

# Lindfield Life

Local village talk,  
by the village

August 2009 Issue #5

**FREE!**

**Out & about in Sussex this summer** p.6

**Village says no to overdevelopment** p.13

**A new school... in Ghana** p.16

**Enter our summer art competition** p.24



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# Lindfield Life



📷 Cover image by Paula Clark:  
Cricket in full swing on The Common  
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for details: [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)

## Welcome!

AS I SETTLE down to write, my feet ache. But it's that good ache that means you've had a great day out. With the summer holiday season upon us, some time off work will mean either a holiday or days out from home. Whichever of these you've got planned, there is something inside this issue for you. For those heading off to hotter climates we've got some great tips to avoid being eaten by mosquitoes and for those staying at home we've put together a selection of ideas to help you plan days out. Caroline provides us with plenty of suggestions to keep the kids entertained in the kitchen too.

As you can imagine, Lindfield Life is often the subject of conversation in our home and we're delighted that our eldest daughter Georgina wants a piece of the action this month! She's following in our footsteps and has put into her own words her thoughts on her favourite book. If you've got any budding young writers who'd like to review a book, do please get in touch, we'd love to hear from you.

We welcome back Martin Higgins this month, one of the team of writers from Lindfield Horticultural Society, who shares his really practical advice on how to keep your garden looking lovely for late summer.

Whilst shops are already advertising their 'back to school' ranges, we talk to Paul & Karen Ramsbottom in our Village People feature about a school in Ghana that they are involved in. It's a challenging story that reminds us how fortunate we are in this beautiful area of Sussex.

So with Lindfield Life's first art competition (check out p24), there really is something for everyone inside the pages this month.

Emma Tingley, Editor

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## Jug delivered home to Durrants



AFTER READING the article on local beers in June's issue of Lindfield Life, Lawrie Stevens remembered something in his own loft. Lawrie, who delivers the magazine around Lindfield, handed the 'E Durrant Brewery' jug back to Daisy Parsons at The Stand Up last month.

Pictured: Daisy Parsons and Lawrie Stevens



## Holiday at Home

(Tuesday 18th – Thursday 20th August)

WITH ACTIVITIES ranging from a pub quiz to afternoon tea, Holiday at Home is an event organised by All Saints Church for the older members of our community who live on their own and may not have the opportunity for a holiday away this year. It's three days of fun and entertainment right here in the village, with a coach outing to a local garden for a cream tea on the Wednesday afternoon. There will be cooked lunches on the Tuesday and Thursday and an interesting programme of activities, such as flower arranging, board games and crafts, as well as opportunities to be entertained with music and magic. With the exception of Wednesday's outing, the event is free and you can book for any or all of the days. So if this is for you, don't miss out, call Peter Diack on 01444 482428 and book your place now!

## Art Exhibition

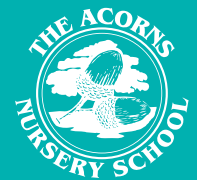
SUMMER IN LINDFIELD would not be the same without the annual art exhibition by members of the Adventurers Art Club. The exhibition this year will be open to the public from Wednesday July 29th until Saturday August 8th. At last year's exhibition around 280 framed works were displayed and there were 82 unframed works in browsers for visitors to look though – and admire. Numbers of exhibits are expected to be similar this year. There will also be a display of painted ceramics by Sheila Southwell and possibly sculptures and wood carvings from other members of the club.

The Adventurers Art Club was founded in 1953 and exhibitions have been held in the King Edward Hall annually since the early years. The club meets on Thursday evenings during term time at the Old School in Cuckfield, with a varying programme of demonstrations, lectures, working sessions and critiques. The club has a thriving membership of around 130, embracing all levels from beginners to professionals and those who just have an interest in art. Members receive an interesting quarterly newsletter and art DVDs are available on loan for a small fee. It is a very friendly club and new members are always welcome. Anyone interested in membership should contact the membership secretary Dorothy Taylor on 01444 482504 – and do go and visit the exhibition.



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# Summer in Sussex

By Emma Tingley

IT'S THE END of term and the summer holidays are here at last! If you're after some ideas of how to entertain the kids, or even just have a day out yourself, then look no further as we've checked out some great places to get you started. You don't even have to be a kid ...

## Booth Museum of Natural History, 194 Dyke Road, Brighton, BN1 5AA

Open: Mon- Sat  
10am-5pm, Sun 2-5pm,  
Closed Thursdays

The Booth Museum of Natural History is a real gem. It's located on the outskirts of Brighton and is easy to get to by car, with plenty of metered parking on the road outside. There is no charge and although it's small, it contains over half a million specimens! As well as the many birds displayed in recreated natural settings there is a fascinating range of butterflies. The



bones section was a real hit with our kids and they were amazed at the sizes of skeletons from tiny mice to a whale! Another favourite area was the 'hands on' gallery with lots to touch and explore.

Just a stone's throw away is Dyke Road Park, so when you've finished in the museum head across the road. There's a warm welcome at the café and they serve a range of snacks and light lunches at a reasonable price. The park is large by Lindfield standards, with a big sand pit and plenty of play equipment. You can also enjoy a hedged maze and a good-sized open grass area for kicking a ball around.

## Stoneywish Country Park, Spatham Lane, Ditchling, BN6 8HX

If you're after a day out that's relaxing for grown ups but with plenty to entertain the kids in a natural environment, then Stoneywish is for you. A little off the beaten track, Stoneywish is not far from the village of Ditchling. There is an entry charge so it's worth taking a picnic and spending a good few hours exploring. Just after the ticket desk is a little cabin with things to explore, from grinding corn to weaving. Suitable for pushchairs the path then leads to an area with a few goats and sheep in pens and a garden to explore. Farther on is an open play area with large and interesting play equipment; a



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gypsy caravan turned into a slide, tyre swings on the trees, an Indian tepee, a fort, a sandpit, a boat and a tractor. Plenty to inspire imaginative play. Scattered amongst the play equipment and shaded by the large oak trees are plenty of picnic tables, so you can happily sit and watch the kids play. Still to come after lunch are some big pigs and a shaded walk around the small lake, home to several different breeds of geese (don't forget to get your fish and duck food from the ticket desk when you arrive; it's a long walk back!).

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

### **Deers Leap Bikes, Saint Hill Green, East Grinstead, RH19 4NG**

For anyone wanting something a little more energetic to really get the kids to use up some of that excess energy why not give Deers Leap Bikes a visit? Just south of East Grinstead, Deers Leap has 240 acres of dedicated mountain bike tracks of every grade including family-friendly trails. The park is set in an Area of Outstanding Natural Beauty and is a great place to go for the day or even just an hour or two. You can either take your own bikes or hire them from the park. For an adventurous birthday party, they arrange activities both at the park and neighbouring Blackland Farm where you can do anything from archery to abseiling.

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



### **Weald and Downland Open Air Museum, Singleton**

It's a little further afield but well worth going the extra mile for! Set in 50 acres of beautiful Sussex countryside you can wander freely amongst a fascinating collection of nearly 50 historic buildings dating from the 13th to the 19th century. It's a real hands-on experience with plenty to keep the kids captivated. Taking part in a Victorian school lesson, seeing foods being prepared in a working Tudor kitchen and taking in the sights and sounds of a water mill are just a few of the experiences this place has to offer. Every Wednesday during the school holidays special summer activity days are held - we came home with nature pictures, flags and pottery. Check out the website for details of theatrical shows during August too. There's plenty of space for a picnic or you can enjoy a meal from the café in a medieval hall. This really is a great day out for all ages!

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

By Christian Bates, Osteopath & Naturopath

## Which diet is best?



MANY PEOPLE STRUGGLE with their food choices and it's no wonder with the amounts of foods available from around the world, the enticing "junk" food available and the sheer number of different diets that are constantly advertised in books, magazines and by celebrities. I have three thoughts about food plans (not diets!).

Firstly, everyone is different, we have different genetic make-ups, we exercise and rest different amounts and we all cope with stress in different ways. This means to me that everyone is suited to different foods and ratios of those foods, so we cannot fit the population to one diet. The ideal way to reveal this is through a metabolic typing questionnaire that I use with my patients. Secondly, the diets we eat today are generally so modern and refined that our bodies aren't genetically developed to eat them at all. Take for instance grains, such as wheat, which have only been available to eat since the agricultural revolution about 10,000 years ago. This period of time is a drop in the ocean compared to the 2.5 million years we have evolved prior to that. This is one of the reasons many people have a problem with grains, especially if your distant ancestors were from a climate where protein and fat was predominately eaten, rather than carbohydrates. The basics to draw from this knowledge is to eat what is known as a Paleolithic diet which means eat only foods that would have been around over 10,000 years ago. Lastly, the practical side. Keep a record of the foods you eat and monitor how you feel on them. You should be satisfied for around four hours after a meal without cravings in between. The foods should make you feel better and more energised both physically and mentally. They should not cause bloating or discomfort, make you feel fatigued or tired, nor should it make you feel fuzzy or muggy headed. So keep a diet diary and try to establish which foods and in what quantity you feel most healthy on.

For more information on these concepts contact Christian on [good4you@lindfieldlife.co.uk](mailto:good4you@lindfieldlife.co.uk).

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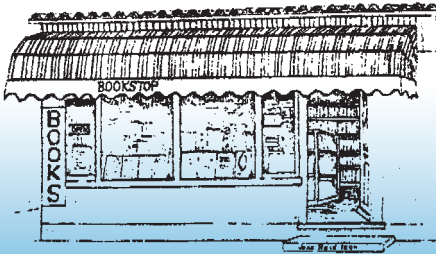


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# Getting rid of the "little biters"

By Elaine Camilleri

FOR AS LONG as I can remember I've been a prime target for mosquitoes. As a child on family holidays to Malta, I would often wake up covered in bites and my sister who had been asleep next to me would be completely free of them. More recently, during a once-in-a-lifetime holiday to the Maldives I counted over 70 bites on the backs of my legs alone. The itching made me so uncomfortable that there were times when I actually looked forward to my holiday being over.

Since then I have been on a mission to find the answer to this pesky problem and to stop my holidays from being ruined.

Maybe you are a mosquito-magnet like me or maybe you only get bitten occasionally. Here is some information to help you prevent these bloodthirsty insects from having a feast on you this summer.



## The facts about mosquitoes:

In some parts of the world mosquitoes can carry malaria, dengue fever and other diseases, so it's not just the itching that you need to avoid

Only female mosquitoes bite. They need your blood for the development of their eggs

Mosquitoes are drawn to rivers and ponds where they breed in stagnant water

They are most active around dusk and dawn

Mosquitoes can only fly at 8 mph so they don't fly well in windy conditions or in rain

Mosquitoes dehydrate easily, so they like shade and humidity

They can bite through tight fitting fabric

A mosquito bite itches and swells because of an allergic reaction to the mosquito's saliva



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## Top Tips...

If you were to ask your doctor they would probably recommend repellents containing the chemical pesticide deet. I have never managed to give deet repellents a fair trial for various reasons. Firstly, I can't stand the smell of them. Secondly, smearing chemicals on to skin which has spent the day exposed to the sun/sea/pool etc doesn't appeal to me. Thirdly, deet can stain your clothes. Finally, you have to reapply frequently, which is far too much hassle for me.

Mosquito repellent patches are my number one top tip, I won't go on holiday without them. They work by cloaking the smells that attract the little beasts. The adhesive side is applied to the skin, and the patch is transparent and easily hidden under swimwear. It lasts up to 36 hours and is waterproof so you can patch up in the morning and forget about it. It's quick and easy and mess-free. Go to [www.dontbite.me.co.uk](http://www.dontbite.me.co.uk) for more info.

Avon Skin-So-Soft Dry Oil Body Spray is another top tip. This product is not advertised by Avon as an insect repellent, however, it is well known that it keeps bugs away. I contacted Avon for confirmation, here's what they said:

"We have had reports from Representatives and their customers that Avon Skin-So-Soft Dry Oil acts as an



Photos: Nick Goodwin



effective insect repellent. Our Quality Control Department advise that it is the aroma of the product that has this

effect. Citronella is in the perfume....”

It has a mild and pleasant aroma, unlike many ‘actual’ repellents. I love this product as it doubles up as a moisturiser while providing extra protection when out and about in the evening.

Another must is to use air-conditioning if it’s available. Not only will the low temperature keep mossies out of your room but the air turbulence will deter them from flying around. If you don’t have air-con, bug sprays can also help to stop mosquitoes from coming into the room. Spray the room before going out and keep doors and windows closed as much as possible. Also, it’s a good idea to spray on and around the door as mosquitoes often lie in wait on the outside of doors and windows.

Wearing plain light colours can help, as studies show that mosquitoes are more attracted to dark colours and floral patterns. Eating sugary foods and drinking alcohol also increases the risk of mosquito bites so extra precaution is needed to avoid getting bitten.

Finally, it’s a good idea to avoid strong fragrances. Perfumes, deodorants and hair products will make you more attractive to mosquitoes, so consider temporarily switching to unscented toiletries.

One last thing to mention is that although we all know prevention is better than cure, finding a good bite relief product for when you do get bitten is a must. I recommend using Anthisan cream (available over the counter) and ‘click’ products which release a safe electrical pulse providing instant (albeit temporary) relief. Wishing you a very happy bite-free holiday!

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## Five Books for the Summer

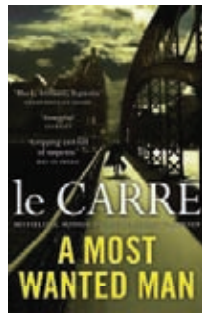
By Kris and John at the Lindfield Bookstop



**Dark Summer** by Ali Sparkes is the perfect summer read for 9+ boys and girls, a thrilling story set in the Wookey Hole caves.



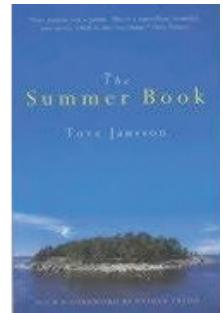
**Dear Fatty** by Dawn French, the hilarious autobiography of the popular comedienne, written as a series of letters.



**A Most Wanted Man** is the latest paperback from John Le Carre, an expertly paced tale of idealism and treachery.



**Guernica** by Dave Boling is a moving tale of courage and resilience, the story that lay behind Picasso's famous painting.



Our only choice that is not new, **The Summer Book** by Tove Jansson, is a literary gem - fresh, authentic and deeply humane.

## The Enchanted Wood

by Enid Blyton

Georgina Tingley (aged 6)

THERE ARE three children, two girls and one boy. The boy is called Joe, and the girls are called Beth and Frannie. They move house to the countryside and they have a little cottage. They go exploring in the woods and they find an old oak tree which is really the



Faraway Tree. They decide to climb it. So they do. They make friends in the tree called Moon-Face, Silky and Mr Watzisname and Saucepan Man. They are funny. They go to the top sometimes and they climb a ladder up into the clouds and go to new places that you have never heard of before. They have lots of fun. Moon-Face has a slippery-slide which is a quite fun slide that goes to the bottom of the tree. You need to give him toffee to go down it. Silky lives a few steps away from Moon-Face and you have to look out for Dame Washalot's water tipping down the Faraway Tree.

I like the Enchanted Wood. It has 33 chapters. Mummy and Daddy read it to me and my sisters at bedtime. There are more Faraway Tree books. I can't wait to read them. Sometimes you can get three books in one book. I got the Enchanted Wood for my birthday. I love it so much.



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# Lindfield says no to overdevelopment

By Gil Kennedy, Lindfield Preservation Society

Mid Sussex District Council (MSDC) officers have been proposing, as part of a “core strategy” for housing development, more than 700 new houses in the Gravelye Lane / Scamps Hill area. The Lindfield Preservation Society recently encouraged Lindfield residents to write to MSDC with their objections to this scheme. In answer to a request under the Freedom of Information Act, the council has acknowledged that it received 818 objections. This is an outstanding result and Lindfield residents are to be congratulated on their robust stand.

We believe that we are contributing to growing pressure against overdevelopment in the district. The council has now postponed its public deliberations on the “core strategy” from June / July until the autumn. Councillors have also proposed a rethink of the strategy that could exclude highly sensitive sites like Gravelye Lane / Scamps Hill.

While these developments are reason for some cautious optimism, Lindfield remains under threat. A recent complaint under the Freedom of Information Act by the Lindfield Preservation Society against the district council revealed that council officers are pressing for this development on the basis of insubstantial analysis. For example, their only traffic study consists of a general overview that, by its own admission, “was developed as

a tool for forecasting... movement on the county’s main routes”, but “does not give clear indications on individual locations”. Notably, it “does not represent the delays that would result from congestion at junctions”. Its calculations are based on obsolete census data from 2001.

We also obtained the Primary Care Trust’s full advice to the council on additional healthcare needs. This clearly states that Lindfield’s healthcare practice has neither the capacity to accommodate the population increase nor to expand. As a result, the council has been forced to retract its earlier claim that “the Primary Care Trust has advised that there will be sufficient healthcare provision to cater for the planned growth in Lindfield”.

In addition the Education Authority’s full advice to the council, stated the requirement for a new primary school on the site as well as extension of secondary provision. There are no costed plans for either. The council has also been obliged to acknowledge that it has carried out no environmental study of the impact of at least 1,100 additional cars.

It is worrying that public servants can allow themselves to urge development “in principle” or on any other level without taking a hard look at what actual capacity the community has to absorb large scale growth. We will need to remain vigilant.



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# Simply Good Food...

By Caroline Young

THE SCHOOL holidays are upon us and sooner or later that well-known phrase "I'm bored" will be heard. For me that was the time to suggest my two try their hand at making something to eat and it still works with my grandsons. Two good tips, make sure it doesn't take too long to make and or cook as attention spans are notoriously short plus it must be something they really enjoy eating. Stay in the kitchen to offer help and encouragement and be prepared for lots of washing-up and sticky worktops.

Making and decorating cupcakes is popular, especially with girls, and there is no shame in starting them off using a good cake mix. For older cooks use my basic all-in-one recipe. While the cupcakes are baking gather together an assortment of items to top and decorate them with. Make up some buttercream icing (or open a can of ready-made!) or glaze icing and such goodies as chocolate drops, hundreds and thousands, small sweets, chocolate flakes, fresh berries or crushed peppermint candies. Allow the cakes to cool then stand back and let your cooks decorate to their hearts content.



## All-In-One Cake Mix

Makes about 12 cupcakes

Preheat the oven to 200°C. Line muffin pans with paper cases. Place a large sieve over a mixing bowl. Spoon in 100g self-raising flour, 1 level tsp baking powder and a pinch of salt. Gently shake into the bowl. Add 100g castor sugar, 100g soft tub margarine, 1 medium egg and ½tsp vanilla extract. Using a wooden spoon, beat vigorously for 1 min or until the mixture is smooth and creamy. Spoon into the paper cases and bake for 15-20mins or until risen and golden brown. Leave to cool before decorating.

Glaze Icing: add sufficient hot water to sieved icing sugar to make a thick paste. Tint with food colouring if wished.

Buttercream icing: using 100g soft butter and 175g sieved icing sugar, beat until smooth and creamy. Add vanilla extract or colouring if wished. For chocolate flavour beat in 50g melted plain chocolate.

Use ready-rolled puff pastry to make INDIVIDUAL PIZZAS. Gather together your child's favourite pizza toppings such as sliced chorizo sausage, diced and/or grated cheese, chopped ham, olives etc. Preheat the oven to the directions on the pastry packaging. Cut the pastry into squares or rectangles and arrange on a baking sheet. Lightly spread with tomato sauce, paste or ketchup, add chosen toppings and slip into the hot oven. Bake until risen and golden brown. Eat hot.



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## Bacon and pasta bake

Serves 4

Bacon and pasta bake is quick and so simple to make for lunch. Preheat the oven 200°C. To serve 4 cook 150g of your favourite pasta shapes just until tender. Tip into a colander to drain. Using the same pan cook 2 (160g) packets diced pancetta (Italian bacon or use 150g chopped bacon) until crisp. Stir in 1 bunch spring onions, thinly sliced and 400g can chopped tomatoes. Cook until just bubbling. Remove from the heat, stir in the drained pasta and spoon into a shallow baking dish. Generously cover with grated cheese and bake for 10 min or until the top is golden brown.

## Sticky Chicken

STICKY CHICKEN is great fun to make. Preheat the oven 180°C. Melt 75g butter in a large bowl and stir in 75ml runny honey or maple syrup. Add 10 skinless chicken drumsticks and let the children, with clean hands, coat the chicken with the mixture (alternatively put melted butter, honey and chicken into a large freezer bag and shake until coated). Line a large roasting tin with foil, arrange the chicken in a single layer and pour over any remaining butter mixture. Bake for about 20 min until a rich golden brown and cooked through. Good hot or cold.

## Summer Trifles

If possible find 4 tall sundae glasses or use tall drinking glasses. The plan is to be able to see all the different layers in each trifle. Several hours before serving combine 200g crushed strawberries or raspberries with 3tbs caster sugar. Do the same with 200g blueberries or blackberries. Two hours before serving ask your junior cooks to cut or break 6 trifle sponges into small pieces. Spoon a little chilled or canned dairy custard into the base of each glass and top with a thin layer of sponge. Build up layers of fruit, custard and sponge to fill each glass. Chill until serving time. Top each glass with a flourish of aerosol or whipped cream and, if available, a sprig of mint. Serve immediately.

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# Village people



By Emma Tingley

WITH THE NEW school term on the horizon, Paul and Karen Ramsbottom are preparing their oldest daughter, Lily, for her first day at Blackthorns Primary School in Lindfield. But their thoughts at this time are not just with local children starting school here but also with some of the world's poorest children in West Africa. For those fortunate enough to live in Bagri, they will be attending the school that was started around the time of Lily's arrival back in 2005.



It was in 2003 during a visit to Africa that Paul and Karen were struck by this remote area in northern Ghana. A twenty hour drive from Ghana's international airport in Accra, it is an area crippled by poverty. They were heartbroken by the harsh reality that nearly 1 in 4 children in this area die before they reach their 5th birthday. With no education and no school in the area they were asked by the tribal leader and the local church to help. "Our first thought was 'how on earth are we going to build a school in this remote area of Ghana' but then our thoughts turned to 'what will happen if we don't?'" recalls Paul. They soon decided that if they were to take on this project then they would do it in as professional way as possible, so the following months were spent considering and researching the challenge. They registered a charity, The Savannah Education Trust, and began to gather the funds to build a school. They developed a model for a sustainable school which primarily consisted of local people building the school, the government of Ghana taking on the day-to-day running costs of it and the local church being given the responsibility to run it. So the building work began in the autumn of 2005 and nine months later the Bagri Baptist Primary School opened its doors to the children of Ghana. Six classrooms, an assembly hall, courtyard, teachers' accommodation and a borehole made the initial school. Since then a nursery has been added to care for the younger



**"There's no greater thrill than walking into the school to be greeted by 400 smiling faces"**

Paul Ramsbottom

siblings of the children attending the school who would otherwise miss school to look after those younger children whilst their parents are working on the land to provide food for their family.

But a building alone is not enough and Paul and Karen are passionate about ensuring that it is a school for every child in the local area that provides them with more than just classroom learning. The children learn about essential health, life saving hygiene and agriculture. The 22-acre site was donated by the tribal leaders and includes an agricultural plot where these skills can be put into practise. The on-going programmes, funded by the charity, include the provision of a meal to each child every day and a teacher-training programme.

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The six classrooms provide an educational environment for over 400 children, so it has a similar number of children to our own Lindfield Primary School but with each class double the size. But the kids aren't complaining, they love it. Before 'the

blue school' as they call it arrived, the impact of poverty on these children was devastating. Those who survived spent days during the long dry season hunting for food for their own survival. News of the school has spread and now children can be seen arriving by boat from the neighbouring country of Burkina Faso to get to class. With three trained and five untrained teachers and a head, the school provides jobs for the local community too, from the uniform maker to the cooks. The local community has welcomed the school with open

arms and it is considered such a successful model that it attracts leaders from other areas of the country seeking to do the same.

Back home Paul and Karen spend a lot of time supporting their friends in Ghana. The administration is undertaken by Karen, working hard behind the scenes managing the accounts, writing letters and ensuring the charity has the funds needed for the ongoing costs. "It's hugely rewarding" says Karen, "I'd love to get back out there to see the children again". They get monthly photos and updates from the local programme manager employed by the charity to oversee the school. But its success has inspired them to do it all over again - this time in the village of Pavuu, 15 miles from Bagri. They are about to embark on the second school and need to raise £100,000 for the build costs alone. "It's a bit of a daunting task, but there's no greater thrill than walking into the school to be greeted by 400 smiling faces in a place where previously there was just a strip of bare land and malnourished, poverty-stricken children" muses Paul. Thanks to the generosity and kindness of many, more than half of the initial build costs have already been raised.

Paul and Karen's passion for this project is contagious and I leave inspired to help make it happen. If you want to find out more, then more information is available on their website: [www.savannaheducationtrust.org](http://www.savannaheducationtrust.org) or you can contact them via [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)



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Lindfield F.C. Juniors is a key part of the local community and has strong links with all the local schools and other local community football projects. The aim of the Club is to be a provider of football for the young community of Lindfield, and neighbouring areas, with the emphasis on skill development and competition in an active, fun and social environment.

Coaching takes place weekly throughout the football season and is an opportunity for players of all abilities to practice together and develop their individual and team skills.

Each age group play competitive matches in one of the local Sussex leagues and every season sees a variety of League and Cup successes for the Club.

The Club welcomes new players of all ages and abilities



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David Spence, Club Secretary

and parents wishing to help with coaching, refereeing or the running of the Club. So if you want to develop your ball skills, become part of a team and have fun at the same time, then join us now!

If you would like further information check out the website: [www.lindfieldfcjuniors.org](http://www.lindfieldfcjuniors.org) or email David Spence on [secretarylindfieldjnr@hotmail.com](mailto:secretarylindfieldjnr@hotmail.com)

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# Looking lovely for late summer

By Martin Higgins

This is a good time of year to consider whether our gardens look as good as they might during the late summer and autumn season. So cast your eye over your own garden and decide if it would benefit from the inclusion of one or two reliable late season performers. If so you might want to consider some of the suggestions below but do also take the opportunity of looking at some of the excellent local gardens to see what is looking good in them.

Very reliable performers are the cosmos varieties which can either be planted out as part of your overall scheme or fitted in to replace early season plants which have died back. I always think for late season impact those which are pink or red are better value than the white ones. They offer attractive dissected foliage in addition to their lovely daisy like flowers. Remember that the "Sonata Series" are 60 cm tall, whereas the "Sensation Series" are about 120cm. Both are equally good. Although flowering from June they are often at their best in September/October but do not feed them otherwise you will reduce their "flower power".

Another reliable performer is *Helenium Moerheim Beauty*, which is an old favourite and still one of the best. It has reddish brown daisy like flowers, stands 120cm proud and if you dead head as individual flowers fade it keeps going well into October.



*Verbena bonariensis* has deservedly become very fashionable. Standing a proud 150 cm or more its blue flowers act like a magnet to butterflies and bees. In any sunny border it is a rare plant because you can place it in the front, middle or back due to it being so slender, although decidedly no wimp as it keeps going until the hard frosts arrive. If you want a low growing verbena for the front of border either *Verbena rigida* or *Verbena La France* are often recommended but I find them both rather harsh to look at, although very floriferous. For me the one to seek out is *Verbena Homestead Purple*, a star if ever there was one; a specimen of which I left out in a pot all last winter and which repaid me for my tender care by being in flower in late April.

A plant for front of border impact, with a colour to die for, is *Sedum "Purple Emperor"* (40cm) which is a wonderfully rich purple. This plant was introduced by Graham Gough of Marchants Hardy Plants who incidentally will be giving a talk to Lindfield Horticultural Society on 10 November 2010, so if you are not already a member join soon!

Whilst thinking about the front of border another "top of the bill" plant is *Imperata cylindrica rubra*, the so called "Blood Grass" which is 60 cm tall and gets redder as the season progresses. The hotter the weather the more it likes it. If you can position it so that it gets the evening sun behind it, it will repay you for your trouble.



Dahlias are reliable performers for a good late season display and there are so many to choose from but *Bishop of Llandaff* with its red flowers and purple leaves takes some beating, unless that is you can find *Tally Ho* which is similar but to my eye slightly better.

Salvias are another good performer with many to choose from but I would not be without *Salvia guaranitica "Blue Enigma"*. This has deep blue flowers and reaches about 150cm tall but I have never had to stake it.



For my final suggestion a burst of pure sunshine with *Rudbeckia fulgida "Goldsturm"*; bright yellow, 90 cm tall and a plant to cheer you up before winter sets in. And if you want to know more about late summer flowers here is another date for next year's diary, Marina Christopher of Phoenix Perennial Plants will be giving a talk on this subject to Lindfield Horticultural Society on the 13 October 2010.

More info on Lindfield Horticultural Society see [www.lindfieldhorts.org.uk](http://www.lindfieldhorts.org.uk)



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# Mid Sussex Ramblers

By Tony Osmand

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Walks are arranged on most Saturdays, Sundays, Tuesdays and Bank Holidays, with half day walks of 3 to 6 miles and, for the more energetic, all day walks of 10 to 12 miles. During the summer months there are also Wednesday evening walks (3 to 4 miles) and weekend walking breaks and coach outings with walks.

During the winter months we hold indoor meetings in Haywards Heath, with illustrated talks on a wide range of topics, and social evenings in local pubs.

Whether you are new to walking or an experienced walker, you are welcome to come along and give us a try.

Some dates for your diary from the Ramblers programme of some local walks:

**Sun 9th August: Roundabout Wakehurst (8 miles)**

**Weds 19th August: A Closer Look at Ardingly (3¼ miles)**

**Sun 6th Sept: Lindfield Circular (8 miles)**



All of these walks will include refreshment stops either en-route or afterwards.

To find out more, details of our group and walks are available in local libraries or view our website at: [www.midsussexramblers.co.uk](http://www.midsussexramblers.co.uk). Or telephone Tony on 01444 469470.

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# Art Competition: Memories of Summer

IF YOU'RE AFTER a project for the summer or you've just got a bit of spare time, then why not enter the Lindfield Life art competition? All you have to do is submit a piece of your own original art work!

The theme is 'Memories of Summer' so let your imagination take you. It could be a memory of previous summers, inspiration from your most recent holiday or simply a day at home.

Open to all readers of Lindfield Life, the entries will be judged by a panel that includes local artists Leesa Le May and Julia Maynard. Winning entries & runners up will be displayed in High Street shop windows. The prize for each winner will be an art set supplied by Artyfect, our very own village art shop.

Hand your entries in at Artyfect by 5pm on Friday 4th September 2009. Winners will be announced & printed in the October edition of Lindfield Life which will be distributed between 22nd -25th September.

Categories for entry are as follows:

- Under 5s
- 5-11 years
- 11-18 years
- Over 18s

Download the entry form from our website ([www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)) or pick one up from Artyfect. Then get your paints, pencils, pastels and paper (max size A3) out and get going!





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# On foot in Lindfield

By Emma Tingley

IN THE LAST of our short series on walking in and around the village, we take you on a delightful route out of the north east side of Lindfield and along the banks of the River Ouse. At this time of year the fields are truly lush and the views are delightful. At a reasonable pace this route should be done in 1½ hours but if like us you amble rather than ramble then it's more like a 2 hour circular walk. The paths are generally wide so it makes a good chin wag with a friend a real option. Or may be it is a good way to spend some quality time with your partner? Either way, make it a date and you're off!

We're starting on the High Street again this month, so head up towards the parish church and follow the footpath through the church yard to the right of the church and join Francis Road as you emerge at the other side. Here you want to follow this lane to the right (rather than heading towards Old Place and The Thatched Cottage) and keep going straight ahead, entering the public footpath that follows the edge of a small field (the path at the other side of the field



can be accessed off Dukes Road as you turn into The Wilderness). The end of this path is marked by the entrance to the farm at Hangman's Acre. At the farm entrance fresh free range eggs are for sale, so if you want to taste some fresh local produce it's worth remembering to come back for a dozen another day (or if you're prepared to carry them, then get them now!). Follow the footpath straight ahead, keeping to the path at the side of the field. You'll find a notice here reminding you to keep dogs on leads as livestock may be in the fields and we certainly saw sheep in the neighbouring field and rather more unusually amongst them, a pig.

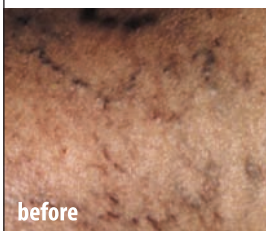
At the bottom of this field a footbridge marks the boundary between this and the next field of crops and before long you reach the banks of the River Ouse with

Lindfield Golf Club just the other side. As the path turns and follows the river bank you'll pass a large fallen tree trunk, a great place to stop and pour a drink from your flask if you remember to pack one! Not just a walk but a trip down memory lane for me as I recalled the many happy hours I spent on that log with friends as a young teenager growing up in Lindfield over 20 years ago. Even now, I can still vividly recall one particular conversation I had on that log and seeing it again made me smile.

Follow the path along the river bank until you climb the stile and join East Mascalls Lane. Heading left along the lane, take care and keep an eye out for traffic. It's only a short up hill stretch until you reach East Mascalls House, then an even shorter down hill stretch to the entrance to Lindfield Golf Club. Head up the drive, then staying right follow the boundary of the golf course, past the car park and just a short way until you reach a stile and footbridge that exits the course and heads left up hill towards a cottage. As you reach the top of the hill, keep left and the path leads you to the front of the house and away from the property down the driveway. As you leave the house behind, the familiar wooden public footpath sign directs you slightly left and along another path with beautiful views over the fields.

Next you reach Nunnery Wood and the path follows the borders of this at the edge of the field and in the early evening we watched plenty of rabbits racing across the field and diving into the woods. Look carefully on the grass and you can see little paths trodden down by the local wildlife – the holes in the bottom of the hedgerows

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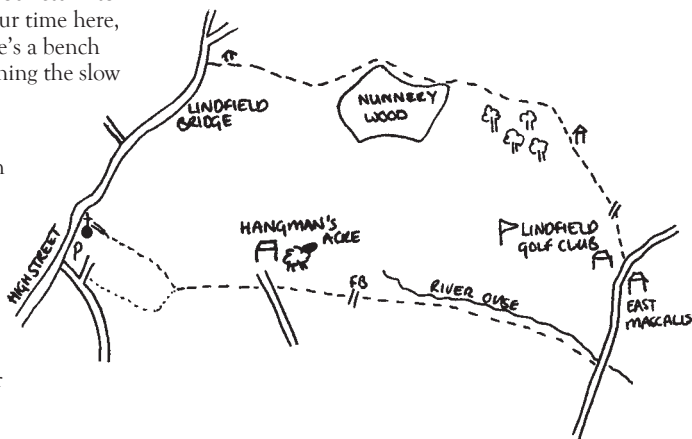
Also available:  
Removal of thread veins on the face.  
Skin tag removal  
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Glycolic Derma-Peel

**Please ring Pam on 01444 484551  
for friendly advice or collect an 'Accentuate' leaflet  
from Abbott's Pharmacy, 83 High St, Lindfield.**

now providing doorways to the field beyond. As you reach the end of this field it looks as though the path runs out but stick to the left and a narrow gap in the overgrowth, not dissimilar to the ones created by the rabbits, leads out of the field and quickly on to a tarmac path, a short hop to the final stile. You'll recognise the road as I'm sure it's one that you've driven down many a time as you return to the village from the north. It's nice to take your time here, taking in what you don't see from a car. There's a bench on Lindfield Bridge, so pause and enjoy watching the slow flow of the river and the patient anglers.

When you're ready for the last incline, Town Hill, cross the road and follow the footpath in the grass verge up the hill. There is a short stretch from where this path runs out and the pavement starts just past Spring Lane so do take care. As you follow the walled garden of Spring Cottage along the road, have a quick peep through the iron gate to see the animal graveyard - tiny head stones line the retaining garden wall - and remember family pets of yesteryear.

So you're back on the High Street once again and have returned to familiar territory. Reward yourself for having made it by visiting one of our local coffee shops, or if like us you enjoyed an evening walk, one of our local pubs and make a pledge to dig out the map and discover your own walk around the village - if you find a good one, let us know!



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We also have other services regularly attending the clinic such as breast feeding counsellors, baby massage instructors and a bra fitting service. Please phone to find who is attending or email us to get on our baby clinic email list.

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## Switched on

Jacqui Smith, Interior Designer

LIGHTING IS possibly one of the most challenging areas of interior design. It is a fantastic design asset; used properly it can transform a room; used as an afterthought it will make a room one dimensional and bland. It's vital to plan ahead and asking the following questions will help shape your lighting scheme. What quality of natural light does the room enjoy and what is its orientation? What is the function of the room? Structurally are there features you wish to lose or highlight and where is the furniture going to be? What kind of mood are you wishing to evoke? Armed with this information you will then know whether you need to ask an electrician to move sockets, add sockets, add new circuits and so forth.

Whilst terminology does vary it is widely agreed that there are four different types of lighting. A successful lighting scheme will use a combination of these, layering light much in the way you would use colour and fabric. Ambient or general lighting provides a fairly unexciting although vital base level of light. Think of an overcast day where, whilst everything is lit, the world looks flat and rather uninspiring, no shadows to create drama, no sparkle, just simple general light. Wall and ceiling lights are the best of examples of ambient lighting. Accent or feature lighting is used for lighting other objects, for instance picture lights or cabinet lighting. Used in moderation it is incredibly effective, creating a dramatic focal point in a room. Task lighting needs to be incorporated into your scheme wherever light is required for a specific activity. Decorative lighting is all about the light itself, used for its aesthetic appeal more than its functionality – a stunning table lamp or an over the top chandelier.

As the government works to phase out the use of tungsten bulbs as part of its commitment to reducing CO2, more of us will be looking at the alternatives. The much used halogen down lighter is a popular choice but whilst they consume less power than a tungsten bulb, they too lose a good deal of energy through heat. LEDs (light emitting diodes) consume about a tenth of the power of the equivalent halogen so are extremely energy efficient, are cool to touch and a bulb will last up to 50,000 hours. The current downside is the cost.

The more affordable CFL (compact fluorescent lamp) is also energy efficient, using one fifth of the electricity of a standard bulb for the same output. The flickering clinical light associated with the older fluorescent fittings has been replaced by a wide selection of warmer bulbs suitable for a wide range of contemporary fittings. By incorporating fluorescent bulbs into your schemes, you will also be following in the carbon footprint reducing steps of the design Mecca of London, Chelsea Harbour.



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Monday: closed  
Tues - Fri: 8am - 11pm  
Saturday: 10am - 11pm  
Sunday: 10am - 6pm

The Gallery, 96 High Street,  
Lindfield RH16 2HP  
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## What's on at the King Edward Hall

- 1st/8th The Adventurers Art Club Annual Exhibition  
(Mrs Valerie Harvey 455704)
- 6th Country Market  
(Sheila Hobbs 483396)
- 9th Ruwach Christian Church -  
Morning and Evening Services  
(Janet Hilton 459025)
- 13th Country Market  
(Sheila Hobbs 483396)
- 16th Ruwach Christian Church -  
Morning and Evening Services  
(Janet Hilton 459025)
- 20th Country Market  
(Sheila Hobbs 483396)
- 23rd Ruwach Christian Church -  
Morning and Evening Services  
(Janet Hilton 459025)
- 27th Country Market  
(Sheila Hobbs 483396)
- 30th Ruwach Christian Church -  
Morning Service only.  
(Sheila Hobbs 483396)

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). You also check out the website: [www.kingedwardhall.org.uk](http://www.kingedwardhall.org.uk)

## Parish Council Meetings

- 6th Aug Environment and Amenities Committee  
8.00 pm
- 18th Aug Planning and Traffic Committee (Full)  
8.00 pm

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.

## LIVE Music Guide

Compiled by David Tingley

YOUR MONTHLY listing of local music from around the village and beyond. 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.

**Saturday 1st August, 9pm**  
**Chinchilla Zilla**  
Bar Nun, Haywards Heath

**Wednesday 19th August, 8pm**  
**Traditional Irish music**  
Stand Up Inn, Lindfield

**Sunday 2nd August, 8pm**  
**Ron Trueman-Border**  
Stand Up Inn, Lindfield

**Sunday 23rd August, 8pm**  
**The Yard Dogs**  
Stand Up Inn, Lindfield

**Wednesday 5th August, 8pm**  
**Gumbo**  
Stand Up Inn, Lindfield

**Wednesday 26th August, 8pm**  
**Open Mic Night**  
Stand Up Inn, Lindfield

**Friday 7th August, 8pm**  
**Chinchilla Zilla**  
The Top House, Burgess Hill

**Sunday 30th August, 8pm**  
**Juicy Lucy**  
Stand Up Inn, Lindfield

**Saturday 8th August**  
**Battle Proms**  
Borde Hill Gardens

**Monday 31st August, 12-4 pm**  
**Bar-B-Q with Steel Band**  
The White Horse, Lindfield

**Sunday 9th August, 8pm**  
**King Size Slim**  
Stand Up Inn, Lindfield

**Wednesday 12th August, 8pm**  
**John Paul Miller**  
Stand Up Inn, Lindfield

**Saturday 13th August, 8pm**  
**Soul Business**  
The White Horse, Lindfield

Book a box as an 'enhanced contact listing' for your music venue. Only £20+VAT a month. Details from [<ads@lindfieldlife.co.uk>](mailto:ads@lindfieldlife.co.uk)

## Got a good photo?

We're always on the look out for some great shots taken in and around the village, for the front cover of Lindfield Life. If your photo is used, we'll thank you with a £20



Marks & Spencers voucher. Check out the guidelines on the website: [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)

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Sublime Live .....	22	08450 095 059 www.sublimelive.com

## Leisure

Lindfield Art Studio.....	25	07738 288730 www.leesalemay.co.uk
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JAS Massage.....	28	07967 737807 www.jasmassage.com
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Sussex Bootcamps.....	5	07787 759 922 www.sussexbootcamps.co.uk
Sussex Children's Centre .....	17	0844 967 0362 www.sussexchildrenscentre.com
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## Retail

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Giraffe Gems .....	29	01444 831165
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## Out & About

Limes of Lindfield .....	18	01444 487858 www.limesoflindfield.co.uk
The Bent Arms .....	19	01444 483146
The White Horse.....	6	01444 487707
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## Education/Childcare

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**8th August**  
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