

# Lindfield *Life*

*Local village talk,  
by the village*

November 2009 Issue #8

**The history behind the bonfire** p.6

**Get out your winter wardrobe** p.12

**Village men remembered** p.16

**FREE!**



**FREE  
COLLECT  
& RETURN**

**LOWEST  
COMPUTER REPAIR  
PRICES GUARANTEED  
...OR YOUR MONEY BACK!**

## **our prices**

Prices are inclusive of VAT and fixed, no matter how long they take us to complete

home help	£59
system rebuild	£49
board fix	£99
dc socket	£55
virus removal	£29
data recovery	£39
remote support	£15

# **xpress repair**

*setting a new standard in computer care*

J Y W House | Bridge Road  
Haywards Heath | West Sussex  
RH16 1UA

**01444 458 458**  
[www.xpressrepair.co.uk](http://www.xpressrepair.co.uk)

# Lindfield Life



📷 Cover image by Ian Dawson.  
Bonfire Night Procession Portrait.  
Got a great cover picture? See website  
for details: [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)

THERE IS A definite chill in the air as winter approaches. As well as nature's tell-tale signs, for me, bonfire night and the appearance of poppies on our winter coats are indicators of the beginning of the colder season. Our village is renowned for its 5th November celebrations and so this month we are delighted that Darren Lucas, Vice Secretary of the Lindfield Bonfire Society, has been digging deep into its past to bring us some of the fascinating history of village tradition. Our local fire crew are also helping us out to make it a safe and enjoyable night.

Once these celebrations are over we turn our thoughts to Armistice Day on 11th November. For many this day is not just a reminder of the lives that were lost during the First World War but an opportunity to remember the many who have given their lives for our freedom since that time in wars and conflicts around the world, including those who are continuing to battle even as we read this. Village People this month meets Chris Comber, who has devoted the last twenty years of his life to researching the lives of men who fell in WWI. If you are out and about this month, why not wander up to the parish church and take a moment to look at the village war memorial?

We kick off a new craft series this month by exploring the ancient art of felting. Next month we will be finding out about patchwork and quilting. If you have got a crafty hobby that you would like to see featured, please do get in touch, we'd love to hear from you. And finally, if you want some help with your winter wardrobe - check out Victoria's advice, hot on the heels of London Fashion Week!

If you'd like to have your say about topics of interest, such as the Christmas lights debate, send a letter to [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)

Emma Tingley, Editor

**Lindfield Life magazine is published by Kipper Creative Limited**

Issue #8 - November 2009 - 4,200 copies printed

**Lindfield Life** Brooklands Barn, Rocky Lane, Haywards Heath, RH16 4RR  
Telephone 01444 884115 Fax 01444 473888 [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk)  
Editors: David & Emma Tingley <[editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)>  
Advertising: David Tingley <[ads@lindfieldlife.co.uk](mailto:ads@lindfieldlife.co.uk)>

Community Editor: Caroline Young <[community.editor@lindfieldlife.co.uk](mailto:community.editor@lindfieldlife.co.uk)>  
Address: 12 The Glebe, Lindfield RH16 2JS

Disclaimer: The opinions expressed within the magazine are of the individual authors and not necessarily those of the editors. Whilst the editors welcome contributions & photographs, this is on the understanding that there is no obligation to include them and that the item may be edited & that there is no breach of copyright. Neither the editors nor the publisher accept any liability in respect of the content of any article, photo or advertisement.




## LINDFIELD PEST CONTROL

**MOLES - RATS - WASPS etc**

**MICK LEWRY**  
01444 483137  
MOBILE: 07816 630455  
Email: [m.lewry1@btinternet.com](mailto:m.lewry1@btinternet.com)

## Lucy Locksmith

24hr Callout  
No Callout Charge



**BRIGHT FM & CHECKATRADE**  
**"Top Trader of the Year 2008"**  
Award Winner

Rapid Response • Police checked  
Free Estimates • No VAT  
Discount for Senior Citizens  
Locks Changed & Upgraded (To BS3621)  
Lock outs, Break ins, all makes of locks  
Friendly female staff

Have you just moved?  
Who else has a set of your keys?  
For peace of mind do you need your locks changed?  
Do your locks comply with your home insurance?

**Checkatrade**  
Before you use them

### 07780 840462

"Store this number on your phone,  
you never know when you will need it"



## Remembrance Sunday

ON SUNDAY 9th November the Lindfield Branch of the Royal British Legion will 'Honour the Fallen' of WW1/WW2 and wars since, including Iraq and Afghanistan.

Members of the Branch and of the Women's Section will "Fall In" at the War Memorial at 2.45pm. The Boy's Brigade and the Lindfield Scouts will "Form Up" behind the Branch Standards. Those wishing to attend the Remembrance Service should assemble at "All Saints" Church at 2.40pm. Wreaths will be laid by representatives of the various organisations to honour the "Fallen". The Remembrance Service which starts at 3pm will include children from the local junior schools who will read poems in remembrance of those who gave their lives in all the conflicts.

The Remembrance Day Tea will be arranged by the ladies in The King Edward Hall at approximately 4pm. Members unable to attend the Church Service are welcome to come along to the King Edward Hall. The Lindfield High Street will be closed for a short while during the memorial service.

## Lindfield supports Cheshire Home

**DID YOU KNOW** that for over twenty years a group of Lindfield residents have raised over £1,000 a year to support our local Leonard Cheshire home?

Leonard Cheshire Disability exists to change attitudes to disability and to support disabled people in the widest context including residential homes, care in the community and help in the workplace. It is the largest voluntary sector provider of care and support services for disabled people in the UK. Our local Cheshire Home, in Cophthorne, has thirty-six residents from the age of twenty and all are in wheelchairs.

Lindfield support group raise most of their money from their Annual Lunch, to be held this year in the King Edward Hall on Friday, November 6th, 12 noon to 2pm. The tickets are £10.00 for a delicious hot lunch and can be bought from Mrs Norah Olver on 01444 483578.

If you cannot come to the lunch but would like to contribute items for the 'Bring-and-Buy', for the raffle, to buy raffle tickets or to make a donation please contact Mrs Olver.

### **STEPHEN GALLICO** **S O L I C I T O R S**

We provide a personal and professional legal service to private individuals, families, executors and trustees, and business people particularly in the areas of:

**Probate & Administration of Estates**  
**Tax Planning, Inheritance Tax Saving**  
**Wills and Trusts**

**Trust Administration**  
**Powers of Attorney**  
**Court of Protection**

We also deal with all residential property matters including:

**Home Information Packs ("HIPs")**  
**Purchase & Sale of Property**

**Mortgages**  
**Property Sales for Executors & Trustees**

and all commercial property matters including:

**Offices and Shops**  
**Industrial Units**

**Licensed Premises**  
**Development Land**

In addition we can assist both employees and employers on work related matters such as:

**Termination of Employment**  
**Compromise Agreements**  
**Contract Negotiation**

**Unfair Dismissal**  
**Redundancy**  
**Discrimination**

Conveniently located at Merlin House, 6 Boltro Road, Haywards Heath, West Sussex, RH16 1BB clients are most welcome to visit our offices, or we are happy to arrange home visits if this is more suited to your needs.

Saturday morning appointments by arrangement.

**Tel: 01444 411333**

**Website: [www.sgallico.co.uk](http://www.sgallico.co.uk)**

## Local poet publishes his third book

'ILLUSTRATED HELIA shining from The Linden Tree' is the latest work from local wordsmith Andrew Taylor. Andrew has previously self-published two collections of poetry, with this recent offering being very much another labour of love. It features 34 new sonnets, plus a bonus 'Philavery' noting little known but 'aesthetically pleasing' words!

Andrew began writing poetry back in 2001, as a means of expressing himself while being off work with post-traumatic stress. However in this period, after suffering from extreme bullying in the workplace, he soon began to turn this terrible situation round to good - when he discovered writing not only helped him but others too. "To start with I was just amazed that people liked them" Andrew said. "I'm sure I wouldn't have been writing poetry now had it not been for those very dark times in my life" he continued.

As well as writing, Andrew is currently working on two new books; one about travel, and one specifically for Lindfield - a constant supply source for his inspiration.



**DEAN FERGUSON**  
YOUR LOCAL CHAILEY-BASED

# ELECTRICIAN

**PART 'P' REGISTERED**

OVER 20 YEARS EXPERIENCE  
ALL DOMESTIC ELECTRICAL WORK UNDERTAKEN  
PERIODIC INSPECTION REPORTS  
FREE ESTIMATES GIVEN

**NO JOB TOO SMALL**

Tel -: 01825 723661

Mob-: 07754000147

Email [salandean@ukonline.co.uk](mailto:salandean@ukonline.co.uk)

JOINED.....

# Art Club

YET?!!

DO YOU HAVE A BUDDING,  
FRUSTRATED ARTIST AT HOME?

Not enough time at school or home to get  
paints, ink and charcoals out?

THEN COME ALONG TO THE  
LINDFIELD ART STUDIO.

Letting children develop their imagination  
through painting, pastels, sculpture,  
art history and thinking outside the box!

CALL LEESA ON **07738 288730**

[leesalemay@btinternet.com](mailto:leesalemay@btinternet.com)

# Remember, remember, the 5th of..

By Darren Lucas

THERE IS WRITTEN information on Lindfield Bonfire Society going back to at least 1881, due to the reports written in the Mid Sussex Times, but it can be assumed that bonfire activities within the village go back far longer than that as with many other towns and villages in Sussex.

Back in the 1800s the celebrations were very different than they are today. There used to be at least four Bonfires on the High Street – the Common wasn't used until the early 1900s for the bonfire.

There were fires outside the Tiger Inn, The Bent Arms, Red Lion and one on Post Office Corner. These usually consisted of blazing tar barrels and faggots that the Bonfire Boys used to pile up outside each pub on their visit there. The High Street would be full of noise from the squibs and firecrackers that were going off everywhere.

Indeed it can be said that the Bonfire Boys caused a fair bit of trouble on the 'Fifth'. One year the local police had to beat a hasty retreat after coming under attack from the Boys, while trying to break up the celebrations. The toll gates even had to be taken down and stored in a safe place after the Boys nicked them one year and burnt them! It was due to this unruly behaviour that the authorities told the Boys that they would have to form themselves into an organised group or face serious repercussions. So in 1894 the original Lindfield Bonfire Society was formed.

Each year up until the start of the First World War they would organise the celebrations in the village. Fireworks were bought via subscriptions made by the local traders and anybody else who could afford to give. Back then they would process up and down the High Street, still carrying on as normal but a lot more organised. In 1906 the celebrations moved onto the Common when street fires were outlawed.



Information on bonfire activities within the village between the two World Wars are very sketchy and indeed into the early 1950s. Much praise should be given to the Anscombe and Haskell families for the work they did in getting the bonfire up and running again in the village during the late 1950s and 1960s and safe guarding its future for newer generations to enjoy by laying down solid foundations for it to be built on.

The modern day society is small but has a band of dedicated helpers who work very hard to put the bonfire celebrations on each year. To raise funds we have coffee mornings, dances, craft fairs and stalls at Village Day and on Festival Night. Our working year normally starts late March early April as we get ready by building our float for Village Day. We then have a few months off and get back to work early in September with the preparations for Bonfire Night. Fireworks have to be ordered, torches made and dipped, set pieces cleaned and remade, just a small selection of jobs that have to be done.

We are always on the lookout for new members and if you would like more information on the society drop us an email at [lindfieldbonfiresociety@yahoo.co.uk](mailto:lindfieldbonfiresociety@yahoo.co.uk) or phone our secretary, Wendy Box, on 01444 482809

## Expectation Landscapes

Drives • Patios • Paving • Fencing • Wall Construction  
Ponds • Water Features • Planting • Lighting • Irrigation

View our portfolio and references

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

01444 482470 or 07525 808906

email: [info@expectationlandscapes.co.uk](mailto:info@expectationlandscapes.co.uk)

*All  
Aspects of  
Landscaping*





# Being safe with the sparkle!

By Phil Pierpoint, HH Community Fire Station

AS THE DAYS shorten and the nights draw in many of you will be looking forward to the first of the winter festivals and celebrations. Two of these occurring around the same time of year are Bonfire Night and Diwali.

What both of these have in common is the use of plenty of bonfires and fireworks. Festivals and celebrations are a joyful time for most communities, bringing family and friends together.

Legend has it that the Chinese made the first fireworks in the 800s, filling bamboo shoots with gunpowder and exploding them at New Year with the hope the sound would scare away evil spirits. Fireworks became known in Europe during the 1300s, probably after returning Crusaders brought them back from the East. In this country, of course, fireworks are used to celebrate 5th November - the anniversary of Guy Fawkes' (failed) attempt to blow up Parliament.

Did you know that a... simple sparkler reaches a temperature of up to 2,000°C? That's 20 times the boiling point of water. Or that typically a rocket can reach a speed of 150 miles an hour and travel 200 metres?

Although bonfires and fireworks are great fun and something to be enjoyed, there is the potential for danger and things going spectacularly wrong. It is for this reason that I would like to offer the following advice to users during their festivities, so that everyone can enjoy a safe and happy celebration without any unwanted incidents and injuries.

The Crews at Haywards Heath Community Fire Station wish you all a safe and happy bonfire night celebration.

## Bonfires

- Make sure that the fire is away from fences, garden sheds and properties.
- Never let your children near the fire and cordon off the area.
- Never light the fire using flammable liquids.
- Consider wind direction.
- Keep a bucket of water or a garden hose handy.
- Never leave a bonfire unattended.
- Make sure there are no aerosol cans that may explode.
- Make sure the fire is extinguished before leaving it.
- Consider nearby properties that may have thatched roofs.
- Alternatively consider going to an organised display in your area.

## Fireworks code

**FIREWORKS AND ALCOHOL CAN BE AN EXPLOSIVE COMBINATION.**

- Keep fireworks in a sealed box or tin.
- Use them one at a time, replacing the lid immediately.
- Only adults should light or hold fireworks
- NEVER put fireworks in your pocket.
- Read the instructions carefully, using a torch or hand lamp.
- NEVER use a naked flame.
- Light fireworks at arms length using a taper or a firework lighter. Never use a naked flame.
- Stand well back and NEVER return to a firework after it has been lit, it could explode in your face.
- Ensure that all children are well supervised.
- NEVER throw fireworks.
- Take care of sparklers, wear gloves to hold them and dispose of sparklers in a bucket of water as soon as they are finished.
- Never give sparklers to a child under five.
- Keep all pets and animals indoors.
- Remember you have to be 18 years old to buy fireworks and it is an offence to let them off in a public place.

## Burgess Flooring

Domestic and Commercial Flooring with 20 years Experience

Andy Burgess Flooring Specialist.  
Carpet, Vinyl, Safety Flooring, Amtico, Sisal, Seagrass, Laminate Wood, and flooring from Karndean. Samples Supplied.

24 Penn Crescent  
Haywards Heath  
West Sussex  
RH163HN

01444 448062  
07764 170538  
burgess\_A3@sky.com

# Simply Good Food...

By Caroline Young

THE COLLECT FOR the 25th Sunday after Trinity from the Book of Common Prayer begins "Stir up, we beseech thee, O Lord, the wills of thy faithful people..." but for many in the congregation it was a reminder to make their Christmas puddings in time to allow them to mature. An appropriate choirboy's rhyme was "Stir up, we beseech thee the pudding in the pot. And when we get home we'll eat it all hot". So, if you follow tradition and make your own Christmas puddings (and the cake too) now is the time, in the words of the poet Eleanor Farjeon:

'Stem the currants, Stone the raisins,  
Chop the peel as fine as fine.  
Beat the eggs and shred the suet,  
Grate the crumbs (no flour in mine).  
Freely shake, to make it nice,  
All the virtue of the spice.  
Pour the brandy liberally,  
Stir and wish, then, three times three.'

Come November I harbour a desire to hibernate, batten down the hatches and sleep until spring. However, life is not like that so I compensate by making batches of delicious soup, baking the odd loaf of bread or a cake and variations of satisfying winter recipes. Please try these.....

## Leek and Potato Soup serves 4

Trim, split and wash 3 medium leeks. Finely shred a handful of the green tops and set aside. Thinly slice the remainder. Put the sliced leeks into a large pan with 2 sliced medium onions, a good knob of butter (garlic butter if you have it or add 1-2 garlic cloves), 1 large peeled and sliced baking potato and a pinch of grated nutmeg. Cover and cook over medium heat, stirring occasionally, for 5 min.

Add 900ml hot vegetable stock, cover and cook over medium heat for about 10 min or until the vegetables are very soft. Cool slightly then, in a processor, buzz until almost smooth. Return to the pan, stir in 150ml single cream and season to taste. Gently reheat to serving temperature but do not allow it to boil.

Meanwhile gently fry the green leek tops in butter until just tender together with 150g finely chopped smoked ham. Ladle the soup into hot bowls and top with the leek/ham garnish. Alternatively omit the ham and top with grated cheese or a spoonful of pesto. Delicious with freshly baked Soda Bread.

## Lindfield autobarn

The BMW Specialist



**2006 06 BMW 320d M Sport Estate 5dr**  
• Metallic Black • ABS Brakes  
• Air Conditioning • Alloy Wheels  
• Body Kit • CD • 51,000 Miles

**£17,495**



**2006 56 BMW X5 3.0 Diesel Auto**

• Metallic Black • Leather  
• Compass Pack • Alloy Wheels  
• 39,000 Miles

**£23,995**

Lindfield Autobarn

Macwalder House, Lower Road,  
Lindfield, West Sussex, RH16 2LQ

**Call 01444 483803**  
or 07544 753161

Email [sales@lindfieldautobarn.co.uk](mailto:sales@lindfieldautobarn.co.uk)



### 1 Series

2006 06 BMW 118d Sport 5 Dr Met Blue, A/C, CD, CL, EM, EW, FSH, PAS, R/C/L, ABS, Alloys, Airbags, PAS, 54000 mls	£10,995
2006 06 BMW 118d Sport 5 Dr Met Silver, A/C, CD, R/C/L, EM, EW, FSH, RL, ABS, Alloys, Airbags, PAS, 48000 mls	£10,995
2006 06 BMW 120d Sport 5 Dr Met Blue, A/C, CD, R/C/L, Airbags, EM, EW, FSH, PAS, RL, ABS, PAS, 45000 mls	£11,495
2006 56 BMW 118d Sport 5 Dr Met Silver, ABS, Alloys, Airbags, Alarm, EM, EW, PAS, Computer, 38290 mls	£11,795
2006 06 BMW 116 M Sport 5 Dr Met Blue, A/C, R/C/L, Airbags, EM, EW, FSH, PAS, ABS, Alloys, Alarm, PAS, 44000 mls	£11,995
2006 56 BMW 118d Sport 5 Dr Grey, ABS, Alloys, Airbags, EM, EW, Front Fogs, PAS, Rear wiper, Trip computer	£12,995
2006 06 BMW 120d SE Step 5 Dr Black, ABS, Alloys, Airbags, Alarm, EW, Front Fogs, PAS, Trip computer, 14379 mls	£13,795
2006 56 BMW 118d M Sport 5 Dr Met White, ABS, A/C, Alloys, CD, R/C/L, EM, EW, FSH, PAS, RL, PAS, 48543 mls	£13,995
2007 57 BMW 120d SE 5 Dr Black, ABS, A/C, Alloys, R/C/L, Airbag, EM, EW, Fogs, PAS, RL, Alarm, PAS, 14957 mls	£15,495
2008 08 BMW 120d M Sport 5 Dr Met Red, ABS, A/C, Alloys, CD, R/C/L, Airbag, EM, EW, Fogs, FSH, PAS, 14951 mls	£17,995

### 3 Series

2004 04 BMW 318i D Sport Conv 2 Dr Grey, ABS, A/C, Alloys, CL, Airbags, EM, EW, PAS, 65978 mls	£11,495
2005 05 BMW 320d ES 4 Dr Met Silver, CD, Airbags, EM, EW, FSH, R/C/L, ABS, A/C, Alloys, CL, Fogs, PAS, 31000 mls	£11,995
2006 06 BMW 320d SE 4 Dr Met Green, ABS, A/C, Alloys, R/C/L, Airbags, CD, EW, FSH, PAS, Rear EW, 59061 mls	£12,495
2006 06 BMW 320d SE 4 Dr Met Black, Airbags, EM, EW, FSH, PAS, ABS, A/C, Alloys, R/C/L, CD, PAS, 31000 mls	£12,995
2006 06 BMW 320d SE 4 Dr Met Silver, Alloys, ABS, A/C, R/C/L, CD, Airbags, EM, EW, PAS, Computer, 56000 mls	£12,995
2007 07 BMW 320d SE 2 Dr Met Grey, ABS, A/C, Alloys, CD, R/C/L, Airbag, EM, EW, FSH, Front Fogs, PAS, 53000 mls	£14,995
2006 56 BMW 320d M Sport 4 Dr Met Grey, ABS, A/C, Alloys, CD, R/C/L, Airbags, EM, EW, FSH, PAS, PAS, 49000 mls	£15,995
2006 06 BMW 320d M Sport 4 Dr Silver, ABS, A/C, Alloys, CD, Airbag, EM, EW, FSH, PAS, R/C/L, Alarm, 48667 mls	£15,995
2006 55 BMW 320d M Sport 4 Dr Grey, ABS, A/C, Alloys, CD, R/C/L, EM, EW, Fogs, FSH, Airbag, PAS, 48667 mls	£16,895
2006 06 BMW 320d M Sport Est 5 Dr Met Black, ABS, Alloys, R/C/L, Airbags, EM, EW, FSH, Leather, PAS, 51000 mls	£17,495

### 5 Series

2006 06 BMW 525d SE 4 Dr Met Grey, R/C/L, EM, EW, FSH, PAS, ABS, A/C, Alloys, Airbags, CD, PAS, 58000 mls	£14,695
2006 06 BMW 525d SE 5 Dr Met Grey, CD, R/C/L, Airbags, EM, EW, FSH, PAS, ABS, A/C, Alloys, Roof rails, 49000 mls	£15,995
2006 06 BMW 520d M Sport 4 Dr Met Black, R/C/L, Airbags, EM, EW, FSH, ABS, A/C, Alloys, CD, PAS, 57000 mls	£17,895
2007 07 BMW 520d M Sport 4 Dr Met Grey, R/C/L, Airbags, EM, EW, Fogs, FSH, ABS, A/C, Alloys, CD, PAS, 46000 mls	£18,995

### 6 Series

2004 54 BMW 6 Series 645 Ci Auto 2 Dr Met Black, R/C/L, Airbags, EM, EW, FSH, RL, ABS, A/C, PAS, 67000 mls	£18,995
--	---------

### X Series

2006 06 BMW X3 2.0d SE 5 Dr Black, ABS, A/C, Alloys, Airbags, CD, EW, Fogs, PAS, Computer, R/C/L, 64370 mls	£14,395
2006 56 BMW X3 3.0d Sport 5 Dr Black, ABS, A/C, Alloys, Airbags, CD, Changer, EW, Fogs, PAS, R/C/L, 39175 mls	£23,995

### Z Series

2007 07 BMW Z4 2.0 SE 2 Dr Met Black, A/C, R/C/L, Airbags, EM, EW, FSH, PAS, ABS, Alloys, CD, PAS, 17000 mls	£15,495
--	---------

### Mini

2007 07 Mini Cooper S 1.6 3 Dr Met Blue, ABS, A/C, CD, R/C/L, EW, FSH, Leather, PAS, Fogs, PAS, Computer, 44900 mls	£12,995
---	---------

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

Lindfield  
autobarn  
est. 1955

Vehicles are shown for illustration purposes only. These offers supersede all previously advertised offers. Prices correct at time of going to press. Offers are subject to availability. Licenced credit brokers. Written details available on request; finance is subject to status. E&OE. 39545





## Soda Bread

Preheat the oven 200°C. Sift 450g plain flour, 1 tbsp baking powder, 1 tsp bicarbonate of soda and 1 tsp salt into a large bowl. Add 50g butter, diced and rub in with the fingertips.

Combine 150ml plain yogurt with 300ml water. Add to the dry ingredients and mix to a soft dough. Turn out on to a floured surface and knead two to three times just to make a smooth shape. Place on a floured baking tray, slightly flatten and cut a deep cross in the top.

Bake for about 25 min or until the bread sounds hollow when tapped on the bottom. Cool on a wire rack then break into four quarters and serve warm. Also good toasted.

And now, for a legendary cake as made by a very good friend of mine, Betty Hooper...

## Betty's Fruitcake

Preheat the oven to 160°C. In a large bowl combine 225g self-raising flour, 115g soft butter\*\*, 115g Demerara sugar, 2 medium eggs, 411g jar good quality fruit mincemeat and a generous spoonful of marmalade. Using a wooden spoon, beat together until well combined. Tip into a buttered and lined large loaf tin or a 23cm cake tin.

Bake for 1¼ - 1½ hours or until the cake tests cooked. Cool before removing from the tin.

\*\*Butter, in my kitchen, is essential when baking as it gives a far better flavour than margarine. Our local large supermarket is now selling a Somerset farm traditionally made whey cream butter, made from the whey cream left over from making farmhouse Cheddar. Inexpensive, you will find it on the cheese counter.

# fine furnishings

- Handmade sofas and chairs
- Re-upholstery



- Specialist in pocketed and memory foam beds

Visit our showroom:

Unit 5, Lindfield Enterprise Park,  
Lewes Road, Lindfield

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

**01444 482011**

# Nature's Way – Green manures



Whilst members of Lindfield Horticultural Society take a well-earned break over the winter months, organic gardening expert (and member of LHS too) Noreen Smith provides us with some “green” garden tips. If you’d like more detail about green manures and when to sow them, a table provided by Noreen is available - email [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk)

By Noreen H. Smith

ONE EXCELLENT WAY to improve the quality of your soil without using chemicals is to sow Green Manures. Once a site has been cleared and the weeds removed green manures can be sown and left to grow on until the space is needed to grow other plants and crops. They are then cut down and dug into the soil to put nutriment back into the soil as they decompose.

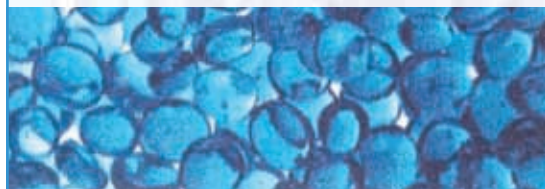
The advantages of green manures are numerous:

- They add food to the soil. Many of them fix nitrogen into the soil as they grow.
- They protect the soil from the harm done by heavy rain and absorb nutriment that would otherwise be washed away by heavy rain.
- They smother weeds and improve soil structure.
- They provide an ideal habitat for natural predators like frogs and toads, giving them the damp shelter they need to thrive, and allowing them to feed on the harmful pests that would damage your crops.

- Some green manures like Grazing Rye and Buckwheat are natural weed killers. During the process of growing or decaying they produce toxic substances which inhibit the germination of some seeds and are thus particularly helpful for the control of annual broad-leaved weeds. They would of course prevent the germination of any seeds you may wish to sow but would not harm young plants, sets or tubers. If you wish to sow seeds on the site allow at least four weeks between digging in the green manures and sowing your seeds.
- As part of a crop rotation program green manures can be left to grow for a whole season giving the soil a rest and putting back into it the nutriments that were taken out over the previous growing season.



## BARBARA HOUGHTON AICB BOOKKEEPING AND PAYROLL



*Adur House, River side,  
Upper Beeding  
Steyning, BN44 3HW  
Tel: 08458 736260  
Mobile: 07817 631341  
Email: [barbara\\_accounts@yahoo.co.uk](mailto:barbara_accounts@yahoo.co.uk)*

### How to choose a Green Manure

The type of manure you choose will depend upon when you want to sow the crop, how long you want to keep it there and what you want it to do.

Choose a green manure that fits into your growing program and sow the seeds as space becomes vacant for six weeks or more. In general the manure is best dug into the soil before it flowers but some have flowers that are attractive to bees and other beneficial insects. If you have the space let some of them flower, but don't let them go to seed!

Most green manures are sown in the spring but Field Beans and Hungarian Rye can be sown now and left in the soil until the spring.

Most green manure seeds can be obtained from good seed suppliers, all are obtainable from The Organic Gardening Catalogue, but if you have any difficulty obtaining the seed, or need help, feel free to contact me through the Lindfield Horticultural Society where help is always to be found.

# VILLANDRY

Villandry Home  
59 The High Street  
Lindfield  
West Sussex  
RH16 2HN

01444 483483

[WWW.VILLANDRYHOME.CO.UK](http://WWW.VILLANDRYHOME.CO.UK)



*Ashdown Property is a new estate agent for Sussex. We have dispensed with expensive shopfronts, lowering overheads so you can **save** on commission rates. But low costs don't mean low quality service – we actually want to keep our client base small so the service **each** gets is truly superior. Investment in the latest technology means we can operate remotely if needed, accessing all information so the **client** is kept fully informed whenever and wherever. We can reach buyers exactly the same way as the big agents can, and also produce **lots** of stunning marketing materials to ensure maximum appeal and response. Efficient systems ensure a quick match-up for likely purchasers **of** your property and our skill as negotiators helps deliver a sale result that you're happy with. But we never forget: with your hard-earned **money**, this is just about as important as it gets.*

ASHDOWN  
property

*A fresh approach to selling property in Mid Sussex*

Telephone: 01825 740622

[www.ashdownproperty.com](http://www.ashdownproperty.com)





# Your winter wardrobe

by Victoria Verner

IF, LIKE ME, you are debating when to put your summer 'wardrobe' away, I'm afraid I can't give an exact date! We're still clinging to the sunshine - which is great but not so helpful when deciding whether to venture into the loft to see what moth-eaten delights are in those suitcases from last year! However what I can do is give a few hints as to what you might like to revamp your winter wardrobe with.

I love summer - when we have it in England - but I love winter clothes. All those fabulous fine knits, chunky jumpers and lovely leather boots. And this season is no exception. With all retailers desperate to get the trends right in the current economic climate, designers have pulled out all the stops to bring in the customers. So here are a few tips and ideas.

**Eighties inspiration** - Many designers have taken inspiration from the ever-popular 80s, with 80s-style shoulder lines and sleeve shapes - think batwings and pagoda shoulder blouses - and - wait for it - shoulder pads! Whilst not everyone's cup of tea, they are this season's key design detail and the quickest way to add fashion kudos to any coat or jacket. Whether it be the glamorous excesses of top TV shows such as *Dynasty* and the more iconic rock-chick appeal of singers including Madonna and Debbie Harry you'll find the high street awash with leather, mesh, gold, biker jackets and power-shouldered 80s dressing.

**The Blouse** - Don't lose heart however - it's not all Madonna-inspired hedonistic outfits! We also see a return to 40s' style tailoring and amongst others, the reappearance of the blouse, with detailing such as pretty bow-tied necklines, the occasional ruffled trim and dressmaker details such as covered buttons. Some also have the added appeal of gathered puff sleeves which, along with beautiful fabrics satin, silk, crepe de chine, add a nice feminine touch.

**The Skirt** - In addition to the blouse, the long-line pencil skirt is the key fashion skirt. Falling to below the knee, it

is perfectly pitched at teaming with a strong-shouldered jacket or top. Although this can sometimes feel a bit too like work wear, it's a great investment; an ideal piece that can be worn day and night and can sit really well with the 80s' revival of aforementioned exaggerated sleeves - if you're brave enough!

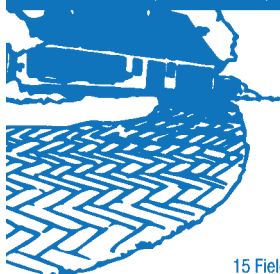
Speaking of brave, you could try the alternative to the pencil skirts - the thigh-high mini-crinis, replacing conventional miniskirts. Based on a true crinoline with rounded hiplines, it's ideal teamed with cropped assertive-shouldered jackets or even a biker jacket....However, watch out for those winter draughts!!

**Knitwear** - And what better way to keep out those winter draughts than some gorgeous knitwear! Layered looks abounded on the catwalks for Autumn/Winter 2009 and this has filtered down to the high street. Knitted coats and jackets layered over a soft knit tunic are definitely the way forward. You could try a chunky cable knit, a classic that has been updated for this season by introducing different cable-widths and yarns. Long-line cardigans, which are great for that extra bit of cover, have a modern touch with perhaps a zip or soft shoulder pad or even a touch of fur. Timeless pieces such as the polo-neck and fine-gauge sweaters in this season's colours will give your winter wardrobe a boost!



## Farrell's

DRIVEWAYS - PAVING - PATIOS & BRICKWORK



- Marshalls Approved
- Est. over 20yrs
- Work Guaranteed
- Family Co.

STEVE FARRELL  
01444 450 103  
Mobile: 07713 062617

15 Fieldway, Lindfield, West Sussex, RH16 2DD

**Colours** – The old reliable colours of black and grey are definitely a key colour this season – which is great because 80% of my wardrobe is black! However there are some beautiful accent colours which will brighten up even the most miserable of winter days. Warm antique gold, marron glaze browns, the traditional reds of winter, the ever popular purple palette along with berry colours - rich damson, bilberry and luscious grape tones. Navy blue also makes a welcome return.

**Fabric** – And with these colours comes the added opulence of some beautiful fabrics. The feelgood factor of velvets, satin and brocade sitting side by side with the warming qualities of brushed mohairs, luxe wools and supple jersey.

For the inner biker chick in you, there is lots of leather this season - maybe if you're lucky enough to be 6ft tall and have legs like Kate Moss you could try the new leather skinny trousers! However, if that's not quite you, you could incorporate two trends in one, by opting for a soft, supple leather blazer - the 'boyfriend blazer' being another key item for Autumn.

And to add a bit of - dare I say it - Christmas sparkle - why not try something with sequins? They are quite literally everywhere and can update a simple shift dress or add a touch of 80s' glamour instantly.

**Accessories** – One really easy way to revamp any outfit is a stunning piece of jewellery. From costume jewellery with the bling factor to oversized and multi-layered chains, you're bound to find that extra bit of eye candy! Brooches have regained popularity this season, decorating collars and lapels for day and night. Cameos and antique designs or the simplicity of uncoloured crystals look great and liven up the most modest of clothing.

I especially look forward to winter footwear - away with the flip-flops and out with those lovely long boots. And how exciting to know that this season we don't have to travel far to keep our feet warm. Our very own Happy Feet are going to be selling Emu boots - think Ugg-style boots, only these are the real McCoy. "A premium Australian brand, with higher grading than Ugg-style boots they are classically fashioned and provide long lasting comfort and style" says Alex of Happy Feet "...we're really excited to be able to bring them to Lindfield!". Whilst they are at the higher-end of the price scale they are extremely durable and a worthwhile investment.

Roll on those cold, crisp winter days - I can't wait to get my winter woollies on!



**LIMES** BISTRO WITH ROOMS

MORNING COFFEE

LUNCH

EVENING DINING

EN-SUITE ROOMS

PRIVATE FUNCTIONS  
& SPECIAL EVENTS

**CHRISTMAS** ❄️

**Christmas bookings  
now being taken**

For bookings phone:  
01444 487858

67 High Street, Lindfield  
West Sussex RH16 2HN  
[limesoflindfield.co.uk](http://limesoflindfield.co.uk)

# At work in the village

OPEN FOR BUSINESS

**Fact:** Backache is second only to headaches as the most common location of pain.

**Fact:** Lower back pain is the second leading cause of lost work days, second only to the common cold.

**Fact:** In any two-week period of time, between 25–33% of all adults get some form of back pain and with 33 bones in the human spine it's no wonder that so many of us suffer with problems in this area at some stage in our lives.

**Fact:** Chiropractic has been around for more than 100 years and 9 out of 10 chiropractic users feel their treatment is effective.

By Gabrielle Hall

MY RECENT VISIT to Lindfield Chiropractor, Dr Jennifer Layton, helped to throw more light on to this condition, which is reported to affect up to 8 in 10 adults. But clearly chiropractic can be beneficial for other areas of the body too.

Chiropractic specialises in the diagnosis, treatment and prevention of a variety of conditions that are due to problems with the joints, ligaments and tendons of the

body, particularly involving that of the spine and its effects on the nervous system. It can treat a variety of conditions from common back pain to headaches, arthritis, sciatica, sports injuries and issues surrounding pregnancy, birth and paediatric care. The cause of pain may be physical, emotional, environmental, chemical (food) or hereditary.

Using gentle manipulation of spinal joints it can restore their normal function. The result is an increase in mobility, decrease in pain or discomfort, and removal of irritation to the spinal nerves with a wide range of health benefits.

“It works because the body is self-healing” explained Jennifer. “This is the philosophy behind chiropractic. The body naturally heals itself when the nervous system works in the best way it can”.

Each patient's spine is unique and Jennifer ensures that care is always tailored to each individual's needs. She uses a variety of techniques including gentle manipulation with instruments and with her hands. Acupuncture can be used to assist the process and nutritional advice is given when required.



Jennifer (pictured above) was born in Lindfield (Australia!) and has over 20 years experience as a chiropractor. She first established her practice in Brisbane, Australia after graduating from Sydney University and Sydney College of Chiropractic following a five year course. She then taught chiropractic at Macquarie University for five years and has worked with Australian Olympic athletes and members of the Australian Rugby Team. What started out as a 'short working holiday' in England, turned out to be something much more and after working in Lewes she decided to establish her own practice right here in Lindfield High Street.

“Although in some cases a course of treatment may be required, many patients report feeling better after just one session.” Jennifer explained. “If anyone has any questions, they are always welcome to call me for a chat.”

Jennifer is available at the Lindfield Chiropractic Centre at 83 High Street, Lindfield (above Abbott's Pharmacy) each Monday, Tuesday, Thursday and Friday and she provides a clinic on Saturday mornings, which is designed for patients who work full-time. For further information telephone 01444 484582.

**Lindfield Garage**  
formerly Lindfield Honda  
**Xpart AutoService Centre**

**Honda Specialist**   **New Mini Specialist**   **Rover Specialist**   **Citroen Specialist**

**Factory Trained Technicians -  
Advanced Diagnostic Equipment**  
Value at your local independent service centre  
Established 23 years

**We service and repair all makes**

We invite you to experience our dedicated customer lounge stocked with coffee & newspapers while you wait for our most qualified technicians to provide highly competitive MOTs and servicing that won't invalidate your warranty.

Kerry Partridge and his team look forward to a continuing relationship with all our valued customers

2 Bridge Road, Haywards Heath, West Sussex RH16 1UA

**01444 458 641**





We're fast approaching the season of central heating and those lovely open fires, so now's the time to prepare your skin for the Winter.

Why not book in for a facial with me, Sara Bostel, and let's work together to get your skin in tip top condition.

**dermalogica**

When you purchase 2 Dermalogica products, receive your

**1 hour Deep Cleansing facial for HALF PRICE**

- normally £44  
(Quote: LL011).

Valid until the end of November 2009.

**Please call 07501 724355 to make your appointment.**

STRICTLY BY APPOINTMENT ONLY PLEASE

# \*Pain?

# 👉 Chiropractor

For relief of

- Back and hip pain
- Leg pain and sciatica
- Headaches and migraines
- Neck and shoulder pain
- Arm and hand pain
- Pins and needles

20 years experience, including the Australian Olympic Team and the Australian Rugby Team

Free easy parking  
Registered with all major health insurers including BUPA

Dr Jennifer Layton  
BSc GradDipChiro  
Lindfield Chiropractic Centre  
83 High Street, Lindfield  
Sussex RH16 2HN

**01444 484582**

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

# Village people



By Emma Tingley

FOR MANY NOVEMBER is a particularly poignant month. For at the 11th hour of the 11th day of the 11th month we remember the day that marked the end of most of the conflict of the First World War – Armistice Day. Services are held around the nation on the nearest Sunday to remember and honour all those who have fallen in this and the many wars and conflicts that have occurred since. And this year is no exception. On the 8th November members of the British Legion will join with other uniformed organisations from the village and local school children at a service at our parish church, All Saints. Each year the names on the Lindfield war memorial, the names of those who gave their lives for our country, for our freedom are read out. This year, as in the last five, the names will be read out by Chris Comber – for whom these names have become real lives, real people.

It was several years ago that I first heard Chris talk about his interest in war memorials, so when we started the Village People feature in Lindfield Life, I'd already earmarked him for this November issue. Thankfully he readily agreed to the challenge. Anyone who knows Chris will know that I would have been mad to pass up the opportunity to spend time with him - his quick wit and passion for those things dearest to him are qualities that make him such a great man to be around.

A true Sussex man, born in West Hoathly, Chris has spent most of his life in and around Lindfield. At the age of 16 he joined The Royal Marine Band Service shortly after the Second World War and spent the next two years training at The Royal Naval School of Music in Oxfordshire. In 1949 he was posted on board HMS Glory as a bandsman on the aircraft carrier stationed in the Mediterranean. His primary role was to provide entertainment to the ship's company on board as a talented flautist and pianist but as with



all serviceman he had an action station too and was assigned the job of loading the ammunition into the guns and fetching more as it was needed, running across the flight deck carrying the live ammunition – not a job for the faint hearted!

Unfortunately Chris's naval career came to an end when he contracted tuberculosis. After spending some time in the Royal Naval Hospital in Plymouth, he was discharged from the Navy and returned home. His condition however meant that he spent much time in the old Haywards Heath hospital receiving treatment. And it was during one of these treatment sessions, when



Tiger Cubs Pre-School presents

## A Potpourri of Stalls 5

**Saturday 7<sup>th</sup> November**

**10.00am – 1.30pm**

**Lindfield United Reformed Church Hall**

Browse a variety of stalls for Christmas gifts and enjoy a spot of lunch.



lying on the bed, that he noticed the knees of an attractive young nurse. "I remember thinking, I'd like to get to know those knees!" laughs Chris. This meeting turned out to be the beginning of the next chapter in his life as he went on to marry Mary, Sister of the outpatients department.

But it was following his retirement in 1989 that Chris returned to his forces background and began to explore his own family history. Inspired to find out more about his grandfather who was killed during the First World War, Chris began what would turn out to be over 20 years work. His initial interest in his grandfather's story soon led to him wanting to know more about the men who fell alongside him, not just the names of the men but who they were, where they came from and who they too had left behind. Since this initial fact finding mission Chris has completed research on the names listed on all the war memorials across Sussex, researching the lives behind the 7,500 men who lost their lives during WW1 from the Royal Sussex Regiment. This task took him a decade of research, visiting parish churches to scour through records, searching through the census of 1901 and seeking information from the Commonwealth War Graves database. And, believe it or not, this was just the beginning. Chris, under the auspices of the 'Roll of Honour' group, for which he is the Chief Research Coordinator for Sussex, has completed a further 2,500 names listed on the WW1 memorial at Old Steine in Brighton, completing the records in six volumes. He has become so well known for his research that he has worked on identifying the men listed on memorials in other areas of the UK and helped out with some abroad too. Many holidays with Mary have involved searching through parish records.

After talking with Chris I spent some time reading through the results of his labour for our Lindfield War Memorial on the Roll of Honour website. It is a sobering read. I imagined walking around the village - the young men lived in homes on roads that have become so familiar; Sunte Avenue, Lyoth Lane, High Street, Eastern Road, West View to name a few. Many had attended Lindfield School or worked within the village - a baker, the sons of the village doctor, gardeners at some of the larger properties. One family living on the High Street lost three sons. Some familiar names are amongst the list too. Many of the houses we live in would not have been in existence then but in 1918 our village was devastated by the loss of so many men - sons, husbands and fathers. It is difficult to imagine such loss. There

would not have been anyone in the village left untouched by the news of those not returning home but, thanks to the persistent work of Chris, they are not simply a list of names but real people who won't be forgotten. "I've not finished yet" says Chris, "I'm still adding to the information and currently working on Wellingborough in Northampton - you can see how I've got hooked! It is a bit easier now with the internet though." Although many of the memorials are complete, there are a few names where original handwritten documents have been misspelled so more time is spent on these, meaning that the records, now held in the West Sussex Records Office in Chichester, are still being added to.

Music has always remained a passion throughout Chris's life, from his early days entertaining the troops as a bandsman to his present position as organist at the United Reformed Church on the High Street. "I was the Principle Flute for the Haywards Heath Operatic Society for 25 years and received a medal for long service. I also received a medal when I was in the Navy - for the tug of war!". Despite devoting the last 20 years of his life to researching the deaths of others, Chris is always cheerful, believing that we should live life to the full, as those who have fallen before us have enabled us to do.

 **Haywards Heath Music Society**  
**68<sup>th</sup> Season 2009-2010**  
**NEXT CONCERT**

**28<sup>th</sup> Nov 2009 RACHEL FRYER (piano)**  
 Rachel Fryer has been widely praised not only for her virtuosity but also her depth of musical understanding and sensitivity. She regularly appears as a concerto soloist and has broadcast on Classic FM. She also performs with chamber ensembles including The Hilser Trio. The programme will consist of well-known piano pieces by Beethoven, Debussy, Chopin and Gershwin.



**20<sup>th</sup> Feb 2010 ANDREW BOOTH (guitar)\***  
**20<sup>th</sup> Mar 2010 YOUNG MUSICIANS' SHOWCASE**  
**17<sup>th</sup> Apr 2010 JAROSLAW NADRYZYCKI (violin)**  
**15<sup>th</sup> May 2010 KATHERINE JENKINSON (cello)**

All concerts are in St Wilfrid's Church at 7.45 pm except \*in Haywards Heath Methodist Church. If you enjoy concerts of live music, please consider becoming a member. Our discount makes membership really worthwhile, and joining will help give the Society a firm financial basis.  
**Tickets £12, conc 'ns £11, member's discount £3**  
**Family rate: 2 adults half price with under-18 (£3)**  
 For further information, telephone 01444-456227, or visit: [www.haywardsheathmusicsociety.org.uk](http://www.haywardsheathmusicsociety.org.uk)



## U3A membership up

HAYWARDS HEATH & District U3A has seen a sharp rise in the number of new members this Autumn with over 80 people joining in the past couple of months. With numbers now nearing 700 and over sixty existing groups, new initiatives include a new computer group for beginners, a second luncheon club, a ballroom dancing group, additional French and Yoga groups and a brand new cookery group. In addition various short courses have been introduced. At the moment courses are running in Hinduism, Photoshop photo-editing and Egyptology.

To find out more about the U3A and all it can offer to those retired or semi-retired, please contact Edith Eastwood, Membership Secretary on 01444 453814 or obtain our latest programme from Haywards Heath Library.

---

## What Makes a Great Garden?

THE HORTICULTURAL SOCIETY are next meeting on Wednesday 11th November 7.30pm (NB) in the King Edward Hall. A short AGM followed by a talk from Annie Guilfoyle entitled 'What Makes a Great Garden?'. A RHS Chelsea Flower Show silver medal winner, Annie runs a garden design consultancy. Her television work includes the BBC2 series 'Small Town Gardens' and 'Garden Makers', which have demonstrated her expertise in transforming tiny spaces into contemporary urban sanctuaries.

---

## Preservation Society meeting

ON TUESDAY 17TH November at 2.30pm in the King Edward Hall John Goss will present an illustrated talk "Copyright BR", subtitled "The work of the British Rail Photographic Department" where John worked for nearly 30 years. For more details contact David Macmillan (453068).

## Six years of the Pastels and Acrylic Group

TO CELEBRATE the sixth year since their formation, the U3A Pastels and Acrylics group are presenting an exhibition of their work in the Stable Block at All Saints, Lindfield.

The group was set-up by Sylvia Brading, who still remains the leader, and initially confined itself to pastel painting. It proved so popular that the numbers became too large and a separate group was formed. The new group broadened its remit to include oils and watercolours and so became a Mixed Media group. The original group, under Sylvia, also expanded to include acrylics as well as pastels.

Under Sylvia's tutelage the group began to regularly exhibit their work in the, now defunct, Halcyon Bookshop and the Public Library in Haywards Heath.

They meet every second week in the stable block to paint, exchange ideas on materials and techniques in a friendly workshop atmosphere.

The subjects tackled by members of the group include landscapes, flowers, birds and animals, portraits and any other subjects that takes an individual's fancy.

Over the years members of both groups have been successful in selling their work locally and all the pictures in the exhibition, framed and unframed, will be for sale. A proportion of the proceeds will go to St Peter and St James Hospice.

The exhibition will be open in The Stable Block at All Saints Church, Lindfield on Friday and Saturday the 27th and 28th November from 9.00am until 6.00pm



*Politely* PAINTING

**Polite and Professional Decorating Services, Including Wood Restoration**

MOBILE: 07811 513221  
HOME: 01273 380094

EMAIL: [aaron@politelypainting.co.uk](mailto:aaron@politelypainting.co.uk)  
WEB: [www.politelypainting.co.uk](http://www.politelypainting.co.uk)

*Built On Recommendation*

# Calling first time mums and babies

IF YOU ARE a new mum we have just the place for you to come and meet other new mums.

Rainbow is for anyone with babies from birth to 18 months. We meet in the Stable Block at All Saints Church, Lindfield on Wednesdays from 2.30 to 3.30pm in term time.

We provide the tea and you provide the chat and a chance to make friends with other new mothers.

We also have occasional speakers on subjects relevant to new young mums. The afternoon is free.

For further information please telephone Mollie Morris on 01444 484590 or Anne McDermid on 01444 412477. Or you can contact the Tiger church office on 01444 482505.

# Christmas Fair

LINDFIELD FREE CHURCH, Chaloner Road invite you to their Christmas Fair on Saturday 21 November, 10.30- 12.30. Stalls will include Fair Trade, Tear Craft, cakes, Christmas gifts, bric-a-brac plus free mince pies & coffee! A warm welcome awaits you!

# Help for Heroes

By Peter Swann

YOU MAY HAVE seen the trailers for a programme on BBC1 called "Wounded". If you saw the programme you would have seen how two young men were overcoming the loss of limbs sustained as a result of roadside bombs. It not only highlighted their determination but the anguish of parents and the loving support of doctors, nurses and their comrades.

The State and the Royal British Legion provide resources to help care for the wounded but in the current climate there is never enough to pay for those extra facilities to help the wounded and their families. Help for Heroes started in 2007 in response to the desire of ordinary people to do something practical to help wounded servicemen and women.

The Perdido Players are joining with the Galleons Leap Folk band to have a barn dance and play some swing band music. The King Edward Hall is the venue and the date is Saturday 7th November at 7.30pm.

Admission is free but bring your own food and drink( soft drinks will be provided) plus some money for the raffle and a collection at the end for Help for Heroes.

The bands are giving their services free of charge.

If you are interested in coming, want to book a table or want to make a donation then contact Peter Swann on 01444 450335 who will be delighted to hear from you.

# NORSAT

The Leading supplier and installer of TV, Satellite, Digital aerials and services in the South East.

Showroom: 33 East St. Horsham RH12 1HH

**SATELLITE ► AERIALS ► SATELLITE ► AERIALS**

- Satellite & Aerial Specialists
- Digital TV / FM / Dab Aerials – Supplied & Fitted
- Digital Tv Aerial Upgrades ► Multipoint Systems
- Extra TV / FM / Satellite / Telephone Extension Points
- Realign ► Reposition ► Service
- Plasma Screen Installations ► Discreet Dish Installations
- Free Estimates ► Domestic & Commercial

Haywards Heath 01444 318089	Brighton 01273 799260	Horsham 01403 269666
--------------------------------	--------------------------	-------------------------

Member: C761

Check our website for latest Sky offers  
[www.norsat.co.uk](http://www.norsat.co.uk)

**10% off**  
any aerial work undertaken with this advert

## What's new?

Jacqui Smith, Interior Designer

WITH AUTUMN upon us, as some of us turn our attention to home improvement projects, the interior design world takes the stage in London to launch all that's new through a range of trade shows from cutting edge design through to the more classical. Chelsea Harbour Design Centre, usually so quiet and peaceful plays host to Focus with fabric reps psyched up for a four day launch of the new fabric collections. The halls of Earls Court are home to 100% Design and the Royal Hospital grounds more generally associated with the Chelsea Flower Show are the back drop for Decorex with 150 plus companies showcasing the latest in fabrics, flooring, lighting, furniture and accessories.

It was busy this year. This autumn the mood at Decorex was wonderfully upbeat; new products were being launched and new designers emerging. So what was new this year? Tamarisk, who we use for most of our sofas and chairs were introducing some new models into their collection - a fabulous deep buttoned circular footstool and some great new designs in occasional chairs, upholstered in some of the new Designers Guild fabrics. [www.tamariskdesigns.co.uk](http://www.tamariskdesigns.co.uk). We first found Chloe Alberry through her shop on the Portobello Road. She specialises in door and cabinet fittings for the home both traditional and contemporary and was this autumn unveiling some of her latest products. If you have a cabinet that needs a face lift then a coat of paint and some of Chloe's wonderful designs will give your piece a new lease of life. [www.chloealberry.com](http://www.chloealberry.com). William Yeoward's stand is always a feast for the eyes - we particularly like his glassware and stunning glass based table lamps. They are an investment but if your room needs a decorative focal point then it's worth having a look at what he has to offer. [www.williamyeoward.com](http://www.williamyeoward.com). Wallpaper was well represented at Decorex and more generally we are seeing a lot of new suppliers in this area at the moment. We have recently come across Jocelyn Warner who has some wonderful fresh looks for walls with a collection we hope to offer soon, [www.jocelynwarner.com](http://www.jocelynwarner.com).

Trade shows are a great way to see a lot in one go although tough on the feet and I must admit that towards the end of the day my brain switches into sensory overload. As we were on the point of heading for Victoria, we bumped into David's old boss from his furniture making days and we were persuaded to stay for a quick drink. That glass of chilled champagne and the excuse to sit down always looks so tempting and my sensible "you know you cannot drink at lunch time" head battled momentarily with the lure of the bubbles. It was a rare treat though and kind of worth the headache home on the train!

*Jakki Todd*  
The Lindfield Beautician

An experienced Aesthetician and Electrologist based in Lindfield, Haywards Heath, West Sussex.

With over 30 years experience Jakki is fully qualified to offer a wide range of Beauty Treatments, Aromatherapy and Electrolysis.

Located in a private home, with parking facilities, an ideal setting to relax and enjoy your treatment away from the bustle of a busy salon environment.

Aromatherapy •  
Lash and Brow Tinting •  
Manicure & Pedicures •  
Facials •  
Waxing •  
Electrolysis •  
St Tropez Classic Tanning •

beauty therapy and electrolysis

Gift Vouchers Available.

By Appointment Only  
Telephone: 01444 487474  
Email: [jakki@jakki.net](mailto:jakki@jakki.net)  
[www.jakki.net](http://www.jakki.net)

Member of the British Association of Beauty Therapy & Cosmetology  
Local Authority Registered



# Tufnells

*Individual & imaginative interior furnishings  
& gifts in the beautiful village of Lindfield*



*Visit our festive room displaying a superb  
range of Christmas Decorations*

Hours: Monday - Saturday 9.30am to 5.00pm  
Open Sunday 12.00 to 4pm

75 High Street, Lindfield, West Sussex RH16 2HN  
Tel: 01444 483200  
[www.tufnells.co.uk](http://www.tufnells.co.uk)

## MASTERS & SON FUNERAL DIRECTORS MONUMENTAL MASONS

*'An independent family business  
established in 1854'*

(01444) 482107  
Lewes Road, Lindfield, RH16 2LE



PERFECT CHOICE  
FUNERAL PLANS

*We can arrange Perfect Choice pre-paid funeral plans  
provided by  
The National Association of Funeral Directors  
Please call for further information and brochure*



Watson's Brasserie  
96 High Street  
Lindfield  
Haywards Heath  
RH16 2HP  
(01444) 484824

### Christmas Party Menu And Christmas Day Menu NOW AVAILABLE BOOK EARLY!

Tuesday – Saturday lunch and evening  
from 1<sup>st</sup> December  
Lunchtime Christmas Day from 12.00

*freshly prepared ~ locally sourced~*

\*locally sourced whenever possible

## n.whittaker

landscaping & paving

Tel (01444) 450300  
[contact@nwhittaker.co.uk](mailto:contact@nwhittaker.co.uk)  
80, Savill Road, Lindfield RH16 2NN



ALL TYPES OF  
BRICK DRIVEWAYS,  
PATIOS, PATHS, GARDEN WALLS,  
LANDSCAPING ETC.

Approved By Trading Standards  
(Established-1979)  
[www.nwhittakerpaving.co.uk](http://www.nwhittakerpaving.co.uk)

# Craft work: felt making

By Emma Tingley

IN THE FIRST of our new series on crafts we find out more about the ancient art of felt making and how it has become a popular contemporary medium for creating beautiful products ranging from jewellery to bags. Lindfield Life has been to find out more from local designer-maker and Member of the Guild of Spinners, Weavers and Dyers, Julie O'Brien.

Felt is essentially a non-woven cloth formed by condensing natural wool fibre. Depending on the type of wool used different felt textures are achieved. If, like me, you know nothing about felt, then prepare yourself to be impressed by its versatility and its complete difference from the synthetic manufactured felt squares that you used to make things with at school. It is actually the oldest form of fabric known to man, pre-dating weaving and knitting. It can be very soft and make lovely cushion covers or can be tough enough to be used as a construction material, as in the tent-like covering of a yurt.

You don't need fancy equipment, just a few basics to get you going. The raw material is the fleece from sheep. Julie sources hers from local farmers. Different styles and texture of the felt are achieved by using different fleeces. The Merino sheep fleece produces a soft felt, whereas the fleece from the Wensleydale can be used to give a curly effect. The first stage in the felt-making process is dyeing the fleece to the desired colour but you can leave the fleece undyed to achieve a natural looking finish. The next stage is to 'card' the fleece - that is to brush the fleece between two special carders to pull out the fibres. If all that sounds too much for the beginner, then you'll be pleased to hear that you can buy ready dyed and ready to go fleece, referred to as 'tops'.

Next you have two options: the carded fleece can then be either spun to make wool, knitted and then felted or laid out to make pieces of felt fabric. To make fabric you will need a piece of bubble wrap on top of an old towel that is approximately 20% bigger than the size you would like your final piece of fabric to be. Cover the bubble

wrap with a layer of carded fleece, ensuring all the pieces lie in the same direction. Another layer is then added, this time with the fibres running perpendicular to the first layer. Continue in this way until you have 3-4

layers. Next comes the key to felt making - the processes that turn the fleece into felt - heat, soap and agitation. Julie explains that the fibres of the fleece have microscopic barbs or scales on them. By rubbing them with soap and a little water, the barbs stick to each other and pull together, resulting in a condensed fabric about 20% smaller than your original size. You can add in various other fibres before you 'felt' to vary your final product - something sparkly for a Christmas decoration perhaps, or some silk to add that extra special soft touch. The felted material can then be made into anything from contemporary tea cosies to rather gorgeous bags.

Julie herself studied constructed textiles in London before going on to do her teacher training. She clearly has a passion for design. "I like working my designs out in the fabric as I go along, it feels more free that way" says Julie, "I love colour and the great thing about felting is that you can experiment. It's exciting because you don't quite know how it'll end up, you never get two pieces the same". She introduced me to a set of dolls that she has made using a needle felting technique and they were obviously a labour of love. Each had character, created through unique facial expressions, clothing and accessories. And a story behind them too - her very own friends whom she met through a craft event at Plumpton College who



We  dirty ovens!

We clean Ovens, Agas, Hobs, Extractors, Microwaves, and even Barbeques (April—Sept)

Please call for a no obligation quotation.

**OVENCLEANERS4U.com**  
Bringing your oven back to new

**08444 016262**



then went on to meet in their homes each week to make felt together, as well as enjoy endless hours of each other's company and conversation. It strikes me that this could be a very sociable hobby and there are courses locally if you want to give it a go. Julie is happy to teach beginners and runs half and full day courses. Her own work can be seen at various galleries and arts festivals around the county. If you have been inspired to give felt making a go then there

is plenty of information available (from kits to courses) on the internet or in books packed full of advice, direction and projects to get you started. If you are already a spinner or felter and would like to get in touch with Julie, she'd be pleased to hear from you too – contact her via [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk).

Next month: Patchwork and Quilting

## Property Matters Adrian Hoyle, Lindfield,

- We use organic paints and eco-friendly products wherever possible
- Free quotations and fully insured
  - Available at weekends
- Painting inside and out
- Bathrooms fitted and floors tiled
- Driveways and patios
- Fencing
- Green roofs
- Odd jobs

Please call us for a free quotation:

Phone: 01444 482274,

Mobile: 07768900331,

[ahoye1@gmail.com](mailto:ahoye1@gmail.com)





# For professional lettings advice. Think Savills

Finding good tenants for your property isn't always easy. But at Savills, our experienced and enthusiastic ARLA licensed agents combine first class service, with unparalleled market knowledge to successfully match the right people with the right property.

For superior lettings advice,  
think Savills

Haywards Heath Lettings  
37-39 Perrymount Road  
Haywards Heath RH16 3BN  
01444 446055  
haywardsheath@savills.com

[savills.co.uk](http://savills.co.uk)



# Good4you



By Christian Bates

## Osteopathy for all!

There are a few basics that I think readers should know about osteopathy, which will hopefully encourage you to seek osteopathic treatment for any pains or injuries you might have.

Firstly, I see many patients for a very wide variety of problems, it is not just the spine osteopaths treat, although this is the main area patients seek help with. We also treat muscle, ligament, tendon and joint injuries. I am helping people on a weekly basis with shoulder, hip or knee issues. Secondly, many people wonder about the "click" which is a technique to very effectively help a spinal joint returning to its full mobility again. I have many patients who just wouldn't feel that they have had a proper treatment without this "click". However, this technique is not for everyone and you don't have to have it if you don't want to. Osteopaths have many, many other techniques for softening and stretching muscles, freeing off joints, improving circulation and helping speed the body to repair itself. The most gentle of techniques I use is called cranial osteopathy and this is so gentle that it is effective for treating babies, and every week I am using it on infants that are only days old. Cranial osteopathy is not just used on babies though, it can be used through all age ranges and be applied to all types of pain.

Lastly, osteopathy also encompasses lifestyle changes. Within a treatment, to varying degrees, I additionally give advice on posture, exercises, nutrition, supplements, food plans, stress reduction and many other lifestyle aspects to help bring quick relief and importantly maintain the treatment benefits. Remember, if you are unsure if osteopathy can help you, you can always phone and speak to the practitioner first, we are always happy to do this at The Perrymount Clinic.

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

## Flower Club Christmas demo

LINDFIELD FLOWER Club are holding their Christmas Meeting at King Edward Hall on 24th November. They are pleased to welcome Dr Christina Curtis to give a demonstration. More info from Maureen Stanley 414352.

## New home for Courtyard Beauty

LOCAL BUSINESS Courtyard Beauty has recently moved and is pleased to welcome clients, existing and new, to its new premises in Luxford Road. "Clients can expect a home-from-home feel in a dedicated treatment room" comments owner, Sara Bostel, "it's a great space to come and feel pampered in".

# THE BENT ARMS

98 HIGH STREET, LINDFIELD, WEST SUSSEX, RH16 2HP TEL: 01444 483146



PUBLIC HOUSE - RESTAURANT - HOTEL - FUNCTION ROOMS - BEER GARDEN - CAR PARK



## Christmas Menu 2009

*Slow roasted Tomato Soup served with a Basil Cream*

~

*Seasonal Melon with Prosciutto Ham and a mixed Berry Coulis*

~

*A plate of Smoked and Marinated Fish – Smoked Mackerel, Herring Roll Mop, Smoked Salmon and Gravardlax*

~

*Ballontine of Chicken with a Salsa and mixed Leaf Salad*

\*\*\*\*\*

*Roasted Breast of Turkey*

*Sage and Onion Stuffing, Chipolata wrapped in Bacon and Roast potatoes*

~

*Fillet Au Deux Paris*

*Two pieces of Fillet Steak – one with a Green Peppercorn sauce, the other with a creamy Mushroom sauce*

~

*Roasted Salmon*

*Served on Dill flavoured crushed New Potatoes and a Hollandaise sauce*

~

*Moroccan Spiced Christmas cracker*

*A delicious mix of Butternut Squash, Spinach, Cranberries and Nuts topped with our own Houmous and wrapped in Filo Pastry, then baked until crispy*

*\*\*All dishes served with a selection of Seasonal Vegetables\*\**

\*\*\*\*\*

*A selection of homemade desserts to choose from*

\*\*\*\*\*

*Coffee and petit fours*

*All priced at £22.50 per guest*

*Available for parties of 8 or more*

**Call 01444 483146**  
**or email [howard@thebentarms.co.uk](mailto:howard@thebentarms.co.uk)**  
**for bookings or queries**



**TIM PENNEY**

### GARDENING SERVICES

FLORISTRY / MAINTENANCE / PLANTING & PRUNING /

CONSULTATIONS / EXCELLENT WRITTEN

REFERENCES / TRUSTWORTHY & RELIABLE /

MID-SUSSEX BASED

**KEW TRAINED - OVER 25 YEARS EXPERIENCE.**

**CALL: 07932 623338 FOR A FREE QUOTE**

## Lose 7lbs in 14 days<sup>®</sup> at our diet & exercise classes

Look below for your nearest class

Call Alex on 01293 408730

Email: [alex.duffy@rosemaryconley.com](mailto:alex.duffy@rosemaryconley.com)

[www.rosemaryconley.com](http://www.rosemaryconley.com)

[www.rosemaryconley.com](http://www.rosemaryconley.com)



Rosemary Conley  
Diet and Fitness Clubs

**ONE GREAT  
VALUE  
PRICE**

### MONDAY

#### Queens Hall

High Street, Cuckfield  
10:30 - 12:00 am

#### London Mead School

Chanctonbury Road,  
Burgess Hill  
6:00 - 7:30 & 7:30 - 8:30 pm

### TUESDAY

#### St Josephs RC Primary School

Hazelgrove Road,  
Haywards Heath  
5:30 - 7:00 & 7:00 - 8:30 pm

### WEDNESDAY

The Triangle, Olympus Burgess  
Hill, Triangle Way, Burgess Hill  
11:00 - 12:30 am

### WEDNESDAY

#### Southway Junior School

Southway, Burgess Hill  
6:00 - 7:30 pm  
7:30 - 8:30 pm -  
(Slim & Salsacise)

### THURSDAY

#### Millennium Village Centre

Lewes Road, Scaynes Hill,  
Haywards Heath  
11:00 - 12:00 am - New Class  
Starts 03/09/09

#### St Josephs RC Primary School

Hazelgrove Road,  
Haywards Heath  
6:00 - 7:30 pm  
7:30 - 8:30 pm -  
(Slim & Salsacise)

\* Trainees lost on average 7.25lbs in two weeks. Class Fee: £5.50

\*\* When you pay for 6 weeks or join our Premier Clubs. Valid until 26/11/09.

**FREE Membership, worth £10,  
PLUS FREE Portion Pots<sup>®\*\*</sup>**

## Julie and Julia

by Julie Powell

Annie Bartley



LAST MONTH'S book review was a combination of book and film. I'm attempting to go one step further and combine a movie, a blog and two books! But I'd better come clean - I haven't read the books or blog but I've seen the movie, so here goes.

I knew nothing of "Julie and Julia" until I spotted a review in a newspaper and realised the film is directed by the brilliant Norah Ephron. She also wrote the screenplay and the moment I read that I was sold ... I would have to see it! Remember such classics as *When Harry Met Sally*, *Sleepless in Seattle* and *You've Got Mail*? "Oh no! Not another chick flick!" do I hear you say? At this point men may be tempted to turn the page but please don't! My husband loved it as much as I did. Or almost. He is a man after all and there were no car chases, spies or baddies.

Many of you will have already seen and enjoyed it but for those of you who haven't it's based on two true stories, entering the lives of two American women separated by time and continents. Julia Child was a writer and television cook in 1960/70s America, having spent the post war years in Paris where, occupying herself while her husband worked, she eventually found her forte whilst the only female on a cordon bleu cookery course. ("What is it you really like to do?" asks her husband in an attempt to help her find her niche – "Eat!" she replies!) In this she finally excels, co-authoring her famous book "Mastering the Art of French Cooking". Apparently she's an iconic cook in America. Perhaps an equivalent of our own Delia Smith?

Meanwhile, back in 21st Century New York, Julie Powell is a government employee ground down by her boring existence working in the confines of a tiny cubicle. In an

attempt to do something 'different' she decides to embark on the marathon task of cooking all 524 of Julia's recipes in 365 days. She accompanies this with a blog of her successes and disasters, eventually spawning her book "Julie and Julia".

There are plenty of hilarious laugh aloud moments as the women come to grips with cooking skills. Both have incredibly encouraging and supportive husbands. Julia Child's husband is wonderfully portrayed by actor Stanley Tucci. Meryl Streep, a mere 5ft 6in tall, marvellously plays a 6ft 2in Julia, with help from clever camera angles. The pair are convincing as a loving couple whose marriage really works.

Amy Adams plays an endearing Julie Powell, though maybe the role is a little too much of a young, adorable Meg Ryan, especially as the real-life Julie is apparently nothing like her screen character but, hey, it's a Norah Ephron movie and that's what Norah does best. And Amy Adams is indeed adorable.

I hope that whoever selects films for the King Edward Hall will take the hint and show this one, so I won't have to wait too long before seeing it again! Great opportunity for those who missed it to enjoy it too.

Meanwhile, I'm off to buy the books – "My Life in France" by Julia Child and "Julie and Julia" by Julie Powell. I'll give Julia's cook book a miss. Cooking live lobsters and boning a whole duck might be one step too far for me. I'll stick with Delia!

*A quick PS: I always enjoy the book reviews in Lindfield Life and have enjoyed trying out books that I wouldn't necessarily have thought of reading otherwise. The children's ones are particularly great. Perhaps because of this (I'm no writer!), I approached doing this review with great trepidation but I've done it ... and survived! It wasn't such an onerous task as I thought and one of these days I might even have another go. It's been fun. So if you enjoy reading, why not have a go yourself and share some of your thoughts with the rest of us?*

## The Seventeen Secrets of the Karma Club

by Karen McCombie

Gemma Aldridge, age 11



KESSY AND NELL have their own special club: a secret society for acts of kindness. After all, if you do nice things for other people, nice things happen to you, right?

But when Kessy's mum admits a not-so-shiny secret of her own, the Karma Club starts going weirdly wrong.

Kessy is an 11 year old girl. Her Dad is a handsome young man. In his early years he was a hunky so-called pop/

band star, until he met Kessy's Mum. Kessy's mum is a beautiful young woman, a member of the Rebel Knitter's Club and is about to become a Mum to her second child. They aren't married because they just don't really think it's any use. "A waste of time and money". Or is there really another reason? A secret kept locked up inside, about to be let out?

I read this book by Karen McCombie and thought "wow ... this girl is like me in many ways." She's not rich or famous, she's an ordinary kid. That's what I love about it. I just couldn't put it down. The fact that it kept on about the secret, I just had to know what it was!

I recommend this book along with "Marshmallow Magic", "The Wild Rose Rough" and "An Urgent Message of Wowness" all by Karen McCombie.



HOME  
SMITHS

## Interior design by HomeSmiths

Beautiful and luxurious bathroom designs that maximise space. We design, supply and install every aspect, including lighting, flooring, decorating and the all-important finishing touches.



*"I found HomeSmiths very easy to work with. I would certainly recommend them."*  
Janet Corden, Danehill

For your free consultation, please call Jacqui or David Smith on 01444 440880 or visit [www.homesmiths.co.uk](http://www.homesmiths.co.uk)

**Lindfield  
Motors**

## Lindfield Motors for your next car service.

- ✓ *Friendly welcome*
- ✓ *Top quality service*
- ✓ *Realistic prices*
- ✓ *All makes cared for*
- ✓ *Family owned for over 30 years*
- ✓ *MOT testing station*

*Many people in the village have used us for years, why not join them?*



**Tel: 01444 482988 / 01444 483988**

Lewes Road, Lindfield, RH16 2LG [www.lindfield-motors.co.uk](http://www.lindfield-motors.co.uk)

# A taste of life in Uganda

By Ron & Janet Goodenough

LINDFIELD UNITED REFORMED Church has been supporting the work of Revd Samuel Muhumuza in Uganda for five years, providing funds for specific projects and sponsoring the education of forty-five children. It's been our privilege to have him stay with us on two occasions but it was an even greater privilege to spend time with him recently in Uganda and visit the churches that he pastors and the school he founded some seven years ago.

We didn't pick the best day to arrive - major strike in Kampala, rioting on the streets, buses burnt out, six killed, army out in force. This spread to the town of Kyotera in the south near the Tanzanian border where we stayed for ten days. The journey there of about 120 miles was interesting to say the least. Although things calmed down the next day it did serve as a reminder of the fragile stability and insecurity that many in today's world live under.

Sanje Modern Primary School (modern in name only!), which started with just four pupils, now has over four hundred, sixty of whom board. There is now a team of sixteen teachers plus administration staff. Like most schools in the area, private and government run, there is no running water or power, some of the buildings are either temporary or unfinished with mud floors, unplastered walls, no windows and a shortage of desks.



However the standard of education is high, much higher than government run schools.

We were really impressed with the teaching staff, operating under difficult conditions - no computers or inter-active white boards for them - and the quality of work being produced by the pupils - plus very neat writing using proper ink!! It was also clear that the children regarded education as a privilege and really wanted to learn, no class discipline problems!!

This is even more remarkable when one visits the homes and families that the children generally come from. Many do not have both parents alive, in some cases the father has either died or is a drunkard leaving the wife to bring up a large family. In some cases both parents have died, probably of AIDS, leaving a grandparent or another family member to cope. Life expectancy in Uganda is still only 50 years and there is massive unemployment with no Welfare State or National Health Service.

We showed a photograph of Lindfield Village to a teacher we met. It looked idyllic with the pond in the foreground and the sun shining. He looked at it and asked "what do you use the pond for?" How do you tell someone living in poverty that it's really to make the place look pretty and provide a home for ducks and fish?

The challenge for us and our church, and maybe you the reader, is how can we support and encourage Samuel's work? He needs to complete his buildings, construct new and larger pit latrines, purchase more desks, ideally have a power supply, and a borehole.

We are planning a Uganda Evening at the church with a supper on Saturday 14th November when we will share in a bit more detail with photos. Anyone is welcome - if you would like more information or a ticket for the supper please feel free to call us on 417002.

 THE PERRYMOUNT  
OSTEOPATHY & NATURAL HEALTH CLINIC

## Osteopathy, Cranial, Nutrition, Homeopathy

### Patients use osteopathy for help with:

Arthritis of hip & knee  
Back pain  
Neck pain  
Sciatica  
Chronic pain  
headaches & migraines

email: [info@theperrymount.com](mailto:info@theperrymount.com)

t: 01444 410944 [www.theperrymount.com](http://www.theperrymount.com)  
2 Clair Road, Haywards Heath RH16 3DP



# Back PAIN? Call now for a gentle treatment



Haywards Heath 01444 440857



**TONY DAWSON**

D.C., M.C.C., M.M.C.A.

Cuckfield Complementary Clinic

Naldred Farm Offices

Borde Hill Lane

Haywards Heath RH16 1XR

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

*Other Conditions  
helped by Gentle  
McTimoney Chiropractic*

*Sciatica and Leg Pain*

*Headache and Migraine ♦ Neck Pain*

*Babies and Children*

*Pregnancy Discomfort ♦ Sports Injuries*

*BUPA & PPP Registered ♦ Free onsite parking*

*Please mention Lindfield Life when contacting Tony Dawson*

**“The Quickest, Easiest, And Most Fun Way To Jump Start Your Fitness Programme, Lose Pounds And Inches Fast And Look And Feel Great In Just Four Short Weeks”**

“Since training with Sussex Bootcamps, my shape has changed faster and more dramatically than I thought possible. In the first month alone I lost **5.5 inches off my waist!** I’m **getting fitter**, my shape is continuing to become **more slender** as I **get stronger** and **more toned.**”

ALISON, HAYWARDS HEATH



BEFORE

AFTER

Visit our Website To Get Your **FREE Report** (valued at £15.99)  
**PLUS** Enter Into Our Competition To **WIN A Place At Bootcamp**

Go to: [www.sussexbootcamps.co.uk](http://www.sussexbootcamps.co.uk)

Email: [info@sussexbootcamps.co.uk](mailto:info@sussexbootcamps.co.uk) Tel. 07787 759 922

**SUSSEX  
BOOTCAMPS**

**NEXT BOOTCAMP:**

**Haywards Heath  
16th Nov 2009**

Choose from 6.15am,  
9.30am, 6.15pm or 7.15pm

**BOOK YOUR BOOTCAMP  
PLACE NOW!**





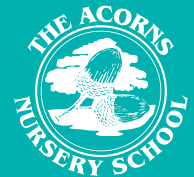
# What's on at King Edward Hall

- 5th Country Market  
Lindfield Bonfire Society
- 6th Cheshire Home Fundraising Lunch  
Friends of St Catherine's Hospice  
Charity Fundraising Mandoline Concert
- 7th Help for Heroes: An evening of dance & music
- 8th Remembrance Sunday - Royal British Legion  
Afternoon Tea
- 11th Lindfield Horticultural Society - AGM and talk
- 12th Country Market
- 13th Lindfield Primary School - Pink Night Out
- 14th Lindfield Bonfire Society - Craft Fair
- 15th Ruwach Christian Church
- 17th Lindfield Preservation Society - an illustrated talk  
"Copyright BR"
- 18th Salsa Dancing with SalsaJulia
- 19th Country Market
- 20th Lindfield Crafts and Market
- 21st Heber Opera Performance
- 22nd Ruwach Christian Church
- 24th Lindfield Flower Club - Christmas Meeting.
- 25th Salsa Dancing with SalsaJulia
- 26th Country Market  
King Edward Hall Film Show Evening
- 27th Mid Sussex NCT Christmas Shopping Evening
- 29th Central Sussex Cage Bird Assoc - Annual Show

If you would like more details about the events, or 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). KEH website: [www.kingedwardhall.org.uk](http://www.kingedwardhall.org.uk)



In the heart of Lindfield & Westmeston.  
Welcomes children aged 2-5.  
Core day 9am - 3pm,  
Extended day 8am - 6pm.  
Excellent indoor & outdoor  
play opportunities



Where learning & laughter go hand-in-hand

Please contact Janet Irwin on 01444 455081  
59 Denmans Lane, Lindfield (The Witch Pub end)  
[www.theacornsnurseryschool.com](http://www.theacornsnurseryschool.com)

## LIVE Music Guide

Compiled by David Tingley

EMAIL US at [editor@lindfieldlife.co.uk](mailto:editor@lindfieldlife.co.uk) before 8th Nov to add your event to the listings.

**Sunday 1st Nov**  
**Sunday Lunch Chilled Jazz**  
The White Horse, Lindfield

**Sunday 22nd Nov**  
**Sunday Lunch Chilled Jazz**  
The White Horse, Lindfield

**Mon 2nd Nov, 8pm**  
**Quizacals**  
The Stand Up Inn, Lindfield

**Sun 22nd Nov**  
**Bag Full Of Hats**  
The Stand Up Inn, Lindfield

**Saturday 7th Nov**  
**Amy Winehouse Experience**  
The White Horse, Lindfield

**Mon 23rd Nov**  
**Quizacals**  
The Stand Up Inn, Lindfield

**Sun 8th Nov**  
**Kris Dollimore**  
The Stand Up Inn, Lindfield

**Wed 25th Nov**  
**Jon Paul Miller and  
Jon McDevitt**  
The Stand Up Inn, Lindfield

**Sunday 8th Nov**  
**Sunday Lunch Chilled Jazz**  
The White Horse, Lindfield

**Sat 28th Nov, 7.45pm**  
**Rachel Fryer (piano)**  
St Wilf Church, Haywards Heath

**Saturday 14th Nov**  
**Nicky Mitchell -Jazz**  
The White Horse, Lindfield

**Saturday 28th Nov**  
**The Detonators (Ska)**  
The White Horse, Lindfield

**Sun 15th Nov**  
**String Loaded**  
The Stand Up Inn, Lindfield

**Sun 29th Nov**  
**Ron Trueman Border**  
The Stand Up Inn, Lindfield

**Sunday 15th Nov**  
**Sunday Lunch Chilled Jazz**  
The White Horse, Lindfield

**Sunday 29th Nov**  
**Sunday Lunch Chilled Jazz**  
The White Horse, Lindfield

**Saturday 21st Nov**  
**70's Glam Rock with  
Alvin Sawdust**  
The White Horse, Lindfield

**Saturday 21st Nov**  
**Heber Opera's Cosi fan Tutte**  
King Edward Hall, Lindfield

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

## Our Advertisers

### Services

Ashdown Property.....	11	.01825 740622	www.ashdownproperty.com
Barbara Houghton (Bookkeeper).....	10	.08458 736260	
Burgess Flooring.....	7	...01444 448062	
Dean Ferguson (Electrician).....	5	...01825 723661	
Expectation Landscapes.....	6	...01444 482470	www.expectationlandscapes.co.uk
Farrells Paving.....	12	...07713 062617	www.farrellspaving.com
HomeSmiths (Interior Design).....	27	..01444 440880	www.homesmiths.co.uk
Lindfield Garage.....	14	.01444 458 641	
Lindfield Motors.....	27	..01444 482988	www.lindfield-motors.co.uk
Lucy Locksmith.....	3	...07780 840462	
Masters and Sons.....	21	...01444 482107	
Mick Lewry (Pest Control).....	3	...01444 483137	
N. Whittaker (Landscaping/Paving).....	21	..01444 450300	www.nwhittakerpaving.co.uk
Norsat.....	19	..01444 318089	www.norsat.co.uk
Oven Cleaners 4u.....	22	..08444 016262	www.ovencleaners4u.com
Politely Painting.....	18	...07811 513221	
Property Matters (Maintenance).....	23	..07768 900331	
Savills.....	24	..01444 446055	www.savills.co.uk
Stephen Gallico Solicitors.....	4	....01444 411333	www.sgallico.co.uk
Tim Penney (Gardening).....	25	.07932 623338	
Walstead Place.....	B	....0808 1371522	www.caringhomes.org/our-homes/walstead-place
Xpress Repairs (Computers).....	2	...01444 458458	www.xpressrepair.co.uk

### Leisure

Lindfield Art Studio.....	5	...07738 288730	www.leesalemay.co.uk
---------------------------	---	-----------------	----------------------

### Health/Lifestyle

Accentuate.....	31	...01444 484551	
Courtyard Beauty Room.....	15	..07501 724355	
Jakki Todd (Beautician).....	20	...01444 487474	www.jakki.net
Lindfield Chiropractic Centre.....	15	..01444 484582	www.lindfieldchiro.co.uk
Rosemary Conley Diet & Fitness.....	25	....01293 408730	www.rosemaryconley.com
Sussex Bootcamps.....	29	.07787 759 922	www.sussexbootcamps.co.uk
Tony Dawson (Chiropractor).....	29	..01444 440857	
The Perrymount (Clinic).....	28	..01444 410944	www.theperrymount.com

November 2009

## Promote your business locally...

Book before  
8th Nov  
for the next issue

See [www.lindfieldlife.co.uk](http://www.lindfieldlife.co.uk) for details  
or call David on 01444 884115

### Retail

Fine Furnishings.....	9	...01444 482011	www.finesofas.co.uk
Lindfield Autobarn.....	8	.....01444 483803	www.lindfieldautobarn.co.uk
Tufnells.....	21	..01444 483200	www.tufnells.co.uk
Villandry Home.....	11	.....01444 483483	www.villandryhome.co.uk

### Out & About

Limes of Lindfield.....	13	..01444 487858	www.limesoflindfield.co.uk
The Bent Arms.....	25	...01444 483146	
Watsons.....	21	..01444 484824	

### Education/Childcare

The Acorns Nursery School.....	30	..01444 455081	www.theacornsnurseryschool.com
--------------------------------	----	----------------	--------------------------------

## Treatment of Thread Veins on Legs AT ABBOTT'S PHARMACY, LINDFIELD



### Micro-sclerotherapy - the comfortable removal of thread veins.

Also available:  
Removal of thread veins on the face.  
Skin tag removal  
Micro-pigmentation  
C.A.C.I  
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.

# WALSTEAD PLACE CARE HOME



## CARING HOMES - CARE CLOSER TO HOME

Walstead Place is a distinctive period country house set in two and a half acres of landscaped gardens with fine views across the Sussex countryside.

The house was originally built in 1852, as a typical gentleman's country residence, and with a subsequent sympathetic conversion and extension. Walstead Place now provides well presented accommodation that has retained many of its' original features throughout.

Walstead Place is an elegant property offering well proportioned communal and private accommodation, with large sash windows, period fireplaces and attractive plaster mouldings which reflect its' Victorian heritage.

- Single En-Suite Rooms
- Hairdressing & Chiropody
- Full & Varied Activities
- Home Cooked Food
- Personalised Care Plans
- National Care Team Finalist
- Beautiful Grounds
- Excellent Reputation

Freephone 0808 166 1325



Scaynes Hill Road, Walstead, Haywards Heath, West Sussex RH16 2QG

[www.caringhomes.org](http://www.caringhomes.org)  
email [marketing@caringhomes.org](mailto:marketing@caringhomes.org)

CARING HOMES 