from the end of November until 17th December. Bookings should be made through Wakehurst Place directly.

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Win tickets to Holiday on Ice!

READER COMPETITION

Holiday on Ice will be returning to The Brighton Centre in January with new spectacular production – TIME – and we have a family ticket to give away to one lucky Lindfield I ife reader.

Directed and choreographed by David Liu, who is renowned for his innovative and exciting choreography, TIME will open at The Brighton Centre on Friday 5th January and run until Sunday 14th January 2018.

Celebrating 'the best and most memorable times of our lives', the show is described as a photo album filled with 'snapshots' of memories we all share in common-falling in love, a first kiss, dancing 'til dawn, a memorable night on the town, a great vacation, a thrilling adventure, and everyone's wish to slow down time as it goes by too fast!

To win a family ticket (for four) to the opening night, Friday 5th January, just email your name and phone number to competition@lindfieldlife.co.uk. Entries must be received by 14th November 2017 and the winner will be selected at random and notified by email after this date.

Tickets for Holiday on Ice: TIME at The Brighton Centre are on sale now and are available from www.brightoncentre.co.uk or by contacting the box office on 0844 847 1538. Family and group discounts available.



TERMS & CONDITIONS

Tickets are valid to see Holiday on Ice: TIME at The Brighton Centre on Friday 5th January 2018 at 8pm only. Family ticket can be used by any combination of a total of 4 adults and children. At least one adult must be present. No purchase necessary. Tickets are non-exchangeable. Closing date for entries is 14th November 2018, entries received after this date will not be counted. Winners will be required to collect their tickets from box office on the night of the show. Any travel and accommodation will not be included in the prize.



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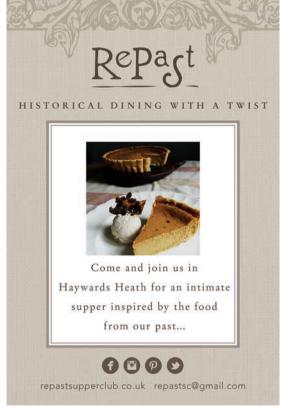




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New Macmillan room now open at PRH

Cancer patients across Mid Sussex can easily get hold of free information thanks to the opening of a new cancer information room located in the main Outpatients department at the Princess Royal Hospital (PRH). The Cedar Room officially opened in September and is now open to the public every Monday afternoon. The project received a grant of around £20,000 from Macmillan Cancer Support and has links with the new Macmillan Horizon Centre at the Royal Sussex County Hospital in Brighton.

Lucinda Mackay, Macmillan Nurse, has led the project from within PRH and is delighted with the room, which doubles up as a consultation room.

Lucinda says: "I wanted to have a local place for patients and their family and friends to come and get a variety of free booklets and leaflets. The information covers different cancer types, treatments and side effects as well as financial issues and emotional issues.

"The room has been completely refurbished with new furniture and decoration, flooring and lighting to provide a comfortable environment for people to browse and find the information they need. An artist from Lindfield, Brett Hudson, has kindly donated two fabulous paintings and Robert Smith, from The Danewood Press, produced the canvas pictures for free; this all helps make the room seem more homely.

"Previously, patients would have had to travel down to the Macmillan Horizon Centre in Brighton, ring a national helpline or speak to their Nurse Specialist, but in the Cedar Room they can browse and find the information they need.

Linda Cumming, a bowel cancer patient at PRH, cut the ribbon to officially open the Cedar Room. Linda sayid: "They've done a brilliant job with the Cedar Room. It's so important that people have a local resource. People in Mid-Sussex who are facing cancer diagnosis and treatment don't want to have to travel down to the Horizon Centre. Now they have somewhere local to go to get the answers to their questions." Linda is also a member of the Mid Sussex Bowel Cancer Support Group, which, she says, has been a very helpful resource.



Macmillan Cancer Support Partnership Manager, Sussex, Kristiina Parkinson said: "We were really pleased to support the refurbishment of this room to provide a pleasant environment for people to access information. The room is also used for people to access counselling and welfare benefits advice via appointment, and the Clinical Nurse Specialist team use it for meeting with patients and their families."

Anyone who wants to enquire about access to welfare benefits or counselling support locally can contact the Horizon Centre on 01273 468770 or email: horizoncentre@macmillan.org.uk or contact their Clinical Nurse Specialist.





Chewy Walnut Fingers

Lightly butter a 20cm square tin. Preheat oven 180C. Measure 140g soft light brown sugar, 1tsp pure vanilla and 2 large egg whites into a bowl and beat (preferably with an electric mixer) for 2 min or until a pale coffee colour. Sieve over 75g plain flour and 1/4 tsp bicarbonate of soda. Beat until just combined. Stir in 75g chopped walnuts and 50g chocolate chips. Spread evenly in the tin and bake for 15-20 min or until golden brown and crusty. Cool for 10 min before cutting into fingers then leave a little longer before removing from the tin.

Hazelnut and Orange Teabread

Great thickly sliced and generously spread with English butter – also good toasted.

Butter and line a large loaf tin. Preheat oven 180C. Sift 350g SR flour and a pinch of salt into a mixing bowl. Rub in 75g soft butter, then stir in 75g soft brown sugar and 55g roughly chopped toasted hazelnuts. In another bowl whisk together 4tbs fine-cut marmalade, 2 large eggs and 150ml milk. Beat into the dry ingredients, spoon into the tin and level the top. Bake for 1 hour or until the bread tests cooked. Cool for 10 min the tip out on to a wire rack and leave to cool completely before slicing.

The Kitchen People

As seen in Real Homes Magazine and winner of Second Nature's Real Kitchen of the Year Award.



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www.kitchenpeopie.co.uk Facebook: facebook.com/thekitchenpeople Suddenly winter is with us and what better place to spend a cold wet day than in your kitchen baking. This month I have chosen some recipes of mine which contain nuts and autumn fruits. Delicious to eat now or the cakes would make great Christmas gifts for friends.

Pecan (or Walnut), Apricot and Chocolate Chip Bars

Lightly butter and base line a 23cm square shallow cake tin. Preheat oven 180°. Sieve 150g plain flour and ½tsp bicarbonate of soda into a bowl. Stir. in 75g coarse porridge oats (not the instant variety). In another bowl beat together 140g soft brown sugar and 75a butter until smooth. Stir in the flour mixture - will be crumbly. Spoon one-quarter into a small bowl and stir in 50a roughly chopped pecans and 100a chocolate chips. Press remaining flour mixture evenly into the tin and cover generously with apricot jam. Spoon the nutty chocolate crumbs over the top. Bake for 30 min or until crisp and golden brown. Cool completely in the tin before cutting into bars.

Blueberry Bake

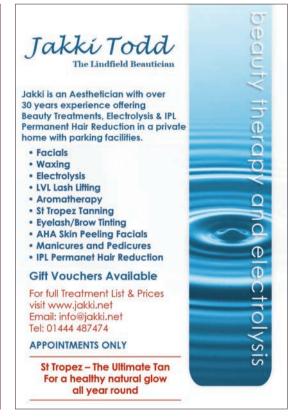
Measure 250g SR flour, 50g instant polenta, 175g caster sugar and 175g diced chilled butter into a processor and buzz to coarse crumbs (or rub in with the fingers). Add 100g ground almonds, the finely grated rind of 1 unwaxed lemon and 1 beaten egg. Buzz or stir just to form a soft dough. Shape in a ball, wrap in clingfilm and chill 30 min.

Line the base of a 17.5cm square shallow tin. Preheat oven 180°. Press half the dough into the base of the tin. Gently combine 450g blueberries (or blackberries) with 4tbs finely chopped mint, 1tbs polenta and 2tbs caster sugar. Spoon evenly into the tin and crumble remaining dough over the top. Bake 50 min or until crisp and golden brown. Allow to cool before cutting into portions.

Chestnut Cake

Generously butter and flour a 20cm round cake tin. Preheat oven 180°. Whisk together a 369g can unsweetened chestnut purèe, 4 large egg yolks, 200g caster sugar, 75g soft butter and the grated rind of 1 unwaxed lemon. Stir in 125g chopped blanched almonds. In another bowl beat 4 egg whites until stiff then gently fold into the batter. Spoon into the tin, level the top and bake for 55min or until tests cooked. Cool in tin before turning out on to a serving plate. Delicious served for dessert with whipped cream.







The Second Curve by Charles Handy

BOOK REVIEW

By Cavan Wood

Charles Handy has been in business, taught at a university and been an observer of human nature and organisations. In this book, he argues that we must try to change ourselves and society before we reach the moments of crisis where we are forced to change. Taking the second curve moments will enable individuals and societies to prosper, not to go into decline, as we see the importance of doing things in a new way. What is remarkable is that this is a message coming from someone in his middle 80s, when you think that he might just be becoming less radical or open to the new. This is a stimulating and wide-ranging book which will make you think and challenge you to think about the world in a new way.

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Everything Everything by Nicola Yoon

BOOK REVIEW

By Elise Couglin, Oathall student

I have never read a book so gripping that I struggle to put it down. Reading Everything Everything makes you acknowledge the little things you take for granted in everyday life. I digested the book within a couple of days whilst I was on holiday, and for the rest of the time away I couldn't get it out of my head. In a nutshell, the book is about a teenager called Maddie who has the rare disease Severe Combined Immunodeficiency, which basically means she's allergic to the world, and how she is in awe of the day to day lives we live. It's about her falling in love with her neighbour, which makes her even more desperate to get outside. I have never been too keen on romantic novels, even though there isn't much in there, but this book is an exception. This book is definitely one that I will treasure, and I am looking forward to reading it again. The novel has also been made into a film, which was released in May this year, and I am desperate to watch it. But like it says on the front cover of the book: "Read it before you see the film!"

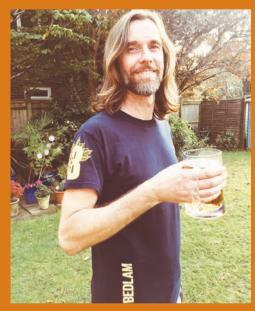
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Our Bedlam winner



Simon Greere was the lucky reader, pulled out of the hat last month. He took delivery of a case of Bedlam beer and a branded T-shirt. This month's competition is listed on page 43.

November 2017

When asking 'How was your day?' doesn't get the response you want

By Jennie Adams

One of the biggest gripes that parents share with me is that they often feel like they have no idea what their child does all day at school, and when they ask them the usual sorts of questions like 'How was your day?' or 'What did



you do?' they get the same, somewhat predictable responses – 'It was OK', followed by 'I didn't do much'! They did – I promise that they absolutely did. They will have been encompassed in a hive of learning activity, which is why, by the time they skip out of the school building to head home, they're most likely hungry, tired and frankly don't have the brain power or wish to talk about it in great depth or detail. However, I know that this is no less frustrating for parents who want to be part of their child's educational journey. So how can you find out about what they've been doing without eliciting the same brick wall responses?

I've done the research for you and here are ten alternative questions that can't fail to give you an insight into your child's day. So, arm yourself with a snack to give them and fire away...

- 1. Did anything make you laugh or smile today?
- 2. What were you most proud of today?
- 3. Who did you work with today?
- 4. If you got to be the teacher tomorrow, what would you do?
- 5. What was the most exciting or boring part of your day?
- 6. How would your teacher describe you if I telephoned them tonight?
- 7. What games did you play at break-time?
- 8. What new fact(s) did you learn?
- 9. What challenged you today?
- 10. If you could repeat the day again tomorrow, what would you keep the same and what would you change?
 - ... good luck!









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A busy start

LINDFIELD PRIMARY

It's been a busy start to the academic year for us at Lindfield Primary Academy. The children got stuck into work straight away, but there have been lots of fun activities already as well ...

School open days this month

We will be opening our doors to the community to come in and enjoy a tour of the academy on the mornings. of 8th and 9th November. These open mornings are particularly aimed at families currently choosing schools for their children due to start school in September 2018. but all members of the community are welcome to come in and see us at work. Senior staff will also be on hand to answer questions. The academy will be open between 9am and 11.30am on both mornings – no appointment necessary, please just come along.

Fire safety

We were all treated to a fantastic assembly from the Lindfield Bonfire Society, with our visitors dressed in traditional costume as smugglers. The children enjoyed learning about Guy Fawkes and the history of Bonfire Night, but the most important



message delivered by our visitors was that of fire safety on this most exciting night of the year.

Year 2 children also enjoyed a visit from West Sussex Fire & Rescue Service, where the fire safety message was the serious bit, but the children also explored a real fire engine!

Military History Event

Our Year 6 children attended a WWI and WWII exhibition at Clair Hall run by Mid Sussex RED. The children were able to experience hands-on exhibits and attended a number of presentations about many aspects of both World Wars, complementing their 'Battle of Britain' topic work.



Hever Castle

Year 4 children spent an amazing day at Hever Castle, immersing themselves in the history of this beautiful building and learning about life in Tudor times. They also had fun roaming the grounds of the castle. A particular highlight were the mazes;



the children got lost in one and drenched in the other!

Bikeability

Lindfield residents may have seen our Year 6 pupils taking part in Bikeability training with WSCC approved instructors. The week long course develops riders' skills and confidence to cycle safely on today's roads: an important lesson for young people as they get old enough to venture out cycling without an adult.

November 2017 51

Chichester Cathedral Friends

Many people will have visited Chichester for the theatre or for shopping, but how many have visited the 900 year old Cathedral?

The Cathedral houses a wonderful collection of 20th century painting, sculpture and glass, amongst them a Marc Chagall window, tapestries by John Piper and a painting by Graham Sutherland. By contrast there are 12th century Lazarus reliefs and Lambert Barnard paintings of Bishops of Chichester over the centuries.

Chichester Cathedral Friends is a charity formed to support the mission and ministry of the Cathedral. There are some 1,500 people from the Diocese and beyond who support the work of the Cathedral in numerous ways. The Friends is run by volunteers, and, if people have time and want to help, there are many opportunities to contribute.

There is a full programme of events for Friends too – including day trips, lunches and holidays throughout the year.

The Friends is a registered charity and for just £15 a year, or £25 for a couple, a whole new way of life, experiences and friendships can open up whilst supporting one of the major attractions in our lovely county of Sussex.

For more information email friends@ chichestercathedral.org.uk in the first instance.

Volunteering Opportunities

Volunteering in Mid Sussex is now even easier thanks to HAMSVA's (Horsham and Mid Sussex Voluntary Action) new online feature designed to match local people with suitable roles.

The website now includes a link to a large database of volunteering opportunities registered by local not-for-profit groups, and you can register and search for opportunities based on your locality, interests and skills.

In the Mid Sussex district this week you can find calls for volunteers doing everything from driving, running activities, administrative assistants, committee members and disabled riding helpers. There really is a role for everyone - and all on your doorstep.

Treat Me Kind International is a Haywards Heath based charity working to end cruelty to animals. They need a trustee with a good understanding of fundraising to help boost their charity and be a champion for it.

Ever fancied yourself as a DJ? Mid Downs Hospital Radio at Princess Royal Hospital in Haywards Heath needs volunteer presenters as well as request collectors, committee members and fundraisers.

If you are thinking of volunteering and want to know what's out there, just log on to www.hamsva. org.uk/opportunities and explore the many ways in which you can get involved in your community.

Parlez-vous Français?

Do you want to improve your French? Then why not join the Mid-Sussex Franco-British Society in Haywards Heath? The group recently launched details of its 2017-2018 season which includes a range of evening events for members to enjoy listening to and practising French.

The Association was founded 46 years ago by local French teachers seeking to promote and encourage the use of the language and provide a forum for members to increase their knowledge of France and its culture.

This tradition continues through monthly meetings on Wednesday evenings in Clair Hall between September and June.

Meetings are designed to be informal and welcoming at all levels of French, with speakers giving illustrated talks in French on a variety of subjects.

The 2017-2018 programme covers a wide range of topics such as the current political situation in France under its new young President, Emmanuel Macron, a musical evening of French songs with guitar accompaniment and a new biography of Charles de Gaulle by its author.

Further details can be obtained from the Secretary, Barbara Stevens, on 01444 452385, email at dandbstevens@btopenworld.com or from the website www.midsussexfrancobritish.co.uk

The annual membership fee is £20 and the visitor's fee is £4 per evening, payable at the door.

Bienvenue à tous!

Dressing up for Christmas

A Christmas Dress Up Day is being organised to raise funds for local children.

Home-Start CHAMS (Crawley, Horsham and Mid-Sussex) is inviting local schools, nurseries, companies and community groups to dress up for Christmas on Friday 1st December and raise money for its Snowflake Appeal.

Home-Start CHAMS is a local charity that supports families with young children struggling to cope with issues including abuse, neglect, mental health, isolation and poverty that can impact on children's development.

Last year the charity supported 379 vulnerable local children and is currently focussing on helping young children become 'confident early learners' in readiness for them starting school. Money raised from the Christmas Dress Up Day will help to give more vulnerable local children a better start in life.

The Snowflake Appeal runs from 1st November – 31st January. To find out more about the Christmas Dress Up Day, and the work of Home Start, visit the charity's website at www.homestartchams.org.uk/snowflake

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Holiday snaps

As ever, Lindfield residents have taken their copy of the magazine away with them. Do send yours in to photos@lindfieldlife.co.uk



Chris & Steve Downing at UNESCO World Heritage Site of Alberobello, Italy



Val & Gordon Upton in Shropshire with former Lindfield Evangelical Free Church pastor Rev Phil Wright and his wife Tee.



Chris Gurr on holiday in Australia set up these terrific photos: A half mile long passenger train and its driver, a brief stop at Rawlinna on route to Sydney, and Lindfield Life arrived at Broken Hill being met by a welcoming committee!



29 members of U3A Holiday Group in Suffolk

Male singers wanted!

By Mrs M Smith

I was lucky enough to be one of the Promenaders at King Edward Hall in September. The Adur Concert Band treated us to some stirring music, and we were unstoppable when it came to joining in!

It struck me how many gentlemen there were in the audience, all singing along, as End of Proms folk do, and just how hard it is to get just a few of those same men to come along and join our choir!

I am part of the Haywards Heath Singers, which was started in 1997. There are about 20 of us, and we sing light, popular and traditional pieces (none too challenging) and perform just one or two concerts near Christmas.

We do really need a few more gentlemen – tenors especially. We practise on Thursday evenings at the Presentation Hall in America Lane.

Feel like airing your voice box? Come and give us a try. Singing is so very good for you, and the atmosphere with us could not be friendlier. If you are interested, please call our Chairman, Alan, on 01444 811696.

Pregnancy yoga course at King Edward Hall



If you are pregnant and past your 12 week scan there is something new starting in Lindfield that could benefit you.

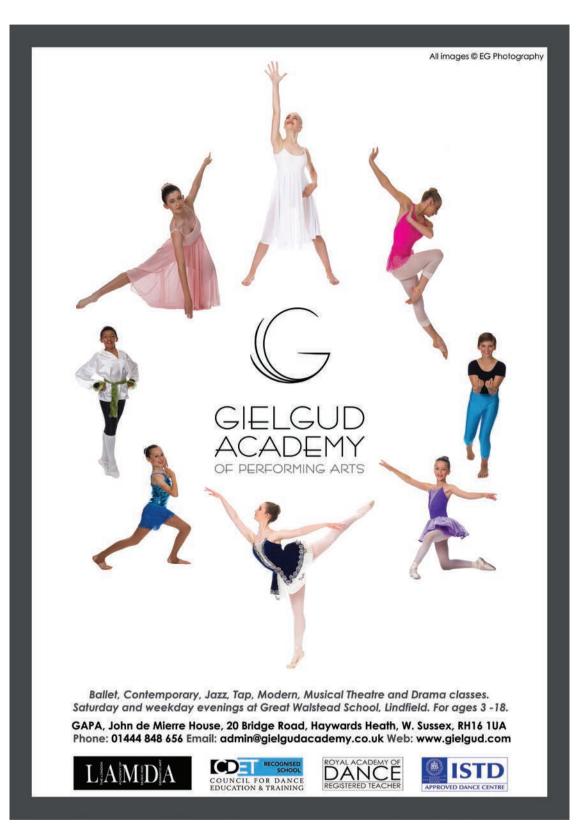
Rhian Hamilton-Shaw is starting a six week course specifically designed for pregnant ladies to prepare their body and mind for birth. Rhian, who has been training yoga for nearly two years, said: "Many people don't realise that pregnancy yoga doesn't have to be lonely or sedentary. I wish my students to leave these group classes feeling inspired, mindfully and physically restored and some physical benefit that would change their life in some way."

During the six week course, attendees will join a supportive community and receive a free pregnancy manual, the option of a pregnancy massage or discount at La Touche Beauty Salon and a gift bag from DoTerra to help support them during pregnancy.

The next course will start on Thursday 16th November at midday in King Edward Hall. To sign up text 'Pregnancy' to Rhian on 07891 835208.



Email: info@extensionsdrivewaysroofing.co.uk www.extensionsdrivewaysroofing.co.uk



Sudoku #16

			7	1	5			
	8					4	1	
			V					7
. 41		9			3			1
	6				4	7	2	
						5		
9			3	2				
5	3		4			2		
2		4		9		1		

Find the solution to #16 in next month's magazine

Courtesy of http://andrews-sudoku.blogspot.co.uk

#15 Solution

_									
	8	1	4	6	7	2	3	5	9
	5	3	6	8	9	1	2	7	4
	2	9	7	4	3	5	1	6	8
	7	4	2	5	1	9	8	3	6
Г	3	5	8	7	6	4	9	2	1
	9	6	1	2	8	3	5	4	7
	1	7	9	3	5	6	4	8	2
	4	8	5	9	2	7	6	1	3
	6	2	3	1	4	8	7	9	5





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What's on in November

AT KING FDWARD HALL

November

- 2nd Lindfield Country Market 10-11am (Sheila Hobbs 01444 483396)
- 4th Lindfield Bonfire Night 6.30pm
 Fancy Dress Competition (free to enter), followed
 by the Torchlight Procession
 (Wendy Box 01444 482809)
- 7th Lindfield Preservation Society 2.30pm
 An illustrated talk on 'The Millennium Seed
 Bank the most bio-diverse place on Earth' by
 Keith Manger. Presentation on the work of the
 Seed Bank and the science behind global plant
 conservation. All welcome, entry free (John
 Chapman 01444 484470)
- 8th Lindfield Horticultural Society An evening with guest speaker and Annual General Meeting (Chris Gurr 01444 482739)
- 9th Lindfield Country Market 10-11am
- 11th Finding Narnia Family Adventure 2-6pm
 Escape into a magical land where it's 'Always
 Winter, but never Christmas'. In support of
 Aidan's Christmas Dinner Project and the PTEN
 Foundation. A totally immersive event for families
 (Rosie Marsh 07807 838 552)
- 16th Lindfield Country Market 10-11am
- 18th Christmas Craft Fair 10am-3pm
 By Lindfield Bonfire Society, a wide variety of stalls, café and tombola. (Entry fee 50p, free to children, OAPs and members. Sarah 01444 487470)
- 23rd Lindfield Country Market 10-11am
- 23rd Film Show: My Cousin Rachel (12A) 7.30pm (Jennie Powell 01444 483431)
- 28th Lindfield Flower Club 2.30pm
 Graham King whose theme will be 'BY
 CANDLELIGHT'. This is our wonderful Christmas
 meeting, not to be missed! Festive presents,
 hampers and raffles, all washed down with mince
 pies and wine.
- 30th Lindfield Country Market 10-11am

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

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

AND ELSEWHERE

November

- 4th Lindfield Bonfire Night
 - 6.30pm Fancy Dress Competition (KEH)
 7.30pm Torchlight Procession
 8.15pm Lighting of the Bonfire (approx)
 8.30pm Grand Firework Display Common
 9pm End of show
- 5th Spooky Halloween Fun 10am-4pm
 Cat's Protection, Lewes Road, Chelwood Gate
 Halloween fun and games including a children's
 fancy dress competition
- 8th Mid-Sussex Franco-British Society 8-10pm Clair Hall, Haywards Heath – This is a musical evening of French songs to the accompaniment of the guitar of Brian Walsh – audience participation invited and words provided
- 9th Mid Sussex Association National Trust AGM –
 2.30pm. Clair Hall, Haywards Heath Followed by
 short talk by speakers from our local NT properties
- 11th Sussex Chorus 7.30pm
 Kings Church, Burgess Hill 'In remembrance'
 Mozart Requiem (Ticket £15/£5.01444 412579)
- 12th Remembrance Concert 7.30pm
 Dolphin Leisure Centre, Haywards Heath –
 In aid of the Royal British Legion by Ardingly
 Choral Society with Mid-Sussex Sinfonia and
 Ardingly and Copthorne Prep School choirs.
 (Tickets £15/£13 01444 417654)
- 15th The Arts Society Mid Sussex 10.15am Clair Hall – 'How we got IKEA! Scandinavian design 1880-1960' Lecture by Dr Anne Anderson. Non members welcome (£7)

18th/19th

Art Exhibition – 10am- 5pm Chailey Village Hall, BN8 4DA – Chailey & Newick Painting Group Annual Art Exhibition (www. chaileyandnewickpaintinggroup.org.uk)

25th/26th

Leesa Le May Art Exhibition – 10am-5pm Lindfield Art Studio, West View Road. Free entry

December

- 1st Charity Christmas Fayre 10am-4pm Cumnor House School, Danehill – In aid of Chailey Heritage
- 2nd Christmas Market 11am-3pm
 Millennium Village Centre, Scaynes Hill Wide
 variety of stalls and WI refreshments. Free entry,
 free parking

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