

# Lindfield *Life*

*Local village talk,  
by the village*

June 2009 Issue #3

**FREE!**

**Turning tragedy into a charity** p.6

**The lowdown on local shops** p.12

**London-Brighton hits the High St** p.26

**Keeping beer brewing local** p.32



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The Editor of the Village Day programme apologises to Watson's for omitting their advertisement from this year's programme. The King Edward Hall is paying for this advertisement in recompense.



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# Lindfield Life



 Cover image by David Tingley:  
Early evening across Lindfield Common  
Got a great cover picture? See website  
for details: [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)

## Welcome!

Welcome to the June edition of Lindfield Life. We've got a bumper issue for you this month, so treat yourself to a bit of time out and enjoy the read. If you're planning your diary for the month then have a look at the many events that are taking place in and around the village. There's family fun to be had at the Oathall Community College Summer Fair and lots to keep the kids entertained at an Eco Fair. If you're looking for evening entertainment then there is a local concert by the Fletching Singers and the popular annual visit of The Rude Mechanical Theatre Company - both events invite you to bring along a picnic.

Our Cycling in Sussex feature finishes this month with a focus on the biggest amateur cycling event in the UK - the British Heart Foundation's London to Brighton Cycle Ride. With 27,000 cyclists heading down our High Street we all have the opportunity to be a part of the day cheering the cyclists on! Watch out for some familiar village faces amongst them. If getting out on a bike is not for you, then Jim Mitchell kicks off a new series on exploring the village and surrounding areas on foot. With a few suggestions to whet your appetite there is plenty to get you started on a sunny day. If spending time at home and in the garden is more your cup of tea, then you're in for a real treat with our regular gardening column contributed by members of the Lindfield Horticultural Society.

I hope you enjoy all that we've got for you this month. Don't forget, **you can be a part of Lindfield Life** too by sending us your group's news, submitting photos for our cover or by just getting in touch with your comments and suggestions.

*Emma Tingley, Editor*

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## Oathall Summer Fair

THE OATHALL Community College Summer Fair is a lively community event for everyone not only pupils and parents, but for all local residents who are invited to come and join in the fun.

This is the Oathall Parent Teacher Association's major fund raising event of the year and we hope everyone will come along and support us again. We had a fantastic event last year and raised over £6,000 which went towards developing the sports facilities at the school, including new goal posts. This year we are raising funds for the IT department to enable every child to develop key skills in this vital area.

The Fair takes place at the school on Saturday 27th June 12noon - 4pm.

There's something for everyone including the ever popular car boot sale, a kids driving school, BBQ, coconut shy, candy floss, craft fair, lots of games to play and stalls to visit and much, much more.

For more information or to book a pitch for the car boot sale contact Helen Thomas on 01444 457936.

## Outdoor theatre in Lindfield



THE RUDE Mechanical Theatre Company, who have been entertaining us with their outdoor shows in Lindfield every summer for the last ten summers, will be back on Sunday 7th June for the eleventh time with their new play called 'Mother Sweetapple'. The show takes place on Lindfield Primary School field and starts at 7.30pm, although you can arrive from 6.00pm for picnics. Bring your own low backed chairs or rugs. The play is brand new and has live music too! You can expect some unusual twists and a lot of audience interaction.

The director, Pete Talbot, says: "It's set in Tuscany in 1340 and is part fairy tale and part detective story. A girl in a powder blue dress wanders in the scorching sun through a field of horse high sunflowers. Filippo, a hot headed young man and son of the local landowner, attempts to seduce her. Years later, now a rich merchant, he returns home. In his path is a woman, Mother Sweetapple, who has been locked in a walled garden for 21 years. Bit by bit the play reveals who she is and how time, like sleep, changes our perceptions and values. Hilarious and bawdy, but poetic and challenging, too."

It promises to be very entertaining with another good professional cast and live music. For the first time there isn't a local box office this year but you can easily buy tickets by ringing the Central Box Office - 01323 50 12 60, or online at [www.therudemechanicaltheatre.co.uk](http://www.therudemechanicaltheatre.co.uk)



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# Retired? Want to learn a new skill?

by Carolyn Nurse

WHY NOT consider joining Haywards Heath & District U3A (University of the Third Age)? The group currently has 632 members (93 of whom only joined recently). Many members live in Lindfield.

One of the great strengths of Haywards Heath & District U3A is the wide diversity of study groups and activities on offer – surely something of interest for everyone, whether in their fifties or nineties. For example, we have groups for those interested in art, literature, crafts, science, family history, languages, plus lots more! We are continually developing new groups and initiatives.

The basic concept of U3A is shared learning; encouraging and enabling older people no longer in full-time employment, to help each other share their knowledge, skills, interests and experience. No formal qualifications are required to join and we do not study to obtain formal qualifications or accreditation. The word 'university' is used in its original sense to describe a collective of people devoted to learning.

The annual subscription fee is £12.00, which is excellent value for money and remains the same irrespective of the number of groups joined. In addition to groups we offer open meetings, coffee mornings, theatre trips, visits, holidays and study days.



Geology & Landscape Group on a joint trip with Burgess Hill U3A to study the limestone and millstone grit areas of the White and Dark Peaks of Derbyshire

Our next Open Meeting, on the theme 'Summertime', will take place on Tuesday 7 July at 2.30 pm at Clair Hall, Haywards Heath. A number of our art and craft groups will be exhibiting their work and we are looking forward to presentations from our jazz appreciation and playreading groups. We shall have a first class jazz quartet playing traditional jazz and hope everyone will have a very enjoyable afternoon.

If you would like information on how to join, please contact our Membership Secretary, Edith Eastwood, on 01444 453814. A copy of our current programme, giving details about our groups, can be obtained from Edith, Haywards Heath Library, or our website: [www.haywardsheathu3a.org.uk](http://www.haywardsheathu3a.org.uk)

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# Village people



By Emma Tingley

This new feature aims to bring you something of the lives of those who live in our village but whose stories are often more far reaching. We kick off this feature with Jane Plumb, who turned tragedy into a life saving opportunity. Here is her story...

A NEW BABY changes the lives of every family but the birth of Theo on the 19th March 1996 has changed the lives of hundreds of women and babies across the UK. At six months into her pregnancy Jane's second son arrived long before he was expected. He was quickly transferred to The Trevor Mann Baby Unit in Brighton, requiring the specialist care that all such premature babies need. On the 20th March Theo's short life ended but his 17½ precious hours changed Jane's life forever. As Jane and her husband Robert left the hospital with their 3 year old son, Oliver, a doctor caught them and gave them the news. Theo's death had been the result of Group B Streptococcal infection.

It was here that Jane and Robert's search for answers began. After trawling the internet and reading scientific articles with a medical dictionary to hand, they realised



Top: Jane Plumb, with her family; Camilla, Oliver & Robert. Inset: Theo Plumb.



that there was very little information available but it was when a midwife visited their home and told them of a doctor carrying out research into Group B Strep that they got their first real lead. Without the full name but with a passion to get answers, they eventually tracked down the doctor at a London hospital. Little did they know that the result of meeting this doctor would be that six months to the day since Theo died, the charity 'Group B Strep Support' would be born, the only support group for those affected by this potentially devastating yet preventable condition.

Group B Streptococcus (GBS) is the most common cause of life-threatening infection in newborn babies in the UK, with premature babies like Theo being especially vulnerable. It is a common bacterium that is carried, without any symptoms or adverse effects, by around 30% of the adult population. In the UK GBS causes infection in approximately 700 babies each year. Presenting symptoms include septicaemia, pneumonia and meningitis, each in itself life-threatening. Of these babies, around 70 die each year and a further 40 will suffer lifelong consequences as a result of this infection. GBS infections in newborn babies can however usually be prevented - by identifying pregnant women whose babies are at higher risk and managing their pregnancy and delivery appropriately. This is a key message of Jane and Robert's charity. Unfortunately, in the UK women are not routinely offered screening for this bacterium, unlike most other western countries where regular screening takes place. The NHS currently uses a test that is recognised by the Health Protection Agency (HPA) as sub-optimal for the identification of GBS. Their recommended test is only available privately in the UK at the cost of £32.



## Oathall Community College Summer Fair

Appledore Gardens, Haywards Heath

Saturday June 27<sup>th</sup> 12 noon – 4pm

Fun for all the family  
Car boot, bike sale, live music, bbq,  
craft fair, driving school,  
refreshments  
...and much much more

Adults £1.00 Children/Senior citizens 50p

Group B Strep Support now has around 500 members and many more supporters. Jane works full-time for the charity providing support for families affected by the condition and education for expectant parents and healthcare professionals. Every day is different, balancing time to ensure that energy is focussed on where she can make a difference. Campaigning at national level, both in the political and medical fields, has brought with it opportunities to meet some well known and influential people. Our local MP, Nicholas Soames, has supported the charity's mission in government. She has brought together a team of medical advisors, all specialists in their field, and the patron of the charity is Dr Chris Steele, resident GP on ITV's 'This Morning' show. The charity's executive committee includes husband Robert and the office employs three part-time staff to provide a telephone and email support service, as well as produce downloadable resources for their dedicated website. "It's about empowering pregnant women by informing them of the risks. By providing information that can be talked through with their healthcare professional, women are able to make informed decisions that are right for them and their baby" says Jane, "we just want to protect healthy babies from life threatening conditions".

Jane and Robert's story doesn't end there. With a 10-fold increased risk of a subsequent baby having the GBS infection, they are testament to the success of preventative treatment. With IV antibiotics given to Jane during labour, their third child, Camilla, was born a healthy and unaffected baby and their success story. Now aged 10, we are delighted that Camilla has written one of our book reviews for us this month.

"There's not much time left!" laughs Jane when I ask her how she relaxes. A strong Christian faith, a loving and supportive family and the encouragement of friends have been with her every step of her journey. A journey that will continue to support those affected by GBS, educate expectant parents and healthcare professionals and campaign to see every expectant mother offered a simple test that will protect the life of her baby.

If you'd like to find out more about Group B Strep Support or have got a few hours to spare and would like to join Jane (the charity is looking for some general office help, as well as people with skills in public relations, fundraising and being a trustee), then please visit [www.gbss.org.uk](http://www.gbss.org.uk)



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# Lindfield Rural Parish Council Newsletter

Millennium Village Centre, Lewes Road, Scaynes Hill, West Sussex RH17 7PG

Tel: 01444 831499 email: lindfieldrural.parishcouncil@virgin.net www.lindfieldrural-pc.org.uk

## A Message from the Chairman

Proposed Housing Developments—Gravelye Lane/Scaynes Hill Road/Lyoth Lane area—Lindfield

It was gratifying to see so many residents at the Extraordinary meeting on 22nd April. It demonstrated the depth of feeling such proposals generate within the village, particularly when it is manifestly clear that the residents' vision does not include creating an urban sprawl.

We need all the help we can muster in order to maintain our quality of life and I trust as many residents as possible wrote to Mid Sussex District Council to express their views. I, for my part, agreed to write to Mr. Soames to seek his assistance in supporting us in protecting our beautiful village. A copy of that letter follows and I shall keep you informed of progress in this matter.

## Open Letter to Nicholas Soames MP

Dear Mr. Soames,

Core Strategy Proposed Submission Document - LDF

I am sure you are aware that we are in the process of considering the possible development sites for the future and to this end there are ongoing discussions with MSDC to highlight the Parishes' prospective. In fact, Parish Councillors in the Haywards Heath area held several meetings in an attempt to demonstrate to MSDC the need to ensure that the character and integrity of the villages of Cuckfield and Lindfield is maintained. The group was called 4 Parishes and 3 Tiers (Cuckfield, Staplefield and Ansty, Lindfield and Lindfield Rural Parishes, WSCC and MSDC).

We have now completed our task in that group for the present but in the meantime the two Parish Councils of Lindfield have also concentrated on our own sites but particularly the site between Gravelye Lane/Scamps Hill (Scaynes Hill Road) which has been pronounced as sustainable in the Core Strategy, Pre Submission Document, and has been regarded by MSDC Planning Policy Division as a suitable site for development. This is indicated as site k on the Document for up to 760 dwellings. (Site k comprises of two sites, one for 550 dwellings and one for 195 dwellings).

In anticipation of the probable depth of feeling within the Lindfield area, the two Lindfield Parish Councils arranged a public meeting

- 1) to discuss this proposed housing development and
- 2) to encourage the residents to write to the Planning Department, Mid Sussex District Council with their observations.

Over 110 concerned residents met at the King Edward Hall, Lindfield last week (22 April) to discuss the proposed housing development and, as expected, there

were many objections to the proposal. Those included, the lack of infrastructure, flooding, traffic, the further urbanisation of the area between Haywards Heath/Lindfield and the hamlet of Walstead.

Furthermore, the residents were quite horrified that the development was of such a substantial number of dwellings and would have the effect of being a scar on the view from its elevated position overlooking their beautiful village. The residents had already been forced to accept nearly 200 homes under the small scale housing allocation but at least the two locations were fairly discreet and did not command such an intrusive view of the village.

It was also questioned why such a figure of 17000 extra homes in the Mid Sussex area was required and by what yard-stick were the Government producing that figure.

I believe that the villages of Sussex are a precious asset but are progressively being destroyed by insensitive housing developments making the villages into urban sprawls. Every effort is being made by the Parishes to ensure that it does not happen in Lindfield but we would like to be assured that we have your active backing in our stance and could look forward to your support in this endeavour.

I have enclosed our Parishes' response to Mid Sussex District Council and the notice that was sent to all residents in the village concerning the meeting last week.

Yours sincerely,

John Dumbleton,  
Chairman, Lindfield Rural Parish Council



# Annual Parish Meeting

WE HAVE additionally enclosed below the minutes of our Annual Parish Meeting, the contents of which highlighted subject headings which may be of interest to residents.

**Minutes of the Meeting held on Monday 6 April 2009 at Scaynes Hill Millennium Village Centre at 20.00 hrs.**

The Chairman opened the meeting by thanking the public and guest speaker for attending.

The guest speaker, Mr. Bob Hooper from the Citizens Advice Bureau Horsham, proceeded to outline the excellent service the CAB provides. The volunteers' impartial service and practical advice to the members of the public is fully recognised and appreciated. Interesting questions and answers followed.

The Chairman expressed his gratitude and thanks to Bob Hooper for making the time and effort to speak to the Councillors and Residents.

The Chairman's 2009 report was discussed in detail:

## **Housing Development Issues**

Outline planning application to build 65 houses on Lyoth Lane/Gravelly Lane corner just received. Council to consider.

## **Children's Playground in Scaynes Hill**

New equipment is very good. Members of the public now feel the need for additional equipment for pre-school children.

**Verdun Oak plaque** – replacement in progress

## **Traffic Calming**

Installation of two vehicle-activated signs (VAS) appears to be reducing the speed of traffic through the village. However, moving the 30mph speed limit from Church Road to Nash Lane and installing a 40mph buffer zone had little or no effect on the speeding traffic. Members of the public suggested installation of VAS signs in Church Road.

## **Expansion of Scaynes Hill – Housing and Infrastructure**

Sustainable infrastructure for future development was discussed in detail. It was suggested that a group of residents prepare a vision statement for Scaynes Hill. A Council's questionnaire was favoured by all.

**Proposed housing development** to include site (k), land between Gravelly Lane and Scamps Hill, Lindfield, as a development site in the Core Strategy was discussed at length. Sustainability being the biggest concern.

The Chairman informed that a joint meeting with Lindfield Parish Council is being held on 22 April in the King Edward Hall in Lindfield to receive views of members of the public on this proposal.

## **Merger of Parish Councils**

Proposed by Lindfield Parish Council.

The Chairman's options, set out in his report, were discussed at great length. Residents questioned:

- Advantages and disadvantages for LRPC
- What tangible advantage for a larger body
- Surrender rural part of the parish
- Scaynes Hill being sidelined
- Reason LPC proposed the merger
- No advantage to restore historical boundaries to 1934

General consent was to retain the two Parishes. Cllr John Dumbleton will circulate a questionnaire to all the residents in due course. Residents would also like to meet a representative from Lindfield Parish Council to explain why a merger is being proposed.

Sheila Hobbs presented the **Allotment Trophy for 2009** to Neil Kerslake. The cup was awarded to Neil for constantly producing good produce. Neil was pleased and thankful. The first time he won this award after 34 years on the allotments. Congratulations!

## **Further questions from the public included:**

Volunteers to provide and operate a Post Office in Scaynes Hill.

Put up 'dog fouling penalty' signs in the Twitten beside the Millennium Centre.

The Annual Report is published on the website and the notice boards and can be viewed in the Parish Office.

## Your Parish Councillors:

John Dumbleton (Chair)

Tel: 482633

Jerry Jeremiah

Tel: 831437

Sheila Hobbs (Vice Chair)

Tel: 483396

Ray Jones (Newsletter Editor)

Tel: 453868

Brian Bunt

Tel: 831636

Christopher Snowling

Tel: 482172

Chris Hersey

Tel: 482270

Parish Clerk: Karin Milne

Tel: 831499

Margaret Hersey

Tel: 482270

Assistant: Irene Nicholas

Tel: 831499

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

# Forum Secretary needed

IN 2006 Lindfield produced its Village Action Plan after a long period of listening and consulting with the community. A common theme arising from the process was the need to improve the availability of information about the village of Lindfield and its activities.

In consequence a "Communications Forum" was set up to pursue matters relating to communications and public relations in the village through use of the Parish Office, village publications and local group's websites.

Much has happened since its establishment. "Lindfield Life" has taken the place of the "Lindfield Times". A new website for the Parish Council is to be launched shortly. A new community noticeboard will soon appear beside the others in Denmans Lane.

The Forum meets three or four times a year and comprises a group of people representative of the Councils, various societies and groups, including the churches - and interested individuals. It seeks to consult, encourage and promote good communication in the village.

It needs a new secretary to call its meetings, prepare its simple minutes and write the occasional letter. Honestly, it is not a big workload, but it is an interesting and important task. Over a year it averages a couple of hours a month. Anyone interested? Please give name and phone or e-mail contact to the Parish Office, 6 Denmans Lane, Lindfield, RH16 2LB T:01444 484115 E: lindpc@gotadsl.co.uk

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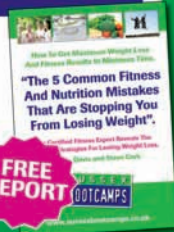
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# At work in the village

**OPEN FOR BUSINESS**

By Gabrielle Hall

THANK YOU for your positive comments about my last feature on businesses in Lindfield. It's great to know that our traders have your unwavering support. As promised for this issue, my attention is focussed on food and the variety of produce found in two of our favourite local stores.

Now enjoying its 75th year of trading, Cloughs of Lindfield has a fine reputation for quality groceries in the local area. Established in 1934 by Mark Clough's grandfather, Mr Bert Clough, this business has certainly stood the test of time. With a small investment of just sixty pounds and a premises measuring one third of its current size, Cloughs began to serve the local community with a single bicycle used for home deliveries.



A customer selecting from a range of cheeses at Cloughs

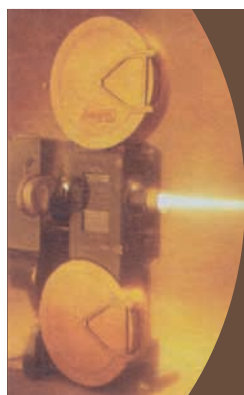
Today Cloughs is a thriving grocery store with a specialist deli counter and a section dedicated to organic supplies. With such a huge selection of cheeses, it can be hard to know where to begin but many customers enjoy the opportunity to sample a selection before they buy. Their popular cheese boards can be made for any occasion and provide a wonderful centre piece when entertaining.

Cloughs succeed in supporting a range of local suppliers, including Bookers Vineyard in Bolney, Fellows Bakery in Ardingly and the High Weald Dairy in Horsted Keynes with its award winning selection of cheeses.

With fresh ham still prepared and cooked on the premises, locally made pates and flans and a variety of other deli treats, summer entertaining could not be easier and for those 'on the go' their range of fulfilling, freshly made sandwiches are a must. Cloughs can be found in Sunte Avenue between Haywards Heath and Lindfield.

My second destination is Glyn Thomas & Son, situated on the High Street in Lindfield. This high class family butcher specialises in organic beef, free range GM free pork, free range chickens, South Downs lambs and even free range eggs from their own farm. Most of their products are supplied by local producers and farmers who care about their produce and the way it is farmed. Local pheasant and venison are sourced from the Balcombe estate and organic and free range meats come from a variety of farms across Sussex. Other products include bacon, goose, guinea fowl, homemade sausages and home cooked ham and a variety of chutneys, pickles and relishes. Their website [www.glynthomas.co.uk](http://www.glynthomas.co.uk) is packed with information and there are a number of recipes to be found. Locals enjoy their wonderful hog roasts during village festivities and their colourful window displays are a real treat for the eye. With barbeque season fast approaching why not stop by? I'm sure you'll be inspired to try something different.

Have you got something to ask or something to share about our local businesses? Please get in touch with your ideas. You can send an email to [openforbusiness@lindfieldlife.co.uk](mailto:openforbusiness@lindfieldlife.co.uk) or write to Gabrielle c/o Forget-me-not, 66 High Street, Lindfield RH16 2HL.



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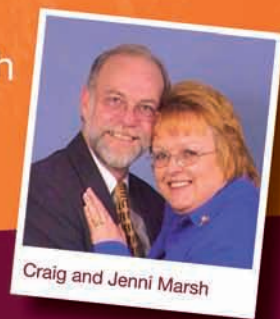
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## The Thing Around Your Neck Chimamanda Ngozi Adichie

By Pauline Leeney

I USUALLY steer clear of short stories but as I so enjoyed Adichie's two previous novels, *Purple Hibiscus* and *Half of a Yellow Sun*, I knew I had to read her third book. She writes about the Igbo people of Nigeria both before and during the Biafran War.

Adichie was born in 1977 and raised in Nigeria. She left Nigeria for America when she was 19.

There are 12 stories in her latest book and they cover all aspects of relationships between men and women, parents and children. There are strong connections with Nigeria and the West.

One of the stories 'A Private Experience' describes how two women take refuge in a hut during a riot carried out a few years ago in northern Nigeria by Hausa Muslims against Igbo Christians. One is an Igbo medical student, the other a Hausa market-trader. Their brief time together describes the atmosphere and tells how they interact.

There is mayhem going on outside the hut, yet the women from such opposite ways of life form a close bond and survive the brutal tribal warfare going on around them.

The title story 'The Thing Around Your Neck' describes the loneliness of a Nigerian girl who moves to America and America turns out to be nothing like the country she expected. Here, an 'uncle' who enabled her to live in the US, expects sexual services in return. This she refuses and runs away to attempt to make a life on her own. She could not afford to go to school because the rent was so high for the tiny room she slept in. She sent half her month's earnings home to her parents. Eventually she makes friends with a Nigerian boy but has to leave him to return home for her father's funeral.

Another of the stories, 'Imitation', is set in Philadelphia in the home of a Nigerian woman who, when she first arrived in America to have her baby, was very proud and excited because she had married a rich Nigerian man who sent her to America to bring up their family. This rich man spends

10 months in Lagos and only 2 in his smart American home. Through a telephone conversation she discovers he has a mistress living in their Lagos home. This shocks her and brings out her strong character which helps her to take control of the situation.

Adichie is a very compassionate writer and every story is moving with a plot which holds your attention to the end. You can feel the anger at the injustices the Nigerian people have to cope with in their own country. They make you wonder if they have a better life in the West. You can feel the loneliness of the people who have emigrated. Some of them return home – despite what this brings.

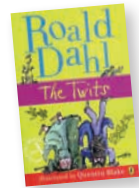
I found this a moving and thought provoking collection of short stories.



## The Twits

Roald Dahl

By Camilla Plumb (age 10)



THIS IS a story about a husband and wife called Mr & Mrs Twit. They were both very ugly. Mr Twit had a straggly beard that he never washed. They are nasty to each other and nobody likes them. They are really nasty to some monkeys who they keep in a cage. Every Wednesday, the Twits had bird pie for supper. Mr Twit catches the birds with hug-tight-sticky glue, the most sticky glue in the world and Mrs Twit cooks them. To pay back for the nasty things they do, the four monkeys, the Roly Poly bird and the other birds glue living room upside down so that when the Twits come back, they think they're upside down so they try to stand on their heads to make them the right way up. This is very funny. After a while, they sink down to the floor and when Fred, the gas meter man, comes to the door a week later, they have mysteriously disappeared.

I enjoyed this book because it was fun and entertaining. I wish Roald Dahl were still alive and writing more books.

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# Simply Good Food...

By Caroline Young

I AM WRITING this on a wet and windy day but have just eaten some delicious English tomatoes grown, I believe, in a new series of greenhouses\* the size of several football pitches somewhere in Kent which are heated by a state-of-the-art recycling plant near by. As a result of technology, modern agricultural methods and our changing weather patterns home-grown crops are appearing earlier than ever in our gardens and shops. This is a great time of the year for cooks - for me nothing can beat the pleasure of eating the first English asparagus, new potatoes, tiny broad beans and, of course, the first strawberries. They need little or no cooking and my recipes are so simple. Herbs are in abundance, too, so why not try making your own fresh pesto?

## Baby Broad Beans with Parma Ham and Cream Serves 2-3

Cook 225g small fresh broad beans until just tender. Meanwhile finely shred 6 slices Parma ham and a few spring onions. Heat 1tbs olive oil in a medium frypan. Add the ham and onions and cook, stirring, for 2-3 mins. Drain the beans and add to the frypan with 2tbs double cream. Heat until bubbling hot, season to taste and serve with crusty bread or add some freshly cooked new potatoes for a complete meal.

## Asparagus with Rice and Feta Cheese Serves 2-3

Cook 150g long grain or risotto rice to package directions. Trim and cut 225g English asparagus into bite-sized pieces, putting the tips to one side. Melt 50g butter in a large frypan, add the asparagus stem pieces and cook, stirring, until just bite tender, adding the tips for the last minute or two. Gently stir in the hot rice then 100g crumbled Feta cheese and a handful of black olives. Season to taste and serve piping hot.



\* For more information on this revolutionary project go to [www.thanetearth.com](http://www.thanetearth.com)



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Pesto is said to have originated in Genoa. The word pesto means pounded and refers to the traditional method of making the sauce in a pestle and mortar. Pesto can be made with any type of soft-leaved herb, any type of nut and with or without cheese. Covered with a thin film of oil and in a screw-topped jar it will keep a week or two in the fridge or may be frozen. With basil in abundance right now start off with the well known version. Keeping to the local theme, Twineham Grange Italian-style cheese is made at Rudgewick to the classical Parmesan method.

## Pesto

Firmly pack 2 teacups with fresh basil leaves and tip them into a processor. Add 2tbs pine nuts, 5tbs olive oil, a crushed garlic clove and a good pinch of salt. Buzz until coarsely chopped. Add 4tbs grated Parmesan cheese, buzz just to combine. Taste for seasoning (Parmesan cheese is salty) and store as above.

Just a few ideas for use: lightly fork into freshly cooked hot pasta or rice; spoon on top of poached salmon or grilled chicken; stir into mayo and serve with prawns and salad; use as a sandwich filling with cream cheese and sliced tomatoes.

And now for dessert – with strawberries, of course! Strawberries as we know them today are the result of ‘marrying’ a well flavoured but tiny Virginian wild fruit, brought back from America by John Tradescant the Elder, with a larger yellowish berry tasting slightly of pineapple from the west coast of South America. The ‘marriage’ took place in the early 1770’s but it wasn’t until 1821 that the first commercial berry, Keene’s Seedling, came on to the English market.



## Strawberry and Bramley Apple Crisp Serves 4

Preheat the oven to 180°. Combine 375g small strawberries, 2 large peeled, cored and sliced Bramley apples and 3tbs caster sugar in a shallow baking dish. With the fingertips, rub 75g butter into 150g self-raising flour until it looks like breadcrumbs. Stir in 75g soft brown sugar, 50g porridge oats and 25g flaked almonds. Spoon evenly over the fruit. Bake for about 40 min or until crisp and golden brown. Good with a scoop of vanilla ice cream.

# School library gets more than a dusting

OVER THE EASTER holidays a hard working group of parents and teachers, led by Sue Homewood and Heather Martin, spent time refurbishing the Lindfield Primary School library. The reorganisation has been funded by a £10,000 donation from the PTA.

Funds have been raised through several events throughout the school year. These range from quiz nights to the Christmas and Summer Fairs, the successful Spring Ball, Table Top sales and Golf Days. Many of these events are supported by local companies through sponsorship and the donations of raffle prizes, for which we are extremely grateful. We have established a sponsor's guide (available from the school) through which the whole school community is informed of which businesses have provided their support.

Thanks to input from husband and wife interior design team, David and Jacqui Smith of Homesmiths, an environment has been created where children can easily find books by their favourite authors and investigate the subjects of their choice. The space has been planned to incorporate the ability for a whole class (or two!) to be brought into the library for lessons away from their own classroom in an informal setting. Even books for the youngest new readers have a prominent place of their own to encourage a love of books from the start. Quiet areas with new comfy cushions now exist so teachers can read to small groups.

The PTA is extremely grateful for the continued support of parents and the local community. Without their help valuable projects like this would take a lot longer to complete. Thank you!

## Open for adventure

THE ACORNS Nursery School has a very busy, varied and exciting programme for this term. With the recent adventure playground newly



established behind the trees in the back garden, creating a 'secret' area for the children, lots of fun is had by all.

"It was built to provide an open-ended feature and is proving to be a great hit. One day it's a pirate ship and the next day a castle depending on the game the children are playing, as they develop their creative skills," said Janet Irwin the owner. With a shaded area incorporated for story telling, this new feature is an exciting addition to the outside play area at The Acorns.

# Wakey wakey!



ENTRY IS NOW open for the 2009 St Peter & St James Hospice Sleep Walk which is taking place on Saturday 18th July. Organisers at the Hospice in North Chailey are looking for fun loving females to take part in the 10km sponsored midnight walk around Haywards Heath and Lindfield. Last year's inaugural event raised more than £27,000 and this year it is hoped that at least 700 ladies will sign up.

Gill Cronin, Head of Fundraising, said: "We have decided to lower the minimum age for Sleep Walkers to 10 years old. We are also pleased to announce a change of venue for this year as the Sleep Walk will start and finish at Olympos Haywards Heath."

Entry for the Sleep Walk costs £10 which includes a free baseball cap, finisher's memento and breakfast. For an entry form please call the Fundraising Department on 01444 471598, email [fundraising@stpeter-stjames.org.uk](mailto:fundraising@stpeter-stjames.org.uk) or visit [www.stpeter-stjames.org.uk](http://www.stpeter-stjames.org.uk).

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# Nature's Way

By Noreen Smith

“June brings tulips,  
lilies, roses, fills the  
children's hands with posies”  
to quote one of my favourite  
children's poems – The Garden Year

by Sara Coleridge

THIS IS the time of year to sit back and enjoy the fruits of your labours. Over the past six months or so you have dug and fed your soil, sown your seeds and in late May early June, when danger of frost is over, planted your beds, borders, hanging baskets window boxes and allotments with those tender plants you have been nurturing since February onwards. From now on you can reap the rewards. The flowers will bloom, the fruit and vegetables will soon be edible. It has all been well worth the effort. All you need to do now is keep everything in tip-top condition – plants need to be fed, insects and weeds need to be controlled – but you don't need expensive chemicals to do so. You can do it Nature's Way.

Back in the early 70's when we first started gardening my husband and I, like most people, threw chemicals at everything, until we met a friend of my husband's, a farmer – who conducted his own trials on chemicals versus organics, a fisherman and a keen conservationist. He pointed out to us some of the problems being caused by the overuse of chemicals on the soil and the environment around us. The chemicals we put on our gardens and fields wash into the rivers, streams and ponds when it rains, eventually reach the sea and are killing all of them. We didn't know about Global Warming in those days but we were becoming aware of the effects of pollution. He knew what he was talking about, we were convinced and started to grow using organic methods.

Some years later, after we had moved south, I started a nursery which I ran organically. Frogs, toads and hedgehogs were my slug pellets, encarsia formosa controlled the whitefly, the plants were fed with Maxicrop reducing the number of greenfly, weeding was done by hand and attempting to keep everything clean with lots of air circulating around it reduced the likelihood of fungus diseases. It worked! I'm not suggesting that we got rid of all the pests and problems, if you get rid of all the food the predators will find somewhere else to live, but they were kept under control enough to minimise the damage. A huge bonus was that we had lots of Nature's wonders to watch! It was a wildlife haven. We even had Great Tits nesting in the hanging baskets that were maturing on a rail waiting to be sold or exhibited. It must have been the equivalent of a five star hotel for birds. Shelter from the



elements, food and water on tap, the nests were lined with our dogs' fur. In reward they did their bit by eating lots of insects. When all was quiet in the glasshouse you could watch the parent birds feeding and tending their young and it was a great privilege to be there in the morning when they launched their baby birds in flight. The criteria for the early shows, Surrey Show, South of England Show even Hampton Court, wasn't which were the best baskets, but which had been vacated as home! Growing organically can be very entertaining.

So how do you start? The secret is to find Nature's own answer. How does nature deal with the problem?

The first thing I would urge any would be organic gardener to do is to dig out a pond. It need not be a big pond, just one big enough to attract frogs, toads and newts and provide a watering hole for the birds. Over a period of time the wildlife will find you. The frogs, toads and newts and some of the birds will eat the slugs and snails invading your garden, many of the other birds will eat the insects.

But let's start, as we must, with the soil. How does nature keep the balance in the soil? She puts back in what she has taken out, and that's what we must do. Start a compost heap, compost all your vegetable peelings and waste, most of the weeds you take out of the garden can be composted (provided you have not sprayed them with weedkiller). Any organic waste can be composted. Turn the compost heap regularly to aerate it. After about six to twelve months you will have a rich humus with which to dress your soil – your own home grown fertiliser thick with worms which will aerate your soil and take vegetation from the surface of the soil below ground level to make even more nice compost. There are many organic fertilisers offered for sale, many of them much cheaper than chemical ones. Long term fertilisers, bone meal, fish blood and bone etc, are best applied in the autumn. Green manures – plants grown to put specific elements back into the soil – can often be sown in the autumn then dug into the soil in the spring. The soil can be given a boost over the growing season with fertilisers such as chicken pellets, and Groworganic fertilisers. To give individual plants a boost of food during the growing season one of the best fertilisers, in my opinion, is Maxicrop. It is made from seaweed, is a very good fertiliser

and when applied as a foliar feed reduces the greenfly by preventing them from reproducing.

And so to Bugs. You have created a good growing medium to put your precious plants in, you've got a garden full of frogs and toads to eat the slugs and snails with things like beer traps to drown the slugs that have not been eaten, but what to do about all the other insects? Not all insects are harmful, many of our native insects can maintain the balance themselves but for those that vastly outnumber their predators we must find another way. If you want to spray your crops with anything spray with Pyrethrum, nature's own insecticide or, alternatively, plant pyrethrum flowers around your garden and allotment. This will help keep the insects away.

Greenfly we have already dealt with – encourage ladybirds into your garden to eat them and foliar spray your plants with Maxicrop to reduce their numbers. Whitefly is not an indigenous species. It was introduced to this country from Europe, originating in Africa where it has its own natural predator – *encarsia formosa* – a tiny wasp that parasitizes the whitefly by laying its eggs in the whitefly larva and using them as a host produces lots more *encarsia*. *Encarsia formosa* can be purchased through the Organic Gardening catalogue and will keep your greenhouse free from whitefly as long as the temperature does not drop below about 60° F. In the pre-Global Warming days whitefly was not a problem for outside crops, it was too cold for the whitefly to survive outdoors. Now whitefly can quite happily survive outside because our summers are warmer, but even here it is relatively easy to control – washing up liquid – about the strength you would use to wash up with sprayed over the plants at seven day intervals will get rid of most of the whitefly. You can buy expensive soft soap but it is not needed – washing up liquid is sufficient. Admittedly it is not truly organic, it is man-made, but it is less damaging than chemical insecticides, and you can now buy organic washing up liquids. Vine Weevil can be controlled using a nematode – a parasitic worm that eats the larva from the inside – again obtainable through the Organic Gardening catalogue. Caterpillars can be removed by hand to protect edible crops, but obviously this would reduce the number of butterflies. Lily beetle again can be removed by hand but you have to be very careful and quick – when a lily beetle senses danger it emits a high pitched scream that warns all other lily beetles who rapidly get out of the way.



I could continue into the wee small hours, the problems are numerous as are the solutions. I have not even touched upon subjects such as companion planting and lunar gardening – not to mention old wives tales, most of which had their origins hundreds of years ago in the days when they were often linked to witchcraft. The old concept of Greenfingerness now has its proof. It has now been proved that some people have a chemical in their hands which plants respond to in a positive way encouraging them to grow! In my own case my children always said my reputed greenfingers went along with the green wellies and the green head. Perhaps they were right.

There are many very good books available on the subject. A favourite of mine is Bob Flowerdews' Organic Bible very instructive and helpful.

Many of the products mentioned above can be obtained through the Lindfield Horticultural Society's Sundries Centre. Details of opening times and products available will be given to you when you join the Society.



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## Early feeding advice for babies



By Christian Bates, Osteopath & Naturopath

IN THIS FIRST article I would like to offer some advice to those new parents who are trying to get to grips with their newborn's feeding difficulties whether its name be colic, wind or gripe. I base my advice on both research and clinical experience.

During my consultation, after I have found out what is wrong with the baby, the three main areas I want to understand are 1) what the birth was like for the newborn; was it long, quick, were forceps or was ventouse used? 2) if the mother is breast feeding, what is she eating? 3) has the mother or baby had antibiotics?

If the birth was quite traumatic for the child then the gentle and very effective cranial osteopathy is the treatment of choice. You will recognise the need for this treatment if the baby's head is misshaped (classically a "cone-head"), bruised or if the baby doesn't like lying down, wants to be held constantly, can't settle by itself, wakes easily with a jump or pulls at its hair or ears to name a few common symptoms.

If the mother or baby has had antibiotics then it is well documented that a particular probiotic, when taken by the breast feeding mother, has significant benefits to the baby, including the easing of colic type symptoms and decreasing atopic allergies later in life such as eczema and asthma.

Lastly, research shows that the following foods have been found to irritate colic in the baby when the mother eats them; dairy products, wheat, chocolate, spicy foods and some fruits. I have found that the mother needs to look at the types of food and drink that she is consuming in excess. Perhaps they are her "weakness", and the best way to truly track down the culprit is to make note in a diet diary that records all things eaten and the corresponding severity of the baby's colic.

If you would like a health related question answered in one of these columns please email [good4you@lindfieldlife.co.uk](mailto:good4you@lindfieldlife.co.uk)



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# Local folk dance club, always moving!

LINDFIELD and District Folk Dance Club is a truly local club but has had to move sites several times from its original base in the old Junior School, Lewes Road, Lindfield. Our new home is Ashenground Community Centre in Southdown Close, Vale Road, Haywards Heath, RH16 4JR, with brand new up-to-date facilities.

The club meets on the first and third Tuesdays of every month except August, when it breaks for the summer. It restarts on the third Tuesday in September.

The first Tuesday we dance to recorded music, the third to a live band called Shifting Bobbins, each night with a caller.

We start at 7.45pm and finish at 10.00pm. The cost is £1.50 per session, with tea, coffee and biscuits in the interval.

The first night is free to newcomers.

We are serious about our dancing, but have good fun at the same time. We end in July with a party, usually in one of our member's gardens. At Christmas we celebrate again, with a Canadian supper and fruit punch. Our big annual event is when we come home to the King Edward Hall in February and have a barn dance with fish and chip supper. This is not to be missed.

Why not come and join us? For further information ring Babs, our secretary, on 01444 484224.



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# Cycling in Sussex

In the third and final article for Lindfield Life our cycling correspondent John Barling flies the flag for one of the largest charity rides in England which passes through our village every June – the London to Brighton Bike Ride – to raise money for the British Heart Foundation.



By John Barling

On Sunday 21st June the High Street could be experiencing a carnival atmosphere (especially if the sun is shining) as up to 27,000 cyclists of all shapes and sizes come hurtling through Lindfield en route to Madeira Drive in the 2009 London to Brighton Bike Ride. Most riders will be young, or 'youngish' but there will be a good number of free bus pass holders amongst them. Machines range from the conventional – tourers, mountain bikes, shoppers, ultra lightweight racing bikes with carbon fibre frames – to the more unusual – recumbents, tricycles, bicycles with trailers, and even the odd penny farthing. Dress code also varies from fashionable, colourful sporty attire with logoed lycra to the garish, sometimes silly costumes. Fortunately most heed the advice of the organisers and wear a helmet, even if the wig underneath is bright green.

Whilst most of us are just thinking about getting up, the early starters have already made their way to Clapham Common to begin the 54 mile route through the suburbs of south London and out into the byways of Surrey and Sussex. The ones and twos who will start to trickle through the village by 8:30am will eventually be followed by an almost endless stream of riders by mid morning, many stopping for refreshments at the tents set up on the grass at Black Hill and run by local volunteers. Quite a spectacle! So if you're up and about why not give them a cheer and a little encouragement, for there's one 'toughy' between here and Brighton, yes... Ditchling Beacon.. one of several 'bostals' of Sussex that really tests the strength and stamina of any rider.

Why do they do it? Perhaps the following extract from Amanda Grimstead's story in this year's Ride Guide, published by the British Heart Foundation, will explain.

"My beautiful baby daughter, Tianna, was just eight weeks old when she was diagnosed with a loud heart murmur. I had gone to her eight week check up with the health visitor, expecting to hear only of her slowness to gain weight, when my whole world caved in with this shattering news. The next thing I knew I was on the train to London to see the heart consultant at Great Ormond Street. I couldn't believe this was happening to us.

Tianna was diagnosed with having a large Ventricular Septal Defect (VSD) and would need open heart corrective surgery. We went home absolutely devastated and terrified.

Having taken part in the London to Brighton Bike Ride a few times I knew all about the BHF and contacted them for information and support. They really helped us to come to terms with what lay ahead. They helped with



research into possible alternative treatments, provided publications and support and were always there on the end of a phone whenever I needed someone to talk to.

Tianna had the open heart surgery when she was just ten months old. It proved to be an enormous success and now she runs around as well as any other child. We are eternally grateful to the whole cardiac team at Great Ormond Street and to the BHF without whose investment in heart disease Tianna's operation may not have been possible.

Taking part in the London to Brighton Bike Ride has a whole new meaning to me now."

Like Amanda, many of the riders may have a family member or friend, or at least know someone, who has been affected by heart disease to feel passionately enough to take part. Last year's event raised over £4.2 million to enable BHF to carry on its pioneering research and patient care.

Just a reminder though. The B2028 West Common from Summerhill Lane via Black Hill and the High Street to Ardingly and beyond will be closed to northbound traffic from 7am until 6pm on the day. If you need to cross the route either on foot or by car, do please allow a little extra time, but take comfort – the event is well policed and brilliantly marshalled at strategic points by experienced volunteers.

If you're not riding yourself but know someone who is, why not sponsor them? There will be many from our area





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taking  
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Church, together with friends, will be entering a team again this year; I'll be riding with them, doing my best to keep up with the youngsters (I'm one of those Bus Pass holders). We expect to pass through the village late morning, stopping off for a quick break on the High Street. Give us a wave or say 'Hello' if you spot us.

If you're inspired to have a go at next year's L2B, check out the BHF website around mid January: [www.bhf.org.uk](http://www.bhf.org.uk) It really is great fun and a privilege to be a part of such a fantastic event.

If you've managed over the past three months to get the bikes out and explore some of the hidden byways of our beautiful county and can't wait until next year to do a charity ride then don't despair. Nearer home there are other well organised events, such as the Burgess Hill Bike Ride, to be held on Sunday 7th June, the main beneficiary being St Peter and St James Hospice, North Chailey. Distances of 10, 24 and 40 miles, starting and finishing in Burgess Hill, are offered - and even now it's not too late to register - £10 for adults and £5 for 10-17 year olds: [www.burgesshillbikeride.co.uk](http://www.burgesshillbikeride.co.uk) It is possible to enroll on the day, but you'll have to pay for the event T-shirt which is free to advance bookers.

Have a good summer. Enjoy the cycling. Ride safely...and if you have a good local route to share, why not drop a line to the Editor?



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## Fletching Singers entertain

ON 20TH JUNE The Fletching Singers, having delighted us in the past with King Arthur and The Fairy Queen, return to Purcell in his anniversary year to perform his most famous opera, Dido and Aeneas. This witty and poignant work contains such gems as Dido's sublime Lament, the Echo Chorus, and the dramatic appearance of Sorceress and Witches.

Soloists will include Lucinda Houghton (Dido) and Stephen Charlesworth (Aeneas), and dancers from the Susanna Cox School of Dancing will perform the seven dances; the performance will once more be accompanied by the excellent Sussex Baroque Players, and Nick Milner-Gulland will conduct.

The companion piece is the rarely performed In Windsor Forest, a fine choral work by Vaughan Williams, which with its Elizabethan love songs, drinking songs and tomfoolery takes an alternately lyrical and rumbustious approach to the Falstaff theme.

The concert will take place in the beautiful new theatre at Cumnor House School, Danehill, West Sussex, RH17 7HT on Saturday June 20th at 6.30pm.

Tickets are available from 01825 712462 or from a choir member, or possibly at the door. The audience is invited to bring a picnic for the long interval.

## Healing in Haywards Heath

A CHURCH in the village welcomes an old friend back this month, who has a amazing story to tell.

In 1999, Craig Marsh was living in constant severe pain after three major operations for a serious stomach complaint. He was unable to eat or digest food properly and was nearing death when he was invited to speak at a Methodist Ministers Conference in Florida, USA. The visit was planned as a final excursion for him and he was not expected to return home to New Zealand alive. Having said goodbye to his family, he survived the journey and arrived at the conference, whereupon he was miraculously, supernaturally and instantaneously healed!

Ten years on, Craig lives an entirely normal life and is able to eat large quantities of food and digest it without any pain or discomfort. During that time, God has moved Craig and his wife, Jenni, into a global healing ministry, and they now travel widely ministering in healing, evangelism and encouragement.

The couple have become attendees of Ruwach Christian Church which meets at the King Edward Hall, Lindfield when they are in the area. They are coming to Olympos Leisure Centre in Haywards Heath to run a series of meetings in association with the church. The meetings will take place from Friday 26th - Sunday 28th June and Craig will be sharing his testimony, preaching the gospel and praying for the sick. All are welcome to come and hear his story.

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## Watching Paint Dry

Jacqui Smith, Interior Designer

HAND ON HEART I had not really looked into non-toxic paint until a friend of mine, expecting her first baby, asked me whether I knew where she could source some for the decorating of their nursery. By coincidence the very same week I was introduced to a couple of decorators who a few years ago decided to ditch the petrochemical based paints altogether in favour of natural paints. My gut reaction was, I guess, that these paints would not be that robust, that I would be restricted to a small palate of colours and that they were probably going to be very expensive and possibly difficult to use. Talking to Steve and Nick quickly dispelled these myths. They have found eco paints that outperform petrochemical paints at every level with better coverage, superior depth of colour, peel and crack less, have almost no odour and can be colour matched to any manufacturer's colour swatch. Having recently worked on a period property and seen the damaging effects of years of heavy gloss paint on an old chimney, I was particularly interested to hear that these eco paints allow the walls to breathe and reduce the likelihood of damp. I was also most excited by the fact that left over paint biodegrades safely so I can stick it in my compost bin! The other main benefit seems to be the fact that since eco paints do not give off toxic fumes they are the perfect wall coverage choice for asthma sufferers. And for the houseproud of us, clay paints, by virtue of their non-toxic status, do not produce static so are less likely to attract dust.

Have I now used them myself? Yes and with great results. The finish is wonderful and there is something about the pigment in the clay paint that makes the colour really intense and rich; the walls in my newly painted hall now have a beautiful depth and texture to them. With two football mad sons I must admit that I did have my concerns about the practicality of our chosen neutral shade and how the paint would withstand the daily wear and tear of trainers being kicked off and kit bag scuffs. Not a problem though - I have been able to wipe off the inevitable grubby marks very easily. I have to say too that the pure joy of enjoying our immaculate freshly painted walls and woodwork but without any headache inducing fumes has for us been one of the key benefits of adopting the natural route.

Are they hideously expensive? Well no, they are not. The paints boast excellent coverage so whilst litre for litre they may not compete with your own brand emulsion, you are likely to get away with fewer coats and so you should enjoy savings on labour be it your own or your decorator's. So my personal view is - better for the environment, better for your health and better for your home.



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# Out and about on foot

Over the summer months this new feature will be exploring our village and the surrounding areas on foot. Watch out for family walks around the village coming soon.

By Jim Mitchell

LIVING IN Lindfield we are very fortunate that there are several areas where walking is extremely enjoyable and where there is a chance of something unusual to be found. The main areas are the South Downs and Ashdown Forest.

On the Downs near Lower Standean you can find the Chattri, a memorial to Indian soldiers who died in the 1914-1918 war. Ashdown Forest boasts connections with A.A.Milne and his characters Christopher Robin and Winnie the Pooh. One can visit the "Enchanted Forest" near Gills Lap and play pooh sticks at Pooh Bridge (you have to provide your own sticks these days!). Also near Fairwarp there is the Airman's Grave. This is a memorial to the crew of a Wellington bomber that crashed at this spot during the Second World War while trying to land at a nearby airstrip. It had been damaged during a raid on Cologne. The pilot's mother was involved in creating the memorial and a service is still held there each Remembrance Day. Details of walks in the Ashdown Forest can be obtained from the Ashdown Forest Centre at Wych Cross.

Nearer to home, there are a number of walks around our village that were published by the Lindfield Preservation Society many years ago. These are normally available from the Bookstop in the High Street.

Probably one of the most memorable and fascinating sights I have encountered in this area is on a walk starting from Ardingly Reservoir car park and heading westward until you take the footpath under the Ouse Valley Viaduct. Standing under the viaduct and looking down through all the identical arches is a truly remarkable



Photo: Mags Young

sight and you can appreciate the skill of the builder and bricklayer who built the viaduct all those years ago.

Further eastward at Brightling near Heathfield one can experience walking between several Follies built by Jack Fuller.

Get out your walking boots and discover just what you can find on foot around our village.



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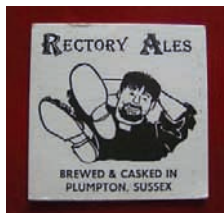
by Emma Tingley

HIDDEN FROM VIEW, one of Lindfield's historic gems lives on. Sussex has a well-established reputation for producing award-winning beers, and Lindfield was once very much a part of the brewing industry.

Built in the 1800's by local entrepreneur Edward Durrant, the youngest of the five children of William and Elizabeth Durrant, Lindfield's own brewery was producing beers for the Ale House he built adjoining the brewery. The pub became known as The Stand Up Inn as originally there were no seats. Edward Durrant also ran a grocery and a draper's shop in the High Street, and his father and uncle established a successful pianoforte factory in 1840, which provided much employment for the local community. Although the Durrant's Brewery brewed its last ale over 100 years ago, remains of the old building can still be seen at the back of the High Street pub today. The horse gin that was used to raise water from a well was renovated a number of years ago and rebuilt behind The Red Lion pub on the other side of the High Street. Both the Red Lion and The Stand Up feature in the 2009 Good Beer Guide.

There are some nineteen breweries in Sussex; the most local is Ansty's Dark Star Brewery, which owns The Stand Up Inn. After much searching through old records and talking to experts to try and find the original recipe, the brewery recreated a special beer to commemorate the centenary of the close of the Lindfield Brewery in 1906, so many locals got to taste a bit of history and enjoy a pint of Durrant's Ale.

Many of the local breweries have an interesting story to tell. Rectory Ales in Streat was founded in 1995 by the Rev Godfrey Broster, the Rector of Plumpton, to generate funds for the maintenance of three parish churches, with 107 parishioners as shareholders. They produced beers such as Rector's Light Relief, Parson's Porter and Rector's Revenge and tours of the brewery can be arranged. Nestled in the heart of the South Downs, the Adur Brewery is reviving a centuries old tradition of brewing in the Adur Valley. Their Velocity Bitter is described as a traditional English bitter but with a handful of German Hallertauer hops added just before the beer is fermented. The result is an excellent aroma with just a hint of an old fashioned marmalade.



Interesting names seem to go with the territory when it comes to real ale. The Hammerpot Brewery, in the foothills of the South Downs near the hamlet of Hammerpot, aims to keep producing a good variety of beers based on Sussex themes with their seasonal Shepherd's Warmer being a dark, fruity ale brewed with fresh ginger. Sounds scrumptious! Award-winning Harvey's Sweet Sussex is obviously named after the county in which it is brewed, situated on the banks of the River Ouse in Lewes, but what about Harvey's Kiss!?

Real ale has a big following, with the consumer group Campaign for Real Ale (CAMRA) having a national membership of just under 100,000. There are five branches in Sussex alone. Beer festivals are one way of getting a taste of what's about, or you can enjoy a pint at your local. But if you prefer the comfort of your own home, many Sussex beers are now available for home delivery on-line. A great gift for Father's Day perhaps?



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# How small footprints make big steps

OUR 'CARBON FOOTPRINT' is simply a measure of the impact of how we live everyday on the environment. Many of our day-to-day activities require energy through the burning of fossil fuels to provide us with electricity, heating and transport. Carbon dioxide or CO<sub>2</sub> is one of the 'greenhouse' gases that is responsible for global warming. Our carbon footprint is a measurement of the greenhouse gases we produce individually and is measured in either tonnes or kilograms of equivalent carbon dioxide.

Just as we have two feet, we have two types of carbon footprint

- a primary footprint, which is the measure of our direct emissions of CO<sub>2</sub> from domestic energy use and transport, which we have direct control over. The secondary footprint is a measure of the indirect CO<sub>2</sub> emissions from the whole lifecycle of products we choose, everything associated with them from their manufacture to their transport. Reducing our carbon footprints will reduce our contribution to global warming.



Here are 5 top tips to get you started straight away, that won't cost you anything, and will in fact save you a bit of cash so put your best foot forward and make a difference!

1. Sign up to a green energy supplier, who will supply electricity from renewable sources (e.g. wind and hydroelectric power) - this will reduce your carbon footprint contribution from electricity to zero
2. Remember to turn it off when you're not using it: lights, TV, stereo, computer, etc
3. Turn down your central heating and water heating settings - just 2 degrees will make a difference
4. Only run your dishwasher and washing machine with a full load to save water, electricity and detergent
5. Unplug your mobile or laptop as soon as it's finished charging

There's loads of information on the internet about reducing your carbon footprint, but this article used the following sites as sources of information: [www.carbonfootprint.com](http://www.carbonfootprint.com) and [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

# Could The Greening Campaign be coming to Lindfield?

by Caroline Young

At the Annual Parish Meeting on April 23rd, at the request of the Parish Council, a representative of the Greening Campaign outlined just what this is and how we, the residents of Lindfield, can work together to combat climate change and benefit from low carbon living.

The campaign began in Petersfield and there are now over fifty communities involved including 35 in West Sussex. It is a structured programme comprising four phases and is supported (and funded) by all agencies, including West Sussex County Council and Mid-Sussex District Council. Our Parish Council is now considering the proposal to involve Lindfield.

The first step would be to hold a public meeting to explain just what the campaign is and would seek to involve our schools, village organisations and individuals. As a result of this meeting eight challenges will be chosen.

Phase One is the delivery to every home of the challenges for us as individuals to complete. They will be simple and easy ways we can actually help combat climate change and save money. Once completed the challenge card is to be displayed in our windows and will be counted.

If you are interested in how we can personally reduce the energy we use, live more sustainably and even save money at the same time, watch out for more information from your Parish Council.

[www.greeningcampaign.co.uk](http://www.greeningcampaign.co.uk)

# How's my driving?

AT MID SUSSEX Community Eco Fair you can take a drive in the Ecodriving Simulator - a car racing game with a difference. This fun and realistic display shows people how to drive in an environmentally friendly way while competing against one another. Users quickly learn how to be more fuel efficient, as well as safer, through anticipating better and making simple changes to their vehicles. The event is on 7th June 2009, St. John's Park, Burgess Hill.

Come along to this fun, FREE event for the whole family with entertainment, children's activities, local food and drink, free face painting, cookery demonstrations, chocolate fountain and much more on offer.

Find out how to reduce your household bills and also reduce your carbon footprint at the same time.

The event is being held during Volunteers Week and so there will also be opportunities to find out more about how to be involved in your local community.

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## Central Sussex Cage Bird Association

A club for people interested in keeping and showing birds.

Monthly Meetings held in the King Edward Hall, High Street, Lindfield, West Sussex, RH16 2HH on 4th Wednesday of every month between 8 - 10 pm.

Central Sussex CBA is a small, friendly, family club with members varying from children to pensioners and all ages in between.

We meet once a month to discuss birds and bird keeping; there is a raffle and refreshments are available. Several times a year we have guest speakers visit our monthly meeting who talk on a variety of subjects. See our Programme for more information on this year's events.

There is a wealth of birdkeeping knowledge to be tapped into. Our members are more than happy to give advice and tips to the beginner and experienced alike as required on exhibiting, ailments, breeding, aviary construction etc.

Our members keep and have kept a variety of birds from Budgies to Bourke Parakeets, Canaries to Cockatiels, Lovebirds to Lorikeets, British Birds to Foreign Birds and many, many more.

We have two bird shows each year: the Main Show and our Young Stock Show. You can get involved in our club as little or as much as you like. For those who are interested there are also Bird Sales, trips out arranged and social events such as BBQs and dinners, which can include guests.

Visitors and new members are always welcome. For more details contact our Club Secretary Vicky Dunster on 07980 875 911 [www.centraisussexcba.synthasite.com](http://www.centraisussexcba.synthasite.com)

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If you would like to hire the King Edward Hall please contact the Bookings Secretary on 01444 483266 or by e-mail on [bookings@kingedwardhall.org.uk](mailto:bookings@kingedwardhall.org.uk). Or see the website for more information [www.kingedwardhall.org.uk](http://www.kingedwardhall.org.uk)

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