

Lindfield Life

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by the village

September 2009 Issue #6



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Mouth-watering cake recipes p.22

Meet the Park Ranger p.12

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📷 Cover image by Peter Vallance:
View across Lindfield pond.
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Welcome!

ONCE AGAIN we hope you'll enjoy the wide variety of articles contained in this issue of Lindfield Life. You'll find a particular focus on community this month. Local police officer Geoff Bennett has put together an article on Community Policing and I caught up with Vanessa Head, a local Park Ranger who works to make our parks, open spaces and nature reserves places that can be enjoyed by all. In Village People this month we meet Claire Fuller who has her fingers in a lot of pies, providing community services that raise funds for charity. One of her ventures, the Cups and Cakes community café, re-launches after the summer break this month so, if you're around on a Tuesday morning, do make sure that you pop into the King Edward Hall between 8.45am and 1pm.

We're very grateful to members of the Horticultural Society who have been regularly providing us with stimulating articles on various aspects of gardening. They are taking a break over the autumn and winter months but will return in the spring, although next month they'll be back with a special feature on putting your garden to bed.

Local resident Mervyn Huggett was selected to take part in Antony Gormley's 'One & Other' living art in London, so we bring you the report on his one hour of fame, experienced first hand by Lindfield Life. Plus Caroline Young has got her usual treats for us this month and for those of you who remember Durrants coffee shop, you're in for a trip down memory lane too.

Don't forget, it is not too late to get your entries in for our Art Competition - hand them in at Artyfect on the High Street by 5pm on Friday 4th September.

Emma Tingley, Editor

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It's show time!

LINDFIELD HORTICULTURAL Society's Autumn Show will take place at the King Edward Hall on Saturday 12 September so it's time for Lindfield residents to start looking around their gardens – and homes – for items to enter. The Autumn Show has traditional 'Village Show' classes for the longest runner bean and the heaviest onion, pumpkin and tomato. Then there's the LHS Runner Bean Race, for the longest line of five runner beans. There are lots of classes for dahlias and chrysanthemums for members and non-members. For the non-gardeners there are Cookery, Handicraft and Flower Arranging classes and don't forget those pot plants. Children's entries this time can take the form of a sunflower head, a marzipan Christmas cake decoration, a picture depicting harvest festival or a puppet made from a sock.

Entry forms must reach the Show Secretary by 10.00pm on Wednesday 9 September and can be left at 25 Eastern Road, Clough's (27-31 Sunte Avenue) or Abbott's Pharmacy. Staging of exhibits will take place on the Friday evening and Saturday morning and the Show will be open to visitors at 2pm on Saturday 12 September. Any enquiries to the Show Secretary on 01444 483236.

Meet the August 'Village People'

IF YOU ENJOYED Paul and Karen Ramsbottom's story in last month's magazine and would like to meet them, Lindfield United Reformed Church are hosting a Family BBQ on Saturday 5th September when they and the other founders of the Savannah Education Trust will be there. Audio visual presentations. Learning about life in Ghana. Families welcome. Tickets free but limited on a 'first come first served' basis. Donations to Savannah on the day. For more information, contact John Barling
Tel: 01444 482415 e: barling@infrapave.co.uk

World's Biggest Coffee Morning

Margaret & Alan Gomme invite you to join them as part of this nationwide event to raise money for Macmillan Cancer Support on Friday 25th September between 10am and 12noon at 17 Finches Park Road. In addition to tea and coffee, there will be greetings cards for sale, home made cakes and the Railway Shed will be open for visitors.

LOCAL LOLLIPOP lady, Val Joyner, who was featured in our July edition, attended a Royal Garden Party on 21st July 2009 to celebrate over 25 years of service to the community. Although the weather could have been better, Val (pictured with husband, Brian) enjoyed her day in London. "We enjoyed a lovely tea and the gardens were beautiful" recalls Val. Among the Royals present were the Queen and the Duke of Edinburgh and Princess Anne. "It went so quickly and I'd love to do it all over again!" said Val.

Charity walk planned



YOU CAN MAKE a difference to the lives of patients at St Catherine's Hospice, Crawley by joining in this year's **Balcombe Fundraising Walk on Sunday 13th September.**

If you enjoy the beautiful Sussex countryside, walking at your own pace on a lovely late-summer day, with the finest home made cakes awaiting you when you return, then make it happen with us.

All you have to do is come to Victory Hall, Stockcroft Road, Balcombe between 9.00am and 10.30am on Sunday 13th September, don your walking shoes, choose the distance you want to walk (4, 7, 10 or 13 miles) and head off, perhaps in the company of friends and family, or even new friends.

There is no entry fee for the walk, all we ask is that you raise whatever you can in sponsorship or donations to help St Catherine's vital work – they rely heavily on voluntary fundraising.

If the walking thing is not quite your scene but you would still like to help, you might like to join the team of volunteers who make the walk happen, or bake a cake for us. Just call us, and we'll find you a satisfying role.

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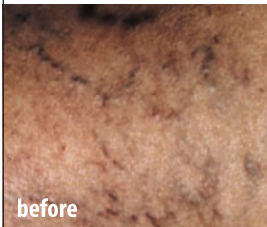
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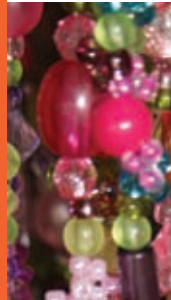
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OPEN FOR BUSINESS

By Gabrielle Hall

AS A PARENT of two I know how quickly children's feet seem to grow. In no time at all they exchange the wonderful slip on shoes with brightly coloured motifs for even more fancy footwear with designer labels and designer prices. Outings to buy shoes generally happen more frequently than one would expect, so finding a store that satisfies the needs of both parents and children is always a great discovery.

Situated in Denmans Lane, just off the High Street in Lindfield, "Happy Feet Boutique" is a wonderful destination store for children's shoes and accessories. Having realised there was little choice in the local area for specially fitted children's shoes, owners Alex and Keith opened their shop in September 2007. Despite the potential for higher footfall, they chose Lindfield over Haywards Heath for a variety of reasons. They felt that Lindfield had the right feel about it and would reflect the type of service they wished to provide, which included quality, traditional and personal service for each customer who visited the store.

Alex, a local girl and mum to two young daughters, finds it easy to identify with the needs of other parents who want the best for their children. Together with Dawn



and Charlie, the senior members of her team, they offer an unrivalled service to parents and children who visit the store. They are all qualified members of the society of shoe fitters and hold qualifications in shoe fitting. Miranda, Jessica and Jess complete the team and help to create an atmosphere which is welcoming to both parents and children alike.



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Happy Feet Boutique stocks Start-Rite which is a traditional English brand well known for its quality and classic style, Ricosta an ethical German company, Geox, Merrell, Kickers, Bellamy and many others. New brands for Autumn/Winter 09 include Emu, an Australian sheepskin manufacturer, and Hunter the UK Wellington Boot supplier.

As they approach the season of 'back to school', they are bracing themselves. It has to be their busiest time of the year.

"It's that time when everyone needs to update their shoe range - school shoes, plimsolls, wellies, school trainers, etc, so each visit tends to last a little longer. Combine that with the extra volume of customers and you can see why it gets so chaotic!" says Alex. "My advice to anyone is to get in early. You'll get the best choice of stock and there is time to play with if for any reason you can't find the perfect shoe." A great tip for parents is to book an appointment.

From our conversation it seems that Alex is very happy to be working in Lindfield. "We love

Lindfield life! I love going to see the ducks on the pond with my girls, having fish and chips on the common on Fridays and mooching about the shops when I have a bit of time to myself. Lindfield is also very friendly. It's the kind of place where everyone says 'good morning' if they pass you. I am very glad to bring my children up in a place like this, we are blessed!" she said, "We recently supported Village Day and help local schools with sponsorship. We also entered a Happy Feet Boutique team in the 5km Race for Life which was a great success and raised about £300 for Cancer Research."

The store has plenty of character. It's a grade II listed building and was used as a blacksmith's as recently as the 1970s. "A very good friend of the family used to bring her son to the building and would lift him up to watch the ponies being shod" Alex remarked.

So, any new ideas for the future I asked? "Well, we're looking to launch a loyalty scheme soon but haven't finalised the details yet and we have a few exciting projects up our sleeves but can't reveal too much at this moment in time."

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Lindfield Rural Parish Council Newsletter

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Welcome to the third newsletter this year from your Parish Council

PREVIOUS ISSUES of our newsletters have been dominated by The Core Strategy (proposed housing sites). Since the deadline for objections to the proposed sites has passed, there will be nothing tangible to report until Mid Sussex District Council report and further consultations are in place.

There has been a change of emphasis with regard to the Better Environment Policy Advisory Group (BEPAG) report to Mid Sussex District Council which means that the report on the deployment of housing sites will now be on the 6th October 2009 with the full Council meeting on 18th November to approve

the Core Strategy Proposed Submission Document; after that date further public consultation will then follow. Since the deadline in May, however, the Parish Council has received assurances of support from our MP (see over) and we continue to canvas support from District and County Councillors. As a matter of interest, over 800 objections were recorded by Mid Sussex District Council with regard to the inclusion of the proposed development of up to 760 homes in the Gravelly Lane / Scamps Hill area. However, the Parish continues to encourage residents to write to their Councillors (County and District) expressing their concerns particularly with regard to the infrastructure.

New Councillors

THE PARISH COUNCIL has welcomed two new Councillors over the past three months, one of whom replaces Jerry Jeremiah who resigned through pressure of work. It was felt that residents would wish to receive a short résumé from the new recruits.

Steve Minter

Steve lives in Scaynes Hill with wife Sue and their four children. Together with Sue, he operates as a Chiropractor in Scaynes Hill having previously trained and qualified as a Chartered Accountant. He is the Group Scout Leader in Scaynes Hill and was a parent governor of St Augustine's CE Primary school for eight years. Steve loves sport, playing tennis at Lindfield Tennis Club, umpiring hockey and judging trampoline. Steve says he enjoys taking a proactive role and believes that the local community is very important.

Steve Windsor

Steve has lived in the area for over 20 years, and lives with wife Theresa and two daughters on the eastern side of Lindfield. He worked for many years in Barclays Bank in London, and has now moved into consulting, focusing on Leadership and team performance improvement. Steve is an occasional golf player, and both he and Theresa love to walk the footpaths in this area to enjoy the beautiful countryside. Steve also works closely with the Headway Brain Injury Charity for West Sussex.

Makeover for Rural Lindfield

OVER THE YEARS the Parish Council has endeavoured to ensure that the common areas within the Parish have been targeted for an upgrading. Two areas were targeted in the past, one being the grass area at the bottom of Gravelly Lane / Lewes Road and, more recently, the bridge overlooking the River Ouse at the bottom of Town Hill Lindfield. Additionally, the Burial Ground at Walstead, The Common at Scaynes Hill and Anchor Pond have all received attention to enhance their appearance.

Even attempting to maintain the attractive appearance of the roads and byways is of great interest to the Council and every effort is made to ensure that contractors or residents do not harm or desecrate the grass verges. The mass replacement of gas pipes in the Lindfield area left our pavements and grass verges in an unpleasant state, and many residents were very upset as they had assisted in their maintenance and now their work was ruined. Residents also spent time in assisting with the appearance of larger locations, and one such location is at the top corner of Westlands Road; we even see a resident planting sweet peas on the banks of the River Scrase. On that subject, it has been reported that our byways lack the attractive appearance of wild flowers (e.g. Snowdrop Lane), therefore we are in discussion with West Sussex County Council as to the provision of wild flower seeds to be distributed in and around the grass verges in the lanes around our Parish.

Parish Councils should always be interested in the appearance of their parish but we have two major "blots on the landscape" which we are attempting to eradicate. However, that does not preclude residents and Council from ensuring that all such denigrations are reported and, where possible, eradicated (e.g. removal of litter). The Council needs your assistance in this regard.

Anchor Pond

Following the gallant efforts of the volunteers last autumn the Anchor Pond has become rather overgrown. After much deliberating and consulting, thanks to our resident newt population, we have plans to clear the stray trees and non-native plants in the autumn, after the newts have gone on their winter holidays! In the mean time we are tidying up some of the trees and saplings outside the boundary of the pond itself, clearing a few lower branches so as to open up the view of the Farmers Inn from the road. It is our intention to protect the plants and wildlife whilst making the area as attractive as possible.

Verdun Oak

This is a call to local historians to tell us more about the "Verdun Oak". There was a plaque on the Oak Tree in Ham Lane that it had been agreed we should replace. This is however a potentially expensive exercise so before we sally forth we would like to find out more about the history of the tree and its relevance to Scaynes Hill. It is reported that the acorn was brought back from Verdun after the battle in 1916.

If you know anything about the history of the tree please contact our Parish Clerk, Karin Milne in the office.

Crimestoppers

Crimestoppers is an independent charity helping to find criminals and stop crime. Call 0800 555 111 if you want to give information about crime anonymously, or fill out the anonymous online Giving Information form at <https://secure.crimestoppers-uk.org/ams.form.anonymous.asp>

Around 19 people are arrested and charged every day as a result of information given to Crimestoppers and 15,000 actionable calls have been received since April 2009. Since its start in 1988, Crimestoppers has received over a million actionable calls, resulting in over 91,000 arrests and charges. Over £167 million worth of property has been recovered and over £160 million worth of drugs.

Core Strategy Proposed Submission Document

Letter from the Hon Nicholas Soames MP:

Dear Mr Dumbleton,

Thank you for your letter of the 30th April on behalf of Lindfield Rural Parish Council.

I commend the Council on its proactive approach and for the steps it is taking.

As you are aware the implementation of the Government's planning policy is devolved to local authorities so it is important to convey the Council's views to the local representatives.

Earlier in the month the Government published the South East Plan and the local authority has a statutory duty to meet the Government's onerous targets.

There is a need for housing for local people but the level proposed is unsustainable and I wholeheartedly share your anxiety about the pressure on villages in Mid Sussex and the wider county. To this end I have persistently raised with the Government my concerns about the housing targets and regional planning strategies, particularly in relation to supporting infrastructure.

I am sending your letter to the Head of Planning at Mid Sussex District Council to convey my support and I will of course come back to you as soon as I have received a response.

The whole regional and target-driven approach to planning is fundamentally undemocratic and has led to planning decisions that ride roughshod over strongly held local opinions. I personally believe that if local people were more involved in the planning process, and if that process were more locally led, there would not be this level of unsustainable development.

Your Parish Councillors:

John Dumbleton (Chair) Tel: 482633
Sheila Hobbs (Vice Chair) Tel: 483396
Brian Bunt Tel: 831636
Chris Hersey Tel: 482270
Margaret Hersey Tel: 482270

Ray Jones (Newsletter Editor) Tel: 453868
Steve Minter Tel: 831786
Christopher Snowling Tel: 482172
Stephen Windsor Tel: 484796
Parish Clerk: Karin Milne Tel: 831499
Assistant: Irene Nicholas Tel: 831499

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

Lindfield Local Action Team

By Margaret Nicolle

THE LINDFIELD Local Action Team was established, following a public meeting in June 2005, to address concerns prevailing at that time regarding crime, anti social behaviour, road safety and related matters. The aim being to provide these issues with a public forum and focused action. From the outset LLAT has been supported by Sussex Police, Lindfield Parish Council and other organisations.

The resulting focused attention has assisted in tackling crime and anti social behavioural concerns which are now thankfully at a reduced level. Road safety matters identified by LLAT helped to inform the Village Plan resulting in a number of improvements and actions being implemented.

At the LLAT Annual General Meeting on 15 June 2009 it was agreed that the objectives identified on formation have largely been achieved and accordingly the LLAT would be disbanded with immediate effect. I would like to take this opportunity to thank all those who have participated and supported the Lindfield Local Action Team during the past four years.



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

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Badminton in Lindfield?

OUR LOCAL King Edward Hall is host to many functions but did you know that badminton used to be played there on a regular weekly basis?

Lindfield Badminton Club was set up in the 1950s and played on the (rather slippery) single court there for more than 20 years. It was sometimes difficult to avoid hitting the hanging lampshades and often one or more got cracked or broken!

In 1974 the club relocated to its present venue - the four courts at Oathall Community College.

Club night is Wednesdays from September until Easter, 7.30pm to 10pm, and we play with feather shuttles. We are a competitive yet friendly club with teams in the Brighton, Crawley and Mid Sussex Leagues and we always welcome new members.

Contact 01444 453559 www.freewebs.com/lindfield

Trust Support Group

By Hilary Shepherd

I expect a considerable number of those who read Lindfield Life are members of the National Trust but how many of them are aware of the existence of a local support group and, of those who are, how many attend our meetings?

The Mid Sussex Association of the National Trust had a dinner in 2007 to celebrate its 30th anniversary and in that time the group had donated to local properties in excess of £100,000 towards their special projects that are not met from a central source.

We meet throughout the autumn/winter months on Thursdays, with illustrated lectures on such topics, in the coming year, as "A Career in Fingerprints", "Antartica, The Falklands, and South Georgia", "The Ouse Valley Way", "Looking at Victorian Art" and other subjects. This summer we have nine coach outings which, this year, included Windsor, St.Valery-sur-Somme, Bath, Lullingstone and Charlecote Park, amongst the list, ending with a holiday in Chester. We have also recently started having a few winter outings of a shorter duration and nearer to our locality. It is all varied and very interesting.

There is an annual subscription and an admission charge to lectures (except the AGM) and more details can be obtained from our Membership Secretary, Mrs Hazel Mortimore (01444-457648) or the Hon. Secretary, Mr Hilary Shepherd (01444-483167). The first meeting this year is on Thursday, 10th September at 2.30pm (some meetings are in the evening) in our usual venue, Clair Hall in Haywards Heath, with a break for refreshments and the chance to buy from our National Trust stall. The subject will be "Nelson: the Myths and the Truths". We would love to see you there.

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Green spaces, perfect places

By Emma Tingley

WHAT IS THE first thing that springs to mind when you think of Lindfield? For me it's the Common – the expanse of green that welcomes all. Children run around, kicking a ball, chasing a kite or playing with friends on the soft grass. Cricket is enjoyed by many in the summer sun and we stand on the side lines cheering the footballers and trying to keep warm in the winter. On Village Day and Bonfire Night the common is heaving with people, all enjoying thriving community life. The common, along with areas such as Hickmans Lane recreation ground, Eastern Road Nature Reserve, Scrase Valley Local Nature Reserve, Scaynes Hill recreation ground and the many smaller green spaces hidden amongst the residential areas, all contribute to making the parishes of Lindfield such a beautiful place to live. And it is in all of these areas that the Mid Sussex District Council's Park Rangers work to maximise the public's enjoyment of them.

There is no such thing as a typical day for central area Park Ranger Vanessa Head (pictured, right). "Every day is different" says Vanessa, "I'm out and about a lot, visiting sites, meeting groups and members of the public, or leading walks". She describes her primary role though as being a visible presence in the parks, nature reserves and open spaces in the locality. Along with two colleagues, she oversees over 300 pieces of land in the Mid Sussex area. They work hard to ensure that we can all enjoy the spaces to the full, promoting and encouraging responsible park use. Sadly vandalism, dog fouling and anti-social behaviour can all be issues that prevent this and they work in liaison with the police and other agencies to resolve such conflict issues. Recent legislation in the form of 'The Clean Neighbourhoods and Environment Act 2005' means that Park Rangers will soon be able to give out fixed penalty notices in relation to dog control matters, such as fouling. That's at least a £75 fine, so always make sure that you are a responsible dog owner.

Education is a big part of Vanessa's role and it's not just for the kids. The Park Ranger service produces a number of information leaflets about the work it does and how we can all help look after the areas that we enjoy. Vanessa particularly enjoys visiting local primary schools to give advice on a range of issues such as litter, being a responsible dog owner and nature conservation.. She's also available to take groups of children into the nature reserves and spend time helping them to learn about wildlife and conservation. "I really enjoy the education role, getting the children excited about nature and the reserves" says Vanessa. Her degree in Environmental Science and experience of teaching field studies makes her ideal for this role and she obviously enjoys inspiring children to follow in her footsteps.



We're fortunate in Lindfield to have two nature reserves – Eastern Road Nature Reserve (not yet an officially designated Local Nature Reserve (LNR) but watch this space) and Scrase Valley LNR at the end of Backwoods Lane. Both of these areas are looked after by local volunteers in partnership with the District Council but Vanessa visits them regularly to keep an eye on progress and to ensure that the conservation plans are working. They are great places to spend time and good pathways mean that they are really accessible to all. As well as the local volunteers who work hard to keep the reserves under control, a team of Voluntary Rangers also acts as Vanessa's eyes and ears, making more regular checks and reporting any problems to her.

Many of our open spaces are regularly used for sports and other events and part of Vanessa's job is to support the organisers by monitoring the facilities and checking out the health and safety aspects of events. All of the parks, open spaces and nature reserves are subject to an annual risk assessment so, as you can imagine, this is a significant part of her job too. Then there are specific projects such as the recent new skate equipment at Victoria Park in Haywards Heath. It was local teenagers who asked for this equipment, so Vanessa supported them through the design process and helped them to apply for funding grants which were successful. The new equipment is now in place and being enjoyed by those teenagers who took on the project as well as by many more youngsters.

Another initiative of the Park Ranger service is the Healthy Walks Scheme that we reported on in the July edition. A new short 30 min walk, led by trained volunteers, has started in the village. It takes place each week throughout the year, so there is still chance to join in. It's free, so just turn up at the Common car park on Backwoods Lane at 10am on Mondays and give it a go. You may even meet Vanessa there one day!

The Jewellery Workshop



Debbie Smith is a qualified jewellery maker and designer, specialising in silver. She has many years experience working within the industry and has now opened up her workshop for the benefit of students who wish to learn the techniques or improve on existing skills

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A Sussex tradition?

By Colin Bowley

THIS IS A record of a conversation with Edward Howick(Dai), who has lived in West Hoathly all his life and concerns the incident of 'Rough Music' that occurred in the village just after WW11.

He was at a football club dance in the village hall on a Saturday evening and a group of young people came and said they were going to give Jarvis Comber Rough Music, the reason being that he was a most miserable and disagreeable man and had upset some of the young people. Dai, who owned a bugle, went home to collect it and met up with the others outside Jarvis Comber's house where they gave him the Rough Music. He said, with a chuckle, that he can still see the look on the face of Mr Comber when he peered out of the window to see what the commotion was.

According to custom they all met up on the Sunday evening to give a repeat performance but there was a crowd of people outside The Cat, including the police. Some were for a repeat of the Rough Music but others were against and there was a lot of arguing. This was all going on outside The Cat, which at that time was fronted by a fence and a laurel hedge. Mr Joe Cave suggested that as this was all about Mr Comber the meeting should take place outside his window! Everybody moved across the road and the argument continued until under pressure from the police Rough Music was abandoned. When asked if the Rough Music had

been effective, Dai said that it had for a while and then went on to illustrate how disagreeable Mr Comber had become.

(Editor: Does anyone remember this or similar traditions happening in Lindfield?)

New parenting course

ARE YOU looking for practical strategies to help you raise your children, including how to encourage them and how to discipline them? If you are the parent of a newborn baby or a child up to the age of six years old, you are invited to attend a parenting course in Lindfield.

Former teacher Julia Storer and her colleague Sarah Jones will be running a seven-week course in the Autumn, based on materials from the Family Caring Trust. The course is provided by All Saints Church as one of the community services it offers to the village and will be held in the Tiger building at the top of the High Street.

A coffee morning will be held at 9.45am on Monday September 21 in the Tiger for those interested in attending. The course commences on Monday September 28 at 9.45am and will run until 11.30am. A creche will be available. The cost will be a total of £10 to cover materials.

For more info contact Julia Storer on 01444 482956.

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Upwards and outwards

Jacqui Smith, Interior Designer

Whilst there is undoubtedly a buzz around the local property market, a great deal of homeowners are still improving rather than moving. Whilst some of us are making cosmetic improvements, many people are re-modelling or extending their home in a bid to increase living space, add value or adapt their environment to address a change in circumstances such as working from home or the arrival of a new baby. Talking to local Chartered Architectural Technologist Rob Thomas MCIAT, he is seeing a trend towards single and two storey extensions as well as garage conversions and people making more of their attic space. I asked Rob where he felt homeowners should invest when it comes to making structural changes to their homes. He feels that if you have space to the side or rear or even the front of your property it is best to consider either a single storey or two storey extension either to increase the living area or kitchen/dining areas. Rob pointed out that loft conversions need careful consideration since, whilst it may be tempting to go into the roof, it may well be at the expense of a room downstairs unless the staircase can be cleverly accommodated into the landing. However, where you have a large loft space you may get two rooms or a master suite, the benefit of which is likely to outweigh the loss of a smaller room on the floor below. En-suite attic rooms are very likely to add value to your property when you sell.

Rob was also positive about working with interior designers on projects. "Whilst a Chartered Architectural Technologist can advise and prepare drawings for the design and construction aspects of a building project, when it comes to the internal finishes and soft furnishings, it is worth considering the advice of a professional interior designer, who can add value and save costly mistakes in choosing the right finish". Think of the purpose first then the layout of the furniture and storage to serve the purpose, then lighting and finally colour.

Almost all extensions will require planning permission and building regulations approval; loft conversions don't always require planning consent and it would be worth contacting the planning authorities to enquire about permitted development on your property as well as any restrictions placed on your plans by conservation area/listed building guidelines. It's prudent to involve an architect or an architectural technologist when it comes to the planning process. They have the experience of what will and will not be permitted. Refusal is costly, time consuming and invariably stressful.

If there are topics you would like to see covered here then please e-mail me at homefront@lindfieldlife.co.uk.

Sixty-six years of singing in Sussex

By Diana Mackay

The roots of the Mid Sussex Choir lie in a farmhouse kitchen in 1943. At this time Joyce and Don Hayward were farming in Staplefield and, missing the involvement with choirs they had enjoyed before the war, decided to try to assemble a small group of singers.

Amongst their friends and neighbours they found two sopranos, two altos, two basses but no tenors. As they happened to need a cowman an advert was placed in the Farmers Weekly for a 'Tenor Cowman' and, surprisingly, one with a beautiful tenor voice was found. Apparently he was pretty good with the cows too! The organist from the parish church agreed to play the piano. This group met weekly in the farmhouse kitchen where they managed to provide an evening refreshment from their precious rations, supplemented by some of the perks from the farm.

By 1946 the war was over, the group had grown and flourished and had begun to give performances locally under their director, Hilary Preston. They now called themselves The Mid Sussex Choir and have been singing in the area ever since.

Joyce Whitehead, a member from those early days, was a teacher at Lindfield Primary School for forty years and sang with us for sixty two years until about a month before her death in December 2007 aged ninety. She was a wonderful, vigorous lady and is much missed.

Today the MSC is about sixty strong, although tenors are still in short supply! Our musical director, the ever-patient Andrew Sutton, has kept us in order for over twenty years, while our accompanist, Fiona Fawssett, has played for us for many years.

We give at least two concerts a year, one at Christmas and one in the Spring, with sometimes a light-hearted event during the summer. Also, we are happy to sing at weddings etc.

We are a friendly lot who take their singing seriously but always with fun and enjoyment. As ever, we are looking for new singers to join us. There is no voice test and although it is helpful to have a basic knowledge of reading music, it is not essential.

Our new session begins on September 9th at 7.45pm at the Methodist Church, Perrymount Road and you can be sure of a very warm welcome if you come along. If you prefer just to listen, come to our Christmas concert on Saturday 19th December at St Wilfreds Church in Haywards Heath.

Singing is wonderful! We work hard, have a lot of fun and it is a great opportunity to make new friends.

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Itchy feet?

And hands, arms, legs, face, head...



By Emma Tingley

EVER BEEN BITTEN? Remember that intense itchy feeling that nothing could satisfy? Now imagine that, but without a bite, and scratching skin that is already sore and easily breaks down and bleeds. Keep on scratching and before long it has become infected and even more itchy. It is a vicious circle and an all too familiar picture for those living with eczema. The 19 - 27th September is National Eczema Week, so we wanted to share a little bit about this not easily managed but common condition that can disrupt the lives of those who suffer from it, often beyond imagination.

In our family, 3 out of 5 of us have eczema, so we know a bit about it and what it is like to live with. According to NHS data 1 in 5 children and 1 in 12 adults have eczema, which roughly means that it could effect around 300 - 500 adults in Lindfield and about 125 children in the two village primary schools alone. This doesn't include babies, preschoolers and parents who are struggling to manage it on a daily basis. So if you, or anyone close to you, have eczema, you will know how this condition can disrupt your life. The good news for children is that by the teenage years 75% of children will have grown out of the

condition. But that is little comfort at the time, so here is some information to help you understand eczema better.

So what is eczema? Well it is much more than just dry skin. It is a chronic condition that often runs in families but may have a variety of forms and causes - in many cases the skin becomes inflamed and can weep, bleed and become infected. The itching causes disturbed sleep and scratching causes further damage to the skin. Children especially, do not understand the damage they are doing by constant scratching and adults often know the damage they are doing, but just can't stop. It controls them, rather than them controlling it.

Here's the science. Skin is made up of several layers; a thin outer layer, an elastic middle layer, then a deep fatty layer. Imagine healthy skin to be like the orderly pattern of a brick wall. The outer skin cells are the bricks, with oils and fats as the mortar holding them together and forming a seal. The cells are plumped up with water and form a protective barrier against damage and infection. Fats and oils in the skin help retain moisture, maintain body temperature and also prevent harmful substances or bacteria from entering. If you have eczema, your outer layer of skin cells is more like a dry stone wall - the skin does not produce as much oil and fat, so water escapes out. The protective barrier is compromised and gaps open up between skin cells because they do not contain as much water and this allows bacteria and irritants to pass through. Everyday products such as soap remove oil and may irritate as the skin breaks down more easily becoming cracked and inflamed.

Difficult to control eczema can be an extremely frustrating thing. Disturbed sleep and feelings of despair contribute to the huge emotional and physical effects it has. Although there are plenty of treatments available, both conventional and alternative, people who have eczema or who have a child with eczema, can feel very alone and confused by the condition. Eczema can be triggered by so many different factors, so it is often difficult to establish what the cause is and even if you do, reactions can change and sometimes a successful treatment ceases to become effective after a period of time.

Often, just meeting and talking to someone who is in the same situation can be a big help. You can discuss which treatments work for you and which don't - sometimes the simplest tips are the most effective. The Haywards Heath & District Eczema Support group do just that. They provide opportunities for parents and children to get together, support each other and find out more at daytime drop-in sessions. There are also regular evening meetings for adults living with eczema and those caring for someone who has it.

Struggling with Eczema?

Haywards Heath & District
Eczema Support Group

OUR NEXT MEETINGS (all welcome)...

Friday 28th Aug, 2-4pm

Family drop-in

at Haywards Heath Children and Family Centre,
Penn Crescent, Haywards Heath

Thursday 10th Sept, 7.30pm

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at The Yews, Haywards Heath

More info: eczemasupport.org.uk



So here are their top tips for people with eczema by people with eczema:

1 Find a moisturiser/emollient that suits your skin. Some people cannot use the same product on their body that they use on their face.

2 Request a referral to a dermatologist; many GP's have limited experience of treating eczema.

3 Wear cotton clothes during the day and try wearing soft cotton gloves (or socks if you don't have gloves) on your hands at night in bed to prevent scratching. It can also be useful to slather some emollient or moisturiser on your hands before bed.

4 Avoid sudden changes in temperature. A hot car or having the heating on too high can bring on itching. Children who have been running around will often overheat and start sweating, making them itchy.

5 Try to limit the amount of baths you have. Bathing will dry the skin even if you use a product in the bath. A quick shower or strip wash is less drying to the skin.

6 Protect yourself from the sun. This is difficult for people with eczema as many react to sun creams. Try to wear a hat and cover the skin to avoid too much exposure as a little exposure can help the skin.

7 Look at where you sleep. We spend a lot of time in our bedrooms so try and clear the bedroom of items that gather dust and invest in a mattress cover to reduce the dust mites. Keep the room well ventilated and vacuum regularly.

8 Use a non-bio washing powder and no fabric softener. Stick to the same brand when you find one which suits you and don't be tempted by special offers!

9 By all means use steroid creams where necessary but it's very important to know how to use them and for how long. They provide necessary relief and can get eczema back under control.

10 Keep hydrated by drinking water or try herbal teas (which can also help calm you down if you are feeling very fraught with your eczema).

The National Eczema Society produces a range of fact sheets about treatments for eczema, as well as information about starting school with eczema and resources for schools. Check out their website at www.eczema.org

Sources: The National Eczema Society, NHS Direct and The Haywards Heath & District Eczema Support Group

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Lindfield in London

By Emma Tingley

WHEN MY ALARM went off at 3.15am I wondered whether it was going to be worth it. With my train ticket already purchased and waiting for me by the front door, it was too late to change my mind. And I'm so glad that I didn't! A little bit of Lindfield was transported to Trafalgar Square as the sun began to rise over The National Gallery.



The empty 'Fourth Plinth' in Trafalgar Square has become a living monument as sculptor Antony Gormley has invited the people of the UK to occupy the plinth, a space normally reserved for statues of Kings and Generals. Antony is probably best known as the designer of 'The Angel of the North' but this latest project, commissioned by the Mayor of London, will see a different person take their place on the Fourth Plinth every hour, 24 hours a day, for 100 days between Monday 6th July and 14th October 2009.

Mervyn Huggett (pictured), known to his friends as Merv and a resident of Lindfield was one of the 2,400 people selected to take part in the 'One & Other' living monument. And it was his 6am slot that I was there to see. "I am a big fan of Antony Gormley's sculptures and to have this hour on the plinth is a great opportunity for me to become a part of his latest work" says Merv.

Merv describes himself as imaginative. And he's not wrong! I was to spend an hour watching the most imaginative piece

of work I'd seen in a long time. He hadn't given much away before the day so I didn't know what to expect. As Merv and his supporters gathered, the buzz began. Taking over from a lady who had spent her 5am hour drawing and writing in a book that we couldn't see from below, the arrival of Merv and all his intriguing paraphernalia was a welcome sight.

Once on the plinth Merv went to work putting together what can only be described as a contraption that would not have looked out of place in Professor Potts inventing shed in Chitty Chitty Bang Bang. Rumours soon spread amongst the on-looking crowd that it was going to take him around 40 mins to put it all together – into what we still didn't know. Intensely watched by his wife, family and friends (about 30 or so had made the same early morning trek) Merv's hour had begun.

As Merv worked away, talking to the crowd before him and at home via webcams, we were treated to 45 mins of intrigue. It was so fascinating to watch, you could hardly take your eyes off him for fear of missing something. It's hard to describe but it involved a cuddly rabbit, a home-made weather station, a large number of balloons and a model of the Angel of the North. At last it was complete and the countdown began. The world-travelled Reggie Rabbit, a shared companion of Merv's over the last 10 years, set the domino effect in motion, sliding down from the weather station and sending a sliding platform down a track, bursting six balloons (each one representing a decade of Merv's life) on its way down. On reaching the end, a fanfare of long balloons were sent flying from the plinth and a large ball began to make its way down a second runway to set off a tribute to Antony Gormley. Despite a slight hiccup with the complex weight and pulley system that required a little helping hand, the spectacle finished with a bang as the balloon head of the Angel of the North exploded and balls were fired off from each of its wings!

Amongst the crowd was longtime friend David Hentschel who had helped Merv turn his wacky idea into reality. "Merv has a lot of ideas and then we brainstorm and get a bit carried away" says David. I caught up with Merv once he had returned to the ground. "It was such an incredible opportunity to take part in this venture – it's been an amazing experience! For me life is a fascinating journey of experiences shared with my family and friends" said Merv. And today was no exception, as for all those who watched it will be an hour of their life that they won't forget in a hurry.

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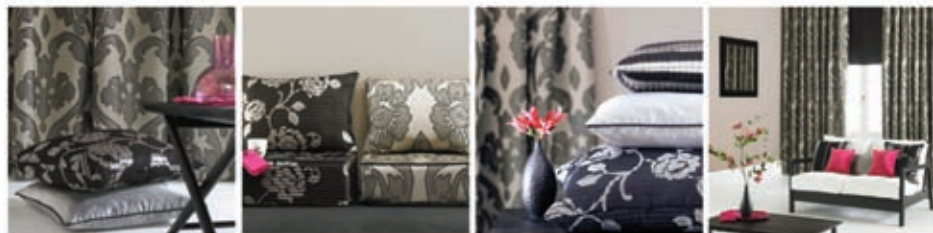
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Simply Good Food...

By Caroline Young

TALKING TO Claire Fuller about the delicious cakes they offer at Cups and Cakes during term time reminded me of my contribution to good eating in Lindfield.

Many years ago (when our now grown-up children were at primary school!) my friend Chris Wilson and I made the cakes for the well known coffee shop Durrants in the High Street. Do you remember it? Run by Joan Durrant, the champion scone maker (fresh every day), it was in the charming building now occupied by estate agents. It was extremely successful and kept Chris and I busy in our kitchens for several years. Our children still get treated sometimes to the recipes we baked so often that we knew the recipes by heart and we thought nostalgically you might like to try them too.

Date Slices

Date Slices have a layer of lemony date filling between buttery crumb layers. If preferred, a layer of good quality fruit mincemeat would be just as delicious – you would need a 450g jar. Do use butter for the crumb layer, indeed for all these recipes, it makes such a difference to the flavour.

Roughly chop 250g dates (try and remove any stray stones) and put into a saucepan with the finely grated rind and juice of 1 large lemon, made up to 150ml with water. Bring just to boil then cook over low heat for 10 min or until very soft. Remove from the heat and leave to cool completely.

Preheat the oven 190°. Lightly butter an oblong baking tin approx. 27.5x17.5cm.

Sift 100g plain flour into a bowl, stir in 100g semolina and 75g castor sugar. Add 75g butter, cut into small pieces, and rub in with the fingertips to rough crumbs. Spread half over the base of the tin, pressing it down firmly. Spread the date mixture evenly over the top, cover with the remaining crumb mixture and press down lightly. Bake for 30 min or until golden brown. Leave in the tin until cold then cut into 16 pieces and carefully lift out.



Fork Butter Cookies

Fork Butter Cookies were a great favourite at Durrants and I have used variations of this recipe in numerous magazine articles and cookbooks. I think the original recipe appeared in advertising for a brand of cocoa many years ago. Eaten the day they are made, they are crisp with a creamy filling. If you can resist them for twenty-four hours I think they are even better as they meld together to make a really fudgy cookie. Each recipe makes approx. 24 filled cookies.

Basic recipe: beat together 225g butter and 175g caster sugar until light and fluffy. Gradually work in 350g sifted plain flour to form a smooth dough. Gather into a ball with your fingertips. Heat the oven to 180°. Roll walnut-sized pieces of dough into balls and place on ungreased baking sheets, slightly apart. Flatten each with a wetted fork. Bake for 10-12 mins or until lightly coloured. Cool a minute or two then remove to a wire cooling rack. For the filling, beat together 50g butter with 100g sifted icing sugar and a little vanilla extract. Spread over half the cold cookies and sandwich with the remainder. Sift a little icing sugar over the filled cookies.

Chocolate Mochas: Add 2tbs cocoa (not drinking chocolate) to the flour. Add 2tsp coffee essence to the butter filling. Combine 1tsp cocoa with a little icing sugar and sift over the top.

Apricot Gingers: Add 1tsp ground ginger to the flour. Add 2tbs apricot jam to the butter filling. Top with sifted icing sugar.

September 3rd, in the past, was traditionally Nutting Day - the day to collect hazelnuts in the local woods although, due to calendar changes, wild nuts may not be quite ripe yet. Never mind, pick up a bag of ready-to-use hazelnuts in our local store and make this delicious nutty loaf.

Hazel and Almond Nut Loaf

Butter and line a large loaf tin. Heat the oven to 170°. Beat 175g butter and 175g caster sugar together until light and fluffy. Gradually beat in 3 medium eggs, 225g self-raising flour and 25g ground almonds. Fold in 75g roughly chopped hazelnuts and 2tbs milk. Spoon into the tin, level the top and bake for about 1¼ hours or until the loaf tests cooked. Let stand for 15 min then turn out of the tin and carefully remove the paper. Brush the still warm loaf with clear honey and sprinkle with some more roughly chopped hazelnuts. This loaf will be easier to slice neatly if completely cooled, wrapped and kept for 24 hours.

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Nursing home celebrates top award

By Emma Tingley

LINDFIELD CHRISTIAN Care Home (LCCH), known to many around the village as Compton House, has been awarded three stars by the Care Quality Commission following a recent unannounced inspection – the highest award of excellence. The inspection is no walk in the park either. It is not just about having a good impression when you walk through the door but evidence must be provided for each of the seven standards that it is inspected against, not to mention the assessment of 27 subsections that it was scored on.

Compton House is home to 27 residents and it really is a home from home. As soon as you enter there is a relaxed and friendly feel about the place. Jennie Herring, the Registered Manager, describes the person-centred approach that is at the heart of the establishment – “it’s about caring for each individual, seeing this as their home and treating them with the utmost dignity and respect”.

With seven trustees and a team of seventy staff and fifty volunteers one might think that it would be difficult to maintain the high standards that are required but, for

Jennie, it is the team that really make

it happen. Along with her deputy, Susan Jones, who has the responsibility for day-to-day nursing care and clinical supervision of the team of nurses and healthcare assistants, they work hard to set and maintain high levels of care and ensure excellent quality of life for the residents. The whole team participates

in a programme of in-house training and for those with particular interests there is opportunity to develop these further at external training courses. Last year seven of the healthcare assistants

achieved National

Vocational Qualification (NVQ) Level 2 awards and a further two are working towards them at present. The kitchen manager and her team, cleaners, a laundry team and premises and financial managers support the nursing and care team in the daily running of the home. Many young people in the village have started their careers in nursing here over the years, gaining hands-on experience before heading off to complete their training.

Of particular note in the inspection was that the home supports the residents in following personal interests and activities. A more recent addition to the team has been Vicky Stapley, the activities coordinator, who endeavours to provide a range of interesting activities for both groups of residents and individuals. Activities from musical concerts and literature afternoons to manicures or simply individual time to chat are on offer on a daily basis. Vicky spends time with each resident, getting to know them and things that they enjoy, in order to ensure that there is something for everyone.

The fifty strong team of volunteers from the local community also play a big part in making Compton House the home that it is. A gardening team spend most Wednesdays tending to the gardens, and for those not so green fingered there is the opportunity to serve afternoon tea, or help out answering the phone or welcoming visitors. The annual plant sale is not to be missed!

This really is a place that cares; a great place to live or to work. And certainly well deserving of its Three Star award.



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Community Policing in Lindfield

By PC Geoff Bennett (CB327)

WE ARE PRIVILEGED to live in a village community that has five pubs, a Post Office, shops, many clubs and societies including a thriving Scout group. Communities like Lindfield have strong inter agency links which helps to promote low crime and create a climate where communities can grow. Your community team strives to support the community and encourage these strong links.

Lindfield is one of six villages covered by myself and PCSO Stuart Clough who are part of a Neighbourhood Policing Team working from Haywards Heath Police Station. Although the days when Lindfield had its own village policeman are long gone, Stuart and I still maintain close ties within the community and hold regular surgeries at the parish office.

Although Lindfield being a low crime area has its advantages for the community, it also means that you will not necessarily see Stuart and I spending hours walking up and down the High Street. In recent surveys the main concern from residents has been parking and speeding, however Stuart and I spend much of our duty time dealing with criminals who target isolated properties, farms, livery yards and land outside the village. Apart from the occasional spate of damage, the average week will see Stuart and I spending most of our time dealing with

anything from theft of fuel to poaching.

Crime prevention is always top of the agenda of community police officers and this summer has seen a drive by your local officers to promote Farm and Countryside Watch along with a tack marking scheme linked to Sussex Horsecatch. This is supported by The South of England Agricultural Society who have donated £1000 to purchase a machine designed to emboss saddles with a unique number traceable to a Sussex Police data base which holds the owner's details.

Farm and Countryside Watch enables members to receive regular updates on crime and other suspicious activity in their area by email, fax or text. It also enables members to feed information on suspicious activity directly to the police which can then be circulated to all members and other agencies.

Neighbourhood Policing is all about communities and where there are strong communities there is low crime. The phrase "It's good to talk" is never more relevant than in rural areas.

Stuart and I post regular local information on the Sussex Police website under "Local Policing" and you can leave a message on the same site. Messages can also be left at the parish office or by dialing the police non emergency number - 0845 60 70 99. In an emergency dial 999.

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The Behaviour of Moths

by Poppy Adams

Rosie Watson

THIS STRIKING debut novel by Adams is guaranteed to draw you in with its twisted gothic tale of sibling rivalry, madness and lepidoptera. But don't let the title put you off! What you will learn about moths is interspersed by such gripping narrative that you will be hooked from the first page.

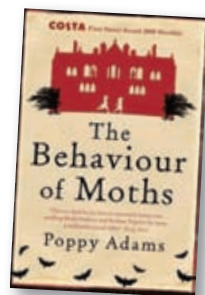
A beautifully written account, "The Behaviour of Moths" charts the lives of two sisters, told through the eyes of Ginny, an elderly lepidopterist and older sister to Vivien ('Vivi').

Ginny has been living alone in the dilapidated family home, slowly letting it fall to rack and ruin, while selling off the furniture over the years. Her daily routine has become increasingly tightly defined and isolated, as old age catches up with her.

The journey through Ginny's mind as she recalls the two sisters growing up together will hold your attention at every turn. Scenes are described in such meticulous detail that you will almost feel like you are there watching the exciting events unfold before your eyes.

Vivi's return to the ancestral home for the first time since she left 47 years previously stirs up haunting memories of past loves, losses and old family rivalries and Adams successfully builds up an air of suspense as the tantalising mystery is slowly unravelled.

Why has Vivi decided to return home after all these years? What secrets do the attic and its hidden treasures hold? And what is the dark secret that both Ginny and Vivi think they hold the answer to? You'll have to read the book to find out!



Ginger Snaps

by Cathy Cassidy

Naomi Shaw (age 11)

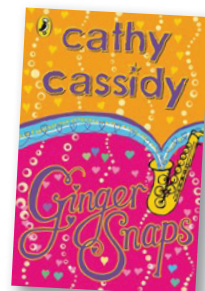
Ginger Snaps is a book about a girl called Ginger. She never had any friends, and she was always an outsider. Her life turned around when she met Shannon, on her first day of secondary school. She completely changed! She became confident, cheeky and didn't stand any nonsense.

A new girl Emily joins in year eight, and Shannon gets very friendly with her. Will Shannon stick with Ginger, or will she go off with 'so cool' Emily?

My favourite part of the book is when Ginger is stuck. She

doesn't know what to do. She can stick with Shannon and Emily and feel left out, or she can try and find new friends.

My favourite character is Ginger. She is my favourite because she is a fighter, and will not lose her best friend that easily! She had gone from being shy, and getting bullied, to being a great leader, that everyone looked up to. The ending of this book is sad. Ginger is slowing drifting away from Shannon. Can she find the strength to pull back her friend? Read Ginger Snaps to find out more!



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Village people



By David Tingley

IT WAS IN the early moments of exchanging pleasantries that I knew Claire Fuller was a survivor. “I made it!” she exclaimed with pride. On further enquiry it became evident that the well-deserved good feeling was being felt by achieving that most holy of prizes, the ‘Everest climb’ that most of us parents can only dream of conquering; the sleepover! Twenty-four hours, four girls! I saluted out of sheer respect, and, as my arm lowered, I quietly asked “... but how!?” Her answer was simple: “Chocolate!”

Claire was born in Wales, worked as a Research Scientist in St Albans and now lives just outside the village with her husband Tom and two daughters, George and Immy. “I’m a compulsive organiser,” Claire admitted, “When my eldest started school at Lindfield Primary I immediately joined the PTA. I wanted to meet more people in the community.” But we all know that the world needs people like this, not just thinkers, but doers. Even after her children moved on from the school, Claire still remains very much part of the village scene, for a number of reasons.

It was 17 years ago when her family was devastated by news that her sister-in-law had breast cancer. Thankfully they were quick to learn that doctors had said it wasn’t a malignant tumour, after which she eventually returned to a normal life. Tragedy struck a second time though, ten years later, when it was discovered that the earlier diagnosis was, in fact, incorrect. Denise became severely ill with the now metastatic cancer throughout her body and was given six months to live. The good news here is that Denise has received some excellent care from The Royal Marsden Hospital in London over the past six years and continues to fight cancer, winning back six years of her life that she thought were gone.

The ‘Girls Pink Night Out’ was created against this backdrop. “It was an opportunity for me to do something when I felt helpless,” Claire shared. She started the annual event with Jeanette Anning (who had lost a friend to cancer) five years ago, which has raised nearly

£6,000 since 2005 for charities including Cancer Research UK and St Peter and St James’ Hospice in Chailey. The “indulgent night out for women only” is held at The King Edward Hall and includes live music from The Saucy Flap Dragons, Henna tattoos, cocktail happy hour and a chill out room. “We also work in partnership with Lindfield Primary School PTA and raise some funds for them too” Clare explains, “This also gives us great access to local women who might really want to let their hair down with their friends.”

It was missing that school playground community that led to another start-up idea of Claire and two friends, possibly the best-kept secret of village life, I had never heard of! ‘Cups and Cakes’ is a community café, run and created by Claire, Jeanette and Carol Whelan, also in the King Edward Hall. It is open on Tuesdays between 8.45am - 1pm during term time. “I suffer from ideas” Claire said, “Most of what goes on in my head starts with ‘Wouldn’t it be good if...!’” The Library at KEH offers cakes (obviously!), bacon rolls, a book swap box, kids toys but above all, a relaxed atmosphere at a fully accessible/flexible venue.



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It is perhaps the creativity of a woman who never stops thinking that got her involved in the newest community venture, kicking off here in Lindfield next year. Lindfield Arts Festival is the brain-child and passion of local artist Leesa LeMay, which started life in her head and began in earnest, with the duo at helm together, in January. The day long festival will take place in May 2010 and will feature artists specifically from the local

area across all realms of the arts (photography, drama, dance, music, food, sculpture...). Claire and Leesa have already been receiving much interest in the event from both local artists and businesses, from whom sponsorship is much needed. You guessed it, The King Edward Hall plays a part in hosting the various acts and displays, from drumming workshops, to cookery demonstrations, to art on show in the main hall. "It's an exciting project and one that I'm proud to be a part of. Lindfield is a great community across a broad demographic. We just want to create something new and something for all to enjoy at a local level."

It's this impact that clearly drives Claire to get her 'organising fix' in whatever she does. Although whether her girls planned the sleepover with quite the same level of detail I'm unsure but I'm willing to bet that whatever gets done with Claire has the same amount of good fun!

This year's 'Girls Pink Night Out' is on 13th November, Cups and Cakes starts up again on Tuesday 8th September and watch this space for more on Lindfield Arts Festival!



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By Mary-Jane Sharratt

Natural approaches for treating eczema

ALTHOUGH RARELY life-threatening, eczema can be extremely distressing for the sufferer. However, there are natural treatments available which can help achieve real improvements in the skin.

Conventional treatment usually involves the use of topical applications of petroleum-based or steroid creams. In severe cases where the skin is prone to infection, oral steroids or antibiotics may be prescribed. Over a long period of use, steroid creams can thin the skin although they are usually effective in keeping the symptoms under control.

Homeopathy treats not just the symptoms but also the cause of the problem. Its aim is to eventually eliminate the eczema altogether. Treatment is tailored to the patient's particular symptoms so two patients with differing symptoms will probably receive different remedies. Whilst some remedies, such as Sulphur, have a reputation for being useful in eczema treatment I strongly advise against self-administration. If the best remedy for the individual is not selected, an aggravation can ensue with symptoms becoming considerably worse.

In practice I see many eczema sufferers whose digestion is not working efficiently. Sluggish bowels can result in a build up of toxins with a resulting flare up in the skin condition. In this case, improving the bowel action is one of the first steps to treating the eczema.

Other options that can help alleviate the symptoms for all sufferers of eczema include oat baths (a handful of oats in a pop sock hung under a running tap). If the skin is cracked, manuka honey applied to the affected area will heal the skin. Some people find that dietary modifications, in particular reducing or eliminating wheat, dairy and sugar, make a huge difference. It is also worth using natural household cleaning products and toiletries as some chemicals can aggravate eczema.

In cases where eczema appears suddenly for no apparent reason, an allergy may be the cause in which case a simple allergy test can be beneficial.

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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 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 2nd Sept, 8pm
The Last Carnival
The Stand Up Inn, Lindfield

Thursday 3rd Sept, 8pm
Claire Martin (jazz)
Chequer Mead, East Grinstead

Friday 4th Sept
Driftwood (80's)
The White Horse, Lindfield

Sunday 6th Sept, 8pm
Invitation Symphony Orchestra
Clair Hall, Haywards Heath

Sunday 6th Sept, 8pm
Smokestack
The Stand Up Inn, Lindfield

Monday 7th Sept, 7.30pm
Sam Baker + The Haley Sisters
The Ravenswood, Sharpthorne

Wednesday 9th Sept, 8pm
The Detonators
The Stand Up Inn, Lindfield

Sunday 11th Sept, 8pm
Soul Business
The Stand Up Inn, Lindfield

Saturday 12th Sept
Cut Loose
The White Horse, Lindfield

Tuesday 15th Sept, 8pm
Sinéad & The Dawnbreakers
Chequer Mead, East Grinstead

Wednesday 16th Sept, 8pm
Blues Abuse
The Stand Up Inn, Lindfield

Thursday 17th Sept
Jazz night with Andy Macintosh
The White Horse, Lindfield

Sunday 20th Sept, 8pm
Jon McDevitt
The Stand Up Inn, Lindfield

Monday 22nd Sept, 8pm
Corinne West
The Ravenswood, Sharpthorne

Wednesday 23rd Sept, 8pm
Attila The Stockbroker with Barnstormer
The Stand Up Inn, Lindfield

Saturday 26th Sept
Blues Business
The White Horse, Lindfield

Saturday 26th Sept, 7.30pm
Horsham Chamber Choir
All Saints Church, Lindfield

Sunday 27th Sept, 8pm
Rory Ellis
The Stand Up Inn, Lindfield

Wednesday 30th Sept, 8pm
Jemima Price Band
The Stand Up Inn, Lindfield

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17th Apr 2010 **JAROSLAW NADRYZYCKI** (violin)
15th May 2010 **KATHERINE JENKINSON** (cello)

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- 6th Ruwach Christian Church
- Morning and Evening Services
(Janet Hilton 459025)
- 8th Cups and Cakes Charity Coffee Morning
(Claire Fuller 415135)
- 10th Country Market
(Sheila Hobbs 483396)
- 12th Lindfield Horticultural Society Autumn Show
(Mrs Alison Elliott 483039)
Meet Mrs Christine Field
- West Sussex County Councillor
- 13th Ruwach Christian Church
- Morning and Evening Services
(Janet Hilton 459025)
- 15th Cups and Cakes Charity Coffee Morning
(Claire Fuller 415135)
- 17th Country Market
(Sheila Hobbs 483396)
- 18th Lindfield Crafts and Market
(Beverley Smith 440274)
- 20th Central Sussex Cage Bird Association
Bird Sale (Mrs Vicky Dunster 01444 242244)
Heber Opera Performance
(Roger Clow 01273 736272)
- 22nd Cups and Cakes Charity Coffee Morning
(Claire Fuller 415135)
- 23rd Central Sussex Cage Bird Association
Young Stock
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- 24th Country Market
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King Edward Hall Film Show
(Gillian Alderman 483181)
- 25th MacMillan Coffee Morning
(Margaret Atkin 01825 765618)
- 26th Lindfield Bonfire Society Coffee Morning
(Wendy Box 482809)
- 27th Ruwach Christian Church
- Morning and Evening Services
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- 29th Cups and Cakes Charity Coffee Morning
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More info on KEH at www.kingedwardhall.org.uk

Art competition reminder

IT'S NOT TOO late to get your entry in for the Lindfield Life "Memories of Summer" art competition. Drop them in to Artyfect on the High Street by 5pm on **Friday 4th September** to be in with a chance of winning a great prize.

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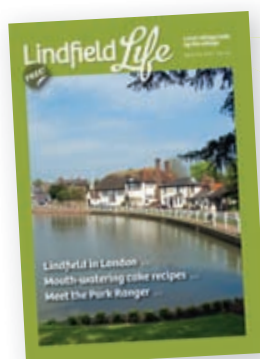
Fine Furnishings.....	23	..01444 482011	www.finesofas.co.uk
Giraffe Gems	501444 831165	
Tufnells	24	..01444 483200	www.tufnells.co.uk
Villandry Home.....	1401444 483483	www.villandryhome.co.uk

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The Bent Arms	21	...01444 483146	
Watsons.....	10	..01444 484824	

Education/Childcare

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