

# Lindfield Life

Local village talk,  
by the village

July 2009 Issue #4

FREE!



**Royal invitation for Lollipop Lady** p.12

**Getting ready for 'big school'** p.24

**Scrumptious summer recipes** p.28

**New live music guide** p.32





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# Lindfield Life



📷 Cover image by Adam Wylde:  
View across the High Street  
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for details: [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)

## Welcome!

I can't believe that we're half way through 2009 already. Summer holidays will soon be upon us and many of us will hopefully have the opportunity to get away. If you want to tone up a bit before your holiday then this is the month to do it. We've got the second in our series of On Foot in Lindfield, with a circular route starting from the High Street and heading out to the west of the village. If you don't fancy your chances following our map, then the Mid Sussex Healthy Walks Scheme are launching a new volunteer led walk that starts on the common.

For the younger members of our community, July marks the end of life at playgroup, nursery or pre-school. Visits to big school are getting underway and we are grateful to Steve Davis from Blackthorns CP School for his advice on preparing your child for starting school. Lindfield Life has been finding out what life in a reception class is all about. Parents of children already at both our village Primary Schools share their top tips for preparing your child for their first day.

Our Village People feature this month is all about Val Joyner, one of our local school crossing patrols. She has been stopping traffic to enable children of the village to cross safely for well over twenty-five years and her commitment has been acknowledged by a Royal Invitation to Buckingham Palace this month. We hope she enjoys her well-deserved day.

Our regular writer and community editor Caroline tempts us with some delicious recipes for strawberries this month in her Simply Good Food feature. So wander down to Paul's or Clough's to get some local ones then whip up a fantastic dessert to share with family or friends.

Emma Tingley, Editor

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## Roll up, roll up!

ON FRIDAY 10TH July, Blackthorns and Lindfield Primary Schools are hosting a circus evening as a joint fund raising event.



Happy's Circus is a professional all-human circus show, focusing on bringing the circus arts to school audiences. Their 2 hour show includes magic and illusion, lots of clowning, music, comedy and song, juggling, aerialists and loads of audience participation. A great fun evening for the whole family!

Before the show families will be able to picnic on the school field, get a burger from the barbeque, or visit the Pimm's Tent. Candy floss, popcorn and ice creams will also be on sale.

A marquee of stalls will be open for some shopping, including novelty items at pocket money prices. Gates open 5pm. Show is from 6 to 8pm. Tickets are available from Blackthorns School, 454866. £7 per person or £25 family (of 4) ticket. Under 2's are free on a lap!

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## Brand new Healthy Walks

DUE TO THE success of the Healthy Walks Volunteer Leaders Course held in March 2009 by the Mid Sussex Healthy Walks Scheme, Mid Sussex is able to offer even more free led walks for walkers of a greater range of abilities.

In June 2009 two brand new walks are starting. They are called Introductory Healthy Walks. The walks are on paved paths and are a maximum of 30 minutes in length. Come and join us if you want to get fit by building up your levels of exercise slowly in a friendly and supportive environment. All walks are led by trained volunteer walk leaders who will encourage you all the way. No need to book, just turn up on any walk:

**Mondays 10am, Lindfield** (meet at Lindfield Common near the notice board at Backwoods Lane car park.) **Tuesdays 10am, Burgess Hill** (meet at Sidney West Recreation Ground, Leylands Road.)

More walks now take place every Thursday at various locations across the District. If you want to explore the wider countryside with a group of like-minded people and are able to walk over rough ground on routes that include stiles, these are the walks for you. We have three different levels, beginner, improver and advanced.

For more information and to access the walks programme visit [www.midsussex.gov.uk/healthywalks](http://www.midsussex.gov.uk/healthywalks) or contact the Park Rangers on 01444 477561 [rangers@midsussex.gov.uk](mailto:rangers@midsussex.gov.uk).

## FIRE!! Your views count...



WEST SUSSEX FIRE and Rescue Service want your views on its wide-ranging safety plan for the next 12 months. There is a consultation period that starts Monday 27th July for 12 weeks during which you can submit comments and questions directly to WFSF & RS and will in turn receive a prompt response.

Max Hood, County Fire Officer, said: "We are always geared to responding to emergencies, but a main feature of the plan is helping people understand the inherent danger of fire in the home and at work and the dangers when out driving.

"This means we will continue to carry out a considerable amount of both educational and practical work to prevent such incidents occurring in the first place."

The plans are on the Fire and Rescue Service's page on the West Sussex County Council website. Copies are also available in your local Library and District and Borough Council offices during the consultation period.

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## New charity: Thank you!

KATH, PAULINE and Andrew wish to thank everyone who supported the Help for Heroes stall on Village Day. It was the first time that the charity had been represented and the public response was overwhelming. We have raised a total of £568.

Help for Heroes is a very new charity set up in October 2007 to give practical help to the men and women of our Armed Forces who are injured while serving our country. They are strictly non-political and do not become embroiled in the rights or wrongs of a particular war. They simply want to help the wounded of those wars. More info at [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

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## Holiday At Home

AN EVENT being organised by All Saints Church from 18th to 20th August is designed especially for the older members of the village community who live on their own and may not have the opportunity for a holiday. It will be three days of fun and entertainment. Tuesday and Thursday the varied programme is based at The Tiger and Wednesday afternoon will be a coach outing to a local garden with cream tea. The event is free, with the exception of Wednesday's outing. Further details will be in the August edition, but for more information now contact Peter Diack on 01444 482428.

# Pre-school help keep the village tidy

TIGER CUBS Pre-school had fun this term learning that "5 fruit and vegetables a day make us healthy and ready to play" and "exercise is good for you, laziness is not". Various Womble characters

were introduced to help with the children's understanding of healthy eating, exercise and how we can keep our world tidy. Tiger Cubs registered with 'the BIG tidy up' campaign and armed with litter pickers and plenty of

tidy up bags the children, staff and a few keen parent helpers went out and about in Lindfield to see how much rubbish they could find! The occasional shower did not dampen their excitement and enthusiasm knowing they were doing their bit to tidy up the village - after all exercise is good for you whatever the weather!



# A sad day for the ducks

By Sharon Perry

AS THE NEW proprietor of The White Horse public house I was concerned today to note the demise of one of the ducks on the village pond. A careless motorist ran over the duck with total disregard without stopping.

In the last month two ducks have been killed by careless drivers directly in front of the pub and I have contacted West Sussex County Council highways division to express my concern and to request both a traffic calming system and signposts indicating the presence of wildfowl on the road in front of the pond.

All village residents have an affinity with our pond and its wildlife and I would urge other readers of our village magazine to contact West Sussex County Council highways division to express their concern at careless drivers causing the death of our wildlife and to emphasise my request for traffic calming measures and for signage highlighting the presence of ducks on the road.

The telephone number for West Sussex County Council is 01243 642105.

Thank you all in anticipation.



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## Window dressing

Jacqui Smith, Interior Designer

In many ways a window is your room's greatest asset. Windows can provide a focal point to the room. A dressed window will alter the acoustics of a room, making an otherwise echoing space feel more cosy. Crucially and not surprisingly windows determine the amount of natural light in a room, be it a natural wash of energising sunshine, filtered and diffused through voile or dramatic shadows cast by Venetian blinds.

Curtains are an extremely versatile dressing offering a whole host of different headings from casual tab top and contemporary eyelet to the more classical hand sewn pinch pleats and goblet pleats. Pelmets can provide drama to a window and an element of formality whereas a valance or a flop over frill will look less formal. Full length curtains will always look more elegant than sill length.

Roman blinds are a popular and relatively cost effective alternative to curtains. Fitted within the recess they will block out a certain amount of light, so it may well be a better option to have them fitted outside the recess. Roller blinds are available in an expansive range of colours and textures these days, no longer the bland option they once were. Hard window treatments such as Venetian blinds come in a wide range of wooden and metallic finishes – perfect for kitchens, bathrooms and home offices. The wider slats of a Colonial blind will give you the look of shutters but for a fraction of the price.

When using pattern, consider the scale in relation to the size of the window. A small pattern on full length curtains may be lost. Some patterns with a small horizontal repeat may look quite different when made up into curtains since when drawn the pleat of the curtain will throw forward part of the design and at the same time hide another. A three colour stripe for instance can appear quite two-tone if one of the stripes is hidden when the curtains are pulled back. This is not to say that it's wrong to do this but it may produce an effect that you don't want so it's worth giving it some thought. Window treatments can be a really effective way of restoring the proportions of a window. By using a longer pole and dressing the curtains back off the window an overly tall window can appear wider. Conversely you can achieve the illusion of height by fitting a pelmet to a short and wide window.

There is no one way to dress a window but some treatments will work better than others and getting it right is crucial to the success of a scheme.



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# Village Day draws the crowds



LINDFIELD VILLAGE DAY and Village Run proved popular with crowds again this year. Organised by the King Edward Hall (KEH), the events (held at the end of May) are key to funding the running of the hall. In the case of the run, there was an increase in runners this year, despite the showers earlier in the morning! Stephen Gray, treasurer for KEH commented: "It takes a lot of hard work by a significant number of volunteers to put together these successful events and their efforts are much appreciated by the runners, the general public who enjoy Village Day's atmosphere and by the King Edward Hall committee and trustees." Run results can be found at [www.kingedwardhall.org.uk](http://www.kingedwardhall.org.uk)



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# Fergus Garrett talks to Lindfield Horticultural Society



by Rosemary Humphreys

THE NAME FERGUS Garrett will be familiar to most keen gardeners as the Head Gardener at Great Dixter at Northiam in East Sussex, a paradise for plant lovers. Fergus worked closely with the late great Christopher Lloyd, whose family home was Great Dixter, and appeared in television programmes with him. He has carried on Christopher Lloyd's ideas and philosophy in the gardens, particularly with regard to planting and the use of dramatic colour combinations.

This was Fergus's second visit to Lindfield and the event in the King Edward Hall was a sell-out! His talk was entitled Continuous Colour in the Mixed Border and he began by explaining what was meant by that. Everything can be included – trees, shrubs, perennials, biennials, annual bedding plants and climbers. Of course in our own gardens we do not have six acres surrounding a fifteenth-century manor house to play with but the principles remain the same. They can just be applied on a smaller scale. There are plenty of smaller evergreen shrubs, for example, to provide focal points in all seasons.

Fergus emphasised the need to start with strong healthy plants in good soil with plenty of nutrients, mostly derived from compost. Creating a border should be like composing a picture, with plants of different shapes and sizes that provide visual contrasts with each other. Foliage of different textures will also provide interest. 'Hot spots' can be strategically placed large plants or shrubs which work throughout the year. With slides of Great Dixter in winter, Fergus showed that even then a garden will be



attractive if size and shape have been taken into account – although Dixter's dramatic topiary wouldn't fit into the average suburban garden!

The key to achieving continuous colour lies in under-planting, so that as some plants which flower early in the season die down, larger plants grow over them and provide further interest. As an example, Fergus showed how snowdrops can be succeeded by hostas. Daffodils and other later spring bulbs work well and can be succeeded by taller perennials. Inter-planting will also be effective, with plants such as verbena bonariensis or teasels appearing randomly in a border – although self-seeders like these need to be kept under control and thinned out if necessary. Climbers such as late-flowering clematis can clamber through a shrub which has finished flowering to give late-season interest. If the clematis is a tangutica such as Bill McKenzie it will also reward you with fluffy seed heads which will last well into the winter.



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Tall verbascons, with their elegant spires and grey-green foliage, are another feature of Dixter borders. Grasses will add a gentler structure and can be left over the winter to glisten with hoar frost.

He suggested searching out plants which do several things. Maybe they have attractive foliage, followed by flowers, followed by interesting seed-heads or autumn colour. A cornus alba elegantissima (a dogwood) makes an attractive feature in a border with its variegated leaves during the summer and dramatic red wood in winter. Similarly, look for plants with a long flowering season, such as rudbeckias or heleniums. Some geraniums will only flower for three weeks, while others - such as Rosanne or Russell Prichard - will go on for months. The phormium tricolor produces dramatic tall flower spikes in the summer while others, such as phormium tenax, have architectural leaves but do not flower. The Royal Horticultural Society's Award of Garden Merit is given to plants following extensive trials - some of these can be seen in progress at Wisley. The award indicates a particularly good variety so look out for the letters AGM on plant labels in the garden centre.

Perennials which come up reliably every year give good value in a border, although they will still need splitting or thinning out every couple of years. Taller varieties may need staking, which needs to be done in as naturalistic a way as possible. Annual plants at Great Dixter are not set out separately in 'beds' but integrated into the planting scheme. They complement the perennials by adding colour and filling in gaps. They can be used to vary the colour contrasts from year to year.

Apart from the garden, the ancient manor house, which Lloyd's father Nathaniel restored and to which Lutyens added a wing, is well worth a visit. The

garden has a nursery whose very extensive stock list is also available from the website. After Christopher Lloyd died, the future of Great Dixter was uncertain but with a £4 million grant from the Heritage Lottery Fund and contributions from other donors (including the public) the Great Dixter Charitable Trust is now in a position to secure full ownership of the Great Dixter Estate. If you haven't been there yet, it's certainly worth a visit.

Photos: Carolyn Nurse



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# Marley & Me

by John Grogan

by Eileen Symes

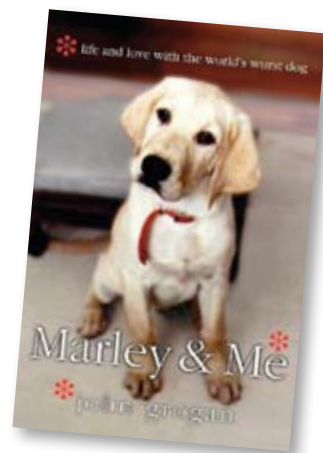
Tolerance, Loyalty and Love – these are the ingredients that thread their way through this excellent, humorous and well-written book. For animal lovers this is a page turner but this true account of family life with Marley is not confined to besotted dog lovers. Apart from a love interest there are other facets – life on an estate in South Florida, where crime was not uncommon, their move to spacious Pennsylvania where Marley is able to use up some of his boundless energy, and the loving relationship between John and his wife Jenny.

Nevertheless, this is predominantly the story of Marley, a huge hundred pound yellow Labrador Retriever whose limitless exuberance and love for life were inexhaustible yet seemed unable to grasp the simplest of commands making him almost impossible to train. Marley was also a destroyer. He chewed up mattresses, cushions, shoes, plaster off walls and could clear a coffee table with one swipe of his tail. He drooled over everything and raided waste bins. Only on one occasion tolerance waned but this crisis passed and Marley remained established as their

goofy untrainable dog.

Marley had other qualities. When Jenny lost her first baby, Marley sensed her sadness and laid his head on her lap in sympathy. His loyalty was unquestionable. As the babies arrived they became family too. Their children took untold liberties with Marley but that was all part of family life.

Despite his huge size and John's inability to teach him the basic rules of normal dog behaviour, his zest for life, his utter joy of living, his devotion to the family taught John and his family that Marley accepted life with a natural joy and pure heart and gave generously all that he had, his love and loyalty.



| DATE                         | TIME   |
|------------------------------|--------|
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| VENUE                        |        |
| All Saints Church, Lindfield |        |

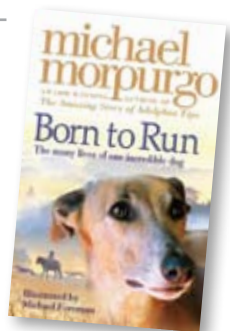
# Born To Run

by Michael Morpurgo

By Francesca Weekes, aged 9

I love 'Born To Run' because it is a story of love and survival against the odds. In it a boy called Patrick saves some greyhound pups from the canal. He calls one of them Best Mate, and Best Mate comes to live with him in his flat. Best Mate gets stolen and then lives with a girl called Becky. She names him Brighteyes. One night she runs away with him.

She gets bitten by a dog and is rushed to hospital. Brighteyes is found by an old man called Joe, who finds out Becky can't keep him anymore, so he lets Brighteyes stay with him. They live on a barge, rescue an old peoples home from closure and finally Paddywack - for that is what Joe called him - finds Patrick again. Patrick has another dog and doesn't recognise Paddywack, so Joe and Paddywack go on living with each other, and everyone is happy. 'Born To Run' is the best book I've ever read.





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# Village people



By Emma Tingley

IF YOU DON'T know her name, you'll certainly recognise her face if you're ever out and about in the village around school drop off or pick up times. Village People this month features Val Joyner, one of our three regular school crossing patrols or, to most people, a lollipop lady. But Val's story this month coincides with a Royal Invitation, as she has been invited to one of Her Majesty's Garden Parties at Buckingham Palace in recognition of her service to our community for well over 25 years.

It was when her two daughters were at school that Val took on a job at the then Lindfield Infants School as a dinner lady. During her time there she heard of the opportunity to become a lollipop lady and decided to take on the challenge. Twenty-seven years later, she's still doing it. Back when she began, she had three days training from the local traffic warden and then was on her own. She recalls how nervous she felt on that first day, stepping out for the first time, hoping that the cars would stop. Now all our school crossing patrols are trained and supervised by West Sussex County Council, who employ them, and regularly update them on changes in the law relating to their work.

The School Crossing Patrol Service was first introduced in the UK in the 1950s as part of The London Traffic (Children Crossing Traffic Notices) Law in 1953. This Act allowed any person authorised by the Commissioner of the Metropolitan Police to stop traffic using an official traffic sign (the lollipop) to allow children to cross the road. It wasn't until 2000 that the law changed and the responsibility for school crossing patrols moved to local authorities. In 2001 a further change to the law meant that school crossing patrols were given the power to stop traffic to enable anyone across the road, not just children. The official lollipop has also been changed over

**"Val is fantastic. She serves a vital role in our community and I can't praise her highly enough."**

Bob White, Head Teacher, Lindfield Primary School.



the years, with the word children most recently being replaced with a universal symbol. The black strip across the centre of the sign was intended for crossing patrols to be able to write on it in chalk the registration details of any vehicle not stopping. Further changes are currently being piloted across the UK, including West Sussex, with the introduction of high tech lollipops that contain a tiny video camera capable of recording details of incidents and the unacceptable behaviour of drivers that some crossing patrols encounter. In 2007 around 1400 incidents involving lollipop men and women were reported to councils. Failure to stop for a school crossing patrol can lead to a £1,000 fine and 3 penalty points on a driving license. It's a serious business but one that Val clearly still enjoys. "You've really got to concentrate, it's not just about stopping the traffic, you've got to know where the children are and keep them back until it's safe to cross" says Val. "There are more children going to school on bikes and scooters these days too, so you've really got to keep your eye on them. By law, children are not allowed to cycle across



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the road, so it's about educating the children and parents too". Val and the other crossing patrols often visit local nurseries to introduce preschool children to road safety.

As you may imagine, a lot has changed in her time. There are far more cars on the road that seem to travel a lot faster and children that she once used to see across the road are now crossing with her again as mums and dads with their own children. Her spot on Lewes Road tends to have a lot of larger lorries passing down it now. Her original orange uniform has been replaced with the familiar hi-visibility yellow and the job used to include switching on the lights at the crossing points with a long stick, but now they are automated. For Val though, it's the contact with the children and their parents that she really enjoys. Many cross with her over a number of years so she builds up quite a rapport with them and many of the children are keen to tell her their news or show off a new pair of shoes. She's often received gifts, cards and letters of thanks, not just from the children, but also from a driver that she regularly saw who thanked her for cheering her day with her constant smile. Particularly when the junior school was still located on Lewes Road, Val found herself providing more than a safe place to cross. She'd spend much time listening to mums and was often still to be seen by the side of the road at 10am. She loves it when the 'grown up' children come and visit her and tell her what they're studying at university or what job they now do. "It's funny to think of that little boy who was always late for school now being a pilot!" she recalls.



With a relatively short day to fill between the school drop off and pick up times, Val and her husband like to visit local National Trust properties. She also 'oversees' their garden at home and enjoys time with her daughters and grandchildren. When children leave the primary school, many of them may still see Val in one of her other roles as an exam invigilator.

It's quite a commitment that Val has undertaken for all these years. She's out there come rain or shine, twice a day. "The school holidays are a perk though" laughs Val, "it could be thought of as a mundane job but contact with the children and the mums make it a really happy job." All that's left now is to find the right outfit for the Royal Garden Party - leave the hi-visibility jacket at home this time Val!

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# At work in the village

**OPEN FOR BUSINESS**

By Gabrielle Hall

HAVING SEEN HER stunning collection of silver jewellery at a local craft show, I eagerly accepted an invitation to meet local designer Debbie Smith at her workshop in Lindfield. Nestled deep within her leafy garden, I discovered a wonderful place where students can learn her intricate craft and discover how to produce beautiful and unique pieces of silver jewellery from their own designs.



My eye was immediately drawn to an old wooden bench, probably made from solid oak over 200 years ago, which came from the Cartier workshop in London. It was well worn and covered with markings from craftsmen who had clearly spent many hours grinding, pummelling, piercing, hammering and polishing a variety of precious metals, humbly transforming each special piece into a magnificent work of art. I began to realise this was an old and well respected craft and very little had changed in the way that jewellery had been made over the years. The same skills, materials and tools are still being used and handed down today.

The three students I met have been keen followers of Debbie for the past 18 months and I was greeted with their wonderful creative energy. They were proudly wearing pieces they had made and it was a joy to watch them working, using a variety of skills they had learnt. Their journey began with Debbie's 6 week beginner's course and having become truly hooked, they went on to complete the improver's course and now meet each week for a three hour session to create some wonderful pieces of jewellery and enjoy the special friendship they have made.

As a student herself Debbie completed a four year diploma course in Jewellery, Silversmithing and Allied Crafts at the Sir John Cass School of Art at London Metropolitan University and worked in the trade for over 15 years before becoming self employed. She learnt her trade as an assistant designer, by 'sitting at the bench', learning the ropes and delving into each and every area of the jewellery business. Costume jewellery was her speciality and she worked for a number of top end manufacturers designing collections of jewellery for a fast growing market. Having recently completed a Post Graduate Teaching Certificate in Art and Design, Debbie now shares her passion for jewellery design and making with those who are willing to learn. The large garage in



her garden was converted five years ago into a state of the art studio, fully equipped with a comprehensive collection of tools.

Each course is designed to accommodate up to five students, which guarantees that each participant gets plenty of personal support. As well as the beginner's course where students are encouraged to complete one special piece to take away at the end, Debbie also offers one day 'taster courses'. The improver's course is longer (usually 10 weeks) and begins with a great day out in London, touring Hatton Garden and visiting a variety of suppliers in order to source components which are known as 'findings'. Serious devotees are encouraged to visit galleries and museums such as the V&A in London and optional trips are organised for those who seek further inspiration.

I thoroughly enjoyed my visit. It was great to see ideas being lifted off a page and silver being lovingly shaped into bold and interesting pieces that expressed the moods and feelings of each maker. What wonderful therapy!

Inspired? Contact Debbie on 01444 483138.



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# On foot in Lindfield

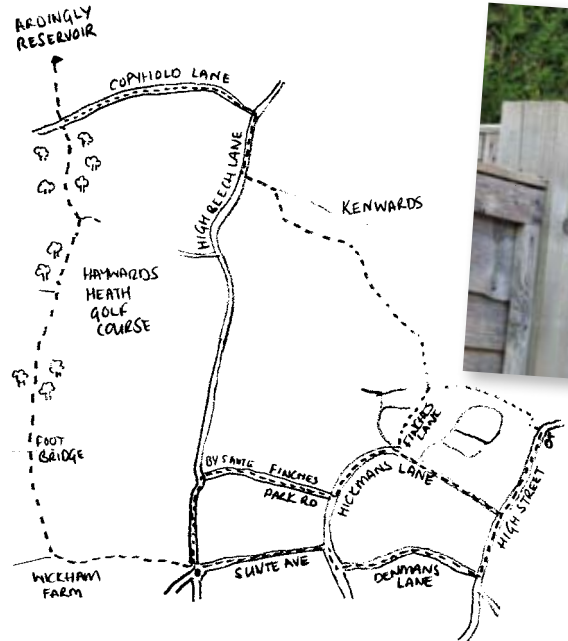
By Emma Tingley

THIS MONTH we are staying close to home and exploring the village on foot. There are many public footpaths in and around Lindfield that give you different views of the village than the ones that you're more used to seeing. The Lindfield Life team have been exploring a few paths that start from the High Street and that provide short walks suitable for all who fancy a bit of a stroll. For those who want to go the extra mile (or more!) then there are several circular walks starting and finishing from the High Street. This time we're focusing on a walk that should take around 1½ hours, so if you're feeling up to the challenge you can do the whole route, if not you can just do part of it. It's a great time of year for an early evening stroll now that the days are longer and a bit warmer. If you want to see what's in store before you head off, why not check out the satellite view on Google Maps? So make up a flask and pack a snack, invite a friend and off you go...

The start of this walk, heading out of the west side of the village, begins on a path that can be found tucked away between the High Street houses opposite Church Cottage, by Little Blacklands, near the parish church. It

is signposted from the road and takes you through a cluster of stone houses that once used to be a school. Follow the driveway to the right and the public footpath is accessed through a kissing gate. It's a bit of a narrow path (watch out for nettles) and the gate makes it unsuitable for pushchairs but the route can be picked up by joining the same path a little farther along by heading up Finches Lane instead. This narrow path runs behind The Welkin,

then joins with Finches Lane. Turn right at the next gate and follow the wide path down the hill. This is certainly suitable for an all-terrain pushchair and provides a great



path for kids to explore and spot some wildlife and wild flowers. For those wanting only a short stroll, this path ends at the driveway to Kenwards Farm, so turn around here and enjoy it a second time on the way back! Follow all the way to Hickmans Lane playing field this time and enjoy some time watching any sporting activities that may be taking place for a while. For those wanting more than a stroll, continue up Kenwards Farm drive and turn right on to High Beech Lane. Do take care walking the short distance along this road as cars travel at some speed and we wouldn't recommend it with young children. If you cross over, there is just about enough space to walk on the verge rather than the road. After only about 100m turn left into Copyhold Lane, and although a quieter lane, continue to take care as you follow this road until you reach a lay-by and a footpath that crosses the road.

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Taking the path on the right (towards River's Farm) will eventually bring you to Ardingly Reservoir, perhaps a walk for another day as it's here that we take the path on the left, through another kissing gate and over the line of the abandoned railway (marked on an OS map but not so easy to identify on the ground).

After a short up hill walk

through the woods, the path enters Haywards Heath Golf Course. The instructions as you follow this public footpath between the holes is to keep walking, don't stop to loiter and watch out for golf balls moving at high velocity! If like me you're not a golfer, wandering through this beautiful course may whet your appetite to give the game a go. Half way across the course you pass through a cluster of trees and from the safety of the trees we saw


several golfers and a brave squirrel making his way across the path of some of those high velocity balls! The last stretch of the golf course passes the end of the driving range, with a high fence stopping any long hits crossing the public right of way.

As you leave the course, the route returns to a wooded footpath. Even after a lot of sunshine it was still quite damp and we were fortunate enough to spot a lovely frog wallowing in a muddy puddle. Along this stretch of the route, listen out for the trains; the London to Brighton line runs out of Haywards Heath towards the Balcombe Viaduct on this side of Lindfield. Keep to this path until you reach Wickham Farm, then turn left and remain on this fairly narrow path until you appear from what appears to be a hidden path by the roundabout at the end of Sunte Avenue. It's your choice from here how you return to the High Street - down Sunte Avenue, right at The Witch Inn (perhaps stopping off for refreshments as you pass) and then left into Denmans Lane; or left down the hill and through By Sunte, Finches Park Road and over Hickmans Lane playing fields and onto the High Street to finish in one of the coffee shops with a well-deserved slice of cake.

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# Lindfield Parish Council Newsletter

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB

Telephone: 01444 484115 Fax: 01444 484918

Email: [lindpc@gotadsl.co.uk](mailto:lindpc@gotadsl.co.uk) Web site: [www.lindfieldparishcouncil.org.uk](http://www.lindfieldparishcouncil.org.uk)

## Denmans Lane Public Toilets



FLUSHED WITH PRIDE, members of the Parish Council officially re-opened the Denmans Lane public toilets on 29 May after a complete refurbishment by Premier Hygienic Ltd. The Parish Council took this facility over in 2007 from Mid Sussex District Council to save it from being closed. The toilets were in a poor condition, did not meet the current DDA requirements and really let the village down especially considering that these are the only public toilets in Lindfield for visitors to use. Lindfield deserves the best so we have now spent £66,000 on upgrading the toilets and we no longer feel ashamed of them. The work involved completely gutting the building, opening up the north face and inserting three self contained modules. Sam and Matt who did most of the work on behalf of Premier Hygienic Ltd thoroughly enjoyed working on this project and particularly enjoyed the interest shown by people passing by, many of whom stopped to chat to them. We now have a gents' and a ladies' cubicle plus a spacious disabled cubicle, all with direct access. The disabled toilet is accessible via a RADAR key. Baby changing surfaces and nappy bins have been provided in each of the cubicles. Unfortunately unforeseen problems do arise with major projects such as this and the work took longer than originally anticipated. We hope you will all think our luxurious lavatories are well worth the wait. Any comments on the condition of the toilets should be made to the Parish Office and these will then be raised with the contractors responsible for cleaning and maintenance.

## Website

The Parish Council's new website will soon be going live: [www.LindfieldParishCouncil.gov.uk](http://www.LindfieldParishCouncil.gov.uk)

## Greening Campaign

Sara Grimes of the Greening Campaign gave an enthusiastic presentation to the Annual Lindfield Parish Meeting on 23 April. We were told how the Campaign supports communities wanting to reduce the effects of climate change, starting with small achievable and measurable changes to people's lifestyles, such as turning off lights when leaving the room. Despite a relatively low attendance at the Parish Meeting, there was enough support for the Campaign to take it forward and a small group of people will be liaising with Sara Grimes about holding a public meeting to launch the campaign. If anyone is interested in taking part in this campaign please give your details to the Parish Clerk (484115)

## SPRING CLEAN



OUR ANNUAL Spring Clean event on the morning of Saturday 15 April was a great success. We had about 35 volunteers out in the Village, clearing litter (approximately 24 bags of it) washing down posts and litter bins and cutting off the basal growth on the High Street trees. As an added bonus this year WSCC Highway Rangers came along and cleaned the white gates at the northern entrance to the village and the large signs at the other approaches into Lindfield as well as cleaning other street furniture and helping with the work on the trees. SERCO gave us their support by providing sacks and gloves and two large bins for the bags of rubbish. We ended the morning with a simple lunch in the King Edward Hall. Our thanks to SERCO, the Highway Rangers and to all of the volunteers, including a group of children from Blackthorns School with their parents who did a sterling job cleaning the posts on the Common and round the Pond.

# Civic Service

The Parish Council was pleased to welcome Civic guests and representatives of local organisations at the annual Civic Service on 17 May at All Saints Church. The Service was led by Canon Dr. James Clarke, with an inspiring sermon on Community from Reverend Charles Martin and intercessions led by Parish Councillor Rev. Michael Davies, both from the United Reformed Church. The Lessons were read by Councillor Mrs. Margaret Johnson (WSSC) and Parish Council Chairman Will Blunden. For Margaret and her husband Derrick, this was their last Lindfield Civic Service, as our local Member on West Sussex County Council and Parish Councillor respectively, as they were to retire from their Council roles in June. Their many years of dedicated service were gratefully acknowledged and Canon Clarke wished them both well for their retirement on behalf of the Lindfield community.

---

# Core Strategy - Extraordinary Meeting

Lindfield Parish Council and Lindfield Rural Parish Council held a joint Extraordinary Meeting on 22 April, to raise public awareness of the proposal to include site "K" (land between Gravelye Lane and Scamps Hill) as a development site of 550 or more new dwellings in Mid Sussex District Council's Core Strategy, which is a significant policy document of the Local Development Framework. The meeting was very well attended by over 100 people who heard a very clear explanation by Planning Consultant Dereck Wade of planning policy and the process leading to approval of large scale new development. Mr. Wade stressed the importance of engaging with the District Council at the appropriate time to get maximum benefit for the local community from any development by means of legal agreements between developers and the Local Planning Authority. John Jesson of the Lindfield Preservation Society spoke about the likely impact development on this scale would have on the village, particularly in terms of the increase in traffic. After Mr. Wade and Mr. Jesson set the scene, a lively open session followed. Cllr. Will Blunden, Chairman of Lindfield Parish said that Lindfield was being expected to take most of the new homes expected of Mid Sussex and the policy makers should be made to recognise Lindfield as a village and not part of "Greater Haywards Heath". Inclusion of site K in the adopted Core Strategy will establish a policy for developing this land and the principle of the development cannot then be used as a reason for objecting to planning applications from developers. It is therefore of the utmost importance to send in comments during the consultation period for any of the Local Development Framework documents.

# Calling all landowners

The Parish Council has a duty to provide allotment plots when there is a demand for them. We currently have a waiting list of 59 people for plots on the Denmans Lane Allotment Site which is divided into 55 of plots or part plots so the wait is going to be a long one for many of those anxious to grow their own vegetables. The Parish Council does not own any other land to convert to allotments, so we have to consider the options open to us. We would be very interested to talk to any landowners in or close to the Lindfield Urban Parish who might have any ideas that could help us meet the demand.

---

# Summer Parish Walk

Last year for Sussex Day, Chairman Will Blunden led a leisurely walk with information about points of interest along the way. This was greatly enjoyed by the 20 people who took part, several of whom asked for a repeat performance so Councillor Blunden is planning to get out his walking boots again on Saturday 25 July for another stroll in our beautiful surrounding countryside. Details will be on the Parish Council notice board nearer the time.

---

# Trees

The Parish Council's Environment and Amenities Committee has agreed to the recommendations from a meeting with officers of WSSC and MSDC, regarding the future maintenance of the High Street and Compton Road trees. The trees in Compton Road that were not pollarded in the winter of 2006/07 will be done later this year, except for the two at the entrance to Compton Road from Hickmans Lane, one of which is not a lime and the other is to be left to balance it. The previously pollarded trees will be repollarded so that the whole road will be dealt with at the same time in the future. WSSC are only able to fund pollarding every four years, so to get the trees repollarded every three years the Parish Council will budget for the additional years. The High Street trees will be monitored during the current season and a maintenance programme as for Compton Road will then be considered.

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# Welcome

Councillor Mrs. Christine Field has recently been elected as our new County Councillor. We look forward to working with Councillor Field in trying to achieve the best we can for Lindfield.



# Lindfield Parish Council Newsletter

Parish Office: 6 Denmans Lane, Lindfield, West Sussex, RH16 2LB

Telephone: 01444 484115 Fax: 01444 484918

Email: lindpc@gotadsl.co.uk Web site: www.lindfieldparishcouncil.org.uk

## Farewells



COUNCILLORS MARGARET and Derrick Johnson both attended the Annual Meeting of the Parish Council, on 12 May, for the last time as they were both to retire in June. Chairman Will Blunden presented Margaret with a floral arrangement as a small token of appreciation for her tireless and dedicated service as our County Councillor since 1981, during which time she has fought Lindfield's corner in many a battle. She hardly ever missed a Parish Council meeting, where she kept us informed of issues and initiatives and took up our concerns with the County Council. Derrick became a Member of the Parish Council in 1995 and has been well regarded, particularly for his contribution to the work of the Finance and General Purposes Committee, of which he was Vice Chairman for a total of 10 years and Chairman for 3. We would like to thank Margaret and Derrick for all they have done during their years of service and to wish them both a very happy retirement.

At the time of going to press the Council is waiting to see whether there is a demand for a by-election - if not, the vacancy will be filled by co-option at the Council meeting on 25 June.

We were also sorry to bid farewell to Vera Grainger, who has been our Deputy Parish Clerk for the past year and who has now moved on to a full time position elsewhere and we wish her well in her new job. Vera had quickly settled into her role and had become a familiar face to visitors to the Parish Office. We hope that we will soon be able to welcome a new Deputy Clerk to take Vera's place.

## Horse Gin



THE FLOOR of the Horse Gin in the back garden of the Red Lion was in a very bad state of repair with an uneven and eroded surface. The Parish Council, as custodians of this piece of our historic village, has had the floor restored and improved so that the Horse Gin can continue to be enjoyed by villagers and visitors.

## Village Plan Joint Advisory Committee

The current members of this committee have indicated that they wish to stand down once they have submitted their annual report on progress with the implementation of the Village Plan to the Parish Council this summer. Councillors believe that this committee performs an essential role in shaping the future of the village and should any residents be interested in continuing this valuable work of monitoring and reviewing the Village Plan, then they should contact the Parish Clerk.

## Amenity freighter

The freighter will be in the Tollgate car park on Sundays 5 July, 13 September and 8 November 2009, and 10 January and 7 March 2010, between the hours of 10.00 a.m. and 12.00 noon. Please note that due to current legislation they cannot accept items such as televisions, computer monitors and fluorescent tubes. These can still be taken to a civic amenity centre. Please do not leave rubbish in the absence of the refuse freighter.



## Parish Council Meetings July to September 2009

|          |              |   |           |
|----------|--------------|---|-----------|
| Tuesday  | 7 July       | Planning and Traffic Committee (Plans only) | 8.00 p.m. |
| Thursday | 23 July      | Finance and General Purposes Committee      | 8.00 p.m. |
| Tuesday  | 28 July      | Planning and Traffic Committee (Plans only) | 8.00 p.m. |
| Thursday | 6 August     | Environment and Amenities Committee         | 8.00 p.m. |
| Tuesday  | 18 August    | Planning and Traffic Committee (Full)       | 8.00 p.m. |
| Thursday | 27 August    | Full Council                                | 7.30 p.m. |
| Monday   | 7 September  | Planning and Traffic Committee (Plans only) | 8.00 p.m. |
| Thursday | 24 September | Finance and General Purposes Committee      | 8.00 p.m. |
| Tuesday  | 29 September | Planning and Traffic Committee (Plans only) | 8.00 p.m. |

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

### MEMBERS OF LINDFIELD PARISH COUNCIL:

|  |                            |
|--|----------------------------|
| Cllr. William Blunden (Chairman)       | Cllr. Mike Leach           |
| Cllr. Margaret Nicolle (Vice Chairman) | Cllr. Roger Pickett        |
| Cllr. Mike Allen                       | Cllr. Christopher Snowling |
| Cllr. Michael Davies                   | Cllr. Valerie Upton        |
| Cllr. Alan Gomme                       | Cllr. Steve Willcox        |
| Cllr. Margaret Hersey                  |                            |

They can all be contacted, in the first instance, via the Parish Office, or by reference to the Lindfield Village Directory and Year Book, which contains details of individual contact numbers.

### HOW TO CONTACT THE PARISH COUNCIL

The Parish Council office continues to be open 3 times a week – Tuesdays 1.00 pm to 4.00 pm, Thursdays and Fridays 10.00 a.m. to 1.00 p.m. – when members of the public are welcome to come along to look at planning applications for Lindfield, obtain bus passes and railcard vouchers, or simply seek advice on issues of concern. However, if you do need to speak with someone outside our normal opening hours, then please contact the Clerk who will be happy to make alternative arrangements with you.

Parish Clerk: Mrs. Christine Irwin

Deputy Parish Clerk: to be appointed

Responsible Financial Officer: Mrs. Sue Kolien

# Art in our back yard (literally!)

IN ITS SECOND year, the Lindfield Art Studio is quickly becoming the hub of art activity within the village for young and old alike.

Set in a beautiful garden, backing onto the village common with free parking, this large bright colourful studio is conveniently placed for painting, drawing, sculpture and textile workshops.

Professional artist, Leesa Le May, not only produces her own commissions but has provided a space within the village for new artists to learn, develop and exhibit their work. Leesa is keen to put Lindfield strongly 'on the map' for the arts and together with teaching is focusing her time on co-ordinating the Lindfield Arts Festival in May 2010, watch this space!

At the Studio, term time classes are available for children after school and at weekends providing groups of ten with one to one tuition to bring out the individual artist. The Holiday Art Club, for all those long term and summer holidays, provides a day of fun, mess and creativity - all materials are included, just bring a packed lunch!

Art parties have been a great success this year with clay, paint, music and treats providing a party with a little more imagination!

Adult art courses have become increasingly popular as word spreads of painting, pastels and creativity, not forgetting the wine in the evening and coffee and croissant in the day time, maybe that's the key - very social and good fun.

New at the Studio this year, are Gift days. An opportunity for Grandma and granddaughter, Dad and son or groups of ladies, etc to come along for a special day of art of your choice together with a glorious picnic hamper. A fabulous birthday gift or just a lovely treat.



Further information go to [www.leesalemay.co.uk](http://www.leesalemay.co.uk)

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# Starting School?

By Emma Tingley

FOR SOME of the younger members of our community July brings the end of an era. Nursery, playgroup or pre-school days are over, as in the autumn term they will be starting at big school. Lindfield Life has been looking into what being in reception class is all about and Steve Davis from Blackthorns School shares his tips on what parents can do to prepare their young ones. We've been out and about talking to parents of children at Lindfield and Blackthorns schools to get their top tips, after all, they've already been through it - and survived!



The most important thing to remember is that every child is different. The youngest in the class may only just be four years old when they start, but there may be others who are almost a whole year older. The reception class can be thought of as an extension of pre-school as it follows the government guidance that is set out in the Early Years Foundation Stage (EYFS). It acknowledges that the environment plays a key role in supporting and extending a child's learning and development and that children do this in different ways and at different rates. There is an emphasis on learning through both planned and spontaneous play, which is relevant and motivating to each child. There are six areas of learning and development outlined in the EYFS. These are listed below, but if you want to find out more then you can download a copy at [www.standards.dfes.gov.uk/eyfs](http://www.standards.dfes.gov.uk/eyfs)

1. Personal, social and emotional development
2. Communication, language and literacy
3. Problem solving, numeracy and reasoning
4. Knowledge and understanding of the world
5. Physical development
6. Creative development

So here are top tips from Steve, an experienced reception teacher, on preparing for the first day:

1. Walk to school with your child. Stand outside and talk about the building and about the playground and playtime.
2. Talk about the different activities that will go on in school, including older siblings and relatives where possible.
3. If you know any children who go to the school, try to get together and talk about school life.
4. Begin to work in a routine that will fit in with school e.g. the same bedtime, getting up early so that you and your child do not have to rush and can feel calm and relaxed.
5. Practice getting dressed in their uniform and PE kit so that they feel familiar with their new clothes.



Here are ten top tips from parents who have already been through starting school with one, two or more children:

1. Help your child to develop their independence skills, especially getting themselves changed for PE and going to the toilet.
2. Visit the school as much as possible - the summer fair is a good opportunity to see the school and get used to being in a busy and noisy environment.
3. Label absolutely everything - you'd be surprised at what turns up in the lost property box.
4. Buy school shoes and plimsols with Velcro fastenings as they are much easier to do up independently.
5. With up to 30 identical book bags, help your child to learn to identify theirs quickly by attaching a large or brightly coloured key fob to the strap. Make their PE kit bag more easily recognisable too by getting a brightly coloured one.
6. Think about what you put in their lunch bag - they need to be able to open boxes and packets, so have lots of picnics over the summer and encourage them to be independent. This is also a good opportunity to practise asking for help!
7. Encourage your child to tidy up books, toys and games when they've finished playing with them - this really helps the teacher (and you at home!).
8. Organise some 'get-togethers' in the park during the summer holidays with other parents so the children get to know a few more of their classmates and there are a few familiar faces on their first day.
9. Make plans together for starting school - have a special outing to buy a lunchbox or schoolbag.
10. And finally, the first day at school is often more traumatic for the mums. Don't go home and sit there waiting until 3pm; meet up with some other mums and go for a coffee after drop off, remembering to take some tissues!

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# Good4you

By Christian Bates, Osteopath & Naturopath

IN THIS COLUMN I would like to share with you the principles of naturopathy so that you might view your own health from this perspective and apply a few simple ideas to help yourself from any ailment you have.

The naturopathic triad, which is the basis of naturopathy, has three angles or approaches which show us how the body can become ill and also how it can achieve wellness. These approaches are via: structure, chemical and emotion. Structure refers to our physical body and can range from the obvious such as a sports injury causing pain to the less obvious low back pain aggravating irritable bowel syndrome. The other side to the structure coin then is how to help yourself, by having for example osteopathy, acupuncture, sports massage or some other physical therapy. This area also includes beneficial exercise suited to your abilities, such as circuit training, pilates or Tai Chi etc.

Next is chemical and this really refers to nutrition and eating a wholesome, nutritious diet and taking appropriate supplements for your condition. It also refers to avoiding chemicals such as those in processed foods or toxins in our environment that we may be exposed to.

Third is the emotional aspect, a very broad heading for this might be stress and all conditions will have an involvement of this and certainly can be helped from this angle. Simple approaches to self help could include meditation and getting eight hours sleep each night to seeking treatment from a qualified Neuro linguistic or life coach practitioner.

Of course there is a fine line between these categories, for example it is very common to have a breathing pattern disorder which has been found to cause many symptoms such as anxiety and even low back pain by altering the chemical pH of the blood, however this would be rectified using structural approaches such as osteopathy. Another example would be emotional issues that are helped by balancing hormones through nutritional factors.

I hope you can see that there are three major aspects of health to observe yourself from and that each of these has two sides. The side that is detrimental to your health and the side that benefits your health. So simply decrease the bad, or the things that are blocking your return to health and increase the factors that will speed your recovery. This is a simple equation that can be applied to any ailment. Also look at the naturopathic triad, can you approach your health from all three aspects, the physical, the nutritional and the emotional/spiritual? If you can apply all three correctly then you have the best chance of both recovery and maintaining good health.

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)

# Simply Good Food...

By Caroline Young

THIS TIME OF the year I love to fill my plate with all the home-grown fruits and vegetables our gardens, allotments, farmers' markets and shops are full of. New crop potatoes do not travel or keep well. Look for local, Cornish or East Anglian grown, buy as you need them and cook immediately. No need to peel, just a quick scrub and into the pot. Omit that bunch of mint, it clouds the flavour. Just add a big knob of English butter, a sprinkling of crunchy coarsely ground seasalt and tuck in. Cook all the new seasons vegetables very lightly for the best results. When you fancy something a little different try these ideas. Sussex Blue is the only blue cheese made in Sussex, at Five Ashes near Mayfield. It is a cow's milk cheese, lightly veined and very creamy. Find it in local cheese shops.

## Spiced New Potatoes

Serves 4

Cook 450g tiny new potatoes, drain well and roll in a tea towel to remove all moisture. Heat 2tbs oil in a wok, add 3 crushed garlic cloves and 1tbs freshly grated root ginger. Cook for 1 min then add a good pinch each of ground cumin and caraway seeds. Add the potatoes and cook over high heat, stirring, until golden brown. Season and serve piping hot. Good with home-made hamburgers.

## Gratin of New Potatoes with Sussex Blue Cheese

Serves 4

Preheat the oven to 180°. Cook 450g tiny new potatoes as in the recipe above. Tip into a shallow buttered baking dish. Season 150ml double cream, stir in 150g diced Sussex Blue cheese and pour over the potatoes. Bake for about 15 min or until a rich golden brown. Goes well with slices of cold ham



What would summer be like without our abundance of English strawberries, especially if they are out of the garden or pick-your-own - all those sticky fingers from 'just having to try one ...or more!' After eating them with your choice of cream, ice cream, crème fraiche - whip up one of these very quick recipes. >>

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## Warm Potato Salad Serves 4

Cook 450g tiny new potatoes as the first recipe. While they are cooking, in a large serving bowl, whisk together 5tbs olive oil, 2tbs white wine vinegar, 1tbs wholegrain mustard, 1tbs clear honey plus salt and pepper. Add the hot dried potatoes and gently stir to coat them with the dressing. Stir in sliced spring onions or lots of finely chopped chives. Serve at room temperature with a selection of local cheeses and some warm crusty bread.

## Strawberry and Lemon Layer

Bake a single layer sponge cake (75g self-raising flour, ½tsp baking powder, 75g each of soft tub margarine and caster sugar plus 1 medium egg. 20cm tin, 190° for about 20 min). While the cake is baking squeeze the juice from 2 large lemons and make up to 225ml with water. Put in a small pan with 115g granulated sugar and stir over low heat until the sugar dissolves. Prick the surface of the just baked cake (still in the tin) with a fork and pour the hot syrup evenly over the top. Let cool completely. Two hours before serving remove the cake from the tin to a flat serving plate. Swirl whipped cream (about 300ml) over the top and chill to allow the cream to firm. Just before serving pile hulled strawberries on the cream, add some sprigs of fresh mint and generously sift icing sugar over the top for the final flourish.

## Eton Mess Serves 4

Reserving 4 perfect berries slice 450g ripe strawberries into a bowl. Sprinkle with 3tbs Kirsch liqueur. Cover and chill for 2 hours. Whip 300ml double cream to soft peaks and fold in 4 crushed meringue nests and the marinated fruit. Pile into individual glasses and top with the reserved berries.

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# Swimming for fitness, fun and longevity

FOR THOSE WHO have not heard about the Dolphin Ladies Swimming Club, it may be a surprise to know that it has been in existence for 32 years. It celebrated its 30th anniversary with a party and publication of a book entitled "30 years of the Dolphin Ladies Swimming Club" compiled by Stephanie Wilson, which can be found in the local library.

Jeanne Izod, the founder, and Ruth Ferguson have been teaching since 1977. The club has eight original members still swimming every week, including one member who celebrated her 95th birthday this year.

The club has 22 teachers, all ASA qualified, taking half-hourly classes throughout Tuesday mornings during term time at Olympos in Haywards Heath, and Friday mornings at Ardingly College.

Dolphin Ladies is open to ladies of any age and ability. Having taught over a thousand ladies they welcome anyone who wants to learn to swim, improve their swimming or master another stroke. For those with children, there is a crèche available at the Olympos centre.

It is never too late to learn! Don't delay, join today!

For more information phone Jeanne Izod (Tuesdays) on 01444 452325 or Moira Kinnear (Fridays) on 01444 483114.



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# Hike 4 Hospices

Olympic gold medalist and Sussex sports personality, Sally Gunnell OBE, recently launched the third Hike 4



Hospices event at Shoreham Airport. Since its inception in 2007, Hike 4 Hospices has raised an incredible £76,000 for four Sussex hospices -including St Peter & St James in North Chailey.

"I know how much being able to have specialist palliative care means to patients and their families and what an amazing job the nursing staff do. This is a great event and I would encourage anyone to sign up for this year's Hike 4 Hospices to enjoy a healthy walk in the beautiful Sussex countryside while raising much needed funds for their local hospice" said Sally at the launch.

The 2009 Hike 4 Hospices will take place on 22nd and 23rd August following the South Downs Way from Lewes to Goodwood. New for this year is a family walk of five miles, starting at Devil's Dyke, which will include a group start, fancy dress competition, refreshments and some fun surprises along the way. Registration is now open for Hike 4 Hospices 2009 and you can register online at [www.hike4hospices.com](http://www.hike4hospices.com). Sign up today and stride out for Sussex hospices!



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## How Small Footprints Make Big Steps: A reader's challenge...

ONE OF OUR readers has decided to take some action to reduce her carbon footprint and has challenged her neighbours to follow suit. Now she has extended this challenge to all of us. Will you join her in taking action to reduce your impact on the environment?

Liz Hinge writes:

How many of you have and use a tumble dryer? I have one but use it very infrequently. Yes, it is easy to push a button, but have you considered 1) the harm to the environment and 2) the cost?

Each time you use a tumble dryer you are pushing out vast amounts of heat into the atmosphere. The cost of electricity for a tumble dryer cycle is very high. It's easy to work out exactly how much it costs using a simple calculation. Just find the information plate on your machine (it must have one by law) and note down how much electricity it uses in terms of power (watts or KW). Check out your latest electricity bill to find out how much you pay per kilowatt hour and multiply this cost by your machine's power output to find out how much it costs per hour. Multiply this figure by the number of hours your tumble dryer is running each month. It all adds up but if the costs don't worry you then the environmental consequences should.

It is so easy to dry washing without resorting to mechanical means:

1. If you have a garden, you can hang washing out on most days all year.
2. You can install a tidy dry in your bathroom or utility room.
3. You can install an old-fashioned type drying rack which is raised to ceiling height in any appropriate room (excellent for those of you with high ceilings).

For those of you with children still at home, reduce the workload by trying to wash fewer cycles per week. Make your clothes last a bit longer by only washing them if they are actually dirty or smelly. A complete change of clothes everyday may not be necessary.

If you want to work out how much money you could be saving each year by reducing your use of appliances, such as tumble dryers, or by simply turning off appliances that are kept on standby, then there is a good online calculator for this task. Check out <http://www.ukpower.co.uk/running-costs-elec.asp>

Can you take up Liz's challenge? Or have you got your own environmental tips that you're willing to share?

If so, please contact us at: [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)

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# LIVE Music Guide July

Compiled by David Tingley

IF MUSIC is your thing, then this regular feature will help bring to your attention local musical artists and groups playing in the area. With the help of those involved and the venues directly, we aim to bring you a monthly listing. So, if you know of a gig or concert taking place in the area next month - email us at [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk), and I'll add it to the listings. If you are a Pub or venue, you might like to think about having an enhanced contact listing, or taking out advertising - see below.

Wednesday 1st July, 8pm

**Hanging Tree Band**

Stand Up Inn, Lindfield

Stand Up Inn, Lindfield  
Tel: 01444 482995  
[www.standupinn.co.uk](http://www.standupinn.co.uk)

Saturday 4th July

**Cut Loose**

The White Horse, Lindfield

Saturday 4th July, 8pm

**Hartless (Classic Rock)**

The Crow's Nest,  
East Grinstead

Saturday 4th July, 8pm

**The Radiators**

The Ship, East Grinstead

Sunday 5th July, 7.30pm

**Sussex Chorus**

Worth Abbey Church,  
Turners Hill

Sunday 5th July, 8pm

**Short atn Span**

Stand Up Inn, Lindfield

Monday 6th July, 8.00pm

**Christine Collister +**

**support: Alex Hall**

Chequer Mead Arts Centre,  
East Grinstead

Wednesday 8th July, 8pm

**Mal Webb**

Stand Up Inn, Lindfield

Friday 10th July

**"How Sweet It Is"**

Victoria Park,  
Haywards Heath

Saturday 11th July

**Katherine Jenkins + Sussex**

**Symphony Orchestra**

Victoria Park,  
Haywards Heath

Saturday 11th July, 8pm

**Perfect Alibi -**

**A Pink Floyd Tribute**

Chequer Mead Community  
Arts Centre, East Grinstead

Sunday 12th July

**The Radiators**

The Red Lion, Turners Hill

Sunday 12th July, 8pm

**Terry Seabrook**

Stand Up Inn, Lindfield

Wednesday 15th July, 8pm

**David Celia**

Stand Up Inn, Lindfield

Friday 17th July

**The Radiators**

Jolly Tanners, Staplefield

Sunday 19th July, 8pm

**The Firetones**

Stand Up Inn, Lindfield

Monday 20th July

**\*Iain Matthews +**

**support: Mary Leay**

The Ravenswood,  
Sharpthorne

Friday 24th July, 7.30pm

**Choirpower presents 'Thank**

**You for the Music'**

Chequer Mead Community  
Arts Centre, East Grinstead

Friday 24th July

**The Radiators**

The White Hart, West  
Hoathly

Saturday 25th July, 7.30pm

**Waitomo Caves Choir**

All Saints Church, Lindfield

Sunday 26th July, 8pm

**Kris Dollimore**

Stand Up Inn, Lindfield

Wednesday 29th July, 8pm

**Jon McDevitt**

Stand Up Inn, Lindfield

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## \*More on Iain Matthews

WHEN SOME artists are referred to as "legends" it is usually measured in years, or based on the quality of their music. Few are measured in both time and quality. One artist that has been judged by both is Iain Matthews.

A founding member of Fairport Convention back in '67, Matthews later formed Matthews Southern Comfort, who had a massive European hit with the Joni Mitchell song "Woodstock". The highly acclaimed band Plainsong followed, then a period collaborating with ex-Monkee Mike Nesmith. 15 solo albums later, Matthews is producing some of the best work he's ever done. Three years ago he released his 19th solo work entitled 'Zumbach's coat'.

Settling in the south of Holland in 2002, Iain met and married his soul mate Marly. They have two children, Madelief, 8 and Luca, 3.



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| 4th  | Lindfield Bonfire Society Barn Dance<br>(Wendy Box 482809)                         | 19th       | Ruwach Christian Church –<br>Morning and Evening Services<br>(Janet Hilton 459025) |
| 5th  | Ruwach Christian Church –<br>Morning and Evening Services<br>(Janet Hilton 459025) | 22nd       | Salsa Dancing Lessons<br>(Julia Cooper 417781)                                     |
| 8th  | Salsa Dancing Lessons<br>(Julia Cooper 417781)                                     | 23rd       | Country Market<br>(Sheila Hobbs 483396)  |
| 9th  | Country Market<br>(Sheila Hobbs 483396)  | 29th /31st | The Adventurers Art Club Annual Exhibition<br>(Val Harvey 455704)                  |
| 10th | Lindfield Crafts and Market<br>(Beverley Smith 440274)                             | 30th       | Country Market<br>(Sheila Hobbs 483396)  |
| 11th | Lindfield Horticultural Society Summer Show<br>(Alison Elliott 483039)             |            |  |
| 12th | Ruwach Christian Church –<br>Morning and Evening Services<br>(Janet Hilton 459025) |            |  |
| 15th | Salsa Dancing Lessons<br>(Julia Cooper 417781)                                     |            |  |

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

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## An Ode to Planning

by Kathleen Rusby

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Friends, strangers, citizens of Lindfield, lend me your ears.  
I come to defend the proposed housing project, not to denounce it.  
My home is Lindfield, I was born and bred here  
Yet I do not object to the new development.  
Nay, I feel that we have gained more than lost from all the changes  
So, let it be again.  
Preservationists say that we should not develop  
And preservationists are an honourable clan  
But our young people need accommodation,  
Not to consider them would be a grievous fault  
And selfishly do we respond to it.  
When “Blackthorns area” was proposed did we not witness hundredweights of chalk passing through  
the village just to stabilize the ground and raise it from its normal water table?  
And when “West Common Drive” was built on our old “Kingcup Field” did we, the local residents,  
raise one finger in dissent?  
Or indeed, for “Finches Park”, “Beckworth”, “Noahs Ark” and many more  
And are not these strangers now our friends?  
Do they not support our local clubs and make up the membership of the Preservation Society which  
has contributed so much useful advice towards the enhancement of the village?  
I speak, not to disapprove of any words spoken by the preservationists but to point out that which I  
have witnessed over time.  
There have been great improvements made as a result of the increase in population and the revenue  
thus raised.  
Our Schools, our Medical Centre, the re-establishment of our Parish Council.  
Would any of these changes have taken place without our new friends?  
But lo! My heart belongs to Lindfield and I must pause till you get back at me!

*With apologies to William Shakespeare and to the residents who see the proposed development  
from a different viewpoint*

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